

Kensington Club@Parklawn

Activities Calendar

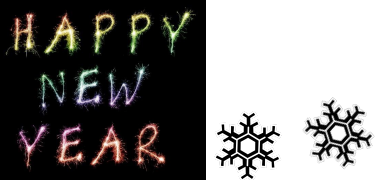


Ann L. Bronfman Center Jewish Council for the Aging
 12320 Parklawn Drive Rockville, MD 20850
 Office: 301-255-4204

January 2020


Director: Colleen Kemp, CTRS
Activity Leaders:
 Louise Schneider
 Lily Groh
 Diana Caisse
 Gail Goldfarb
 Susan Harris

Tine Nasution,
 Betty St John Program
 Receptionists
 Emmanuel Cobbinah,
 Program Aide
 *Activities Subject To Change




Monday	Tuesday	Wednesday	Thursday	Friday
	<p>“And now let us welcome the New Year full of things that have never been.” -Rainer Maria Rilke</p> 	<p>1 Kensington Club is CLOSED For New Year’s Day On this day, in 1892, Ellis Island opened its stations. Let’s remember the 20 million immigrants who passed through their doors.</p>	<p>2 10:00 Coffee, Current Events 11:00 Arts for the Aging: Cooperation with Peter Burroughs 1:00 Sittercise 1:30 New Year’s Day Traditions and Resolutions</p>	<p>3 10:00 Coffee & Mind Trivia: 11:00 Spirit Club Exercise With Abel 1:00 Famous BIO: Louis Braille and The Reading System He Invented For the Blind</p>
<p>6 10:00 Java and Word Games 11:00 Preventative Health Discussion: <i>Best Ways to Keep Healthy This Winter</i> 11:30 Memory & Mobility 1:00 Remembering the Best of Radio’s Golden Years: Favorite Programs and Famous Stars</p>	<p>7 10:00 Coffee & Brain Fun 11:00 People, Animals, Love (PAL), Dog Visits 1:00 How Was George Washington Elected? Learn About the First U.S. Presidential Election</p>	<p>8 10:00 Coffee & Mind Trivia: 11:00 Swing & Sway with the King of Rock & Roll-Celebrate Elvis’ Birthday Today!</p>  <p>1:00 Words From A Word Game</p>	<p>9 10:00 Coffee & This Month In Sports History 11:00 Cultural Arts With Lisa 1:00 Advice to the Lovelorn: Helping “Dear Abby” Answer the Tough Questions</p>	<p>10 Happy Birthday Florence! 10:00 Java & Jogger 11:00 Spirit Club Exercise With Abel 1:00 Categories Game/ BINGO DON’T FORGET THE 7TH ANNUAL JCA KC ART SHOW OPENING ON SUNDAY, JANUARY 12 FROM 2-3:30PM!</p>
<p>13 Happy Birthday Betty 10:00 Coffee & Mental Floss 11:00 Intergen Hour 1:00 Sing Along: 40’s & 50’s Hit Songs</p>	<p>14 10:00 Coffee & Current Events 11:00 Who was Rev. Dr. Albert Schweitzer? His Work & Legacy 11:30 Seated Tai Chi 1:00 Charades & <i>Who Am I?</i> Game</p>	<p>15 10:00 Coffee & This Day In History 11:00 Discussion: The Discovery of Insulin and Medical Breakthroughs 1:00 Art Therapy With Annie</p>	<p>16 10:00 Coffee & News 11:00 Prohibition: The 18th & 21st Amendments Revisited 1:00 Let’s Learn about JAZZ- Benny Goodman, Clarinetist & Band Leader 1:30 Relaxation with Susan</p>	<p>17 National Hat Day! Wear Your Favorite Hat to KC 10:00 Coffee & Crossword 11:00 Spirit Club Exercise With Abel 1:00 Bio Review: Ben Franklin: Inventor, Statesman, Philosopher</p>

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Activities Calendar
Transportation
 Use for any changes to the schedule.
 301-468-1740

JANUARY 2020 
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 for the Aging 12320 Parklawn Drive
 Rockville, MD 20850



Monday	Tuesday	Wednesday	Thursday	Friday
<p>20 Kensington Club is CLOSED In Observance of Dr. Martin Luther King Jr. Day</p> 	<p>21 10:00 Coffee & This Day In History 11:00 Timeslips: Creative Writing Workshop 11:30 Seated Zumba 1:00 Honoring Dr. King With Photos and Readings</p>	<p>22 Happy Birthday Madeline And Kensington Club's 12th Anniversary Celebration! 10:00 Coffee & Current Events 10:30 K.C. Trivia w/ Pearl 11:30: Seated Qigong 1:00 Members' Choice: Board Games, Scrabble, and Puzzles</p>	<p>23 10:00 Coffee & Memory Jogger 11:00 Music Therapy With Diane 1:00 Thomas Jefferson's Monticello: Virginia's Architectural Marvel</p>	<p>24 10:00 Coffee & Brain Fitness 11:00 Spirit Club Exercise With Abel 1:00 Reminiscing about Winston Churchill: the Giant Who Saved Europe in WWII</p>
<p>27 10:00 Coffee & Word Fun 11:00 Celebrate Chinese New Year, Year of the Rat! CHINESE LUNCHEON 1:00 Happy Birthday Amadeus Mozart: Famous Bio and Stretch/Relax to His Music!</p>	<p>28 10:00 Coffee & Current Events 11:00 Art Appreciation: Who Was Jackson Pollock? 11:30: Exercise with Balls & Weights 1:00 Poetry Workshop With Dana</p>	<p>29 10:00 Java & Mental Floss 10:30 Virtual Travel: The Great Unknown...Space & Beyond 11:30: Midweek Pick-Up (loosen up those muscles with exercise)! 1:00 Creative Storytelling w/ the Saturday Evening Post</p>	<p>30 10:00 Coffee, Word Challenge & Current Events 11:00 Arts For The Aging: Dance & Poetry with Lauren Boyle/Nancy Havlik 1:00 Remembering the New Deal...FDR is Born!</p>	<p>31 10:00 Coffee & This day in History 11:00 Spirit Club Exercise With Abel 1:00 In Baseball He Made History, Jackie Robinson, #42</p>