SUN	MON	TUE	WED	THUR	FRI	SAT
			1 **8:30 Catholic Mass - Holy Redeemer ~Meet In Lobby** 10:00 Current Events & Discussion ~A **10:00 - 1:00 KP on the GO! ~Meet In Lobby** 11:15 Total Fitness w/Trevor ~A 12:00 Lunch ~D **1:30 Bridge Group ~L** **2:00 Wellness Wednesday ~A** **3:00 You Be the Judge ~A** 4:30 - 6:00 Cocktails ~B **7:00 Music Performance by Darrin Carter ~B**	**2** **8:30 Catholic Mass - Holy Redeemer ~Meet In Lobby** 10:00 Current Events & Discussion ~A **11:15 Exercise w/Instructor Lauren of Renew Fitness ~A** 12:00 Lunch ~D **1:15 Walking Club ~Meet in lobby** **1:30 Sarah's Chocolate Story ~A** 1:30 Lecture Series: Before 1776: Life in the American Colonies ~A **3:30 Brain Games to Keep Your Brain Young!** 4:30 - 6:00 Cocktails ~B **7:00 Evening of Music w/ Howard Jung ~B**	**3** International Beer Day **8:30 Catholic Mass - Holy Redeemer ~Meet In Lobby** 10:00 Trip to CVS ~Meet In Lobby **10:00 Current Events & Discussion ~A** 11:15 Cardio Exercise w/Vitality Fitness Instructor Dayna ~A 12:00 Lunch ~D **1:30 "Its Your Business" with Andrew F. ~A** **3:00 Shabbat Service ~ Woodlands** **3:00 Short Story Writing with MJ ~A** **4:30 - 6:00 Cocktails & Music ~B** **7:00 Card Game Night ~B**	**4** 10:00 Current Events & Discussion ~B **10:00 - 1:00 KP on the GO! ~Meet In Lobby** 11:15 H20 Move & Groove Exercise w/Jennifer~A 12:00 Lunch ~B **1:15 Walking Club ~Meet in lobby** **1:30 Dr. Jenner - Hot Topics Discussion ~L** 1:30 Garden Club with Jill **2:30 Highlands High Notes Chorus w/ Rachelle ~B** 3:30 Trivia ~B **4:30 - 6:00 Cocktails w/Robert Coleman ~B** 7:15 Oscar-Winning Movie Night ~A
5 **9:00 Catholic Mass - Holy Redeemer ~Meet In Lobby** 11:00 Shuttle to Sunday Church Services ~Meet In Lobby 12:00 Lunch ~B **1:15 Walking Club ~Meet in lobby** 2:00 Lecture Series: Birding in North America~A 4:30 - 6:00 Cocktails ~B 7:15 Movie Night ~A	**6** **8:30 Catholic Mass - Holy Redeemer ~Meet In Lobby** 10:00 Current Events & Discussion ~A 10:00 Giant Shopping Trip ~Meet In Lobby 11:15 Total Fitness w/Trevor ~A 12:00 Lunch ~D **1:30 Book Group with Mary Jane ~A** 3:00 Giant Crossword ~A 4:30 - 6:00 Cocktails ~B	**7** **8:30 Catholic Mass - Holy Redeemer ~Meet In Lobby** 10:00 Current Events & Discussion ~A 11:15 Tai Chi Class w/Mat ~A 12:00 Lunch ~D **1:15 Walking Club ~Meet in lobby** 1:30 Lecture Series: Fall and Rise of China ~A 2:00 Christian Worship Service ~Woodlands 3:00 Topics with Trevor ~A 4:30 - 6:00 Cocktails ~B **7:00 Live Music: Julie Hall ~B**	**8** **8:30 Catholic Mass - Holy Redeemer ~Meet In Lobby** 10:00 Current Events & Discussion ~A **10:00 - 1:00 KP on the GO! ~Meet In Lobby** 11:15 Total Fitness w/Trevor ~A 12:00 Lunch ~D **1:30 Catholic Mass ~Groves** **1:30 Bridge Group ~L** **1:30 Games Wii Play ~A** **3:00 You Be the Judge ~A** 4:30 - 6:00 Cocktails ~B **7:00 Music Performance by Bertram McLeish ~B**	**9** **8:30 Catholic Mass - Holy Redeemer ~Meet In Lobby** 10:00 Current Events & Discussion ~A **11:15 Exercise w/Instructor Lauren of Renew Fitness ~A** 12:00 Lunch ~D **12:15 Men's Lunch with Trevor ~A** **1:15 Walking Club ~Meet in lobby** 1:30 Lecture Series: Before 1776: Life in the American Colonies ~A **3:30 Brain Games to Keep Your Brain Young!** 4:30 - 6:00 Cocktails ~B	**10** **8:30 Catholic Mass - Holy Redeemer ~Meet In Lobby** 10:00 Trip to CVS ~Meet In Lobby **10:00 Current Events & Discussion ~A** 11:15 Cardio Exercise w/Vitality Fitness Instructor Dayna ~A 12:00 Lunch ~D 1:00 Outing to the Movies **3:00 Shabbat Service ~ Woodlands** **4:30 - 6:00 Cocktails & Music ~B** **7:00 Card Game Night ~B**	**11** 10:00 Current Events & Discussion ~B **10:00 - 1:00 KP on the GO! ~Meet In Lobby** 11:15 H20 Move & Groove Exercise w/ Jennifer~A 12:00 Lunch ~B **1:15 Walking Club ~Meet in lobby** **1:30 Art Education with Nancy presents: The Art of Reuven Rubin (Part I) ~A** 1:30 Garden Club with Jill **2:30 Highlands High Notes Chorus w/ Rachelle ~B** 3:30 Trivia ~B **4:30 - 6:00 Cocktails w/Robert Coleman ~B** 7:15 Oscar-Winning Movie Night ~A
12 **9:00 Catholic Mass - Holy Redeemer ~Meet In Lobby** 11:00 Shuttle to Sunday Church Services ~Meet In Lobby 12:00 Lunch ~B **1:15 Walking Club ~Meet in lobby** 2:00 Lecture Series: Birding in North America~A **3:30 Dr. Jenner - ~A** 4:30 - 6:00 Cocktails ~B 7:15 Movie Night ~A	**13** **8:30 Catholic Mass - Holy Redeemer ~Meet In Lobby** 10:00 Current Events & Discussion ~A 10:00 Safeway Grocery Trip ~Meet In Lobby 11:15 Total Fitness w/Trevor ~A 12:00 Lunch ~D **1:30 Art with Martina ~A** 2:00 Library Outing ~Meet In Lobby **3:00 What is THAT? ~A** 4:30 - 6:00 Cocktails ~B	**14** **8:30 Catholic Mass - Holy Redeemer ~Meet In Lobby** 10:00 Current Events & Discussion ~A **10:30 Senior Day at MoCo Fair** 11:15 Zumba Gold with Latisha ~A 12:00 Lunch ~D **1:15 Walking Club ~Meet in lobby** 1:30 Lecture Series: Fall and Rise of China ~A 2:00 Christian Worship Service ~Woodlands 3:00 Trivia with Trevor ~A **3:00 Feathers & Flight with Dr. Togut ~A** 4:30 - 6:00 Cocktails ~B 7:15 Documentary Movie ~A	**15** **8:30 Catholic Mass - Holy Redeemer ~Meet In Lobby** 10:00 Current Events & Discussion ~A **10:00 - 1:00 KP on the GO! ~Meet In Lobby** 11:15 Total Fitness w/Trevor ~A 12:00 Lunch ~D **1:00 Seated Massages w/David Cox ~Wellness Gym** **1:30 Bridge Group ~L** **1:30 Games Wii Play ~A** **2:00 Just Bead It w/Cindy ~B** **3:00 You Be the Judge ~A** 4:30 - 6:00 Cocktails ~B **6:30 outing to Ukefest @ Strathmore** 7:00 Scrabble Club ~A	**16** **8:30 Catholic Mass - Holy Redeemer ~Meet In Lobby** 10:00 Current Events & Discussion ~A **11:15 Exercise w/Instructor Lauren of Renew Fitness ~A** 12:00 Lunch ~D **1:15 Walking Club ~Meet in lobby** 1:30 Lecture Series: Before 1776: Life in the American Colonies ~A **2:30 Resident Council Meeting ~A** **3:30 Brain Games to Keep Your Brain Young!** 4:30 - 6:00 Cocktails ~B **7:00 Evening of Music w/ Howard Jung ~B**	**17** **8:30 Catholic Mass - Holy Redeemer ~Meet In Lobby** **10:00 Trip to National Geographic ~A** 10:00 Trip to CVS ~Meet In Lobby **10:00 Current Events & Discussion ~A** **10:00 Outing to National Geographic ~Meet in Lobby** 11:15 Cardio Exercise w/Vitality Fitness Instructor Dayna ~A 12:00 Lunch ~D **3:00 Shabbat Service ~ Woodlands** **4:30 - 6:00 Cocktails & Music ~B** **7:00 Music History w/Roy Justice ~A**	**18** 10:00 Current Events & Discussion ~B **10:00 - 1:00 KP on the GO! ~Meet In Lobby** 11:15 H20 Move & Groove Exercise w/Jennifer~A 12:00 Lunch ~B **1:15 Walking Club ~Meet in lobby** 1:30 Garden Club with Jill **2:30 Highlands High Notes Chorus w/ Rachelle ~B** 3:30 Trivia ~B **4:30 - 6:00 Cocktails w/Robert Coleman ~B** 7:15 Oscar-Winning Movie Night ~A
National Aviation Day **19** **9:00 Catholic Mass - Holy Redeemer ~Meet In Lobby** 11:00 Shuttle to Sunday Church Services ~Meet In Lobby 12:00 Lunch ~B 1:00 Lecture Series: Birding in North America~A **1:15 Walking Club ~Meet in lobby** **2:00 Michael Houston sings Opera! ~B** 4:30 - 6:00 Cocktails ~B 7:15 Movie Night ~A	**20** **8:30 Catholic Mass - Holy Redeemer ~Meet In Lobby** 10:00 Current Events & Discussion ~A 10:00 Giant Shopping Trip ~Meet In Lobby 11:15 Total Fitness w/Trevor ~A 12:00 Lunch ~D **1:30 Book Group with Mary Jane ~A** 4:30 - 6:00 Cocktails ~B	**21** **8:30 Catholic Mass - Holy Redeemer ~Meet In Lobby** 10:00 Current Events & Discussion ~A 11:15 Tai Chi Class w/Mat ~A 12:00 Lunch ~D **1:15 Walking Club ~Meet in lobby** 1:30 Lecture Series: Fall and Rise of China ~A 2:00 Christian Worship Service ~Woodlands 3:00 Topics with Trevor ~A 4:30 - 6:00 Cocktails ~B **7:00 Live Music: Julie Hall ~B**	**22** **8:30 Catholic Mass - Holy Redeemer ~Meet In Lobby** 10:00 Current Events & Discussion ~A **10:00 - 1:00 KP on the GO! ~Meet In Lobby** 11:15 Total Fitness w/Trevor ~D **11:15 Total Fitness with Trevor ~B** 12:00 Lunch ~D **1:30 Bridge Group ~L** **3:00 You Be the Judge ~L** 4:30 - 6:00 Cocktails ~B **7:00 Music Performance by Bertram McLeish ~B**	**23** **8:30 Catholic Mass - Holy Redeemer ~Meet In Lobby** 10:00 Current Events & Discussion ~A **11:15 Exercise w/Instructor Lauren of Renew Fitness ~A** 12:00 Lunch ~D **1:15 Walking Club ~Meet in lobby** 1:30 Lecture Series: Before 1776: Life in the American Colonies ~A **2:30 Culinary Demo ~B** **3:00 Brain Games to Keep Your Brain Young!** 4:30 - 6:00 Cocktails ~B	**24** **8:30 Catholic Mass - Holy Redeemer ~Meet In Lobby** 10:00 Trip to CVS ~Meet In Lobby **10:00 Current Events & Discussion ~A** 11:15 Cardio Exercise w/Vitality Fitness Instructor Dayna ~A 12:00 Lunch ~D **1:30 Artist Adrienne presents "Artsy sights in Paris" ~A** **3:00 Paris Potpourri ~A** **3:00 Shabbat Service ~ Woodlands** **4:30 - 6:00 Cocktails & Music ~B** **7:00 Card Game Night ~B**	**25** 10:00 Current Events & Discussion ~B **10:00 - 1:00 KP on the GO! ~Meet In Lobby** 11:15 H20 Move & Groove Exercise w/Jennifer~A **11:30 Lunch Outing ~Meet in Lobby** 12:00 Lunch ~B **1:15 Walking Club ~Meet in lobby** 1:30 Garden Club with Jill **2:30 Highlands High Notes Chorus w/ Rachelle ~B** 3:30 Trivia ~B **4:30 - 6:00 Cocktails w/Robert Coleman ~B** 7:15 Oscar-Winning Movie Night ~A
26 **9:00 Catholic Mass - Holy Redeemer ~Meet In Lobby** 11:00 Shuttle to Sunday Church Services ~Meet In Lobby 12:00 Lunch ~B **1:15 Walking Club ~Meet in lobby** 2:00 Lecture Series: Birding in North America~A **3:30 Dr. Jenner - ~A** 4:30 - 6:00 Cocktails ~B 7:15 Movie Night ~A	**27** 3:00 Trivia with Trevor ~A **8:30 Catholic Mass - Holy Redeemer ~Meet In Lobby** 10:00 Current Events & Discussion ~A 10:00 Safeway Grocery Trip ~Meet In Lobby 11:15 Total Fitness w/Trevor ~A 12:00 Lunch ~D **1:30 Reading Circle ~A** 2:30 Library Outing ~Meet In Lobby 4:30 - 6:00 Cocktails ~B	**28** **8:30 Catholic Mass - Holy Redeemer ~Meet In Lobby** 10:00 Current Events & Discussion ~A 11:15 Zumba Gold with Latisha ~A 12:00 Lunch ~D **1:15 Walking Club ~Meet in lobby** 1:30 Lecture Series: Fall and Rise of China ~A 2:00 Christian Worship Service ~Woodlands **3:00 Word within a Word ~A** 4:30 - 6:00 Cocktails ~B 7:15 Documentary Movie ~A	**29** **8:30 Catholic Mass - Holy Redeemer ~Meet In Lobby** 10:00 Current Events & Discussion ~A **10:00 - 1:00 KP on the GO! ~Meet In Lobby** 11:15 Total Fitness w/Trevor ~A 12:00 Lunch ~D **1:30 Bridge Group ~L** **1:30 Games Wii Play ~A** **3:00 You Be the Judge ~A** 4:30 - 6:00 Cocktails ~B	**30** **8:30 Catholic Mass - Holy Redeemer ~Meet In Lobby** 10:00 Current Events & Discussion ~A **11:15 Exercise w/Instructor Lauren of Renew Fitness ~A** 12:00 Lunch ~D **1:15 Walking Club ~Meet in lobby** 1:30 Lecture Series: Before 1776: Life in the American Colonies ~A **3:00 Brain Games to Keep Your Brain Young!** 4:30 - 6:00 Cocktails ~B **7:00 Evening of Music w/ Howard Jung ~B**	**31** **8:30 Catholic Mass - Holy Redeemer ~Meet In Lobby** 10:00 Trip to CVS ~Meet In Lobby **10:00 Current Events & Discussion ~A** 11:15 Cardio Exercise w/Vitality Fitness Instructor Dayna ~A 12:00 Lunch ~D **3:00 Shabbat Service ~ Woodlands** **3:00 This is Us ~A** **4:30 - 6:00 Cocktails & Music ~B** **7:00 Card Game Night ~B**	

August 2018

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KENSINGTON PARK
A Senior Living Community