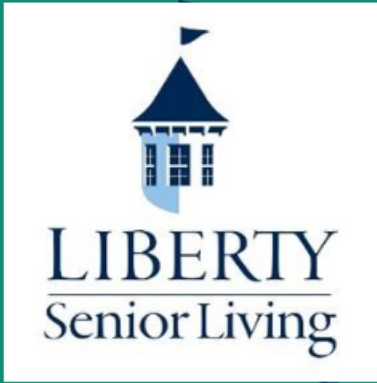




July 2026

The Carlisle Palm Beach Independent Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			10:00 Catholic Communion (ALGR) 1 11:00 Yoga w/ Kaitlyn (WMS) 1:00 Matinee Movie: Giant (Prime) (GT) 1:30 Adventure Awaits: Lake Worth Beach (O) 3:00 Calendar Review and Outing Sign Up with Quan (CBR) 4:00 Wine Down Wednesday: Musical Entertainer Bianca Rossario (LG)	Back to School Drive Begins 2 8:30 Early Morning Cardio Circuit (WMS) 10:00 Carlisle Current Events (CBR) 11:00 TOWN HALL (CBR) 1:00 Matinee Movie: Sabrina (GT) 1:00 Make & Take: Sea The Day (AS) 2:00 Back to School Drive Donation Collections (CDR) 3:00 Movie Review and Discussion w/ Ally (CDR)	8:30 Open Gym - Free Weights (WMS) 3 10:00 Shopping Loop - Lake Worth Beach Drop Off (O) 10:15 Carlisle Cinema Society (GT) 11:00 Pilates with Judy (WMS) 1:00 Golden Hand Bridge Bunch (CBR) 1:00 Matinee Movie: Hellfighters (Prime) (GT) 1:30 Patriotic Petals - Independence Day Floral Arranging (AS) 3:00 Kabbalat Shabbat w/ Rabbi Mendy (ALGR) 4:00 Red, White and Brews Happy Hour with DJ Spencer (LG)	Happy 250th Birthday America 4 9:45 Intellectual Stimulation (GT) 11:30 Fourth of July Barbeque (PS) 12:00 Independence Day Musical Celebration featuring the Sounds of Steven Vincent (CDR) 1:00 Movie Matinee & Popcorn with Ally : The Six Triple Eight (GT) 3:00 Mixology 101: Red, White or Blue Mocktails (OEB) 3:30 Live Entertainment: Max Green (ALL) 6:30 \$5.00 Cash Bingo (ALL) 7:00 Fireworks Show - Town of Lantana Celebrates 250 Years of Freedom (O)
10:00 Coffee Chats, Donuts & Chronicles (OEB) 5 10:00 Church Runs & Shopping (O) 11:00 Bobbi's Ballet and Aerobics (WMS) 11:30 Joe Manello Live: Enjoy the Harmonious Piano Tunes (LG) 1:30 CASH BINGO - AL LOUNGE (LG) 2:00 Movie Matinee : The Forgotten Battle (GT) 2:30 Puzzles & Smoothie Sips (CBR) 4:00 Scrabble & Cards (Resident Run) (CDR)	8:30 Carlisle Walking Club - Lantana Beach (WMS) 6 10:00 David Documentary Deep Dives: BBC Historical Miniseries: The White Queen: Episode 3 (GT) 11:00 Group Fitness: Weight Training (WMS) 12:00 Shopping Loop (O) 1:00 Matinee Movie (GT) 2:30 Carlisle Resident Welcome Ambassador Committee Meeting (CBR) 3:00 Musical Melodies with Bob MacDonald (LG) 4:00 Happy Hour (OEB) 6:30 Carlisle Coastal Chord Sing-A-Long (CBR)	8:30 Early Morning Pump - Weight Circuit (WMS) 7 9:45 Intellectual Stimulation (GT) 10:00 Bocce Ball (CY) 1:00 Matinee Movie (GT) 1:30 My Grandparents Holocaust Survival Journey presented by Elizabeth Steinman (CDR) 3:00 Carlisle Vendor Meet and Greet (CDR) 6:30 CASH BINGO (ALL)	9:00 Aqua Aerobics (PS) 8 10:00 Catholic Communion (ALGR) 11:00 Chair Yoga with Kaitlyn (WMS) 11:30 Floral Arranging: Carlisle Weekly Reset (AS) 11:30 Adventure Awaits: Lunch Outing: Al Fresco at Palm Beach Par 3 (O) 1:00 Matinee Movie (GT) 1:30 Painting with Lori (AS) 3:00 Carlisle Circuit (WMS) 4:00 Wine Down Wednesday: Musical Entertainer Ryan Gill (LG)	8:30 Early Morning Cardio Circuit (WMS) 9 10:00 Carlisle Current Events (CBR) 10:30 Pet Therapy (LG) 11:00 Tai Chi w/ Waly Elifrance (WMS) 1:00 Matinee Movie (GT) 1:00 Flagler Museum Volunteer Opportunity Presented by Jacob Wike (CDR) 2:00 Virtual Tech Connect with Soufiane and Ally - Meet Soufiane virtually via Zoom (CDR) 3:00 Movie Review and Discussion w/ Ally (CDR) 3:30 Engagement Committee Meeting (PS)	8:30 Open Gym - Free Weights (WMS) 10 10:00 Resident Council (CBR) 10:00 Shopping Loop - Lake Worth Beach Drop Off (O) 10:15 Carlisle Cinema Society (GT) 11:00 Pilates with Judy (WMS) 1:00 Matinee Movie (GT) 1:00 Golden Hand Bridge Bunch (CBR) 3:00 Kabbalat Shabbat w/ Rabbi Mendy (ALGR) 3:00 MindFit w/ Brie (CDR) 4:00 High Seas Happy Hour (LG) 5:00 Adventure Awaits: Art After Dark - Norton Museum (O)	9:45 Intellectual Stimulation (GT) 11 11:00 Bobbi's Ballet and Aerobics (WMS) 1:00 Canasta & Rummikub (Resident Run) (CBR) 1:00 Movie Matinee & Popcorn with Ally (GT) 2:00 Geography Around the World: Exploring South Africa (PS) 3:00 The Retro Refresh Snow Cone Social (OEB) 3:30 Live Entertainment: Karen's Cabaret (ALL) 6:30 \$5.00 Cash Bingo (ALL)
10:00 Coffee Chats, Donuts & Chronicles (OEB) 12 10:00 Church Runs & Shopping (O) 11:00 Bobbi's Ballet and Aerobics (WMS) 11:30 Joe Manello Live: Enjoy the Harmonious Piano Tunes (LG) 1:30 CASH BINGO - AL LOUNGE (LG) 2:00 Movie Matinee & Popcorn with Denise (GT) 2:30 Puzzles & Smoothie Sips (CBR) 4:00 Scrabble & Cards (Resident Run) (CDR)	8:30 Carlisle Walking Club - Lantana Beach (WMS) 13 10:00 David Documentary Deep Dives: BBC Historical Miniseries: The White Queen: Episode 4 (GT) 11:00 Group Fitness: Weight Training (WMS) 12:00 Shopping Loop (O) 1:00 Matinee Movie (GT) 3:30 Drinks and Discussions: Roger Gross Presents Women in History (ALL) 4:00 Happy Hour (OEB) 6:30 Carlisle Coastal Chord Sing-A-Long (CBR)	8:30 Early Morning Pump - Weight Circuit (WMS) 14 9:45 Intellectual Stimulation (GT) 10:00 Bocce Ball (CY) 12:00 The Carlisle Lunch Bunch: Tea Sandwiches (PS) 12:30 Liberty Podcast Series (CDR) 1:00 Open Card Play: Canasta & Rummikub (CBR) 1:00 Matinee Movie (GT) 1:00 Emotional Wellness Forum: A Journey to Healing w/ Jason Fairbanks (CBR) 3:30 Paint & Sip: Summer Florals (AS) 6:30 BINGO w/ Bonnie and Mitch (ALL)	9:00 Aqua Aerobics (PS) 15 10:00 Catholic Communion (ALGR) 11:00 Yoga w/ Kaitlyn (WMS) 11:30 Floral Arranging: Carlisle Weekly Reset (AS) 1:00 Matinee Movie (GT) 1:00 Adventure Awaits: Feeding South Florida Volunteering Program (O) 4:00 Wine Down Wednesday: Musical Entertainer Bianca Rossario (LG)	8:30 Early Morning Cardio Circuit (WMS) 16 10:00 Carlisle Current Events (CBR) 11:00 Shopping Extravaganza: YaYa Jewelry (CBR) 11:00 Tai Chi w/ Waly Elifrance (WMS) 12:00 July Resident Birthday Luncheon (0450) 1:00 Matinee Movie (GT) 2:00 Virtual Tech Connect with Soufiane and Ally - Introduction to Welbi (CDR) 3:00 Movie Review and Discussion w/ Ally (CDR) 3:30 Blue Zones Resident Planning Committee Meeting (CBR)	8:30 Open Gym - Free Weights (WMS) 17 10:00 Shopping Loop - Lake Worth Beach Drop Off (O) 10:15 Carlisle Cinema Society (GT) 11:00 Pilates with Judy (WMS) 11:30 Jeopardy (CDR) 1:00 Matinee Movie (GT) 1:00 Golden Hand Bridge Bunch (CBR) 3:00 Kabbalat Shabbat w/ Rabbi Mendy (ALGR) 4:00 High Seas Happy Hour and Entertainment with Gyorgi (LG)	9:45 Intellectual Stimulation (GT) 18 11:00 Bobbi's Ballet and Aerobics (WMS) 12:00 Senior Tech Connect w/ Ally (CDR) 1:00 Canasta & Rummikub (Resident Run) (CBR) 1:00 Movie Matinee & Popcorn with Ally (GT) 2:00 Geography Around the World: Exploring South Africa (PS) 3:00 Mixology 101: Mocktail Social Hour (OEB) 3:30 Entertainment: Trivia with Ally (ALL) 6:30 \$5.00 Cash Bingo (ALL) 6:30 Lecture: The Eldercation Experience w/ Harry J. Getzov! (CDR)



July 2026

The Carlisle Palm Beach Independent Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Coffee Chats, Donuts & Chronicles (OEB) 19 10:00 Church Runs & Shopping (O) 11:00 Bobbi's Ballet and Aerobics (WMS) 11:30 Joe Manello Live: Enjoy the Harmonious Piano Tunes (LG) 1:30 CASH BINGO - AL LOUNGE (LG) 2:00 Movie Matinee & Popcorn with Denise (GT) 2:30 Puzzles & Smoothie Sips (CBR) 4:00 Scrabble & Cards (Resident Run) (CDR)	8:30 Carlisle Walking Club - Lantana Beach (WMS) 20 10:00 David Documentary Deep Dives: BBC Historical Miniseries: The White Queen: Episode 5 (GT) 11:00 Group Fitness: Weight Training (WMS) 12:00 Shopping Loop (O) 12:30 New Resident Luncheon (0450) 1:00 Matinee Movie (GT) 3:00 Live Music with Tony Romeo (LG) 4:00 Happy Hour (OEB) 6:30 Carlisle Coastal Chord Sing-A-Long (CBR)	8:30 Early Morning Pump - Weight Circuit (WMS) 21 9:45 Intellectual Stimulation (GT) 10:00 Bocce Ball (CY) 12:00 The Carlisle Lunch Bunch: Potato Bar (PS) 1:00 Open Card Play: Canasta & Rummikub (CBR) 1:00 Matinee Movie (GT) 2:00 Dining Committee Meeting (CBR) 3:30 Paint & Sip: Cookie Jar (AS) 6:30 BINGO w/ Bonnie and Mitch (ALL)	9:00 Aqua Aerobics (PS) 22 10:00 Catholic Communion (ALGR) 10:30 Adventure Awaits: Palm Beach Dancing - Golden Steps (O) 11:00 Chair Yoga with Kaitlyn (WMS) 11:30 Floral Arranging: Carlisle Weekly Reset (AS) 1:00 Matinee Movie (GT) 3:00 Carlisle Circuit (WMS) 4:00 Wine Down Wednesday: Musical Entertainer Dan Stansville (LG)	Walk to End Alzheimer's Purple Day 23 8:30 Early Morning Cardio Circuit (WMS) 10:00 Carlisle Current Events (CBR) 11:00 Tai Chi w/ Waly Elifrance (WMS) 1:00 Matinee Movie (GT) 2:00 Judy Simon Presents Healthy Living and Lifestyles Lecture (CDR) 3:00 Movie Review and Discussion w/ Ally (CDR) 3:30 Wear it for ALZ - Purple Pizza Party (CDR)	8:30 Open Gym - Free Weights (WMS) 24 10:00 Shopping Loop - Lake Worth Beach Drop Off (O) 10:15 Carlisle Cinema Society (GT) 11:00 Pilates with Judy (WMS) 12:30 Lantana Library Living Book Exhibition Volunteer (CBR) 1:00 Matinee Movie (GT) 1:00 Golden Hand Bridge Bunch (CBR) 3:00 Kabbalat Shabbat w/ Rabbi Mendy (ALGR) 3:00 MindFit w/ Brie (CDR) 4:00 High Seas Happy Hour (LG)	9:45 Intellectual Stimulation (GT) 25 11:00 Bobbi's Ballet and Aerobics (WMS) 12:30 Lantana Library Living Book Exhibition Volunteer (CBR) 1:00 Canasta & Rummikub (Resident Run) (CBR) 1:00 Movie Matinee & Popcorn with Ally (GT) 2:00 Kora Dora Floral Arranging Bar with Florist Kendall (OEB) 3:00 The Retro Refresh Snow Cone Social (OEB) 3:30 Live Entertainment: Steve Michaels (ALL) 6:30 \$5.00 Cash Bingo (ALL)
10:00 Coffee Chats, Donuts & Chronicles (OEB) 26 10:00 Church Runs & Shopping (O) 11:00 Bobbi's Ballet and Aerobics (WMS) 11:30 Joe Manello Live: Enjoy the Harmonious Piano Tunes (LG) 1:30 CASH BINGO - AL LOUNGE (LG) 2:00 Movie Matinee & Popcorn with Denise (GT) 2:30 Puzzles & Smoothie Sips (CBR) 4:00 Scrabble & Cards (Resident Run) (CDR)	8:30 Carlisle Walking Club - Lantana Beach (WMS) 27 10:00 David Documentary Deep Dives: BBC Historical Miniseries: The White Queen: Episode 6 (GT) 11:00 Group Fitness: Weight Training (WMS) 12:00 Shopping Loop (O) 1:00 Matinee Movie (GT) 3:00 Prize BINGO (LG) 4:00 Happy Hour (OEB) 6:30 Carlisle Coastal Chord Sing-A-Long (CBR)	8:30 Early Morning Pump - Weight Circuit (WMS) 28 9:45 Intellectual Stimulation (GT) 10:00 Bocce Ball (CY) 12:00 The Carlisle Lunch Bunch: Salad Bar (PS) 1:00 Open Card Play: Canasta & Rummikub (CBR) 1:00 Matinee Movie (GT) 3:30 Paint & Sip: Paper Tissue Mache (AS) 6:30 BINGO w/ Bonnie and Mitch (ALL)	9:00 Aqua Aerobics (PS) 29 10:00 Catholic Communion (ALGR) 10:30 Adventure Awaits: Lunch Outing: Long Horn (O) 11:00 Yoga w/ Kaitlyn (WMS) 11:30 Floral Arranging: Carlisle Weekly Reset (AS) 1:00 Matinee Movie (GT) 4:00 Wine Down Wednesday with Musical Entertainer Anthony (LG)	8:30 Early Morning Cardio Circuit (WMS) 30 10:00 Carlisle Current Events (CBR) 11:00 Tai Chi w/ Waly Elifrance (WMS) 12:00 Resident Birthday Celebration Lunch (0450) 1:00 Matinee Movie (GT) 2:00 Create Your Own Stationary (AS) 2:00 Virtual Tech Connect with Soufiane and Ally: Welbi Outings Sign Up (CDR) 3:00 Movie Review and Discussion w/ Ally (CDR)	8:30 Open Gym - Free Weights (WMS) 31 10:00 Shopping Loop - Lake Worth Beach Drop Off (O) 10:15 Carlisle Cinema Society (GT) 11:00 Pilates with Judy (WMS) 12:00 Culinary Live Cooking Demo (AS) 12:30 Lantana Library Living Book Exhibition Volunteer (CBR) 1:00 Matinee Movie (GT) 1:00 Golden Hand Bridge Bunch (CBR) 3:00 Kabbalat Shabbat w/ Rabbi Mendy (ALGR) 4:00 High Seas Happy Hour (LG)	
		<u>Locations Legend</u> Grand Theater (GT) Wave Motion Studio (WMS) Club Room (CBR) Card Room (CDR) Lounge (LG) Outing (O) Ocean Edge Bistro (OEB) Assisted Living Lounge (ALL) Art Studio (AS) Poolside Patio (PS) AL - Game Room (ALGR) Courtyard (CY) Ocean 450 (0450)			<u>Contact Information</u> Quan Jones - Wellness Director qujones@libertyseniorliving.com 561-540-6504 Concierge - Front Desk 561-533-9440 Wagner - Transportation 561-917-9214	