

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 5 	10:00am Chair Exercise Program (Channel 3) 10:30am Beginning Spanish with Sheilah (LE) 11:00am Decorate the Sukkah with Temple Emanu-El kids At the Sukkah in front of Kobernick 12:30pm Learn to play Cribbage with Denah (A) 7:15pm Classical Music Program– Brahms Violin Concerto in D Major & Bruckner’s Symphony #7 Fabio Luisi Conducts, Augustin Hadelich-Violin (KC or Channel 3)
Monday 6 	9:30am Complimentary Hearing Clinic down the C-wing Wellness Corridor 10:00am Seated Balance Class with Conner (LARGE KC) 10:00am Healthy Spine Class (Channel 3) 10:30am Range of Motion Class (Channel 3) 10:30am Standing Advanced Balance Class with Conner (LARGE KC) 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) 4:00pm New Resident Art Reveal (Jane & Irv’s Café) 7:15pm Bingo Bonanza (KC)
Tuesday 7 	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 with Carol (LE) 11:00am Meet the Herschorin Schiff Day School at the Sukkah in front of Kobernick to decorate the Sukkah 3:00pm Yoga with Margie (Channel 3) 3:30pm Yoga with Peggy (KC) 7:15pm “Songs about Cities” Multi-media presentation with Carol Mathias (Kc or Channel 5)



Wednesday 8	10:00am Healthy Spine Class (Channel 3) 10-12pm Pool Player's Posse (A) 10:00am Resident Association Meeting (DR) 10:30am Range of Motion Class (Channel 3) 12:00pm Card Playing Begins (A) 1:15pm Exercise in the Pool with Marni 2:00pm Chair Chi (Channel 3) 2:00pm Movie Classic Resident Request Matinee (KC or Channel 5) 3:00pm Yoga with Margie (Channel 3) 7:15pm Shakespeare Reading Club- "As You Like it" 1978 Helen Mirren-All Welcome (KC or Channel 5) <u>1:00pm Shopping to Whole Foods</u>	
Thursday 9	9-12pm Flu Shot Clinic in the Kretzmer Center (Please contact Dina in Wellness with any questions) 9:15am Exercise in the Pool with Peggy 9:30am Stretch & Refresh (Channel 3) 9:30am Shuffleboard with Conner 9:30-11:30 Open Art Studio-Everyone is Welcome (A) 10:30am Range of Motion (Channel 3) 10:30am Movement Magic (small KC) 3:30pm Short Story Discussion with Carroll- "Reunion" by John Cheever (KC) 7:15pm Special Guest-Retired columnist Jay Handelman Interview with Maria- "A Critic's Corner" (KC or Channel 5)	
Friday 10	10:00am Healthy Spine (Channel 3) 10:30am Range of Motion (Channel 3) 11:00am What's Happening with Michael (L) 1:30pm Tai Chi with Marty (small KC) 4:00pm Kabbalat Shabbat (R) 7:00pm Rummikub with Nathalie (AC) <u>9:00, 9:30 and 10:00 Shopping Trip to Publix</u> <u>1:00pm 2nd Tour of Sarasota(Repeat) for those signed up who did not go last time</u>	
Saturday 11	10:30am Torah Services (KC or Channel 5) <u>Shabbat to Area Temples based on resident sign-up</u>	