

July 20-26, 2025
EVENTS & ACTIVITIES

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 (DR-B) Discovery Room (Bwing)
- (LE) Life Enrichment Center (KC) Kretzmer Center
- Trips out of the building will be underlined

Sunday
20

10:00am Chair Exercise Program (Channel 3)
12:30pm Learn to play Cribbage with Denah (A)
7:15pm Classical Music Program– Overtures and Arias-The
Greatest Hits of Opera featuring the Panopera Orchestra
From Northampton, Smith College-2019 (KC or Channel 3)

5pm Departure to Pacific Rim Restaurant

Monday
21


10:00am Healthy Spine Class (Channel 3)
10:00am Seated Balance Class with Conner (KC)
10:30am Range of Motion Class (Channel 3)
10:30am Standing Advanced Balance Class with Conner (KC)
11:00am Memoir Writing with Anita (A)
1:30pm Shakespeare Reading Group (KC)
2:00pm Chair Chi (Channel 3)
3:00pm Yoga with Margie (Channel 3)
3:30pm Munch & Mingle-Pre-Grand Opening Celebration
Featuring assorted appetizers and violinist Francesca J.
In the Rotunda.
7:15pm Bingo Bonanza (KC)



Tuesday
22

9:30am Stretch & Refresh (Channel 3)
10:00am Core Stability (Channel 3)
10:00am Strength Training with Weights & Bands (KC)
10:30am Movement Magic (KC)
10:30am Range of Motion (Channel 3)
11:00am Poetry Appreciation (LE)
3:00pm Yoga with Margie (Channel 3)
3:30pm Stronger Together Resilience Class with Rabbi
Shayndel Group #2 ONLY (A) Please check your group!
7:15pm A Night at the Improv featuring Will Luera & Friends
(KC or Channel 5)

GULF COAST
COMMUNITY
FOUNDATION

Wednesday 23	<p> 10:00am Healthy Spine Class (Channel 3) 10:00am Seated Balance Class with Conner (KC) 10-12pm Pool Player's Posse (A) 10:30am Advanced Seated Class (KC) 10:30am Range of Motion Class (Channel 3) 11:00am Sarasota Contemporary Dance Joy & Reflections Exercise Class (KC) 12:00pm Card Playing Begins (A) 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 Pub Social at Jane & Irvs </p> <p style="text-align: center;"><u>1pm Shopping to Walmart</u></p>
Thursday 24	<p> 9:30am Stretch & Refresh (Channel 3) 9:30am Shuffleboard with Conner 9:30-11:30 Open Art Studio-Everyone is Welcome (A) 10:30am Range of Motion (Channel 3) 11:00am Suncoast Ambassadors Concert Band Subscriptions Total cost will be \$30 for 6 Sundays-Please bring cash or check made out to Suncoast Band (KC) 3:30pm Conner Manguso's Tour Of Japan and Wedding Photos Presentation (KC or Channel 5) 7:15pm Artificial Intelligence Lecture with Jack Polejes (KC or Channel 5) </p>
	<p style="text-align: center;"><i>with Charlotte</i></p>
Friday 25	<p> 10:00am Strength Training with Weights & Bands (KC) 10:00am Healthy Spine (Channel 3) 10:30am Better Posture Class with Conner (KC) 10:30am Range of Motion (Channel 3) 1:30pm Joy of Reading- "A Land Remembered" by P.D. Smith Reviewer-Marcia Midler- All are Welcome (L) 4:00pm Kabbalat Shabbat (R) </p> <p style="text-align: center;"> <u>9:00, 9:30 and 10:00 Shopping Trip to Publix</u> <u>1:00pm Shopping to Goodwill by sign-up</u> </p>
Saturday 26	<p> 10:30am Torah Service (Anchin Chapel or Channel 4) </p> <p style="text-align: center;"><u>Shabbat to Area Temples based on resident sign-up</u></p>