



JCA Kensington Club Blended Engagement Activity Calendar

November 2021



The JCA Gorlitz Kensington Clubs
 12320 Parklawn Dr. Rockville, MD 20852
ckemp@accessjca.org

KC LIVE Groups: [JCA Zoom Room - click here](#)

OR you can enter the Meeting ID and Password:

Meeting ID: 777 162 3920 Password: 535850

*Activities are subject to change.

Sunday	Monday	Tuesday	Wednesday: Ex Day	Thursday	Friday
<p>Hybrid Programs in royal blue and are enjoyed from the Club and Home!</p> <p>Tue and Th are in-person days at KC@Parklawn, 9-1pm and 1:30-5:30pm</p> <p>Sunday, Mon, Wed and Fri are virtual KC@Home days.</p> <p>Yellow highlighted programs offer movement and exercise.</p>	<p>1 11:00 Seated Yoga with Regine</p> <p><i>Suggested Activity</i> 2:00 <i>JUST US:</i> National Gallery of Art Virtual Works of Art Discussion</p> <p>4:00 Intergenerational Art Therapy</p>	<p>2 Election Day In-Person KC Arrival: 9:00am or 1:30pm Welcome/Brain Jogger (Coffee/Tea/Water/Snack) 10:30 Hybrid- Creative Movement & Dance with Clancyworks Healthy Eating-Fall Fruits/Vegetables 11:45 Singing with Sally Sittersize Jeopardy 2:30 Presentation by ElderSAFE: Friends & Family: A Discussion on Healthy Relationships Dismissal & Lunch/Supper</p>	<p>3 11:00 Arts For The Aging: Poetry in Motion with Nancy & Lauren</p> <p>2:00 <i>SEE ME:</i> Smithsonian Virtual Works of Art Discussion</p> <p>5:00 Trivia and Word Fun</p>	<p>4 In-Person KC Arrival: 9:00am or 1:30pm Welcome/Brain Jogger (Coffee/Tea/Water/Snack) 11:30 Hybrid - Croydon Creek: Autumn Stargazing Thursday Tone Up Daylight Savings Time Here We Come 2:00 Philosophy Club: Epicurus with Brian 3:45 Music Performance with Youth Harmony Dismissal & Lunch/Supper</p>	<p>5</p> <p>KC On-Screen Video Day Released by 11:00 via email</p>
<p>7 Daylight Savings Ends</p> <p>SUNDAY SOCIAL: 3:00 Washington Football Talk & Feel Good Movements</p>	<p>8 11:00 Time to Talk, Laugh, Stretch & Sing with Ellis & Howard</p> <p><i>Suggested Activity</i> 2:00 <i>JUST US:</i> National Gallery of Art Virtual Works of Art Discussion</p> <p>6:00 Good News of the Week!</p>	<p>9 In-Person KC Arrival: 9:00am or 1:30pm Welcome/Brain Jogger (Coffee/Tea/Water/Snack) Memory & Mobility 11:15 Hybrid: Music Therapy with Diane Art Appreciation: American Classic, Norman Rockwell You Be The Judge Dismissal & Lunch/Supper 7pm Zoom Caregiver Coping In & Out of the Home: Safety and Scam Awareness</p>	<p>10 11:00 Terrific Tunes: Debbie Reynolds and Henry Mancini</p> <p>2:00 November Birthdays and Highlights</p>	<p>11 Veterans Day In-Person KC Arrival: 9:00am or 1:30pm Welcome/Brain Jogger (Coffee/Tea/Water/Snack) 9:45 Arts for the Aging: Let's Brainstorm 11:00 Hybrid - Creative Movement & Dance with Clancyworks Learn more about Veterans Day Categories Timeslips 2:30 Seated Yoga with Regine Dismissal & Lunch/Supper</p>	<p>12</p> <p>11:00 Arts For The Aging: Poetry in Motion with Nancy & Lauren</p> <p>2:00 Let's Learn Yiddish!</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p>14</p> <p>3:00 SUNDAY SOCIAL ART TALK The Life and Works of Georgia O'Keeffe</p>	<p>15</p> <p>11:00 Cultural Arts with Lisa <i>Suggested Activity</i> 2:00 JUST US: National Gallery of Art Virtual Works of Art Discussion 4:00 Intergenerational Music Therapy with Diane</p>	<p>16</p> <p>Arrival: 9:00am or 1:30pm Welcome/Brain Jogger (Coffee/Tea/Water/Snack) 11:00 Hybrid - Creative Movement & Dance with Clancyworks "Do's & Don'ts" of Senior Safety The Origins of Common Idioms Tuesday Toning Famous Hollywood Faces: Spotlight Grace Kelly Dismissal & Lunch/Supper</p>	<p>17</p> <p>11:00 Exercise & Wellness 2:00 SEE ME: Smithsonian Virtual Works of Art Discussion 5:00 Spanish Club</p>	<p>18</p> <p>Happy Birthday Linda! Arrival: 9:00am or 1:30pm Welcome/Brain Jogger (Coffee/Tea/Water/Snack) 9:45 Arts for the Aging: Let's Get Started Exercise to New Orleans Jazz Origins of Common Idioms Reminisce about The Golden Days of Radio-Perform some old radio skits 1:30 Hybrid - Creative Movement & Dance with Clancyworks Dismissal & Lunch/Supper</p>	<p>19</p> <p>2:00 Shabbat Shalom with Susan and Ellis Loaves of Love Challah Delivery today! ! </p>
<p>21</p> <p>3:00 SUNDAY SOCIAL Thanksgiving Talk</p>	<p>22</p> <p>11:00 Holiday Virtual Travel <i>Suggested Activity</i> 2:00 JUST US: National Gallery of Art Virtual Works of Art Discussion 6:00 YOU be the Judge (we will discuss and rule on real court cases)</p>	<p>23</p> <p>Happy Birthday Diane! KCArrival: 9:00am or 1:30pm Welcome/Brain Jogger (Coffee/Tea/Water/Snack) Thanksgiving Acrostic Poetry 11:00 Hybrid - Creative Movement & Dance with Clancyworks 2:00 Hybrid Open Mic - featuring students from Youth Harmony Dismissal & Lunch/Supper</p>	<p>24</p> <p>11:00 Pre-Turkey Day Sit 'n Stretch No 2:00 p.m. Zoom Thanksgiving Break Begins Safe Journey to all who are traveling today! November 25th through November 28th</p>	<p>25</p> <p>CLOSED FOR THANKSGIVING BREAK November 25th through November 28th</p>	<p>26</p> <p>Happy Birthday Howard (28th) CLOSED FOR THANKSGIVING BREAK November 25th through November 28th</p>
<p>28</p> <p>Hanukkah Begins at Sundown & Advent Begins CLOSED FOR THANKSGIVING BREAK November 25th through November 28th</p>	<p>29</p> <p>11:00 Exercise & Wellness <i>Suggested Activity</i> 2:00 JUST US: National Gallery of Art Virtual Works of Art Discussion 6:00 Famous Biographywith Brian: John F. Kennedy</p>	<p>30</p> <p>In-Person KC Arrival: 9:00am or 1:30pm Welcome/Brain Jogger (Coffee/Tea/Water/Snack) Step With us to Blue Grass! Remembering Winston Churchill Virtual Travel to Europe Holiday Sing-A-Long!</p>		<p>There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle. - Albert Einstein</p>	<p>"Be Present in all things, and thankful for all things." - Maya Angelou</p>

