October 2026

The Carlisle Palm Beach Independent Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Locations Legend Wave Motion Studio (WMS) Grand Theater (GT) Club Room (CBR) Card Room (CDR) Outing (O) Lounge (LG) Ocean Edge Bistro (OEB) Poolside Patio (PS) Assisted Living Lounge (ALL) AL - Game Room (ALGR) Courtyard (CY) Assisted Living Lounge (ALL) Art Studio (AS) Front Lobby (FL) Assisted Living Gym (G) Conference Room (CR) Resident Room (RR) Ocean 450 (0450)			**1** 8:30 Early Morning Cardio Circuit (WMS) 10:00 Carlisle Current Events (CBR) 1:00 Matinee Movie (GT) 3:00 Liberty Life App - Learn How To Utilize The App with Ally (CDR) 4:00 Blue Zone: Carlisle Resident Garden (PS)	**2** 8:30 Open Gym - Free Weights (WMS) 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 (GT) 1:00 Mahjong (CBR) 3:00 MindFit w/ Brie (CDR) 3:00 Sukkot w/ Rabbi Mendy (ALGR) 4:00 High Seas Happy Hour (LG)	**3** 9:45 Intellectual Stimulation (GT) 11:00 Bobbi's Ballet and Aerobics (WMS) 11:30 Ping Pong (WMS) 1:00 Canasta & Rummikub (Resident Run) (CBR) 1:00 Movie Matinee (GT) 2:00 Geography Around the World: Iceland (CDR) 3:00 Mixology 101: Mocktail Social Hour (OEB) 4:00 Live Tunes and Tastings: Max Green (ALL) 6:30 $5 Cash Bingo w/ Assisted Living (ALL)
4 **Happy 100th Birthday Betty!** 10:00 Church Runs & Shopping (O) 10:00 Coffee, Pastries & Chronicles (OEB) 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 (GT) 2:30 Carlisle Ice-Cream Social (ALL) 4:00 Puzzle and Board Games (Resident Run) (CDR)	**5** 10:00 Jewelry and the Art of Story with Novelist Linda Rosen (CDR) 12:00 Shopping Loop (O) 1:00 Carlisle Olympics Luncheon - All Residents Welcome (CDR) 2:00 Carlisle Olympics Team Selection, Description, Rules, and Scoring (CDR) 4:00 Carlisle Olympics: Dance Party with Musical Entertainer Garth Bright (WMS) 4:30 Carlisle Olympics Opening Ceremony (LG)	**6** 9:45 Intellectual Stimulation (GT) 10:00 Carlisle Olympics: Shot Put (CY) 11:00 Carlisle Olympics: Bocce Ball (CY) 1:00 Carlisle Olympics: Seated Bowling (WMS) 3:00 Carlisle Olympics: Scrabble Tournament (WMS) 3:15 Carlisle Olympics: Water Walking/Swimming (WMS)	**7** 10:00 Catholic Communion (ALGR) 10:00 Carlisle Olympics: Putting Tournament (CY) 11:00 Carlisle Olympics: YARTS (CY) 1:00 Carlisle Olympics: Corn Hole (PS) 3:00 Carlisle Olympics: Speed Puzzling (WMS) 4:00 Wine-Down Wednesday with Musical Entertainer Bianca Rosario (LG) 5:00 Adventure Awaits: Bonefish Grill (O)	**8** 10:00 Carlisle Current Events (CBR) 11:00 Carlisle Olympics: Balloon Toss and Balloon Drop (WMS) 11:00 Town Hall (CDR) 1:00 Carlisle Olympics: Seated Volleyball (WMS) 3:00 Carlisle Olympics: Table Tennis (WMS) 6:45 BINGO (ALL)	**9** 10:00 Shopping Loop - Lake Worth Beach Drop Off (O) 10:00 Resident Council (CBR) 1:00 Carlisle Olympics: Bridge and Mahjong Tournament (CBR) 1:00 Carlisle Olympics: Mahjong (CDR) 2:00 Carlisle Olympics: Blind Wine Tasting ft Author (OEB) 3:00 Shabbat w/ Rabbi Mendy (ALGR) 4:00 Carlisle Olympics Closing Ceremony (LG)	**10** 9:45 Intellectual Stimulation (GT) 11:00 Bobbi's Ballet and Aerobics (WMS) 11:30 Ping Pong (WMS) 1:00 Canasta & Rummikub (Resident Run) (CBR) 1:00 Movie Matinee & Popcorn with Ally (GT) 2:00 Geography Around the World: England (CDR) 3:00 Mixology 101: Mocktail Social Hour (OEB) 4:00 Life Enrichment Assessments with Ally (CBR) 6:30 $5 Cash Bingo w/ Assisted Living (ALL)
11 10:00 Church Runs & Shopping (O) 10:00 Coffee, Pastries & Chronicles (OEB) 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 (GT) 2:00 Adventure Awaits: The Shakespeare Troupe Presents: Hedda Gabler (O) 2:30 Carlisle Ice-Cream Social (ALL) 4:00 Puzzle and Board Games (Resident Run) (CDR)	**12** 8:30 Carlisle Walking Club - Lantana Beach (WMS) 10:00 David Documentary Deep Dives: BBC Historical Miniseries (GT) 11:00 Seated Chair Exercises with Ally (WMS) 12:00 Shopping Loop (O) 1:00 Matinee Movie (GT) 1:30 Rummikub Game Play (CBR) 3:00 Art History Experience with Lorie (CDR) 4:00 Happy Hour with Musical Entertainer Ron R. (OEB) 6:30 Carlisle Coastal Chord Sing-A-Long (CBR)	**13** 8:30 Early Morning Pump - Weight Circuit (WMS) 9:45 Intellectual Stimulation (GT) 10:00 Bocce Ball (CY) 10:00 Judy's Total Body Tune-Up in AL Gym (G) 12:00 Liberty Podcast - Tea Sandwiches (PS) 1:00 Matinee Movie (GT) 1:00 Emotional Wellness Forum: A Journey to Healing w/ Jason Fairbanks (CBR) 1:00 Beginner's Bridge: Learn to Play Bridge (CBR) 1:30 Open Card Play: Canasta & Rummikub (CBR) 2:00 Carlisle Drama Club (CR) 3:00 Horizon Care Services Presentation (ALL)	**14** 10:00 Catholic Communion (ALGR) 10:00 Aquafit with Aquatic Instructor Linda (PS) 10:30 Adventure Awaits: Coconut Creek Casino (O) 11:15 Chair Yoga with Kaitlyn (WMS) 12:00 Floral Arranging: Carlisle Weekly Reset (AS) 1:00 Matinee Movie (GT) 1:30 Paint & Sip with Lori - AL Art Studio (AS) 2:00 Carlisle Circuit: Resident Welbi Assessments (RR) 4:00 Wine-Down Wednesday with Musical Entertainer Millie Tennessee (FL) 5:00 Adventure Awaits: Mel's Bistro - 10th Anniversary Celebration (O)	**15** 8:30 Early Morning Cardio Circuit (WMS) 10:00 Carlisle Current Events (CBR) 11:00 Tai Chi w/ Waly Elifrance (WMS) 11:00 Shopping Extravaganza: YaYa Jewelry (FL) 12:00 October Resident Birthday Luncheon (0450) 1:00 Matinee Movie (GT) 3:00 Liberty Life App - Learn How To Utilize The App with Ally (CDR) 4:00 Blue Zone: Carlisle Resident Garden (PS) 6:45 BINGO (ALL)	**16** 8:30 Open Gym - Free Weights (WMS) 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) 1:00 Mahjong (CBR) 3:00 MindFit w/ Brie (CDR) 3:00 Shabbat w/ Rabbi Mendy (ALGR) 3:00 Alzheimer's Awareness Fundraiser: Carlisle Country Carnival - $10 Per Person (O) 4:00 High Seas Happy Hour (LG)	**17** 9:45 Intellectual Stimulation (GT) 11:00 Bobbi's Ballet and Aerobics (WMS) 11:30 Ping Pong (WMS) 1:00 Canasta & Rummikub (Resident Run) (CBR) 1:00 Movie Matinee & Popcorn with Ally (GT) 2:00 Geography Around the World: Africa (CDR) 3:00 Mixology 101: Mocktail Social Hour (OEB) 4:00 Life Enrichment Assessments with Ally (CBR) 6:30 $5 Cash Bingo w/ Assisted Living (ALL)

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Independent Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18 10:00 Church Runs & Shopping (O) 10:00 Coffee, Pastries & Chronicles (OEB) 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 (GT) 2:30 Carlisle Ice-Cream Social (ALL) 4:00 Puzzle and Board Games (Resident Run) (CDR)	**19** 8:30 Carlisle Walking Club - Lantana Beach (WMS) 10:00 David Documentary Deep Dives: BBC Historical Miniseries (GT) 11:00 Group Fitness: Line Dancing (WMS) 12:00 Shopping Loop (O) 12:00 New Resident Welcome Luncheon (0450) 1:00 Matinee Movie (GT) 3:30 Musical Entertainment Pianist Elliot Weiss (LG) 4:00 Happy Hour (OEB) 6:30 Carlisle Coastal Chord Sing-A-Long (CBR)	**20** 8:30 Early Morning Pump - Weight Circuit (WMS) 9:45 Intellectual Stimulation (GT) 10:00 Bocce Ball (CY) 12:00 Get To Know Your Neighbor: Oktobeer Fest (PS) 1:00 Matinee Movie (GT) 1:00 Beginner's Bridge: Learn to Play Bridge (CBR) 1:30 Open Card Play: Canasta & Rummikub (CBR) 2:00 Carlisle Drama Club (CR) 3:00 Tech Tuesday: Liberty Life App Resident Bios (CDR)	**21** 10:00 Catholic Communion (ALGR) 10:00 Aquafit with Aquatic Instructor Linda (PS) 11:15 Chair Yoga with Kaitlyn (WMS) 11:30 Crafting with April - Fall Wreaths (AS) 1:00 Matinee Movie (GT) 2:00 Carlisle Circuit: Resident Welbi Assessments (RR) 2:00 Food Forum Meeting with Culinary Director Dwight (CDR) 2:30 Adventure Awaits: Liberty Olympic Yard Games at Wellington Bay (O) 4:00 Wine-Down Wednesday with Musical Entertainment (FL) 6:30 Lecture: The Eldercation Experience w/ Harry J. Getzov! (CDR)	**22** 8:30 Early Morning Cardio Circuit (WMS) 10:00 Carlisle Current Events (CBR) 11:00 Tai Chi w/ Waly Elifrance (WMS) 12:00 Floral Arranging: Carlisle Weekly Reset (AS) 1:00 Matinee Movie (GT) 3:00 Jeopardy w/ Ally! (CDR) 3:00 Blue Zone: Resident Garden (PS) 4:00 Blue Zone: Carlisle Resident Garden (PS) 6:45 BINGO (ALL)	**23** 8:30 Open Gym - Free Weights (WMS) 10:00 Shopping Loop - Lake Worth Beach Drop Off (O) 10:00 Judith Simon's Seated Weight Lifting Class (G) 10:15 Carlisle Cinema Society (GT) 11:00 Pilates with Judy (WMS) 1:00 Matinee Movie (GT) 1:00 Golden Hand Bridge Bunch (CBR) 1:00 Mahjong (CBR) 3:00 Shabbat w/ Rabbi Mendy (ALGR) 4:00 High Seas Happy Hour (LG) 6:00 Haunted Nature Preserve: Dress Up in A Halloween Costume (O)	**24** 9:45 Intellectual Stimulation (GT) 11:00 Bobbi's Ballet and Aerobics (WMS) 11:30 Ping Pong (WMS) 1:00 Canasta & Rummikub (Resident Run) (CBR) 1:00 Movie Matinee & Popcorn with Ally (GT) 2:00 Geography Around the World: France (CDR) 3:00 Mixology 101: Mocktail Social Hour (OEB) 4:00 Live Tunes and Tastings: Steve Michaels (ALL) 6:30 $5 Cash Bingo w/ Assisted Living (ALL)
25 10:00 Church Runs & Shopping (O) 10:00 Coffee, Pastries & Chronicles (OEB) 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 (GT) 2:00 Food Forum w/ Culinary Director Dwight - All IL Residents Welcomed (CBR) 2:30 Carlisle Ice-Cream Social (ALL) 4:00 Puzzle and Board Games (Resident Run) (CDR)	**26** 8:30 Carlisle Walking Club - Lantana Beach (WMS) 10:00 David Documentary Deep Dives: BBC Historical Miniseries (GT) 11:00 Group Fitness: Line Dancing (WMS) 12:00 Shopping Loop (O) 1:00 Matinee Movie (GT) 1:30 Rummikub Game Play (CBR) 3:00 Carlisle IL Ambassador Committee Meeting (CBR) 4:00 Happy Hour with Musical Entertainer Ron R. (OEB) 6:30 Carlisle Coastal Chord Sing-A-Long (CBR)	**27** 8:30 Early Morning Pump - Weight Circuit (WMS) 9:45 Intellectual Stimulation (GT) 10:00 Bocce Ball (CY) 10:00 Judy's Total Body Tune-Up in AL Gym (G) 12:00 Physician's Lunch and Learn with Dr. Shulan (PS) 1:00 Matinee Movie (GT) 1:00 Beginner's Bridge: Learn to Play Bridge (CBR) 1:30 Open Card Play: Canasta & Rummikub (CBR) 2:00 Carlisle Drama Club (CR) 3:00 Tech Tuesday: Liberty Life App Resident Bios (CDR)	**28** 9:00 Carlisle Beach Day 10:00 Catholic Communion (ALGR) 4:00 Halloween Spooktacular Shakespeare Play with Nicole Hulett (FL) 4:30 Wine-Down Wednesday with Musical Entertainer Ryan Gill (LG)	**29** 8:30 Early Morning Cardio Circuit (WMS) 10:00 Carlisle Current Events (CBR) 11:00 Tai Chi w/ Waly Elifrance (WMS) 12:00 Floral Arrangements (CDR) 1:00 Matinee Movie (GT) 2:00 All Staff Meeting (Staff Only) (CDR) 4:00 Blue Zone: Carlisle Resident Garden (PS) 6:45 BINGO (ALL)	**30** 8:30 Open Gym - Free Weights (WMS) 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) 1:00 Mahjong (CBR) 3:00 Shabbat w/ Rabbi Mendy (ALGR) 4:00 AL&IL Halloween Happy Hour - Poolside with Steel Drum Entertainment (LG)	**31** 9:45 Intellectual Stimulation (GT) 11:00 Bobbi's Ballet and Aerobics (WMS) 11:30 Ping Pong (WMS) 1:00 Canasta & Rummikub (Resident Run) (CBR) 1:00 Movie Matinee & Popcorn with Ally (GT) 2:00 Halloween Celebration with Musical Entertainer Tessie T (CDR) 3:00 Mixology 101: Mocktail Social Hour (OEB) 4:00 Life Enrichment Assessments with Ally (CBR) 6:30 $5 Cash Bingo w/ Assisted Living (ALL)

Help THE CARLISLE PALM BEACH keep the momentum going in your community!

The Carlisle Palm Beach is fundraising for the Alzheimer's Association Walk to End Alzheimer's, the world's largest fundraiser to fight the disease.

JOIN THE TEAM or DONATE to support THE CARLISLE PALM BEACH!

Scan the QR code and make an online donation today. All money raised through Walk to End Alzheimer's benefits the care, support, and research efforts of the Alzheimer's Association.

2026 Walk to End Alzheimer's - Boca Raton
Sunday, November 8, 2026
Sunset Cove Amphitheater

Join us at act.alz.org/goto/CarlislePB

For 24/7 Alzheimer's care and support, call 800.272.3900

WALK TO END ALZHEIMER'S

Locations Legend

Wave Motion Studio (WMS)
Grand Theater (GT)
Club Room (CBR)
Card Room (CDR)
Outing (O)
Lounge (LG)
Ocean Edge Bistro (OEB)
Poolside Patio (PS)
Assisted Living Lounge (ALL)
AL - Game Room (ALGR)
Courtyard (CY)
Assisted Living Lounge (ALL)
Art Studio (AS)
Front Lobby (FL)
Assisted Living Gym (G)
Conference Room (CR)
Resident Room (RR)
Ocean 450 (0450)

Contact Information

Quan Jones - Wellness Director
qujones@libertyseniorliving.com
561-540-6504

Concierge - Front Desk
561-533-9440

Wagner - Transportation
561-917-9214