

# Calendar of Events

# Independent Living

May 2021  
The Kenwood by Senior Star

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>May cont'd</b></p> <p>10:00 Show Up &amp; Swim (E) 11:00 Hymn Sing 2:00 Matinee 7:00 Games on Six 7:30 Kenwood Cinema</p>	<p><b>Memorial Day</b></p> <p>8:30 The Nurse is In 10:00 Show Up &amp; Swim (E) 11:30 Morning Stretch with Arra Bella (E) 12:00 The Market is Open 1:00 Fine Arts Matinee 2:00 Poker Party 2:45 Sing Along with Jeanne 7:00 Games on Six 7:30 National Geographic: America's National Parks</p>	<p><b>Brain Power</b> <b>Exercise &amp; Movement</b> <b>Expression</b> <b>Inner Strength</b> <b>Nourishment &amp; Health</b> <b>Socialization</b> <b>Spirituality</b></p>	<p>Laughter Yoga and Zumba Gold return this month. Come try them both as great options for exercise and fun!</p>	<p>Please be sure to check your weekly calendar or the daily calendar in the elevator for details and the latest changes that may have occurred since this was published. Thank you!</p>	<p>An (E) on the calendar indicates a program that will help you remain fit and improve your balance, flexibility, and strength. For best results, attend a few each week!</p>	<p>10:00 Show Up &amp; Swim (E) 2:00 Matinee 7:00 Games on Six 7:30 Kenwood Cinema</p>
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<p><b>Mother's Day</b></p> <p>10:00 Show Up &amp; Swim (E) 11:00 Hymn Sing 2:00 Matinee 7:00 Games on Six 7:30 Kenwood Cinema</p>	<p>8:30 The Nurse is In 9:00 Library Books to Your Door 10:00 Laughter Yoga with Jeanne 10:00 Show Up &amp; Swim (E) 11:30 Morning Stretch with Arra Bella (E) 12:00 The Market is Open 1:00 Fine Arts Matinee 2:00 Poker Party 2:45 Sing Along with Jeanne 7:00 Games on Six 7:30 National Geographic: America's National Parks</p>	<p>8:30 The Nurse is In 9:45 Seated Strength Training with Arra Bella (E) 10:00 Show Up &amp; Swim (E) 11:00 Celebrities and Artists with Diane Shields 12:00 The Market is Open 1:00 Biking the Byways of the USA 1:30 Canasta Group 2:00 A Stitch in Time with Ruth 2:00 Creative Writing Group with Lisa 2:00 DVD Lecture Series: Investigating American Presidents 3:30 Classic Entertainment 7:00 Games on Six 7:30 Midweek Movie</p>	<p>8:30 The Nurse is In 10:00 Bible Scripture Study 10:00 Show Up &amp; Swim (E) 11:00 Holocaust Speaker Series 11:00 Zumba Gold with Annette 12:00 The Market is Open 1:00 Bridge Class Practicum 2:00 Musical Matinee 2:00 Poker Party 7:00 Games on Six 7:30 Midweek Miniseries: The Queen's Gambit</p>	<p>8:30 The Nurse is In 10:00 It's Never Too Late Reader's Theater Group 10:00 Show Up &amp; Swim (E) 11:15 Sit and Be Fit with Arra Bella (E) 12:00 The Market is Open 12:30 Hand and Foot Card Group 1:00 The Week in Review with Josh Neth 2:00 Beads and Baubles with Annette 2:00 Book Club with Jeanne 2:00 Brain Games with Jeanne 3:30 Diane Shields Spanish History Lecture 3:30 Sports Talk with Ally 7:00 Games on Six 7:30 Midweek Movie</p>	<p>8:30 The Nurse is In 10:00 Show Up &amp; Swim (E) 12:00 The Market is Open 1:00 Bridge Class Practicum 1:15 Tai Chi with Kristen Dietsch 2:00 Poker Party 4:30 Happy Hour with Denny Duvall 7:00 Games on Six 7:30 James Bond Film Festival</p>	<p>10:00 Show Up &amp; Swim (E) 2:00 Matinee 7:00 Games on Six 7:30 Kenwood Cinema</p>
<p><b>Tour of Spain Week!</b></p> <p>10:00 Show Up &amp; Swim (E) 11:00 Hymn Sing 2:00 Matinee 7:00 Games on Six 7:30 Kenwood Cinema</p>	<p>8:30 The Nurse is In 10:00 Laughter Yoga with Jeanne 10:00 Show Up &amp; Swim (E) 11:30 Morning Stretch with Arra Bella (E) 12:00 The Market is Open 1:00 Fine Arts Matinee 2:00 Poker Party 2:45 Sing Along with Jeanne 7:00 Games on Six 7:30 Travel to Spain Virtually</p>	<p>8:30 The Nurse is In 9:45 Seated Strength Training with Arra Bella (E) 10:00 Show Up &amp; Swim (E) 11:00 Celebrities and Artists with Diane Shields 12:00 The Market is Open 1:00 Biking the Byways of the USA 1:00 Coach to Kenwood Towne Center 1:30 Canasta Group 2:00 A Stitch in Time with Ruth 2:00 Creative Writing Group with Lisa 2:00 DVD Lecture Series: Investigating American Presidents 3:30 Classic Entertainment 7:00 Games on Six 7:30 Midweek Movie</p>	<p>8:30 The Nurse is In 10:00 Bible Scripture Study 10:00 Show Up &amp; Swim (E) 11:00 Holocaust Speaker Series 11:00 Zumba Gold with Annette 12:00 The Market is Open 1:00 Bridge Class Practicum 2:00 Musical Matinee 2:00 Poker Party 2:00 Town Hall Meeting 3:45 A Sampling of Spain 7:00 Games on Six 7:30 Western Wednesday</p>	<p>8:30 The Nurse is In 10:00 It's Never Too Late Reader's Theater Group 10:00 Show Up &amp; Swim (E) 11:15 Sit and Be Fit with Arra Bella (E) 12:00 The Market is Open 12:30 Hand and Foot Card Group 1:00 The Week in Review with Josh Neth 2:00 Jewelry Repair with Annette 2:00 Spanish Trivia with Jeanne 3:30 Diane Shields History Lecture 3:30 Sports Talk with Ally 7:00 Games on Six 7:30 Midweek Movie</p>	<p>8:30 The Nurse is In 10:00 Show Up &amp; Swim (E) 12:00 The Market is Open 1:00 Bridge Class Practicum 1:15 Tai Chi with Kristen Dietsch 2:00 Poker Party 4:30 Happy Hour 7:00 Games on Six 7:30 James Bond Film Festival</p>	<p>10:00 Show Up &amp; Swim (E) 10:15 Coach/Car to Walmart 2:00 Matinee 7:00 Games on Six 7:30 Kenwood Cinema</p>
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