



JCA Gorlitz Kensington Clubs October 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 announcements and contact information</p>	<p>As Lucy Mead Montgomery (author of <i>Anne of Green Gables</i>) stated, <i>“I’m so glad I live in a world where there are Octobers.”</i></p>  	<p><u>Observations in October</u></p> <ul style="list-style-type: none"> -Sukkot, Jewish Autumn Festival (Sept 29–Oct 6) -Shemini Atzeret (Evening of Oct.6-Oct 8) -Indigenous People’s Day (October 9th) --Hispanic Heritage Month is Sept 15 to October 15 -Depression Awareness Month 	<p><u>Local Resource</u></p> <p>In Montgomery County, beautiful fall foliage can be seen at Black Hills Regional Park, Brookside Gardens, Lake Needwood, Pennyfield Lock Neighborhood, Rock Creek Regional Park, Seneca Creek, and many other beautiful places. Plan a mid-day scenic drive and enjoy the Beautiful Maryland Fall Foliage!</p> 	

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<p>JCA Gornitz Kensington Clubs October Calendar of Activities 2023 - This week at all Clubs: Welcome/Coffee/Tea/Snack Move & Sing to Your Favorite Broadway Tunes - Famous October Birthdays – Remembering Two Comedians: Groucho Marx and Penny Marshall - National Depression Awareness Month - World Space Week (October 4th-October 10th) – Famous Bio: Mahatma Gandhi</p>				
<p>Mahatma Gandhi's Birthday 2</p>	<p>3</p>	<p>Happy Birthday Mary Anne! 4</p>	<p>World Teachers Day! 5</p>	<p>Shemini Atzeret 6</p>
<p>KC@Germantown CLOSED THIS WEEK See you on Monday, October 9</p>	<p>KC@Parklawn Morning Mavens 9:00am to 1:00pm 11:00-12:00 JCA Interages Intergenerational Program with JCA Interages & the Milton Gottesman Jewish Day School</p> <p>KC Parklawn Afternoons 1:30-5:30pm 2:00 Art Class with Cecilia 4:00 Clancyworks: Creative Movement and Dance with Maggie</p>	<p>KC@White Oak Senior Center 09:30-01:30pm 11:00 Armchair Travel with Joyce: Let's Visit Some Fall Festivals</p> 	<p>KC@Parklawn Morning Mavens 9:00am to 1:00 pm Community Outing to the Josiah Henson Museum</p> <p>KC Afternoons 1:30-5:30pm Community Outing to Brookside Gardens 5:00 Relaxation and Breathing with Kathy</p> <p>KC@Germantown Community Center 9:30-1:30pm CLOSED – See you on Thursday, October 12!</p>	<p>Vaccination Clinic at JCA 9-12noon The North Bethesda Village in partnership with the Village of Kensington, and Giant Pharmacy will host a vaccination clinic at JCA. Registration requested.</p> <p>-----</p> <p>JCA and Kensington Clubs close at 3:00 p.m. for Shemini Atzeret</p>

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<p>JCA Gorlitz Kensington Clubs Calendar of October Activities – 2023 - <u>This week at all Clubs:</u> Welcome/Coffee/Tea/Snack - Stretch it out to Jazz – BINGO – Let’s Discuss Indigenous People’s Day – The Most Published First Lady - Sing-along to Simon & Garfunkel and the Beatles – Skits & Improv – Recalling Broom-Hilda, the Famous Comic Strip Witch</p>				
<p style="text-align: right;">9</p> <p>Indigenous People’s Day John Lennon’s Birthday</p>	<p style="text-align: right;">10</p> <p>Happy Birthday Joanne</p>	<p style="text-align: right;">11</p>	<p style="text-align: right;">12</p> <p>Happy Birthday Jacky</p>	<p style="text-align: right;">13</p> <p>Paul Simon’s Birthday</p>
<p>KC@Germantown Community Center 9:30am - 1:30pm</p> <p>10:00 Scenic Bus Trip: The Fall Foliage of Black Hills Regional Park</p> <p>12:30 Clancyworks: Creative Movement and Dance w/Devon</p> 	<p>KC@Parklawn Morning Mavens 9:00am - 1:00pm Club Lunch Provided by Toby Zlotnicki Today!</p> <p>11:15 Seated Yoga with Debi</p> <p>KC Parklawn Afternoons 1:30-5:30pm 2:00 Art with Cecilia 3:30 Pet Visits with PALS 4:00 Chair Fitness with Susan</p>	<p>KC@White Oak Senior Center 9:30-1:30pm 11:00 Arts for The Aging: Joy of Movement with Deborah 1:00 Gentle Movement, Relaxation, and Breathing with Kathy</p>  <p>Creator, Russell Myers, was born on October 9, 1938</p>	<p>KC@Parklawn Morning Mavens 9:00am to 1:00pm 9:45 Clancyworks: Creative Movement and Dance with Devon 11:00 Israel Trip 2023: Sites Scenes...with Volunteer, Sheldon Lehnert KC@Parklawn Afternoons 1:30-5:30pm 4:00 Clancyworks: Creative Movement and Dance w/Adrienne</p> <p>KC@Germantown Community Center 9:30-1:30pm 10:30 Music Therapy with Yvonne 12:30 Clancyworks: Creative Movement and Dance with Devon</p>	<p>1:30 p.m. Virtual Caregiver Zoom Workshop by Music Therapist, Anna Piper</p> <p>“How to Have Meaningful Connections Through Music at Home”</p> <p>https://us02web.zoom.us/j/7771623920?pwd=NEdYUWRicHdaVDFzSXZTSVRtdkdoUT09 Meeting ID: 777 162 3920 Password: 535850</p>

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<p>JCA Gorlitz Kensington Clubs Calendar of October Activities 2023 - This week at all Clubs: Welcome/Coffee/Tea/ Snack – Toning & Relaxation – Fall Art Project - Good News of the Day- Timeslips: Creative Writing – KC Jeopardy - Noah Webster & Modernizing the Dictionary - Free Rice Computer Game – How to Take Care of Your Mental Health – Celebrate Black Poetry Day with Us!</p>				
<p>Happy Birthday Jean! 16</p>	<p>Black Poetry Day 17</p>	<p>Chocolate Cupcake Day 18</p>	<p>19</p>	<p>20</p>
<p>KC@Germantown Community Center 9:30am - 1:30pm 12:30 Art Therapy with Annie</p>	<p>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 Class with Cecilia 3:30 Chair Fitness with Susan</p>	<p>KC@White Oak Senior Center 09:30 - 1:30pm 10:00 Music Therapy with Meghan 12:45 Clancyworks: Creative Movement and Dance with Adrienne KC Parklawn Make-Up or Add-On Day 1:30pm to 5:30pm ckemp@accessjca.org Email with the date of the missed session <u>or</u> state if it is an add-on day for your member. (Minimum of 4 members)</p>	<p>KC@Parklawn Morning Mavens 9:00am to 1:00pm 9:45 Creative Movement and Dance with Devon 12:15 Art Therapy with Annie KC Parklawn Afternoons 1:30-5:30pm 2:30 Where in the World with Tom Conger 5:00 Seated Yoga with Kathy KC@Germantown Community Center 9:30-1:30pm 11:15 Seated Yoga with Debi</p>	<p>Eli's Loaves of Love Challah Delivery Today! RSVP by 10/6/23 to ckemp@accessjca.org</p> 

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JCA Gorlitz Kensington Clubs Calendar of October Activities 2023 - This week at all Clubs: Welcome/Coffee/Tea/Snack & Conversation - Seated Fitness - Categories Game - Artist Spotlight: Pablo Picasso - Charades – Board Games & Puzzles – “What Would You Do?” - Virtual Travel to Your Hometown				
23	24	Pablo Picasso 25	26	27
<p data-bbox="107 367 453 537"> KC@Germantown Community Center and JCA Offices 11:00 Music Therapy with Anna </p> 	<p data-bbox="474 367 812 553"> KC@Parklawn Morning Mavens 9:00am to 1:00pm 11:00 Music Therapy with Yvonne </p> <p data-bbox="474 561 812 805"> KC Parklawn Afternoons 1:30pm to 5:30pm 2:00 Music Therapy with Yvonne 3:30 Chair Fitness with Susan </p>	<p data-bbox="833 367 1157 570"> KC@White Oak Senior 09:30 - 1:30pm 11:00 Art Therapy with Annie 1:00 Seated Yoga with Kathy </p>	<p data-bbox="1239 367 1583 886"> 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 4:00 Clancyworks: Creative Movement and Dance with Adrienne </p> <p data-bbox="1239 894 1583 1146"> KC@Germantown Community Center 9:30-1:30pm 11:00 Arts for The Aging: Breathe, Sense and Move with Chris and Nancy </p>	

Monday	Tuesday	Wednesday	Thursday	Friday
<p>JCA Gorlitz Kensington Clubs Calendar of October Activities 2023 – This week at all clubs: Welcome/Coffee/Tea/Snack & Conversation – This Day in History – Halloween Traditions – el Dio de los Muertos – The 13 Most Common Superstitions– Word Games & Trivia</p>				
<p>Candy Corn Day! 30</p>	<p>31</p> <p>Halloween & Día de los Muertos</p> <p>Feel Free to Wear a Costume/Accessory Today!</p>			<p>See you in November!</p>
<p>KC@Germantown Community Center and JCA Offices</p> <p>12:30 Clancyworks: Creative Movement and Dance with Devon</p>	<p>KC@Parklawn Morning Mavens 9:00am to 1:00pm 10:30 Cultural Arts with Lisa</p> <p>KC Parklawn Afternoons 1:30pm to 5:30pm 2:00 Halloween Art with Cecilia 3:30 Chair Fitness with Susan</p>	<p>el Día de los Muertos or Day of the Dead is October 31 to November 2 2023</p>		

HEADQUARTERS LOCATION	SATELLITE LOCATIONS	THIS MONTH	NEXT MONTH
<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>Important Contact Info</p> <p>Morning and Afternoon Sessions: Director, Colleen Kemp ckemp@accessjca.org</p> <p>*A regular <i>make-up day</i> 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 missed 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 the 10th</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 Manager: Karen Miller (cell) 301-255-4221 (Center) 240-777-8095 *Free* *No drop-ins or make-up days</p>	<p>On October 10th, Toby Zlotnicki is providing lunch to the <u>Tuesday KC Morning Mavens Members</u>. You do not pack a meal that day.</p> <p>Make up 3rd Wednesday is October 18th 1:30-5:30 at KC@Parklawn RSVP</p> <p>Please keep track of missed days at KC. When you RSVP, please provide the missed day so we can update our records.</p> <p>You can also add this day as an "extra day" and bring a check for the per diem charge.</p>	<p>November</p> <p>Eli's Loaves of Love for November, delivery will be November 17th</p> <p>RSVP ckemp@accessjca.org</p> <p>Kensington Club will be closed on Thursday, November 23rd and Friday, November 24th in observance of Thanksgiving.</p>