



Planning meeting this  
Monday, Resident  
Association Meeting  
next Wednesday, Sept.10

August 31-Sept. 6, 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  
31

- 10:00am Chair Exercise Program (Channel 3)
- 10:30am Beginning Spanish with Sheilah Bring your own paper, notebook and/or pen (LE)
- 12:30pm Learn to play Cribbage with Denah (A)
- 2:00pm Bob on Piano with Songs of Labor and Protest Labor Day Special (KC or Channel 5)
- 7:15pm Classical Music Program-Luciano Pavarotti in Concert Central Park-1993 (KC or Channel 3)



Monday  
Sept.  
1

- 10:00am Healthy Spine Class (Channel 3)
- 10:30am Range of Motion Class (Channel 3)
- 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 Activity Planning Meeting (KC)
- 7:15pm Bingo Bonanza (KC)



11-1pm Labor Day Lunch in the Dining Room

Tuesday  
2

- 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 Playreaders ALL WELCOME (L)
- 3:30pm Yoga with Peggy (KC)
- 7:15pm The Johnny Mercer Show (KC or Channel 5)



Wednesday  
3

EXCLUSIVE

10:00am Healthy Spine Class (Channel 3)  
10:00am Seated Balance Class with Conner (KC)  
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 Silver Swans Sarasota Ballet Exercise Class (KC)  
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)  
3:30pm Bible Talk with Rabbi Rachel (KC or Channel 5)  
7:15pm Shakespeare Reading Club Present: Romeo and Julliet  
1968-Franco Zeffirelli Director- (KC or Channel 5)  
  
1:00pm Shopping to Walmart

Thursday  
4

9:30am Stretch & Refresh (Channel 3)  
9:30am Shuffleboard with Conner  
9:30-11:30 Open Art Studio-Everyone is Welcome (A)  
10:30am Movement Magic (KC)  
10:30am Range of Motion (Channel 3)  
3:30pm Short Story Discussion with Carroll-"Hills Like  
White Elephants" Ernest Hemingway (KC)  
7:15pm "Broadway Budget Busters" Part II with Joy  
Katzen Guthrie (KC or Channel 5)

Friday  
5



8:30am Complimentary Coffee & Donuts in honor of Alice  
Rabinowitz provided by family at Jane & Irvs  
10:00am Healthy Spine (Channel 3)  
10:00am Strength Training with Weights & Bands (KC)  
10:30am Range of Motion (Channel 3)  
10:30am Better Posture Class with Conner (KC)  
11:00am What's Happening with Michael (L)  
11:30am Exercise in the Pool with Peggy  
2:00pm Watercolors & Coloring Templates (A)  
4:00pm Kabbalat Shabbat (R)  
7:00pm Rummikub with Nathalie (AC)



9:00, 9:30 and 10:00 Shopping Trip to Publix  
1:00pm Shopping to Detwilers  
please list the store you would like to go to

Saturday  
6

10:30am Torah Service (Anchin Chapel or Channel 4)  
7:15pm Resident Game Night-Twenty Questions with Marvin  
(small Kretzmer) It's Back!

Shabbat to Area Temples based on resident sign-up