



Mastering the Art of Living Well



Spring Chorus Show

Featured Programs:

Virtual Reality Group Videos	Pg. 2
TED Talks: Healthcare Topics	Pg. 4
Paul Golden After Dinner Show	Pg. 4
Mini Golf & Lunch Out	Pg. 8
Spring Fashion Show	Pg. 10
Current Events	Pg. 11



April Birthdays

Birthday Luncheon: Wednesday, April 11th at 12:30PM in the Dining Room
Please join us in wishing the following residents a very Happy Birthday:

Lois Thoma	4-4	Sharon Gelley	4-22
Norma Karun	4-7	David Berke	4-22
Marie Tabet	4-10	Joan Rosof	4-25
John McNamara	4-19	Beverly Boyd	4-27
Beverly Cockinos	4-20	George Heller	4-28
Milton Stier	4-20	Paula Lund	4-28
Elaine Mendelow	4-20		



Blue Planet 2

What: Blue Planet 2 (Episodes 6 and 7)

When: Monday, April 2nd and 9th at 3:00PM

Where: La Sala Grande

Summary: A follow-up to the 2001 award-winning show "The Blue Planet," this natural history series sees Sir David Attenborough return as narrator and host. A breathtaking exploration of the world's vast oceans, hour long episodes capture animals and other living organisms in their natural habitat, presenting viewers with a fascinating insight into what life is like underwater.



Virtual Reality Video Sessions

Please Sign Up

What: Mynd VR (Virtual Reality) Video Sessions

When: Thursday April 5th, 12th, 19th and 26th at 1:00PM

Where: La Sala Grande

Summary: La Posada has partnered with MyndVR, a Dallas-based health and wellness company providing Virtual Reality solutions to CCRC's. The company is intelligently curating a vast library of VR content creating an innovative portfolio of recreational, prescriptive and on demand therapies. MyndVR offers a promising future into cognitive health and wellness for our dynamic seniors.

Rick will lead groups of 3 residents in 30 minutes sessions: 1:00PM, 1:30PM, and 2:00PM. Please make sure to sign up in the book each week. Residents will not be able to participate if they have not signed up.



Tuesday, April 3rd

Please Sign Up

What: Trip Out: Palm Beach Outlets

When: Tuesday, April 3rd at 10:00AM

Where: Meet in Lobby

Summary: The bus will be taking residents to the Palm Beach Outlets for some retail therapy. There will be plenty of time for shopping and lunch at TooJays for those who want to take a break.



Wednesday, April 4th

Please Sign Up

What: Atlantic Classical Orchestra

When: Wednesday, April 4th at 7:00PM

Where: Meet in Lobby

Summary: Enjoy an evening of music from this area's premiere orchestra performing awe inspiring music. This performance will feature Prokofiev's Concerto for Piano, No. 3, op. 26 in C major and Brahms' Symphony No. 2, op. 73 in D major as well as a piece by Hannah Lash, Rappaport Prize Winner.

Tickets are \$50 for Balcony and \$60 for Orchestra. Please sign up and indicate your seat preference. You will be charged for the ticket once you sign up in the book.



Wednesday, April 4th

Night at the Movies

What: "I, Tonya"

When: Wednesday, April 4th at 7:30PM

Where: La Sala Grande

Run Time: 2HR

Summary: This wickedly entertaining biopic looks at the life and doomed career of ice skater Tonya Harding and her connection to one of the most infamous sports scandals in American history: the assault on rival Nancy Kerrigan before the 1994 Winter Olympics.



MPAA: R

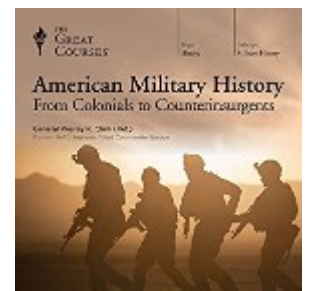
Thursday, April 5th

What: The Great Courses

When: Thursdays April 5, 12, & 19 at 3:00PM

Where: La Sala Grande

Summary: A Rhodes Scholar and thinking man's officer, Gen. Wesley Clark came to master all the tactics, strategy, and historical lore of the U.S. military, the world's greatest fighting force. In American Military History: From Colonials to Counterinsurgents, he explores the full scope of the nation's armed conflicts, from the French and Indian War in the mid-18th century to the Global War on Terrorism in the 21st, covering more than 200 years of American diplomacy and warfare.



Friday, April 6th

What: TED Talks: Healthcare Topics
When: Friday, April 6th at 1:00PM
Where: La Sala Grande
Summary: “What if we paid doctors to keep people healthy?” and “What if our healthcare system kept us healthy?” are the two talks that we will watch and discuss. These two similar topics include discussion on incentivizing doctors to keep patients healthy rather than paying them when we’re already sick as well as other suggestions that doctors might be able to use other than pharmaceuticals.



Friday, April 6th

What: Paul Golden After Dinner Show
When: Friday, April 6th at 7:30PM
Where: La Sala Grande
Summary: Please welcome back resident favorite, Paul Golden, who will be performing his show, “Musical Legends”: a tribute to great male and female singers of our time. Paul will be dedicating his show to his friend and former resident, Ethel Bennett.



Saturday, April 7th

What: Mad Hatter Big Bingo and Reception
When: Saturday April 7th at 1:00PM
Where: La Sala Grande
Summary: Join Noel for our monthly Big Bingo in La Sala Grande. Residents who wear a hat to “Mad Hatter Big Bingo” will receive an extra card to play. The buy in will be \$5.00 for two cards. The winner of every bingo will receive \$5.00 plus a new card. Enjoy a small reception from 5:00-5:30PM after bingo in Barcelona.



Sunday, April 8th

Please Sign Up

What: Miami City Ballet at Kravis: Program Four
When: Sunday April 8th at 7:30PM
Where: Meet in Lobby
Summary: Program Four includes Balanchine’s “Apollo” and “La Valse” as well as Ratmansky’s “Concerto DSCH. Ticket prices range from \$25-\$105 and can be purchased on the Kravis Center website or by calling the box office at 561-832-7469. Please see Rick if you need assistance purchasing tickets.



Wednesday, April 11th

Please Sign Up

What: Kravis on Broadway: The Bodyguard

When: Wednesday, April 11th at 1:15PM

Where: Meet in Lobby

Summary: Based on the smash hit film, the award-winning musical will star Grammy® Award-nominee and R&B superstar Deborah Cox. Former Secret Service agent turned bodyguard, Frank Farmer, is hired to protect superstar Rachel Marron from an unknown stalker. Ticket prices range from \$28-\$68 and can be purchased on the Kravis Center website or by calling the box office at 561-832-7469. Please see Rick if you need assistance purchasing tickets.



Wednesday, April 11th

Night at the Movies

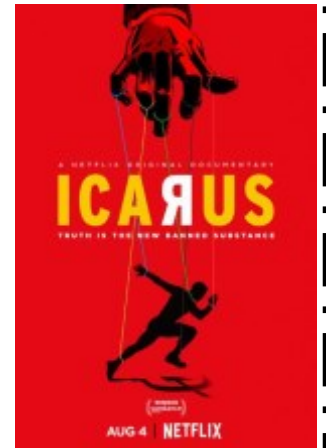
What: "Icarus"

When: Wednesday, April 11th at 7:30PM

Where: La Sala Grande

Run Time: 2HR

Summary: When Bryan Fogel sets out to uncover the truth about doping in sports, a chance meeting with a Russian scientist transforms his story from a personal experiment into a geopolitical thriller involving dirty urine, unexplained death and Olympic Gold-exposing the biggest scandal in sports history.



TV:MA

Thursday, April 12th

What: Nova Lecture: America's Longest War

When: Thursday, April 12th at 11:00AM

Where: La Sala Grande

Summary: Kenneth E. Bricker is a strategic communications and foreign policy specialist with more than 30 years of experience working as a journalist and communications consultant in some of the world's most challenging environments. Kenneth also served as senior communications adviser to the Department of Defense, where he supervised international security projects designed to counter violent extremism in the Middle East and South Asia.



Friday, April 13th

Please Sign Up

What: Beach walk with Danielle and lunch

When: Friday, April 13th at 11:00AM

Where: Meet in Lobby

Summary: Enjoy some time looking for beach treasures with Danielle on beautiful Juno Beach. We will take a slow stroll on the beach then make our way to Café Sole' for a delicious lunch.



Friday, April 13th

What: Eduardo & Njoki Duo After Dinner Show

When: Friday, April 13th at 7:30PM

Where: La Sala Grande

Summary: Eduardo and Njoki are returning to La Posada for a wonderful evening of guitar and singing. They both have been performing at La Posada for many years and have a wonderful repertoire and take on the great American songbook as well as international music adventure.



Sunday, April 15th

Please Sign Up

What: St. Patrick Church Concert

When: Sunday, April 15th at 2:30PM

Where: Meet in Lobby

Summary: Please join us for the final concert of the season, featuring romantic songs by pianist Alan Bowman. The concert is FREE, however, donations are accepted.



Monday, April 16th

Please Sign Up

What: Dinner Out: Carmine's Ocean Grill

When: Monday, April 16th at 5:00PM

Where: Meet in Lobby

Summary: Carmine's Ocean Grill and Sushi Bar, boasts the reputation as a premiere dining destination in the area. Known for immense selection of menu items tailored to accommodate the tastes of any palate, Ocean Grill & Sushi Bar is not your ordinary sushi and seafood grill. You can relish in some of the finest in fresh seafood, sushi, raw bar, steaks, pastas, and creative signature cocktails, while enjoying beautiful sunsets on the patio terrace.



Tuesday, April 17th

Please Sign Up

What: Mini Golf & Lunch Out at Guanabanas

When: Tuesday, April 17th at 10:00AM

Where: Meet in Lobby

Summary: Join us for a fun trip out to Lighthouse Cove for a round of mini-golf, followed by lunch at guanabanas. The lowest score of the day will get a free lunch after golf when we go to guanabanas. The restaurant has wonderful views of the intracoastal and a canopy that provides plenty of shade. The menu for guanabanas will be in the sign up book. Please bring \$10 for golf and money for lunch.



Wednesday, April 18th

Night at the Movies

- What:** "All the Money in the World"
- When:** Wednesday, April 18th at 7:30PM
- Where:** La Sala Grande
- Run Time:** 2HR 12MIN
- Summary:** In a crime that rivets the American public for months in 1973, members of an Italian paramilitary organization kidnap John Paul Getty III. When his oil-rich grandfather balks at paying the ransom, the bad guys up the stakes dramatically.



MPAA: R

Friday, April 20th

- What:** Davis & Dow Jazz Duo
- When:** Friday, April 20th at 7:30PM
- Where:** La Sala Grande
- Summary:** Multi award winning jazz duo Davis and Dow have chemistry. Soul mates that are two strong halves of one BIG sound. Davis and Dow tackle jazz and pop standards with a daring sense of abandon. Their style is deeply rooted in the classic jazz tradition but with a playfulness that keeps the music fresh and fun. Their arrangements are unique and inventive, always seeking a new approach to everything they do.



Sunday, April 22nd

Please Sign Up

- What:** Bolshoi Ballet at The Four Arts: "The Flames of Paris" (Pre-Recorded)
- When:** Sunday, April 22nd at 1:15PM
- Where:** Meet in Lobby
- Summary:** In the era of the French Revolution, Jeanne and her brother Jérôme leave home in support of the revolutionary effort that is taking over Paris. While fighting for freedom, they both encounter love along the way. Tickets are \$20 and will be charged to your account once you sign up.

The runtime is 2 hours
15 minutes with one
intermission.



Monday, April 23rd

- What:** The Royal Ballet: Don Quixote
- When:** Monday April 23rd at 1:30PM
- Where:** La Sala Grande
- Summary:** Carlos Acosta's first venture directing one of ballet's 19th century classics was eagerly anticipated, as was his own starring role in the production (as Basilio), opposite the Argentinian Royal Ballet principal Marianella Nuñez (Kitri). Still built on Petipa's original choreography, Acosta's clear dramatic structure and vivid stage action gave the 'boy gets girl despite her father' story a more convincing air than usual, with Don Quixote's parallel obsession with Dulcinea-Kitri coherently woven into the plot.



Tuesday, April 24th: Spring Fashion Show

What: Spring Fashion Show

When: Tuesday, April 24th 12:00PM

Where: Dining Room

Summary: La Posada proudly presents this year's fall fashion show sponsored by Chico's Outlet. Enjoy a wonderful lunch while watching your very own resident models walk up and down the runway displaying the latest in 2018 spring fashion. Chico's promises fashion to fit every style and shape. Clothing from this outlet store will prove to be stylish and affordable.

chico's
OUTLET



Wednesday, April 25th

Please Sign Up

What: PBG Concert Band at Eiskey

When: Wednesday, April 25th at 7:00PM

Where: Meet in Lobby

Summary: Palm Beach Gardens Concert Band presents The Great American Song Book. Join the Palm Beach Gardens Concert Band for their 4th concert of the season. Guest Artists include Frank Alessi and Lisa Watt who will help us remember the lyrics to these great songs.

This concert is SOLD OUT and you must have a ticket already purchased to attend.



Wednesday, April 25th

Night at the Movies

What: "Phantom Thread"

When: Wednesday, April 25th at 7:30PM

Where: La Sala Grande

Run Time: 2HR 10MIN

Summary: Set in 1950s London, this behind-the-scenes drama centers on the high-stakes world of couture as a headstrong dressmaker sees his career catapult to the next level when members of the royal family begin commissioning his designs.

MPAA: R



Thursday, April 26th

What: Current Events

When: Thursday, April 26th at 3:00PM

Where: La Sala Grande

Summary: Organized and led by our resident Political Science professor and former Dean at George Washington University, Burt Sapin, this discussion group approaches a wide range of topics that attract public attention and varying viewpoints. Residents can come with articles or topics of discussion to be included in each session. Current Events is always well attended and meets every other week!



Monday, April 30th

What: Met Opera in HD: Turandot

When: Monday, April 30th at 1:30PM

Where: La Sala Grande

Summary: Franco Zeffirelli's sumptuous production of Puccini's final opera has been a Met favorite ever since its 1987 premiere run, captured in this telecast. James Levine brings out all the color and drama of the composer's most ambitious score, leading a stellar cast: Plácido Domingo is Caláf, the unknown prince, Eva Marton sings the title role of the icy princess, Leona Mitchell is Liù, the innocent slave girl, and Paul Plishka plays Timur, Caláf's father. Run Time is 2 hours 12 minutes and there will be a 10 minute intermission.



Spring Dinner Dance



Please Sign Up

What: Spring Dinner Dance

When: Friday, April 27th at 5:00PM

Where: La Sala Grande

**Seating begins at 5:00PM. Dinner served at 5:30PM
Music & Dancing from 6:30PM-8:30PM**

with the Bobby Weiner Quartet!

Please RSVP at the Hostess Stand (514-5129)

This event is limited to the first 54 residents that sign up.

NO GUESTS

There will be a \$10 upcharge per resident!



La Posada's Credo



A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z

1 8 3 5 14 21 22 9 18 5 16 14 8 21 5 12 11

25 22 26 22 9 18 6 14 25 25

WELCOME
Spring

If you have any questions or comments, feel free to contact the Wellness & Lifestyles Department at any time.

Wellness & Lifestyles Director

Rick Minichino

Wellness & Lifestyles Assistant Director

Danielle DePasquale

Wellness Assistants

Sarah Gualtieri

Ryan Gill

561-514-5114

