



EVENTS & ACTIVITIES
April 14-20, 2024

LOCATION & ABBREVIATION KEY

- | | |
|-------------------------------|----------------------|
| (SU) Sign-Up Required in (LE) | (DR) Dining Room |
| (A) Activity Center-C102 | (L) Library |
| (R) Rotunda | (AC) Anchin Chapel |
| (FC) Fitness Center | |
| (LE) Life Enrichment Center | (KC) Kretzmer Center |
- Trips out of the building will be underlined**

Sunday
14



- 10:00am Chair Exercise Program (**Channel 3**)
 10:30am Sarasota Institute of Lifelong Learnings-SILL
 “China Relations from Cold War to Cold War” Dr. David M. Lampton (**Channel 5** or KC)
 2:00pm Repeat Showing-SILL (**Channel 5** or KC)
 7:00pm Classical Music Program-Beethoven’s Triple Concerto in C major Op. 56 & Choral Fantasy in C minor-New York Philharmonic Itzhak Perlman, Yo Yo Ma, and Daniel Barenboim (KC or **Channel 3**)
- 1:30pm Sarasota Orchestra Masterworks Ticketholders departure
Check front desk for transportation concerns

Monday
15



Bring the Mingle

- 10:00am Seated Balance Class with Conner (KC)
 10:00am Healthy Spine Class (**Channel 3**)
 10:30am Advanced Seated/Standing Balance Class with Conner (KC)
 10:30am Range of Motion Class (**Channel 3**)
 11:00am Resident Town Hall-Topic-Public Hearing on Church Property Jay Solomon Updates (KC)
 1:00pm Shakespeare Reading Club Present: Anthony & Cleopatra
 2:00pm Chair Chi (**Channel 3**)
 3:00pm Yoga with Margie (**Channel 3**)
 3:30pm Poolside Munch & Mingle with the Sounds of Sax (Alternate location Rotunda)
 7:00pm Bingo Bonanza (KC)
- Library Open- 10-12noon & 1:30-3:30pm**

Tuesday
16



- 9:30am Stretch & Refresh (**Channel 3**)
 10:00am Strength Training with Weights & Bands (KC)
 10:00am Core Stability (**Channel 3**)
 10:30am Range of Motion (**Channel 3**)
 10:30am Movement Magic with Mike (KC)
 11:00am Poetry Appreciation (LE)
 1:00pm Suncoast Concert Band Woodwind Quintet Show (KC)
 3:00pm Yoga with Margie (**Channel 3**)
 3:30pm What’s Happening with Michael (KC)
 3:30pm The Landoliers Choral Group at Anchin Assisted Living 2nd Floor Dining Room (Please see Mercedes for golf cart rides)
 7:00pm Passover Concert with Joy Katzen Guthrie (KC or **Channel 5**) (KC or **Channel 5**)
- Library Open- 10-12noon & 1:30-3:30pm**

Wednesday 17

10:00am Bereavement Group with Shayndel Kahn (L)
10:00am Healthy Spine Class (Channel 3)
10:00am Seated Balance Class with Conner (KC)
10:30am Standing Advanced Balance Class (KC)
10:30am Range of Motion Class (Channel 3)
11:00am Short Story Discussion with Carroll- "The Mist" by Juan de la Cabada (KC)
1:00pm Let's Talk with Barbara (LE)
1:00pm Pool Player's Posse (A)
1:15pm Exercise in the pool with Marni
2:00pm Chair Chi (Channel 3)
3:00pm Yoga with Margie (Channel 3)
3:30pm Bible Talk with Rabbi Rachel (KC or Channel 5)
4:15pm Celebration of Life with Rabbi-Eileen Gilbert (KC)
7:00pm New Movie Release Night- "Shirley" 2024 New Movie about Shirley Chisholm (Channel 5 or KC)
9:30am Bus departs shopping to Winn, Dixie, Wells Fargo, DollarTree, Target by sign-up
11:00am Selby Gardens Lunch and Walk around Expected Return 3pm

Water Exercises

Thursday 18

Aviva Environmental Series

9:30am Stretch & Refresh (Channel 3)
9:30-11:30- Open Art Studio with Ruth (A)
10:30am Range of Motion (Channel 3)
3:30pm Aviva Environmental Series with Mote Aquarium- Coral Reef Restoration and Research (KC)
7:00pm Multi-media Opera Talk with Phyllis Lowitt- Carmen (KC or Channel 5)



Library Open- 10-12noon & 1:30-3:30pm

Friday 19

Please Notice This

10:00am Sarasota Contemporary Dance Joy & Reflections Exercise (small KC)
10:00am Healthy Spine (Channel 3)
10:30am Range of Motion (Channel 3)
11:00am Current Caregiver's support group (L)
11:00am Watercolors with Isabel (A)
4:30pm Kabbalat Shabbat with Rabbi Rachel (R)
7:00pm Retired Lawyers at Aviva with Rich Weingarten (LE)

9:30, 10:00 & 10:30am Publix and Area Banks by Sign-Up in Life Enrichment

1:00pm Shopping to Trader Joes

Shabbat to Area Temples based on resident sign-up

שבת שלום

Shabbat Shalom!

Saturday 20

10:30am Torah Services (Anchin Chapel or Channel 4)
7:00pm Resident Game Night-"Dear Aviva"-Linda Z. Facilitator (small KC)



Shabbat to Area Temples based on resident sign-up

11:30am Trip to QVC & Restaurant by sign-up