

Parc at Duluth • Ageless Living Activities

February 2018

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



<p>4</p> <p>10:30 St Benedict Catholic Communion-PCH MC</p> <p>1:30 1st United Methodist Church Communion - PCH MC</p> <p>1:30 Rummikub - PCH LR</p> <p>2:00 Christ Church Episcopal Service - PCH LR</p> <p>7:00 Parc Movie Night - MC</p>	<p>5</p> <p>9:00 Coffee & Donuts Lib</p> <p>9:45 Seated Strength MC</p> <p>10:30 Fun and Games MC</p> <p>11:15 Balance MC</p> <p>1:00 Open Gym FC</p> <p>2:00 Adult Coloring MC</p> <p>2:00 Blackjack PCH MC</p> <p>6:30 Wii Bowling League PCH MC*</p> <p>6:30 Wii Bowling MC</p>	<p>6</p> <p>Jewelry Repair 1st Fl R</p> <p>9:00 Men's Breakfast to Cracker Barrel **</p> <p>9:45 Get Up and Go! MC</p> <p>10:30 Seated Yoga MC</p> <p>1:00 Open Gym FC</p> <p>2:00 Hearing Health Event MC</p> <p>2:00 Men's Poker GR</p> <p>2:00 Remember When Lib</p> <p>7:00 Bingo MC</p>	<p>7</p> <p>8:45 BP Check-1st Flr</p> <p>9:45 Seated Strength-MC</p> <p>10:30 Stretch! MC</p> <p>11:15 Balance-MC</p> <p>1:00 Open Gym FC</p> <p>3:00 'The Senior Moments' PCH LR</p> <p>3:00 Mexican Train Domino - L</p> <p>4:00 Screen & Cuisine: 'Pillow Talk' MC</p>	<p>8</p> <p>Reflexologist *by appt*</p> <p>9:45 Get Up & Go MC</p> <p>10:30 Seated Yoga MC</p> <p>1:00 Open Gym FC</p> <p>1:30 Craft w/Lori Bochat MC</p> <p>3:00 Brain Fitness 1st Fl Lib</p> <p>3:00 Thursday Tea Time-PCH</p>	<p>9</p> <p>9:45 Seated Strength MC</p> <p>10:00 DIY Craft-PCH LR</p> <p>10:30 Balance MC</p> <p>11:15 Learn to Play MahJong MC</p> <p>1:00 Open Gym FC</p> <p>2:00 Bible Study MC</p> <p>4:00 Parc Social Hour w/The K-tels L</p> <p>7:00 Parc Movie Night-MC</p>	<p>10</p> <p>10:00 Functional Fitness DVD MC</p> <p>11:00 Bingo MC</p> <p>2:00 Puzzle Group - PCH LR</p> <p>7:00 Parc Movie Night MC</p>
<p>11</p> <p>10:30 St Benedict Catholic Communion-PCH MC</p> <p>1:30 Rummikub - PCH LR</p> <p>3:00 Puzzle Group - PCH LR</p> <p>7:00 Parc Movie Night - MC</p>	<p>12</p> <p>9:00 Coffee & Donuts Lib</p> <p>9:45 Seated Strength MC</p> <p>10:30 Fun and Games - MC</p> <p>11:15 Balance MC</p> <p>1:00 Open Gym FC</p> <p>2:00 Adult Coloring MC</p> <p>6:30 Wii Bowling League PCH MC*</p> <p>6:30 Wii Bowling-MC</p>	<p>13</p> <p>9:45 Get Up and Go! MC</p> <p>10:30 Seated Yoga MC</p> <p>11:00 Shopping at Gwinnett Place Mall**</p> <p>1:00 Open Gym FC</p> <p>2:00 Remember When Lib</p> <p>3:00 PST: Heritage (Soo) MC</p> <p>7:00 Bingo MC</p>	<p>14</p> <p>Happy Valentine's Day!</p> <p>8:45 BP Check 1st Flr</p> <p>9:45 Seated Strength-MC</p> <p>10:30 Stretch! MC</p> <p>11:15 Balance-MC</p> <p>1:00 Open Gym FC</p> <p>1:30 Music w/Keith West PCH MC</p> <p>2:00 Elvis Entertains! MC</p> <p>3:00 Mexican Train Domino-L</p>	<p>15</p> <p>9:45 Get Up & Go!-MC</p> <p>10:00 Bingo-PCH LR</p> <p>10:30 Seated Yoga-MC</p> <p>1:00 Grief Support Group PCH MC</p> <p>1:00 Open Gym FC</p> <p>3:00 Brain Fitness-1st Fl Lib</p> <p>3:00 Thursday Tea Time-PCH</p>	<p>16</p> <p>9:45 Seated Strength - MC</p> <p>10:00 DIY Craft-PCH LR</p> <p>10:30 Balance - MC</p> <p>11:15 Learn to Play MahJong MC</p> <p>1:00 Open Gym FC</p> <p>2:00 Bible Study MC</p> <p>4:00 Parc Social Hour L</p> <p>7:00 Parc Movie Night - MC</p>	<p>17</p> <p>10:00 Functional Fitness DVD MC</p> <p>11:00 Bingo MC</p> <p>2:00 Music w/Charles Magahey MC</p> <p>2:00 Puzzle Group - PCH LR</p> <p>7:00 Parc Movie Night - MC</p>
<p>18</p> <p>10:30 St Benedict Catholic Communion-PCH MC</p> <p>1:30 Rummikub PCH LR</p> <p>2:00 Christ Church Episcopal Service PC/PDR</p> <p>3:00 Puzzle Group PCH LR</p> <p>7:00 Parc Movie Night MC</p>	<p>19</p> <p>9:00 Coffee & Donuts Lib</p> <p>9:45 Seated Strength MC</p> <p>10:30 Fun and Games MC</p> <p>11:15 Balance MC</p> <p>12:00 Speaker John Riley MC</p> <p>1:00 Open Gym FC</p> <p>2:00 Adult Coloring MC</p> <p>6:30 Wii Bowling League PCH MC*</p> <p>6:30 Wii Bowling MC</p>	<p>20</p> <p>Manicurist by Appt**</p> <p>9:45 Get Up & Go-MC</p> <p>10:30 Massage-By Appt.**</p> <p>10:30 Seated Yoga-MC</p> <p>11:00 Lunch Bunch to Freddy's **</p> <p>1:00 Open Gym FC</p> <p>2:00 Men's Poker GR</p> <p>2:00 Remember When-Lib</p> <p>7:00 Bingo MC</p>	<p>21</p> <p>8:45 BP Check-1st Flr</p> <p>9:45 Seated Strength-MC</p> <p>10:30 Stretch! MC</p> <p>11:15 Balance-MC</p> <p>1:00 Open Gym FC</p> <p>2:00 Don Jordan's Current Events MC</p> <p>3:00 'The Senior Moments' PCH LR</p> <p>3:00 Mexican Train Domino-L</p>	<p>22</p> <p>9:45 Get Up & Go! - MC</p> <p>10:00 Bingo-PCH LR</p> <p>10:30 Seated Yoga MC</p> <p>1:00 Open Gym FC</p> <p>3:00 Brain Fitness-1st Fl Lib</p> <p>3:00 Thursday Tea Time-PCH</p>	<p>23</p> <p>9:00 -3:00 Concierge Attorney PDR</p> <p>9:45 Seated Strength - MC</p> <p>10:00 DIY Craft-PCH LR</p> <p>10:30 Balance MC</p> <p>11:15 Learn to Play MahJong MC</p> <p>1:00 Open Gym FC</p> <p>2:00 Bible Study MC</p> <p>4:00 Parc Social Hour w/Nick and Mike - L</p> <p>7:00 Parc Movie Night MC</p>	<p>24</p> <p>10:00 Functional Fitness DVD MC</p> <p>11:00 Bingo MC</p> <p>1:00 February Birthday Party MC</p> <p>2:00 Puzzle Group - PCH LR</p> <p>7:00 Parc Movie Night MC</p>
<p>25</p> <p>10:30 St. Benedict Catholic Communion-PCH MC</p> <p>1:30 Rummikub PCH LR</p> <p>3:00 Puzzle Group PCH LR</p> <p>7:00 Parc Movie Night MC</p>	<p>26</p> <p>9:00 Coffe & Donuts Lib</p> <p>9:45 Seated Strength MC</p> <p>10:30 Fun and Games MC</p> <p>11:15 Balance MC</p> <p>1:00 Open Gym FC</p> <p>2:00 Adult Coloring MC</p> <p>6:30 Wii Bowling MC</p> <p>6:30 Wii Bowling League PCH MC</p>	<p>27</p> <p>Massage-By Appt.**</p> <p>9:45 Get Up & Go-MC</p> <p>10:30 Seated Yoga MC</p> <p>1:00 Open Gym FC</p> <p>2:00 Men's Poker GR</p> <p>2:00 Remember When Lib</p> <p>7:00 Bingo MC</p>	<p>28</p> <p>8:45 BP Check-1st Flr</p> <p>9:45 Seated Strength-MC</p> <p>10:30 Stretch! MC</p> <p>11:15 Balance-MC</p> <p>1:00 Open Gym FC</p> <p>1:30 Music w/Keith West PCH MC</p> <p>3:00 Mexican Train Domino-L</p>	<p>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</p>	<p>KEY</p> <p>GR2nd Floor Game Room</p> <p>L LOUNGE</p> <p>CY..... COURTYARD</p> <p>MCMEDIA CENTER</p> <p>PA POOL AREA</p> <p>ACACTIVITY CENTER</p> <p>FCFITNESS</p> <p>DR DINING ROOM</p>	