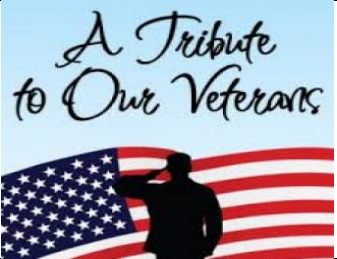


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Location Key</u> DR=Dining Room MC=Media Center (L) Sitting Lounge near Elevator (KC) Kretzmer Center at Kobernick T=Transportation Provided SILL=Sarasota Institute of Lifelong Learning The Aviva TV Network offers Programming on Channel 3, 4 and 5	VETERANS DAY *** HONORING ALL WHO SERVED ***  THANK YOU FOR YOUR SERVICE		Aviva Vets Ceremony November 11 11am & USO Show at 2:00pm	<i>Thankful Grateful Blessed</i>	<i>A Tribute to Our Veterans</i> 	
9:00 Greet the Day (DR) 2 11:00 Morning Stretch (MC) 11:30 Ted Talk & discussion “Helping Seniors Cross The Digital Divide” (Media Center) 1:15 Corn Hole Outside of Anchin or Media Center (Weather Permitting) 7:15 Classical Music on Channel 3 or Elevator Lounge	9:00 Morning Dailies and Greetings (DR) 3 10:00 Morning Stretch (MC) 10:30 Crosswords A Fun (MC) 11:15 Seated Balance Class with Conner (MC) 2:00 Bingo (DR) 3:00 Trivia Busters (MC) 4:00 Jeopardy with Jess (MC)	9:00 Morning Dailies and Greetings (DR) 4 10:00 Chair Pilates (MC) 11:15 Balance Class with Conner (MC) 1:30 Food Resident Committee with Charles (MC) 2:00 Resident Council Meeting (MC) 4:00 Beginners & Seniors Guide to Computers (MC) 7:15 Show of the Week (Channel 5 or L)	9:00 Morning Dailies 5 10:00 Strength & Stretch (MC) 11:00 Crafting (MC) 1:30 Flexibility Class with Conner (MC) 2:00 Story Telling (DR) 3:00 Men’s Club with Conner (L) 3:00 Book Club (MC) 4:00 Travelogue (MC) 7:15 Movie of the Week Channel 5 or L Morning Visits Sandi and Jenny	9:00 Morning Dailies and Greetings (DR) 6 10:00 Chair Pilates(MC) 11:15 Heart Health Chair Aerobics with Conner (MC) 2:00 Historical Facts about November (MC) 3:00 Ron on Piano (DR) 3:30 Fall Fest Taste Treats (DR) 4:00 Quips, short anecdotes with Jessica (MC) 7:15 Lecture of the Week (Channel 5 or L)	10:00 Shopping to Publix by Advance sign-up 7 10:30 Where in the World Travel Game with Beckett (MC) 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)	10:30 Torah Service (Channel 4 or Anchin Chapel) 1
9:00 Morning Greetings (DR) 9 11:00 Morning Movement (MC) 11:00 Ted Talk & Discussion “How to Motivate Yourself (MC) 1:15 Outdoor Activities Weather Permitting or MC 7:15 Classical Music Program on Channel 3 or Elevator Lounge	9:00 Morning Dailies and Greetings (DR) 10 10:00 Moves with Jess (MC) 10:30 NY Times Games (Media Center) 11:15 Seated Balance Class with Conner (MC) 2:00 Bingo (DR) 3:00 Great Museums (MC) 4:00 Jeopardy with Jess (MC)	9:00 Morning Dailies and Greetings (DR) 11 10:00 Chair Pilates (MC) 11:00 Aviva Veterans Day Ceremony in front of Anchin 2:00 USO Show with the Starfire Dancers (DR) 4:00 Autobiography 7:15 Show of the Week (Channel 5 or L)	9:00 Morning Dailies and Greetings 12 10:00 Strength & Stretch (MC) 11:00 Dining Centerpieces (MC) 1:30 Flexibility Class with Conner (MC) 2:00 Stroll about (DR) 3:00 Poetry Interpretation (MC) 4:00 Fascinating Facts about Montana (MC) 7:15 Movie of the Week Channel 5 Elevator Lounge Morning Visits Sandi and Jenny	9:00 Morning Dailies and Greetings (DR) 13 10:00 Chair Pilates (MC) 11:15 Heart Health Chair Aerobics with Conner (MC) 2:00 Inside Notre Dame (MC) 3:00 Ron on Piano (DR) 3:30 Mix and Mingle (DR) 4:00 Short Story with Jess (MC) 7:15 Lecture of the week (Channel 5 or L)	10:00 Shopping to Publix by Advance sign-up T 14 10:30 Guess Your Best with Beckett (MC) 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 Look for Sheila & Buckeye	10:30 Torah Service (Channel 4 or Anchin Chapel) 15
9:00 Morning Greetings (DR) 16 11:00 Rise & Shine Exercise (MC) 11:30 Ted Talk & Discussion “The Surprising Science of Happiness” (MC) 1:15 Let’s Get Moving (MC) 7:15 Classical Music Program (Channel 3 or Elevator Lounge)	9:00 Morning Dailies and Greetings (DR) 17 10:00 Strength Stretch (MC) 10:30 Crossword Challenge (MC) 11:00 Multi-media Presentation with Carol Mathias “Musical Duets” (MC) 2:00 Bingo (DR) 3:00 Monuments Around the World(MC) 4:00 Jeopardy with Jess (MC)	9:00 Morning Dailies and Greetings (DR) 18 10:00 Chair Pilates(MC) 11:15 Balance Class with Conner (MC) 1:30 Birthday Social with Temple Emanu-El (DR) 2:00 Create a Story (MC) 3:00 Cellphones for Beginners (MC) 4:00 Biography Spotlight (MC) 7:15 Show of the Week (Channel 5 or L)	9:00 Morning Dailies 19 10:00 Strength & Stretch (MC) 11:00 Art Workshop (MC) 1:30 Flexibility Class with Conner (MC) 2:00 Bocce for Fun (MC or out front of Anchin) 3:00 Book Club (MC) 4:00 Road Trip to Montana (DR) 7:15 Movie of the Week Channel 5 Elevator Lounge Morning Visits Sandi and Jenny	9:00 Morning Dailies and Greetings (DR) 20 10:00 Chair Pilates (MC) 11:15 Heart Health Chair Aerobics with Conner (MC) 2:00 Virtual Museum Tour of Israel (DR) 3:00 Ron on Piano (DR) 3:30 Mix and Mingle (DR) 4:00 Short Story with Jessica (DR) 7:15 Lecture of the Week (Channel 5 or L)	10:00 Shopping to Publix by Advance sign-up T 21 10:30 Where in the World Travel Game with Beckett (MC) 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 Look for Sheila & Buckeye	10:30 Torah Service (Channel 4 or A) 22
9:00 Morning Greetings (DR) 23 11:00 Morning Stretch (MC) 11:30 Ted Talks & Discussion “What Makes a Good Life” (MC) 1:15 Active Games (MC) 7:15 Classical Music Program (Channel 3 or Elevator Lounge)	9:00 Morning Dailies and Greetings (DR) 24 10:00 Morning Moves (MC) 10:30 NY Times Games (MC) 11:15 Seated Balance Class with Conner (MC) 2:00 Bingo (DR) 3:00 Step into Paris in the Louvre (L) 4:00 Jeopardy with Jess (MC)	9:00 Morning Dailies and Greetings (DR) 25 10:00 Chair Pilates(MC) 11:15 Balance Class with Conner (MC) 1:30 Independent Pursuits-Games, Cards 3:00 Internet for Beginners (MC) 7:15 Show of the Week (Channel 5 or L)	9:30 Morning Dailies 26 10:00 Exercise Your Best (MC) 11:00 Balloon Volleyball Tourmie with the Anchin Benderson Community (DR) 1:30 Flexibility Class with Conner (MC) 2:00 Tabletop Games (MC) 3:00 Men’s Club with Conner (L) 4:00 Montana Trivia (MC) 7:15 Movie of the Week (Channel 5 Elevator Lounge Morning Visits Sandi and Jenny	9:00 Morning Dailies and Greetings (DR) 27 9:00 Macy’s Thanksgiving Day Parade shown in the Lounge  10:00 Chair Pilates (MC) 10:30 Independent Pursuits-Cards, games puzzles(MC) 2:00 Holiday Movie Pick (L)	10:00 Shopping to Publix by Advance sign-up T 28 10:30 Name That Tune with Beckett (MC) 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 Look for Sheila & Buckeye	10:30 Torah Service (Channel 4 or A) 29
9:00 Morning Greetings (DR) 30 11:00 Morning Moves (MC) 11:30 Ted Talks & Discussion “How Great Leaders Inspire Action” (MC) 1:15 Afternoon Games (MC) 7:15 Classical Music Program Channel 3 or Elevator Lounge						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. ACTIVITIES ARE SUBJECTO CHANGE Updated schedules are posted daily by the Wall Calendar opposite the elevator.