



Anchin  
Assisted Living

October 2025



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



9:00 Morning Greetings (DR) **5**  
10:30 Temple Emanu-El Decorate the Sukkah  
11:30 Ted Talk Aging is Treatable with Jess (MC)  
1:15 Board Games with Lauri (DR)  
7:15 Classical Music on Channel 3 or Elevator Lounge

9:00 Dailies & Greetings (DR) **6**  
10:00 Strength & Stretch with Jess (MC)  
10:30 Sights of Autumn (MC)  
11:15 Seated Balance Class with Conner (MC)  
2:00 Bingo (DR)  
3:00 Crosswords (MC)  
4:00 Heartwarming Short Stories (MC)

9:00 Dailies & Greetings (DR) **7**  
10:00 Chair Pilates (MC)  
10:30 Decorate the Sukkah with Hershorin Day School  
11:15 Balance Class with Conner (MC)  
1:30 Food Committee Open to All (MC)  
2:15 Resident Council (MC)  
3:00 The Psychology of Aging Presentation (MC)  
4:00 Jeopardy (MC)

9:00 Morning Dailies and Greetings **8**  
10:00 Morning Moves with Jess (MC)  
11:00 Where in the World Trivia (MC)  
1:30 Flexibility Class with Conner (MC)  
2:00 Centerpiece Creations (DR)  
4:00 What do you eat if you live in North Dakota? Special Events that Happen there (MC)  
7:15 Movie of the Week– (L or Channel 5)

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

10:00 Shopping to Publix by Advance sign-up (T) **10**  
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 **11**  
(Kretzmer Center at Kobernick or Channel 5)

9:00 Morning Greetings (DR) **12**  
11:00 Sunday Stretching with Jess (MC)  
11:30 Ted Talk Aging Gracefully with Jess (MC)  
1:15 Board Games with Lauri (DR)  
7:15 Classical Music on Channel 3 or Elevator Lounge

9:00 Dailies & Greetings (DR) **13**  
10:00 Exercise Bunch with Jess (MC)  
10:30 NY Times Games (MC)  
11:15 Seated Balance Class with Conner (MC)  
2:00 Bingo (MC)  
3:00 Word Extraction (MC)  
4:00 Short Story with Jess (MC)

9:00 Dailies and Greetings (DR) **14**  
10:00 Chair Pilates (MC)  
11:15 Balance Class with Conner (MC)  
1:30 Birthday Social with Temple Emanu-El (DR)  
2:00 Pictionary  
3:00 How to Reduce Risk of falling as you age (MC)  
4:00 Jeopardy (MC)  
7:15 Show of the Week (Channel 5 or L)

9:00 Morning Greetings **15**  
10:00 Movement in Motion (MC)  
10:45 Shemini Atzeret/Simchat Torah at Anchin Chapel  
1:30 Flexibility Class with Conner (MC)  
2:00 Express yourself through art (DR)  
4:00 North Dakota Landmarks (MC)  
7:15 Movie of the Week (Channel 5 or Lounge)

Morning Visits Sandi and Jenny Dog Visits

9:00 Dailies and Greetings (DR) **16**  
10:00 Chair Pilates for Seniors (MC)  
10:30 Favorite Fall Destinations  
11:15 Heart Health Chair Aerobics with Conner (MC)  
2:00 Bocce Ball outside of Anchin or Active Games in the Media Center (Weather permitting)  
3:00 Ron the Piano (DR)  
3:30 Mix & Mingle with Harriett on Piano (DR)  
4:00 Biography of the Week (MC)  
7:15 Lecture of the Week (L or Channel 5)

10:00 Shopping to Publix by Advance sign-up (T) **17**  
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 **18**  
Anchin Chapel or Channel 4

9:00 Morning Greetings (DR) **19**  
11:00 Make a Move with Jess (MC)  
11:30 Ted Talk Embrace Age with A Longevity Mindset Jess (MC)  
1:15 Board Games with Lauri (DR)  
7:15 Classical Music on Channel 3 or Elevator Lounge

9:00 Dailies & Greetings (DR) **20**  
10:00 Strength & Stretch (MC)  
10:30 Word Extraction (MC)  
11:15 Seated Balance Class with Conner (MC)  
2:00 Bingo (DR)  
3:00 Music Trivia (MC)  
4:00 Short Story with Jess (MC)

9:00 Morning Dailies and Greetings (DR) **21**  
10:00 Chair Pilates for Seniors (MC)  
11:15 Balance Class with Conner (MC)  
2:00 Guess Your Best (MC)  
3:00 Active Games (MC)  
4:00 Jeopardy (MC)  
7:15 Show of the Week (Channel 5 or L)

9:00 Morning Dailies and Greetings **22**  
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 Famous People of North Dakota (MC)  
7:15 Movie on the Week (Channel 5 or Lounge)

Morning Visits Sandi and Jenny Dog Visits

9:00 Dailies and Greetings (DR) **23**  
10:00 Chair Pilates for Seniors (MC)  
10:30 Favorite Fall Foods & Recipes (MC)  
11:15 Heart Health Chair Aerobics with Conner (MC)  
2:00 Team Mascots Trivia (MC)  
3:00 Ron the Piano (DR)  
3:30 Mix & Mingle with Harriett on Piano (DR)  
4:00 Biography of the Week (MC)  
7:15 Lecture of the Week (L or Channel 5)

10:00 Shopping to Publix by Advance sign-up (T) **24**  
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 **25**  
Anchin Chapel or Channel 4

9:00 Morning Greetings (DR) **26**  
11:00 Strength & Stretch with Jess (MC)  
11:30 What is normal aging and mild Cognitive Impairment discussion with Jess (MC)  
1:15 Board Games with Lauri (DR)  
7:15 Classical Music on Channel 3 or Elevator Lounge

9:00 Dailies & Greetings (DR) **27**  
10:00 Strength & Stretch (MC)  
10:30 Sing-a-long to the Classics (MC)  
11:00 Multi-media Presentation with Carol Mathias (MC)  
2:00 Bingo (DR)  
3:00 Remember When (MC)  
4:00 Short Story (MC)

9:00 Morning Dailies and Greetings (DR) **28**  
10:00 Chair Pilates for Seniors (MC)  
11:15 Balance Class with Conner (MC)  
2:00 How it Works (MC)  
3:00 How Do Substances Affect the Brain Hot Topic with Jess (MC)  
4:00 Jeopardy (MC)  
7:15 Show of the Week (Channel 5 or L)

9:00 Morning Dailies and Greetings **29**  
10:00 Soothing Stretches & Moves (MC)  
11:00 Balloon Volleyball tournament with the Aviva Campus Residents (DR)  
1:30 Flexibility Class with Conner (MC)  
2:00 Arts & Crafts (DR)  
3:00 Men's Club with Conner (Lounge)  
4:00 North Dakota Roads Traveled (MC)  
7:15 Movie on the Week (Channel 5 or Lounge)

9:00 Dailies and Greetings (DR) **30**  
10:00 Chair Pilates for Seniors (MC)  
10:30 Fine Arts Fall Templates to color (MC)  
11:15 Heart Health Chair Aerobics with Conner (MC)  
2:00 Famous Athletes (MC)  
3:00 Ron the Piano (DR)  
3:30 Mix & Mingle with Harriett on Piano (DR)  
4:00 Bio Bits (MC)  
7:15 Lecture of the Week (L or Channel 5)

**Location Key** **31**  
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.**