



JCA Gorlitz Kensington Clubs March Calendar of Activities 2023

JCA Headquarters 12320 Parklawn Drive Rockville, Maryland 20874 Main Office Phone: 301-255-4204
Director: Colleen M. Kemp, CTRS, CDP ckemp@accessjca.org Website: www.accessjca.org

**KC@WOSC =
White Oak Senior
Ctr.**

KCP = KC@Parklawn

**KC@Home =
Virtual/Hybrid**

**KC@Parklawn T, W, Th 9-1pm &
T/Th 1:30-5:30pm**
12320 Parklawn Dr
Rockville, MD 20852
301-255-4204

**KC@White Oak Senior Center
Wednesdays 9:30-1:30pm**
1700 April Ln. Silver Spring, MD
20904
301-255-4221

**KC @Home (virtual program)
Monday through Friday**



JCA Gortitz Kensington Clubs **Calendar of Activities March 2023** [This week at KC@White Oak Senior Center and KC@Parklawn:](#)
 Welcome/Coffee/Tea/Move & Groove to 50s Favorites - Famous March Birthdays -Free Rice Computer Quiz Game - This Month in Women's History - Virtual

KC@WOSC = White Oak Senior Ctr.	KC@Parklawn	KC@Home Virtual/Hybrid
--	--------------------	-----------------------------------

		1 WEDNESDAY	2 THURSDAY	3 FRIDAY
		<div style="border: 1px solid black; background-color: #fff9c4; padding: 5px; margin-bottom: 5px;"> <p><u>KCP Morning Mavens</u> <u>11:00-3:00 p.m.</u> **Accepting New Members**</p> </div> <div style="border: 1px solid black; background-color: #c8e6c9; padding: 5px;"> <p><u>KC@WOSC</u> <u>09:30-01:30 pm</u> 11:00 Let's Talk Travel with Joyce 1:00 Gentle Stretch and Relaxation with Kathy</p> </div>	<p><u>KC@Parklawn</u> <u>Morning Mavens</u> <u>9 to 1:00 pm</u></p> <p><u>KC Afternoons</u> <u>1:30-5:30pm</u> 2:30 Philosophy Club: Bertrand Russell with Brian</p>	<p><u>Pre-recorded KC</u> <u>On-Screen YouTube</u> Video Release Today at 11:00</p>
			<p><u>KC@Home</u> 11:00 HYBRID: March Holidays and Famous Birthdays</p>	

JCA Gortitz Kensington Clubs **Calendar of Activities March 2023** [This week at KC@White Oak Senior Center and KC@Parklawn:](#)
 Welcome/Coffee/Tea/Stretch it out to Jazz - Sing-A-Long - Creative Art Project - BINGO - Honoring Hollywood's Greatest Women - Inventions of Yesterday & Tomorrow - History of Daylight Saving Time - Purim Traditions -

KC@WOSC = White Oak Senior Ctr.	KC@Parklawn	KC@Home Virtual/Hybrid Programs
--	--------------------	--


	6 MONDAY	7 TUESDAY	8 WEDNESDAY	9 THURSDAY	10 FRIDAY
		<p style="text-align: center;">Purim <u>KC@Parklawn</u> <u>Morning Mavens</u> <u>9 to 1:00 pm</u> 11:00 Historical Reenactment: Meet Helen Dukas (Einstein's Secretary) w/ Candace Reddington</p> <p style="text-align: center;"><u>KC Afternoons</u> <u>1:30-5:30pm</u></p>	<div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;"><u>KCP Morning Mavens</u> <u>11:00-3:00 p.m.</u> <u>**Accepting New Members**</u></p> </div> <div style="border: 1px solid black; padding: 5px; background-color: #e0f2f1;"> <p style="text-align: center;"><u>KC@WOSC</u> <u>09:30-01:30 pm</u> 10:30 Gentle Stretch and Relaxation with Kathy</p> </div>	<p style="text-align: center;"><u>KC@Parklawn</u> <u>Morning Mavens</u> <u>9 to 1:00 pm</u> 11:00 Arts For The Aging: Embracing Spring with Paula and Lauren</p> <p style="text-align: center;"><u>KC Afternoons</u> <u>1:30-5:30pm</u> 2:00 Arts For The Aging: Embracing Spring with Paula and Lauren</p>	
		<p style="text-align: center;"><u>KC@Home</u> 10:00 HYBRID: Let's Talk Purim 2:30 HYBRID: Movement and Trivia</p>		<p style="text-align: center;"><u>KC@Home</u> 10:00 HYBRID: Thursday Tone-Up 4:00 HYBRID: KC Member Council</p>	

JCA Gorlitz Kensington Clubs **Calendar of Activities March 2023** This week at KC@White Oak Senior Center and KC@Parklawn:
 Welcome/Coffee/Tea/Mind Benders - Toning & Relaxation - St Patrick's Day Trivia - Spotlight Ruth Bader Ginsburgh - Timeslips Creative Writing
 - Healthy Habits - Jeopardy - Virtual Travel Around The World

KC@WOSC = White Oak Senior Ctr.

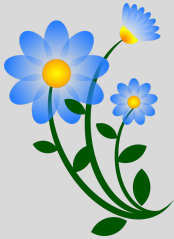
KC@Parklawn

KC@Home Virtual/Hybrid Program

	13 MONDAY	14 TUESDAY	15 WEDNESDAY	16 THURSDAY	17 FRIDAY
		<p>KC@Parklawn Morning Mavens 9 to 1:00 pm 10:00 St Patrick's Day Celebration with Culkin School</p> <p>11:30 Cultural Arts with Lisa</p> <p>KC Afternoons 1:30-5:30pm</p>	<p>KCP Morning Mavens 9 to 1:00 p.m. **Accepting New Members**</p> <p>KC@WOSC 09:30-01:30 pm 11:00 Arts For The Aging: Today, It's Spring! With Paula Cleggett</p>	<p>KC@Parklawn Morning Mavens 9 to 1:00 pm 11:00 Nature Presentation: Spring Wildflowers with Sarah</p> <p><i>Happy Birthday Edith!</i></p> <p>KC Afternoons 1:30-5:30pm 5:00 Gentle Stretch and Relaxation with Kathy</p>	<p>St. Patrick's Day</p> <p>KC@Parklawn Make Up Day 11 to 3:00 pm Please email Colleen if you would like to attend this day. ckemp@accessjca.org</p> <p>Loaves of Love Challah Delivery today!</p> <p>2:00 Shabbat Shalom with Susan & Ellis </p>
				<p>KC@Home 2:30 HYBRID: Let's Talk some St. Patrick's Day Music, Trivia & More</p>	

JCA Gortitz Kensington Clubs **Calendar of Activities March 2023** [This week at KC@White Oak Senior Center and KC@Parklawn:](#)
 Welcome/Coffee/Tea/Conversation - Seated Fitness to Classical Music - Spring Equinox - JINGO - Happy 235th Birthday Maryland - Wellness
 Topic: Decreasing Stress - Categories Game - Celebrate World Poetry Day

KC@WOSC = White Oak Senior Ctr.	KC@Parklawn	KC@Home Virtual and Hybrid
--	--------------------	-----------------------------------

	20 MONDAY	21 TUESDAY	22 WEDNESDAY	23 THURSDAY	24 FRIDAY
	<p><i>First Day of Spring!!</i></p> 	<p><u>KC@Parklawn</u> <u>Morning Mavens</u> 9 to 1:00 pm 11:00 Music Therapy with Diane</p> <p><u>KC Afternoons</u> 1:30-5:30pm</p>	<p><u>KCP Morning Mavens</u> 9 to 1:00 pm **Accepting New Members**</p>	<p><u>KC@Parklawn</u> <u>Morning Mavens</u> 9 to 1:00 pm 12:00 Classic Genesis with Toby <i>Happy Birthday Margaret H!</i></p> <p><u>KC Afternoons</u> 1:30-5:30pm 5:00 Gentle Stretch and Relaxation with Kathy</p>	
	<p><u>KC@Home</u> 4:00 OTAGO Falls Prevention Exercise</p>	<p><u>KC@Home</u> 10:00 HYBRID: Let's Talk Yiddish with Susan 2:30 HYBRID: This Month in History & Maryland Day</p>	<p><u>KC@Home</u> 11:00 HYBRID National Nutrition Month with Rhonda</p>	<p><u>KC@Home</u> 11:00 HYBRID: Terrific Tunes: The Beatles w/Sheldon 2:30 HYBRID: Pop Culture of the 50's w/Joyce</p>	

JCA Gortitz Kensington Clubs **Calendar of Activities March 2023** [This week at KC@White Oak Senior Center and KC@Parklawn:](#)
 Welcome/Coffee/Tea/Conversation - Seated Fitness to Broadway Songs from Oklahoma - Artist Spotlight: Vincent Van Gogh - Washington DC
 Cherry Blossom History - Top 5 Medical Milestones - Charades

KC@WOSC = White Oak Senior Ctr.	KC@Parklawn	KC@Home Virtual and Hybrid
--	--------------------	-----------------------------------

	27 MONDAY	28 TUESDAY	29 WEDNESDAY	30 THURSDAY	31 FRIDAY
		<p><u>KC@Parklawn</u> <u>Morning Mavens</u> 9 to 1:00 pm 10:00 Pet Visit with PAL 11:00 Intergenerational SHARE</p> <p><u>KC Afternoons</u> <u>1:30-5:30pm</u></p>	<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <p><u>KCP Morning Mavens</u> **Accepting New Members**</p> </div> <div style="border: 1px solid black; padding: 5px;"> <p><u>KC@WOSC</u> <u>09:30-01:30 pm</u> 1:00 Gentle Stretch and Relaxation with Kathy</p> </div>	<p><u>KC@Parklawn</u> <u>Morning Mavens</u> 9 to 1:00 pm 12:00 Classic Genesis with Toby</p> <p><u>KC Afternoons</u> <u>1:30-5:30pm</u></p>	
	<p><u>KC@Home</u> 4:00 OTAGO Falls Prevention Exercise</p>	<p><u>KC@Home</u> 2:30 HYBRID: Croydon Creek: Spring Ephemerals: Early Spring Wildflowers</p>		<p><u>KC@Home</u> 11:00 HYBRID: Seated Yoga with Regine</p>	