








JCA Gorlitz Kensington Clubs September 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><i>Try to remember the kind of September, When life was slow and oh so mellow.</i> <i>Try to remember the kind of September, When grass was green, and grain was yellow...</i></p> <p><i>Try to Remember</i>, a song about nostalgia. Written by Harvey Schmidt and Tom Jones,   1960</p> | <p><u>Holidays in September</u></p> <p>Labor Day (Sept 4)</p> <p>Patriot Day (Sept 11)</p> <p>Rosh Hashanah, Jewish New Year (Sept 15-17)</p> <p>Yom Kippur, Jewish Day of Atonement (Sept 24-25)</p> <p>Sukkot, Jewish Autumn Festival (Sept 29–Oct 6)</p> <p>--Hispanic Heritage Month is Sept 15 to October 15 --World Alzheimer's Month --National Fall Prevention Week Sept 12-22</p> | <p>Labor Day pays tribute to the contributions and achievements of American workers and is traditionally observed on the first Monday in September. It was created by the labor movement in the late 19th century and became a federal holiday in 1894. Labor Day weekend also symbolizes the end of summer for many Americans.</p>  <p>Alfonso Ponce de Leon, Painter, Born September 10, 1906 and died September 29th 1936</p> | <p style="text-align: right;">1</p> <p>Labor Day Weekend Have a wonderful holiday weekend!</p>  <p>This Day in History</p> <p>September 1, 1975 Daniel "Chappie" James, a former Tuskegee Airman, became the first Black four-star general in the United States Air Force</p> |

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>JCA Gorlitz Kensington Clubs September Calendar of Activities 2023 <u>This week at all Clubs:</u> Welcome/Coffee/Tea/Snack Why do Americans Observe Labor Day? Sittercise - Interesting September Birthday Review: Jessie James, Ray Charles, William Falkner, B.B. King, Lauren Bacall, Ed Sullivan, and Jose Feliciano! – Reading Fall Poetry Aloud: Who is your favorite poet? – Improv/Charades - Sing Along with Beatles – Let’s Discuss Grandparents: The Marvelous Older Generation that Play an Important Role in the Lives of Youth – Reminisce: The Amazing Harlem Globetrotters!</p> | | | | |
| <p>Labor Day 4</p> | <p>International Day of Charity 5</p> | <p>Krishna Janmashtami Hindu 6 celebration of the birth of Krishna The Harlem Globetrotters were organized on this day in 1927.</p> | <p>Happy Birthday Colleen & Ellis! 7 (And Queen Elizabeth) The First Miss America Pageant was held on this day in 1921</p> | <p>8</p> |
| <p>KC@Germantown Community Center And JCA Offices are Closed for the Labor Day Holiday</p> | <p>KC@Parklawn Morning Mavens 9:00am to 1:00pm 11:00 Field Trip to Armand's Pizzeria & Grille, Rockville 12:45 Yoga & Relaxation with Debi KC Parklawn Afternoons 1:30-5:30pm 3:30 Chair Fitness with Susan</p> | <p>KC@White Oak Senior Center 09:30-01:30pm</p> | <p>KC@Parklawn Morning Mavens 9:00am to 1:00pm 11:15 Write in the Moment Poetry with Dana KC Afternoons 1:30-5:30pm 3:00 Chair Fitness with Susan 5:00 Seated Yoga with Kathy KC@Germantown Community Center 9:30-1:30pm 12:45 Piano Sing Along with Sharon</p> | <p>KC On-Screen YouTube video link will be released via email at 11:00. *** Happy National Grandparent's Day, Sunday, September 10th</p> |

| Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>JCA Gorlitz Kensington Clubs September Calendar of Activities 2023 This week at all Clubs: Welcome/Coffee/Tea/Snack Mind Benders - Stretch it out to The Monkees - What Was Old Time Radio? – Read Aloud Radio Skits - BINGO- Art Spotlight: Grandma Moses - A Bissel of Yiddish with Susan - You Be the Judge (Court Cases to Discuss) – Timeslips: Creative Writing – KC Jeopardy – Let’s Talk: <i>Rosh Hashanah</i> - Apple and Honey Cake Breaks All Week Long for a Sweet New Year!</p> | | | | |
| <p>Happy Birthday Brad! 11 *Patriot Day</p> | <p>12 The Monkees Debuted on this day in 1966</p> | <p>13 International Chocolate Day and the birthday of Milton Hershey</p> | <p>14 Francis Scott Key wrote the Star-Spangled Banner on this Day in 1814</p> | <p>15 Eve of Rosh Hashanah</p> |
| <p>KC@Germantown Community Center 9:30am - 1:30pm 11:00 Music Therapy with Anna</p> <p>*Patriot Day occurs on September 11 of each year in memory of the people killed in the September 11 attacks of the year 2001.</p> | <p><u>KC@Parklawn</u> Morning Mavens 9:00am - 1:00pm 10:00 Intergenerational Fun with the Milton Gottesman Jewish Day School 11:15 Music Therapy with Yvonne</p> <p>KC Parklawn Afternoons 1:30-5:30pm 2:00 Music Therapy with Yvonne 3:30 Chair Fitness with Susan</p> | <p>KC@White Oak Senior Center 9:30-1:30pm 10:00 Virtual Travel to Budapest and Prague with Joyce 11:00 Arts for the Aging: Breathe, Sense and Move with Chris and Nancy 12:00 Catered Lunch from Moti's 1:00 Seated Yoga with Kathy</p> | <p>KC@Parklawn Morning Mavens 9:00am to 1:00pm</p> <p>KC@Parklawn Afternoons 1:30-5:30pm 2:15 Virtual Travel to Budapest and Prague with Joyce 3:00 Chair Fitness with Susan</p> <p>KC@Germantown Community Center 9:30-1:30pm 11:15 Write in the Moment Poetry with Dana</p> | <p>JCA Closes at 3:00 p.m.</p> <p>Shanah tovah um'tukah!</p> <p></p> <p>(Have a good and sweet year!)</p> <p>No Loaves of Love Delivery this month.</p> |

| Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>JCA Gorlitz Kensington Clubs Calendar September Activities 2023. This week at all Clubs: Welcome/Coffee/Tea/ Snack – Focus on Toning, Balance, Flexibility & Relaxation – September is World Alzheimer's Month – Biography Game: Who Am I? - Good News of the Day - Famous Marylander, Francis Scott Key & the National Anthem - Fall Prevention Week: Discuss the Risks That Seniors Face – Hispanic Heritage Month begins!</p> | | | | |
| <p>It's National Fall Prevention Week September 18-22. How can we work better at reducing falls risk at KC and at home?</p> | | | | |
| <p style="text-align: right;">18</p> <p>USAF Established on this day in 1947</p> | <p style="text-align: right;">19</p> | <p style="text-align: right;">20</p> <p>Happy Birthday Emmanuel, Turhan, & Polly</p> | <p style="text-align: right;">International Day of Peace 21</p> | <p style="text-align: right;">22</p> |
| <p>KC@Germantown Community Center</p> <p>12:30 Arts for The Aging: CoOPERAtion with Peter and Carlos</p> | <p>KC@Parklawn Morning Mavens 9:00am to 1:00pm 11:00 Art Therapy with Annie</p> <p>KC Parklawn Afternoons 1:30pm to 5:30pm Club Meal Provided by Toby Zlotnicki Today!</p> <p>2:30 Pet Visits with PAL 3:30 Chair Fitness with Susan</p> | <p>KC@White Oak Senior Center 09:30 - 1:30pm 10:00 Music Therapy with Meghan 1:00 Seated Yoga with Kathy</p> <div style="border: 1px solid black; padding: 5px;"> <p>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.</p> </div> | <p>KC@Parklawn Morning Mavens 9:00am to 1:00pm 11:00 Arts for The Aging Workshop with Lauren and Sandra</p> <p>KC Parklawn Afternoons 1:30-5:30pm 2:30 Arts for The Aging with Lauren and Sandra 4:00 Chair Fitness with Susan</p> <p>KC@Germantown Community Center 9:30-1:30pm 10:00 Music Therapy with Yvonne 11:15 Seated Yoga with Debi</p> | <p style="text-align: center;">Saturday, September 23rd - First Day of Fall</p> <p style="text-align: center;">HAPPY AUTUMN!</p>  |

| | Tuesday | Wednesday | Thursday | Friday |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|
| <p>JCA Gorlitz Kensington Clubs Calendar of September Activities 2023. This week at all Clubs: Welcome/Coffee/Tea/Snack & Catching Up - Seated Fitness to Classic Big Band Sounds - Famous Hollywood Heartthrobs - Categories Game - Fall Nature & Weather Observations - Celebrate Johnny Appleseed - *Virtual Travel: "Leaf Peeping" in New England states – What is World Heart Day on 9/28? – Focus on Toning, Balance, Flexibility & Relaxation</p> | | | | |
| 25 | 26 | World Tourism Day 27 | Happy Birthday Diane! 28 | 29 |
| | West Side Story Premieres on Broadway in 1957 | | Ed Sullivan Born on this Day 1901 and World Heart Day  | |
| <p>KC@Germantown Community Center and JCA Offices Closed for Yom Kippur.</p> <p>We wish everyone who is observing Yom Kippur, an easy fast. </p> <p>*What is Leaf peeping? It is an informal term in the United States and Canada for the activity in which people travel to view and photograph the fall foliage in areas where leaves change colors.</p> | <p>KC@Parklawn Morning Mavens 9:00am to 1:00pm 10:00 Pet Visits with PAL 11:00 Hispanic Heritage Cultural Arts with Lisa "Wonderful West Side Story"</p> <p>KC Parklawn Afternoons 1:30pm to 5:30pm 2:30 "Lift Up Your Voices:" Sing Along with Sheldon</p> | <p>KC@White Oak Senior 09:30 - 1:30pm</p> <p>11:00 Art Therapy with Annie 12:15 Lunch Outing</p> | <p>KC@Parklawn Morning Mavens 9:00am to 1:00pm 11:00 Yoga Exercise with Regine</p> <p>KC Parklawn Afternoons 1:30-5:30pm 3pm Chair Fitness with Susan 5:00 Seated Yoga with Kathy</p> <p>KC@Germantown Community Center 9:30-1:30pm 11:00 Lunch Outing 12:30 Art Therapy with Annie</p> | <p>JCA and Kensington Club Offices Close at 3:00 p.m.</p> |

| HEADQUARTERS LOCATION | SATELITE LOCATIONS | SEPTEMBER REMINDERS | THE MONTH AHEAD |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>KC@Parklawn Tuesdays and Thursdays 9am - 1pm or 1:30pm - 5:30pm 12320 Parklawn Dr Rockville, MD 20852 301-255-4204</p> <p>Contacts:</p> <p>Morning Sessions: Program Coordinator, Debbie Dyer ddyer@accessjca.org</p> <p>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 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 the 10th</p> | <p>KC@White Oak Senior Center Wednesdays 9:30-1:30pm 1700 April Ln. Silver Spring, MD 20904 Manager: Karen Miller (cell) 301-255-4221 *lunch included</p> <p>KC@Germantown Community Center 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>No Eli's Loaves of Love Delivery in September due to the Jewish holidays.</p> <p>September 19th Toby Zlotnicki is providing a lunch to the Tuesday KC Afternoons Members. You do not pack a meal that day!</p> <p>Make up 3rd Wednesday is September 20th 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>October</p> <p>Save the date!</p> <p>Caregiver Zoom Workshop by Music Therapist, Anna Piper Friday, <u>October 13</u> Time TBD</p> |