

# Calendar of Events

# Independent Living

January 2022  
The Kenwood by Senior Star

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p><b>January cont'd</b></p> <p>10:00 Hymn Sing 10:20 Coach/Car to Church 3:00 NFL Football Playoff Game 7:30 Kenwood Cinema</p>	<p>30</p> <p>8:30 The Nurse is In 10:00 Aquatic Class with Alice 10:00 Laughter Yoga with Jeanne 11:30 Morning Stretch with Arra Bella (E) 12:00 The Market is Open 1:00 Fine Arts Matinee 1:30 Caregiver's Support Group 2:00 Poker Party 2:45 Singing our Memories with Jeanne 4:00 Torah Study with Edie 7:30 Planet Earth</p>	<p>31</p> <p>Brain Power Exercise &amp; Movement Expression Inner Strength Nourishment &amp; Health Socialization Spirituality</p>	<p>Laughter Yoga combines breathing and laughing to reap the many health benefits of laughter! It's more fun with more people, so join us on Mondays!</p>	<p>Looking for a fun, new exercise to try? Try Zumba Gold! This seated, dance exercise class will be so much fun, you'll forget you're exercising! Wednesdays at 11:15am!</p>	<p>BikeAround is a stationary bike that is paired with a three dimensional screen to projects scenes from Google street view to allow residents to bike anywhere virtually.</p>	<p><b>New Year's Day</b></p> <p>10:15 Coach/Car to Walmart 2:00 Billiards Group 2:00 Matinee 7:30 Kenwood Cinema</p>	
<p>10:00 Hymn Sing 10:20 Coach/Car to Church 2:00 Matinee 7:30 Kenwood Cinema</p>	<p>2</p> <p>8:30 The Nurse is In 10:00 Aquatic Class with Alice 11:30 Morning Stretch with Arra Bella (E) 12:00 The Market is Open 1:00 Fine Arts Matinee 2:00 Poker Party 4:00 Torah Study with Edie 7:30 Brian Jorg Photo Travel Lecture</p>	<p>3</p> <p>8:30 The Nurse is In 9:45 Seated Strength Training with Arra Bella (E) 11:00 Celebrities and Artists with Diane Shields 11:00 NEW! Virtual Dementia Experience with Annette 12:00 The Market is Open 1:00 Coach to Sycamore Plaza 1:30 Canasta Group 1:30 NEW! Virtual Dementia Experience with Annette 2:00 A Stitch in Time with Ruth 2:00 Creative Writing Group 2:15 DVD Lecture Series: The World Was Never the Same 7:30 Midweek Movie</p>	<p>4</p> <p>8:30 The Nurse is In 9:45 Seated Strength Training with Arra Bella (E) 11:00 Celebrities and Artists with Diane Shields 11:00 NEW! Virtual Dementia Experience with Annette 12:00 The Market is Open 1:00 Coach to Sycamore Plaza 1:30 Canasta Group 1:30 NEW! Virtual Dementia Experience with Annette 2:00 A Stitch in Time with Ruth 2:00 Creative Writing Group 2:15 DVD Lecture Series: The World Was Never the Same 7:30 Midweek Movie</p>	<p>5</p> <p>8:30 The Nurse is In 10:00 Aquatics Class with Alice 10:00 Bible Scripture Study 11:00 Holocaust Speaker Series 11:15 Zumba Gold with Annette 12:00 The Market is Open 1:00 Bridge Class Practicum 1:30 Jewelry Repair with Annette 2:00 Musical Matinee 2:00 Poker Party 3:00 Book Club with Jeanne 7:30 Western Wednesday</p>	<p>6</p> <p>8:30 The Nurse is In 10:00 Praying the Rosary 10:00 World Heritage Sites DVD Lecture Series 10:30 Catholic Mass 11:15 Sit and Be Fit with Arra Bella (E) 12:00 The Market is Open 12:30 Hand and Foot Card Group 2:00 Biking the Byways of the USA 3:30 Diane Shields History Lecture 7:30 Midweek Movie</p>	<p>7</p> <p>8:30 The Nurse is In 12:00 The Market is Open 1:00 Bridge Class Practicum 1:15 Tai Chi with Kristen Dietsch 2:00 Poker Party 4:00 Shabbat Service with Edie 4:30 Happy Hour with Tammy Powell 7:30 Friday Night Flicks</p>	<p>8</p> <p>10:15 Coach/Car to Walmart 2:00 Billiards Group 2:00 Matinee 7:30 Kenwood Cinema</p>
<p>10:00 Hymn Sing 10:20 Coach/Car to Church 2:00 Matinee 7:30 Kenwood Cinema</p>	<p>9</p> <p>8:30 The Nurse is In 9:00 Library Books to Your Door 10:00 Aquatic Class with Alice 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 Singing our Memories with Jeanne 4:00 Torah Study with Edie 7:30 Planet Earth</p>	<p>10</p> <p>8:30 The Nurse is In 9:00 Library Books to Your Door 10:00 Aquatic Class with Alice 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 Singing our Memories with Jeanne 4:00 Torah Study with Edie 7:30 Planet Earth</p>	<p>11</p> <p>8:30 The Nurse is In 9:45 Seated Strength Training with Arra Bella (E) 11:00 Celebrities and Artists with Diane Shields 11:00 NEW! Virtual Dementia Experience with Annette 12:00 The Market is Open 1:00 Coach to Rookwood Pavilion and Commons 1:30 Canasta Group 1:30 NEW! Virtual Dementia Experience with Annette 2:00 A Stitch in Time with Ruth 2:15 DVD Lecture Series: The World Was Never the Same 7:30 Midweek Movie</p>	<p>12</p> <p>8:30 The Nurse is In 9:00 Men's Breakfast with the ED 10:00 Aquatics Class with Alice 10:00 Bible Scripture Study 11:00 Holocaust Speaker Series 11:15 Zumba Gold with Annette 12:00 The Market is Open 1:00 Bridge Class Practicum 1:30 Jewelry Making with Annette 2:00 Musical Matinee 2:00 Poker Party 2:30 Ladies Tea with the ED 7:30 Western Wednesday</p>	<p>13</p> <p>8:30 The Nurse is In 10:00 World Heritage Sites DVD Lecture Series 11:15 Sit and Be Fit with Arra Bella (E) 12:00 The Market is Open 12:30 Hand and Foot Card Group 2:00 Biking the Byways of the USA 3:30 Diane Shields History Lecture 7:30 Midweek Movie</p>	<p>14</p> <p>8:30 The Nurse is In 11:00 Floral Arranging with Annette 12:00 The Market is Open 1:00 Bridge Class Practicum 1:15 Tai Chi with Kristen Dietsch 2:00 Poker Party 4:00 Shabbat Service with Edie 4:30 Happy Hour with Jeanne Bilyeu 7:30 Friday Night Flicks</p>	<p>15</p> <p>10:15 Coach/Car to Walmart 2:00 Billiards Group 2:00 Matinee 7:30 Kenwood Cinema</p>
<p>10:00 Hymn Sing 10:20 Coach/Car to Church 2:00 Matinee 8:00 NFL Football Playoff Game</p>	<p>16</p> <p><b>Martin Luther King, Jr. Day</b> 8:30 The Nurse is In 10:00 Aquatic Class with Alice 10:00 Laughter Yoga with Jeanne 11:30 Morning Stretch with Arra Bella (E) 12:00 The Market is Open 1:00 Fine Arts Matinee 1:30 Caregiver's Support Group 2:00 Poker Party 2:45 Singing our Memories with Jeanne 4:00 Torah Study with Edie 7:30 Planet Earth</p>	<p>17</p> <p><b>Martin Luther King, Jr. Day</b> 8:30 The Nurse is In 10:00 Aquatic Class with Alice 10:00 Laughter Yoga with Jeanne 11:30 Morning Stretch with Arra Bella (E) 12:00 The Market is Open 1:00 Fine Arts Matinee 1:30 Caregiver's Support Group 2:00 Poker Party 2:45 Singing our Memories with Jeanne 4:00 Torah Study with Edie 7:30 Planet Earth</p>	<p>18</p> <p>8:30 The Nurse is In 9:45 Seated Strength Training with Arra Bella (E) 11:00 Celebrities and Artists with Diane Shields 11:00 NEW! Virtual Dementia Experience with Annette 12:00 The Market is Open 1:00 Coach to Kenwood Towne Center 1:30 Canasta Group 1:30 NEW! Virtual Dementia Experience with Annette 2:00 A Stitch in Time with Ruth 2:00 Creative Writing Group 2:15 DVD Lecture Series: The World Was Never the Same 7:30 Midweek Movie</p>	<p>19</p> <p>8:30 The Nurse is In 10:00 Aquatics Class with Alice 10:00 Bible Scripture Study 11:00 Holocaust Speaker Series 11:15 Zumba Gold with Annette 12:00 The Market is Open 1:00 Bridge Class Practicum 1:30 Jewelry Making with Annette 2:00 Poker Party 2:00 Town Hall Meeting 7:30 Western Wednesday</p>	<p>20</p> <p>8:30 The Nurse is In 10:00 Praying the Rosary 10:00 World Heritage Sites DVD Lecture Series 10:30 Catholic Mass 11:15 Sit and Be Fit with Arra Bella (E) 12:00 The Market is Open 12:30 Hand and Foot Card Group 3:30 Diane Shields History Lecture 7:30 Midweek Movie</p>	<p>21</p> <p>8:30 The Nurse is In 12:00 The Market is Open 1:00 Bridge Class Practicum 1:15 Tai Chi with Kristen Dietsch 2:00 Poker Party 4:00 Shabbat Service with Edie 4:30 Happy Hour with Dick Watson 7:30 Friday Night Flicks</p>	<p>22</p> <p>10:15 Coach/Car to Walmart 2:00 Billiards Group 2:00 Matinee 7:30 Kenwood Cinema</p>
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