





JCA Gorlitz Kensington Clubs November 2023 Calendar of Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Color Key: KC@Parklawn = gold KC@White Oak = teal KC@Germantown = salmon</p> <p>*See the last page of this calendar for important information for the month</p>	<p>Delicious Autumn! My very soul is wedded to it, and if I were a bird, I would fly around the world seeking the successive Autumns! --George Eliot Born November 22, 1819</p>	<p>Native American Heritage Month All Saints Day (November 1) All Souls Day (November 2) Daylight Savings Time ends (November 5th) Election Day (November 7) Veterans Day (November 11) Diwali (November 12) World Hello Day November 21 Thanksgiving (November 23)</p>	<div data-bbox="1159 326 1522 560" style="text-align: center;"> </div> <p>Kensington Club staff is thankful for our wonderful members and caregivers! What are you thankful for?</p>	<p>Did you know... World Hello Day is a secular holiday observed annually on November 21, to express that conflicts should be resolved through communication rather than the use of force. Participants verbally greet ten people or more on that day as an expression of the importance of personal communication in preserving peace. The annual global event began to be celebrated in 1973 as a response to the Yom Kippur War.</p>

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<p>JCA Gorlitz Kensington Clubs November Activities 2023 This week at all Clubs: Welcome/Coffee/Tea/Snack-Sittercise – Interesting November Birthday Review: Whoopie Goldberg, Winston Churchill, Daniel Boone, Sojourner Truth – Reading Fall Poetry – Improv/Charades – Sing Along to John Denver – Why Daylight-Saving Time? – Free Rice Computer Game – Brain Game: Words Starting with “N.”</p>				
		<p style="text-align: center;">All Saints’ Day 1</p> <p>KC@White Oak Senior Center 09:30-01:30pm 10:15 Tai Chi with Kirk 11:00 Virtual Travel with Joyce – Thanksgiving Around the World</p>	<p style="text-align: center;">All Souls Day 2</p> <p style="text-align: center;">KC Make up day *RSVP deadline</p> <p>KC@Parklawn Morning Mavens 9:00am to 1:00pm 9:45 ClancyWorks – Creative Movement & Dance with Adrienne 11:00 Write in the Moment Poetry Workshop with Dana KC Afternoons 1:30-5:30pm 5:00 Seated Yoga with Kathy KC@Germantown Community Center 9:30-1:30pm 11:00 Field Trip: Black Hill Regional Park Nature Center – Nature Talk with Julie</p> <p><small>*In November and December, the KC Makeup day will be held from 10:00 – 2:00pm on third Wednesday of the month.</small></p>	<p style="text-align: center;">3</p> <p>KC On-Screen Pre-Recorded YouTube Video for November Watch your email for link!</p>

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<p>JCA Gorlitz Kensington Clubs November Activities 2023 This week at all Clubs: Welcome/Coffee/Tea/Snack- Mind Benders Stretch it Out – International Inventor’s Day Because of Hedy Lamarr – KC Jeopardy - Discussion of Music Genres: History of “Rapping”? – Celebrate our Veterans – November is American Diabetes Month; Tips for Prevention and Management</p>				
<p style="text-align: right;">6</p> <p>Adolphe Sax Birthday, Inventor of the Saxophone</p>	<p style="text-align: right;">7</p> <p>Marie Curie’s Birthday</p>	<p style="text-align: right;">8</p>	<p style="text-align: right;">9</p> <p>Happy Birthday Barbara Carl Sagan’s Birthday and International Inventor’s Day</p>	<p style="text-align: right;">10</p>
<p>KC@Germantown Community Center 9:30am - 1:30pm</p>	<p><u>KC@Parklawn</u> Morning Mavens 9:00am - 1:00pm 11:00 ClancyWorks: Creative Movement and Dance with Adrienne KC Parklawn Afternoons 1:30-5:30pm 2:00 Art with Cecilia 3:00 Seated Yoga with Debi</p>	<p>KC@White Oak Senior Center 9:30-1:30pm 10:15 Seated Yoga with Kathy 11:00 Art Therapy with Annie</p>	<p>KC@Parklawn Morning Mavens 9:00am to 1:00pm 11:00 Harry Belafonte: Always in Focus with Sheldon KC@Parklawn Afternoons 1:30-5:30pm 2:00 Surprise P.A.L. visit KC@Germantown Community Center 9:30-1:30pm 12:30 Art Therapy with Annie</p>	<p style="text-align: center;">Veterans Day Saturday, November 11th Thank you for your service.</p> 

	Tuesday	Wednesday	Thursday	Friday
<p>JCA Gortitz Kensington Clubs Calendar November Activities 2023. This week at all Clubs: Welcome/Coffee/Tea/Snack-Focus on Fall Prevention & Relaxation– What is Diwali? - Biography Game: Who Am I? - Good News of the Day – November Art Spotlights: Rodin, Monet, and Magritte - Reminisce About Your Holidays – Preparing for Thanksgiving with Turkey Day <i>Delicacies</i> at all club locations this week!</p>				
13	14	15	Great American Smoke out 16	17
<p>Diwali – November 12</p>	<p>Claude Monet's Birthday</p>			
<p>KC@Germantown Community Center 9:30-1:30pm 11:00 Arts for The Aging: Moving with the World with Annetta</p>	<p>KC@Parklawn Morning Mavens 9:00am to 1:00pm Outing to Croydon Creek Nature Center KC Parklawn Afternoons 1:30pm to 5:30pm Outing to Starbucks 4:00 Clancyworks: Creative Movement and Dance with Maggie</p>	<p>KC@White Oak Senior Center 09:30 - 1:30pm 10:00 Music Therapy with Meghan</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>KC Parklawn Make Up or Add-On Day 10:00am to 02:00pm ckemp@accessjca.org 10am - Drop off will be at the JCC 6125 Montrose Road, Rockville, MD 20852 Pick up will be at JCA</p> </div>	<p>KC@Parklawn Morning Mavens 9:00am to 1:00pm 11:30-1:00 JCA Heyman Interages: Intergenerational Fun with Milton Gottesman Jewish Day School! KC Parklawn Afternoons 1:30-5:30pm Club Turkey Sandwich Lunch Provided by Toby Zlotnicki Today! 3:00 Cultural Arts with Lisa 5:00 Seated Yoga with Kathy KC@Germantown Community Center 9:30-1:30pm 12:45 Seated Yoga with Debi</p>	<p>Eli's Loaves of Love Challah Delivery Today!</p> <p>RSVP by 11/10/23 to ckemp@accessjca.org</p>
<p>What is Diwali? Beginning on November 12th, a five-day festival on the Hindu calendar that holds a special reverence for many people as it honors Lakshmi, the goddess of wealth. During this festive period, lamps are illuminated, and doors and windows are left open to guide Lakshmi into people's homes.</p>				

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JCA Gorlitz Kensington Clubs Calendar of November Activities 2023 . This week at all Clubs: Welcome/Coffee/Tea/Snack- & Catching Up - Seated Fitness & Dancing to Elvis - Recalling JFK and his legacy - Thanksgiving History & Native American Heritage Day - <i>Hello and Goodbye</i> in Various Languages: What is International <i>HELLO DAY</i> ?				
20 Happy Birthday President Joe Biden-81	World TV Day 21	22	Happy Birthday Robin Roberts of Good Morning America 23	Native American Heritage Day 24
KC@Germantown Community Center 9:30-1:30pm 11:00 Music Therapy with Anna 12:30 Clancyworks: Creative Movement and Dance with Devon	KC@Parklawn Morning Mavens 9:00am to 1:00pm 11:00 Art Therapy with Annie KC Parklawn Afternoons 1:30pm to 5:30pm 2:00 Art with Cecilia 3:00 Chair Fitness with Susan	KC@White Oak Senior 09:30 - 1:30pm 1:00 Seated Yoga with Kathy	JCA and Kensington Club will be closed today in observance of Thanksgiving. 	JCA and Kensington Club will be closed Friday, 11/24, for the Thanksgiving Holiday weekend. We will reopen on Monday, November 27th.

Monday	Tuesday		
<p>JCA Gorlitz Kensington Clubs Calendar of November Activities 2023, This Week at All Clubs: Welcome/Coffee/Tea/Snack - Fitness Fun – Author Spotlight: Mark Twain – BINGO – Virtual Winter Travel - What are YOU thankful for? - Creative Art Project – Categories Game – 11/28 This Day in History: Sojourner Truth's Incredible Life and Magellan Reached the Pacific in 1520</p>			
27	28	29	Happy Birthday Mark Twain 30
<p>KC@Germantown Community Center and JCA Offices 9:30-1:30pm 12:00-1:00 JCA Heyman Interages & KC: Intergenerational Outing to Rachel Carson Elementary School</p>	<p>KC@Parklawn Morning Mavens 9:00am to 1:00pm 10:00 Surprise P.A.L. visit 11:00 Music Therapy with Yvonne KC Parklawn Afternoons 1:30pm to 5:30pm 2:00 Music Therapy with Yvonne 3:00 Chair Fitness with Susan</p>	<p>KC@White Oak Senior Center 9:30-1:30pm 11:00 Arts for The Aging: Finding Your Rhythm with Erika</p>	<p>KC@Parklawn Morning Mavens 9:00am to 1:00pm 9:45 Arts for The Aging with Lauren and Sandy 11:00 Seated Yoga with Regine KC Parklawn Afternoons 1:30-5:30pm 2:30 Arts for The Aging with Lauren and Sandy 5:00 Seated Yoga with Kathy KC@Germantown Community Center 9:30-1:30pm 12:30 Clancyworks: Creative Movement and Dance with Devon</p>

HEADQUARTERS LOCATION INFO	SATELITE LOCATION INFO	November Calendar Reminders		THE MONTH AHEAD
<p><u>KC@Parklawn</u> Tuesdays and Thursdays 9am - 1pm or 1:30pm - 5:30pm 12320 Parklawn Dr Rockville, MD 20852 301-255-4204</p> <p>Contacts: Morning Sessions and Afternoon Sessions: Director, Colleen Kemp ckemp@accessjca.org</p> <p>*A regular <i>make-up</i> day is offered on the third Wednesday of the month at KCP for members who have banked missed days at KC@Parklawn in Rockville. Please have your banked date available when you RSVP to Colleen. You may also use this day as an “added day” and the per diem charge will be applied. Must RSVP by Nov. 2nd</p>	<p><u>KC@White Oak Senior Center</u> Wednesdays 9:30-1:30pm 1700 April Ln. Silver Spring, MD 20904 Manager: Karen Miller (cell) 301-255-4221 *lunch included</p> <p><u>KC@Germantown Community Center</u> Mondays, Thursdays 9:30-1:30pm 18905 Kingsview Rd. Germantown, MD 20874</p> <p>Contact: Manager: Karen Miller (cell) 301-255-4221 (Center) 240-777-8095 *Free* *No drop-ins or makeup days</p>	<p>Eli's Loaves of Love Delivery in November will be November 17th.</p> <p>Toby Zlotnicki is providing lunch to the Tuesday KC Afternoons members on Thursday, November 16th. You do not have to pack a meal that day! We will notify you in advance that week regarding other Thanksgiving foods that will be served during the club day.</p> <p>3rd Wednesday Makeup Day Drop off will be at the JCC. 6125 Montrose Road, Rockville, MD 20852 (Pick up will be at JCA.)</p> <p>Please keep track of missed days at KC. When you RSVP, please provide the missed day so we can update our records. You can also add this day as an “extra day” and bring a check for the per diem dues.</p>	<p>We will be closed November 23 and Friday November 24th for the Thanksgiving holiday weekend.</p>	<p>December Reminder: Kensington Club will be closed from Monday, December 25th through Monday, January 1st. We will reopen on Tuesday, January 2nd.</p> <p><i>Parklawn and White Oak missed days can be arranged by joining other sessions or a scheduled make-up day.</i></p>