

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 Morning Greetings (DR) 11:00 Stretch for Strength with Jess (MC) 11:30 Tony Robbins Turn your pain into Unstoppable purpose (MC) 1:30 The Outdoor Club 4:00 Tu B'Shevat with Rabbi Rachel at Kretzmer at Kobernick or Channel 5 or Lounge 7:15 Classical Music on Channel 3 or Elevator Lounge	9:00 Dailies & Greetings (DR) 10:00 Make a Move with Jess (MC) 10:30 Spelling Bee (MC) 11:15 Seated Balance Class with Conner (MC) 2:00 Bingo (DR) 3:00 Word Extraction (MC) 4:00 Resident Request: PBS Special (MC)	9:00 Dailies & Greetings (DR) 10:00 Chair Pilates (MC) 11:15 Balance Class with Conner (MC) 1:30 Food Committee Open to All (MC) 2:15 Resident Council (MC) 3:00 Move to Music 4:00 Jess Jeopardy Crew (MC) 7:15 Show of the Week (Channel 5 or L)	9:00 Morning Dailies and Greetings 10:00 Morning Moves with Jess (MC) 11:00 Fun Facts (MC) 1:30 Flexibility Class with Conner (MC) 2:15 Crafting Center (MC) 3:00 Bio of the Week (MC) 7:15 Movie of the Week- (L or Channel 5)	9:00 Dailies and Greetings (DR) 10:00 Chair Pilates for Seniors (MC) 2:00 Outdoor Activity of Choice 3:00 Ron on Piano 3:30 Mix and Mingle (DR) 4:00 Crosswords (MC) 7:15 Lecture of the Week (L or Channel 5)	10:00 Shopping to Publix by Advance sign-up (T) 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 (Anchin Chapel or Channel 4) 6:30 Saturday Night at the Movies (Elevator Lounge)
9:00 Morning Greetings (DR) 11:00 Stretch for Better Movement (MC) 11:30 Discipline Your Mind Do It Anyway when you feel scared, tired or unmotivated(MC) 1:30 Afternoon Stroll and Walks 6:30 Super Bowl Sunday in the Lounge with Super Bowl Munchies	9:00 Dailies & Greetings (DR) 10:00 Morning Moves (MC) 10:30 Get Your Words worth (DR) 11:15 Seated Balance Class with Conner (MC) 2:00 Bingo (DR) 3:00 Take the Trivia Challenge (MC) 4:00 Resident Request: PBS Special (MC)	9:00 Dailies and Greetings (DR) 10:00 Chair Pilates (MC) 11:15 Balance Class with Conner (MC) 1:30 Birthday Social with Temple Emanu-El (DR) 2:00 Active Games(MC) 3:00 Move to the Music (MC) 4:00 Jess Jeopardy Crew (MC) 7:15 Show of the Week (Channel 5 or L)	9:00 Morning Dailies and Greetings 10:00 Morning Moves with Jess (MC) 11:00 Morning Mid week Movie (MC) 1:30 Flexibility Class with Conner (MC) 2:15 Art Appreciation (DR) 4:00 Bio of the Week (MC) 7:15 Movie of the Week- (L or Channel 5)	9:00 Dailies and Greetings (DR) 10:00 Chair Pilates for Seniors (MC) 11:15 Heart Health Chair Aerobics with Conner (MC) 2:30 Heart's Day Show with Bob on Guitar (DR) 3:30 Social with Love 4:00 Love to Play Crosswords (MC) 7:15 Lecture of the Week (L or Channel 5)	10:00 Shopping to Publix by Advance sign-up (T) 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 (Anchin Chapel or Channel 4) 6:30 Saturday Night at the Movies (Elevator Lounge)
9:00 Morning Greetings (DR) 11:00 Morning Moves (MC) 11:30 Denzel Washington 7 Daily Habits to Make you unstoppable (MC) 1:30 Outdoor Bocce with Lauri 7:15 Classical Music on Channel 3 or Elevator Lounge	9:00 Dailies & Greetings (DR) 10:00 Stretch a Move (MC) 10:30 Spelling Competition (MC) 11:15 Seated Balance Class with Conner (MC) 2:00 Bingo (DR) 3:00 Word Extraction (MC) 4:00 Resident Request: PBS Special (MC)	9:00 Morning Dailies and Greetings (DR) 10:00 Chair Pilates for Seniors (MC) 11:15 Balance Class with Conner (MC) 2:00 Card Game & Table top tournament (DR) 3:00 Music Trivia (MC) 4:00 Jess Jeopardy Crew (MC) 7:15 Show of the Week (Channel 5 or L)	9:00 Morning Greetings 10:00 Movement in Motion (MC) 11:00 Mid Week Morning Movie (MC) 1:30 Flexibility Class with Conner (MC) 2:15 Art Appreciation (DR) 4:00 Bio of the Week MC) 7:15 Movie of the Week (Channel 5 or Lounge)	9:00 Dailies and Greetings (DR) 10:00 Chair Pilates for Seniors (MC) 11:15 Heart Health Chair Aerobics with Conner (MC) 2:00 Outdoor Activities and Conversations 3:00 Ron on Piano 3:30 Mix & Mingle 4:00 Word Game (MC) 7:15 Lecture of the Week (L or Channel 5)	10:00 Shopping to Publix by Advance sign-up (T) 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 Anchin Chapel or Channel 4 6:30 Saturday Night at the Movies (Elevator Lounge)
9:00 Morning Greetings (DR) 11:00 Stretch It Out. (MC) 11:30 Mel Robbins The Secret to Never Getting angry or bothered by Anyone (MC) 1:30 Cornhole & Conversation 7:15 Classical Music on Channel 3 or Elevator Lounge	9:00 Dailies & Greetings (DR) 10:00 Strength & Stretch (MC) 10:30 Word Extraction (MC) 11:15 Seated Balance Class with Conner (MC) 2:00 Bingo (DR) 3:00 Word Extraction (MC) 4:00 Resident Request: PBS Special (MC)	9:00 Morning Dailies and Greetings (DR) 10:00 Chair Pilates for Seniors (MC) 11:15 Balance Class with Conner (MC) 2:00 Table Top Games (DR) 3:00 Chair Dance Class with Jess (MC) 4:00 Jess Jeopardy Crew (MC) 7:15 Show of the Week (Channel 5 or L)	9:00 Morning Dailies and Greetings 10:00 Chair Zumba with YouTube Personalities Rachel & Sydney (MC) 11:00 Balloon Volleyball tournament with the Aviva Campus Residents (DR) 1:30 Flexibility Class with Conner (MC) 2:15 Art Appreciation (MC) 3:00 Guess Your Best (MC) 3:00 Men's Club in the Lounge 4:00 Bio of the Week (MC) 7:15 Movie of the Week (Channel 5 or L)	9:00 Dailies and Greetings (DR) 10:00 Chair Pilates for Seniors (MC) 2:00 Fresh Air Club 3:00 Ron on Piano 3:30 Mix & Mingle (DR) 4:00 Crosswords Challenge (MC) 7:15 Lecture of the Week (L or Channel 5)	10:00 Shopping to Publix by Advance sign-up (T) 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 Anchin Chapel or Channel 4 6:30 Saturday Night at the Movies (Elevator Lounge)
Location Key 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.	New Dinner Take Out Night  2nd Wednesday of Each Month					 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.
The Aviva TV Network offers Programming on Channel 3, 4 and 5						