



Anchin  
Assisted Living

# September 2025



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



9:00 Dailies & Greetings (DR) **1**  
10:00 Strength & Stretch with Jess (MC)  
10:30 Favorite Entertainer Birthday Quiz(MC)  
11:00 How did Labor Day originate and what are popular things to do (MC)  
2:00 Bingo (DR)  
3:00 Pictionary with Jess (MC)  
4:00 Short Story (MC)

9:00 Dailies and Greetings (DR) **2**  
10:00 Chair Pilates for Seniors (MC)  
11:15 Balance Class with Conner (MC)  
1:30 Food Committee (MC)  
2:15 Resident Council Meeting (MC)  
4:00 Autobiography of Important People (MC)  
7:15 Show of the Week (Channel 5 or L)

9:00 Morning Dailies and Greetings **3**  
10:00 Strength & Stretch with Jess (MC)  
11:00 Art Workshop (DR)  
1:30 Flexibility Class with Conner (MC)  
2:00 Aviva Marketing presents: Tea & Togetherness-by invitation to Anchin ladies (DR)  
3:00 Aviva Marketing presents: Men's Club Party with Conner in The elevator TV lounge  
4:00 Travelogue to Hawaii (MC)  
7:15 Movie of the Week-(L or Channel 5)  
Morning Visits Sandi and Jenny Dog Visits

9:00 Dailies and Greetings (DR) **4**  
10:00 Chair Pilates for Seniors (MC)  
11:15 Heart Health Chair Aerobics with Conner (MC)  
2:00 Things in September to remember(MC)  
3:00 Ron the Piano (DR)  
3:30 Mix & Mingle with Harriett on Piano (DR)  
4:00 Jeopardy with Jess (MC)  
7:15 Lecture of the Week (L or Channel 5)

10:00 Shopping to Publix by Advance sign-up (T) **5**  
11:30 Chair Dance Class with Bonnie (MC)  
1:30 Strength Training with Conner (MC)  
2:30 Chat with Rabbi Rachel (MC)  
5:15 Shabbat Blessings (DR)  
Morning Visits by Humane Society Dog  
Look for Sheila & Buckeye

10:30 Torah Service **6**  
Anchin Chapel or Channel 4

9:00 Morning Greetings (DR) **7**  
11:00 Make a Move with Jess (MC)  
11:30 Ted Talk with Discussion Aging is My Superpower (MC)  
1:15 Board Games with Lauri (DR)  
7:15 Classical Music on Channel 3 or Elevator Lounge

9:00 Dailies & Greetings (DR) **8**  
10:00 Strength & Stretch with Jess (MC)  
10:30 Geography Trivia (MC)  
11:15 Seated Balance Class with Conner (MC)  
2:00 Bingo (DR)  
3:00 Word Challenge (MC)  
4:00 Heartwarming Short Stories (MC)

9:00 Dailies and Greetings (DR) **9**  
10:00 Chair Pilates for Seniors (MC)  
11:15 Balance Class with Conner (MC)  
1:30 Birthday Social with Temple Emanu-El (DR)  
3:00 Music Trivia (MC)  
7:15 Show of the Week (Channel 5 or L)

9:00 Morning Dailies and Greetings **10**  
10:00 Strength & Stretch with Jess (MC)  
11:00 Bible Talk with Carol (MC)  
1:30 Flexibility Class with Conner (MC)  
2:00 Art Workshop & Crafting (DR)  
4:00 Travelogue: Hawaiian Landmarks (MC)  
7:15 Movie of the Week- (L or Channel 5)  
Morning Visits Sandi and Jenny Dog Visits

9:00 Dailies and Greetings (DR) **11**  
10:00 Chair Pilates for Seniors (MC)  
11:15 Heart Health Chair Aerobics with Conner (MC)  
2:00 All About Us (MC)  
3:00 Ron the Piano (DR)  
3:30 Mix & Mingle with Harriett on Piano (DR)  
4:00 Jeopardy Trivia (MC)  
7:15 Lecture of the Week (L or Channel 5)

10:00 Shopping to Publix by Advance sign-up (T) **12**  
11:30 Chair Dance Class with Bonnie (MC)  
1:30 Strength Training with Conner (MC)  
2:30 Chat with Rabbi Rachel (MC)  
5:15 Shabbat Blessings (DR)  
Morning Visits by Humane Society Dog  
Look for Sheila & Buckeye

10:30 Shabbat/Selichot Service **13**  
Anchin Chapel or Channel 4

9:00 Morning Greetings (DR) **14**  
11:00 Get your Groove on with Jess (MC)  
11:30 Ted Talk with Discussion The Power of Active Agers with Jeff Weiss (MC)  
1:15 Board Games with Lauri (DR)  
7:15 Classical Music on Channel 3 or Elevator Lounge

9:00 Dailies & Greetings (DR) **15**  
10:00 Strength & Stretch with Jess (MC)  
10:30 Trivia Challenge (MC)  
11:15 Seated Balance Class with Conner (MC)  
2:00 Bingo (MC)  
3:00 Crossword Challenge (MC)  
4:00 Short Story with Jess (MC)

9:00 Morning Dailies and Greetings (DR) **16**  
10:00 Chair Pilates for Seniors (MC)  
11:15 Balance Class with Conner (MC)  
2:00 Creative Storytelling (MC)  
3:00 Active Games (MC)  
4:00 Autobiography of the Week (MC)  
7:15 Show of the Week (Channel 5 or L)

9:00 Morning Greetings **17**  
10:00 Strength & Stretch with Jess (MC)  
11:00 Balloon Volleyball tournament-1:30 Flexibility Class with Conner (MC)  
2:30 Aloha Nui Hula Dance Show (DR)  
4:00 Hawaiian Trivia Challenge (MC)  
7:15 Movie of the Week (Channel 5 or Lounge)  
WELCOME RESIDENTS FROM CAMPUS  
Morning Visits Sandi and Jenny Dog Visits

9:00 Dailies and Greetings (DR) **18**  
10:00 Chair Pilates for Seniors (MC)  
10:30 Aviva Classical Concert at Kretzmer Kobernick-See Jess for transportation  
11:15 Heart Health Chair Aerobics with Conner (MC)  
2:00 Well Known Hawaiian Beaches (MC)  
3:00 Ron the Piano (DR)  
3:30 Mix & Mingle with Harriett on Piano-LUAAU Taste Treats(DR)  
4:00 Jeopardy Challenge (MC)  
7:15 Lecture of the Week (L or Channel 5)

10:00 Shopping to Publix by Advance sign-up (T) **19**  
11:30 Chair Dance Class with Bonnie (MC)  
2:30 Chat with Rabbi Rachel (MC)  
5:15 Shabbat Blessings (DR)  
Morning Visits by Humane Society Dog  
Look for Sheila & Buckeye

10:30 Torah Service **20**  
Anchin Chapel or Channel 4

9:00 Morning Greetings (DR) **21**  
11:00 Movement with Jess (MC)  
11:30 Ted Talk with Discussion Aging It's Not What you Think (MC)  
1:15 Board Games with Lauri (DR)  
7:15 Classical Music on Channel 3 or Elevator Lounge

9:00 Dailies & Greetings (DR) **22**  
10:00 Strength & Stretch (MC)  
10:30 Word Extraction (MC)  
11:00 Songs about Autumn with Carol Mathias (MC)  
2:00 Bingo (DR)  
3:00 Music of the Golden Age (MC)  
4:00 Short Story with Jess (MC)  
7:00 Erev Rosh Hashanah Service in the Kretzmer at Kobernick or Channel 5)

9:00 Morning Dailies and Greetings (DR) **23**  
10:00 Chair Pilates for Seniors (MC)  
10:30 Rosh Hashanah Service (Kretzmer at Kobernick or Channel 5)  
11:15 Balance Class with Conner (MC)  
2:00 Story Time & Discussion (MC)  
4:00 Autobiography Feature with Discussion (MC)  
7:15 Show of the Week (Channel 5 or L)

9:00 Morning Dailies and Greetings **24**  
10:00 Strength & Stretch (MC)  
11:00 NY Times Games (MC)  
1:30 Flexibility Class with Conner (MC)  
2:00 Arts & Crafts (DR)  
3:00 Men's Club with Conner (Lounge)  
4:00 Hawaiian Music (MC)  
7:15 Movie on the Week (Channel 5 or Lounge)  
Morning Visits Sandi and Jenny Dog

9:00 Dailies and Greetings (DR) **25**  
10:00 Chair Pilates for Seniors (MC)  
11:15 Heart Health Chair Aerobics with Conner (MC)  
2:00 Getting to Know You (MC)  
3:00 Ron the Piano (DR)  
3:30 Mix & Mingle with Harriett on Piano (DR)  
4:00 Jeopardy with Jess (MC)  
7:15 Lecture of the Week (L or Channel 5)

10:00 Shopping to Publix by Advance sign-up (T) **26**  
11:30 Chair Dance Class with Bonnie (MC)  
1:30 Strength Training with Conner (MC)  
2:30 Chat with Rabbi Rachel (MC)  
5:15 Shabbat Blessings (DR)  
Morning Visits by Humane Society Dog  
Look for Sheila & Buckeye

10:30 Torah Service **27**  
Anchin Chapel or Channel 4  
11:30 Luncheon Outing To Be Decided at Resident Council Meeting

9:00 Morning Greetings (DR) **28**  
11:00 Make a Move with Jess (MC)  
11:30 Ted Talk with Discussion Why are we so afraid of Getting Old (MC)  
1:15 Board Games with Lauri (DR)  
7:15 Classical Music on Channel 3 or Elevator Lounge

9:00 Dailies & Greetings (DR) **29**  
10:00 Strength & Stretch (MC)  
10:30 NY Times Games (MC)  
11:15 Seated Balance Class with Conner (MC)  
2:00 Bingo DR)  
3:00 Pictionary with Jess (MC)  
4:00 Short Story (MC)

9:00 Morning Dailies and Greetings (DR) **30**  
10:00 Chair Pilates for Seniors(MC)  
11:15 Balance Class with Conner (MC)  
2:00 Reminiscences into Stories (MC)  
4:00 Autobiography Feature with Discussion (MC)  
7:15 Show of the Week (Channel 5 or L)



**Location Key**  
DR=Dining Room  
MC=Media Center  
(L) Lounge near Elevator  
(KC) Kretzmer Center at Kobernick  
T=Transportation Provided  
SILL=Sarasota Institute of Lifelong Learning  
Activities are Subject to Change.  
The Aviva TV Network offers Programming on Channel 3, 4 and 5

**All Programming that indicates Channel 3, 4 or 5 Aviva in house TV channels and daily schedules will reflect the actual program for that time and channel. Updated schedules are posted daily by the Wall Calendar opposite the elevator.**  
**Please contact Jessica Ext. 160 in Life Enrichment for any questions.**