



Brunch



Kobernick

Independent Living



Abounds  
Within

We are  
jamming!

With Jay

Sept. 14-20, 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  
14

Dairy  
Brunch  
11-1pm  
NO  
EVENING  
DINNER

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 Emily Tennebaum 85th Birthday Musical Sing-a-long  
with Bob and Friends in the Rotunda  
7:15pm Classical Music Program-Hector Berlioz-Symphonie  
Fantastique-2013-from Salle Playel, Paris  
(KC or Channel 3)



Monday  
15



10:00am Seated Balance Class with Conner (KC)  
10:00am Healthy Spine Class (Channel 3)  
10:30am Seated Advance Balance Class with Conner (KC)  
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 Movie Committee-Open to All (KC)  
7:15pm Bingo Bonanza (KC)

Tuesday  
16

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 Yoga with Peggy (KC)  
3:30pm All about the High Holidays with Rabbi Altschuler (R)  
3:30pm Aviva Playreaders (L)  
7:15pm "Songs about Autumn" Carol Mathias Presents: Multi  
media Presentation (KC or Channel 5)

<b>Wednesday</b> <b>17</b>	<p>10:00am Healthy Spine Class <b>(Channel 3)</b></p> <p>10-12pm Pool Player's Posse (A)</p> <p>10:00am Seated Balance Class with Conner (KC)</p> <p>10:30am Advanced Seated Class with Conner (KC)</p> <p>10:30am Range of Motion Class <b>(Channel 3)</b></p> <p>11:00am Short Story Discussion with Carroll-"My First Goose" by Isaac Babel (KC)</p> <p>12:00pm Card Playing Begins (A)</p> <p>12:00pm Jamming with Jay-Light Lunch Provided (DR)</p> <p>1:15pm Exercise in the Pool with Marni</p> <p>2:00pm Chair Chi <b>(Channel 3)</b></p> <p>3:00pm Yoga with Margie <b>(Channel 3)</b></p> <p>3:30pm Bible Talk with Rabbi Rachel (KC or Channel 5)</p> <p>7:15pm New Release Movie Night- The Thursday Murder Club-2025-Mystery Comedy-1 hr. 58 m (KC or <b>Channel 5</b>)</p>
<p><b>Thursday</b> <b>18</b></p>   <p><b>Aviva Environmental Series</b></p>	<p>9:15am Exercise in the Pool with Peggy</p> <p>9:30am Stretch &amp; Refresh <b>(Channel 3)</b></p> <p>9:30am Shuffleboard with Conner</p> <p>9:30-11:30 Open Art Studio-Everyone is Welcome (A)</p> <p>10:30am Range of Motion <b>(Channel 3)</b></p> <p>11:00am Aviva Concert Series- Sarasota Orchestra Wind Quintet-FINAL FOR THE SEASON (KC)</p> <p>3:30pm Aviva Environmental Series with Mote Aquarium- "The History of Mote and the future Mote Science Education Aquarium(SEA)FINAL PRESENTATION(KC)</p> <p>7:15pm Big Telescopes from around the World lecture with Linda Billings former NASA representative (KC or <b>Channel 5</b>)</p>
<p><b>Friday</b> <b>19</b></p>	<p>10:00am Healthy Spine <b>(Channel 3)</b></p> <p>10:30am Range of Motion <b>(Channel 3)</b></p> <p>11:00am What's Happening with Michael (L)</p> <p>2:00pm Watercolors &amp; Coloring Templates (A)</p> <p>4:00pm Kabbalat Shabbat (R)</p> <p>7:00pm Rummikub with Nathalie (AC)</p> <p><u>9:00, 9:30 and 10:00 Shopping Trip to Publix</u></p> <p><u>12:00pm Lunch &amp; Shopping at Cooper Creek Shopping Center</u>  <u>Includes Trader Joes, Marshalls, see sign up for restaurant options</u>  <u>Dine on your own or with friends</u></p>
<p><del><b>Saturday</b></del> <del><b>20</b></del></p>	<p><del>10:30am Torah Services (Anchin Chapel or <b>Channel 4</b>)</del></p> <p><del>7:15pm Resident Game Night-Show &amp; Tell with Delores</del>  <del>Please bring an item to talk about (KC)</del></p> <p><u>Shabbat to Area Temples based on resident sign-up</u></p>