



Anchin
Memory Care

March 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Morning Greet the Day 10:30 Indoor Walking & Stroll 11:00 Accordion and Piano Musical Journey 3 2:30-2:45 Snacks & Social 4:00 Barry & the Music of Your Life 7:00 Classical Music (Channel 3)	9-10 Morning Greet the Day 10:00 Early Riser Exercise Bunch (Channel 3 with the Gang) 10:30 Share a Story 11:00 George De on Keys 12:00 Refresh & Ready the Table 1:30 Bingo Bash 2:45 Afternoon Snack Break 3:00 Music Movement with Conner 3:30 Refresh to meet friends for dinner/share the stories of your life 4	9:30 Morning Greet the Day 10:00 Sing-a-long with Ed 10:30 Chair Exercise with Robin or Music Continues 11:00 What's in a picture 2:15 Range of Motion with Conner 2:45 Social Club 3:00 Crafts or Color Your Choice 4:00 Make a Move with Conner 4:30 Refresh & Ready with friends 7:00 Show of the Week (Channel 5) 5	9:30 Morning Greet the Day 10:00 Groove Moves, Exercise &(Channel 3 & Staff) 10:30-11:30 Humane Society Pet Visits-Sandi and Jenny 11:00 Toss the Ball/Chair Dance Moves 11:15 Sing-a-long with Deborah 1:30 Active Games or Grab Bag of Fun 2:00 Strike Up the Band With Instrumix 2:45 Sip & Bites Social 4:00 Hand and Toes and Twist and Move with Conner 7:00 Movie of the Week (Channel 5) 6	9:30 Morning Greet the Day 10:00 Make a Move Exercise Gang(Channel3) 10:30 Songs & Stories with Rabbi/Chaplain Rachel 1:30 Sing-a-long with Deborah 2:15 Range of Motion 2:30 Ron on Piano 2:45 Delights & Light Bites 3:45 Come to the Table /Your favorite Recipe/Refresh for dinner 4:00 Stretching Flexibility with Conner 7:00 Lecture of the Week (Channel5) 7	9:30 Morning Greet the Day 10:00 Morning Stretch & Flex 10:15 Bob, by request, on piano 10:30-11:30 Humane Society Dog Visits 1:15 Exercise Your Best with Conner 1:30 Ball Toss 2:45 Rehydrate & Refuel the Day 3:00 Favorite Concert 4:30 Share Shabbat & Blessings with friends 1	10:30 Torah Service (Anchin Chapel or Channel 4) 2
9:30 Morning Greet the Day 11:00 Jim on Accordion 2:30-2:45 Snacks & Social 4:00 Rhythm Band with the Gang 7:00 Classical Music (Channel 3) 10	9-10 Morning Greet the Day 10:00 Early Riser Exercise Bunch (Channel 3 with the Gang) 10:30 Share a Story 11:00 John on Guitar 12:00 Refresh & Ready the Table 1:30 Bingo Bash 2:45 Afternoon Snack Break 3:00 Music Movement with Conner 3:30 Refresh to meet friends for dinner/share the stories of your life 11	9:30 Morning Greet the Day 10:00 Sing-a-long with Ed 10:30 Chair Exercise with Robin or Music Continues 11:00 What's in a picture 2:15 Range of Motion with Conner 2:45 Birthday Bonanza 3:00 Crafts or Color Your Choice 4:00 Make a Move with Conner 4:30 Refresh & Ready with friends 7:00 Show of the Week (Channel5) 12	9:30 Morning Greet the Day 10:00 Exercise Channel 3 and the Gang 10:30-11:30 Humane Society Pet Visits-Sandi and Jenny 11:00 Toss the Ball/Chair Dance Moves 11:15 Sing-a-long with Deborah 1:30 Active Games or Grab Bag of Fun 2:00 Strike Up the Band With Instrumix 2:45 Sip & Bites Social 4:00 Hand and Toes and Twist and Move with Conner 7:00 Movie of the Week (Channel 5) 13	9:30 Morning Greet the Day 10:00 Make a Move Exercise Gang 10:30 Songs & Stories with Rabbi/Chaplain Rachel 1:30 Sing-a-long with Deborah 2:15 Range of Motion 2:30 Ron on Piano 2:45 Delights & Light Bites 3:45 Come to the Table /Your favorite Recipe/Refresh for dinner 4:00 Stretching Flexibility with Conner 7:00 Lecture of the Week (Channel5) 14	9:30 Morning Greet the Day 10:00 Morning Stretch & Flex 10:15 Bob, by request, on piano 10:30-11:30 Humane Society Dog Visits 11:15 Exercise Your Best with Conner 1:30 Ball Toss 2:45 Rehydrate & Refuel the Day 3:15 Sing-a-long Video and the Gang 4:30 Share Shabbat & Blessings with friends 15	10:30 Torah Service (Anchin Chapel or Channel 4) 16
9:30 Morning Greet the Day 10:30 Indoor Walking & Stroll 11:00 Rhythm Band with the Gang 2:30-2:45 Snacks & Social 2:30 Wearin of the Green Celebration 2nd floor 4:00 Barry & the Music of Your Life 7:00 Classical Music (Channel 3) 17	9-10 Morning Greet the Day 10:00 Early Riser Exercise Bunch (Channel 3 with the Gang) 10:30 Share a Story 11:00 George De on Keys 12:00 Refresh & Ready the Table 1:30 Bingo Bash 2:45 Afternoon Snack Break 3:00 Music Movement with Conner 3:30 Refresh to meet friends for dinner/share the stories of your life 18	9:30 Morning Greet the Day 10:00 Sing-a-long with Ed 10:30 Chair Exercise with Robin or Music Continues 11:00 What's in a picture 2:15 Range of Motion with Conner 2:45 Social Club 3:00 Crafts or Color Your Choice 4:00 Make a Move with Conner 4:30 Refresh & Ready with friends 7:00 Show of the Week (Channel 5) 19	9:30 Morning Greet the Day 10:00 Groove Moves, Exercise & (Channel 3) 10:30-11:30 Humane Society Pet Visits-Sandi and Jenny 11:00 Toss the Ball/Chair Dance Moves 2:00 Strike Up the Band With Instrumix 2:45 Sip & Bites Social 3:00 Sing-a-long with Deborah 4:00 Hand and Toes and Twist and Move with Conner 7:00 Movie of the Week (Channel 5) 20	9:30 Morning Greet the Day 10:00 Make a Move Exercise Gang 10:30 Songs & Stories with Rabbi/Chaplain Rachel 1:30 Sing-a-long with Deborah 2:15 Range of Motion 2:30 Ron on Piano 2:45 Delights & Light Bites 3:45 Come to the Table /Your favorite Recipe/Refresh for dinner 4:00 Stretching Flexibility with Conner 7:00 Lecture of the Week (Channel5) 21	9:30 Morning Greet the Day 10:00 Morning Stretch & Flex 10:15 Bob, by request, on piano 10:30-11:30 Humane Society Dog Visits 11:15 Exercise Your Best with Conner 1:30 Ball Toss 2:45 Rehydrate & Refuel the Day 3:15 Sing-a-long Video and the Gang 4:30 Share Shabbat & Blessings with friends 22	10:30 Torah Service (Anchin Chapel or Channel 4) 23
9:30 Morning Greet the Day 10:30 Indoor Walking & Stroll 10:30 Temple Sinai Purim Players on 2nd floor 11:00 Jim on Accordion 2:30-2:45 Snacks & Social 4:00 Barry & the Music of Your Life 7:00 Kvetch or Kvell Purim Spiel (Channel5) 24	9-10 Morning Greet the Day 10:00 Early Riser Exercise Bunch (Channel 3 with the Gang) 10:30 Share a Story 11:00 George De on Keys 12:00 Refresh & Ready the Table 1:30 Bingo Bash 2:45 Afternoon Snack Break 3:00 Music Movement with Conner 3:30 Refresh to meet friends for dinner/share the stories of your life 25	9:30 Morning Greet the Day 10:00 Sing-a-long with Ed 10:30 Chair Exercise with Robin or Music Continues 11:00 What's in a picture 2:15 Range of Motion with Conner 2:45 Social Club 3:00 Crafts or Color Your Choice 4:00 Make a Move with Conner 4:30 Refresh & Ready with friends 7:00 Show of the Week (Channel 5) 26	9:30 Morning Greet the Day 10:00 Groove Moves, Exercise &(Channel 3) 10:30-11:30 Humane Society Pet Visits-Sandi and Jenny 11:00 Toss the Ball/Walk and Stroll/Play the Music 11:15 Sing-a-long with Deborah 1:30 Active Games or Grab Bag of Fun 2:00 Strike Up the Band With Instrumix 2:45 Sip & Bites Social 4:00 Hand and Toes and Twist and Move with Conner 7:00 Movie of the Week (Channel 5) 27	9:30 Morning Greet the Day 10:00 Make a Move Exercise Gang 10:30 Songs & Stories with Rabbi/Chaplain Rachel 1:30 Sing-a-long with Deborah 2:15 Range of Motion 2:30 Ron on Piano 2:45 Delights & Light Bites 3:45 Come to the Table /Your favorite Recipe/Refresh for dinner 4:00 Stretching Flexibility with Conner 7:00 Lecture of the Week (Channel5) 28	9:30 Morning Greet the Day 10:00 Morning Stretch & Flex 10:15 Bob, by request, on piano 10:30-11:30 Humane Society Dog Visits 11:15 Exercise Your Best with Conner 1:30 Ball Toss 2:45 Rehydrate & Refuel the Day 3:15 Sing-a-long Video and the Gang 4:30 Share Shabbat & Blessings with friends 29	10:30 Torah Service (Anchin Chapel or Channel 4) 30
9:30 Morning Greet the Day 10:30 Indoor Walking & Stroll 11:00 Accordion and Piano Musical Journey 1:30 Easter Mass with Father Celestino in the Anchin Chapel or Channel 4 2:30-2:45 Snacks & Social 4:00 Barry & the Music of Your Life 7:00 Classical Music (Channel 3) 31						All Programs on Channel 3,4 & 5 will be posted on the daily schedule The Gang refers to the staff Activities are Subject to Change The Aviva T.V. Network includes Channels, 3, 4 and 5. Channels 3 & 5 show specials and evening programs. Channel 4 is our Anchin Chapel for services.