

Calendar of Events

Independent 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 Patio Common Area AL 4 Common Area AL 4 Patio Common Area AL 4th Fl AL 4th Floor Theater 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>3P 4C 4P AL4 4T 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 Shape Master, 3 FL Gym Sign up for programs in the lobby for items with an (R)!</p> | <p>All Saints Day</p> <p>10:00 ☀ Bible Scripture Study [QC] 1</p> <p>10:00 ↔ Water Aerobics w/Alice [P]</p> <p>10:15 ↔ Rock Steady Boxing for Parkinson's</p> <p>1:30 🎨 Jewelry Making [AL4]</p> <p>1:30 🎲 Rummikub [WC]</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>6:30 🎮 Bingo [4C]</p> <p>7:30 🎮 Happy Hour Duo Concert [MT]</p> | <p>10:00 🌌 Magnificent Planet [MT] 2</p> <p>10:00 🍷 Pomegranate Orange Muffins & Coffee [LI]</p> <p>10:00 ☀ Praying the Rosary [4T]</p> <p>10:30 ☀ Catholic Mass [4T]</p> <p>11:15 ↔ Sit & Be Fit [MT]</p> <p>12:30 🀄 Mahjong Group [AS]</p> <p>3:30 📖 Diane Shields: Marie Antoinette [MT]</p> <p>7:30 🎮 UNBROKEN [MT]</p> | <p>10:30 🎵 Health Rhythms Drumming [MT] 3</p> <p>11:00 🎵 Thanksgiving Craft [4C]</p> <p>12:45 🚌 Jewish Cincy Bus Tour w/Kov'd Connect (R) [L]</p> <p>1:15 🧘 Tai Chi w/ Kristen Dietsch [MT]</p> <p>2:00 🎮 Poker Party [MN]</p> <p>4:00 ☀ Shabbat Service: Dara Wood [AS]</p> <p>4:30 🎮 Happy Hour: Dick Watson [WC]</p> <p>7:30 🎮 DOWNSIZING - Drama w/Matt Damon [MT]</p> | <p>10:30 🛒 SHOPPING TRIP TO WAL-MART [L] 4</p> <p>1:30 ↔ Open Gym [FR]</p> <p>2:00 🎬 Movie [MT]</p> <p>2:30 🀄 Independent Card/Board Games [AS]</p> <p>7:30 🎮 THE DARK KNIGHT [MT]</p> |
| <p>Daylight Saving Time Begins Daylight Savings (Turn clocks back 1 hour) 5</p> <p>11:00 ☀ Hymn Singing [MR]</p> <p>11:00 📺 Presbyterian Service Streamed [MT]</p> <p>1:30 ↔ Open Gym [FR]</p> <p>2:00 🎬 Afternoon Movie [MT]</p> <p>2:00 🎮 Pokino (Card Bingo) [4C]</p> <p>2:30 🀄 Independent Card/Board Games [AS]</p> <p>7:30 🎮 Movie [MT]</p> <p>8:20 📺 Bengals vs Bills on NBC</p> | <p>10:00 ↔ Water Aerobics w/ Alice [P] 6</p> <p>11:00 🀄 Chess Match [4C]</p> <p>11:45 ↔ Chair Yoga with Becky [MT]</p> <p>1:30 📺 Programs Planning Meeting [MT]</p> <p>1:30 🛒 Shopping - Downtown Madeira [L]</p> <p>2:00 🎮 Poker Party [MN]</p> <p>2:00 📖 Power Back Educ. Series: Super Foods! [MT]</p> <p>3:00 ↔ Chair Exercise w/ Power Back [3P]</p> <p>4:00 ☀ Rosary Prayer Group [MR]</p> <p>7:30 📖 Brian Jorg Travel Lecture [MT]</p> | <p>Election Day</p> <p>9:45 ↔ Seated Strength Class w/ Summit [MT] 7</p> <p>10:30 📖 Memorable Melodies [LI]</p> <p>11:00 📖 Diane Shields: The Hindenburg [MT]</p> <p>1:30 🎮 Canasta Group [AS]</p> <p>2:00 🧘 Coach to Voting Polls (R) [L]</p> <p>2:00 📖 Stitch Together w/Ruth [QC]</p> <p>2:15 📖 DVD Lecture Series [MT]</p> <p>3:30 ↔ Biking the Byways [MT]</p> <p>7:30 🎮 Evening Movie [MT]</p> | <p>10:00 ☀ Bible Scripture Study [QC] 8</p> <p>10:00 ↔ Water Aerobics w/Alice [P]</p> <p>10:15 ↔ Rock Steady Boxing for Parkinson's</p> <p>11:00 🧘 Nourishing Minds w/the Rabbi [MR]</p> <p>1:30 🎮 Chef Demo (R) [AS]</p> <p>1:30 🎨 Jewelry Making [AL4]</p> <p>1:30 🎲 Rummikub [WC]</p> <p>2:00 🎮 Poker Party [MN]</p> <p>3:00 ↔ Basic Fitness w/ Summit [4P]</p> <p>3:30 🎵 Name That Tune! [WC]</p> <p>4:00 ↔ Balance w/Powerback [FR]</p> <p>6:30 🎮 Bingo [4C]</p> <p>7:30 🎮 River City Bluegrass Band [MT]</p> | <p>10:00 🌌 Magnificent Planet [MT] 9</p> <p>11:15 ↔ Sit & Be Fit [MT]</p> <p>12:30 🀄 Mahjong Group [AS]</p> <p>1:30 🍵 Ladies Tea (R) [AS]</p> <p>3:30 📖 Diane Shields: Gandhi [MT]</p> <p>7:30 🎮 Movie [MT]</p> | <p>9:30 🍷 Veterans Lunch (R) [MDR] 10</p> <p>10:15 🎵 Cincinnati Symphony Outing (R) [L]</p> <p>1:15 🧘 Tai Chi w/ Kristen Dietsch [MT]</p> <p>2:00 🎮 Poker Party [MN]</p> <p>3:00 ↔ Zumba Gold [4P]</p> <p>4:00 ☀ Shabbat Service: Dara Wood [AS]</p> <p>4:30 🎮 Happy Hour w/Denny D. [WC]</p> <p>7:30 🎮 New Release Movie [MT]</p> | <p>Veterans Day</p> <p>10:30 🛒 SHOPPING TRIP TO WAL-MART [L] 11</p> <p>1:30 ↔ Open Gym [FR]</p> <p>2:30 🎮 Cincinnati Youth Orchestra Concert [MT]</p> <p>2:30 🀄 Independent Card/Board Games [AS]</p> <p>7:30 🎮 THE IRISHMAN [MT]</p> |
| <p>11:00 ☀ Hymn Singing [MR] 12</p> <p>11:00 📺 Presbyterian Service Streamed [MT]</p> <p>1:30 ↔ Open Gym [FR]</p> <p>2:00 🎬 Afternoon Movie [MT]</p> <p>2:30 🀄 Independent Card/Board Games [AS]</p> <p>7:30 🎮 Movie [MT]</p> | <p>9:00 📖 Library Book Delivery</p> <p>10:00 ↔ Water Aerobics w/ Alice [P] 13</p> <p>11:00 🀄 Chess Match [4C]</p> <p>11:45 ↔ Chair Yoga with Becky [MT]</p> <p>1:30 🛒 Shopping - Downtown Madeira [L]</p> <p>2:00 🎮 Poker Party [MN]</p> <p>2:00 📖 Roger Fortin: More History CH 2 [MT]</p> <p>3:00 ↔ Chair Exercise w/ Power Back [3P]</p> <p>4:00 ☀ Rosary Prayer Group [MR]</p> <p>7:30 📖 Documentary [MT]</p> | <p>9:30 📖 News Currents [MT] 14</p> <p>9:45 ↔ Seated Strength Class w/ Summit [MT]</p> <p>10:30 📖 Memorable Melodies [LI]</p> <p>11:00 📖 Diane Shields: Red Baron-WWI [MT]</p> <p>1:30 🎮 Canasta Group [AS]</p> <p>2:00 📖 Stitch Together w/Ruth [QC]</p> <p>2:15 📖 DVD Lecture Series [MT]</p> <p>3:30 ↔ Biking the Byways [MT]</p> <p>4:30 🎮 Outing to [L]</p> <p>7:00 📖 Card Making w/Brenda (R) [AS]</p> <p>7:30 🎮 Evening Movie [MT]</p> | <p>10:00 ☀ Bible Scripture Study [QC] 15</p> <p>10:00 ↔ Water Aerobics w/Alice [P]</p> <p>10:15 ↔ Rock Steady Boxing for Parkinson's</p> <p>1:30 🎲 Rummikub [WC]</p> <p>2:00 🎮 Poker Party [MN]</p> <p>2:00 🏛 Town Hall Meeting [MT]</p> <p>3:00 ↔ Basic Fitness w/ Summit [4P]</p> <p>3:30 🎵 Name That Tune! [WC]</p> <p>6:30 🎮 Bingo [4C]</p> <p>7:30 🎮 Ricky Nye Concert [MT]</p> | <p>ALZ Bake Sale Fundraiser 9 am-1 pm- Library 16</p> <p>10:00 🌌 Magnificent Planet [MT]</p> <p>10:00 ☀ Praying the Rosary [4T]</p> <p>10:30 ☀ Catholic Mass [4T]</p> <p>11:15 ↔ Sit & Be Fit [MT]</p> <p>12:30 🀄 Mahjong Group [AS]</p> <p>3:30 📖 Diane Shields: Fort Sumter [MT]</p> <p>7:30 🧘 Understanding of Anti Semitism w/JCRC [MT]</p> | <p>10:30 🌸 Floral Arranging (R) [MT] 17</p> <p>12:30 🎵 OMNIMAX Outing (R) [L]</p> <p>1:15 🧘 Tai Chi w/ Kristen Dietsch [MT]</p> <p>2:00 🎮 Poker Party [MN]</p> <p>3:00 📖 Technology Class (R) [MT]</p> <p>4:00 ☀ Shabbat Service: Dara Wood [AS]</p> <p>4:30 🎮 Happy Hour w/ Mike Pendell [WC]</p> <p>7:30 🎮 New Release Movie [MT]</p> | <p>10:30 🛒 SHOPPING TRIP TO WAL-MART [L] 18</p> <p>1:30 ↔ Open Gym [FR]</p> <p>2:30 🀄 Independent Card/Board Games [AS]</p> <p>7:30 🎮 Evening Movie [MT]</p> |
| <p>11:00 ☀ Hymn Singing [MR] 19</p> <p>11:00 📺 Presbyterian Service Streamed [MT]</p> <p>1:30 ↔ Open Gym [FR]</p> <p>2:00 🎬 Afternoon Movie [MT]</p> <p>2:00 🎮 Pokino (Card Bingo) [4C]</p> <p>2:30 🀄 Independent Card/Board Games [AS]</p> <p>7:30 🎮 Movie [MT]</p> | <p>10:00 ↔ Water Aerobics w/ Alice [P] 20</p> <p>11:00 🀄 Chess Match [4C]</p> <p>11:45 ↔ Chair Yoga with Becky [MT]</p> <p>1:00 🎮 Fine Arts Matinee [MT]</p> <p>1:30 🛒 Shopping - Downtown Madeira [L]</p> <p>2:00 🎮 Poker Party [MN]</p> <p>3:00 ↔ Chair Exercise w/ Power Back [3P]</p> <p>3:15 🎮 Fine Arts Class (R) [AS]</p> <p>4:00 ☀ Rosary Prayer Group [MR]</p> <p>6:30 🀄 Bingo with Encompass [AL4]</p> <p>7:30 🎮 Cincinnati Jazz Train Concert [MT]</p> | <p>9:45 ↔ Seated Strength Class w/Summit [MT] 21</p> <p>10:30 📖 Memorable Melodies [LI]</p> <p>11:00 📖 Diane Shields: Mormon & Oregon Trails [MT]</p> <p>1:30 🎮 Canasta Group [AS]</p> <p>2:00 📖 Stitch Together w/Ruth [QC]</p> <p>2:15 📖 DVD Lecture Series [MT]</p> <p>3:30 ↔ Biking the Byways [MT]</p> <p>7:30 🎮 Evening Movie [MT]</p> | <p>10:00 ☀ Bible Scripture Study [QC] 22</p> <p>10:00 ↔ Water Aerobics w/Alice [P]</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>1:30 🎲 Rummikub [WC]</p> <p>2:00 🎮 Poker Party [MN]</p> <p>3:00 ↔ Basic Fitness w/ Summit [4P]</p> <p>3:30 🎵 Name That Tune! [WC]</p> <p>4:00 ↔ Balance w/Powerback [FR]</p> <p>6:30 🎮 Bingo [4C]</p> <p>7:30 🎮 Movie [MT]</p> | <p>9:00 🎭 Macy's Parade [MT] 23</p> <p>11:15 ↔ Sit & Be Fit-NO CLASS [MT]</p> <p>12:30 🀄 Mahjong Group [AS]</p> <p>3:30 📖 Diane Shields- NO CLASS [MT]</p> <p>7:30 🎮 Movie [MT]</p> | <p>11:00 🍷 Cincinnati BBQ Lunch Outing (R) [L] 24</p> <p>1:15 🧘 Tai Chi w/ Kristen Dietsch [MT]</p> <p>2:00 🎮 Poker Party [MN]</p> <p>3:00 ↔ Zumba Gold [4P]</p> <p>4:00 ☀ Shabbat Service: Dara Wood [AS]</p> <p>4:30 🎮 Happy Hour w/ Phil DeGreg [WC]</p> <p>7:30 🎮 New Release Movie [MT]</p> | <p>10:30 🛒 SHOPPING TRIP TO WAL-MART [L] 25</p> <p>1:30 ↔ Open Gym [FR]</p> <p>2:30 🀄 Independent Card/Board Games [AS]</p> <p>7:30 🎮 Evening Movie [MT]</p> |
| <p>11:00 ☀ Hymn Singing [MR] 26</p> <p>11:00 📺 Presbyterian Service Streamed [MT]</p> <p>1:30 ↔ Open Gym [FR]</p> <p>2:00 🎵 Kenwood Chamber Music Series Featuring Pianist James Loughrey [MT]</p> <p>2:30 🀄 Independent Card/Board Games [AS]</p> <p>7:30 🎮 Movie [MT]</p> | <p>10:00 ↔ Water Aerobics w/ Alice [P] 27</p> <p>11:45 ↔ Chair Yoga with Becky [MT]</p> <p>1:00 🎮 Fine Arts Matinee [MT]</p> <p>1:30 🛒 Shopping - Downtown Madeira [L]</p> <p>2:00 🎮 Poker Party [MN]</p> <p>3:00 ↔ Chair Exercise w/ Power Back [3P]</p> <p>3:00 📖 Health Matters: Beat the Heat! [MT]</p> <p>4:00 ☀ Rosary Prayer Group [MR]</p> <p>7:30 📖 Documentary [MT]</p> | <p>Theme Dinner Night! 28</p> <p>9:30 📖 News Currents [MT]</p> <p>9:45 ↔ Seated Strength Class w/ Summit [MT]</p> <p>10:30 📖 Memorable Melodies [LI]</p> <p>11:00 📖 Diane Shields: Winter Quarters- US Revolution [MT]</p> <p>1:30 🎮 Canasta Group [AS]</p> <p>2:00 📖 Stitch Together w/Ruth [QC]</p> <p>2:15 📖 DVD Lecture Series [MT]</p> <p>3:30 ↔ Biking the Byways [MT]</p> <p>5:30 🍷 Kenwood Theme Dinner Night! [MDR]</p> <p>7:30 🎮 Evening Movie [MT]</p> | <p>10:00 ☀ Bible Scripture Study [QC] 29</p> <p>10:00 ↔ Water Aerobics w/Alice [P]</p> <p>10:15 ↔ Rock Steady Boxing for Parkinson's</p> <p>1:30 🎨 Jewelry Making [AL4]</p> <p>1:30 🎲 Rummikub [WC]</p> <p>2:00 🎮 Poker Party [MN]</p> <p>3:00 ↔ Basic Fitness w/ Summit [4P]</p> <p>3:30 🎵 Name That Tune! [WC]</p> <p>6:30 🎮 Bingo [4C]</p> <p>7:30 🎮 Movie [MT]</p> | <p>10:00 🌌 Magnificent Planet [MT] 30</p> <p>11:15 ↔ Sit & Be Fit [MT]</p> <p>12:30 🀄 Mahjong Group [AS]</p> <p>2:00 🧘 Men's Discussion Group [RS]</p> <p>3:00 🍷 Mixology: Pomegranate Mimosas [WC]</p> <p>3:30 📖 Diane Shields: Mont St. Michel [MT]</p> <p>7:30 🎮 Movie [MT]</p> | <p>The Dakim Brain Fitness System is always available for use on the 9th floor! See the front desk or Programs staff for a form to sign up!</p> <p>Rock Steady Boxing is a fitness program specifically designed for people living with Parkinson's Disease. Check out our Wed. class!</p> | |