

# Calendar of Events

# Independent Living

August 2024  
The Kenwood by Senior Star

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Brain Power</b></p> <p><b>Exercise &amp; Movement</b></p> <p><b>Expression</b></p> <p><b>Inner Strength</b></p> <p><b>Nourishment &amp; Health</b></p> <p><b>Socialization</b></p> <p><b>Spirituality</b></p>	<p><b>Location Keys</b></p> <p>AL 3 Common Area AL 3 Patio Common Area AL 4 Common Area AL 4 Patio Common Area AL 4th Fl AL 4th Floor Theater Art Studio, 6th Fl Fitness Room Library, 1st Fl Main Dining Room, 1st Fl 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</p> <p>3C 3P 4C 4P AL4 4T AS FR LI MDR MT L MN MR P QC WC</p>	<p><b>Always Available M-F: DAKIM, 9th FL</b></p> <p><b>The Buckeye Nurse Is In 9am-12pm, 5th Floor</b></p> <p><b>Shape Master, 3 FL Gym</b></p> <p><b>Sign up for programs in the lobby for items with an (R)!</b></p>	<p>The Dakim Brain Fitness System is always available for use on the 9th floor! See the front desk or Programs staff for a form to sign up!</p>	<p>10:00 🍷 Croissants &amp; Coffee [LI] 1</p> <p>10:00 🌍 European Tours [MT]</p> <p>10:00 🌟 Praying the Rosary [4T]</p> <p>10:30 🌟 Catholic Mass [4T]</p> <p>11:15 🔄 Sit &amp; Be Fit [MT]</p> <p>12:30 🀄 Mahjong Group [AS]</p> <p>1:45 🎭 Olympic Parade [3C]</p> <p>3:30 🎨 Art Lecture: Mary Cassatt [MT]</p> <p>7:30 🎬 Movie: THE CROWN (SEASON 3 EPISODES 9 &amp; 10 [MT])</p>	<p>2</p> <p>10:15 🍷 Brunch at Le Peep (R) [L]</p> <p>11:00 ♔ Chess Match [4C]</p> <p>12:00 🔄 Balance with Buckeye [MT]</p> <p>1:15 🧘 Tai Chi w/ Kristen Dietsch [MT]</p> <p>2:00 🎮 Poker Party [MN]</p> <p>3:00 🔄 Zumba Gold [4P]</p> <p>4:00 🌟 Shabbat Service: Dara Wood [AS]</p> <p>4:30 🎭 Happy Hour: Dick Watson [WC]</p> <p>7:30 🎬 New Release Movie: THE LIFT (Suspenseful Adventure w/Kevin Hart) [MT]</p>	<p>3</p> <p>10:30 🛒 SHOPPING TRIP TO WAL-MART [L]</p> <p>1:30 🔄 Open Gym [FR]</p> <p>2:00 🎬 Afternoon Movie: EAT PRAY LOVE (Romanic drama w/Julia Roberts [MT])</p> <p>2:30 🀄 Independent Card/Board Games [AS]</p> <p>7:30 🎬 Evening Movie; MURDER AT 1600 (political thriller w/Wesley Snipes &amp; Diane Lane) [MT]</p>
<p>11:00 🌟 Hymn Singing [MR] 4</p> <p>11:00 🏴‍☠️ Presbyterian Service Streamed [MT]</p> <p>1:30 🔄 Open Gym [FR]</p> <p>2:00 🌐 French Craft [4C]</p> <p>2:00 🎹 Pianist James Loughrey [MT]</p> <p>2:30 🀄 Independent Card/Board Games [AS]</p> <p>7:30 🎬 Movie [MT]</p>	<p>5</p> <p>10:00 🔄 Water Aerobics w/ Alice [P]</p> <p>11:10 🧘 Meditation Class [MT]</p> <p>11:45 🔄 Chair Yoga with Becky [MT]</p> <p>1:00 🎨 Fine Arts Matinee [MT]</p> <p>1:30 🛒 Shopping - Downtown Madeira [L]</p> <p>2:00 🎤 Author Sherrie Rutherford Presents [MT]</p> <p>2:00 🔄 Chair Exercise w/ Buckeye [4P]</p> <p>2:00 🎮 Poker Party [MN]</p> <p>4:00 🌟 Rosary Prayer Group [MR]</p> <p>7:30 🗣️ Travel Lecture w/Brian Jorg [MT]</p>	<p>6</p> <p>9:45 🔄 Seated Strength Class w/ Buckeye [MT]</p> <p>10:30 🎵 Memorable Melodies [LI]</p> <p>11:00 🎨 Diane Shields: Hearst Castle [MT]</p> <p>1:30 🎮 Canasta Group [AS]</p> <p>1:30 🎨 Jewelry Making [4C]</p> <p>2:00 🧵 Stitch Together w/Ruth [QC]</p> <p>2:15 🌟 New Series: The Great Trials of World History... [MT]</p> <p>3:30 🔄 Biking the Byways [MT]</p> <p>6:30 🎮 Bingo [4C]</p>	<p>7</p> <p>10:00 🌟 Bible Scripture Study [QC]</p> <p>10:00 🔄 Water Aerobics w/Alice [P]</p> <p>10:15 🔄 Rock Steady Boxing for Parkinson's</p> <p>1:00 🍦 Ice Cream Run to Aglamesis Brothers (R) [LI]</p> <p>1:30 🎮 Rummikub [WC]</p> <p>2:00 🔄 Basic Fitness w/ Buckeye [4P]</p> <p>2:00 🌟 Klau Library Program [MT]</p> <p>2:00 🎮 Poker Party [MN]</p> <p>3:30 📖 Book Club [MR]</p> <p>7:30 🎬 Movie [MT]</p>	<p>8</p> <p>10:00 🌍 European Tours [MT]</p> <p>11:15 🔄 Sit &amp; Be Fit [MT]</p> <p>12:30 🀄 Mahjong Group [AS]</p> <p>2:00 🔄 Target Shooting Practice [4C]</p> <p>3:00 🍷 Mixology: Featuring the French 75 [WC]</p> <p>3:30 🎨 Diane Shields: Gen. George Pickett [MT]</p> <p>7:30 🎬 Wild Carrot Concert [MT]</p>	<p>9</p> <p>10:15 🌊 Newport Aquarium &amp; Lunch (R) [L]</p> <p>1:15 🧘 Tai Chi w/ Kristen Dietsch [MT]</p> <p>2:00 🎮 Poker Party [MN]</p> <p>3:00 🀄 Brain Games w/Buckeye [MT]</p> <p>4:00 🌟 Shabbat Service: Dara Wood [AS]</p> <p>4:45 🎭 Happy Hour w/Denny D. [WC]</p> <p>7:30 🎬 Evening Documentary: SIMONE BILES RISING [MT]</p>	<p>10</p> <p>10:30 🛒 SHOPPING TRIP TO WAL-MART [L]</p> <p>1:30 🔄 Open Gym [FR]</p> <p>2:30 🎭 Cincinnati Youth Orchestra Concert [MT]</p> <p>2:30 🀄 Independent Card/Board Games [AS]</p> <p>7:30 🎬 Stormy Weather Concert [MT]</p>
<p>11:00 🌟 Hymn Singing [MR] 11</p> <p>11:00 🏴‍☠️ Presbyterian Service Streamed [MT]</p> <p>1:30 🔄 Open Gym [FR]</p> <p>2:00 🎬 Afternoon Movie [MT]</p> <p>2:00 🔄 Zumba Gold [4C]</p> <p>2:30 🀄 Independent Card/Board Games [AS]</p> <p>7:30 🎬 Movie [MT]</p>	<p>12</p> <p>10:00 🔄 Water Aerobics-CANCELED [P]</p> <p>11:10 🧘 Meditation Class [MT]</p> <p>11:45 🔄 Chair Yoga with Becky [MT]</p> <p>1:00 🎨 Fine Arts Matinee [MT]</p> <p>1:30 🛒 Shopping - Downtown Madeira [L]</p> <p>2:00 🔄 Chair Exercise w/ Buckeye [4P]</p> <p>2:00 🎮 Poker Party [MN]</p> <p>3:00 🗓️ Programs Planning Meeting [MT]</p> <p>4:00 🌟 Rosary Prayer Group [MR]</p> <p>7:30 📺 Documentary [MT]</p>	<p>13</p> <p>9:45 🔄 Seated Strength Class w/ Buckeye [MT]</p> <p>10:30 🎵 Memorable Melodies [LI]</p> <p>11:00 🎨 Diane Shields: Charles de Gaulle [MT]</p> <p>1:30 🎮 Canasta Group [AS]</p> <p>1:30 🎨 Jewelry Making [4C]</p> <p>2:00 🧵 Stitch Together w/Ruth [QC]</p> <p>2:15 🌟 New Series: The Great Trials of World History... [MT]</p> <p>3:30 🔄 Biking the Byways [MT]</p> <p>6:30 🎮 Bingo [4C]</p> <p>7:00 🎨 Card Making w/Brenda (R) [MR]</p> <p>7:30 🎬 Evening Movie [MT]</p>	<p>14</p> <p>10:00 🌟 Bible Scripture Study [QC]</p> <p>10:00 🔄 Water Aerobics-CANCELED [P]</p> <p>10:15 🔄 Rock Steady Boxing-CANCELLED</p> <p>11:00 🍷 Lunch Outing to Olive Garden [LI]</p> <p>11:00 🧘 Nourishing Minds w/the Rabbi [MR]</p> <p>1:30 🎮 Rummikub [WC]</p> <p>2:00 🔄 Basic Fitness w/ Buckeye [4P]</p> <p>2:00 🎮 Poker Party [MN]</p> <p>3:30 🎵 Name That Tune! [WC]</p> <p>7:30 🎬 Movie [MT]</p>	<p>15</p> <p>10:00 🌍 European Tours [MT]</p> <p>10:00 🌟 Praying the Rosary [4T]</p> <p>10:30 🌟 Catholic Mass [4T]</p> <p>11:15 🔄 Sit &amp; Be Fit [MT]</p> <p>12:30 🀄 Mahjong Group [AS]</p> <p>2:00 🌍 Adventures: France!</p> <p>3:30 🎨 Diane Shields: Princess Diana [MT]</p> <p>7:30 🎬 Movie [MT]</p>	<p>16</p> <p>11:00 ♔ Chess Match [4C]</p> <p>12:00 🔄 Balance with Buckeye [MT]</p> <p>1:00 🍷 Outing to Boosalis Baking Kenwood (R) [L]</p> <p>1:15 🧘 Tai Chi w/ Kristen Dietsch [MT]</p> <p>2:00 🎮 Poker Party [MN]</p> <p>3:00 🔄 Zumba Gold [4P]</p> <p>4:00 🌟 Shabbat Service: Dara Wood [AS]</p> <p>4:30 🎭 Happy Hour w/ Mike Pendell [WC]</p> <p>7:30 🎬 New Release Movie [MT]</p>	<p>17</p> <p>10:30 🛒 SHOPPING TRIP TO WAL-MART [L]</p> <p>1:30 🔄 Open Gym [FR]</p> <p>2:00 🎬 Afternoon Movie [MT]</p> <p>2:30 🀄 Independent Card/Board Games [AS]</p> <p>7:30 🎬 Evening Movie [MT]</p>
<p>11:00 🌟 Hymn Singing [MR] 18</p> <p>11:00 🏴‍☠️ Presbyterian Service Streamed [MT]</p> <p>1:30 🔄 Open Gym [FR]</p> <p>2:00 🎬 Afternoon Movie [MT]</p> <p>2:00 🎮 Bingo [4C]</p> <p>2:30 🀄 Independent Card/Board Games [AS]</p> <p>7:30 🎬 Movie [MT]</p>	<p>19</p> <p>10:00 🔄 Water Aerobics w/ Alice [P]</p> <p>11:10 🧘 Meditation Class [MT]</p> <p>11:45 🔄 Chair Yoga with Becky [MT]</p> <p>1:00 🎨 Fine Arts Matinee [MT]</p> <p>1:30 🛒 Shopping - Downtown Madeira [L]</p> <p>2:00 🎮 Poker Party [MN]</p> <p>3:00 🔄 Chair Volley Ball Game w/ Buckeye [3P]</p> <p>3:15 🎨 Fine Arts Class (R) [AS]</p> <p>4:00 🌟 Rosary Prayer Group [MR]</p> <p>4:30 🍷 Outing to Tony's Steakhouse (R) [L]</p> <p>6:30 🎮 Bingo with Encompass [AL4]</p> <p>7:30 🎨 Nick Greenberg Trio Concert [MT]</p>	<p>20</p> <p>9:45 🔄 Seated Strength Class w/Buckeye [MT]</p> <p>10:30 🎵 Memorable Melodies [LI]</p> <p>11:00 🎨 Diane Shields: King Edward VIII [MT]</p> <p>1:30 🎮 Canasta Group [AS]</p> <p>2:00 🧵 Stitch Together w/Ruth [QC]</p> <p>2:00 🎨 Tu B'Av Art with JFS (R) [AS]</p> <p>2:15 🌟 New Series: The Great Trials of World History... [MT]</p> <p>3:30 🔄 Biking the Byways [MT]</p> <p>5:30 🍷 Cafe de Kenwood: Paris Night! [MDR]</p> <p>6:30 🎮 Bingo [4C]</p> <p>7:30 🎬 Evening Movie [MT]</p>	<p>21</p> <p>10:00 🌟 Bible Scripture Study [QC]</p> <p>10:00 🔄 Water Aerobics w/Alice [P]</p> <p>10:15 🔄 Rock Steady Boxing for Parkinson's</p> <p>1:30 🎮 Rummikub [WC]</p> <p>2:00 🔄 Basic Fitness w/ Buckeye [4P]</p> <p>2:00 🎮 Poker Party [MN]</p> <p>2:00 🏛️ Town Hall Meeting [MT]</p> <p>3:30 🎵 Name That Tune! [WC]</p> <p>7:30 🎬 Movie [MT]</p>	<p>22</p> <p>Library Book Delivery</p> <p>10:00 🌍 European Tours [MT]</p> <p>11:15 🔄 Sit &amp; Be Fit [MT]</p> <p>12:30 🀄 Mahjong Group [AS]</p> <p>1:30 🍷 Ladies Tea (R) [AS]</p> <p>3:30 🎨 Diane Shields: City of Venice [MT]</p> <p>7:30 🎬 Movie [MT]</p>	<p>23</p> <p>10:45 🍷 Lunch at Buckhead on the River (R) [L]</p> <p>11:00 ♔ Chess Match [4C]</p> <p>1:15 🧘 Tai Chi w/ Kristen Dietsch [MT]</p> <p>2:00 🎮 Poker Party [MN]</p> <p>3:00 🀄 Brain Games w/Buckeye [MT]</p> <p>4:00 🌟 Shabbat Service: Dara Wood [AS]</p> <p>4:30 🎭 Happy Hour w/ Phil DeGreg [WC]</p> <p>7:30 🎬 New Release Movie [MT]</p>	<p>24</p> <p>10:30 🛒 SHOPPING TRIP TO WAL-MART [L]</p> <p>1:30 🔄 Open Gym [FR]</p> <p>2:00 🎬 Afternoon Movie [MT]</p> <p>2:30 🀄 Independent Card/Board Games [AS]</p> <p>7:30 🎬 Evening Movie [MT]</p>
<p>11:00 🌟 Hymn Singing [MR] 25</p> <p>11:00 🏴‍☠️ Presbyterian Service Streamed [MT]</p> <p>1:30 🔄 Open Gym [FR]</p> <p>2:00 🎬 Afternoon Movie [MT]</p> <p>2:00 🔄 Afternoon Stretch [4C]</p> <p>2:30 🀄 Independent Card/Board Games [AS]</p> <p>7:30 🎬 Movie [MT]</p>	<p>26</p> <p>10:00 🔄 Water Aerobics w/ Alice [P]</p> <p>11:10 🧘 Meditation Class [MT]</p> <p>11:45 🔄 Chair Yoga with Becky [MT]</p> <p>1:00 🎨 Fine Arts Matinee [MT]</p> <p>1:30 🛒 Shopping - Blue Ash Kroger [L]</p> <p>2:00 🔄 Chair Exercise w/ Buckeye [3P]</p> <p>2:00 🎮 Poker Party [MN]</p> <p>3:00 🏃 Buckeye Health Matters: Balance [MT]</p> <p>4:00 🌟 Rosary Prayer Group [MR]</p> <p>7:30 📺 Documentary [MT]</p>	<p>27</p> <p>9:45 🔄 Seated Strength Class w/Buckeye [MT]</p> <p>10:30 🎵 Memorable Melodies [LI]</p> <p>11:00 🎨 Diane Shields: USS Cincinnati [MT]</p> <p>2:00 🧵 Stitch Together w/Ruth [QC]</p> <p>5:00 🔄 Kenwood Luau (R) [MT]</p> <p>6:30 🎮 Bingo [4C]</p>	<p>28</p> <p>10:00 🌟 Bible Scripture Study [QC]</p> <p>10:00 🔄 Water Aerobics w/Alice [P]</p> <p>10:15 🔄 Rock Steady Boxing for Parkinson's</p> <p>1:30 🎮 Rummikub [WC]</p> <p>2:00 🎨 August Craft [4C]</p> <p>2:00 🔄 Basic Fitness w/ Buckeye [4P]</p> <p>2:00 🗣️ Men's Discussion Group</p> <p>2:00 🎮 Poker Party [MN]</p> <p>3:30 🎵 Name That Tune! [WC]</p> <p>7:30 🎬 Movie [MT]</p>	<p>29</p> <p>10:00 🌍 European Tours [MT]</p> <p>11:15 🔄 Sit &amp; Be Fit [MT]</p> <p>12:30 🀄 Mahjong Group [AS]</p> <p>3:30 🎨 Diane Shields: Inchon! Korean War [MT]</p> <p>7:30 🎬 Happy Hour Duo Concert [MT]</p>	<p>30</p> <p>10:30 🌸 Floral Arranging (R) [MT]</p> <p>11:00 ♔ Chess Match [4C]</p> <p>1:15 🧘 Tai Chi w/ Kristen Dietsch [MT]</p> <p>2:00 🎮 Poker Party [MN]</p> <p>3:00 🔄 Zumba Gold [4P]</p> <p>4:00 🌟 Shabbat Service: Dara Wood [AS]</p> <p>4:30 🎭 Happy Hour w/ Tammy Powell [WC]</p> <p>7:30 🎬 New Release Movie [MT]</p>	<p>31</p> <p>10:30 🛒 SHOPPING TRIP TO WAL-MART [L]</p> <p>12:00 🍷 Kenwood Family Buffet</p> <p>1:30 🔄 Open Gym [FR]</p> <p>2:00 🎬 Afternoon Movie [MT]</p> <p>2:30 🀄 Independent Card/Board Games [AS]</p> <p>7:30 🎬 Evening Movie [MT]</p>