

STARTS THIS SUNDAY
AND TUESDAY

February 1-7, 2026

EVENTS & ACTIVITIES

LOCATION & ABBREVIATION KEY

(SU) Sign-Up Required in (LE) (DR) Dining Room
(A) Activity Center-C102 (L) Library
(C) The Commons (Former Rotunda) (AC) Anchin Chapel
(FC) Fitness Center
(LE) Life Enrichment Center (KC) Kretzmer Center
Trips out of the building will be underlined

Sunday
1

Tu B'Shevat



10:00am Chair Exercise Program (**Channel 3**)
10:30am SILL Global Issues- #1 Polarization and Democracy: Latin America in a Turbulent World Order Dr. Kenneth Roberts (KC or **Channel 5**)
12:30pm Learn to play Cribbage with Denah (A)
2:00pm Repeat Showing SILL (KC or **Channel 5**)
4:00pm Tu B'Shevat with Rabbi Rachel (KC or Channel 5)

11:00am Departure to Temple Sinai Jewish Food Festival



Monday
2



9:00am Ping Pong Club meets at ping pong table outside of doors of A-wing or Fitness Center (Weather permitting)
9:30am Complimentary Hearing Clinic with Hear Again America Down the C-wing, Wellness Corridor
10:00am Seated Balance Class with Conner (small Kretzmer)
10:00am Healthy Spine Class (**Channel 3**)
10:30am Advanced Balance Class with Conner (small Kretzmer)
10:30am Range of Motion Class (**Channel 3**)
11:00am Activity Planning Meeting (KC)
1:00pm Shakespeare Reading Group Present: Measure by Measure 2020 Movie-Large KC-OPEN TO ALL
2:00pm Chair Chi (**Channel 3**)
3:00pm Yoga with Margie (**Channel 3**)
4:00pm New Art Reveal at the Greenspon Bistro
7:15pm Bingo Bonanza (small KC)

Tuesday
3

9:30am Stretch & Refresh (**Channel 3**)
10:00am Core Stability (**Channel 3**)
10:00am Strength Training with Weights & Bands (Small Kretzmer)
10:30am Range of Motion (**Channel 3**)
10:30am Movement Magic (small KC)
3:00pm Yoga with Margie (**Channel 3**)
3:30pm SILL Sarasota Institute of Lifelong Learning Music Series Richard Dowling on Piano on the Big Screen in Kretzmer
7:15pm Skips Dixie Mix Band (KC or **Channel 5**)

Wednesday 4	10:00am Resident Association Meeting (DR) 10:00am Healthy Spine Class (Channel 3) 10-12pm Pool Player's Posse (A) 10:30am Range of Motion Class (Channel 3) 11:30am Sarasota Ballet Joy & Reflections Exercise (small KC) 2:00pm Chair Chi (Channel 3) 3:00pm Yoga with Margie (Channel 3) 3:30pm Bible Talk with Rabbi Rachel (KC or Channel 5) 4:15pm Pub Social (C) 7:15pm Joy of Reading Present: Movie Night- "Our Souls at Night" 2017 Robert Redford, Jane Fonda (KC or Channel 5)	
Thursday 5	9:30am Stretch & Refresh (Channel 3) 9:30am Walking Club with Conner meets in the Rotunda 9:30-11:30 Open Art Studio-Everyone is Welcome (A) 10:30am Movement Magic (small KC) 10:30am Range of Motion (Channel 3) 2:00pm Chair Tai Chi (Channel 3) 3:30pm Short Story Discussion with Carroll- "Theresa's Wedding" by William Trevor (KC) 7:15pm "100 years of Dick Van Dyke" Multi-media Lecture Joy Katzen Guthrie (KC or Channel 5)	
Friday 6	8:30am Complimentary Donuts & Coffee in honor of Alice Rabinowitz provided by family (Greenspon Bistro) 10:00am Healthy Spine (Channel 3) 10:30am Range of Motion (Channel 3) 10:30am All Interested Poker Players To meet to figure out days and times Meet in Life Enrichment 11:00am What's Happening with Michael (L) 4:00pm Kabbalat Shabbat (C) <u>9, 9:30 and 10:00am Shopping to Publix</u> <u>11:30am Bank Trip See Sign-Up</u> <u>1pm Shopping to Beneva Strip Stores including Post office, Jeweler, Bealls, Dollar Tree, Truist Bank, Publix</u>	
Saturday 7	10:30am Torah Services (Anchin Chapel or Channel 4) 7:15pm Resident Game Night- Karaoke (KC) <u>Shabbat to Area Temples based on resident sign-up</u> <u>2:00pm Departure to Florida Studio Ticket for Transportation Holders</u>	

