## monday. munch

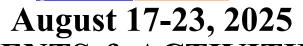
of this year

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## **EVENTS & ACTIVITIES**

LOCATION	& ABBREV	<b>IATION KEY</b>

(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 10:00am Chair Exercise Program (Channel 3) 17

10:30am Beginning Spanish with Sheila Bring your own

paper, notebook and/or pen (A)

12:30pm Learn to play Cribbage with Denah (A) Only 3

2:00pm Sarasota Institute of Lifelong Learning- Lecture #10more SILL LECTURE\$

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** 10:00am Healthy Spine Class (Channel 3)

10:00am Seated Balance Class with Conner (KC) 18

10:30am Range of Motion Class (Channel 3)

10:30am Standing Advanced Balance Class with Conner (KC)

munch 1:30pm Shakespeare Reading Group (KC)

2:00pm Chair Chi (Channel 3)

ngle 3:00pm Yoga with Margie (Channel 3)

4:00pm Munch & Mingle with Laura on Violin (R)

monday 7:15pm Bingo Bonanza (KC)

**Tuesday** 9:15am Exercise in the Pool with Marni

9:30am Stretch & Refresh (Channel 3)

**19** 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)



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Wednesday	10:00am Healthy Spine Class (Channel 3)
·	10:00am Seated Balance Class with Conner (KC)
20	10-12pm Pool Player's Posse (A)
	10:30am Range of Motion Class (Channel 3)
	10:30am Advanced Seated Class with Conner (KC)
	11:00am Short Story Discussion with Carroll- "The Boarding
	House" by James Joyce (KC)-Stories available
	on Life Enrichment Counter after Sunday
	12:00pm Card Playing Begins (A)
	1:15pm Exercise in the Pool with Marni
	2:00pm Chair Chi (Channel 3)
	3:00pm Yoga with Margie (Channel 3)
146 8 . 1.	3:30pm Bible Talk with Rabbi Rachel (KC or Channel 5)
183 Dack	3:30pm Bible Talk with Rabbi Rachel (KC or Channel 5) 4:15pm Pub Social at Jane & Irvs
	7:15pm Larry Naschin at the Piano in the Rotunda
1:00	pm Shopping to Beneva Strip Stores include Bealls, Dollar Tree,
	Truist, Publix, Post Office, Jeweler is Closed
<b>Thursday</b>	9:30am Stretch & Refresh (Channel 3)
·	9:30am Shuffleboard with Conner
21	9:30-11:30 Open Art Studio-Everyone is Welcome (A)
# 🔥 .	10:30am Range of Motion (Channel 3)
AVIVA Sanjor Livin	11:00am Aviva Concert Series – Sarasota Piano Trio (KC)
CLASSICAL	3:30pm Video Musical Performances by your favorite
CONCERT	musicians with Maria (KC)
* Series	7:15pm "Broadway Budget Busters" Multi-media presentation
	with Joy Katzen Guthrie (KC or Channel 5)
Friday	10:00am Healthy Spine (Channel 3)
Tilday	10:00am Strength Training with Weights & Bands (KC)
22	10:30am Range of Motion (Channel 3)
	10:30am Better Posture Class with Conner (KC)
	11:00am What's Happening with Michael (L)
	2:00pm Watercolors & Coloring Templates (A)
	4:00pm Kabbalat Shabbat (R)
	7:00pm Rummikub (AC)
1	9:00, 9:30 and 10:00 Shopping Trip to Publix
<u>1</u> 3	00pm Shopping to Clark Road and Beneva Tidewell Hospice,
	Bealls, Walmart Neighborhood Store
Saturday	10:30am Torah Service (Anchin Chapel or Channel 4)
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	Shabbat to Area Temples based on resident sign-up