

# Calendar of Events

# Assisted Living

February 2023  
The Kenwood by Senior Star

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Brain Power</b></p> <p><b>Exercise &amp; Movement</b></p> <p><b>Expression</b></p> <p><b>Inner Strength</b></p> <p><b>Nourishment &amp; Health</b></p> <p><b>Socialization</b></p> <p><b>Spirituality</b></p>	<p><b>Location Keys</b></p> <p>AL 3 Patio Common Area AL 4 Common Area AL 4 Patio Common Area AL 4th Fl AL 4th Floor Theater AL Theater, 4th Fl Art Studio, 6th Fl Marquis Theater, 1st Fl Music Room, 9th Fl Queen City Room, 7th Fl Red Stocking Pub, 8th Fl</p> <p>3P 4C 4P 4T AL4 4T ALT AS MT MR QC RS</p>	<p><b>The Music &amp; Memory Program</b> uses favorite music from throughout the years on a personal playlist for reminiscing and to improve your mood. Join us this month!</p>	<p>10:00 ☀ Bible Scripture Study [QC] <b>1</b></p> <p>10:15 ↔ Rock Steady Boxing for Parkinson's</p> <p>11:00 📖 Holocaust Speaker Series [RS]</p> <p>11:15 🍴 Lunch Out to The Senet</p> <p>1:30 📖 Resident Bridge Group [4C]</p> <p>2:15 📖 Afternoon Movie: Out to Sea [4T]</p> <p>3:00 ↔ Basic Fitness w/ Summit [4P]</p> <p>4:00 🎨 Creative Canvas with Tara [4C]</p> <p>6:30 📖 Bingo with Tara [4C]</p>	<p><b>Groundhog Day</b></p> <p>10:00 ☀ <b>Rosary Service [4T]</b> <b>2</b></p> <p>10:30 ☀ <b>Mass Services [4T]</b></p> <p>11:00 📖 Memory Support Art Auction - Location The Deli</p> <p>11:15 ↔ Sit &amp; Be Fit w/Jackie [MT]</p> <p>11:30 ↔ Volley Ball with Tara [4P]</p> <p>12:30 📖 Mahjong Group [AS]</p> <p>2:00 🍫 Hot Chocolate Social with Ann and Taylor [4C]</p> <p>3:30 📖 Diane Shields: Robert Kennedy [MT]</p>	<p>10:00 📖 Danish and Coffee at Your Door with Tara and Ann <b>3</b></p> <p>11:30 📖 Dog Visits with Tara [4C]</p> <p>1:15 📖 Tai Chi with Kristen Dietsch - Marquis Theater [MT]</p> <p>1:30 📖 Resident Bridge Group [4C]</p> <p>1:30 ☀ Shabbat Services with Rabbi Karp</p> <p>2:00 📖 News Currents with Gaynelle [4T]</p> <p>3:00 ↔ Zumba Gold with Gaynelle [4T]</p> <p>4:00 ☀ Shabbat Service w/Dara Wood [AS]</p> <p>4:15 📖 Happy Hour with Tara and Gaynelle [3P]</p> <p>6:30 📖 Early Evening Movie Night Freedom Writers [ALT]</p>	<p>2:00 📖 <b>Afternoon Movie TOP GUN [MT]</b> <b>4</b></p> <p>3:00 📖 <b>Classical Music Review with Gaynelle [ALT]</b></p>
<p>10:30 📖 Nail Care with Associates <b>5</b></p> <p>11:00 ☀ Hymn Singing [MR]</p> <p>11:00 📖 Presbyterian Service Streamed [MT]</p> <p>1:30 📖 Afternoon Movie [4T]</p> <p>2:00 <b>Afternoon Movie</b></p> <p>2:00 📖 Valentine's Day Craft with Tara [4C]</p>	<p>10:00 📖 Therapy Dog Visits with Apollo and Tara <b>6</b></p> <p>11:00 📖 Chess Match with Gaynelle [4C]</p> <p>11:30 ↔ Chair Yoga with Becky [MT]</p> <p>1:30 📖 Resident Bridge Group [4C]</p> <p>2:00 📖 <b>New! Live Music with Dick Watson</b></p> <p>3:15 📖 Military Monday Movie [4T]</p> <p>3:30 📖 Brain Games with Ann [4C]</p> <p>4:00 ☀ Rosary Prayer Group [MR]</p>	<p>9:45 ↔ Seated Strength Class w/Summit [MT] <b>7</b></p> <p>11:00 📖 Diane Shields: Kathryn Hepburn [MT]</p> <p>11:00 🍴 Lunch Outing to Bob Evens</p> <p>1:30 📖 Canasta Group [AS]</p> <p>2:00 📖 A Stitch in Time Group with Ruth [QC]</p> <p>2:00 📖 Mah-Jongg Group [4C]</p> <p>2:15 📖 DVD Lecture Series [MT]</p> <p>4:15 📖 Happy Hour with Tara and Associates [3P]</p>	<p>10:00 ☀ Bible Scripture Study [QC] <b>8</b></p> <p>10:15 ↔ Rock Steady Boxing for Parkinson's</p> <p>11:00 📖 Holocaust Speaker Series [RS]</p> <p>1:30 📖 Jewelry Repair with Tara [AL4]</p> <p>1:30 📖 Resident Bridge Group [4C]</p> <p>2:15 📖 Afternoon Movie: [4T]</p> <p>3:00 ↔ Basic Fitness w/ Summit [4P]</p> <p>4:00 🎨 Creative Canvas with Tara [4C]</p> <p>6:30 📖 Bingo with Tara [4C]</p>	<p>11:15 ↔ Sit &amp; Be Fit w/ Jackie [MT] <b>9</b></p> <p>11:30 ↔ Volley Ball with Tara [4P]</p> <p>12:30 📖 Mahjong Group [AS]</p> <p>2:00 🍫 Chocolate Taste Testing with Ann and Taylor [4T]</p> <p>3:30 📖 Diane Shields: 14th Century Quebec [MT]</p>	<p>11:00 📖 Nail Care with Associates <b>10</b></p> <p>1:15 📖 Tai Chi with Kristen Dietsch - Marquis Theater [MT]</p> <p>1:30 📖 Resident Bridge Group [4C]</p> <p>2:00 📖 News Currents with Ann [4T]</p> <p>3:00 ↔ Chair Exercises with Ann [4T]</p> <p>4:00 ☀ Shabbat Service w/Dara Wood [AS]</p> <p>4:15 📖 Happy Hour with Gaynelle and Associates [3P]</p> <p>6:30 📖 Early Evening Movie Night [ALT]</p>	<p>2:00 📖 <b>Movie [MT]</b> <b>11</b></p> <p>3:00 📖 <b>Classical Music Review with Gaynelle [ALT]</b></p>
<p>10:30 📖 Nail Care with Associates <b>12</b></p> <p>11:00 ☀ Hymn Singing [MR]</p> <p>11:00 📖 Presbyterian Service Streamed [MT]</p> <p>1:30 📖 Afternoon Movie [4T]</p> <p>2:00 <b>Afternoon Movie: [MT]</b></p> <p>2:00 📖 Bingo with Ann [4C]</p>	<p>9:00 📖 Library Book Delivery</p> <p>10:00 📖 Therapy Dog Visits with Apollo and Tara <b>13</b></p> <p>11:00 📖 Chess Match with Gaynelle [4C]</p> <p>11:30 ↔ Chair Yoga with Becky [MT]</p> <p>1:30 📖 Resident Bridge Group [4C]</p> <p>2:00 📖 Valentine's Day Party with Tammy Powell</p> <p>3:15 📖 Military Monday Movie [4T]</p> <p>4:00 ☀ Rosary Prayer Group [MR]</p>	<p>Valentine's Day</p> <p>9:45 ↔ Seated Strength Class w/ Summit [MT] <b>14</b></p> <p>11:00 📖 Diane Shields: Roaring 20's! [MT]</p> <p>1:30 📖 Canasta Group [AS]</p> <p>2:00 📖 A Stitch in Time Group with Ruth [QC]</p> <p>2:00 🍫 Aglamesis Brothers Chocolate Outing</p> <p>2:00 📖 Mah-Jongg Group [4C]</p> <p>2:15 📖 DVD Lecture Series [MT]</p> <p>4:15 📖 Happy Hour with Tara and Associates [3P]</p>	<p>10:00 ☀ Bible Scripture Study [QC] <b>15</b></p> <p>11:00 📖 Holocaust Speaker Series [RS]</p> <p>1:30 📖 Resident Bridge Group [4C]</p> <p>2:15 📖 Afternoon Movie: [4T]</p> <p>3:00 ↔ Basic Fitness w/ Summit [4P]</p> <p>4:00 🎨 Creative Canvas with Tara [4C]</p> <p>6:30 📖 Bingo with Tara [4C]</p>	<p>10:00 ☀ <b>Rosary Service [4T]</b> <b>16</b></p> <p>10:30 ☀ <b>Mass Services [4T]</b></p> <p>11:15 ↔ Sit &amp; Be Fit w/ Dustin [MT]</p> <p>11:30 ↔ Volley Ball with Tara [4P]</p> <p>12:30 📖 Mahjong Group [AS]</p> <p>2:00 🍫 Culinary Class with Ann and Taylor [4C]</p> <p>3:30 📖 Diane Shields: Fredrick Douglass [MT]</p>	<p>11:00 📖 Flower Arranging with Tara [4C] <b>17</b></p> <p>1:15 📖 Tai Chi with Kristen Dietsch - Marquis Theater [MT]</p> <p>1:30 📖 Resident Bridge Group [4C]</p> <p>1:30 ☀ Shabbat Services with Rabbi Karp</p> <p>2:00 📖 News Currents with Gaynelle [4T]</p> <p>3:00 ↔ Zumba Gold with Gaynelle [4T]</p> <p>4:00 ☀ Shabbat Service w/Dara Wood [AS]</p> <p>4:15 📖 Birthday Happy Hour with Tara and Gaynelle [3P]</p> <p>6:30 📖 Early Evening Movie Night [ALT]</p>	<p>2:00 📖 <b>Movie [MT]</b> <b>18</b></p> <p>3:00 📖 <b>Classical Music Review with Gaynelle [ALT]</b></p> <p>5:00 🍴 <b>French Cuisine Dinner</b></p>
<p>10:30 📖 Nail Care with Associates <b>19</b></p> <p>11:00 ☀ Hymn Singing [MR]</p> <p>11:00 📖 Presbyterian Service Streamed [MT]</p> <p>1:30 📖 Afternoon Movie [4T]</p> <p>2:00 <b>Afternoon Movie</b></p> <p>2:00 ↔ <b>Bingo with Taylor</b></p>	<p>Presidents' Day</p> <p>10:00 📖 Therapy Dog Visits with Apollo and Tara <b>20</b></p> <p>11:00 📖 Chess Match with Gaynelle [4C]</p> <p>11:30 ↔ Chair Yoga with Becky [MT]</p> <p>1:00 📖 Fine Arts Matinee [MT]</p> <p>1:30 📖 Resident Bridge Group [4C]</p> <p>3:15 📖 Military Monday Movie [4T]</p> <p>3:30 📖 Brain Games with Ann [4C]</p> <p>4:00 ☀ Rosary Prayer Group [MR]</p>	<p>Mardi Gras</p> <p>9:45 ↔ Seated Strength Class w/ Summit [MT] <b>21</b></p> <p>11:00 📖 Diane Shields: The Biltmore [MT]</p> <p>1:30 📖 Canasta Group [AS]</p> <p>1:30 📖 <b>Town Hall [4T]</b></p> <p>2:00 📖 A Stitch in Time Group with Ruth [QC]</p> <p>2:00 📖 Mah-Jongg Group [4C]</p> <p>2:15 📖 DVD Lecture Series [MT]</p> <p>4:15 📖 Mardi Gras Happy Hour with Tara and Associates [3P]</p>	<p>10:00 ☀ Bible Scripture Study [QC] <b>22</b></p> <p>10:15 ↔ Rock Steady Boxing for Parkinson's</p> <p>11:00 📖 Holocaust Speaker Series [RS]</p> <p>1:30 📖 Jewelry Making with Tara [AL4]</p> <p>1:30 📖 Resident Bridge Group [4C]</p> <p>2:15 📖 Afternoon Movie: [4T]</p> <p>3:00 ↔ Basic Fitness w/ Summit [4P]</p> <p>4:00 🎨 Creative Canvas with Tara [4C]</p> <p>6:30 📖 Bingo with Tara [4C]</p>	<p>11:15 ↔ Sit &amp; Be Fit w/ Jackie [MT] <b>23</b></p> <p>11:30 ↔ Volley Ball with Tara [4P]</p> <p>12:30 📖 Mahjong Group [AS]</p> <p>2:00 🍫 Culinary Class with Ann [4C]</p> <p>3:30 📖 Diane Shields: Edith Wilson [MT]</p>	<p>11:00 📖 Dog Visits with Tara [4C] <b>24</b></p> <p>11:00 📖 Nail Care with Associates</p> <p>1:15 📖 Tai Chi with Kristen Dietsch - Marquis Theater [MT]</p> <p>1:30 📖 Resident Bridge Group [4C]</p> <p>2:00 📖 News Currents with Ann [4C]</p> <p>3:00 ↔ Chair Exercises with Ann [4T]</p> <p>4:00 ☀ Shabbat Service w/Dara Wood [AS]</p> <p>4:15 📖 Happy Hour with Tara and Gaynelle [3P]</p> <p>6:30 📖 Early Evening Movie Night [ALT]</p>	<p>2:00 📖 <b>Movie [MT]</b> <b>25</b></p> <p>3:00 📖 <b>Classical Music Review with Gaynelle [ALT]</b></p>
<p>10:30 📖 Nail Care with Associates <b>26</b></p> <p>11:00 ☀ Hymn Singing [MR]</p> <p>11:00 📖 Presbyterian Service Streamed [MT]</p> <p>1:30 📖 Afternoon Movie [4T]</p> <p>2:00 <b>Afternoon Movie</b></p> <p>3:00 ↔ <b>Zumba Gold with Gaynelle [ALT]</b></p>	<p>10:00 📖 Therapy Dog Visits with Apollo and Tara <b>27</b></p> <p>11:30 ↔ Chair Yoga with Becky [MT]</p> <p>1:00 📖 Fine Arts Matinee [MT]</p> <p>1:30 📖 Resident Bridge Group [4C]</p> <p>3:15 📖 Military Monday Movie [4T]</p> <p>4:00 ☀ Rosary Prayer Group [MR]</p>	<p>9:45 ↔ Seated Strength Class w/ Summit [MT] <b>28</b></p> <p>11:00 📖 Diane Shields Lecture: TBA [MT]</p> <p>11:00 🍴 Lunch Out to Izzy's</p> <p>1:30 📖 Canasta Group [AS]</p> <p>2:00 📖 A Stitch in Time Group with Ruth [QC]</p> <p>2:00 📖 Mah-Jongg Group [4C]</p> <p>2:15 📖 DVD Lecture Series [MT]</p> <p>4:15 📖 Happy Hour with Tara and Associates [3P]</p>	<p>* Programs are subject to change. Please check your weekly calendar for up to date events .</p> <p>The Daily Chronicle is available at the nurses station every Sat. and Sun after 10:00AM. Feel free to pick one up!</p>	<p><b>Dakim Brain Fitness</b></p> <p>The Dakim Brain Fitness computer is available anytime and offers fun cognitive games to stimulate your brain. See Tara to get signed up to play!</p>	<p><b>ShapeMaster Fitness</b></p> <p>ShapeMaster Fitness equipment is designed for a gentle and less stressful workout using isometrics to increase range of motion and flexibility. Give it a try!</p>	