

Calendar of Events		Independent Living		October 2026						
The Kenwood by Senior Star										
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday					
🧠 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 Art Studio, 6th Fl Fitness Room Library, 1st Fl MCN Garden Area 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 Wine Cellar, 1st Floor 3P 4C 4P 4T AS FR LI MNG MT L MN MR P QC WC		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!		10:00 ☀️ Praying the Rosary [4T] 1	Kenwood Boutique Open 10a-12p-QC 2	9:45 🗣️ Shopping at Rookwood (R) [L] 3
11:00 🗣️ Presbyterian Service Streamed [4T] 4	Podiatrist Here 10:00 ↔️ Water Aerobics w/ Alice [P] 5	Kenwood Boutique Open 10a-12p-QC 9:45 ↔️ Seated Strength Class w/ Buckeye [MT] 6	10:00 ☀️ Bible Scripture Study [QC] 7	11:30 ↔️ Sit & Be Fit [MT] 8	Kenwood Boutique Open 10a-12p-QC 10:30 🗣️ Cincinnati Zoo Outing (R) [L] 9	9:45 🗣️ Shopping at Walmart (R) [L] 10				
1:00 🗣️ Rummikub [WC]	11:10 🗣️ Meditation Class [MT]	11:00 🗣️ Great Courses-America: The Story of Us [MT]	10:00 ↔️ Water Aerobics w/ Alice [P]	12:30 🗣️ Mahjong Group [AS]	10:30 🗣️ Operation Pumpkin Festival Outing (R) [L]	1:30 ↔️ Open Gym [FR]				
1:30 ↔️ Open Gym [FR]	11:45 ↔️ Chair Yoga with Becky [MT]	1:15 ↔️ Biking the Byways [MT]	10:15 ↔️ Rock Steady Boxing for Parkinson's	2:00 🍴 Adventures: Bora Bora! [MT]	11:00 🗣️ Jewelry Repair [4C]	2:00 🗣️ Movie Matinee [MT]				
2:00 🗣️ Afternoon Movie (see Weekly for titles) [MT]	1:00 🗣️ Shopping - Oakley Kroger [L]	1:30 🗣️ Lime Green Jewelry Making [4C]	11:00 ↔️ Basic Fitness w/ Buckeye [4P]	3:30 🗣️ Diane Shields: Frank Robinson [MT]	12:00 ↔️ Balance with Buckeye [MT]	2:30 🗣️ Independent Card/Board Games [AS]				
2:00 Afternoon Stretch [4P]	1:30 🗣️ Mindfit with Emily [MT]	2:00 🗣️ Stitch Together w/Ruth [QC]	1:00 🗣️ Rummikub [WC]	7:30 🗣️ Movie (see Weekly for titles) [MT]	1:00 🗣️ Rummikub [WC]	2:30 🗣️ Peraza Studio Youth Orchestra Concert [LI]				
2:30 🗣️ Independent Card/Board Games [AS]	2:00 ↔️ Chair Exercise w/ Buckeye [3P]	3:30 🗣️ Diane Shields: George Clooney [MT]	2:00 🎭 Poker Party [MN]		1:30 🗣️ Tai Chi [MT]	7:30 🗣️ Movie (see Weekly for titles) [MT]				
7:30 🎭 Movie (see Weekly for titles) [MT]	2:00 🎭 Poker Party [MN]	6:30 🗣️ Island Bingo Themed [4C]	3:30 🗣️ Book Club [MT]		2:00 🎭 Poker Party [MN]					
	4:00 ☀️ Rosary Prayer Group [MR]	7:00 🗣️ Card Making w/Brenda (R) [MR]	7:30 🎭 Ricky Nye Concert [MT]		3:00 ↔️ Zumba Gold [4P]					
	7:30 🗣️ Documentary [MT]	7:30 🎭 Mark Raider: "Don't Touch That Dial!"-Television Conquers America [MT]			4:00 ☀️ Shabbat Service: Dara Wood [AS]					
					4:45 🎭 Happy Hour w/Denny D. [WC]					
					7:30 🎭 Peraza Studio Youth Concert [MT]					
10:30 JFS Generations Together (R) 11	Columbus Day 10:00 ↔️ Water Aerobics w/ Alice [P] 12	Kenwood Boutique Open 10a-12p-QC 9:45 ↔️ Seated Strength Class w/ Buckeye [MT] 13	10:00 ☀️ Bible Scripture Study [QC] 14	10:00 ☀️ Praying the Rosary [4T] 15	Kenwood Boutique Open 10a-12p-QC 10:00 🗣️ Floral Arranging (R) [MT] 16	9:45 🗣️ Shopping at TJMAXX(R) [L] 17				
11:00 🗣️ Presbyterian Service Streamed [4T]	11:10 🗣️ Meditation Class [MT]	11:00 🗣️ Great Courses-America: The Story of Us [MT]	10:00 ↔️ Water Aerobics w/ Alice [P]	10:30 ☀️ Catholic Mass [4T]	10:00 🗣️ Monroe Outlets (R) [L]	1:30 ↔️ Open Gym [FR]				
1:00 🗣️ Rummikub [WC]	11:45 ↔️ Chair Yoga with Becky [MT]	1:00 🗣️ Kenwood Alzheimer's Support Group [MN]	10:15 ↔️ Rock Steady Boxing for Parkinson's	11:30 ↔️ Sit & Be Fit [MT]	11:00 🗣️ Balance with Buckeye [MT]	2:00 🗣️ Movie Matinee [MT]				
1:30 ↔️ Open Gym [FR]	1:30 🗣️ Mindfit with Emily [MT]	1:15 ↔️ Biking the Byways [MT]	11:00 ↔️ Basic Fitness w/ Buckeye [4P]	12:30 🗣️ Mahjong Group [AS]	12:00 🗣️ Rummikub [WC]	2:30 🗣️ Independent Card/Board Games [AS]				
2:00 🎭 Bingo [4C]	2:00 ↔️ Chair Exercise w/ Buckeye [4C]	1:30 🗣️ Coconut Bowl decorating with Napkins [4C]	11:00 🗣️ Nourishing Minds w/the Rabbi [MR]	12:45 🗣️ OLLI: Brent Spence Bridge Project Update [MT]	1:00 🗣️ Rummikub [WC]	7:30 🗣️ Movie (see Weekly for titles) [MT]				
2:00 🗣️ Hyde Park Piano Studio Recital [MNG]	2:00 🎭 Poker Party [MN]	2:00 🗣️ Stitch Together w/Ruth [QC]	1:00 🗣️ Rummikub [WC]	2:30 🍴 Chef Demo: Bora Bora! (R)	1:30 🗣️ Tai Chi [MT]					
2:30 🗣️ Independent Card/Board Games [AS]	4:00 ☀️ Rosary Prayer Group [MR]	3:30 🗣️ Diane Shields: U.K. Queen Bloody Mary [MT]	2:00 🎭 Poker Party [MN]	3:30 🗣️ Diane Shields: Court Martial of Billy Mitchell [MT]	2:00 🎭 Poker Party [MN]					
7:30 🎭 Movie (see Weekly for titles) [MT]	7:30 🗣️ Documentary [MT]	6:30 🎭 Bingo [4C]	7:30 🎭 Movie (see Weekly for titles) [MT]	7:30 🎭 Spitting Image Concert [MT]	4:00 ☀️ Shabbat Service: Dara Wood [AS]					
		7:30 🎭 Stormy Weather Concert [MT]			4:30 🎭 Happy Hour w/ Mike Pendell [WC]					
					7:30 🎭 New Release Movie [MT]					
11:00 🗣️ Presbyterian Service Streamed [4T] 18	10:00 ↔️ Water Aerobics-CANCELED [P] 19	Kenwood Boutique Open 10a-12p-QC 9:45 ↔️ Seated Strength Class w/ Buckeye [MT] 20	10:00 ☀️ Bible Scripture Study [QC] 21	Library Book Delivery 11:30 ↔️ Sit & Be Fit [MT] 22	Kenwood Boutique Open 10a-12p-QC 12:00 ↔️ Balance with Buckeye [MT] 23	9:45 🗣️ Shopping at Walmart (R) [L] 24				
1:00 🗣️ Rummikub [WC]	11:10 🗣️ Meditation Class [MT]	11:00 🗣️ Great Courses-America: The Story of Us [MT]	10:00 ↔️ Water Aerobics-CANCELED [P]	12:30 🗣️ Mahjong Group [AS]	1:00 🗣️ Rummikub [WC]	12:30 🍴 Kenwood Family Buffet				
1:30 ↔️ Open Gym [FR]	11:45 ↔️ Chair Yoga with Becky [MT]	1:15 ↔️ Biking the Byways [MT]	10:15 ↔️ Rock Steady Boxing for Parkinson's	1:30 🍴 Ladies Tea (R) [AS]	1:30 🗣️ Tai Chi [MT]	1:30 ↔️ Open Gym [FR]				
2:00 🎭 Bingo [4C]	1:00 🗣️ Shopping - Oakley Kroger [L]	2:00 🗣️ Stitch Together w/Ruth [QC]	11:00 ↔️ Basic Fitness w/ Buckeye [4P]	3:30 🗣️ Diane Shields Lecture [MT]	2:00 🎭 Poker Party [MN]	2:00 🗣️ Movie Matinee [MT]				
2:30 🗣️ Independent Card/Board Games [AS]	1:30 🗣️ Mindfit with Emily [MT]	3:30 🗣️ Diane Shields: Bishop Sheen [MT]	11:00 🗣️ Cincy Mahjong Club Event (R) [MN]	7:30 🎭 Alz. Education Event [MT]	3:00 ↔️ Zumba Gold [4P]	2:30 🗣️ Independent Card/Board Games [AS]				
2:30 🗣️ Piano Concert with James Loughrey [MT]	2:00 ↔️ Chair Exercise w/ Buckeye [3P]	6:30 🎭 Bingo [4C]	1:00 🗣️ Rummikub [WC]		4:00 ☀️ Shabbat Service: Dara Wood [AS]	7:30 🗣️ Movie (see Weekly for titles) [MT]				
7:30 🎭 Movie (see Weekly for titles) [MT]	2:00 🎭 Poker Party [MN]	7:00 🗣️ Craft Class w/Brenda (R)	2:00 🎭 Poker Party [MN]		4:30 🎭 Happy Hour w/ Phil DeGreg [WC]					
	3:15 🗣️ Fine Arts Class (R) [AS]	7:30 🎭 Mark Raider: "To Boldly Go": Exploring America's New Frontiers [MT]	2:00 🗣️ Town Hall Meeting [MT]		7:30 🎭 New Release Movie [MT]					
	4:00 ☀️ Rosary Prayer Group [MR]		7:30 🎭 Jukebox Bingo [MT]		10:45 🗣️ Uncle Yips Lunch Outing (R) [L]					
	7:30 🗣️ Documentary [MT]									
11:00 🗣️ Presbyterian Service Streamed [4T] 25	10:00 ↔️ Water Aerobics w/Alice [P] 26	Kenwood Boutique Open 10a-12p-QC 9:45 ↔️ Seated Strength Class w/ Buckeye [MT] 27	10:00 ☀️ Bible Scripture Study [QC] 28	11:30 ↔️ Sit & Be Fit [MT] 29	Kenwood Boutique Open 10a-12p-QC 10:00 🗣️ CSO Outing (R) [L] 30	Halloween 9:45 🗣️ Shopping at Dollartree (R) [L] 31				
1:00 🗣️ Rummikub [WC]	11:10 🗣️ Meditation Class [MT]	11:00 🗣️ Great Courses-America: The Story of Us [MT]	10:00 ↔️ Water Aerobics w/ Alice [P]	12:30 🗣️ Mahjong Group [AS]	12:00 ↔️ Balance with Buckeye [MT]	1:30 ↔️ Open Gym [FR]				
1:30 ↔️ Open Gym [FR]	1:00 🗣️ Shopping - Blue Ash Kroger [L]	1:15 ↔️ Biking the Byways [MT]	10:15 ↔️ Rock Steady Boxing: Cancelled	3:30 🗣️ Diane Shields: Christopher Wren [MT]	1:00 🗣️ Rummikub [WC]	2:00 🗣️ Movie Matinee [MT]				
2:00 🗣️ Afternoon Movie (see Weekly for titles) [MT]	2:00 ↔️ Chair Exercise w/ Buckeye [3P]	2:00 🗣️ Tropical Paper Flower Making [4C]	11:00 ↔️ Basic Fitness w/ Buckeye [4P]	7:30 🎭 Mentalist Chad Collyer Performance [MT]	1:30 🗣️ Tai Chi [MT]	2:30 🗣️ Independent Card/Board Games [AS]				
2:30 🗣️ Independent Card/Board Games [AS]	2:00 🗣️ Lecture w/Randy Overbeck: Five Reasons U.S. Won the Revolutionary War [MT]	3:30 🗣️ Diane Shields: St. Basil of Russia [MT]	1:00 🗣️ Rummikub [WC]		2:00 🎭 Poker Party [MN]	7:30 🗣️ Movie (see Weekly for titles) [MT]				
7:30 🎭 Movie (see Weekly for titles) [MT]	2:00 🎭 Poker Party [MN]	6:30 🎭 Bingo [4C]	2:00 🎭 Poker Party [MN]		4:00 🗣️ Halloween Happy Hour [WC]					
	4:00 ☀️ Rosary Prayer Group [MR]	7:30 🎭 Dean Regas: The Fall Sky [MT]	6:15 🎭 Community Trick or Treat [MT]		4:00 ☀️ Shabbat Service: Dara Wood [AS]					
	7:30 🗣️ Documentary [MT]		7:30 🎭 Movie (see Weekly for titles) [MT]		7:30 🎭 New Release Movie [MT]					