

**NEW CLASSES**
**THE BEST OF SARASOTA**
**Abounds Within**

**allweek**
**March 29-April 4, 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 Bingo Palace is Small KC**  
**(LE) Life Enrichment Center (KC) Kretzmer Center**  
**Trips out of the building will be underlined**

**Sunday 29**  
**10:00am Chair Exercise Program (Channel 3)**  
**12:30pm Learn to play Cribbage with Denah (A)**  
**7:15pm Classical Music Program-Franz Liszt "A Faust Symphony"**  
**Vladimir Jurowski conducts the London Philharmonic Orchestra (Channel 3 ONLY)**

There will be no showing of SILL this Sunday, but will be shown next week.  
 Please note:  
 Classical Music will only be on Channel 3 and not shown in Kretzmer

**Monday 30**  
**9:00am Ping Pong in the Fitness Center**  
**10:00am Seated Balance Class with Conner (small KC)**  
**10:00am Healthy Spine Class (Channel 3)**  
**10:30am Advanced Balance Class with Conner (small KC)**  
**10:30am Range of Motion Class (Channel 3)**  
**11:00am Aviva Play Readers-Open Meeting to discuss future Plans-New Residents welcome-Everyone interested please attend (L)**  
**1:30pm Shakespeare Reading Group (KC)**  
**2:00pm Chair Chi (Channel 3)**  
**3:00pm Yoga with Margie (Channel 3)**  
**3:30pm The Adventures of Ruth & Anita's trip to Antarctica A Photographic Slideshow (KC)**  
**7:15pm Bingo Bonanza (Bingo Palace)**

**BACK BY POPULAR DEMAND!**

**Tuesday 31**  
**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)**  
**3:00pm Yoga with Margie (Channel 3)**  
**3:30pm SILL Music #5 Jake Kwiatkowski-Bagpipes (KC)**  
**7:15pm Alan Glickman on Keys (KC or Channel 5)**


**She's back, YEAH!!!**

Wednesday  
April  
1



10:00am Seated Balance Class with Conner (small KC)  
10:00am Healthy Spine Class (Channel 3)  
10-12pm Pool Player's Posse (A)  
10:30am Advanced Balance Class with Conner (small KC)  
10:30am Range of Motion Class (Channel 3)  
11:00am Poker pals (A)  
11:00am Sarasota Ballet- "Silver Swans" Exercise (small KC)  
2:00pm Chair Chi (Channel 3)  
3:00pm Yoga with Margie (Channel 3)  
4:30pm Admittance to the Dining Room by reservation  
5:00pm Passover 1st Seder

Thursday  
2

9:00am Advanced Fitness Class with Conner (FC)   
9:30am Stretch & Refresh (Channel 3)  
9:30am Walking Club with Conner meets in the Rotunda  
9:30-11:30 Open Art Studio with Ruth-Everyone is Welcome (A)  
10:30am Range of Motion (Channel 3)  
10:30am Movement Magic (small KC)  
11:00am Video Performances of your Favorite Entertainers from  
Concerts or Movies with Maria (KC)  
2:00pm Chair Tai Chi (Channel 3)  
3:30pm Short Story Discussion with Carroll-"Girls in Their  
Summer Dresses" by Irwin Shaw (KC)  
4:30pm Admittance to the Dining Room by reservation  
5:00pm Passover 2nd Seder



Friday  
3

10:00am Strength Training with Weights and Bands (small KC)  
10:00am Healthy Spine (Channel 3)  
10:30am Better Posture Class with Conner (small KC)  
10:30am Range of Motion (Channel 3)  
11:00am What's Happening with Michael (L)  
4:00pm Kabbalat Shabbat (KC)

9, 9:30 and 10:00am Shopping to Publix  
11:30am Bank Trip See Sign-Up  
1:00pm Shopping to Walmart  
Shabbat to Area Temples based on resident sign-up

Saturday  
4

10:30am Torah Services (Anchin Chapel or Channel 4)  
7:15pm Resident Night- Joke Night- Everybody brings a  
Joke (KC)

Shabbat to Area Temples based on resident sign-up