THE KENWOOD
RETIREMENT COMMUNITY
INDEPENDENT & ASSISTED LIVING

825 Summit Avenue
Minneapolis, Minnesota 55403
612-374-8100

www.thekenwood.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.

NOVEMBER EVENTS

Friday, November 3rd at 1:30pm
October/November Birthday Celebration

We are sorry we were so busy in October, but come on down and celebrate the October and November birthdays this afternoon! Entertainment will be provided by the fantastic Cindi Scheffler and you're for sure to have those toes a tappin' and singing right along. Cake and beverages will be provided but come just for the music if you wish!

Kindred at Home

Friday, November 10th at 10:30am
STEDI Balance Screenings

Today we invite Kindred at Home to introduce you to their new balance program. Early intervention leads to a better clinical outcome. This program is available to keep you on your feet and reduce or eliminate your risk of falls. Please sign-up for a time to be screened.

Friday, November 10th at 1:30pm
Veterans Recognition Ice Cream Sundaes

Sundaes in the Den! Come down to join us in recognizing our veterans and remembering all those who have served. We will be enjoying made-to-order ice cream sundaes and we hope that you'll all be there!

Tuesday, November 21st at 1:30pm
Free Audiology Visits

Please take the time to sign up for and talk to Jim Pehringer, Audiologist from Hearing Solutions Group who comes on a monthly basis to assist you with your hearing needs. He is here to answer any questions you might have and will talk to you about your options. This is at no cost to you so make a point to sign-up in the lobby book and have your free visit.

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NOVEMBER 2017

Kaleidoscope

NOVEMBER 2017

calendar of events

THE KENWOOD

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NOVEMBER BIRTHDAYS 2nd Evelyn Jackson 4th Geneva Eschweiler 5th Bob Schwier 7th Patti Warlof 9th Jean Mulvahill 9th Helen Palmer 12th Ruth Anne Olson 15th Lorraine Zauft 19th Ella Slade 19th Art Hustad 26th Fred Bentz 28th Haymant Persaud 30th Diane Savage			**1** 9:25 Early Bird Fitness, KR 10:00 Fitness Fun, KR 10:30 Brain Busters, FAR 1:00 Bridge, PR 1:00 Easy Chair Exercise, Den **1:30 TPT Reboot, Watch and Discuss, Den** 2:45 Casual Cookies and Coffee, Den 3:00 Knitting with a Coach, FAR **4:30 *KU Arts: MacPhail Music for Life, Parlor** 6:30 Rummikub, FAR	**2** 9:25 Morning Exercise, KR 10:00 Scrabble, FAR 11:00 Yoga, KR **11:00 Outing: Lunch at Zelo, Van** 1:00 Easy Chair Exercise, Den 1:30 Farkle, FAR **2:00 Men's Club, PR** 4:00 Thirsty Thursday, Den 6:30 Bingo, FAR	**3** 9:25 Whole Body Workout, KR 10:00 Exercise with Courage, KR 10:15 Hand and Foot Card Game, FAR 10:45 Mind Games, FAR 1:00 Easy Chair Exercise, Den **1:30 Birthday Party: Cindi Scheffler, LHR** 2:30 Kenwood Knitters, Den 2:45 Casual Cookies and Coffee, Den **7:00 You Pick the Flick, Den**	**4** **9:30 Senior Support Group, Den** 11:00 Current Events, FAR 1:00 Poker, FAR 2:45 Casual Coffee and Cookies, Den 3:15 Bus leaves for Mass at St. Olaf's, Lobby 7:00 Movie and Popcorn, Den
5 ***Daylight Savings Ends*** 11:00 Worship w/Chaplain Sue, Parlor 11:45 Fellowship Time, Den 1:00 Poker, FAR **2:00 Tai Chi, KR** 2:45 Casual Coffee and Cookies, Den **7:00 Evening Movie, Den**	**6** 9:25 Whole Body Workout, KR 10:00 Exercise with Courage, KR 10:30 Mexican Train Dominos, FAR 11:00 America's Christian History w/Sue, PR **1:00 OLLI: Vermeer's Hat, KR** 1:00 Bridge, PR 1:00 Easy Chair Exercises, Den **1:30 Resident Photo Challenge Grp, Den** 1:30 Bible Study, FAR 2:45 Casual Cookies and Coffee, Den	**7** **Election Day—Van Rides to Voting Location 8:45, 9:45, 10:45, 11:45** 9:00 Blood Pressure Clinic, Library 9:25 Whole Body Workout, KR 10:00 Exercise with Courage, KR 10:00 Scrabble, FAR 11:00 Yoga, KR **1:00 OLLI: Documentary Film, KR** **1:00 Outing: MIA, Van** 2:45 Casual Cookies and Coffee, Den 6:30 Evening Games, FAR	**8** 9:25 Early Bird Fitness, KR 10:00 Fitness Fun, KR 10:30 Brain Busters, FAR **11:00 5th Floor Lunch w/Jenny, LHR** 1:00 Bridge, PR 1:00 Easy Chair Exercise, Den **1:30 TPT Reboot, Watch and Discuss, Den** 2:45 Casual Cookies and Coffee, Den 3:00 Knitting with a Coach, FAR **4:30 *KU Arts: MacPhail Music for Life, Parlor** 6:30 Rummikub, FAR	**9** 9:25 Morning Exercise, KR 10:00 Scrabble, FAR **10:00 Outing: Textile Center Tour, Van** 11:00 Yoga, KR 1:00 Easy Chair Exercise, Den 1:30 Farkle, Den 2:45 Casual Cookies and Coffee, Den 4:00 Thirsty Thursday, Den 6:30 Bingo, FAR	**10** 9:25 Whole Body Workout, KR 10:00 Exercise with Courage, KR **10:30 STEDI Balance Screen w/Kindred at Home, Den** 10:45 Mind Games, Parlor 1:00 Easy Chair Exercise, Parlor **1:30 Veterans Day Recognition with Ice Cream Sundaes, Den** 2:30 Kenwood Knitters, Den 2:45 Casual Cookies and Coffee, Den **7:00 You Pick the Flick, Den**	**11** 11:00 Current Events, FAR 1:00 Poker, FAR 2:45 Casual Coffee and Cookies, Den 3:15 Bus leaves for Mass at St. Olaf's, Lobby 7:00 Movie and Popcorn, Den
12 11:00 Worship w/Chaplain Sue, Parlor 11:45 Fellowship Time, Den 1:00 Poker, FAR **2:00 Tai Chi, KR** 2:45 Casual Coffee and Cookies, Den **7:00 Evening Movie, Den**	**13** 9:25 Whole Body Workout, KR 10:00 Exercise with Courage, KR 10:30 Mexican Train Dominos, FAR 11:00 America's Christian History w/Sue, PR 1:00 Bridge, PR 1:00 Easy Chair Exercises, Den **1:30 *KU Health: Dementia Vs. Alzheimer's, Parlor** 2:45 Casual Cookies and Coffee, Parlor	**14** **9:00 Southdale Area Shopping, Van** 9:00 Blood Pressure Clinic, Library 9:25 Whole Body Workout, KR 10:00 Exercise with Courage, KR 10:00 Scrabble, FAR 11:00 Yoga, KR **11:45 Meditation, KR** **2:00 All Resident Meeting, LHR** 3:00 Casual Cookies and Coffee, Den 6:30 Evening Games, FAR	**15** 9:25 Early Bird Fitness, KR 10:00 Fitness Fun, KR 10:30 Brain Busters, FAR 1:00 Bridge, PR 1:00 Easy Chair Exercise, Den **1:30 TPT Reboot, Watch and Discuss, Den** 2:45 Casual Cookies and Coffee, Den 3:00 Knitting with a Coach, FAR **4:30 *KU Arts: MacPhail Music for Life, Parlor** 6:30 Rummikub, FAR	**16** 9:25 Morning Exercise, KR 10:00 Scrabble, FAR **10:15 Outing: James J. Hill House Tour, Van** 11:00 Yoga, KR 1:00 Easy Chair Exercise, Den 1:30 Farkle, Den **2:00 Men's Club, PR** 2:45 Casual Cookies and Coffee, Den 4:00 Thirsty Thursday, Den 6:30 Bingo, FAR	**17** 9:25 Whole Body Workout, KR 10:00 Exercise with Courage, KR 10:45 Mind Games, Parlor 1:00 Easy Chair Exercise, Den **1:30-3:30 Schwier Rememberance Gathering, LHR** 2:30 Kenwood Knitters, Den 2:45 Casual Cookies and Coffee, Den **7:00 You Pick The Flick, Den**	**18** **9:30 Senior Support Group, Den** 11:00 Current Events, FAR 1:00 Poker, FAR 2:45 Casual Coffee and Cookies, Den 3:15 Bus leaves for Mass at St. Olaf's, Lobby **3:30 Alexander Technique, Kramer Rm** 7:00 Movie and Popcorn, Den
19 11:00 Worship w/Chaplain Sue, Parlor 11:45 Fellowship Time, Den 1:00 Poker, FAR **2:00 Tai Chi, KR** 2:45 Casual Coffee and Cookies, Den **7:00 Evening Movie, Den**	**20** 9:25 Whole Body Workout, KR 10:00 Exercise with Courage, KR 10:30 Mexican Train Dominos, FAR 11:00 America's Christian History w/Sue, PR 1:00 Bridge, PR 1:00 Easy Chair Exercises, Den **1:30 KU Culture: Travel & Discuss, Den** 1:30 Bible Study, FAR 2:45 Casual Cookies and Coffee, Parlor **3:30 Book Club, FAR** **6:45 Movie Musical, Den**	**21** **9:00 Southdale Area Shopping, Van** 9:00 Blood Pressure Clinic, Library 9:25 Whole Body Workout, KR 10:00 Exercise with Courage, KR 10:00 Scrabble, FAR 11:00 Yoga, KR **1:30 Audiologist, FAR** **2:00 Happy Hour, Den** 2:45 Casual Cookies and Coffee, Den 6:30 Evening Games, FAR **7:00 Book Club, Party Room**	**22** 9:25 Early Bird Fitness, KR 10:00 Fitness Fun, KR **10:30 Catholic Communion, Parlor** 10:30 Brain Busters, FAR 1:00 Bridge, PR 1:00 Easy Chair Exercise, Den **1:30 TPT Reboot, Watch and Discuss, Den** 2:45 Casual Cookies and Coffee, Den 3:00 Knitting with a Coach, FAR ****No MacPhail**** 6:30 Rummikub, FAR	**23** **8:00 Macy's Thanksgiving Day Parade, Channel 11** **10:00 Resident Led Exercise, KR** 10:00 Scrabble, FAR 2:45 Casual Cookies and Coffee, Den 4:00 Thirsty Thursday, Den	**24** **10:00 Resident Led Exercise, KR** 2:30 Kenwood Knitters, Den 2:45 Casual Cookies and Coffee, Den **7:00 You Pick The Flick, Den**	**25** 11:00 Current Events, FAR 1:00 Poker, FAR 2:45 Casual Coffee and Cookies, Den 3:15 Bus leaves for Mass at St. Olaf's, Lobby ****No Alexander Tech**** 7:00 Movie and Popcorn, Den
26 11:00 Worship w/Chaplain Sue, Parlor 11:45 Fellowship Time, Den 1:00 Poker, FAR **2:00 Tai Chi, KR** 2:45 Casual Coffee and Cookies, Den **7:00 Evening Movie, Den**	**27** 9:25 Whole Body Workout, KR 10:00 Exercise with Courage, KR 10:30 Mexican Train Dominos, FAR 11:00 America's Christian History w/Sue, PR 1:00 Bridge, PR 1:00 Easy Chair Exercises, Den 1:30 Bible Study, FAR **1:30 Give Back: Service Project, Lib** 2:45 Casual Cookies and Coffee, Parlor	**28** **9:00 Southdale Area Shopping, Van** 9:00 Blood Pressure Clinic, Library 9:25 Whole Body Workout, KR 10:00 Exercise with Courage, KR 10:00 Scrabble, FAR 11:00 Yoga, KR **11:30 Outing: Movie Matinee, Van** 2:45 Casual Cookies and Coffee, Den 6:30 Evening Games, FAR	**29** 9:25 Early Bird Fitness, KR 10:00 Fitness Fun, KR 10:30 Brain Busters, FAR 1:00 Bridge, PR 1:00 Easy Chair Exercise, Den **1:30 TPT Reboot, Watch and Discuss, Den** 2:45 Casual Cookies and Coffee, Den 3:00 Knitting with a Coach, FAR **4:30 *KU Arts: MacPhail Music for Life, Parlor** 6:30 Rummikub, FAR	**30** **9:00 Outing: Mystic Lake Casino, Van** 9:25 Morning Exercise, KR 10:00 Scrabble, FAR 11:00 Yoga, KR 1:00 Easy Chair Exercise, Den 1:30 Farkle, Den **2:00 Men's Club, PR** 2:45 Casual Cookies and Coffee, Den 4:00 Thirsty Thursday, Den 6:30 Bingo, FAR	*Welcome* TO OUR NEW RESIDENTS Jim & JoAnne Pfau William Strong Bob & Shirley Holt Ellen Wehrman Chris & Sheila Unni	

Room Key *FAR: Fine Arts Room KR: Kramer Room LHR: Lowry Hill Room PR: Party Room*

All scheduled events listed are open to the public — feel free to join us!

**please talk to the Activity Director regarding registration details*