

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	
<u>Trips out of the building will be underlined</u>	
Sunday 17	10:00am Chair Exercise Program (Channel 3) 10:30am Beginning Spanish with Sheila Bring your own paper, notebook and/or pen (A)
Only 3 more SILL LECTURES of this year	12:30pm Learn to play Cribbage with Denah (A) 2:00pm Sarasota Institute of Lifelong Learning– Lecture #10- The Brain and Cognitive Control in Health and Disease Dr. John Bruno (KC or Channel 5) 7:15pm Classical Music Program–Evgeny Kissin– Beethoven Recital on Piano-Verbier Festival– 2019 (KC or Channel 3)
Monday 18  munch & mingle monday	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) 1:30pm Shakespeare Reading Group (KC) 2:00pm Chair Chi (Channel 3) 3:00pm Yoga with Margie (Channel 3) 4:00pm Munch & Mingle with Laura on Violin (R) 7:15pm Bingo Bonanza (KC)
Tuesday  19	9:15am Exercise in the Pool with Marni 9:30am Stretch & Refresh (Channel 3) 10:00am Core Stability (Channel 3) 10:00am Strength Training with Weights & Bands (KC) 10:30am Range of Motion (Channel 3) 10:30am Movement Magic (KC) 11:00am Poetry Appreciation (LE) 3:00pm Yoga with Margie (Channel 3) 3:30pm Aviva Play Readers-Open to All (L) 7:15pm Sarasota Trivia by Kim (KC)



<b>Wednesday</b>  <b>20</b>	<b>10:00am Healthy Spine Class (Channel 3)</b> <b>10:00am Seated Balance Class with Conner (KC)</b> <b>10-12pm Pool Player's Posse (A)</b> <b>10:30am Range of Motion Class (Channel 3)</b> <b>10:30am Advanced Seated Class with Conner (KC)</b> <b>11:00am Short Story Discussion with Carroll- "The Boarding House" by James Joyce (KC)-Stories available on Life Enrichment Counter after Sunday</b> <b>12:00pm Card Playing Begins (A)</b> <b>1:15pm Exercise in the Pool with Marni</b> <b>2:00pm Chair Chi (Channel 3)</b> <b>3:00pm Yoga with Margie (Channel 3)</b> <b>3:30pm Bible Talk with Rabbi Rachel (KC or Channel 5)</b> <b>4:15pm Pub Social at Jane &amp; Irvs</b> <b>7:15pm Larry Naschin at the Piano in the Rotunda</b>
<i>It's Back!</i>	<u><b>1:00pm Shopping to Beneva Strip Stores include Bealls, Dollar Tree, Truist, Publix, Post Office, Jeweler is Closed</b></u>
<b>Thursday</b>  <b>21</b>	<b>9:30am Stretch &amp; Refresh (Channel 3)</b> <b>9:30am Shuffleboard with Conner</b> <b>9:30-11:30 Open Art Studio-Everyone is Welcome (A)</b> <b>10:30am Range of Motion (Channel 3)</b> <b>11:00am Aviva Concert Series– Sarasota Piano Trio (KC)</b> <b>3:30pm Video Musical Performances by your favorite musicians with Maria (KC)</b> <b>7:15pm "Broadway Budget Busters" Multi-media presentation with Joy Katzen Guthrie (KC or Channel 5)</b>
<b>Friday</b>  <b>22</b>	<b>10:00am Healthy Spine (Channel 3)</b> <b>10:00am Strength Training with Weights &amp; Bands (KC)</b> <b>10:30am Range of Motion (Channel 3)</b> <b>10:30am Better Posture Class with Conner (KC)</b> <b>11:00am What's Happening with Michael (L)</b> <b>2:00pm Watercolors &amp; Coloring Templates (A)</b> <b>4:00pm Kabbalat Shabbat (R)</b> <b>7:00pm Rummikub (AC)</b>  <u><b>9:00, 9:30 and 10:00 Shopping Trip to Publix</b></u> <u><b>1:00pm Shopping to Clark Road and Beneva Tidewell Hospice, Bealls, Walmart Neighborhood Store</b></u>
<b>Saturday</b>  <b>23</b>	<b>10:30am Torah Service (Anchin Chapel or Channel 4)</b>  <u><b>Shabbat to Area Temples based on resident sign-up</b></u>

