



## RETIREMENT COMMUNITY INDEPENDENT & ASSISTED LIVING

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[www.theckenwood.net](http://www.theckenwood.net)

## *Independent, Assisted Living and Short Term Rentals*



The Kenwood has an informational Facebook Page where you can view photos and event information. We encourage all friends and family of The Kenwood to "like" us.

## JANUARY EVENTS

**Live Music from the Opus Music Academy: Saturday, January 3rd**  
Join the Opus Music Academy as they bring an evening student concert of piano, ukuleles, trombone, and viola to us.

Arts and Crafts Council Meeting about Future Showcase: Tuesday, January 6th – Are you crafty? Do you do fiber arts? Paint? Wood-work? Photography? Musically inclined? Meet with other interested neighbors in planning another Arts and Crafts Fair to show off our talents. This is the initial planning meeting, so nothing has been set discussed yet. We are just in the beginning stages of having our 2nd annual Arts and Crafts Showcase!

**Men's Club: Wednesday, January 7th** – It's National Hobby Month so bring (up) your hobbies to share! Do you collect? Craft? Read? Its a good time to share!

Meet our Regional Ombudsman for Long Term Care, Brett Jagodzinski: Monday, January 12th – Brett is here to discuss and answer all our questions when it comes to Resident Councils.

**January Birthday Party with Live Music with the Highwater Band: Thursday, January 15th** – Enjoy sweet treats and the High Water Band, who is a duo playing rock, country, folk, jazz and standards from the 1960's through today. They feature vocals and play the guitar, keyboards, saxophone, flute, and harmonica.



# KENWOOD RESIDENTS OUT & ABOUT

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>JANUARY BIRTHDAYS</b>						
	2nd Bob S 3rd Tom S 4th Emilie G	7th Lowell G 10th Louise M 11th Maria B 19th Murray T	24th Edna U 24th Lily L 26th Bob W	1 9:30 YouTube Fit (D) 10:15 YouTube Yoga Video (D) 2:30 Movie: Sleepless in Seattle (D) 3:00 Coffee with Friends (P)	2 9:30 Stay Fit with Patti from Courage (D) 10:15 Tai Chi Video (D) 10:30 Bingo with the Robbins Girls (FAR) 1:30 Bridge (PR) 2:30 pm Movie (D) 3:00 Coffee with Friends (P) 6:30 Movie Re-Play (D)	3 9:30 YouTube Fit (D) 10:15 YouTube Yoga Video (D) 11:00 Current Events (PR) 2:30 Movie and Popcorn (D) 3:00 Coffee with Friends (P) 6:30 Live Music: Opus Music Academy Performs (P)
4 9:30 YouTube Fit (D) 1:30 Meditation with Monica (L) 2:30 Movie Matinee (D) 3:00 Coffee with Friends (P) 6:30 Movie Re-Play (D)	5 9:30 Stay Fit with Patti from Courage (P) 10:15 Tai Chi Video (D) 10:30 Mexican Train Dominoes (DR) 1:30 Bridge (PR) 2:00 Video: Andre Rieu La Paloma in Mexico (D) 3:00 Coffee with Friends (P)	6 9:30 Interval Exercise with Michelle (D) 10:15 YouTube Yoga Video (D) 11:00 Great Courses (D) 2:00 Arts and Crafts Council Meeting about Future (D) 3:00 Coffee with Friends (P)	7 9:30 Stay Fit with Patti from Courage (D) 10:30 Scrabble (FAR) 10:30 Newsletter Committee Meeting (L) 2:00 Men's Club- Hobby Month Sharing (15th Floor) 4:00 Wet Your Whistle Wednesday (FAR) 6:30 Bingo with Betty (FAR)	8 9:30 Ball Exercises with Michelle (D) 10:15 YouTube Yoga Video (D) 10:30 Blood Pressure Checks (5th floor) 11:00 Ladder Ball (D) 1:30 Silent Book Club (L) 3:00 Coffee with Friends (P) 3:00 Knitting with Coach Mariann (FAR)	9 9:30 Stay Fit with Courage (D) 10:15 Tai Chi Video (D) 10:30 Bingo with Mariann (FAR) 12:30 Outing- Volunteer at Every Meal (sign up by 1/2) 1:30 Bridge (PR) 2:30 Movie (D) 3:00 Coffee with Friends (P) 6:30 Movie Re-Play (D)	10 9:30 YouTube Fit (D) 10:15 YouTube Yoga Video (D) 11:00 Current Events (PR) 2:30 Movie and Popcorn (D) 3:00 Coffee with Friends (P) 6:30 Movie Encore (D)
11 9:30 YouTube Fit (D) 1:30 Meditation with Monica (L) 2:30 Movie Matinee (D) 3:00 Coffee with Friends (P) 6:30 Movie Re-Play (D)	12 9:30 Stay Fit with Courage (P) 10:15 Tai Chi Video (D) 10:30 Mexican Train (FAR) 11:00 Meet Regional Ombudsman for Long-Term Care, Brett Jagodzinski, about Resident Councils (D) 1:30 Bridge (PR) 2:00 Parkinson's Support Group with Webinar (D) 3:00 National Hot Tea Day- Enjoy Tea and Conversations (P)*	13 9:30 Interval Exercise with Michelle (D) 10:15 YouTube Yoga Video (D) 11:00 Great Courses (D) 2:00 All Resident Meeting (DR) 3:00 Coffee with Friends (P)	14 9:30 Stay Fit with Courage (D) 10:15 Outing: History Center: Julia Child Exhibit and Lunch-\$12 (Sign up by 1/9) 10:30 Scrabble (FAR) 1:30 Documentary (D) 3:00 Coffee with Friends (P) 4:00 Wet Your Whistle Wednesday (FAR) 6:30 Bingo with Betty (FAR)	15 9:30 Ball Exercises with Michelle (D) 10:15 YouTube Yoga Video (D) 10:30 Blood Pressure Checks (5th floor) 11:00 Storytelling: Snow Days (FAR) 2:00 Birth Party with music by the Highwater Band (DR) 3:00 Coffee with Friends (P) 3:00 Knitting with Coach Mariann (FAR)	16 9:30 Stay Fit with Courage (D) 10:15 Tai Chi Video (D) 10:30 Bingo (FAR) 1:30 Bridge (PR) 1:30 Poetry Club (FAR) 3:00 Coffee with Friends (P) 6:30 Movie Re-Play (D)	17 9:30 YouTube Fit (D) 10:15 YouTube Yoga Video (D) 11:00 Current Events (PR) 2:30 Movie and Popcorn (D) 3:00 Coffee with Friends (P) 6:30 Movie Encore (D)
18 9:30 YouTube Fit (D) 1:30 Meditation with Monica (L) 2:30 Movie Matinee (D) 3:00 Coffee with Friends (P) 6:30 Movie Re-Play (D)	19 9:30 Martin Luther King Jr Day Stay Fit with Courage (P) 10:15 Tai Chi Video (D) 10:30 Mexican Train Dominoes (FAR) 2:00 100 Piece Puzzle Competition Day (D) 3:00 Coffee with Friends (P) 6:15 Storytelling Open Mic at American School of Storytelling (meet in lobby to walk over)	20 9:30 Interval Exercise with Michelle (D) 10:00 The Bond Between Therapy Dog, Ellie (P) 10:15 YouTube Yoga Video (D) 11:00 Great Courses (D) 2:00 Northern Lights Painting (FAR) 3:00 Coffee with Friends (P)	21 9:30 Stay Fit with Courage (D) 10:30 Scrabble (FAR) 2:00 Preventing Fraud and Scams presented by MN Aging Pathways (D) 3:00 Coffee and Conversation about our Own Experiences with Scams (P) 4:00 Wet Your Whistle Wednesday (FAR) 6:30 Bingo with Betty (FAR)	22 9:30 Ball Exercises with Michelle (D) 9:45 Outing- Music at HAUMC \$10 (sign up by 1/16) 10:15 YouTube Yoga Video (D) 10:30 Blood Pressure Checks (5th floor) 11:00 Crosswords (FAR) 1:30 Origami (FAR) 3:00 Coffee with Friends (P) 3:00 Knitting with Coach Mariann (FAR)	23 9:30 Stay Fit with Courage (D) 10:15 Tai Chi Video (D) 10:30 Bingo (FAR) 12:00 Outing- Thrift Stores 1:30 Bridge (PR) 2:30 Movie (D) 3:00 Coffee with Friends (P) 6:30 Movie Re-Play (D)	24 9:30 YouTube Fit (D) 10:15 YouTube Yoga Video (D) 11:00 Current Events (PR) 2:30 Movie and Popcorn (D) 3:00 Coffee with Friends (P) 6:30 Movie Encore (D)
25 9:30 YouTube Fit (D) 1:30 Meditation with Monica (L) 2:30 Movie Matinee (D) 3:00 Coffee with Friends (P) 6:30 Movie Re-Play (D)	26 9:30 Stay Fit with Courage (P) 10:15 Tai Chi Video (D) 10:30 Mexican Train Dominoes (FAR) 2:00 Colon Health with Guardant Health (D) 3:00 Coffee with Friends (P) 6:15 Poetry Open Mic at American School of Storytelling (meet in lobby to walk over)	27 9:30 Interval Exercise with Michelle (D) 10:15 YouTube Yoga Video (D) 11:00 Lunch Outing- Big Bowl (sign up by 1/21) 2:00 Macphail's Andrea Leap presents: Copeland (D) 3:00 Coffee with Friends: Music Discussion (P)	28 9:30 Stay Fit with Courage (D) 10:30 Scrabble (FAR) 2:00 Tech Help with Graham (L) 2:00 Macphail Hour with Andrea Leap (P) 4:00 Wet Your Whistle Wednesday (FAR) 6:30 Bingo with Betty (FAR)	29 9:30 Ball Exercises with Michelle (D) 9:45 Outing- New Horizon Childcare, Cozy Story Time (sign up by 1/28) 10:15 YouTube Yoga Video (D) 10:30 Blood Pressure Checks (5th floor) 11:00 Jeopardy (FAR) 2:00 Happy Hour- Beat the Winter Blues (DR) 3:00 Coffee with Friends (P) 3:00 Knitting with Coach Mariann (FAR)	30 9:30 Stay Fit with Courage (D) 10:15 Tai Chi Video (D) 10:30 Bingo (FAR) 1:30 Bridge (PR) 1:30 Poetry Club (FAR) 2:30 Movie (D) 3:00 Coffee with Friends (P) 6:30 Movie Re-Play (D)	31 9:30 YouTube Fit (D) 10:15 YouTube Yoga Video (D) 11:00 Current Events (PR) 2:30 Movie and Popcorn (D) 3:00 Coffee with Friends (P) 6:30 Movie Encore (D)