

Parc at Duluth • Ageless Living Activities

February 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			8:45 BP Check-1st Flr 9:45 Seated Strength-MC 10:30 Flex Yoga-MC 11:00 Balance-MC 2:00 Gym Time-FC 2:00 Parc Matinee - MC 3:00 Mexican Train Domino - L 7:00 Parc Movie Night - MC	9:00 Brain Training-FC** 9:45 Get Up & Go!-MC 10:00 Bingo-PCH LR 10:30 Circuit Exercise Class-MC 2:00 Adult Coloring-MC 2:00 Gym Time-FC 3:00 Thursday Tea Time-PCH LR 7:00 Geographical Series-PCH MC	Reflexologist** 9:45 Seated Strength-MC 10:00 DIY Heart Jar- PCH LR 10:30 St. Benedict First Friday-L 1:00 Bible Study w/Jane Higgins-MC 2:00 Gym Time- FC 2:00 Parc Matinee - MC 4:00 Parc Social Hour-L 6:00 Cordials-1st Flr Library 6:30 Parc Opera- Enchanted Island MC	10:00 Functional Fitness DVD-MC 11:00 Bingo-MC 3:00 Puzzle Group- PCH LR 3:30 Parc Matinee - MC 7:00 Downton Abbey Season 2-MC
10:30 St Benedict Catholic Communion-PCH MC 11:00 Bingo-PCH LR 1:00 Rummikub PCH LR 1:30 1st United Methodist Church 2:00 Christ Church Episcopal Service PC/PDR 3:00 Puzzle Group - PCH LR 3:00 Wii Bowling League (MC) 6:30 SuperBowl Party-MC	9:00 Coffee & Donuts-Lib 9:45 Seated Strength-MC 10:30 Yoga-MC 11:00 Balance-MC 2:00 Blackjack-PCH MC 2:00 Gym Time-FC 2:00 Parc Matinee-MC 3:30 Dennis Goodwin (1st Floor MC) 7:00 Wii Bowling League (MC)	Manicurist by appt** 9:45 Get Up & Go!-MC 10:00 2:00 Jewelry Repair 1st Flr 10:30 Massage by appt* 10:30 Relaxation-MC 11:00 OUTING: Red Lobster* 2:00 Gym Time-FC 2:00 Men's Poker-GR 2:00 Remember When-Lib 3:00 PST: MC 7:00 Bingo w/Renny-MC	8:45 BP Check-1st Flr 9:45 Seated Strength-MC 10:30 Flex Yoga-MC 11:00 Balance-MC 1:30 Music w/ Keith West PCH LR 2:00 Gym Time-FC 2:00 Parc Matinee - MC 3:00 Mexican Train Domino - L 7:00 Parc Movie Night - MC	9:00 Brain Training-FC** 9:45 Get Up & Go!- MC 10:00 Bingo-PCH LR 10:30 Circuit Exercise Class-MC 2:00 Open Gym-FC 3:00 Thursday Tea Time-PCH LR 7:00 Classic Movie Night 'Second Chorus' 7:00 Geographical Series-PCH MC	9:45 Seated Strength-MC 10:00 Hershey Kiss Rosebuds PCH LR 1:00 Bible Study w/Jane Higgins-MC 2:00 Gym Time- FC 2:00 Parc Matinee-MC 4:00 Parc Social Hour w/L. Langston 'Howl At The Moon' - L 7:00 Parc Movie Night-MC	10:00 Functional Fitness DVD - MC 11:00 Bingo - MC 3:00 Puzzle Group - PCH LR 3:30 Parc Matinee -MC 7:00 Downton Abbey Season 2-MC
10:30 St Benedict Catholic Communion-PCH MC 11:00 Bingo - PCH LR 1:00 Rummikub-PCH LR 3:00 Puzzle Group - PCH LR 3:00 Wii Bowling League (MC) 7:00 Parc Movie Night-MC	9:00 Coffee & Donuts-Lib 9:45 Seated Strength-MC 10:30 Yoga - MC 11:00 Balance-MC 1:00 Mexican Bingo-MC 2:00 Gym Time-FC 2:00 Parc Matinee-MC 7:00 Wii Bowling League (MC)	Valentine's Day 10:30 Massage-By Appt** 2:00 Parc Matinee-MC 4:00 Valentine's Day Dance & Banquet* - DR 7:00 Bingo w/Renny-MC	8:45 BP Check-1st Flr 9:45 Seated Strength-MC 10:30 Flex Yoga-MC 11:00 Balance-MC 2:00 Don Jordan Current Events (MC) 2:00 Gym Time-FC 3:00 Armchair Travel w/Chris Trull-MC 3:00 Mexican Train Domino -L 7:00 Parc Movie Night-MC	9:00 Brain Training-FC** 9:45 Get Up & Go!-MC 10:00 Bingo-PCH LR 10:30 Circuit Exercise Class-MC 2:00 Gym Time-FC 2:00 Wheel of Fortune-MC 3:00 Thursday Tea Time-PCH LR 7:00 Classic Movie Night MC 'Topper Returns' 7:00 Geographical Series-PCH MC	9:45 Seated Strength-MC 10:00 DIY Burlap Cross - PCH LR 1:00 Bible Study w/ Jane Higgins - MC 2:00 Gym Time- FC 2:00 Parc Matinee - MC 4:00 Parc Social Hour-L 7:00 Parc Movie Night-MC	10:00 Functional Fitness DVD-MC 11:00 Bingo-MC 1:30 Armchair Travel Encore w/Chris-Trull-MC 3:00 Puzzle Group - PCH LR 3:30 Parc Matinee - MC 7:00 Downton Abbey Season 2-MC
10:30 St Benedict Catholic Communion-PCH MC 11:00 Bingo - PCH LR 1:00 Rummikub-PCH LR 2:00 Christ Church Episcopal Service PC/PDR 3:00 Puzzle Group - PCH LR 3:00 Wii Bowling League (MC) 6:00 Hymn Singing Group 3rd Fl Rotunda 7:00 Parc Movie Night-MC	9:00 Coffee & Donuts-Lib 9:45 Seated Strength-MC 10:30 Yoga - MC 11:00 Balance-MC 12:00 John Riley-MC 2:00 Blackjack-PCH MC 2:00 Gym Time-FC 2:00 Parc Matinee-MC 7:00 Wii Bowling League (MC)	Manicurist by appt** 8:30 Walking Club w/Lisa 9:45 Get Up & Go-MC 10:30 Massage-By Appt.** 10:30 Relaxation-MC 2:00 Gym Time-FC 2:00 Men's Poker-GR 2:00 Remember When-Lib 3:00 PST:MC 7:00 Bingo w/Renny-MC	8:45 BP Check-1st Flr 9:45 Seated Strength-MC 10:30 Flex Yoga-MC 11:00 Balance-MC 1:30 Music w/Keith West PCH LR 2:00 Gym Time-FC 3:00 Mexican Train Domino-L 4:00 Screen & Cuisine-Hello Dolly - MC*	9:00 Brain Training-FC** 9:45 Get Up & Go!-MC 10:00 Bingo-PCH LR 10:30 Circuit Exercise-MC 4:00 Screen & Cuisine-Hello Dolly - MC*	9:45 Seated Strength-MC 10:00 Burlap Heart Door Hanger PCH LR 1:00 Bible Study w/ Jane Higgins - MC 2:00 Gym Time -MC 2:00 Parc Matinee - MC 4:00 Parc Social Hour-L 7:00 Parc Movie Night- MC	10:00 Functional Fitness DVD-MC 11:00 Bingo-MC 2:00 -3:00 Ron Massengill - MC 3:00 4:00 Birthday Party Celebration - MC 3:00 Puzzle Group - PCH LR 7:00 Downton Abbey Season 2-MC
10:30 St. Benedict Catholic Communion-PCH MC 11:00 Bingo - PCH LR 1:00 Rummikub-PCH LR 2:00 Epiphany Lutheran Service-PCH Private (MC) 3:00 Puzzle Group - PCH LR 3:00 Wii Bowling League (MC) 7:00 Parc Movie Night-MC	9:00 Coffee & Donuts-Lib 9:45 Seated Strength-MC 10:30 Yoga - MC 11:00 Balance-MC 2:00 Gym Time-FC 2:00 Parc Matinee - MC 7:00 Wii Bowling League (MC)	Fat Tuesday 8:30 Walking Club w/Lisa 9:45 Get Up & Go-MC 10:30 Massage-By Appt.** 10:30 Relaxation-MC 2:00 Gym Time-FC 2:00 Remember When-Lib 3:00 PST: MC 4:00 Mardi Gras Happy Hour - L 7:00 Bingo w/Renny-MC			Transportation to Doctor Appointments and Errands must be within a (7) mile radius of Parc at Duluth. (*) indicates events you must sign up for in Mail Room	KEY GR.....2nd Floor Game Room L..... LOUNGE CY..... COURTYARD MC.....MEDIA CENTER PA..... POOL AREA AC.....ACTIVITY CENTER FC.....FITNESS DR..... DINING ROOM