

825 Summit Avenue
Minneapolis, Minnesota 55403
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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.

MARCH EVENTS

Friday, March 8th at 1:30pm

Meet the Artist: Pamela Christensen

Visit us for some wine, cheese, and the opportunity to meet the new Kramer Gallery artist Pamela Christensen. She is a local artist who is excited to share with you her talent and anxious to answer any of your questions.



DAKOTA
CHIROPRACTIC

Tuesday, March 12, 19, 26 from 2p-5p
Chiropractor Visits

Dr. Hannah will join us from Dakota Chiropractic. Get an appointment to be seen as she will work Tuesdays out of the 2nd floor Fine Arts Room from 2p-5p each week. You can contact Brandy in Activities for more information

Friday, March 15th at 1:30pm

March Birthday Celebration

Terri and Brad Lang will join us this month for a special March Birthday Celebration. Join us in the Lowry Hill Room for music, cake, balloons and more!

Monday, March 18th at 1:30pm

KU Health: Falls Prevention

Ensure that you have taken appropriate measures by attending this informational talk about preventing falls. Falls can happen quickly and without warning so let's make sure you are doing all you can!

Monday, March 25th at 1:00pm

OLLI: The Wizzard and The Prophet

Award-winning author of 1491 and 1493--an incisive portrait of the two little-known twentieth-century scientists, Norman Borlaug and William Vogt, whose diametrically opposed views shaped our ideas about the environment. This is a 6 week course. Register online with OLLI or talk to Brandy in Activities.

Friday, March 29th at 7pm

Parlor Music

The wonderful and talented Mary Hall returns to delight your ears with her easy listening voice. She sings your favorites and has a pleasant blend of country and classical. Refreshments served following the performance.

Kaleidoscope

Vital Aging Network presents:



Aging with

GUSTO

Igniting more positive views of aging



Thursday March 7, 14, 21

10:00am – 12:00pm • Kenwood Den (2nd floor) • \$12.00 – pay at the door

*Please register with Brandy in Activities prior to the event to claim your spot!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="border: 1px solid green; padding: 5px; background-color: #e0e0e0;"> <p style="text-align: center;"><i>Welcome</i> TO OUR NEW RESIDENTS</p> <p style="text-align: center;">Erica Whittlinger</p> </div> <div style="text-align: center;"> <h2>MARCH BIRTHDAYS</h2> </div> </div>						
<div style="display: flex; justify-content: space-between;"> <div style="width: 15%;"> <p>1st Barbara Klopp</p> <p>3rd Eric King-Smith</p> <p>6th Bev Anderson</p> <p>10th Jean Clark</p> </div> <div style="width: 15%;"> <p>12th Ruth Lewart</p> <p>13th Norma Fischer</p> <p>17th Betty Cortright</p> <p>18th Sandy Holicky</p> <p>21st Geraldine Benavides</p> </div> <div style="width: 15%;"> <p>22nd Dru Sweetser</p> <p>26th Joan Watson</p> <p>29th Bill Rowe</p> <p>29th Ed Rainville</p> </div> </div>						
<p>3 11:00 Worship w/Chaplain Sue, Parlor</p> <p>11:45 Fellowship Time, Den</p> <p>1:00 Poker, FAR</p> <p>2:45 Casual Coffee and Cookies, Den</p> <p>7:00 New Release Movie, Den</p>	<p>4 9:25 Whole Body Workout, KR</p> <p>10:00 Exercise with Courage, KR</p> <p>10:00 Basics of Technology, Den</p> <p>10:30 America's Christian History, PR</p> <p>11:00 Bible Study w/Sue, PR</p> <p>1:00 Bridge, PR</p> <p>1:30 American History w/Chaplain Sue, Den</p> <p>2:45 Casual Cookies and Coffee, Den</p> <p>2:45 OLLI: Ghost Map, KR</p>	<p>5 9:25 Whole Body Workout, KR</p> <p>10:00 Exercise with Courage, KR</p> <p>10:00 Scrabble, FAR</p> <p>10:30 Blood Pressure Clinic, Library</p> <p>10:45 Mexican Train Dominos, FAR</p> <p>11:00 Yoga, KR</p> <p>1:00 Outing: Mia, Van</p> <p>2:00 French Class, KR</p> <p>2:45 Casual Cookies and Coffee, Den</p> <p>6:30 Evening Games, FAR</p>	<p>6 9:25 Early Bird Fitness, KR</p> <p>10:00 Fitness Fun, KR</p> <p>10:30 Brain Busters, FAR</p> <p>1:00 Bridge, PR</p> <p>1:30 TPT: Watch & Discuss, Den</p> <p>2:45 Casual Cookies and Coffee, Den</p> <p>3:00 Knitting with a Coach, FAR</p> <p>4:30 MacPhail Music for Life, Parlor</p> <p>Rummikub, FAR</p>	<p>7 10-12 Leading Age Seminar, Den</p> <p>10:00 Yoga, KR</p> <p>10:00 Scrabble, FAR</p> <p>11:00 Outing: Lunch at La Casita, Van</p> <p>1:30 Afternoon Exercise, KR</p> <p>2:00 Men's Club, PR</p> <p>4:00 Thirsty Thursday, Den</p> <p>6:30 Bingo, FAR</p>	<p>8 9:25 Whole Body Workout, KR</p> <p>10:00 Exercise with Courage, KR</p> <p>1:30 Meet The Kramer Gallery Artist, KR</p> <p>2:30 Kenwood Knitters, Den</p> <p>2:45 Casual Cookies and Coffee, Den</p> <p>3p-4p Kaffezeit w/Elizabeth, FAR</p> <p>7:00 You Pick The Flick, Den</p>	<p>9 10:00 Yoga, KR</p> <p>11:00 Current Events, FAR</p> <p>1:00 Poker, FAR</p> <p>1:00 Tai Chi, KR</p> <p>2:45 Casual Coffee and Cookies, Den</p> <p>3:15 Bus leaves for Mass at St. Olaf's, Lobby</p> <p>7:00 Movie and Popcorn, Den</p>
<p>10 11:00 Worship w/Chaplain Sue, Parlor</p> <p>11:45 Fellowship Time, Den</p> <p>1:00 Poker, FAR</p> <p>2:45 Casual Coffee and Cookies, Den</p> <p>7:00 New Release Movie, Den</p>	<p>11 9:25 Whole Body Workout, KR</p> <p>10:00 Exercise with Courage, KR</p> <p>10:00 Basics of Technology, Den</p> <p>11:00 Bible Study, PR</p> <p>1:00 Bridge, PR</p> <p>2:45 Casual Cookies and Coffee, Den</p>	<p>12 9:25 Whole Body Workout, KR</p> <p>10:00 Exercise with Courage, KR</p> <p>10:00 Scrabble, FAR</p> <p>10:45 Mexican Train Dominos, FAR</p> <p>11:00 Yoga, KR</p> <p>11:45 French Class, KR</p> <p>2:00 All Resident Meeting, LHR</p> <p>Chiropractor on-site, FAR</p> <p>2:45 Casual Cookies and Coffee, Den</p> <p>6:30 Evening Games, FAR</p>	<p>13 9:25 Early Bird Fitness, KR</p> <p>10:00 Fitness Fun, KR</p> <p>10:30 Brain Busters, FAR</p> <p>11:00 Outing: Tenderly, Old Log Theater, Van</p> <p>8th Floor Lunch w/Jenny, LHR</p> <p>1:00 Bridge, PR</p> <p>1:30 TPT: Watch & Discuss, Den</p> <p>2:45 Casual Cookies and Coffee, Den</p> <p>3:00 Knitting with a Coach, FAR</p> <p>4:30 MacPhail Music for Life, Parlor</p> <p>Rummikub, FAR</p>	<p>14 10-12 Leading Age Seminar, Den</p> <p>10:00 Yoga, KR</p> <p>10:00 Scrabble, FAR</p> <p>1:30 Afternoon Exercise, KR</p> <p>2:45 Casual Cookies and Coffee, Den</p> <p>4:00 Thirsty Thursday, Den</p> <p>6:30 Bingo, FAR</p>	<p>15 9:25 Whole Body Workout, KR</p> <p>10:00 Exercise with Courage, KR</p> <p>10:45 Mind Games, Parlor</p> <p>1:30 Birthday Party w/Terri & Brad, LHR</p> <p>1:50 Crime & Punishment Class, KR</p> <p>2:30 Kenwood Knitters, Den</p> <p>3:00 Writers Group, FAR</p> <p>2:45 Casual Cookies and Coffee, Den</p> <p>4:00 Ask The Nurse - Parlor</p> <p>7:00 You Pick The Flick, Den</p>	<p>16 9:30 Kenwood Cares Group, Den</p> <p>10:00 Yoga, KR</p> <p>11:00 Current Events, FAR</p> <p>1:00 Poker, FAR</p> <p>1:00 Tai Chi, KR</p> <p>2:45 Casual Coffee and Cookies, Den</p> <p>3:15 Bus leaves for Mass at St. Olaf's, Lobby</p> <p>7:00 Movie and Popcorn, Den</p>
<p>17 11:00 Worship w/Chaplain Sue, Parlor</p> <p>11:45 Fellowship Time, Den</p> <p>1:00 Poker, FAR</p> <p>2:45 Casual Coffee and Cookies, Den</p> <p>7:00 New Release Movie, Den</p>	<p>18 9:25 Whole Body Workout, KR</p> <p>10:00 Exercise with Courage, KR</p> <p>10:00 Basics of Technology, Den</p> <p>10:30 America's Christian History, PR</p> <p>11:00 Bible Study, PR</p> <p>1:00 Bridge, PR</p> <p>1:30 KU Health Talk "Falls Prevention", Parlor</p> <p>3:30 Book Club, FAR</p> <p>6:45 Movie Musical, Den</p>	<p>19 9:25 Whole Body Workout, KR</p> <p>10:00 Exercise with Courage, KR</p> <p>10:00 Scrabble, FAR</p> <p>10:30 Blood Pressure Clinic, Library</p> <p>10:45 Mexican Train Dominos, FAR</p> <p>11:00 Yoga, KR</p> <p>2:00 Mardi Gras Happy Hour, Den</p> <p>Chiropractor on-site, FAR</p> <p>2p-5p Casual Cookies and Coffee, Den</p> <p>6:30 Evening Games, FAR</p> <p>7:00 Book Club, FAR</p>	<p>20 9:25 Early Bird Fitness, KR</p> <p>10:00 Fitness Fun, KR</p> <p>10:30 Brain Busters, FAR</p> <p>1:00 Bridge, PR</p> <p>1:30 TPT: Watch & Discuss, Den</p> <p>2:45 Casual Cookies and Coffee, Den</p> <p>3:00 Knitting with a Coach, FAR</p> <p>4:30 MacPhail Music for Life, Parlor</p> <p>Rummikub, FAR</p>	<p>21 10-12 Leading Age Seminar, Den</p> <p>10:00 Yoga, KR</p> <p>10:00 Scrabble, FAR</p> <p>10:00 Outing: MN Orchestra, Van</p> <p>1:30 Afternoon Exercise, KR</p> <p>2:00 Men's Club, PR</p> <p>2:45 Casual Cookies and Coffee, Den</p> <p>4:00 Thirsty Thursday, Den</p> <p>6:30 Bingo, FAR</p>	<p>22 9:25 Whole Body Workout, KR</p> <p>10:00 Exercise with Courage, KR</p> <p>10:45 Mind Games, Parlor</p> <p>1:30 Crime & Punishment Class, KR</p> <p>2:30 Kenwood Knitters, Parlor</p> <p>2:45 Casual Cookies and Coffee, Parlor</p> <p>3p-4p Kaffezeit w/Elizabeth, FAR</p> <p>7:00 You Pick The Flick, Den</p>	<p>23 10:00 Yoga, KR</p> <p>11:00 Current Events, FAR</p> <p>1:00 Poker, FAR</p> <p>1:00 Tai Chi, KR</p> <p>2:45 Casual Coffee and Cookies, Den</p> <p>3:15 Bus leaves for Mass at St. Olaf's, Lobby</p> <p>7:00 Movie and Popcorn, Den</p>
<p>24 11:00 Worship w/Chaplain Sue, Parlor</p> <p>11:45 Fellowship Time, Den</p> <p>1:00 Poker, FAR</p> <p>2:45 Casual Coffee and Cookies, Den</p> <p>7:00 New Release Movie, Den</p>	<p>25 9:25 Whole Body Workout, KR</p> <p>10:00 Exercise with Courage, KR</p> <p>11:00 Bible Study, PR</p> <p>10:30 America's Christian History, PR</p> <p>1:00 Bridge, PR</p> <p>1:00 OLLI: Wizard/Prophet, KR</p> <p>2:45 Casual Cookies and Coffee, Den</p> <p>6:45 Foreign Film Night, Den</p>	<p>26 9:25 Whole Body Workout, KR</p> <p>10:00 Exercise with Courage, KR</p> <p>10:00 Scrabble, FAR</p> <p>10:30 Blood Pressure Clinic, Library</p> <p>10:45 Mexican Train Dominos, FAR</p> <p>1:00 Bridge, PR</p> <p>TSD Outing: Movie Matinee, Van</p> <p>10:45 Mexican Train Dominos, FAR</p> <p>11:00 Yoga, KR</p> <p>Chiropractor on-site, FAR</p> <p>2p-5p Casual Cookies and Coffee, Den</p> <p>6:30 Evening Games, FAR</p>	<p>27 9:25 Early Bird Fitness, KR</p> <p>10:00 Fitness Fun, KR</p> <p>10:30 Brain Busters, FAR</p> <p>1:00 Bridge, PR</p> <p>1:30 TPT: Watch & Discuss, Den</p> <p>2:45 Casual Cookies and Coffee, Den</p> <p>3:00 Knitting with a Coach, FAR</p> <p>4:30 MacPhail Music for Life, Parlor</p> <p>Rummikub, FAR</p>	<p>28 10:00 Yoga, KR</p> <p>10:00 Scrabble, FAR</p> <p>10:00 Outing: Bakken Museum Tour, Van</p> <p>1:30 Afternoon Exercise, KR</p> <p>2:00 Gerhard Weiss Presents, Den</p> <p>2:45 Casual Cookies and Coffee, Den</p> <p>4:00 Thirsty Thursday, Den</p> <p>6:30 Bingo, FAR</p>	<p>29 9:25 Whole Body Workout, KR</p> <p>10:00 Exercise with Courage, KR</p> <p>10:45 Mind Games, Parlor</p> <p>1:00 Podiatrist Visit, FAR</p> <p>1:30 Crime & Punishment Class, KR</p> <p>2:30 Kenwood Knitters, Parlor</p> <p>2:45 Casual Cookies and Coffee, Parlor</p> <p>7:00 Parlor Music: Mary Hall, Parlor</p>	<p>30 9:30 Kenwood Cares Group, Den</p> <p>10:00 Yoga, KR</p> <p>11:00 Current Events, FAR</p> <p>1:00 Poker, FAR</p> <p>1:00 Tai Chi, KR</p> <p>2:45 Casual Coffee and Cookies, Den</p> <p>3:15 Bus leaves for Mass at St. Olaf's, Lobby</p> <p>7:00 Movie and Popcorn, Den</p>