

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Morning Greet the Day 10:00 Exercise as you like it 11:00 Sheryl on Guitar & Harp 2:00 Name The Food 2:30-2:45 Snacks & Social on the Patio 3:15 Hot Potato 4:00 Barry & the Music of Your Life 4:00 Tu B'Shevat with Rabbi Rachel (Channel 5) 7:15 Classical Music Program (Channel 3)	1 9:30 Morning Greet the Day 10:00 Early Riser Exercise Bunch 10:30 On the Piano with Debbie 12:00 Refresh & Ready the Table 2:00 Name The Dessert 2:45 Afternoon Snack Break 3:00 Movement with Conner 3:30 Interactive Music & Song Play with Lynne	2 9:30 Morning Greet the Day 10:00 Sing-a-long with Ginger 10:30 Chair Exercise with Robin and Friends 11:00 Gulf Coast Music with Tori on Guitar 1:15 Jeopardy the Ginger Way 2:15 Range of Motion with Conner 2:45 Friends Gathering 3:00 Interactive Drum Circle 4:00 Make a Move with Conner 4:30 Refresh & Ready with friends 7:15 Show of the Week (Channel 5)	3 9:30 Morning Greet the Day 10:00 Make a Move 10:30 Chair Exercises 11:15 Sing-a-long with Deborah or Ginger 1:15 Stroll About 2:00 Strike up the Band with Instrumix 2:45 Sip & Bites Social 3:15 Word Games 4:00 Hand and Toes and Twist and Move with Conner 7:15 Movie of the Week (Channel 3) Humane Society Morning Visits with Sandi & Jenny	4 9:30 Greet the Day 10:00 Musical Sing-a-long 10:30 Songs & Stories with Rabbi 11:00 Trivia Busters 1:15 Noodle Magic 2:00 Table Top Active Games 2:30 Ron on Piano 2:45 Delights & Light Bites 3:00 Spin the Wheel 3:30 Music Trivia 4:00 Stretching Flexibility with Ginger 7:15 Lecture of the Week (Channel 5)	5 9:30 Morning Greet the Day 10:30 Bob on Piano 11:30 Exercise Your Best with Ginger 1:30 On the Piano with Debbie 2:45 Rehydrate & Refuel the Day 3:00 Let the Music Move You with Ginger 3:30 Share Shabbat & Blessings with Friends Morning Visits with Humane Society Look for Sheila & Buckeye	6 10:30 Torah Service (Anchin Chapel or Channel 4) 11:15 Share some stories 1:15 Courtyard or Lakeside or Beach Strolls 2:00 Regis on Piano 2:45 Saturday afternoon sitting in the Courtyard Social 4:00 Travelogue & Tales
9:30 Morning Greet the Day 10:00 Exercise as you like it 11:00 Sheryl on Guitar and Harp 2:00 Gulf Coast Expressive Arts 2:30-2:45 Snacks & Social on the Patio 3:15 Chair Dance Class with Lisa 4:00 Barry & the Music of Your Life 7:15 Classical Music Program (Channel 3)	8 9:30 Morning Greet the Day 10:00 Early Riser Exercise Bunch 10:30 On the Piano with Debbie 12:00 Refresh & Ready the Table 2:00 Balloon Volleyball 2:45 Afternoon Snack Break 3:00 Movement with Conner 3:30 Interactive Music & Song Play with Lynne	9 9:30 Morning Greet the Day 10:00 Sing-a-long with Friends 10:30 Chair Exercise with Robin or Friends 11:00 Gulf Coast Music with Tori on Guitar 1:15 Stories to Share 2:15 Range of Motion Conner 2:45 Birthday Bonanza 3:00 Interactive Drum Circle 4:00 Make a Move with Conner 4:30 Refresh & Ready with friends	10 9:30 Morning Greet the Day 10:00 Make a Move 10:30 Noodle Action 11:15 Sing-a-long with Deborah 1:15 Walk About 2:00 Strike up the Band with Instrumix 2:45 Sip & Bites Social 3:15 Active Games 4:00 Hand and Toes and Twist and Move with Conner 7:15 Movie of the Week (Channel 3) Humane Society Morning Visits with Sandi & Jenny	11 9:30 Morning Greet the Day 10:00 Make a Move Exercise Gang 10:30 Songs & Stories with Rabbi 11:00 Guess Your Best 1:15 Noodle Magic 2:00 Range of Motion with Conner 2:30 Hearts Day Show with Bob on 2nd floor 2:45 Ron on Piano 3:15 Spin the Wheel 4:00 Stretching Flexibility with Conner 7:15 Lecture of the Week (Channel 5)	12  9:30 Morning Greet the Day 10:30 Bob on Piano 11:30 Exercise Your Best with Conner 1:30 On the Piano with Debbie 2:30 Tidewell Clown Share the Love 2:45 Rehydrate & Refuel the Day 3:00 Let the Music Move You with Conner 3:30 Share Shabbat & Blessings with Friends Morning Visits with Humane Society Look for Sheila & Buckeye	13 10:30 Torah Service (Anchin Chapel or Channel 4) 11:15 Things that are Red 1:15 Color the Hearts Templates 2:00 Regis on Piano 2:45 Saturday Snacking 3:00 Balloon Game 4:00 Pass a Loving Quote
9:30 Morning Greet the Day 10:00 Chair Gold with Rachel and Sydney and Lisa 11:00 Frank on Guitar 2:00 Painting and Coloring 2:30-2:45 Snacks & Social 3:00 Sit and Share some time together 4:00 Barry & the Music of Your Life 7:15 Classical Music (Channel 3)	15 9:30 Morning Greet the Day 10:00 Early Riser Exercise Bunch 10:30 On the Piano with Debbie 12:00 Refresh & Ready the Table 2:00 Sing-a-long with Deborah 2:45 Afternoon Snack Break 3:00 Movement with Conner 3:30 Interactive Music & Song Play with Lynne	16 9:30 Morning Greet the Day 10:00 Sing-a-long with Friends 10:30 Chair Exercise with Robin and Friends 11:00 Gulf Coast Music with Tori on Guitar 1:15 Chinese New Year Fun Facts 2:15 Range of Motion with Conner 2:45 Break Time 3:00 Interactive Drum Circle 4:00 Make a Move with Conner 4:30 What's in a Fortune 7:15 Show of the Week (Channel 5)	17 9:30 Morning Greet the Day 10:00 Groove Moves, Exercise 10:30 Guess the Song Title, Artist or Lines of the Song 11:15 Sing-a-long with Deborah 1:15 Word Games 2:00 Strike Up the Band with Instrumix 2:45 Sip & Bites Social 3:15 Balloon Exercises 4:00 Hands and Toes and Twist and Move with Conner 7:15 Movie of the Week (Channel 3) Humane Society Morning Visits with Sandi & Jenny	18 9:30 Morning Greet the Day 10:00 Move & Groove 10:30 Songs & Stories with Rabbi 11:00 Trivia Busters 1:15 Courtyard Stroll 2:00 Range of Motion with Conner 2:30 Ron on Piano 2:45 Afternoon Take a Break 3:00 Chair Dance with Ginger 4:00 Stretching Flexibility with Conner 7:15 Lecture of the Week (Channel 5)	19 9:30 Morning Greet the Day 10:30 Bob on Piano 11:30 Chair Gold with Rachel and Sydney and Ginger 1:30 On the Piano with Debbie 2:45 Rehydrate & Refuel the Day 3:00 Let the Music Move You 3:30 Share Shabbat & Blessings with Friends	20 10:30 Torah Service (Anchin Chapel or Channel 4) 11:15 Toss Across 1:15 Active Games 2:00 Regis on Piano 2:45 Saturday Snacking 3:00 Personal Jukebox 4:00 Fun with Hoops and Beanbags
9:30 Morning Greet the Day 10:00 Chair Gold with Rachel and Sydney and Lisa 11:00 Frank on Guitar 2:00 Gulf Coast Expressive Arts 2:30-2:45 Social Gathering 3:00 Pool Noodle Game 4:00 Barry & the Music of Your Life 7:15 Classical Music (Channel 3)	22 9:30 Morning Greet the Day 10:00 Early Riser Exercise Bunch 10:30 Debbie on Piano 12:00 Refresh & Ready the Table 2:00 Sing-a-long with Deborah 2:45 Afternoon Snack Break 3:00 Movement with Conner 3:30 Interactive Music & Song Play with Lynne	23 9:30 Morning Greet the Day 10:00 Sing-a-long with Friends 10:30 Chair Exercise with Robin and Friends 11:00 Gulf Coast Music with Tori on Guitar 1:15 Storytelling 2:15 Range of Motion with Conner 2:45 Break Time 3:00 Interactive Drum Circle 4:00 Make a Move with Conner 4:30 Refresh & Ready with friends 7:15 Show of the Week (Channel 5)	24 9:30 On this Day 10:00 Groove Moves, Exercise & 10:30 Picture & Chat Share 11:15 Sing-a-long with Deborah 1:15 What's in a Picture 2:00 Strike up the Band with Instrumix 2:45 Snack of the Day 3:00 Trivia Busters 3:00 Wintry Landscapes 3:00 Men's Club with Conner in 2nd floor Lounge 4:00 Hands and Toes and Twist and Move with Conner 7:15 Movie of the Week (Channel 5) Humane Society Morning Visits with Sandi & Jenny	25 9:30 Morning Greet the Day 10:00 Make a Move Exercise Gang 10:30 Songs & Stories with Rabbi/Chaplain Rachel 11:00 Design your own 1:15 Range of Motion with Ginger 2:00 Strike up the Band with Instrumix 2:45 Snack of the Day 3:00 Trivia Busters 3:00 Wintry Landscapes 3:00 Men's Club with Conner in 2nd floor Lounge 4:00 Hands and Toes and Twist and Move with Conner 7:15 Lecture of the Week (Channel 5)	26 9:30 Morning Greet the Day 10:30 Bob on Piano 11:30 Exercise Your Best with Ginger 1:30 On the Piano with Debbie 2:45 Rehydrate & Refuel the Day 3:00 Let the Music Move You with Ginger 3:30 Share Shabbat & Blessings with Friends Morning Visits with Humane Society Look for Sheila & Buckeye	27 10:30 Torah Service (Anchin Chapel or Channel 4) 11:15 Guess Your Best 1:15 Make a Story 2:00 Regis on Piano 2:45 Saturday Snacking 3:00 Balloon Game 4:00 Social Circle in the Courtyard
All Programs on Channel 3,4 & 5 will be posted on the daily schedule. Programs take place where residents are most comfortable. Activities are Subject to Change The Aviva T.V. Network includes Channels, 3, 4 and 5. Channels 3 & 5 show specials and evening programs. Channel 4 is our Anchin Chapel for Services.						