

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
September CONNECTIONS				1		2		3		4		5	
				10:00 Full Body Movement 10:45 Kensington Daily Brief 11:00 Word Mining 11:00 Table Tennis 11:30 Steps & Stories (Daily Walk) 1:30 Service Project: Writing Letters to Loved ones 2:30 Volleyball 3:30 Cocktail Hour w/ Sam 4:30 Trivia		10:00 Morning Stretches 10:45 Kensington Daily Brief 11:00 Rock N Roll BINGO 10:30 Scenic Ride: Rock Creek Park 1:30 Scrabble & Finish the Line 1:30 Steps & Stories (Daily Walk) 2:30 Art Studio: Multimedia Guitar 3:30 Cocktail Hour 4:30 Musical Group Spelling Bee		10:00 Chair Zumba 10:45 Kensington Daily Brief 11:00 Creative Calm 11:00 Manicures 11:30 Steps & Stories (Daily Walk) 1:30 Men's Round Table 1:30 Art Studio: Sunflower Craft 2:30 BINGO! 3:30 Cocktail Hour w/ Bob 4:30 Higher or Lower		10:00 Cardio, Strength & Stretch 10:45 Kensington Daily Brief 11:00 Categories: PRICE 11:00 Fresh Air & Conversation on the Patio 11:30 Steps & Stories (Daily Walk) 1:30 Shabbat Service 1:30 Bananagrams: Grocery List 2:30 Jewelry Making 3:30 Happy Birthday, Suzanne Cocktail Hour w/ Lee 4:30 The Price is Right: Toys of the Decades		10:00 Strength Training 10:45 Kensington Daily Brief 11:00 Blackjack 11:30 Steps & Stories (Daily Walk) 12:00 College Football 1:30 Outing: Blackrock Center of Arts 1:30 Virtual Tour of Columbia 2:30 Jeopardy 3:30 Sing Along Cocktail Hour 4:30 Can You Guess in 10?	
6		7		8		9		10		11		12	
10:00 Cardio Chair Workout 10:45 Kensington Daily Brief 11:00 Art Studio: Watercolor Tango Dancers 1:30 Doc: Great National Parks: A World of Wonder 1:30 Bananagrams 2:30 Art Interpretation: Frida Kahlo 3:30 Cocktail Hour 4:30 Toss at the Target		10:00 Gentle Strength Training 10:45 Kensington Daily Brief 11:00 Finish the Line 11:30 Steps & Stories (Daily Walk) 12:00 Labor Day BBQ 1:30 Roll & Name: Occupations 2:30 Guess the Job 3:30 Patriotic Tunes Cocktail Hour w/ Steve 4:30 Labor Day Trivia		9:30 Aromatic Bread Baking 10:00 Echoes of Nature: Lecture 11:00 Full Body Movement 11:00 Gardening Club 11:30 Steps & Stories (Daily Walk) 11:45 Kensington Daily Brief 1:30 Top Ten Tuesday 2:30 Volleyball 3:30 Cocktail Hour 4:30 Trivia		10:00 Morning Stretches 10:45 Kensington Daily Brief 11:00 Fashion Designer Detective 10:30 Outing: Tatte Bakery 1:30 Discussing Fashion Trends of the 70's 2:00 Travelogue: Cuba 2:30 Art Studio: Paper Fashion Dolls 3:30 Cocktail Hour w/ Rita & Richard 4:30 Name That Tune: Elvis Edition		10:00 Chair Zumba 10:45 Kensington Daily Brief 11:00 Creative Calm 11:00 Manicures 11:30 Steps & Stories (Daily Walk) 1:30 Men's Round Table 1:30 Sunflower Scavenger Hunt 2:30 Tasting Table: Hispanic Heritage Month 3:30 Musical Bingo Cocktail Hour 4:30 Axe Throwing Game		10:00 Cardio, Strength & Stretch 10:45 Kensington Daily Brief 11:00 Fresh Air & Conversation on the Patio 11:00 Apple & Honey Watercolor 11:30 Steps & Stories (Daily Walk) 12:00 Rosh Hashanah Luncheon 1:30 Rosh Hashanah Celebration 1:30 Pages of Reflection 2:30 Spelling HIVE Word Challenge 3:30 Cocktail Hour w/ Musical Encounters 4:30 10 Things you Should Know about Rosh Hashanah		10:00 Strength Training 10:45 Kensington Daily Brief 11:00 Instrument Circle 11:30 Steps & Stories (Daily Walk) 12:00 College Football 1:30 Scenic Ride: Meadowbrook Stables 1:30 Virtual Tour of Honduras 2:30 BINGO! 3:30 Sing Along Cocktail Hour 4:30 Higher or Lower?	
Grandparents Day 13		Emmy Awards Day 14		15		16		Constitution Day 17		18		19	
10:00 Cardio Chair Workout 10:45 Kensington Daily Brief 11:00 Music Engagement w/ Emilee 1:00 NFL Football 1:30 Doc: Great National Parks: Chilean Patagonia 1:30 GRAND puzzles 2:30 Broadway Tunes w/ The McClean Singers 3:30 Musical Bingo Cocktail Hour 4:30 Conversation Circle: Golden Years		10:00 Gentle Strength Training 10:45 Kensington Daily Brief 11:00 Discussing the Star of the Month 11:30 Steps & Stories (Daily Walk) 1:30 Roll & Name Game 2:30 TV Show Bingo! 3:30 Name that Tune Cocktail Hour 4:30 Ladder Golf		10:00 Full Body Movement 10:45 Kensington Daily Brief 11:00 Word Mining 11:00 Table Tennis 11:30 Steps & Stories (Daily Walk) 1:30 Discuss & Remember: Rita Moreno 2:30 Volleyball 3:30 Cocktail Hour w/ Sam 4:30 Trivia		10:00 Morning Stretches 10:45 Kensington Daily Brief 11:00 Discussing Music Trends of the 70's 10:30 Walking Trip: Willard Park 1:30 Scrabble & Finish the Line 1:30 Steps & Stories (Daily Walk) 2:30 Art Studio: Clay Workshop 3:30 Cocktail Hour w/ Frank 4:30 The Putting Challenge		10:00 Chair Zumba 10:45 Kensington Daily Brief 11:00 Creative Calm 11:00 Manicures 11:30 Steps & Stories (Daily Walk) 1:30 Men's Round Table 1:30 All About Sunflowers 2:30 American History Jeopardy 3:30 Patriotic Cocktail Hour 4:30 A Crash Course on the Constitution		10:00 Cardio, Strength & Stretch 10:45 Kensington Daily Brief 11:00 Word Finds & Crosswords 11:00 Fresh Air & Conversation on the Patio 11:30 Steps & Stories (Daily Walk) 1:30 Shabbat Service 1:30 Detective Case Files 2:30 Jewelry Making 3:30 Cocktail Hour 4:30 Crack List Naming Game		10:00 Strength Training 10:45 Kensington Daily Brief 11:00 Blackjack 11:30 Steps & Stories (Daily Walk) 12:00 College Football 1:30 Scenic Ride: MoCo Agricultural Reserve 1:30 Virtual Tour of Puerto Rico 2:30 Jeopardy 3:30 Cocktail Hour w/ Henry on the Vibraphone 4:30 Can You Guess in 10?	
20		Hispanic Heritage Month21		First Day of Fall 22		23		24		One Hit Wonder Day 25		Debate it Day 26	
10:00 Cardio Chair Workout 10:45 Kensington Daily Brief 11:00 Music Engagement w/ Emilee 1:00 NFL Football 1:30 Doc: Great National Parks: Monterey Bay National Marine Sanctuary 1:30 Bananagrams 2:30 Art Interpretation: Diego Rivera 3:30 Cocktail Hour 4:30 Toss at the Target		10:00 Gentle Strength Training 10:45 Kensington Daily Brief 11:00 Learning the Basics of Spanish 11:30 Steps & Stories (Daily Walk) 1:30 Art Studio: Making Paper Flowers 1:30 Yom Kippur Service 2:30 Hispanic Heritage Dance Performance 3:30 Name that Tune Cocktail Hour 4:30 Ladder Golf		9:30 Aromatic Bread Baking 10:00 Full Body Movement 11:00 Word Mining 11:00 Gardening Club 11:30 Steps & Stories (Daily Walk) 11:45 Kensington Daily Brief 1:30 Fun Facts About Fall 2:30 Volleyball 3:30 Cocktail Hour w/ Frank 4:30 Fall Trivia		10:00 Morning Stretches 10:45 Kensington Daily Brief 11:00 Discussing Cultural Trends of the 70's 10:30 Outing: Butler's Orchard Farm Store 1:30 Scrabble & Finish the Line 2:00 Travelogue: Bermuda 2:30 Art Studio: Fall Watercolor Trees 3:30 Cocktail Hour 4:30 Crack List Naming Game		10:00 Chair Zumba 10:45 Kensington Daily Brief 11:00 Creative Calm 11:00 Manicures 11:30 Steps & Stories (Daily Walk) 1:30 Men's Round Table 1:30 Dominoes 2:30 Fall Tasting Table: Pumpkin Spice 3:30 Cocktail Hour w/ Greg 4:30 Axe Throwing Game		10:00 Cardio, Strength & Stretch 10:45 Kensington Daily Brief 11:00 Finish the Lyrics 11:00 Fresh Air & Conversation on the Patio 11:30 Steps & Stories (Daily Walk) 1:30 Shabbat Service 1:30 One Hit, That's It! 2:30 Jewelry Making 3:30 Cocktail Hour 4:30 Musical Trivia		10:00 Strength Training 10:45 Kensington Daily Brief 11:00 Debate It! 11:30 Steps & Stories (Daily Walk) 12:00 College Football 1:30 Scenic Ride: Pinehurst Tributary 1:30 Virtual Tour of Mexico 2:30 BINGO! 3:30 Cocktail Hour w/ Rita 4:30 This or That?	
27		28		29		30		Daily Activities Kensington Cinema 6:30 pm Celebrating Faith Every Tuesday - Catholic Communion in your apartment Every Friday - Shabbat Service *Activities are subject to change					
10:00 Cardio Chair Workout 10:45 Kensington Daily Brief 11:00 Music Engagement w/ Emilee 1:00 NFL Football 1:30 Dominoes 1:30 Doc: Great National Parks: Gunung Leuser, Indonesia 2:30 Can You Spot It? 3:30 Cocktail Hour w/ Josh 4:30 Crack List Naming Game		10:00 Gentle Strength Training 10:45 Kensington Daily Brief 11:00 NY Times Crossword 11:30 Steps & Stories (Daily Walk) 1:30 Jigsaw Puzzles 2:30 UNO 3:30 Cocktail Hour w/ Lee 4:30 Axe Throwing		10:00 Full Body Movement 10:45 Kensington Daily Brief 11:00 Table Tennis 11:30 Steps & Stories (Daily Walk) 11:45 Kensington Daily Brief 1:30 Bananagrams 2:30 Volleyball 3:30 Musical Bingo Cocktail Hour 4:30 Trivia		10:00 Morning Stretches 10:45 Kensington Daily Brief 11:00 Discussing Technological Trends of the 70's 1:30 Scrabble & Finish the Line 1:30 Steps & Stories (Daily Walk) 2:30 Art Studio: Fall Diamond Painting 3:30 Cocktail Hour w/ Vince 4:30 The Putting Challenge							