

Calendar of Events

Assisted Living

November 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 3 Common Area 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 LTN Common Area Library, 1st Fl Main Dining Room, 1st Fl Marquis Theater, 1st Fl Music Room, 9th Fl Queen City Room, 7th Fl</p> <p>3C 3P 4C 4P AL4 4T ALT AS LC LI MDR MT MR QC</p>	<p>The Music & Memory Program uses favorite music from throughout the years on a personal playlist for reminiscing and to improve your mood. Join us this month!</p>	<p>All Saints Day</p> <p>10:00 Bible Scripture Study [QC] 1</p> <p>10:15 Rock Steady Boxing for Parkinson's</p> <p>1:30 Jewelry Making [AL4]</p> <p>2:15 Afternoon Movie: One for the Money [4T]</p> <p>3:00 Basic Fitness w/ Summit [4P]</p> <p>4:00 Creative Canvas [4C]</p> <p>6:30 Bingo [4C]</p>	<p>10:00 Pomegranate Orange Muffins & Coffee [LI] 2</p> <p>Rosary Service [4T]</p> <p>10:00 Mass Services [4T]</p> <p>10:30 Sit & Be Fit [MT]</p> <p>11:15 Mahjong Group [AS]</p> <p>12:30 Culinary Class [4C]</p> <p>2:00 Diane Shields: Marie Antoinette [MT]</p>	<p>10:30 Health Rhythms Drumming [MT] 3</p> <p>11:00 Thanksgiving Craft [4C]</p> <p>1:15 Tai Chi w/ Kristen Dietsch [MT]</p> <p>4:00 Shabbat Service: Dara Wood [AS]</p> <p>4:15 Happy Hour [3P]</p> <p>6:30 Bingo with Larry [4C]</p> <p>6:30 Early Evening Movie Night The Man From Snowy River [ALT]</p>	<p>3:00 Classical Music Review [ALT] 4</p> <p>6:30 Saturday Night Movie 42 [4T]</p>
<p>(Turn clocks back 1 hour) Daylight Saving Time Begins 5</p> <p>11:00 Hymn Singing [MR]</p> <p>11:00 Presbyterian Service Streamed [MT]</p> <p>2:00 Afternoon Movie [MT]</p> <p>2:00 Pokino (Card Bingo) [4C]</p> <p>3:00 Nail Care</p> <p>8:20 Bengals vs Bills on NBC</p>	<p>10:00 Dog Visits</p> <p>11:00 Chess Match [4C] 6</p> <p>11:45 Chair Yoga with Becky [MT]</p> <p>1:50 Military Monday Movie The Dawn of War (The Desert Fox) [4T]</p> <p>2:00 Wisdom Tales [LC]</p> <p>3:00 Chair Exercise w/ Power Back [3P]</p> <p>3:30 Brain Games [4C]</p> <p>4:00 Rosary Prayer Group [MR]</p> <p>6:30 Bingo with Larry [4C]</p>	<p>Election Day 7</p> <p>9:45 Seated Strength Class w/ Summit [MT]</p> <p>10:45 Live Music and Lunch at Christ Church Cathedral</p> <p>11:00 Diane Shields: The Hindenburg [MT]</p> <p>1:30 Canasta Group [AS]</p> <p>2:00 A Stitch in Time Group [QC]</p> <p>2:15 DVD Lecture Series [MT]</p> <p>4:15 Happy Hour [3P]</p>	<p>10:00 Bible Scripture Study [QC] 8</p> <p>10:15 Rock Steady Boxing for Parkinson's</p> <p>11:00 Nourishing Minds w/the Rabbi [MR]</p> <p>1:30 Jewelry Making [AL4]</p> <p>2:15 Afternoon Movie: [4T]</p> <p>3:00 Basic Fitness w/ Summit [4P]</p> <p>4:00 Creative Canvas [4C]</p> <p>6:30 Bingo [4C]</p>	<p>9:30 Danish at Your Door [LC] 9</p> <p>11:15 Sit & Be Fit [MT]</p> <p>12:30 Mahjong Group [AS]</p> <p>2:00 Culinary Class [4C]</p> <p>3:30 Diane Shields: Gandhi [MT]</p>	<p>9:30 Veterans Lunch (R) [MDR] 10</p> <p>1:15 Tai Chi w/ Kristen Dietsch [MT]</p> <p>2:00 News Currents [4P]</p> <p>3:00 Zumba Gold [4P]</p> <p>4:00 Shabbat Service: Dara Wood [AS]</p> <p>4:15 Happy Hour [3P]</p> <p>6:30 Bingo with Larry [4C]</p> <p>6:30 Early Evening Movie Night [ALT]</p>	<p>Veterans Day 11</p> <p>2:30 Cincinnati Youth Orchestra Concert [MT]</p> <p>3:00 Classical Music Review [ALT]</p> <p>6:30 Saturday Night Movie [4T]</p>
<p>11:00 Hymn Singing [MR] 12</p> <p>11:00 Presbyterian Service Streamed [MT]</p> <p>2:00 Afternoon Movie [MT]</p> <p>2:00 Shape Master</p> <p>3:00 Nail Care</p>	<p>9:00 Library Book Delivery</p> <p>10:00 Dog Visits</p> <p>11:00 Chess Match [4C] 13</p> <p>11:45 Chair Yoga with Becky [MT]</p> <p>1:50 Military Monday Movie The Dawn of War (The Invasion of the Soviet Union) [4T]</p> <p>2:00 Music with Tammy Powelle</p> <p>2:00 Roger Fortin: More History CH 2 [MT]</p> <p>3:00 Chair Exercise w/ Power Back [3P]</p> <p>3:30 Brain Games [4C]</p> <p>4:00 Rosary Prayer Group [MR]</p> <p>6:30 Bingo with Larry [4C]</p>	<p>9:45 Seated Strength Class w/Summit [MT] 14</p> <p>11:00 Diane Shields: Red Baron-WWI [MT]</p> <p>1:30 Canasta Group [AS]</p> <p>2:00 A Stitch in Time Group [QC]</p> <p>2:00 Afternoon Tea [4T]</p> <p>2:15 DVD Lecture Series [MT]</p> <p>4:15 Happy Hour [3P]</p>	<p>10:00 Bible Scripture Study [QC] 15</p> <p>10:15 Rock Steady Boxing for Parkinson's</p> <p>2:15 Afternoon Movie: [4T]</p> <p>3:00 Basic Fitness w/ Summit [4P]</p> <p>4:00 Creative Canvas [4C]</p> <p>6:30 Bingo [4C]</p>	<p>10:00 Rosary Service [4T] 16</p> <p>10:30 Mass Services [4T]</p> <p>11:15 Sit & Be Fit [MT]</p> <p>12:30 Mahjong Group [AS]</p> <p>2:00 Culinary Class [4C]</p> <p>3:30 Diane Shields: Fort Sumter [MT]</p>	<p>1:15 Tai Chi w/ Kristen Dietsch [MT] 17</p> <p>2:00 News Currents [4P]</p> <p>3:00 Chair Exercises [4P]</p> <p>4:00 Shabbat Service: Dara Wood [AS]</p> <p>4:15 Happy Hour [3P]</p> <p>6:30 Bingo with Larry [4C]</p> <p>6:30 Early Evening Movie Night [ALT]</p>	<p>3:00 Classical Music Review [ALT] 18</p> <p>6:30 Saturday Night Movie [4T]</p>
<p>11:00 Hymn Singing [MR] 19</p> <p>11:00 Presbyterian Service Streamed [MT]</p> <p>2:00 Afternoon Movie [MT]</p> <p>2:00 Pokino (Card Bingo) [4C]</p> <p>3:00 Nail Care</p>	<p>10:00 Dog Visits</p> <p>11:00 Chess Match [4C] 20</p> <p>11:45 Chair Yoga with Becky [MT]</p> <p>1:50 Military Monday Movie The Dawn of War (Mr. President, What about the Japanese?) [4T]</p> <p>2:00 Bananagram [4C]</p> <p>3:00 Chair Exercise w/ Power Back [3P]</p> <p>3:30 Brain Games [4C]</p> <p>4:00 Rosary Prayer Group [MR]</p> <p>6:30 Bingo with Larry [4C]</p>	<p>9:45 Seated Strength Class w/Summit [MT] 21</p> <p>11:00 Diane Shields: Mormon & Oregon Trails [MT]</p> <p>1:30 Canasta Group [AS]</p> <p>1:30 Town Hall [4T]</p> <p>2:00 A Stitch in Time Group [QC]</p> <p>2:15 DVD Lecture Series [MT]</p> <p>4:15 NEW! Chili Taste Testing and Beer! [3P]</p>	<p>10:00 Bible Scripture Study [QC] 22</p> <p>10:15 Rock Steady Boxing for Parkinson's</p> <p>12:00 Kenwood Family Buffet [MDR]</p> <p>1:30 Jewelry Making [AL4]</p> <p>2:15 Afternoon Movie: [4T]</p> <p>3:00 Basic Fitness w/ Summit [4P]</p> <p>4:00 Creative Canvas [4C]</p> <p>6:30 Bingo [4C]</p>	<p>Happy Thanksgiving! Thanksgiving 23</p> <p>9:00 Macy's Thanksgiving Parade on NBC [3C]</p> <p>11:15 Sit & Be Fit-NO CLASS [MT]</p> <p>12:30 Mahjong Group [AS]</p> <p>1:00 NEW! Restore Exercise [3C]</p> <p>3:30 Diane Shields- NO CLASS [MT]</p>	<p>1:15 Tai Chi -Cancelled [MT] 24</p> <p>2:00 News Currents [4P]</p> <p>3:00 Zumba Gold [4P]</p> <p>4:00 Shabbat Service: Dara Wood [AS]</p> <p>4:15 Happy Hour [3P]</p> <p>6:30 Bingo with Larry [4C]</p> <p>6:30 Early Evening Movie Night [ALT]</p>	<p>3:00 Classical Music Review [ALT] 25</p> <p>6:30 Saturday Night Movie [4T]</p>
<p>11:00 Hymn Singing [MR] 26</p> <p>11:00 Presbyterian Service Streamed [MT]</p> <p>2:00 Kenwood Chamber Music Series Featuring Pianist James Loughrey [MT]</p> <p>2:00 Zumba Gold [4C]</p> <p>3:00 Nail Care</p>	<p>10:00 Dog Visits</p> <p>11:45 Chair Yoga with Becky [MT] 27</p> <p>1:50 Military Monday Movie The Dawn of War (Midway: Change of Course) [4T]</p> <p>2:00 Bananagram [4C]</p> <p>3:00 Chair Exercise w/ Power Back [3P]</p> <p>3:30 Brain Games [4C]</p> <p>4:00 Rosary Prayer Group [MR]</p> <p>6:30 Bingo with Larry [4C]</p>	<p>9:45 Seated Strength Class w/ Summit [MT] 28</p> <p>11:00 Diane Shields: Winter Quarters- US Revolution [MT]</p> <p>1:30 Canasta Group [AS]</p> <p>2:00 A Stitch in Time Group [QC]</p> <p>2:00 Flower Arranging [4C]</p> <p>2:15 DVD Lecture Series [MT]</p> <p>4:15 Happy Hour [3P]</p> <p>5:30 Kenwood Theme Dinner Night! [MDR]</p>	<p>10:00 Bible Scripture Study [QC] 29</p> <p>10:15 Rock Steady Boxing for Parkinson's</p> <p>1:30 Jewelry Making [AL4]</p> <p>2:15 Afternoon Movie: [4T]</p> <p>3:00 Basic Fitness w/ Summit [4P]</p> <p>4:00 Creative Canvas [4C]</p> <p>6:30 Bingo [4C]</p>	<p>11:15 Sit & Be Fit [MT] 30</p> <p>12:30 Mahjong Group [AS]</p> <p>2:00 Culinary Class [4C]</p> <p>3:30 Diane Shields: Mont St. Michel [MT]</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>Dakim Brain Fitness</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>