

On Campus

Thurs. Jan. 2, 10:00am, **Mobility Device Clinic.** Coffee Shop.
Mon. Jan. 6, 1:30pm, **Computer Help Desk.** Dinda Library.
Tues. Jan. 7, 1:00pm, **Bridge.** ACBL certified teacher, Cece Lichtenstein reviews Hand Evaluation & Losing Trick Count. Atl. Room. No RSVP.
Tues. Jan. 7, 4:00pm, **Beacon Pointe Construction Update.** Coleman Auditorium.
Wed. Jan. 8, 2:00pm, **WELLInspired Learning Series.** Coleman Auditorium. Formerly known as *Heathcare News & Therapy Presents*, we will discuss the following topics: “Medicare for You” and “Your Vision, Your Safety.”
Wed. Jan. 8, 3:30pm, **Sip & Stroll.** Join us on a tour of Leeward Manor & the Nancy House, meet Julia Pratt, our Sr. Director of Healthcare Services, and enjoy wine and hors d’oeuvres while you stroll. RSVP to Jill Pennington at ext. 1216 by 1/6.
Thurs. Jan. 9, 10:30am & 1:00pm, **Coffee and Conversation with Josh.** Coleman Auditorium.
Thurs. Jan. 9, 16, 23, 1:00pm, **Group Talk with Techies.** Coleman Conference Room. Several IT professionals will cover the basics of smart phones, tablets & other electronic devices. RSVP to Pat Kluever at 540-775-4955 or patkluever@verizon.net.
Fri. Jan. 10, 7am– 4pm, **Fitness Assessments.** Coleman Auditorium. Start the new year out right with an evaluation of your health and physical status that will enable you to embark on a new exercise program. The Fitness team can also assist in redesigning your current regimen for better results.
Tues. Jan. 14, 11:00am, **Memory Support Group.** MET.
Tues. Jan. 14, 7:00pm, **World Affairs Council Simulcast.** Coleman Auditorium. ADM James G. Stavridis, USN (Ret.), 16th Supreme Allied Commander NATO, will discuss “Global Power & Sea Power.”
Mon. Jan. 20, 1:30pm, **Computer Help Desk.** Dinda Library.
Mon. Jan. 20, 1:00pm, **Setting Smart Wellness Goals.** Coleman Auditorium. If you are interested in getting healthier in 2020, join us for the SMART Goals lecture to help you set realistic goals for 2020.
Tues. Jan. 21, 10:00am, **Resident Council Meeting.** Coleman Aud.
Tues. Jan. 21, 1:00pm, **Bridge.** ACBL certified teacher, Cece Lichtenstein reviews No Trump Bidding & Stayman. Atl. Room. No RSVP.
Wed. Jan. 22, 11:00am, **Farmer’s Market.** Coleman Atrium.
Wed. Jan. 22, 7:00pm **San Marco Chamber Music Project.** Coleman Aud. Performance of Beethoven op. 59, #1 string quartet and The Unusual Quietness of Snow for oboe and string quartet by Paul Carr.
Fri. Jan. 24, 3:00pm, **Wii Winter Bowling Sign-up.** Coffee Shop.
Fri. Jan. 24, 5:00pm, **Wine Tasting.** Coleman Auditorium.
Thurs. Jan. 29, 12:30, **MOAA Meeting.** CAPT Canfield, Commanding Office, Naval Station Mayport will speak on the present & future.
Thurs. Jan. 30, 4:30pm, **Yappy Hour.** Dog Park. Bring your furry friends for a romp in the park and mingle with fellow Resident dog owners. Hot beverages will be provided.

Out & About- Sign up Required

Fri. Jan. 3, 9:15am, **Coffee Concert.** The Organ Symphony. For tickets call 354-5547. (Level 2)
Fri. Jan. 10, 6:00pm, **Masterworks Concert.** Beethoven’s Violin Concerto. For tickets call 354.5547. (Level 1)
Sat. Jan. 11, 11:45am, **Met Opera. Wozzeck.** For tickets call Tinseltown Theater 998.2122.(Level 2)
Sun. Jan 12, 6:45pm, **Beaches Fine Arts Series: Windsync & Ivan Trevino.** Enjoy an intimate & joyful performance by five acclaimed wind musicians. Free. (Level 2)
Tues. Jan. 14, 5:45pm, **World Affairs Council.** UNF. See *On Campus* for more information. (Level 2)
Wed. Jan. 15, 1:30pm, **WELLInspired Beach Walk and Bull Park Farmer’s Market.** Bring cash or credit/debit card for the farmer’s market. (Level 3)
Thurs. Jan. 16, 4:30pm, **Adele Grage Artists Reception.** (Level 3)
Fri. Jan. 17, 9:00a, **Cruise & Coffee** Coleman Center. (Level 3)
Tues. Jan. 21, 6:30pm, **7th Annual Kiwanis Children’s Charity Concert.** Community Presbyterian Church. Enjoy local & regional musicians. \$10 admission at the door. (Level 2)
Thurs. Jan. 23, 10:45am **Sweet Pete’s Lunch & Tour.** Tour this Jacksonville favorite followed by lunch in the café. Cost: \$5 tour and cost of lunch. (Level 3)
Fri. Jan. 24, 9:00am **WELLInspired Walk.** Enjoy the beauty of the Reddie Point Preserve. (Level 3)
Monday. Jan. 27, 11:00am, **Lunch Bunch.** Skratch Kitchen. Enjoy lunch at Jax Beach’s newest restaurant serving scratch-made American classics. (Level 2)
Wed. Jan. 29, 5:45pm, **Alhambra. Love Letters.** Call 641-1212 for tickets. (Level 1)
Fri. Jan. 31, 6:00pm, **Masterworks Concert.** Tchaikovsky’s 6th Symphony. For tickets call 354.5547. (Level 1)

Shopping Schedule

Fri. Jan. 18, 9:30am, **Shoppes of A1A**
Tuesdays - 9am, Commissary & Publix
Thursdays - 2pm, Commissary & Publix
Sign up in the Event Book!

Church Service Schedule

Sunday - 8:30am, St. Johns Catholic Church
Sunday - 9:40am, FL Windward Church

Activity Level Designations

Level 1-All levels of endurance are welcome.

Level 2-Must be able to walk a minimum of 30 minutes. There may be a few stairs.

Level 3-Trip includes walking over 45 minutes, uneven terrain, steps or incline. Walkers and wheelchairs are not recommended.



January 2020
WELL Inspired

One Fleet Landing Boulevard | Atlantic Beach, FL 32233
1.904.246.9900 | www.fleetlanding.com



Coming to
Fleet Landing!
This evidence-based program is
for those living with, but not limited
to, Parkinson’s Disease.
Tues/Thurs. 3:30-4:00pm
in the Annex

Setting SMART Wellness Goals

*Presented by: Alisa Blanchard,
Exercise Physiologist*



Monday, January 20, 2pm
Coleman Auditorium

Upcoming Events

February 20– Atlantic Beach Art Walk
March 17– Board & Resident Spring Social
April 22– Coffee & Conversation with Josh

“It’s a Wrap”

100 Club and Fitness Celebration



Friday, January 17
4:00pm

Invitation Only
Coleman Auditorium



Fleet Landing Services

Massage/MET

• Guy - 525.1539 • Summer - 466.2801

Personal Training/AN

• Sheri - 234.0038 Alisa - ext. 1243

Services at Leeward Manor

• Audiology Services • Podiatry Services

1st & 3rd Fridays Thursdays





9am - 4:30pm 1pm - 4:30pm

Contact Ext. 1400 for an appointment.

Services at Coffee Shop

Jewelry Repair/CS - 1/23, 10am - 2pm

Mobility Devices/CS - 1/2, 10am

Sunday	Monday	Tuesday 5:00p Happy Hour	Wednesday	Thursday	Friday	Saturday
	AN- Annex AR- Atlantic Room AT- Atrium CA- Coleman Auditorium CC-Coleman Conference Room CS - Coffee Shop DC- Derfer Conference Room DH- Derfer Healthcare DL- Dinda Library MET- Memory Enhancement Trailer TG– Therapy Garden	 Starts January 7, 3:30pm, Annex	1  11:00a– 2:00p New Year’s Day Buffet (on-demand shuttle 234-8205)	2 10:00a Mobility Device Clinic/CS <i>(Sign up required)</i>	3 9:15a Coffee Concert <i>(Sign up required)</i>	4 2:00p Movie/CA “The Hurt Locker” War Drama 2008– RVL 2hr 11min
5 Church Shuttles 10:00a Church Service/CA Pastor Hugus	6 1:30p Computer Help Desk/DL 5:00p New Lakeview Menu	7 1:00p Bridge Enrichment with CeCe/AR 4:00p Beacon Pointe Construction Update/CA 5:00p Happy Hour/AT “Dan Lopes”	8  2:00p WELLInspired Learning Series/CA 3:30p Sip & Stroll/LM <i>(Sign up required x1216)</i>	9 <i>Modified Group Exercise Schedule</i> 10:30a Coffee and Conversation With Josh/CA 1:00p Coffee and Conversation With Josh/CA 1:00-3:00p Group Talk with Techies/CC (RSVP w/ Pat Kluever)	10 <i>No Group Exercise Classes</i> 7:00a-4:00p Fitness Assessments/CA <i>(Sign up required)</i> 6:00p Masterworks <i>(Sign up required)</i>	11 11:45a Met Opera <i>(Sign up required)</i> 2:00p Movie/CA “Rumor Has It” Romantic Comedy 2005– PG-13SH 1hr 37min
12 Church Shuttles 10:00a Church Service/CA Pastor Hugus 6:45p Beaches Fine Arts Series “Windsync & Ivan Trevino” <i>(Sign up required)</i>	13 9:30a Shopping/ Shoppes of A1A <i>(Sign up required)</i>	14 11:00a Memory Support Group/MET 5:00p Happy Hour Birthdays/AT “Sass-N-Brass” 5:45p World Affairs UNF <i>(Sign up required)</i> 7:00p World Affairs Simulcast/CA	15 1:30p WELLInspired Beach Walk and Bull Park Farmer’s Market <i>(Sign up required)</i> 5:00-8:00p Lobster Night <i>(Reservations required)</i>	16 12:00-2:00p Group Talk with Techies/CC (RSVP w/ Pat Kluever) 5:00p Adele Grage Artists Reception <i>(Sign up required)</i>	17 9:00a Cruise & Coffee <i>(Sign up required)</i> 4:00p It’s a Wrap! <i>(by invitation only– 100 club event)/CA</i>	18 2:00p Movie/CA “State Fair” Musical 1962– No Rating 1hr 58min
19 Church Shuttles 10:00a Church Service/CA Pastor Hugus	20 1:30a Computer Help Desk/DL 1:00p “Setting SMART Wellness Goals”/CA 	21 <i>Modified Group Exercise Schedule</i> 10:00a Resident Council/CA 1:00p Bridge Enrichment with CeCe/AR 5:00p Happy Hour/AT “Billy Bowers” 6:30p Children’s Charity Concert Community Presbyterian Church <i>(Sign up required)</i>	22  11:00a-12:00p Farmer’s Market/AT 7:00p San Marco Chamber Music Project/CA	23 10:00a Jewelry Repair/CS 10:45a Sweet Pete’s Lunch & Tour <i>(Sign up required)</i> 1:00-3:00p Group Talk with Techies/CC (RSVP w/ Pat Kluever)	24 9:00a WELLInspired Walk Reddie Point Preserve <i>(Sign up required)</i> 3:00p Wii Bowling Meeting/CS 5:00p Wine Tasting/CA <i>(Reservations required)</i>	25 2:00p Movie/CA “The Two Popes” Biographical Drama 2019– PG-13VL 2hr 5min
26 Church Shuttles 10:00a Church Service/CA Pastor Hugus 4:00p Group Labyrinth Walk/TG <i>“New Year’s Resolutions”</i>	27 11:00a Lunch Bunch/Skratch Kitchen <i>(Sign up required)</i>	28 5:00p Happy Hour/AT “Gene Nordan”	29 12:30p MOAA Organizational Meeting/CA 5:45p Alhambra <i>(Sign up required)</i>	30 4:30p Yappy Hour/Dog Park 	31 1:00-4:00p Fitness Assessment Make up Day/CA <i>(Sign up required)</i> 6:00p Masterworks <i>(Sign up required)</i>	Take Note: Items in bold provide a continuous shuttle for Resident pick-up <u>Underlined items are off-campus</u>