

Calendar of Events

Independent Living

April 2024
The Kenwood by Senior Star

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Brain Power Exercise & Movement Expression Inner Strength Nourishment & Health Socialization Spirituality</p>	<p>10:00 Water Aerobics-CANCELED [P] 1 11:00 Chess Match [4C] 11:00 Intro to Meditation with Becky [MT] 11:45 Chair Yoga with Becky [MT] 1:00 Fine Arts Matinee [MT] 1:30 Shopping - Downtown Madeira [L] 2:00 Poker Party [MN] 4:00 Chair Exercise w/ Buckeye [3P] 4:00 Rosary Prayer Group [MR] 7:30 Brian Jorg Travel: Rome [MT]</p>	<p>9:45 Seated Strength Class w/Buckeye [MT] 2 10:30 Memorable Melodies [LI] 11:00 Diane Shields-Northern Ireland [MT] 1:30 Canasta Group [AS] 2:00 Stitch Together w/Ruth [QC] 2:15 THE VIKINGS by Professor Kenneth Harl [MT] 3:30 Biking the Byways [MT] 7:30 COME SUNDAY - Drama w/Martin Sheen & Danny Glover [MT]</p>	<p>10:00 Bible Scripture Study [QC] 3 10:00 Water Aerobics-CANCELED [P] 10:15 Rock Steady Boxing for Parkinson's 1:30 Origami Class [4C] 1:30 Rummikub [WC] 2:00 Basic Fitness w/ Buckeye [4P] 2:00 Poker Party [MN] 3:30 Book Club [MR] 6:30 Bingo [4C] 7:30 Broken Country: the Civil War [MT]</p>	<p>10:00 European Tours [MT] 4 10:00 Praying the Rosary [4T] 10:30 Catholic Mass [4T] 11:15 Sit & Be Fit [MT] 12:30 Mahjong Group [AS] 2:00 Bingo [4C] 3:30 Diane Shields- The Cincy Observatory [MT] 4:30 A taste of Japan: Green Tea [WC] 4:30 Wine Social w/Buckeye Rehab [WC] 7:30 TYSON'S RUN - True story, sentimental and inspiring story [MT]</p>	<p>10:00 Floral Arranging (R) [MT] 5 11:30 OMNIMAX Outing-Deep Sky(R) [L] 1:15 Tai Chi w/ Kristen Dietsch [MT] 2:00 Poker Party [MN] 4:00 Shabbat Service: Dara Wood [AS] 4:30 Happy Hour: Dick Watson [WC] 7:30 SCOOP - British Drama about Prince Andrews fall from grace [MT]</p>	<p>10:30 SHOPPING TRIP TO WAL-MART [L] 6 1:30 Open Gym [FR] 2:00 THE VOW - sentimental.emotional w/Rachel McAdams & Channing Tatum [MT] 2:30 Independent Card/Board Games [AS] 7:30 FALL FROM GRACE - drama (a very good film) stars Ciely Tyson [MT]</p>
<p>10:30 Passover Bingo w/JFS [AS] 7 11:00 Hymn Singing [MR] 11:00 Presbyterian Service Streamed [MT] 1:30 Open Gym [FR] 2:00 April Craft [4C] 2:00 Concert w/ James Loughery [MT] 2:30 Independent Card/Board Games [AS] 7:30 Movie [MT]</p>	<p>10:00 Water Aerobics w/ Alice [P] 8 11:00 Chess Match [4C] 11:45 Chair Yoga with Becky [MT] 1:00 Fine Arts Matinee [MT] 1:30 Shopping - Downtown Madeira [L] 1:52 Solar Eclipse Starts (Peak 3:09PM) 2:00 Poker Party [MN] 4:00 Chair Exercise w/ Buckeye [3P] 4:00 Rosary Prayer Group [MR] 7:30 Documentary [MT]</p>	<p>9:45 Seated Strength Class w/ Buckeye [MT] 9 10:30 Memorable Melodies [LI] 11:00 Diane Shields-U.S. Grant: Military Years [MT] 1:30 Canasta Group [AS] 2:00 Stitch Together w/Ruth [QC] 2:15 THE VIKINGS by Professor Kenneth Harl [MT] 3:30 Biking the Byways [MT] 7:00 Card Making w/Brenda (R) [MR] 7:30 Evening Movie [MT]</p>	<p>10:00 Bible Scripture Study [QC] 10 10:00 Water Aerobics w/Alice [P] 10:15 Rock Steady Boxing for Parkinson's 11:00 Nourishing Minds w/the Rabbi [MR] 1:30 Jewelry Making [AL4] 1:30 Rummikub [WC] 2:00 Basic Fitness w/ Buckeye [4P] 2:00 Klau Library: Jewish Printing History [MT] 2:00 Poker Party [MN] 3:30 Name That Tune! [WC] 4:00 Balance w/Powerback [FR] 6:30 Bingo [4C] 7:30 Movie [MT]</p>	<p>10:00 European Tours [MT] 11 11:15 Sit & Be Fit [MT] 12:30 Mahjong Group [AS] 1:30 Sushi Demo (R) [AS] 3:00 Mixology: Featuring Green Tea! [WC] 3:30 Diane Shields-U.S. Grant: Presidential Yrs. [MT] 7:30 Movie [MT]</p>	<p>9:30 Ballet: Little Mermaid (R) [L] 12 1:15 Tai Chi w/ Kristen Dietsch [MT] 2:00 Poker Party [MN] 2:30 Presentation: Maybe its your medications...why we need to talk [MT] 3:00 Brain Games w/Powerback [MT] 3:00 Zumba Gold [4P] 4:00 Shabbat Service: Dara Wood [AS] 4:45 Happy Hour w/Denny D. [WC] 7:30 New Release Movie [MT]</p>	<p>10:30 SHOPPING TRIP TO WAL-MART [L] 13 1:30 Open Gym [FR] 2:30 Cincinnati Youth Orchestra Concert [MT] 2:30 Independent Card/Board Games [AS] 7:30 Stormy Weather Concert [MT]</p>
<p>11:00 Hymn Singing [MR] 14 11:00 Presbyterian Service Streamed [MT] 1:30 Open Gym [FR] 2:00 Afternoon Movie [MT] 2:30 Independent Card/Board Games [AS] 7:30 Movie [MT]</p>	<p>10:00 Water Aerobics w/ Alice [P] 15 11:00 Chess Match [4C] 11:45 Chair Yoga with Becky [MT] 1:30 Programs Planning Meeting [MT] 1:30 Shopping - Downtown Madeira [L] 2:00 Poker Party [MN] 3:15 Fine Arts Class (R) [AS] 4:00 Chair Exercise w/ Buckeye [3P] 4:00 Rosary Prayer Group [MR] 4:30 Tokyo Karaoke Fun [WC] 6:30 Bingo with Encompass [AL4] 7:30 Documentary [MT]</p>	<p>9:45 Seated Strength Class w/ Buckeye [MT] 16 10:30 Memorable Melodies [LI] 11:00 Diane Shields- Battle of Midway [MT] 1:30 Canasta Group [AS] 2:00 Stitch Together w/Ruth [QC] 2:15 THE VIKINGS by Professor Kenneth Harl [MT] 3:30 Biking the Byways [MT] 5:00 Kenwood Theme Dinner Night! [MDR] 7:30 Evening Movie [MT]</p>	<p>10:00 Bible Scripture Study [QC] 17 10:00 Water Aerobics w/Alice [P] 10:15 Rock Steady Boxing for Parkinson's 1:30 Rummikub [WC] 2:00 Basic Fitness w/ Buckeye [4P] 2:00 Poker Party [MN] 2:00 Town Hall Meeting [MT] 3:00 Meet n Greet w/ Buckeye Rehab [MT] 3:30 Name That Tune! [WC] 6:30 Bingo [4C] 7:30 Movie [MT]</p>	<p>10:00 European Tours [MT] 18 10:00 Praying the Rosary [4T] 10:30 Catholic Mass [4T] 11:15 Sit & Be Fit [MT] 12:30 Mahjong Group [AS] 2:00 Adventures: Japan [MT] 3:30 Diane Shields- Abe Lincoln's Children [MT] 7:30 Japanese Koto Concert [MT]</p>	<p>10:45 Outing to School House (R) [L] 19 1:15 Tai Chi w/ Kristen Dietsch [MT] 2:00 Poker Party [MN] 3:00 Technology Class (R) [MT] 4:00 Shabbat Service: Dara Wood [AS] 4:30 Happy Hour w/ Mike Pendell [WC] 7:30 CSO Livestream: Classical Roots [MT]</p>	<p>10:30 SHOPPING TRIP TO WAL-MART [L] 20 1:30 Open Gym [FR] 2:00 Afternoon Movie [MT] 2:30 Independent Card/Board Games [AS] 7:30 Evening Movie [MT]</p>
<p>11:00 Hymn Singing [MR] 21 11:00 Presbyterian Service Streamed [MT] 1:30 Open Gym [FR] 2:00 Afternoon Movie [MT] 2:00 Zumba Gold [4P] 2:30 Independent Card/Board Games [AS] 7:30 Movie [MT]</p>	<p>Spirit Week! Wear Purple 22 10:00 Water Aerobics w/ Alice [P] 11:45 Chair Yoga with Becky [MT] 1:30 Shopping - Downtown Madeira [L] 2:00 Poker Party [MN] 3:00 Health Matters w/Buckeye [MT] 4:00 Chair Exercise w/ Buckeye [3P] 4:00 Rosary Prayer Group [MR] 7:30 Documentary [MT]</p>	<p>Spirit Week-Wear Crazy Socks 23 9:45 Seated Strength Class w/Buckeye [MT] 11:00 Diane Shields- Cincy Germans: WWI [MT] 1:30 Canasta Group [AS] 2:00 Seder Meal with JFS (R) [MN] 2:00 Stitch Together w/Ruth [QC] 2:15 THE VIKINGS by Professor Kenneth Harl [MT] 7:30 Evening Movie [MT]</p>	<p>Spirit Week- Wear Tropical Attire 24 10:00 Bible Scripture Study [QC] 10:00 Water Aerobics w/Alice [P] 10:15 Rock Steady Boxing for Parkinson's 1:30 Jewelry Making [AL4] 1:30 Rummikub [WC] 2:00 Basic Fitness w/ Buckeye [4P] 2:00 Poker Party [MN] 3:30 Name That Tune! [WC] 4:00 Balance w/Powerback [FR] 6:30 Bingo [4C] 7:30 Movie [MT]</p>	<p>Library Book Delivery 25 Spirit Week-Wear Reds Gear 10:00 European Tours [MT] 11:15 Sit & Be Fit [MT] 12:30 Mahjong Group [AS] 1:30 Japanese Ceremonial Tea (R) [AS] 2:00 Bingo [4C] 2:00 Men's Discussion Group [RS] 3:30 Diane Shields Lecture-TBA [MT] 7:30 Japanese Koto Concert [MT] 7:30 Movie [MT]</p>	<p>Spirit Week-Wear a Crazy Hat 26 10:00 Taft Museum Outing and Lunch(R) [L] 1:15 Tai Chi w/ Kristen Dietsch [MT] 2:00 Poker Party [MN] 3:00 Brain Games w/Powerback [MT] 3:00 Zumba Gold [4P] 4:00 Shabbat Service: Dara Wood [AS] 4:30 Happy Hour w/ Phil DeGreg [WC] 7:30 Music w/Hunter O'Neil [MT]</p>	<p>10:30 SHOPPING TRIP TO WAL-MART [L] 27 12:00 Kenwood Family Buffet [MDR] 1:30 Open Gym [FR] 2:00 Poetry Reading [MT] 2:30 Independent Card/Board Games [AS] 7:30 Evening Movie [MT]</p>
<p>11:00 Hymn Singing [MR] 28 11:00 Presbyterian Service Streamed [MT] 1:30 Open Gym [FR] 2:00 Afternoon Movie [MT] 2:30 Independent Card/Board Games [AS] 7:30 Movie [MT]</p>	<p>10:00 Water Aerobics w/ Alice [P] 29 11:00 Chess Match [4C] 11:45 Chair Yoga with Becky [MT] 1:00 Fine Arts Matinee [MT] 1:30 Shopping - Blue Ash Kroger [L] 2:00 Poker Party [MN] 4:00 Chair Exercise w/ Buckeye [3P] 4:00 Rosary Prayer Group [MR] 4:15 Soho Hibatchi Grill Outing (R) [L] 7:30 Documentary [MT]</p>	<p>9:45 Seated Strength Class w/Buckeye [MT] 30 10:30 Memorable Melodies [LI] 11:00 Diane Shields-Hollywood: Yul Brynner [MT] 1:30 Canasta Group [AS] 2:00 Stitch Together w/Ruth [QC] 2:15 THE VIKINGS by Professor Kenneth Harl [MT] 3:30 Biking the Byways [MT] 7:30 Evening Movie [MT]</p>	<p>Location Keys 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: DAKIM, 9th FL The Buckeye Nurse Is In 9am-12pm, 5th Floor Shape Master, 3 FL Gym Sign up for programs in the lobby for items with an (R)!</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>