



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

Flu Shot Clinic Friday November 4th, 9:00am-12:00pm

If you have not yet received your flu shot please complete the form delivered to your door and provide insurance information when you attend. The clinic will be held in the Parlor. If you have already received your shot, please notify Jennifer.

Kenwood Kollege Monday November 7th, 2pm

We welcome John Gappa who currently serves as board chair for Friends of the Boundary Waters Wilderness, an environmental advocacy organization.

Veterans Day Friday November 11th, 1:30pm

We take a moment to recognize those who have served in the armed forces today. Begin your day with a breakfast for everyone to enjoy, served by your staff and a short afternoon recognition ceremony while singing our favorite patriotic songs.

Holiday Photo Shoot Opportunities November 14 & 28

Sign up with Brandy for your setting time and have a wonderful keepsake photo taken for you and/or your family this holiday season.



Wednesday
November 30th at Noon

Free lunch & learn

Art Sale following in the Den



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9:30 Theraband Fitness 10:15 Yoga w/John 10:30 Mexican Train 12:30 OLLI: Tuesdays/Scholar 2:15 Lecture: Strauss 3:00 Coffee Hour 3:30 Music For Life w/Joey	2 8:45 Silver Sneakers Classic 9:30 Stay Fit w/Courage 10:15 Hymn Sing w/Sue 10:30 Outing: Chanhassen "Foodloose" 10:30 Worship w/Sue 1:30 Bean Bag Toss 2:30 Coffee & Tea w/Friends 4:00 Res Newsletter Mtg	3 9:30 Early Bird Fitness 10:30 Yoga Stretch & Strength 10:30 Blood Pressure Clinic 11:15 GC: Ordinary Americans in the Revolutionary War 1:30 Brain Games w/Mariann 3:00 Knitting w/a Coach 3:00 Coffee Hour	4 9am - 12pm FLU SHOT CLINIC 9:30 Exercise w/Courage 1:30 BINGO! 3:00 Movie Matinee 3:00 Coffee Hour	5 10:15 Yoga w/John 11:00 Current Events 3:00 Coffee Hour 7:00 Movie & Popcorn
6 1:30 Meditation w/Monica 3:00 Movie Matinee 3:00 Coffee Hour DAYLIGHT SAVINGS	7 8:45 Silver Sneakers Walk-it 9:30 Stay Fit w/Courage 10:30 Music Stream: Holst 10:45 Tech Guide w/Brandy 1:30 Bridge 2:00 Kenwood Kollege: John Gappa - Save The Boundry Waters 3:00 Coffee Hour	8 9:30 Move-n-Shake w/Brandy 10:15 Yoga w/John 10:30 Mexican Train 12:30 OLLI: Tuesdays/Scholar 2:15 Lecture: Holst: The Planets 3:00 Coffee Hour 3:30 Music For Life w/Joey ELECTION DAY	9 8:45 Silver Sneakers Classic 9:30 Stay Fit w/Courage 10:15 Hymn Sing w/Sue 10:30 Worship w/Sue 1:30 Travelogue 2:30 All Resident Happy Hr 3:00 Coffee Hour	10 9:30 Early Bird Fitness 10:15 Outing: MN Orchestra 10:30 Yoga Stretch & Strength 10:30 Blood Pressure Clinic 11:15 GC: Ordinary Americans in the Revolutionary War 1:30 Brain Games w/Mariann 3:00 Knitting w/a coach 3:00 Coffee Hour	11 9:30 Exercise w/Courage 10:30 Documentary 1:30 Veterans Day Recognition 3:00 Movie Matinee 3:00 Coffee Hour THANK YOU VETERANS	12 10:15 Yoga w/John 11:00 Current Events 3:00 Coffee Hour 7:00 Movie & Popcorn
13 1:30 Meditation w/Monica 3:00 Movie Matinee 3:00 Coffee Hour	14 8:45 Silver Sneakers Walk-it 9:30 Early Bird Fitness 10:30 Music Stream: Copland 10:45 Tech Guide w/Brandy 1:30 Bridge 1:30 - 3 Holiday Photo Shoot 3:00 Coffee Hour	15 9:30 Theraband Fitness 10:15 Yoga w/John 10:30 Mexican Train 12:30 OLLI: Tuesdays/Scholar 2:15 All Resident Meeting 3:00 Coffee Hour 3:30 Music For Life w/Joey	16 8:45 Silver Sneakers Classic 9:30 Stay Fit w/Courage 10:15 Hymn Sing w/Sue 10:30 Worship w/Sue 1:30 Bean Bag Toss 2:00 November Birthday Party with Entertainment & Cake 3:30 Kenwood Book Club	17 9:30 Early Bird Fitness 10:30 Yoga Stretch & Strength 10:30 Blood Pressure Clinic 11:00 Outing: Lunch at Muni 11:15 GC: Ordinary Americans in the Revolutionary War 1:30 Brain Games w/Mariann 3:00 Knitting w/a coach 3:00 Coffee Hour	18 9:00 Volunteering: Feed My Starving Children - Sign/Up 9:30 Stay Fit w/Courage 10:30 Lecture: Copland: Appalachian Spring 1:30 BINGO! 3:00 Movie Matinee 3:00 Coffee Hour	19 10:15 Yoga w/John 11:00 Current Events 3:00 Coffee Hour 7:00 Movie & Popcorn
20 1:30 Meditation w/Monica 3:00 Movie Matinee 3:00 Coffee Hour	21 8:45 Silver Sneakers Walk-it 9:30 Stay Fit w/Courage 10:30 Music Stream: Shostakovich No 5 10:45 Tech Guide w/Brandy 1:30 Bridge 2:30 Music Unwrapped with MacPhails Andrea Leap 3:00 Coffee Hour	22 9:30 Move-n-Shake w/Brandy 10:15 Yoga w/John 10:30 Mexican Train 12:30 OLLI: Tuesdays/Scholar 2:15 Lecture: Shostakovich Symphony No 5 3:00 Coffee Hour	23 8:45 Silver Sneakers Classic 9:30 Stay Fit w/Courage 10:00 Outing: MN History Museum 10:15 Hymn Sing w/Sue 10:30 Worship w/Sue 1:30 Learn to play Bunco 2:30 Coffee & Tea w/Friends 3:00 Coffee Hour	24 Happy Thanksgiving	25 9:30 Stay Fit w/Courage 10:30 Documentary 1:30 BINGO! 3:00 Movie Matinee 3:00 Coffee Hour	26 10:15 Yoga w/John 11:00 Current Events 3:00 Coffee Hour 7:00 Movie & Popcorn
27 1:30 Meditation w/Monica 3:00 Movie Matinee 3:00 Coffee Hour	28 8:45 Silver Sneakers Walk-it 9:30 Stay Fit w/Courage 10:30 Music Stream: Shostakovich No 10 10:45 Tech Guide w/Brandy 1:30 Bridge 1:30 - 3 Holiday Photo Shoot 3:00 Coffee Hour	29 9:30 Theraband Fitness 10:15 Yoga w/John 10:30 Mexican Train 2:15 Lecture: Shostakovich Symphony No 10 3:00 Coffee Hour 3:30 Music For Life w/Joey	30 8:45 Silver Sneakers Classic 9:30 Stay Fit w/Courage 10:15 Hymn Sing w/Sue 10:30 Worship w/Sue NOON Lunch and Learn: Haiti 1:30 Learn to play Racco 2:30 Coffee & Tea w/Friends 3:00 Coffee Hour	 <p>NOVEMBER BIRTHDAYS</p> <p>7th Patti Warlof 8th Darleen Hauck 8th Dolly Advani 10th Andrea Single</p> <p>12th Ruth Anne Olson 15th Stephen Christensen 19th Ella Slade</p>		