

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Brain Power Exercise & Movement Expression Inner Strength Nourishment & Health Socialization Spirituality Location Keys AL 3 Patio Common Area AL 4 Common Area AL 4 Patio Common Area AL 4th Floor Theater AL Theater, 4th Fl Art Studio, 6th Fl Library, 1st Fl Marquis Theater, 1st Fl Moonlight Terrace, 16th Fl Music Room, 9th Fl Queen City Room, 7th Fl Wine Cellar, 1st Floor 3P 4C 4P 4T ALT AS LI MT MN MR QC WC		Labor Day Meditation Class [MT] Chair Yoga with Becky [MT] Afternoon Movie [4T] Chair Exercise w/ Buckeye-NO CLASS [3P] Patriotic Jar Decorating [4C] Rosary Prayer Group [MR] 7		Seated Strength Class w/Buckeye [MT] Great Courses-America: The Story of Us [MT] Kenwood Alzheimer's Support Group [MN] Giraffe Yarn Art [4C] Sweets with the Supervisors (R) [WC] A Stitch in Time Group [QC] Afternoon Movie: [4T] Diane Shields: Napoleon and the Pyramids Happy Hour [3P] Bingo [4C] 8		Bible Scripture Study [QC] Rock Steady Boxing for Parkinson's Basic Fitness w/ Buckeye [4P] Lunch Outing to Oriental Wok Nourishing Minds w/the Rabbi [MR] Desserts with the Department Heads (R) [WC] Creative Canvas [4C] Sights, Sounds, Tastes of Rosh Hashana w/JFS (R) [MN] 9		Sit & Be Fit [MT] Mahjong Group [AS] Scoopin' with the Bosses (R) [WC] Flower Arranging [4C] Diane Shields: Graceland [MT] 10		Jewelry Making [4C] Balance with Buckeye [MT] Tai Chi [MT] News Currents [4P] 9/11 Documentary: '102 Mins. That Changed America' [MT] Zumba Gold [4P] Shabbat Service: Dara Wood [AS] Happy Hour with Tanzania Trivia [3P] Early Evening Movie Night [ALT] 11		Rosh Hashana Rockdale Temple Service Streamed [4T] Independent Card/Board Games [AS] Peraza Studio Youth Orchestra Concert [LI] Saturday Night Movie [4T] 12	
Presbyterian Service Streamed [4T] Afternoon Movie (see Weekly for titles) [MT] Bingo [4C] Independent Card/Board Games [AS] 6													
Presbyterian Service Streamed [4T] Afternoon Movie (see Weekly for titles) [MT] Afternoon Stretch [4C] Independent Card/Board Games [AS] 13		Morning Trivia [4C] Meditation Class [MT] Chair Yoga with Becky [MT] Mindfit with Emily (R) [MT] Afternoon Movie [4T] Chair Exercise w/ Buckeye [4C] Decade Party with Tammy Powell Brain Games [4C] Rosary Prayer Group [MR] 14		Crazy Hat Day Seated Strength Class w/Buckeye [MT] Great Courses-America: The Story of Us [MT] Town Hall [4T] A Stitch in Time Group [QC] Diane Shields: Harry Truman [MT] Happy Hour [3P] Bingo [4C] 15		Crazy Sock Day Bible Scripture Study [QC] Rock Steady Boxing for Parkinson's Basic Fitness w/ Buckeye [4P] Creative Canvas [4C] 16		Tropical Day Rosary Service [4T] Mass Services [4T] Sit & Be Fit [MT] Mahjong Group [AS] Jungle Bingo [4C] Diane Shields: Change of the Light Brigade [MT] 17		Wear Purple Balance with Buckeye [MT] Tai Chi [MT] Drum Painting [4P] Shabbat Service: Dara Wood [AS] Happy Hour [3P] Early Evening Movie Night [ALT] 18		Independent Card/Board Games [AS] Classical Music Review [ALT] Saturday Night Movie [4T] 19	
Presbyterian Service Streamed [4T] Afternoon Movie (see Weekly for titles) [MT] Leaf Print Paintings [4C] Independent Card/Board Games [AS] 20		Morning Trivia [4C] Meditation Class [MT] Chair Yoga with Becky [MT] Mindfit with Emily (R) [MT] Afternoon Movie [4T] Chair Exercise w/ Buckeye [3P] Programs Meeting [4C] Brain Games [4C] Rosary Prayer Group [MR] 21		Seated Strength Class w/Buckeye [MT] Great Courses-America: The Story of Us [MT] A Stitch in Time Group [QC] Afternoon Movie: [4T] Happy Hour [3P] Diane Shields: CANCELLED [MT] 22		Bible Scripture Study [QC] Rock Steady Boxing (Canceled) Basic Fitness w/ Buckeye [4P] Krohns Conservatory Outing Fraud Presentation by The Key Home Health [MT] Creative Canvas [4C] 23		Library Book Delivery Sit & Be Fit [MT] Mahjong Group [AS] Culinary Class: Spinach Dip [4C] Diane Shields: Tiananmen Square '89 [MT] 24		Balance with Buckeye [MT] Tai Chi [MT] News Currents [4P] Drumming Circle [4T] Shabbat Service: Dara Wood [AS] Happy Hour [3P] Early Evening Movie Night [ALT] 25		Kenwood Family Buffet Independent Card/Board Games [AS] Classical Music Review [ALT] Saturday Night Movie [4T] 26	
Presbyterian Service Streamed [4T] Afternoon Movie (see Weekly for titles) [MT] Trivia [4C] Independent Card/Board Games [AS] 27		Morning Trivia [4C] Meditation Class [MT] Chair Yoga with Becky [MT] OLLI: Art of Charley Harper [MT] Mindfit with Emily (R) [MT] Afternoon Movie [4T] Chair Exercise w/ Buckeye [3P] Brain Games [4C] Rosary Prayer Group [MR] 28		Seated Strength Class w/Buckeye [MT] Great Courses-America: The Story of Us [MT] Jewelry Making [4C] A Stitch in Time Group [QC] Afternoon Movie: [4T] Diane Shields: History of the Cincy Zoo [MT] Happy Hour [3P] Pizza in the Hut w/JFS (R) Bingo [4C] 29		Bible Scripture Study [QC] Rock Steady Boxing for Parkinson's Basic Fitness w/ Buckeye [4P] Food Committee Meeting Creative Canvas [4C] 30		The Senso Fitness System is always available for use in the 1st floor gym! See the front desk or Programs staff to sign up! * Programs are subject to change. Please check your weekly calendar for up to date events . The Senso Fitness System is always available for use in the 1st floor gym! See the front desk or Programs staff to sign up! Sign up for Outings on AL3 at the Nurses Station.					