OCTOBER 2024

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calendar of events KENWOOD



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:30 Morning Exercise 10:15 Yoga 11:00 Tech Hour w/Brandy 1:30 Turning Points in American History 3:00 Coffee w/Friends	2 9:30 Stay Fit w/Courage 10:30 Game: Scrabble 11:00 Lunch at Keller Grill 11:45 Lunch with Jenny 1:30 Classical Music Stream 3:00 Coffee w/Friends 4:00 Wet Your Whistle Wed. 6:30 Bingo with Betty	9:30 Morning Exercise Video 10:15 YOGA 10:30 Jeopardy Trivia 1:30 Silent Book Club 3:00 Coffee w/Friends	4 9:30 Stay Fit w/Courage 10:30 Painting Rescheduled 1:15 BINGO! 2:30 Afternoon Movie 3:00 Coffee w/Friends	5 9:30 YouTube Fit 10:15 YOGA 11:15 Current Events 2:30 Movie/Popcorn 3:00 Coffee w/Fiends 3:15 Bus to St. Olaf
9:30 Tai Chi 1:30 Meditation w/Monica 2:30 Movie Matinee 3:00 Coffee w/Friends 6:30 Karaoke/Sing	 9a-12p Flu/Covid Clinic 9:30 Stay Fit w/Courage 10:30 Mexican Train Dominoes 1:30 Bridge 1:30 Health & Wellness Video Series w/Josh 3:00 Coffee w/Friends 3:00 Music Umwrapped 	 9:30 Morning Exercise 10:15 Yoga 11:00 Tech Hour w/Brandy 1:30 Turning Points in American History 3:00 Coffee w/Friends 	9 9:30 Stay Fit w/Courage 10:30 Game: Scrabble 10:15 Apple Orchard 1:30 Classical Music Stream 3:00 Coffee w/Friends 4:00 Wet Your Whistle Wed. 6:30 Bingo with Betty	10 9:30 Morning Exercise 10:15 YOGA 10:30 Group Crossword 1:30 Black Jack 3:00 Coffee w/Friends 3:00 Kenwood Knitters	11 9:30 Stay Fit w/Courage 10:30 BINGO! 2:30 Afternoon Movie 3:00 Coffee w/Friends	12 9:30 YouTube Fit 10:15 YOGA 11:15 Current Events 2:30 Yizkor Memorial Service 3:00 Coffee w/Friends 3:15 Bus to St. Olaf
9:30 Tai Chi 1:30 Meditation w/Monica 2:30 Movie Matinee 3:00 Coffee w/Friends 6:30 Karaoke/Sing	14 9:30 Stay Fit w/Courage 10:30 Mexican Train Dominoes 1:30 Bridge 1:30 Health & Wellness Video Series w/Josh 3:00 Coffee w/Friends	15 9:30 Morning Exercise 10:15 Yoga 11:00 Tech Hour w/Brandy 1:30 Turning Points in American History 3:00 Coffee w/Friends	9:30 Stay Fit w/Courage 10:30 Game: Scrabble 1:30 Classical Music Stream 3:00 Coffee w/Friends 4:00 Wet Your Whistle Wed. 6:30 Bingo w/Betty	 9:30 Morning Exercise 10:15 YOGA 10:30 Travelogue 2:00 Kenwood Happy Hr 3:00 Coffee w/Friends 3:00 Knitting with Mariann 	18 9:30 Stay Fit W/Courage 10:30 BINGO! 2:30 Afternoon Movie 3:00 Coffee w/Friends	19 9:30 YouTube Fit 10:15 YOGA 11:15 Current Events 2:30 Movie/Popcorn 3:00 Coffee w/Friends 3:15 Bus to St. Olaf
9:30 Tai Chi 1:30 Meditation w/Monica 2:30 Movie Matinee 3:00 Coffee w/Friends 6:30 Karaoke/Sing	21 9:30 Stay Fit w/Courage 10:30 Mexican Train Dominoes 1:30 Bridge 1:30 Health & Wellness Video Series w/Josh 3:00 Coffee w/Friends	22 9:30 Morning Exercise 10:15 Yoga 2:00 MacPhail Music Hr 3:00 Coffee w/Friends	23 9:30 Stay Fit w/Courage Game: Scrabble 1:30 Kramer Gallery Wine & Cheese Event 3:00 Coffee w/Friends 4:00 Wet Your Whistle Wed. 6:30 Bingo w/Betty	24 9:30 Morning Exercise 10:15 YOGA 10:30 Bag Toss 1:30 Black Jack 3:00 Coffee w/Friends 3:00 Knitting with Mariann	25 9:30 Stay Fit w/Courage 10:30 BINGO! 2:30 Afternoon Movie 3:00 Coffee w/Friends	26 9:30 YouTube Fit 10:15 YOGA 11:15 Current Events 2:30 Movie/Popcorn 3:00 Coffee w/Friends 3:15 Bus to St. Olaf
9:30 Tai Chi 1:30 Meditation w/Monica 2:30 Movie Matinee 3:00 Coffee w/Friends 6:30 Karaoke/Sing	28 9:30 Stay Fit W/Courage 10:30 Mexican Train Dominoes 1:30 Bridge 1:30 Health & Wellness Video Series w/Josh 3:00 Coffee w/Friends	29 9:30 Morning Exercise 10:15 Yoga 1:30 Turning Points in American History 3:00 Coffee w/Friends	30 9:30 Stay Fit w/Courage Hymn Sing & Worship 10:30 Game: Scrabble 1:30 Classical Music Stream 3:00 Coffee w/Friends 5:00p - 7:00p Special Event	31 Birthday Celebration Morning Exercise 10:15 YOGA 10:30 Halloween Craft 1:30 Black Jack 3:00 Coffee w/Friends 3:00 Knitting with Mariann	SS OCTOBER I 3rd Elayne J 4th Jack K 10th Betty G	SIRTHDAYS S 11th Susan A 22nd Gwen G 30th Mahmoud

*please talk to the Activity Director regarding registration details