

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 September ASSISTED LIVING		1 10:00 PFNCA Fitness Class 10:30 Wits & Wisdom - Brain Fitness 11:00 It happened in September 11:00 Outing: Whole Foods 1:30 Steps and Stories - Walking Club 2:00 Craft Workshop: Sunflower Pin 2:00 Games with Friends 3:00 Black or White Cards 4:00 Cocktail Hour w/ Frankie Plumer	2 10:00 Chair Fitness 11:00 Resident Council 11:00 Documentary -Ethel Kennedy 1:30 Steps and Stories - Walking Club 2:00 Chess & Checkers Game 2:00 Learn Rummi-Kub 2:00 Games with Friends 3:00 Wednesday Trivia Challenge 4:00 Cocktail Hour -w/Josh Earls	3 10:00 Strength & Stretch 10:30 Wits & Wisdom - Brain Fitness 11:00 Men's Group 11:00 Famous Places in the Movies 1:30 Steps and Stories - Walking Club 2:00 Musical Engagement with Emilee 2:00 Games with Friends 3:00 Poetry Hour - Walt Whitman 4:00 Cocktail Hour w/ Scott G	4 9:30 Mindful Meditation 10:00 Cardio with Paul Eugene 10:30 Wits & Wisdom - Brain Fitness 11:00 Spotlight The Amazing Sunflower 1:30 Steps and Stories - Walking Club 2:30 Current Events Cafe 2:00 Games with Friends 3:00 Have you ever? 4:00 Cocktail Hour w/ Rita & Richard	5 10:00 Chair Yoga with Katie 10:30 Wits & Wisdom - Brain Fitness 11:00 Women's Group 12:00 GAME DAY - College Football 1:30 Steps and Stories - Walking Club 2:00 Art Studio with Dre 2:00 Saturday Matinee 2:00 Games with Friends 3:00 Tasting Table - Maryland 4:00 Cocktail Hour w/ Aleks
6 10:00 Sunday Stretch 10:30 Wits & Wisdom - Brain Fitness 11:00 It happening this week 1:00 GAME DAY - NFL 1:30 Steps and Stories - Walking Club 2:00 Art Project with Marc 2:00 Sunday Matinee 2:00 Games with Friends 3:00 Learn how to play Quirkle 4:00 Cocktail Hour w/ David Gu	7 Happy Labor Day 9:30 Balance for Life Fitness 11:00 Labor Day Concert 12:00 Labor Day BBQ Lunch 1:30 Steps and Stories - Walking Club 2:00 Ice Cream Trolley Visit 2:00 Games with Friends 3:00 Balloon Volleyball 4:00 Cocktail Hour w/ Sam O'Hare	8 10:00 PFNCA Fitness Class 10:30 Wits & Wisdom - Brain Fitness 11:00 The Art of the High Holidays Guest Speaker - Nancy Kotz 1:30 Steps and Stories - Walking Club 2:00 Outing: Monuments & Ice Cream 2:00 Games with Friends 3:00 Name that Tune 4:00 Cocktail Hour w/ Frankie Plumer	9 Happy Birthday Kathy 10:00 Chair Fitness 10:30 Wits & Wisdom - Brain Fitness 11:00 Spotlight - Frank Sinatra 11:00 Documentary- Jane Fonda 1:30 Steps and Stories - Walking Club 2:00 Service Project: Neighbor Lunch 2:00 Games with Friends 3:00 Wednesday Trivia Challenge 4:00 Cocktail Hour -w/Josh Earls	10 Happy Birthday Stuart H. 10:00 Strength & Stretch 10:30 Wits & Wisdom - Brain Fitness 11:00 Men's Group 11:00 Master Class - Cowboy and the Queen 1:30 Steps and Stories - Walking Club 2:00 Aromatherapy & Hand Massage 2:00 Games with Friends 3:00 Poetry Hour - Maya Angelou 4:00 Cocktail Hour w/ Robert Redd	11 Rosh Hashanah 9:30 Mindful Meditation 10:00 Cardio with Paul Eugene 10:30 Wits & Wisdom - Brain Fitness 11:00 You be the Judge 12:00 Rosh Hashanah Lunch 1:30 Rosh Hashanah Service 2:30 Current Events Cafe 2:00 Games with Friends 3:00 50% Black and White Game 4:00 Cocktail Hour w/ Bertram	12 10:00 Chair Yoga with Katie 10:30 Wits & Wisdom - Brain Fitness 11:00 Women's Group 12:00 GAME DAY - College Football 1:30 Steps and Stories - Walking Club 2:00 Art Studio with Dre 2:00 Saturday Matinee 2:00 Games with Friends 3:00 Balloon Volleyball 4:00 Cocktail Hour w/ Steve Barke
13 Grandparents Day 10:00 Sunday Stretch 11:00 Grandparents Day Concert 12:00 Grandparents Day Brunch 1:00 GAME DAY - NFL 1:30 Steps and Stories - Walking Club 2:00 Art Project with Marc 2:00 Sunday Matinee 2:00 Games with Friends 3:00 Name that Tune 4:00 Cocktail Hour w/ Rita & Richard	14 10:00 Balance for Life Fitness 10:30 Wits & Wisdom - Brain Fitness 11:00 Team Giant Crossword 11:00 Documentary: Billy & Molly 1:30 Steps and Stories - Walking Club 2:00 Sunflowers & Scones Tea 2:00 Games with Friends 3:00 Hand Massage with Susana 4:00 Cocktail Hour w/ Sam O'Hare	15 10:00 PFNCA Fitness Class 10:30 Wits & Wisdom - Brain Fitness 11:00 Spotlight: Cars We Grew Up With 12:00 Lunch: Piccoli Piatti Pizzeria 1:30 Steps and Stories - Walking Club 2:00 Craft Workshop: Flower Vase 2:00 Games with Friends 3:00 Quiet Listening: YoYo Ma 4:00 Cocktail Hour w/ Frankie Plumer	16 10:00 Chair Fitness 10:30 Wits & Wisdom - Brain Fitness 11:00 Documentary: Rock Hudson 11:00 Spotlight - Tony Bennet 1:30 Steps and Stories - Walking Club 2:00 Decorate a Cupcake 2:00 Games with Friends 3:00 Wednesday Trivia Challenge 4:00 Cocktail Hour -w/Josh Earls	17 10:00 Strength & Stretch 10:30 Wits & Wisdom - Brain Fitness 11:00 Men's Group Outing 11:00 Jewelry Making - Bracelets 1:30 Steps and Stories - Walking Club 2:00 Aromatherapy & Hand Massage 2:00 Games with Friends 3:00 Poetry Hour - Plath 4:00 Cocktail Hour w/ Bertram	18 Happy Birthday Susan 9:30 Mindful Meditation 10:00 Cardio with Paul Eugene 10:30 Wits & Wisdom - Brain Fitness 11:00 This is Jazz with Quentin W. 11:00 Documentary - Nature 1:30 Steps and Stories - Walking Club 2:30 Current Events Cafe 2:00 Games with Friends 3:00 JENGA 4:00 Cocktail Hour w/ Scott G	19 10:00 Chair Yoga with Katie 10:30 Wits & Wisdom - Brain Fitness 11:00 Women's Group 12:00 GAME DAY - College Football 1:30 Steps and Stories - Walking Club 2:00 Art Studio with Dre 2:00 Saturday Matinee 2:00 Games with Friends 3:00 Tasting Table: Pennsylvania 4:00 Cocktail Hour w/ Aleks
20 Yom Kippur 10:00 Sunday Stretch 10:30 Wits & Wisdom - Brain Fitness 11:00 It happening this week 1:00 GAME DAY - NFL 1:30 Yom Kippur Service w/Gabriella 2:00 Art Project with Marc 2:00 Sunday Matinee 2:00 Games with Friends 3:00 Learn Gin Rummy 4:00 Cocktail Hour w/David Gu	21 First Day of Autumn 9:30 Balance for Life Fitness 10:30 Wits & Wisdom - Brain Fitness 11:00 Hispanic Heritage Dance Show 1:30 Steps and Stories - Walking Club 2:00 Sunflowers and Scones Tea 2:00 Games with Friends 3:00 Casino - Blackjack 4:00 Cocktail Hour w/ Sam O'Hare	22 10:00 PFNCA Fitness Class 10:30 Wits & Wisdom - Brain Fitness 11:00 Outing: The Milken Center 1:30 Steps and Stories - Walking Club 2:00 Craft Workshop: Deco ring dish 2:00 Games with Friends 3:00 Tech with Help with Dre 4:00 Cocktail Hour w/ Frankie Plumer	23 Happy Birthday Bill S. 9:30 Mindful Meditation 10:00 Chair Fitness 10:30 Wits & Wisdom - Brain Fitness 11:00 Documentary - Faye Dunaway 11:00 Spotlight: Dean Martin 1:30 Steps and Stories - Walking Club 2:00 Wednesday Trivia Challenge 2:00 Games with Friends 3:00 Dining Committee 4:00 Cocktail Hour -w/Josh Earls	24 A Wee Taste of Scotland 10:00 Strength & Stretch 10:30 Wits & Wisdom - Brain Fitness 11:00 Sheri's Scotland Adventure 1:30 Steps and Stories - Walking Club 2:00 Tasting Table: Scottish Treats 2:00 Games with Friends 2:00 Poetry Hour - Robert Burns 3:00 Tartan Toss 4:00 Cocktail Hour w/ Lee A	25 9:30 Mindful Meditation 10:00 Cardio with Paul Eugene 10:30 Wits & Wisdom - Brain Fitness 11:00 Master Class - YOYO Ma 11:00 You be the Judge! 1:30 Steps and Stories - Walking Club 2:00 Games with Friends 2:30 Current Events Cafe 3:00 Tell us a secret circle 4:00 Cocktail Hour w/ Rita & Richards	26 10:00 Chair Yoga 10:30 Wits & Wisdom - Brain Fitness 11:00 Women's Group 11:00 Master Class - YOYO Ma 12:00 GAME DAY - College Football 2:00 Art Studio with Sheri 2:00 Saturday Matinee 2:00 Games with Friends 3:00 Tasting Table: New Jersey 4:00 Cocktail Hour w/ Steve Barke
27 10:00 Sunday Stretch 10:30 Wits & Wisdom - Brain Fitness 11:00 It happening this week 1:00 GAME DAY - NFL 1:30 Steps and Stories - Walking Club 2:00 Sing A Long with Frank 2:00 Sunday Matinee 2:00 Games with Friends 3:00 JENGA 4:00 Cocktail Hour	28 9:30 Balance for Life Fitness 10:30 Wits & Wisdom - Brain Fitness 11:00 The Art of Sukkot w/Nancy Kotz 11:00 Documentary - Orangutan 1:30 Steps and Stories - Walking Club 2:00 Sunflower and Scones Tea 2:00 Games with Friends 3:00 Name that Tune 4:00 Cocktail Hour w/ Sam O'Hare	29 10:00 PFNCA Fitness Class 10:30 Wits & Wisdom - Brain Fitness 11:00 Outing: The People's House M. 11:00 Spotlight: History of Coco-Cola 1:30 Steps and Stories - Walking Club 2:00 Craft Workshop - Suncatchers 2:00 Games with Friends 3:00 Learn Rummi-Kub 4:00 Cocktail Hour	30 Happy Birthday Rhoda 10:00 Chair Fitness 10:30 Wits & Wisdom - Brain Fitness 11:00 Spotlight: Sammy Davis Jr. 11:00 Documentary: Robin Williams 1:30 Steps and Stories - Walking Club 2:00 Wine Tasting with CJ 2:00 Games with Friends 3:00 Wednesday Trivia Challenge 4:00 Cocktail Hour -w/Josh Earls	Celebrating Faith Every Tuesday - Communion in your apartment 3rd Tuesday - Catholic Mass Every Friday - Shabbat Service Daily Kensington Cinema 6:30 pm * All Dates and Times are subject to change		