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Happy Labor Day!

Celebrate the contributions workers have made to the strength, prosperity, and well-being of our country.

Happy Grandparent's day September 10th



Rosh Hashanah

Rosh Hashanah Service 09/15 - 7:00pm - 8:30pm

9:00 Catholic Mass - Holy Redeemer ~Meet In Lobby 11:00 Shuttle to Sunday Church Services ~Meet In Lobby 11:15 Scrabble w/Merak ~A 12:00 Lunch - Soup & Sandwich ~B 1:30 Instructional Qwirkle w/Jackie & Betty ~A 3:30 Highlands High Notes Chorus w/Jessica ~B 4:00 - 6:00 Cocktails ~B 7:00 Evening Movie ~A

3

Labor Day 8:30 Catholic Mass - Holy Redeemer ~Meet In Lobby 10:00 Current Events & Discussion w/Bob Duryea ~A 10:00 Giant Shopping Trip ~Meet In Lobby 11:15 Exercise ~A 12:00 Lunch - D 1:30 Labor Day Trivia ~Terrace 2:00 CVS & Library Outing ~Meet In Lobby 3:00 - 5:00 Labor Day Celebration w/The Old Dominion Band ~T-Level 4:00 - 6:00 Cocktails ~B 7:00 Scrabble Club ~A

4

8:30 Catholic Mass - Holy Redeemer ~Meet In Lobby 10:00 Current Events & Discussion w/Shirley Davin ~A 11:15 Tai Chi Class w/Mat ~A 12:00 Lunch - D 1:30 Garden Club ~Meet In Bistro 2:00 Christian Worship Service ~Woodlands 3:30 Cultural Discussion w/Jim Link: Ian Fleming and Iris Murdoch ~A 4:00 - 6:00 Cocktails ~B 7:00 Musical Concert w/Violinist Deena Rizkalla ~B

5

Happy Anniversary Bob & Gwen Vaughan 8:30 Catholic Mass - Holy Redeemer ~Meet In Lobby 10:00 Current Events & Discussion w/Pat Fox ~A 10:00 - 1:00 KP on the GO! ~Meet In Lobby 11:15 Strength Training Exercise ~A 11:30 Lunch Outing - Brio Tuscan Grille ~Meet In Lobby 12:00 Lunch - D 1:30 Documentary (TBA) ~A 3:30 Bible Study w/Tara Boogaerts ~A 4:00 - 6:00 Cocktails ~B 7:00 Music Performance by Darrin Carter ~B

6

8:30 Catholic Mass - Holy Redeemer ~Meet In Lobby 10:00 Current Events & Discussion w/Marie Van Wyk ~A 11:15 Exercise w/Instructor Lauren of Renew Fitness 12:00 Men's Pizza & Beer Luncheon ~A 12:00 Lunch - D 1:30 Ambassador's Club w/Ariel ~A 3:00 Kensington Park Chorus w/Jeff ~B 4:00 - 6:00 Cocktails ~B 7:00 Evening of Music w/ Howard Jung ~B

7

Happy Birthday Elisabeth Van Houtven 8:30 Catholic Mass - Holy Redeemer ~Meet In Lobby 10:00 Trip to Chevy Chase Market ~Meet In Lobby 10:00 Current Events & Discussion w/Toni Ward ~A 11:15 Cardio Exercise w/Vitality Fitness Instructor Tiera ~A 12:00 Lunch - D 1:00 KP at the Movies - Meet In Lobby 1:30 You Be The Judge ~A 4:00 - 6:00 Cocktails & Music ~B 6:30 Shabbat Service w/ Chaplain Michael Bloom ~Woodlands 7:00 Card Game: Kings In A Corner ~A

8

10:00 Current Events & Discussion ~B 10:00 - 1:00 KP on the GO! ~Meet In Lobby 11:15 H2O Move & Groove Exercise w/Teresa ~A 12:00 Lunch - Soup & Sandwich ~B 1:30 Jewish Art Education present - The Art of the High Holidays ~A 3:30 Trivia ~B 4:00 - 6:00 Cocktails w/Robert Coleman ~B 7:00 Oscar-Winning Movie Night ~A

9

National Grandparents Day Happy Birthday Leah Berger 9:00 Catholic Mass - Holy Redeemer ~Meet In Lobby 11:00 Shuttle to Sunday Church Services ~Meet In Lobby 11:15 Scrabble w/Merak ~A 12:00 Lunch - Soup & Sandwich ~B 1:30 - 3:00 Grandparents Day Celebration/Fall Festival ~ Groves Parking Lot 3:30 Dr. Jenner - The History of Coffee ~A 4:00 - 6:00 Cocktails ~B 7:00 Evening Movie ~A

10

Patriot Day 8:30 Catholic Mass - Holy Redeemer ~Meet In Lobby 10:00 Current Events & Discussion w/Bob Duryea ~A 10:00 Safeway Grocery Trip ~Meet In Lobby 11:15 Exercise ~A 12:00 Lunch - D 1:30 Kensington Park Chorus w/Jeff ~B 2:00 Bank Shuttle ~Meet In Lobby 2:15 Ladies Afternoon Social ~A 3:00 Walking Club at Montgomery Mall ~Meet In Lobby 4:00 - 6:00 Cocktails ~B 7:00 Scrabble Club ~A

11

8:30 Catholic Mass - Holy Redeemer ~Meet In Lobby 10:00 Current Events & Discussion w/Shirley Davin ~A 10:45 Swim Club ~Meet In Lobby 11:15 Tai Chi Class w/Mat ~A 12:00 Lunch - D 1:30 Literature Discussion w/Jim Link: Great Short Poems ~A 2:00 Christian Worship Service ~Woodlands 4:00 - 6:00 Cocktails ~B 7:00 Musical Concert w/Violinist Deena Rizkalla ~B

12

8:30 Catholic Mass - Holy Redeemer ~Meet In Lobby 10:00 Current Events & Discussion w/Pat Fox ~A 10:00 - 1:00 KP on the GO! ~Meet In Lobby 11:15 Wellness Wednesday Presentation - Proper Dental Hygiene w/Dr. Stephen Varney ~A 12:00 Lunch - D 1:30 Catholic Mass ~Groves 1:30 - 2:15 Mobile Post Office Visit ~B 1:30 Reenactor Candace Ridington presents Livy Clemons, wife of Mark Twain ~A 3:00 Community Volunteer Committee Meeting ~B 4:00 - 6:00 Cocktails ~B 7:00 Musical Performance by Bertram McLeish ~B

13

8:30 Catholic Mass - Holy Redeemer ~Meet In Lobby 10:00 Current Events & Discussion w/Marie Van Wyk ~A 10:45 Swim Club ~Meet In Lobby 11:15 Exercise ~A 12:00 Lunch - D 1:30 Ambassador's Club w/Ariel ~A 2:30 Activity Meeting ~A 4:00 - 6:00 Cocktails ~B 7:00 Musical Performance by Julie Hall ~B

14

8:30 Catholic Mass - Holy Redeemer ~Meet In Lobby 10:00 Trip to Chevy Chase Market ~Meet In Lobby 10:00 Current Events & Discussion w/Toni Ward ~A 11:15 Cardio Exercise w/Vitality Fitness Instructor Tiera ~A 11:30 Lunch Outing - Passage to India ~Meet In Lobby 12:00 Lunch - D 1:30 A Game of Qwirkle ~A 4:00 - 6:00 Cocktails & Music ~B 7:00 - 8:30 Rosh Hashanah Service ~3rd FL. Woodlands 7:00 Music History w/Roy Justice ~A

15

10:00 Current Events & Discussion ~B 10:00 - 1:00 KP on the GO! ~Meet In Lobby 11:15 H2O Move & Groove Exercise w/Teresa ~A 12:00 Lunch - Soup & Sandwich ~B 12:45 Monarch Fiesta Day at Black Hill Visitor Center ~ Meet In the Lobby 3:30 Trivia ~B 4:00 - 6:00 Cocktails w/Robert Coleman ~B 7:00 Oscar-Winning Movie Night ~A

16

Constitution Day and Citizenship Day 9:00 Catholic Mass - Holy Redeemer ~Meet In Lobby 11:00 Shuttle to Sunday Church Services ~Meet In Lobby 11:15 Scrabble w/Merak ~A 12:00 Lunch - Soup & Sandwich ~B 1:15 Afternoon Walk ~A 3:30 Highlands High Notes Chorus w/Jessica ~B 4:00 - 6:00 Cocktails ~B 7:00 Evening Movie ~A

17

8:30 Catholic Mass - Holy Redeemer ~Meet In Lobby 10:00 Current Events & Discussion w/Bob Duryea ~A 10:00 Giant Shopping Trip ~Meet In Lobby 11:15 Exercise ~A 12:00 Lunch - D 1:30 Kensington Park Chorus w/Jeff ~B 2:00 CVS & Library Outing ~Meet In Lobby 4:00 - 6:00 Cocktails ~B 7:00 Scrabble Club ~B

18

8:30 Catholic Mass - Holy Redeemer ~Meet In Lobby 10:00 Current Events & Discussion w/Shirley Davin ~A 10:45 Swim Club ~Meet In Lobby 11:15 Tai Chi Class w/Mat ~A 12:00 Lunch - D 1:30 Jeopardy ~A 2:00 Christian Worship Service ~Woodlands 3:30 Cultural Discussion w/Jim Link: Isaac Asimov and Toni Morrison ~A 4:00 - 6:00 Cocktails ~B 6:30 - 8:00 Parkinson's Pointers: Beyond the Prescription - Understanding PD Medications ~A

19

Rosh Hashana Begins at Sundown Happy Birthday Tonisa Ward 8:30 Catholic Mass - Holy Redeemer ~Meet In Lobby 10:00 Current Events & Discussion w/Pat Fox ~A 10:00 - 1:00 KP on the GO! ~Meet In Lobby 11:15 Strength Training Exercise ~A 12:00 Lunch - D 2:00 Just Bead It w/Cindy ~B 2:00 Seated Massages w/David Cox ~Wellness Gym 3:30 Bible Study w/Tara Boogaerts ~A 4:00 - 6:00 Cocktails ~B 7:00 Music Performance by Darrin Carter ~B

20

8:30 Catholic Mass - Holy Redeemer ~Meet In Lobby 10:00 Current Events & Discussion w/Marie Van Wyk ~A 10:45 Swim Club ~Meet In Lobby 11:15 Exercise w/Instructor Lauren of Renew Fitness 12:00 Lunch - D 1:30 Ambassador's Club w/Ariel ~A 2:30 Resident Council Meeting ~A 4:00 - 6:00 Cocktails ~B 7:00 Evening of Music w/ Howard Jung ~B

21

September equinox Rosh Hashana Ends at Sundown 8:30 Catholic Mass - Holy Redeemer ~Meet In Lobby 10:00 Trip to Chevy Chase Market ~Meet In Lobby 10:00 Current Events & Discussion w/Toni Ward ~A 11:15 Falls Prevention - Exercises to Help Prevent Falls w/RenewMe Fitness ~A 12:00 Lunch - D 1:30 A Game of Qwirkle ~A 2:30 Wildlife Pontoon Boat Ride at Lake Needwood ~Meet In the Lobby 4:00 - 6:00 Cocktails & Music ~B 6:30 Shabbat Service w/ Chaplain Michael Bloom ~Woodlands 7:30 Movie in the Park - "Hairspray" ~ Groves Parking Lot

22

10:00 Current Events & Discussion ~B 10:00 - 1:00 KP on the GO! ~Meet In Lobby 11:15 H2O Move & Groove Exercise w/Teresa ~A 1:30 Trivia ~A 3:45 Dr. Jenner - Hot Topics Discussion ~A 4:00 - 6:00 Cocktails w/Robert Coleman ~B 7:00 Oscar-Winning Movie Night ~A

23

8:00 - 9:00 Continental Breakfast ~D 9:00 Catholic Mass - Holy Redeemer ~Meet In Lobby 9:00 - 12:00 Champagne Brunch ~D 11:00 Shuttle to Sunday Church Services ~Meet In Lobby 11:15 Scrabble w/Merak ~A 1:15 Sunday Afternoon Drive ~Meet In Lobby 3:30 - 4:00 Yom Kippur Program ~3rd FL. Woodlands 3:30 Dr. Jenner - The Story of the Erie Canal ~A 4:00 - 6:00 Cocktails ~B 7:00 Evening Movie ~A

24

8:30 Catholic Mass - Holy Redeemer ~Meet In Lobby 10:00 Current Events & Discussion w/Bob Duryea ~A 10:00 Safeway Grocery Trip ~Meet In Lobby 11:15 Falls Recovery - Exercises to Help You Get Up and Down from the Floor w/RenewMe Fitness ~A 12:00 Lunch - D 1:30 Kensington Park Chorus w/Jeff ~B 2:00 Bank Shuttle ~Meet In Lobby 2:30 Highlands Book Club ~A 4:00 - 6:00 Cocktails ~B 7:00 Scrabble Club ~A

25

8:30 Catholic Mass - Holy Redeemer ~Meet In Lobby 10:00 Current Events & Discussion w/Shirley Davin ~A 10:45 Swim Club ~Meet In Lobby 11:15 Tai Chi and Reduction of Falls w/Mat ~A 12:00 Lunch - D 2:00 Christian Worship Service ~Woodlands 2:00 Culinary Meeting & Demo ~B 3:30 Literature Discussion w/Jim Link: Great Short Poems ~A 4:00 - 6:00 Cocktails ~B 7:00 Documentary (TBA) ~A

26

8:30 Catholic Mass - Holy Redeemer ~Meet In Lobby 10:00 Current Events & Discussion w/Pat Fox ~A 10:00 - 1:00 KP on the GO! ~Meet In Lobby 11:15 Wellness Wednesday Presentation - Financial Planning for Social Justice w/Len Cohen, CFP ~A 12:00 Lunch - D 12:45 Olney Theater presents "In the Heights" ~ Meet In the Lobby 1:15 Wellness Gym Equipment Instruction Class ~Wellness Gym 1:30 - 2:15 Mobile Post Office Visit ~B 4:00 - 6:00 Cocktails ~B 7:00 Music Performance by Darrin Carter ~B

27

8:30 Catholic Mass - Holy Redeemer ~Meet In Lobby 10:00 Current Events & Discussion w/Marie Van Wyk ~A 10:45 Swim Club ~Meet In Lobby 11:15 Exercise ~A 12:00 Lunch - D 1:30 Ambassador's Club w/Ariel ~D 3:00 Birthday Month Celebration w/Frank Plummer ~B 4:00 - 6:00 A Book Chat with John Vine titled - "Watch your Step!" ~A 4:00 - 6:00 Cocktails ~B 7:00 Documentary (TBA) ~A

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Yom Kippur Begins at Sundown Happy Birthday Kay Farrior 8:30 Catholic Mass - Holy Redeemer ~Meet In Lobby 10:00 Trip to Chevy Chase Market ~Meet In Lobby 10:00 Current Events & Discussion w/Toni Ward ~A 11:15 Cardio Exercise w/Vitality Fitness Instructor Tiera ~A 12:00 Lunch - D 1:30 Reenactor Candace Ridington presents Poet Emily Dickinson ~A 2:30 Trip to Dolcetta Gelato ~Meet In Lobby 4:00 - 6:00 Cocktails & Music ~B 6:30 Shabbat Service w/ Chaplain Michael Bloom ~Woodlands 7:00 Card Game: Kings In A Corner ~A

29

Yom Kippur Ends at Sundown 10:00 Current Events & Discussion ~B 10:00 - 1:00 KP on the GO! ~Meet In Lobby 11:15 H2O Move & Groove Exercise w/Teresa ~A 1:30 Musical Performance by Julie Hall ~B 3:30 Trivia ~B 4:00 - 6:00 Cocktails w/Robert Coleman ~B 7:00 Oscar-Winning Movie Night ~A

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September 2017

Highlands Independent Living 3620 Littledale Road, Kensington, MD 20895 301-946-7700



KENSINGTON PARK A Senior Living Community