

Calendar of Events		Independent Living						September 2026		The Kenwood by Senior Star			
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 3P AL 4 Common Area 4C AL 4 Patio Common Area 4P AL 4th Floor Theater 4T Art Studio, 6th Fl AS Fitness Room FR Library, 1st Fl LI Marquis Theater, 1st Fl MT Meet in the Lobby, 1st Fl L Moonlight Terrace, 16th Fl MN Music Room, 9th Fl MR Pool, 1st Floor P Queen City Room, 7th Fl QC Wine Cellar, 1st Floor WC		Kenwood Boutique Open 10a-12p-QC 1 9:45 ↔ Seated Strength Class w/ Buckeye [MT] 11:00 🗣 Great Courses-America: The Story of Us [MT] 1:15 ↔ Biking the Byways [MT] 1:30 🗣 Sunflower Bandana Wreath Making [4C] 2:00 🗣 Stitch Together w/Ruth [QC] 3:30 🗣 Diane Shields: Princess Diana 6:30 🎲 Bingo [4C] 7:30 🎲 Evening Movie: Out of Africa [MT]		10:00 ☀ Bible Scripture Study [QC] 2 10:00 ↔ Water Aerobics and Party w/Alice [P] 10:15 ↔ Rock Steady Boxing for Parkinson's 11:00 ↔ Basic Fitness w/ Buckeye [4P] 1:00 🗣 Rummikub [WC] 2:00 🗣 Fall Fashion Presentation with Cabi! [MT] 2:00 🎲 Poker Party [MN] 2:00 🗣 Tech Help with Gary (R) [LI] 3:30 🗣 Book Club [MT] 7:30 🎲 Movie (see Weekly for titles) [MT]		10:00 ☀ Praying the Rosary [4T] 3 10:30 ☀ Catholic Mass [4T] 11:30 ↔ Sit & Be Fit [MT] 12:30 🗣 Mahjong Group [AS] 2:00 🗣 Adventures: Zanzibar [MT] 3:30 🗣 Diane Shields: Seneca Falls Convention [MT] 7:30 🎲 Movie (see Weekly for titles) [MT]		Kenwood Boutique Open 10a-12p-QC 4 10:30 🗣 Outing to Cabana's on the River (R) [L] 11:00 🗣 Jewelry Repair [4C] 12:00 ↔ Balance with Buckeye [MT] 1:00 🗣 Rummikub [WC] 1:30 🗣 Tai Chi [MT] 2:00 🎲 Poker Party [MN] 4:00 ☀ Shabbat Service: Dara Wood [AS] 4:30 🎲 Happy Hour: Dick Watson [WC] 7:30 🎲 New Release Movie [MT]		9:45 🗣 Shopping at TJ Maxx(R) [L] 5 1:30 ↔ Open Gym [FR] 2:00 🗣 Movie Matinee [MT] 2:30 🗣 Independent Card/Board Games [AS] 7:30 🗣 Movie (see Weekly for titles) [MT]	
11:00 🗣 Presbyterian Service Streamed [4T] 6 1:00 🗣 Rummikub [WC] 1:30 ↔ Open Gym [FR] 2:00 🗣 Afternoon Movie (see Weekly for titles) [MT] 2:00 🎲 Bingo [4C] 2:30 🗣 Independent Card/Board Games [AS] 7:30 🎲 Movie (see Weekly for titles) [MT]		Labor Day 7 10:00 ↔ Water Aerobics-CANCELED [P] 11:10 🗣 Meditation Class [MT] 11:45 ↔ Chair Yoga with Becky [MT] 2:00 ↔ Chair Exercise w/ Buckeye- NO CLASS [3P] 2:00 🗣 Patriotic Jar Decorating [4C] 2:00 🎲 Poker Party [MN] 4:00 ☀ Rosary Prayer Group [MR] 7:30 🗣 Travel w/Brian Jorg: The Cinque Terre [MT]		Kenwood Boutique Open 10a-12p-QC 8 Optometrist at Kenwood 10-3 9:45 ↔ Seated Strength Class w/Buckeye [MT] 11:00 🗣 Great Courses-America: The Story of Us [MT] 1:00 🗣 Kenwood Alzheimer's Support Group [MN] 1:15 ↔ Biking the Byways [MT] 1:30 🗣 Giraffe Yarn Art [4C] 1:30 🎲 Sweets with the Supervisors (R) [WC] 2:00 🗣 Stitch Together w/Ruth [QC] 3:30 🗣 Diane Shields: Napoleon and the Pyramids 6:30 🎲 Bingo [4C] 7:00 🗣 Card Making w/Brenda (R) [MR] 7:30 🎲 An Evening with Pres. Lincoln [MT]		10:00 ☀ Bible Scripture Study [QC] 9 10:00 ↔ Water Aerobics w/Alice [P] 10:15 ↔ Rock Steady Boxing for Parkinson's 11:00 ↔ Basic Fitness w/ Buckeye [4P] 11:00 🗣 Nourishing Minds w/the Rabbi [MR] 1:00 🗣 Rummikub [WC] 1:30 🎲 Desserts with the Department Heads (R) [WC] 2:00 🎲 Poker Party [MN] 7:30 🎲 Movie (see Weekly for titles) [MT] 7:30 🗣 Sights, Sounds, Tastes of Rosh Hashana w/JFS (R) [MN]		10:00 🗣 Floral Arranging (R) [MT] 10 11:30 ↔ Sit & Be Fit [MT] 12:30 🗣 Mahjong Group [AS] 1:30 🎲 Scoopin' with the Bosses (R) [WC] 2:30 🗣 Chef Demo: Featuring Zanzibar! (R) [MT] 3:30 🗣 Diane Shields: Graceland [MT] 7:30 🎲 Spitting Image Concert [MT]		Kenwood Boutique Open 10a-12p-QC 11 11:00 🗣 Outing to Seasons 52 (R) [L] 11:15 🗣 Jewelry Making [4C] 12:00 ↔ Balance with Buckeye [MT] 1:00 🗣 Rummikub [WC] 1:30 🗣 Tai Chi [MT] 2:00 🎲 Poker Party [MN] 2:30 🗣 9/11 Documentary: '102 Mins. That Changed America' [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]		Rosh Hashana 12 9:45 🗣 Shopping at Walmart (R) [L] 10:00 🗣 Rockdale Temple Service Streamed [4T] 1:30 ↔ Open Gym [FR] 2:30 🗣 Independent Card/Board Games [AS] 2:30 🎲 Peraza Studio Youth Orchestra Concert [LI] 7:30 🗣 Movie (see Weekly for titles) [MT]	
11:00 🗣 Presbyterian Service Streamed [4T] 13 1:00 🗣 Rummikub [WC] 1:30 ↔ Open Gym [FR] 2:00 🗣 Afternoon Movie (see Weekly for titles) [MT] 2:00 ↔ Afternoon Stretch [4C] 2:30 🗣 Independent Card/Board Games [AS] 7:30 🎲 Movie (see Weekly for titles) [MT]		10:00 ↔ Water Aerobics w/ Alice [P] 14 11:10 🗣 Meditation Class [MT] 11:45 ↔ Chair Yoga with Becky [MT] 1:00 🗣 Shopping - Downtown Oakley [L] 1:30 🗣 Mindfit with Emily (R) [MT] 2:00 ↔ Chair Exercise w/ Buckeye [4C] 2:00 🎲 Poker Party [MN] 4:00 ☀ Rosary Prayer Group [MR] 7:30 🗣 Documentary [MT]		Kenwood Boutique Open 10a-12p-QC 15 9:45 ↔ Seated Strength Class w/ Buckeye [MT] 11:00 🗣 Great Courses-America: The Story of Us [MT] 2:00 🗣 Stitch Together w/Ruth [QC] 3:30 🗣 Diane Shields: Harry Truman [MT] 6:30 🎲 Bingo [4C] 7:30 🎲 Evening Movie (See Weekly for Title) [MT] 7:30 🎲 Tashlich Ceremony w/JFS		Apex Audiology Here 1-3 pm 16 10:00 ☀ Bible Scripture Study [QC] 10:00 ↔ Water Aerobics w/Alice [P] 10:15 ↔ Rock Steady Boxing for Parkinson's 11:00 ↔ Basic Fitness w/ Buckeye [4P] 1:00 🗣 Rummikub [WC] 2:00 🎲 Poker Party [MN] 2:00 🗣 Town Hall Meeting [MT] 7:30 🎲 Delta Kings Concert (R) [MT]		10:00 ☀ Praying the Rosary [4T] 17 10:30 ☀ Catholic Mass [4T] 11:30 ↔ Sit & Be Fit [MT] 12:30 🗣 Mahjong Group [AS] 1:30 🗣 Ladies Tea (R) [AS] 3:30 🗣 Diane Shields: Change of the Light Brigade [MT] 7:30 🎲 Movie (see Weekly for titles) [MT]		Kenwood Boutique Open 10a-12p-QC 18 10:30 🗣 Outing to Jungle Jim's & Lunch (R) [L] 12:00 ↔ Balance with Buckeye [MT] 1:00 🗣 Rummikub [WC] 1:30 🗣 Tai Chi [MT] 2:00 🗣 Drum Painting [4P] 2:00 🎲 Poker Party [MN] 4:00 ☀ Shabbat Service: Dara Wood [AS] 4:30 🎲 Happy Hour w/ Mike Pendell [WC] 7:30 🎲 New Release Movie [MT]		9:45 🗣 Shopping at Dollar Tree (R) [L] 19 1:30 ↔ Open Gym [FR] 2:00 🗣 Movie Matinee [MT] 2:30 🗣 Independent Card/Board Games [AS] 7:30 🗣 Movie (see Weekly for titles) [MT]	
11:00 🗣 Presbyterian Service Streamed [4T] 20 1:00 🗣 Rummikub [WC] 1:30 ↔ Open Gym [FR] 2:00 🗣 Afternoon Movie (see Weekly for titles) [MT] 2:00 🗣 Leaf Print Paintings [4C] 2:30 🗣 Independent Card/Board Games [AS] 7:30 🎲 Movie (see Weekly for titles) [MT]		10:00 ↔ Water Aerobics w/Alice [P] 21 11:10 🗣 Meditation Class [MT] 11:45 ↔ Chair Yoga with Becky [MT] 1:00 🗣 Shopping - Oakley Kroger [L] 1:30 🗣 Mindfit with Emily (R) [MT] 2:00 ↔ Chair Exercise w/ Buckeye [3P] 2:00 🎲 Poker Party [MN] 3:00 🗣 Programs Planning Meeting [MT] 3:15 🗣 Fine Arts Class (R) [AS] 4:00 ☀ Rosary Prayer Group [MR] 7:30 🗣 Documentary [MT]		Kenwood Boutique Open 10a-12p-QC 22 9:45 ↔ Seated Strength Class w/Buckeye [MT] 11:00 🗣 Great Courses-America: The Story of Us [MT] 1:15 ↔ Biking the Byways [MT] 2:00 🗣 Stitch Together w/Ruth [QC] 3:30 🗣 Diane Shields: CANCELLED [MT] 7:30 🎲 No Movie- Private CR Event [MT]		10:00 ☀ Bible Scripture Study [QC] 23 10:00 ↔ Water Aerobics-CANCELED 10:15 ↔ Rock Steady Boxing (Canceled) 11:00 ↔ Basic Fitness w/ Buckeye [4P] 1:00 🗣 Rummikub [WC] 1:30 🗣 Fraud Presentation by The Key Home Health [MT] 2:00 🎲 Poker Party [MN] 7:30 🎲 Movie (see Weekly for titles) [MT]		Library Book Delivery 24 11:30 ↔ Sit & Be Fit [MT] 12:30 🗣 Mahjong Group [AS] 3:30 🗣 Diane Shields: Tiananmen Square '89 [MT] 7:30 🗣 Classical Concert with Vince Phelan [MT]		Kenwood Boutique Open 10a-12p-QC 25 10:45 🗣 Outing to 20 Brix and Shopping Milford (R) [L] 12:00 ↔ Balance with Buckeye [MT] 1:00 🗣 Rummikub [WC] 1:30 🗣 Tai Chi [MT] 2:00 🎲 Poker Party [MN] 3:00 ↔ Drumming Circle [4T] 4:00 ☀ Shabbat Service: Dara Wood [AS] 4:30 🎲 Happy Hour w/ Phil DeGreg: Featuring Plantains! [WC] 7:30 🎲 New Release Movie [MT]		9:45 🗣 Shopping at Walmart (R) [L] 26 12:30 🗣 Kenwood Family Buffet 1:30 ↔ Open Gym [FR] 2:00 🗣 Movie Matinee [MT] 2:30 🗣 Independent Card/Board Games [AS] 7:30 🗣 Movie (see Weekly for titles) [MT]	
11:00 🗣 Presbyterian Service Streamed [4T] 27 1:00 🗣 Rummikub [WC] 1:30 ↔ Open Gym [FR] 2:00 🗣 Afternoon Movie (see Weekly for titles) [MT] 2:30 🗣 Independent Card/Board Games [AS] 7:30 🎲 Movie (see Weekly for titles) [MT]		10:00 ↔ Water Aerobics w/ Alice [P] 28 11:10 🗣 Meditation Class [MT] 11:45 ↔ Chair Yoga with Becky [MT] 12:45 🗣 OLLI: Art of Charley Harper [MT] 1:00 🗣 Shopping - Blue Ash Kroger [L] 1:30 🗣 Mindfit with Emily (R) [MT] 2:00 ↔ Chair Exercise w/ Buckeye [3P] 2:00 🎲 Poker Party [MN] 4:00 ☀ Rosary Prayer Group [MR] 7:30 🗣 Documentary [MT]		Kenwood Boutique Open 10a-12p-QC 29 9:45 ↔ Seated Strength Class w/ Buckeye [MT] 11:00 🗣 Great Courses-America: The Story of Us [MT] 1:15 ↔ Biking the Byways [MT] 2:00 🗣 Stitch Together w/Ruth [QC] 3:30 🗣 Diane Shields: History of the Cincy Zoo [MT] 5:00 🗣 Pizza in the Hut w/JFS (R) 6:30 🎲 Bingo [4C] 7:30 🎲 Evening Movie (See Weekly for Title) [MT]		10:00 ☀ Bible Scripture Study [QC] 30 10:00 ↔ Water Aerobics w/ Alice [P] 10:15 ↔ Rock Steady Boxing for Parkinson's 11:00 ↔ Basic Fitness w/ Buckeye [4P] 1:00 🗣 Rummikub [WC] 2:00 🎲 Poker Party [MN] 2:00 🗣 Tech Help with Gary (R) [LI] 7:30 🎲 Movie (see Weekly for titles) [MT]		Always Available M-F: 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)!		The Senso Fitness System is always available for use in the 1st floor gym! See the front desk or Programs staff to sign up!		Rock Steady Boxing is a fitness program specifically designed for people living with Parkinson's Disease. Check out our Wed. class!	