

Calendar of Events

Independent Living

February 2023
The Kenwood by Senior Star

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<p>Brain Power</p> <p>Exercise & Movement</p> <p>Expression</p> <p>Inner Strength</p> <p>Nourishment & Health</p> <p>Socialization</p> <p>Spirituality</p>	<p>Location Keys</p> <p>AL 4 Common Area AL 4 Patio Common Area AL 4th Fl AL 4th Floor Theater AL Theater, 4th Fl Art Studio, 6th Fl Fitness Room Library, 1st Fl Main Dining Room, 1st Fl Marquis Theater, 1st Fl Meet in the Lobby, 1st Fl Moonlight Terrace, 16th Fl Music Room, 9th Fl Pool, 1st Floor Queen City Room, 7th Fl Red Stocking Pub, 8th Fl Wine Cellar, 1st Floor</p> <p>4C 4P AL4 4T ALT AS FR LI MDR MT L MN MR P QC RS WC</p>	<p>Always Available M-F: The Summit Nurse Is In 9am-12pm, 5th Floor The Market 12p-3p Dakim Brain Fitness, 9th Floor MR Shape Master, 3 FL Gym</p>	<p>10:00 ↔ Aquatics Class -CANCELLED [P] 1</p> <p>10:00 ☀ Bible Scripture Study [QC]</p> <p>10:15 ↔ Rock Steady Boxing for Parkinson's</p> <p>11:00 ☘ Holocaust Speaker Series [RS]</p> <p>1:30 ☘ Resident Bridge Group [4C]</p> <p>2:00 ☘ Poker Party [MN]</p> <p>3:00 ↔ Basic Fitness w/ Summit [4P]</p> <p>3:30 ☘ Book Club [MR]</p> <p>4:00 ↔ Balance w/Powerback [FR]</p> <p>6:30 ☘ Bingo with Tara [4C]</p> <p>7:30 ☘ Molly's Game [MT]</p>	<p>Groundhog Day 2</p> <p>10:00 ☘ Chocolate Lovers Coffee Bar [LI]</p> <p>10:00 ☘ Magnificent Planet [MT]</p> <p>10:00 ☀ Praying the Rosary [4T]</p> <p>10:30 ☀ Catholic Mass [4T]</p> <p>11:00 ☘ Memory Support Art Auction-Deli</p> <p>11:15 ↔ Sit & Be Fit w/Jackie [MT]</p> <p>12:30 ☘ Mahjong Group [AS]</p> <p>1:30 ☘ Creative Writing Group [MR]</p> <p>2:00 ☘ Torah Study [QC]</p> <p>3:30 ☘ Diane Shields: Robert Kennedy [MT]</p> <p>7:30 ☘ Midweek Movie [MT]</p>	<p>10:00 ☘ Symphony Outing (R) [L] 3</p> <p>1:15 ☘ Tai Chi with Kristen Dietsch - Marquis Theater [MT]</p> <p>1:30 ☘ Resident Bridge Group [4C]</p> <p>2:00 ☘ Poker Party [MN]</p> <p>4:00 ☀ Shabbat Service w/Dara Wood [AS]</p> <p>4:30 ☘ Happy Hour: Dick Watson [WC]</p> <p>7:30 ☘ New Release Movie [MT]</p>	<p>10:00 ☘ Coach/Car to Walmart [L] 4</p> <p>1:30 ↔ Open Gym</p> <p>2:00 ☘ Movie [MT]</p> <p>2:30 ☘ Independent Card/Board Games [AS]</p> <p>7:30 ☘ PLAY MISTY FOR ME (Clint Eastwood Thriller) [MT]</p>		
<p>10:20 ☀ Coach/Car to Church [L] 5</p> <p>11:00 ☀ Hymn Singing [MR]</p> <p>11:00 ☘ Presbyterian Service Streamed [MT]</p> <p>1:30 ↔ Open Gym</p> <p>2:00 ☘ Valentine's Day Craft with Tara [4C]</p> <p>2:30 ☘ Independent Card/Board Games [AS]</p> <p>7:30 ☘ Movie [MT]</p>	<p>9:15 ↔ Aquatic Class w/ Powerback [P] 6</p> <p>10:00 ☘ Shopping - Downtown Madeira [L]</p> <p>11:00 ☘ Chess Match with Gaynelle [4C]</p> <p>11:30 ↔ Chair Yoga with Becky [MT]</p> <p>1:30 ☘ Music Hall Lecture w/Thea Russell [MT]</p> <p>1:30 ☘ Resident Bridge Group [4C]</p> <p>2:00 ☘ Poker Party [MN]</p> <p>3:00 ☘ Programs Planning Meeting [MT]</p> <p>4:00 ☀ Rosary Prayer Group [MR]</p> <p>7:30 ☘ Brian Jorg Travel Lecture [MT]</p>	<p>9:45 ↔ Seated Strength Class w/ Summit [MT] 7</p> <p>11:00 ☘ Diane Shields: Kathryn Hepburn [MT]</p> <p>1:30 ☘ Canasta Group [AS]</p> <p>2:00 ☘ A Stitch in Time w/Ruth [QC]</p> <p>2:00 ☘ LadiesTea (R) [AS]</p> <p>2:00 ☘ Mah-Jongg Group [4C]</p> <p>2:15 ☘ DVD Lecture Series [MT]</p> <p>3:30 ↔ Biking the Byways [MT]</p> <p>4:30 ☘ Outing to Coopers Hawk (R) [L]</p> <p>7:30 ☘ Documentary Film - HARRY AND MEGHAN [MT]</p>	<p>10:00 ↔ Aquatics Class -CANCELLED [P] 8</p> <p>10:00 ☀ Bible Scripture Study [QC]</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>2:00 ☘ Poker Party [MN]</p> <p>3:00 ↔ Basic Fitness w/ Summit [4P]</p> <p>6:30 ☘ Bingo with Tara [4C]</p> <p>7:30 ☘ Western Weds. Movie [MT]</p>	<p>10:00 ☘ Magnificent Planet [MT] 9</p> <p>11:15 ↔ Sit & Be Fit w/ Jackie [MT]</p> <p>12:30 ☘ Mahjong Group [AS]</p> <p>1:30 ☘ Chef Demo (R) [AS]</p> <p>3:30 ☘ Diane Shields: 14th Century Quebec [MT]</p> <p>7:30 ☘ Midweek Movie [MT]</p>	<p>9:30 ☘ Ballet Outing to Music Hall (R) [L] 10</p> <p>1:15 ☘ Tai Chi with Kristen Dietsch - Marquis Theater [MT]</p> <p>1:30 ☘ Resident Bridge Group [4C]</p> <p>2:00 ☘ Poker Party [MN]</p> <p>4:00 ☀ Shabbat Service w/Dara Wood [AS]</p> <p>4:30 ☘ Happy Hour w/Denny D. [WC]</p> <p>7:30 ☘ New Release Movie [MT]</p>	<p>10:00 ☘ Coach/Car to Walmart [L] 11</p> <p>1:30 ↔ Open Gym</p> <p>2:00 ☘ Movie [MT]</p> <p>2:30 ☘ Independent Card/Board Games [AS]</p> <p>7:30 ☘ Stormy Weather Band Concert [MT]</p>		
<p>10:20 ☀ Coach/Car to Church [L] 12</p> <p>11:00 ☀ Hymn Singing [MR]</p> <p>11:00 ☘ Presbyterian Service Streamed [MT]</p> <p>1:30 ↔ Open Gym</p> <p>2:00 ☘ Bingo with Ann [4C]</p> <p>2:30 ☘ Independent Card/Board Games [AS]</p> <p>6:30 ☘ Super Bowl Game [WC]</p> <p>7:30 ☘ Movie [MT]</p>	<p>9:00 ☘ Library Book Delivery 13</p> <p>9:15 ↔ Aquatic Class w/ Powerback [P]</p> <p>10:00 ☘ Shopping - Downtown Madeira [L]</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 ☘ Lecture w/Roger Fortin: Post Civil War [MT]</p> <p>2:00 ☘ Poker Party [MN]</p> <p>4:00 ☀ Rosary Prayer Group [MR]</p> <p>7:30 ☘ DUO ROCHA GÂNDARA [MT]</p>	<p>Valentine's Day 14</p> <p>9:45 ↔ Seated Strength Class w/ Summit [MT]</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 w/Ruth [QC]</p> <p>2:00 ☘ Mah-Jongg Group [4C]</p> <p>2:15 ☘ DVD Lecture Series [MT]</p> <p>3:30 ↔ Biking the Byways [MT]</p> <p>5:30 ☘ Valentines Dinner [MDR]</p> <p>7:00 ☘ Card Making w/Brenda (R) [AS]</p> <p>7:30 ☘ Midweek Movie [MT]</p>	<p>10:00 ↔ Aquatics Class -CANCELLED [P] 15</p> <p>10:00 ☀ Bible Scripture Study [QC]</p> <p>11:00 ☘ Holocaust Speaker Series [RS]</p> <p>1:30 ☘ Resident Bridge Group [4C]</p> <p>2:00 ☘ Poker Party [MN]</p> <p>2:00 ☘ Town Hall Meeting - Marquis Theater</p> <p>3:00 ↔ Basic Fitness w/ Summit [4P]</p> <p>4:00 ↔ Balance w/Powerback [FR]</p> <p>6:30 ☘ Bingo with Tara [4C]</p> <p>7:30 ☘ Western Weds. Movie [MT]</p>	<p>10:00 ☘ Magnificent Planet [MT] 16</p> <p>10:00 ☀ Praying the Rosary [4T]</p> <p>10:30 ☀ Catholic Mass [4T]</p> <p>11:15 ↔ Sit & Be Fit w/Dustin [MT]</p> <p>12:30 ☘ Mahjong Group [AS]</p> <p>1:30 ☘ Creative Writing Group [MR]</p> <p>3:30 ☘ Diane Shields: Fredrick Douglass [MT]</p> <p>4:30 ☘ Sips with Summit (R) [WC]</p> <p>7:30 ☘ Midweek Movie [MT]</p>	<p>11:00 ☘ Kreimer's Bier Haus Outing- (R) [L] 17</p> <p>1:15 ☘ Tai Chi with Kristen Dietsch - Marquis Theater [MT]</p> <p>1:30 ☘ Resident Bridge Group [4C]</p> <p>2:00 ☘ Poker Party [MN]</p> <p>3:00 ☘ Technology Class (R) [MT]</p> <p>4:00 ☀ Shabbat Service w/Dara Wood [AS]</p> <p>4:30 ☘ Happy Hour w/ Mike Pendell [WC]</p> <p>7:30 ☘ New Release Movie [MT]</p>	<p>10:00 ☘ Coach/Car to Walmart [L] 18</p> <p>1:30 ↔ Open Gym</p> <p>2:00 ☘ Movie [MT]</p> <p>2:30 ☘ Independent Card/Board Games [AS]</p> <p>5:30 ☘ Themed Dinner Night at Chateaux Kenwood [MDR]</p> <p>7:30 ☘ Movie [MT]</p>		
<p>10:20 ☀ Coach/Car to Church [L] 19</p> <p>11:00 ☀ Hymn Singing [MR]</p> <p>11:00 ☘ Presbyterian Service Streamed [MT]</p> <p>1:30 ↔ Open Gym</p> <p>2:00 ↔ Bingo with Taylor</p> <p>2:30 ☘ Independent Card/Board Games [AS]</p> <p>7:30 ☘ Movie [MT]</p>	<p>Presidents' Day 20</p> <p>9:15 ↔ Aquatic Class w/ Powerback [P]</p> <p>10:00 ☘ Shopping - Downtown Madeira [L]</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>2:00 ☘ Poker Party [MN]</p> <p>3:15 ☘ Fine Arts Class (R) [AS]</p> <p>4:00 ☀ Rosary Prayer Group [MR]</p> <p>7:30 ☘ Nature Series</p>	<p>Mardi Gras 21</p> <p>9:45 ↔ Seated Strength Class w/Summit [MT]</p> <p>11:00 ☘ Diane Shields: The Biltmore [MT]</p> <p>1:30 ☘ Canasta Group [AS]</p> <p>2:00 ☘ A Stitch in Time w/Ruth [QC]</p> <p>2:00 ☘ Mah-Jongg Group [4C]</p> <p>2:15 ☘ DVD Lecture Series [MT]</p> <p>3:30 ↔ Biking the Byways [MT]</p> <p>7:30 ☘ Microcosm Jazz Trio [MT]</p>	<p>10:00 ↔ Aquatics Class -CANCELLED [P] 22</p> <p>10:00 ☀ Bible Scripture Study [QC]</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>2:00 ☘ Poker Party [MN]</p> <p>2:30 ☘ Restore Game Fun w/Genesis [MT]</p> <p>3:00 ↔ Basic Fitness w/ Summit [4P]</p> <p>6:30 ☘ Bingo with Tara [4C]</p> <p>7:30 ☘ Western Weds. Movie [MT]</p>	<p>10:00 ☘ Magnificent Planet [MT] 23</p> <p>11:15 ↔ Sit & Be Fit w/Jackie [MT]</p> <p>12:30 ☘ Mahjong Group [AS]</p> <p>1:30 ☘ Ask the Expert: Dementia Session [MT]</p> <p>3:00 ☘ Mixology: Chocolate Martini [WC]</p> <p>3:30 ☘ Diane Shields: Edith Wilson [MT]</p> <p>7:30 ☘ Midweek Movie [MT]</p>	<p>11:00 ☘ Sugar n Spice Lunch Outing (R) [L] 24</p> <p>1:15 ☘ Tai Chi with Kristen Dietsch - Marquis Theater [MT]</p> <p>1:30 ☘ Resident Bridge Group [4C]</p> <p>2:00 ☘ Poker Party [MN]</p> <p>4:00 ☀ Shabbat Service w/Dara Wood [AS]</p> <p>4:30 ☘ Happy Hour w/ Phil DeGreg [WC]</p> <p>7:30 ☘ New Release Movie [MT]</p>	<p>10:00 ☘ Coach/Car to Walmart [L] 25</p> <p>1:30 ↔ Open Gym</p> <p>2:00 ☘ Movie [MT]</p> <p>2:30 ☘ Independent Card/Board Games [AS]</p> <p>7:30 ☘ Movie [MT]</p>		
<p>10:20 ☀ Coach/Car to Church [L] 26</p> <p>11:00 ☀ Hymn Singing [MR]</p> <p>11:00 ☘ Presbyterian Service Streamed [MT]</p> <p>1:30 ↔ Open Gym</p> <p>2:00 ☘ Hyde Park Piano Student Recital [MT]</p> <p>2:30 ☘ Independent Card/Board Games [AS]</p> <p>3:00 ↔ Zumba Gold with Gaynelle [ALT]</p> <p>7:30 ☘ Movie [MT]</p>	<p>9:15 ↔ Aquatic Class w/ Powerback [P] 27</p> <p>10:00 ☘ Shopping - Downtown Madeira [L]</p> <p>11:00 ☘ Kenwood Travelers [MT]</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>2:00 ☘ Poker Party [MN]</p> <p>3:00 ☘ Health Matters [MT]</p> <p>4:00 ☀ Rosary Prayer Group [MR]</p> <p>7:30 ☘ Nature Series</p>	<p>9:45 ↔ Seated Strength Class w/Summit [MT] 28</p> <p>11:00 ☘ Diane Shields Lecture: TBA [MT]</p> <p>1:30 ☘ Canasta Group [AS]</p> <p>2:00 ☘ A Stitch in Time w/Ruth [QC]</p> <p>2:00 ☘ Mah-Jongg Group [4C]</p> <p>2:15 ☘ DVD Lecture Series [MT]</p> <p>3:30 ↔ Biking the Byways [MT]</p> <p>7:30 ☘ Midweek Movie [MT]</p>	<p>Please sign up in the Outing Book in the Lobby for all Events and Outings marked with an (R).</p> <p>Thank you!</p>			<p>Please Note:</p> <p>Programs with an (R) require registration in the Sign Up Book found in the lobby</p>	<p>The Fitness Room is available 24/7 for your enjoyment. There are machines like the NuStep, Ellipticals and Treadmills, in addition to free weights. Stop in for a great workout today!</p>	