




<p>The Kensington Club@Parklawn 12320 Parklawn Dr Rockville, MD 20852</p>	<p>September 2019 Colleen Kemp, CTRS, Director Activity Leaders: Louise Schneider, Lily Groh, Diana Caisse, Gail Goldbarb and Susan Harris</p>	<p>Activities Calendar Program Receptionists: Tine Nasution & Betty St John Program Aides: Emmanuel Cobbinah & Ray Powell</p>	
<p>Office: 301-255-4204 Transportation@the Misler Center: 301-468-1740</p>	<p>*Activities Subject to Change Without Notice</p>		

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p>  <p>KENSINGTON CLUB IS CLOSED IN OBSERVANCE OF LABOR DAY</p>	<p>3</p> <p>10:00 Coffee & Current Events 11:00 Jeopardy KC style 11:30 Seated Zumba 1:00 Art Class: <i>All about Pablo Picasso</i> with Louise</p>	<p>4 Happy Birthday Ellis & Colleen</p> <p>10:00 Java & Jogger 11:00 Idioms & Their Origins 11:30 Seated Tai Chi 1:15 Scrabble, Puzzles & Board Games</p>	<p>5</p> <p>10:00 Coffee & Current Events 11:00 Fall Timeslips: A Storytelling Exercise with Improv 11:30 Thursday Toning 1:00 Words from a Word</p>	<p>6</p> <p>10:00 Coffee & Mental Floss 11:00 <u>SPIRIT Club Exercise</u> 1:00 Discussion: The Health Benefits of Coffee</p>
<p>9</p> <p>0:00 Coffee & Current Events 11:00 Lets pay tribute to some special people: Grandparents 11:30 Monday Fitness 1:00 Spa Day or Travel Discussion</p>	<p>10 10:00 Coffee & This Week In History 10:30 JCC Art Initiative: Raise Your Voice 11:00 <u>Clancyworks Dance</u> 1:00 "The Moral of the Story": A Play Reading, with Emmanuel</p>	<p>11 10:00 Coffee & Brain Challenge: <i>Your Complex Sense of Smell</i> 10:45 <u>Art Museum Trip: Strathmore Mansion</u> 1:00 Art: Recycled Wall Art</p>	<p>12</p> <p>10:00 Coffee & Current Events 11:00 <u>Arts For The Aging (AFTA) CoOPERation with Peter Burroughs</u> 1:00 Famous Marylander Profile: <i>Francis Scott Key</i></p>	<p>13</p> <p>10:00 Java & Jogger 11:00 <u>SPIRIT Club Exercise with Abel</u> 1:00 Virtual travel to Spain, Ole'!!</p>

Monday	Tuesday	Wednesday	Thursday	Friday
16 10:00 Coffee & Word Challenge 11:00 Remembering some of our Favorites of the Silver Screen: Happy Birthday Lauren Bacall 11:30 Monday Creative Movement 1:00 Create Turtles and Ladybugs` with Diana	17 10:00 Coffee & Memory Jogger 10:30 JCC Art Initiative: Raise Your Voice 11:15 Cultural Arts With Lisa 1:00 Memory & Mobility 1:30 Sing-Along to Some Old Time Favorites	18 10:00 Coffee & This Day In History 11:00 Move & Groove Music Therapy With Diane 1:00 Washington DC History Review with Photos: Capitol Cornerstone Laid in 1793, a Review of the Constitution and <i>What You Need To Know To Be A U.S. Citizen</i>	19 10:00 Coffee & Brain Jogger 11:00 People Animals Love (PAL) Dog Visits 1:00 A Look Back: The U.S. History of the Military Draft 1:30 Appreciating Autumn Poetry?...What's Your favorite?	20 10:00 Coffee, Memory Jogger 11:00 SPIRIT Club Exercise with Abel (1st Floor Training Room) 1:00 Art appreciation: Henri Matisse & his paper "cut outs" period
23 10:00 Coffee & Brain Jogger 11:00 Arts For The Aging (AFTA) Quicksilver With Nancy Havlik and Adam Gonzalez 1:00 Therapeutic coloring to the rhythms of smooth jazz	24 Happy Birthday Emmanuel 10:00 Java & Jogger 11:00 Who Am I? Biography Game 12:00 Lunch Out: Vie de France 1:00 Who are some of your favorite famous Hollywood faces?	25 10:00 Coffee & Current Events 11:00 Do you get enough Calcium in your diet? Find out how much you need and what you can do to get it! 11:30 Seated Zumba 1:00 Art Therapy With Annie	26 10:00 Coffee & Word Challenge 11:00 Who is Johnny Appleseed? KC's Annual Apple Tasting 1:00 Learn what to do to protect yourself from Scams & Frauds	27 Happy Birthday Don G 10:00 Coffee & Brain Jogger 11:00 SPIRIT Club Exercise with Abel 1:00 What is Rosh Hashanah? History and Reminisce 1:30 Sing-Along Together
30 <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> KENSINGTON CLUB IS CLOSED IN OBSERVANCE OF ROSH HASHANAH </div>	Ode To Autumn By John Keats "Season of mists and mellow fruitfulness, Close bosom-friend of the maturing sun; Conspiring with him how to	Load and bless With fruit the vines that round the thatch-eves run; To bend with apples the moss'd cottage-trees, And fill all fruit with ripeness to the core...."		September is: National Piano Month National Honey Month National Sewing Month Healthy Aging Month (www.healthyaging.net) National Cholesterol Education Month National Rice Month (www.usarice.com)

