



Anchin
Memory Care

April 2024



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

	<p>9:30 Morning Greet the Day 1 10:00 Early Riser Exercise Bunch 10:30 Paper Blossoms Pop Ups 11:00 Organize It 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</p>	<p>9:30 Morning Greet the Day 2 10:00 Activity Box 10:30 Hand Movements and Toe Tappers 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/puzzle time 4:00 Make a Move with Conner 4:30 Refresh & Ready with friends 7:00 Show of the Week (Channel 5)</p>	<p>9:30 Morning Greet the Day 3 10:00 Groove Moves, Exercise & Music Tunes 10:30-11:30 Humane Society Pet Visits-Sandi and Jenny 11:00 Toss the Ball 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)</p>	<p>9:30 Morning Greet the Day 4 10:00 Make a Move Exercise Gang 10:30 Art Projects or Chair Dance to Music 11:00 Ron on Piano 1:30 Sing-a-long with Deborah 2:15 Range of Motion 2:45 Delights & Light Bites 3:15 Spin the Wheel 3:45 Come to the Table /Your favorite Recipe/Refresh for dinner 4:00 Stretching Flexibility with Conner 7:00 Lecture of the Week (Channel 5)</p>	<p>9:30 Morning Greet the Day 5 10:00 Morning Stretch & Flex 10:15 By Request, Bob at piano 10:30-11:30 Humane Society Pet Visits 11:15 Exercise Your Best with Conner 1:30 After Lunch Staff Music selections to clap and move in your seat 2:45 Rehydrate & Refuel the Day 3:00 Move to the Music with Conner 4:00 Share Shabbat & Blessings with friends</p>	<p>10:30 Torah Service 6 (Anchin Chapel or Channel 4) 2:00 Regis on Piano 2:45 Saturday Snacking 3:15 Share something Happy 4:00 Bill on accordion</p>		
<p>9:30 Morning Greet the Day 7 10:00 Walking & Stroll in the courtyard 11:00 Expressive Projects 1:30 Make a Move Game and 2:30-2:45 Snacks & Social on the Patio 3:00 Assorted Tabletop Active Games 7:00 Classical Music (Channel 3)</p>	<p>9:30 Morning Greet the Day 8 10:00 Early Riser Exercise Bunch 10:30 Share a Story 11:00 Organize It 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</p>	<p>9:30 Morning Greet the Day 9 10:00 Activity Box 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 Party Celebration 3:00 Crafts or Color Your Choice/puzzle time 4:00 Make a Move with Conner 4:30 Refresh & Ready with friends 7:00 Show of the Week (Channel 5)</p>	<p>9:30 Morning Greet the Day 10 10:00 Groove Moves, Exercise & Music Tunes 10:30-11:30 Humane Society Pet Visits-Sandi and Jenny 11:00 Toss the Ball 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)</p>	<p>9:30 Morning Greet the Day 11 10:00 Make a Move Exercise Gang 10:30 Art Projects or Chair Dance to Music 11:00 Ron Piano 1:30 Sing-a-long with Deborah 2:15 Range of Motion 2:45 Delights & Light Bites 3:15 Spin the Wheel 3:45 Come to the Table /Your favorite Recipe/Refresh for dinner 4:00 Stretching Flexibility with Conner 7:00 Lecture of the Week (Channel 5)</p>	<p>9:30 Morning Greet the Day 12 10:00 Morning Stretch & Flex 10:15 By Request, Bob at piano 10:30-11:30 Humane Society Pet Visits 11:15 Exercise Your Best with Conner 1:30 After Lunch Staff Music selections to clap and move in your seat 2:15 Move to the Music with Conner 2:45 Rehydrate & Refuel the Day 3:00 Gulf Coast Expressive Art with Kristin 4:00 Share Shabbat & Blessings</p>	<p>10:30 Torah Service 13 (Anchin Chapel or Channel 4) 2:00 Regis on Piano 2:45 Saturday Snacking 3:15 Share something Happy 4:00 Bill on accordion and piano</p>		
<p>9:30 Morning Greet the Day 14 10:00 Walk About 11:00 Spin the Wheel of Fun 2:00 Decorate your Favorite 2:30-2:45 Snacks & Social 3:00 Assemble the Pieces 3:30 Fine Arts Coloring 4:00 Barry & the Music of Your Life 7:00 Classical Music (Channel 3)</p>	<p>9:30 Morning Greet the Day 15 10:00 Early Riser Exercise Bunch 10:30 Share a Story 11:00 Sort, Stack, and Put it Together 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</p>	<p>9:30 Morning Greet the Day 16 10:00 Activity Box 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 3:15 Crafts or Color Your Choice/what goes together 4:00 Make a Move with Conner 4:30 Refresh & Ready with friends 7:00 Show of the Week (Channel 5)</p>	<p>9:30 Morning Greet the Day 17 10:00 Groove Moves, Exercise 10:30-11:30 Humane Society Pet Visits-Sandi and Jenny 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 4:00 April in Paris on the 2nd floor 7:00 Movie of the Week (Channel 5)</p>	<p>9:30 Morning Greet the Day 18 10:00 Make a Move Exercise Gang 10:30 Songs & Stories with Rabbi/Chaplain Rachel 11:00 Ron on Piano 2:15 Range of Motion 2:45 Delights & Light Bites 3:15 Sing-a-long with Deborah 3:45 Come to the Table /Your favorite Recipe/Refresh for dinner 4:00 Stretching Flexibility with Conner 7:00 Lecture of the Week (Channel 5)</p>	<p>9:30 Morning Greet the Day 19 10:00 Morning Stretch & Flex 10:15 By Request, Bob at piano 10:30-11:30 Humane Society Pet Visits 11:15 Exercise Your Best with Conner 1:30 After Lunch Staff Music selections to clap and move in your seat 2:00 Music of George De on piano 2:45 Rehydrate & Refuel the Day 3:00 Move to the Music with Conner 4:00 Share Shabbat & Blessings</p>	<p>10:30 Torah Service 20 (Anchin Chapel or Channel 4) 2:00 Regis on Piano 2:45 Saturday Snacking 3:15 Share something Happy 4:00 Jim on Accordion</p>		
<p>9:30 Morning Greet the Day 21 10:30 Indoor Walking & Stroll 11:00 Passover Floral Arranging 2:00 Guess Your Best 2:30-2:45 Snacks & Social 3:00 Patio Games 3:30 Spring is in the Air and Afoot Starfire Dancers on 2nd floor 4:00 Barry & the Music of Your Life 7:00 Classical Music (Channel 3)</p>	<p>9:30 Morning Greet the Day 22 10:00 Early Riser Exercise Bunch 10:30 Seder Plates & the Meaning of Passover with Rabbi Rachel 11:00 Activity Box 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</p>	<p>9:30 Morning Greet the Day 23 10:00 Activity Box 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/Helping Hands 4:00 Make a Move with Conner 4:30 Refresh & Ready with friends 7:00 Show of the Week (Channel 5)</p>	<p>9:30 Morning Greet the Day 24 10:00 Groove Moves, Exercise & Music Tunes 10:30-11:30 Humane Society Pet Visits-Sandi and Jenny 11:00 Toss the Ball 1:30 Active Games or Grab Bag of Fun 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)</p>	<p>9:30 Morning Greet the Day 25 10:00 Make a Move Exercise Gang 10:30 Songs & Stories with Rabbi/Chaplain Rachel 11:00 Ron on Piano 1:30 Sing-a-long with Deborah 2:15 Range of Motion 2:45 Delights & Light Bites 3:15 Pet Collective on the big screen 3:45 Come to the Table /Your favorite Recipe/Refresh for dinner 4:00 Stretching Flexibility with Conner 7:00 Lecture of the Week (Channel 5)</p>	<p>9:30 Morning Greet the Day 26 10:00 Morning Stretch & Flex 10:15 By Request, Bob at Piano 10:30-11:30 Humane Society Pet Visits 11:15 Exercise Your Best with Conner 1:30 After Lunch Staff Music selections to clap and move in your seat 2:00 Music of George De on Piano 2:45 Rehydrate & Refuel the Day 3:00 Move to the Music with Conner 4:00 Share Shabbat & Blessings</p>	<p>10:30 Torah Service 27 (Anchin Chapel or Channel 4) 2:00 Regis on Piano 2:45 Saturday Snacking 3:15 A picture tells a story 4:00 Bill on accordion and piano</p>		
<p>9:30 Morning Greet the Day 28 10:30 Indoor Walking & Stroll 11:00 Courtyard Gardening 2:00 Tinkering and Handiworks 2:30-2:45 Snacks & Social 3:00 Musical Memory Favorites with Jency 4:00 Refresh to meet friends for dinner/Share stories 7:00 Classical Music (Channel 3)</p>	<p>9:30 Morning Greet the Day 29 10:00 Early Riser Exercise Bunch 10:30 Share a Story 11:00 Activity Box 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</p>	<p>9:30 Morning Greet the Day 30 10:00 Activity Box 10:30 Chair Exercise with Robin 10:30 Yizkor Service in Chapel with Rabbi 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/Clay molding 4:00 Make a Move with Conner 4:30 Refresh & Ready with friends 7:00 Show of the Week (Channel 5)</p>				 		<p>All Programs on Channel 3,4 & 5 will be posted on the daily schedule</p> <p>Activities are Subject to Change</p> <p>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.</p>