



Anchin
Memory Care

September 2025



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



HAPPY ROSH HASHANAH

9:30 Morning Greet the Day
10:00 Early Riser Exercise Bunch
10:30 On the Piano with Debbie
12:00 Refresh & Ready the Table
2:00 Favorite Sing-a-long on Video
2:45 Afternoon Snack Break
3:00 Refresh to meet friends for dinner/share the stories of your life

1

9:30 Morning Greet the Day
10:00 Sing-a-long with Friends
10:30 Chair Exercise with Robin or Music Continues
11:00 Gulf Coast Music with Tori on Guitar
1:15 Ball Pass Along
2:15 Range of Motion with Conner
2:45 Time to Socialize
3:00 Interactive Drum Circle
4:00 Make a Move with Conner
4:30 Refresh & Ready with friends
7:15 Show of the Week (Channel 5)

2

9:30 Morning Greet the Day
10:00 Make a Move Exercise
10:30 Pass a Picture
11:15 George on Piano
1:15 Spin the Wheel
2:00 Strike up the Band with Instrumix
2:45 Sip & Bites Social
3:00 Put it altogether
4:00 Hand and Toes and Twist and Move with Conner
7:15 Move of the Week (Channel 3)

3

9:30 Morning Greet the Day
10:00 Make a Move Exercise Gang
10:30 Songs & Stories with Rabbi
11:00 Music & Movement Circle
2:00 Range of Motion with Conner
2:30 Ron on Piano
2:45 Delights & Light Bites
3:00 Gulf Coast Expressive Arts
4:00 Stretching Flexibility with Conner
7:15 Lecture of the Week (Channel 5)

4

9:30 Morning Greet the Day
10:30 Bob on Piano
11:30 Exercise Your Best with Conner
1:30 Debbie on Piano
2:45 Rehydrate & Refuel the Day
3:00 Let the Music Move You with Conner
3:30 Share Shabbat & Blessings with Friends

5

10:30 Torah Service
(Anchin Chapel or Channel 4)
11:15 Music & Movement Circle
2:00 Regis on Piano
2:45 Saturday afternoon sitting in the Courtyard Social
4:00 Refresh & Ready to Dine

7

9:30 Morning Greet the Day
10:00 Exercise as you like it
11:00 Sheryl on Harp & Guitar
2:00 White Board Games
2:30-2:45 Snacks & Social on the Patio
3:15 Fine Arts Coloring or Activity Box
4:00 Barry & the Music of Your Life

8

9:30 Morning Greet the Day
10:00 Early Riser Exercise Bunch
10:30 On the Piano with Debbie
12:00 Refresh & Ready the Table
2:00 Jim on Accordion
2:45 Afternoon Snack Break
3:00 Movement with Conner
3:30 Refresh to meet friends for dinner/share the stories of your life

9

9:30 Morning Greet the Day
10:00 Sing-a-long with Friends
10:30 Chair Exercise with Robin or Music Continues
11:00 Gulf Coast Music with Tori on Guitar
1:15 Ball Pass Along
2:15 Range of Motion with Conner
2:45 Birthday Party
3:00 Interactive Drum Circle
4:00 Make a Move with Conner
4:30 Refresh & Ready with friends

10

9:30 Morning Greet the Day
10:00 Make a Move
10:30 Random Trivia
11:15 George on Piano
1:15 Chair Moves
2:00 Strike up the Band with Instrumix
2:45 Sip & Bites Social
3:00 What's in a Name
4:00 Hand and Toes and Twist and Move with Conner
7:15 Movie of the Week (Channel 3)

11

9:30 Morning Greet the Day
10:00 Make a Move Exercise Gang
10:30 Songs & Stories with Rabbi
11:00 Music & Movement Circle
2:00 Range of Motion with Conner
2:30 Ron on Piano
2:45 Delights & Light Bites
3:00 Sing-a-longs on the Big Screen
4:00 Stretching Flexibility with Conner
7:15 Lecture of the Week (Channel 5)

12

9:30 Morning Greet the Day
10:30 Bob on Piano
11:30 Exercise Your Best with Conner
1:30 Debbie on Piano
2:45 Rehydrate & Refuel the Day
3:00 Let the Music Move You with Conner
3:30 Share Shabbat & Blessings with Friends

13

10:30 Shabbat/Selichot Service
(Anchin Chapel or Channel 4)
11:15 Music & Movement Circle
2:00 Regis on Piano
2:45 Saturday Snacking
3:00 Balloon Game
4:00 Refresh & Ready to Dine

14

9:30 Morning Greet the Day
10:00 Walk About
2:30-2:45 Snacks & Social
3:00 Sit and Share some time together
4:00 Barry & the Music of Your Life
7:15 Classical Music (Channel 3)

15

9:30 Morning Greet the Day
10:00 Early Riser Exercise Bunch
10:30 Debbie on Piano
11:30 Can you See the Big Picture
12:00 Refresh & Ready the Table
2:00 Jerry's Sing-a-long
2:45 Afternoon Snack Break
3:00 Movement with Conner
3:30 Refresh to meet friends

16

9:30 Morning Greet the Day
10:00 Sing-a-long with Friends
10:30 Expressive Rock Painting
1:15 Ball Pass Along
3:00 Interactive Drum Circle
4:30 Refresh & Ready with friends
7:15 Show of the Week (Channel 5)

17

9:30 Morning Greet the Day
10:00 Groove Moves, Exercise
10:30 Mix the Deck
11:00 Balloon Volleyball on 2nd floor
11:15 Sing-a-long with Deborah
1:15 Drawing or Coloring
2:00 Strike Up the Band With Instrumix
2:30 Aloha Nui Hula Show on 2nd floor
2:45 Sip & Bites Social
3:15 Rhyme Or Song
4:00 Hands and Toes and Twist and Move with Conner
7:15 Movie of the Week (Channel 5)
Humane Society Morning Visits with Sandi & Jenny

18

9:30 Morning Greet the Day
10:00 Make a Move Exercise Gang
10:30 Songs & Stories with Rabbi
11:00 Music & Movement Circle
1:15 Sing-a-long with Deborah
2:00 Range of Motion with Conner
2:30 Ron on Piano
2:45 Afternoon Take a Break
3:00 Sing-a-longs on the Big Screen
4:00 Stretching Flexibility with Conner
7:15 Lecture of the Week (Channel 5)

19

9:30 Morning Greet the Day
10:30 Bob on Piano
1:30 Debbie on Piano
2:45 Rehydrate & Refuel the Day
3:30 Share Shabbat & Blessings with Friends

20

10:30 Torah Service
(Anchin Chapel or Channel 4)
11:15 Active Games
2:00 Regis on Piano
2:45 Saturday Snacking
3:00 Personal Jukebox
4:00 Fun with Hoops and Beanbags

21

9:30 Morning Greet the Day
10:00 Make a Move Exercise
11:00 Sheryl on Harp & Guitar
2:00 Sort It Organizers
2:30-2:45 Social Gathering
3:00 Fine Arts Coloring or Activity Box
4:00 Barry & the Music of Your Life
7:15 Classical Music (Channel 3)

22

9:30 Morning Greet the Day
10:00 Early Riser Exercise Bunch
10:30 Debbie on Piano
12:00 Refresh & Ready the Table
2:00 Jim on Accordion
2:45 Afternoon Snack Break
3:00 Movement with Conner
3:30 Finish the Sentence or Song Title
7:00 Erev Rosh Hashanah Service (Kretzmer at Kobernick or Channel 5)

23

9:30 Morning Greet the Day
10:00 Sing-a-long with Friends
10:30 Chair Exercise
10:30 Rosh Hashanah Services (Channel 5 or Kretzmer at Kobernick)
11:00 Gulf Coast Music with Tori on Guitar
1:15 Draw or Color Templates Pick your Picture
2:15 Range of Motion with Conner
2:45 Break Time
3:00 Interactive Drum Circle
4:00 Make a Move with Conner
4:30 Refresh & Ready with friends
7:15 Show of the Week (Channel 5)

24

9:30 Morning Greet the Day
10:00 Groove Moves, Exercise & Match words
10:30 Match words
11:15 Sing-a-long with Deborah
1:15 What's in a Picture
2:00 Strike Up the Band With Instrumix
2:45 Snack of the Day
3:00 Men's Club with Conner on 2nd floor
4:00 Hands and Toes and Twist and Move with Conner
7:15 Movie of the Week (Channel 5)
Humane Society Morning Visits with Sandi & Jenny

25

9:30 Morning Greet the Day
10:00 Make a Move Exercise Gang
10:30 Songs & Stories with Rabbi/Chaplain Rachel
11:00 Music & Movement Circle
1:15 Sing-a long with Deborah
2:00 Range of Motion with Conner
2:30 Ron on Piano
3:00 Sing-a-longs on the Big Screen
2:45 Social Get Together
7:15 Lecture of the Week (Channel 5)

26

9:30 Morning Greet the Day
10:30 Bob on Piano
11:30 Exercise Your Best with Conner
1:30 Debbie on Piano
2:45 Rehydrate & Refuel the Day
3:00 Let the Music Move You with Conner
3:30 Share Shabbat & Blessings with Friends

27

10:30 Torah Service
(Anchin Chapel or Channel 4)
11:15 Active Games
2:00 Regis on Piano
2:45 Saturday Snacking
3:00 Patriotic Sing a Long
4:00 Social Circle in the Courtyard

28

9:30 Morning Greet the Day
11:00 Sheryl on Harp & Guitar
2:00 Flash Card Fun
2:30 Heroes and Sheroes
2:30-2:45 Snacks & Social
3:00 Toss it In
4:00 Barry & the Music of Your Life
7:15 Classical Music (Channel 3)

29

9:30 Morning Greet the Day
10:00 Early Riser Exercise Bunch
10:30 Debbie on Piano
12:00 Refresh & Ready the Table
1:15 Match It
2:00 Jerry's Sing-a-long
2:45 Afternoon Snack Break
3:00 Movement with Conner
4:00 Refresh to meet friends

30

9:30 Morning Greet the Day
10:00 Sing-a-long with Friends
10:30 Chair Exercise with Robin or Music Continues
11:00 Gulf Coast Music with Tori on Guitar
1:15 Draw or Color Templates Pick your Picture
2:15 Range of Motion with Conner
2:45 Break Time
3:00 Interactive Drum Circle
4:00 Make a Move with Conner
4:30 Refresh & Ready with friends
7:15 Show of the Week (Channel 5)

ROCK PAINTING
Creative Art Project

Live Music everyday in our Beach Lounge, a morning and afternoon good time

All Programs on Channel 3,4 & 5 will be posted on the daily schedule. Programs take place where residents are most comfortable. Activities are Subject to Change

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.