

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September KENSINGTON CLUB		1 10:00 PRNC Fitness Class 10:00 Welcome to September: The Monthly Gazette 10:30 City Spotlight: St. Mary's City, Maryland 11:00 Outing: Whole Foods 1:30. Steps & Stories - Walking Club 2:00 Tuesday Trivia w/ Fun Facts 3:00. Can You Find the Hidden Object 4:00 Cocktail Hour w/ Frank P.	2 10:00 The Kensington Daily Brief 10:30 Cranium Crunch: Scattegories 11:00 Reminiscence Travel Passport 11:00 Resident Council 1:30 Steps & Stories-Walking Club 2:00 Sensory Challenge; Crackers & Cheese 3:00 Tactile Table Games 4:00 Cocktail Hour w/ Josh E.	3 10:00 Active Extremities: Hand and Foot Exercises 10:30 Brain Fitness: The Price is Right 11:00 Candy Bingo 1:30 Steps & Stories-Walking Club 2:00 Music Engagement w Emilee 3:00 Reminiscence Hour 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 Studio; Succulent Clay Craft 2:00 Sunday Matinee 2:00 Games with Friends 3:00 Learn how to play Quirkle 4:00 Cocktail Hour w/ David Gu	7 Labor Day 9:30 Balance for Life Class 10:00 The History & Origin of Labor Day 10:30 Mental Aerobics: 11:00 Labor Day Concert 12:00 Labor Day BBQ Lunch 1:30 Steps & Stories-Walking Club 2:00 Ice Cream Trolley Visit 3:00 Balloon Volleyball 4:00 Cocktail Hour w/ Sam O'Hare	8 10:00 PRNC Fitness Class 10:00 Visual Recap of This Day in History 11:00 Music & Memories 10:30 The Story of Michelangelo's Statue of David 11:00 The Art of the High Holidays w/ Guest Speaker Nancy Kotz 1:30 Steps & Stories - Walking Club 2:00 Outing: Monuments & Ice Cream 3:00 Tuesday Trivia 4:00 Cocktail Hour w/ Frank P.	9 10:00 The Kensington Daily Brief 10:30 Cranium Crunch: Word Chain 11:00 Worlds Best Gardens: Kirstenbosch Botanical Gardens 1:30 Steps & Stories - Walking Club 2:00 Armchair Travel: Cuba 3:00 Sensory Relaxation Hour 4:00 Cocktail Hour w/ Josh E.	10 10:00 This Day in History 10:30 Brain Fitness: Jeopardy 11:00 Prize Cart Bingo 1:30 Steps & Stories -Walking Club 2:00 Music Engagement w Emilee 2:00 Aromatherapy & Hand Massage 3:00 Reminiscence Hour 4:00 Cocktail Hour w/ Robert R.	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 Memory Collage 2:00 Sunday Matinee 2:00 Games with Friends 3:00 Name that Tune 4:00 Cocktail Hour w/ Rita & Richard	14 9:30 Balance for Life Class 10:00 The Kensington Daily Brief 10:30 Mental Aerobics: Pictionary 11:00 The History of the Sunflower 1:30 Steps & Stories- Walking Club 2:00 Handcraft Studio: Floral Design 3:00 The Worlds Most Outrageous Homes Exploration 3:00 Hand Massage 4:00 Cocktail Hour w/ Sam O'Hare	15 10:00 PRNC Fitness Class 10:00 Visual Recap of This Day in History 10:30 Music & Memories 11:00 City Spotlight: Miami, Florida 12:00 Lunch Outing: Piccoli Piatti Pizzeria 1:30 Steps & Stories - Walking Club 2:00 Tuesday Trivia 3:00 Golden Memories Social Activity 4:00 Cocktail Hour w/ Frank P.	16 10:00 The Kensington Daily Brief 10:30 Cranium Crunch: Fill in the Blank 11:00 Reminiscence Travel Passport 1:30 Steps & Stories - Walking Club 2:00 Sensory Challenge; Fruit Juice Tasting 3:00 Tactile Table Games 4:00 Cocktail Hour w/ Josh E.	17 10:00 Active Extremities: Hand and Foot Exercises 10:30 Brain Fitness: Wheel of Fortune 11:00 Music Bingo 1:30 Steps & Stories-Walking Club 2:00 Music Engagement w Emilee 2:00 Aromatherapy & Hand Massage 3:00 Reminiscence Hour 4:00 Cocktail Hour w/ Bertram	18 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 Paint & Sip 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 Class 10:00 The Kensington Daily Brief 10:30 Mental Aerobics: Rhyme Time 11:00 Hispanic Heritage Dance Show 11:00 Documentary: The Last Rhinos 1:30 Steps & Stories - Walking Club 2:00 Songs We Love to Sing 3:00 Autumn Facts and Origin 4:00 Cocktail Hour w/ Sam O'Hare	22 10:00 PRNC Fitness Class 10:00 Visual Recap of This Day in History 10:30 Music & Memories 11:00 Interactive Family Feud 1:00 Outing: The Milken Center 1:30 Steps & Stories-Walking Club 2:00 Tuesday Trivia 3:00 Words w/ Friends 4:00 Cocktail Hour w/ Frank P.	23 10:00 The Kensington Daily Brief 10:30 Cranium Crunch: Word inside a Word 11:00 Music Spotlight: Happy Birthday Ray Charles, John Coltrane, & the Boss 1:30 Steps & Stories - Walking Club 2:00 Armchair Travel: Bermuda 3:00 Higher or Lower Card Game 4:00 Cocktail Hour w/ Josh E.	24 A Wee Taste of Scotland 10:00 This Day in History 10:30 Big Prize Bingo 11:00 Sheri's Scotland Adventure 1:30 Steps & Stories-Walking Club 2:00 Tasting Table: Scottish Treats 2:00 Games with Friends 3:00 Reminiscence Hour 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/s Happened/ing this Week 1:30 Steps & Stories- Walking Club 2:00 Sing A Long with Frank P. 2:00 Sunday Matinee 2:00 Games with Friends 3:00. Planet Earth in 8K 4:00 Cocktail Hour	28 9:30 Balance for Life Class 10:00 The Kensington Daily Brief 10:30 Mental Aerobics: Visual Connections 11:00 The Art of Sukkot w/ Nancy Kotz 1:30 Steps & Stories - Walking Club 2:00 Nutrition Corner: Food Puzzles & Afternoon Healthy Snack 3:00 Reminiscence Travel Passport 4:00 Cocktail Hour w/ Sam O'Hare	29 10:00 PRNC Fitness Class 10:00 Music & Memories 10:30 City Spotlight: Johannesburg, South Africa 11:00 Outing: The Peoples House 1:30 Steps & Stories-Walking Club 2:00 Tuesday Trivia 3:00 Words w/ Friends 4:00 Cocktail Hour	30 10:00 The Kensington Daily Brief 10:30 Cranium Crunch: Odd Word Out 11:00 Reminiscence Travel Passport 1:30 Steps & Stories - Walking Club 2:00 Wine Tasting w/ CJ 2:00 Sensory Challenge 3:00 Tactile Table Games 4:00 Cocktail Hour w/ Josh E.	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		