



**Anchin**  
Memory Care

# November 2022



## Sunday

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

<p>All Programs on Channel 3,4 &amp; 5 will be posted on the daily schedule</p> <p>Activities are Subject to Change</p> <p>Join Jasmine Tuesday through Saturday in programs and she will greet the day on those mornings in the Dining Room</p>	<p><b>WE HONOR OUR VETERANS</b> ★★★★★</p> <p>Join us in front of the Anchin Building to salute Aviva Veterans Friday, November 11th at 11am</p> <p>Pinning Ceremony by Empath Tidewell.</p>	<p>9:30 Morning Greet the Day with Jasmine <b>1</b></p> <p>10:00 The Rise &amp; Shine Exercise Club</p> <p>10:30 Music of Your Life</p> <p>11:00 Share a Picture Share a Story and Musical Memories</p> <p>1:30 Make a Move Chair Class</p> <p>2:45 Snack Pack</p> <p>3:30 Movie of the Week</p> <p>7:00 Show of the Week (Channel 5)</p>	<p>9:30 Morning Greet the Day with Jasmine <b>2</b></p> <p>10:00 Groove Moves and Exercise</p> <p>10:30 What is your Fancy</p> <p>11:00 Toss the Ball</p> <p>1:30 Activity Box</p> <p>2:00 Strike Up the Band With Instrumix</p> <p>2:45 Sip &amp; Bites Social</p> <p>3:15 Shuffle up the Cards</p> <p>7:00 Movie of the Week (Channel 5)</p>	<p>9:30 Morning Greet the Day <b>3</b></p> <p>10:00 Make a Move Exercise Gang</p> <p>10:30 Songs &amp; Stories with Rabbi/Chaplain Rachel</p> <p>11:00 Active Games</p> <p>1:30 Music Favorites</p> <p>2:00 Favorite Happy Word of the Week</p> <p>2:45 Delights &amp; Light Bites</p> <p>3:15 Put together Designs</p> <p>7:00 Lecture of the Week (Channel 5)</p>	<p>9:30 Morning Greet the Day <b>4</b></p> <p>10:00 Morning Stretch &amp; Flex</p> <p>10:30 Memories to share</p> <p>11:00 Beach Ball Toss</p> <p>1:30 Meanings between the lines</p> <p>2:45 Rehydrate &amp; Refuel the Day</p> <p>3:15 What does the Picture Reveal</p> <p>4:15 Share Shabbat &amp; Blessings with friends</p>	<p>10:30 Torah Service <b>5</b></p> <p>(Anchin Chapel)</p>
<p>9:30 Morning Greet the Day <b>6</b></p> <p>10:30 Indoor Walking &amp; Stroll</p> <p>11:00 Sheryl on Harp &amp; Guitar</p> <p>2:30-2:45 Snacks &amp; Social</p> <p>4:00 Barry &amp; the Music of Your Life</p> <p>7:00 Classical Music (Channel 3)</p>	<p>9:30 Morning Greet the Day <b>7</b></p> <p>10:00 Early Riser Exercise Bunch</p> <p>11:00 Music, Music, Music</p> <p>1:30 What things go together</p> <p>2:00 Jim on Accordion</p> <p>2:45 Afternoon Snack Break</p> <p>3:30 Refresh to meet friends for dinner</p>	<p>9:30 Morning Greet the Day with Jasmine <b>8</b></p> <p>10:00 The Rise &amp; Shine Exercise Club</p> <p>10:30 Music of Your Life</p> <p>11:00 Share a Picture Share a Story and Musical Memories</p> <p>1:30 Make a Move Chair Class</p> <p>2:45 Birthday Celebration</p> <p>3:30 Crafts or Color Your Pick</p> <p>7:00 Show of the Week (Channel 5)</p>	<p>9:30 Morning Greet the Day with Jasmine <b>9</b></p> <p>10:00 Groove Moves and Exercise</p> <p>10:30 What is your Fancy</p> <p>11:00 Toss the Ball</p> <p>1:30 Discussion Starter</p> <p>2:00 Strike Up the Band With Instrumix</p> <p>2:45 Sip &amp; Bites Social</p> <p>3:15 Spin the Wheel</p> <p>7:00 Movie of the Week (Channel 5)</p>	<p>9:30 Morning Greet the Day Activities <b>10</b></p> <p>10:00 Make a Move Exercise Gang</p> <p>10:30 Songs &amp; Stories with Rabbi/Chaplain Rachel</p> <p>11:00 Active Games</p> <p>1:30 What's in a Picture</p> <p>2:00 Floral Arranging with Jasmine</p> <p>2:45 Delights &amp; Light Bites</p> <p>3:15 Put together Designs</p> <p>7:00 Lecture of the Week (Channel 5)</p>	<p>9:30 Morning Greet the Day <b>11</b></p> <p>10:00 Morning Stretch &amp; Flex</p> <p>10:30 Memories to share</p> <p>11:00 Beach Ball Toss</p> <p>11:00 Aviva Veteran's Day Salute in front of Anchin</p> <p>1:30 Meanings between the lines</p> <p>2:45 Rehydrate &amp; Refuel the Day</p> <p>3:15 What does the Picture Reveal</p> <p>4:15 Share Shabbat &amp; Blessings with friends</p>	<p>10:30 Torah Service <b>12</b></p> <p>(Channel 4)</p>
<p>9:30 Morning Greet the Day <b>13</b></p> <p>10:30 Indoor Walking &amp; Stroll</p> <p>2:30-2:45 Snacks &amp; Social</p> <p>4:00 Barry &amp; the Music of Your Life</p> <p>7:00 Classical Music (Channel 3)</p>	<p>9:30 Morning Greet the Day <b>14</b></p> <p>10:00 Early Riser Exercise Bunch</p> <p>11:00 Music, Music, Music</p> <p>1:30 What things go together</p> <p>2:00 Jim on Accordion</p> <p>2:45 Afternoon Snack Break</p> <p>3:30 Refresh to meet friends for dinner</p>	<p>9:30 Morning Greet the Day with Jasmine <b>15</b></p> <p>10:00 The Rise &amp; Shine Exercise Club</p> <p>10:30 Music of Your Life</p> <p>11:00 Share a Picture Share a Story and Musical Memories</p> <p>1:30 Make a Move Chair Class</p> <p>2:45 Snack Pack</p> <p>3:30 Movie of the Week</p> <p>7:00 Show of the Week (Channel 5)</p>	<p>9:30 Morning Greet the Day <b>16</b></p> <p>10:00 Groove Moves and Exercise</p> <p>10:30 What is your Fancy</p> <p>11:00 Show &amp; Tell What You See &amp; Hear</p> <p>1:30 Activity Box</p> <p>2:00 Strike Up the Band With Instrumix</p> <p>2:45 Sip &amp; Bites Social</p> <p>3:15 Visit a Neighbor Walk About</p> <p>7:00 Movie of the Week (Channel 5)</p>	<p>9:30 Morning Greet the Day <b>17</b></p> <p>10:00 Make a Move Exercise Gang</p> <p>10:30 Songs &amp; Stories with Rabbi/Chaplain Rachel</p> <p>11:00 Active Games</p> <p>1:30 Discussion Starters</p> <p>2:00 Favorite Happy Word of the Week</p> <p>2:45 Delights &amp; Light Bites</p> <p>3:15 Put together Designs</p> <p>7:00 Lecture of the Week (Channel 5)</p>	<p>9:30 Morning Greet the Day <b>18</b></p> <p>10:00 Morning Stretch &amp; Flex</p> <p>10:30 Memories to share</p> <p>11:00 Beach Ball Toss</p> <p>1:30 Meanings between the lines</p> <p>2:45 Rehydrate &amp; Refuel the Day</p> <p>3:15 What does the Picture Reveal</p> <p>4:15 Share Shabbat &amp; Blessings with friends</p>	<p>10:30 Torah Service <b>19</b></p> <p>(Channel 4)</p>
<p>9:30 Morning Greet the Day <b>20</b></p> <p>10:30 Indoor Walking &amp; Stroll</p> <p>11:00 Sheryl on Harp &amp; Guitar</p> <p>2:30-2:45 Snacks &amp; Social</p> <p>4:00 Barry &amp; The Music of Your Life</p> <p>7:00 Classical Music (Channel 3)</p>	<p>9:30 Morning Greet the Day <b>21</b></p> <p>10:00 Early Riser Exercise Bunch</p> <p>11:00 Music, Music, Music</p> <p>1:30 What things go together</p> <p>2:00 Jim on Accordion</p> <p>2:45 Afternoon Snack Break</p> <p>3:30 Refresh to meet friends for dinner</p>	<p>9:30 Morning Greet the Day with Jasmine <b>22</b></p> <p>10:00 The Rise &amp; Shine Exercise Club</p> <p>10:30 Music of Your Life</p> <p>11:00 Share a Picture Share a Story and Musical Memories</p> <p>1:30 Make a Move Chair Class</p> <p>2:45 The Snack Pack</p> <p>3:30 Put in a Good Word</p> <p>7:00 Show of the Week (Channel 5)</p>	<p>9:30 Morning Greet the Day <b>23</b></p> <p>10:00 Groove Moves and Exercise</p> <p>10:30 What is your Fancy</p> <p>11:00 Letters to Words</p> <p>1:30 Activity Box</p> <p>2:00 Strike Up the Band With Instrumix</p> <p>2:45 Sip &amp; Bites Social</p> <p>3:15 Favorites Chat</p> <p>7:00 Movie of the Week (Channel 5)</p>	<p>9:30 Morning Greet the Day <b>24</b></p> <p>10:00 Make a Move Exercise Gang</p> <p>10:30 Songs &amp; Stories with Rabbi/Chaplain Rachel</p> <p>11:00 Active Games</p> <p>1:30 Spin the Wheel Game</p> <p>2:00 Floral Arranging with Jasmine</p> <p>2:45 Delights &amp; Light Bites</p> <p>3:15 Put together Designs</p> <p>7:00 Lecture of the Week (Channel 5)</p>	<p>9:30 Morning Greet the Day <b>25</b></p> <p>10:00 Morning Stretch &amp; Flex</p> <p>10:30 Memories to share</p> <p>11:00 Beach Ball Toss</p> <p>1:30 Meanings between the lines</p> <p>2:45 Rehydrate &amp; Refuel the Day</p> <p>3:15 What does the Picture Reveal</p> <p>4:15 Share Shabbat &amp; Blessings with friends</p>	<p>10:30 Torah Service <b>26</b></p> <p>(Channel 4)</p>
<p>9:30 Morning Greet the Day <b>27</b></p> <p>10:30 Indoor Walking &amp; Stroll</p> <p>11:00 Sheryl on Harp &amp; Guitar</p> <p>2:30-2:45 Snacks &amp; Social</p> <p>4:00 Barry &amp; the Music of Your Life</p> <p>7:00 Classical Music (Channel 3)</p>	<p>9:30 Morning Greet the Day <b>28</b></p> <p>10:00 Early Riser Exercise Bunch</p> <p>11:00 Music Fun</p> <p>1:30 What Things go Together</p> <p>2:00 Friends Gather Together</p> <p>2:45 Afternoon Break</p> <p>3:30 Refresh to meet friends</p>	<p>9:30 Morning Greet the Day <b>29</b></p> <p>10:00 The Rise &amp; Shine Exercise Club</p> <p>10:00 Music of Your Life</p> <p>11:00 Share a Picture Share a Story and Musical Memories</p> <p>1:30 Make a Move Chair Class</p> <p>2:45 The Snack Pack</p> <p>3:30 Movie of the Week</p> <p>7:00 Show of the Week (Channel 5)</p>	<p>9:30 Morning Greet the Day <b>30</b></p> <p>10:00 Groove Moves and Exercise</p> <p>10:30 What is your Fancy</p> <p>11:00 Basketball Challenge</p> <p>1:30 Activity Box</p> <p>2:00 Strike Up the Band With Instrumix</p> <p>2:45 Sip &amp; Bites Social</p> <p>3:15 Visit a Neighbor Walk About</p> <p>7:00 Movie of the Week (Channel 5)</p>	 <p><b>Happy Thanksgiving</b></p> <p>May you and your family be blessed on Thanksgiving and throughout the rest of the year...</p>		 <p><b>Happy Birthday To You</b></p> <p>Celebrate With Faye K. And Bob B.</p>