



Parc at Duluth • Ageless Living Activities

January 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 HAPPY NEW YEAR!!! 3:30 Music Memories w/Dennis Goodwin MC 6:30 Wii Bowling League PCH MC* 6:30 Wii Bowling MC	2 Jewelry Repair 1st Fl R 9:00 Men's Breakfast to IHop** 9:45 Get Up and Go! MC 10:30 Massage - By Appt** 10:30 Seated Yoga MC 1:00 Open Gym FC 2:00 Men's Poker GR 2:00 Remember When Lib 7:00 Bingo MC	3 8:45 BP Check-1st Flr 9:45 Seated Strength-MC 10:30 Stretch! MC 11:15 Balance-MC 1:00 Open Gym FC 3:00 Mexican Train Domino - L	4 9:45 Get Up & Go MC 10:30 Seated Yoga MC 1:00 Open Gym FC 1:30 Craft w/Lori Bochat MC 3:00 Brain Fitness 1st Fl Lib 3:00 Thursday Tea Time-PCH	5 9:45 Seated Strength-MC 10:00 DIY Craft-PCH LR 10:30 Balance - MC 10:30 St. Benedict First Friday-L 11:15 Learn to Play MahJong MC 1:00 Open Gym FC 2:00 Bible Study MC 4:00 Parc Social Hour - L 7:00 Parc Movie Night-MC	6 10:00 Functional Fitness DVD MC 11:00 Bingo MC 2:00 Parc Matinee MC 2:00 Puzzle Group PCH LR 7:00 Parc Movie Night MC
	7 10:30 St Benedict Catholic Communion-PCH MC 1:30 1st United Methodist Church Communion - PCH MC 1:30 Rummikub - PCH LR 2:00 Christ Church Episcopal Service - PCH LR 7:00 Parc Movie Night - MC	8 9:00 Coffee & Donuts Lib 9:45 Seated Strength MC 10:30 Fun and Games MC 11:15 Balance MC 1:00 Adult Coloring MC 2:00 Blackjack PCH MC 2:00 RESIDENT ASSOCIATION MTG DR 6:30 Wii Bowling League PCH MC* 6:30 Wii Bowling MC	9 Massage - By Appt** 9:45 Get Up and Go! MC 10:30 Seated Yoga MC 1:00 Open Gym FC 2:00 Men's Poker GR 2:00 Remember When Lib 3:00 Dr Moscattini presents: Dental Care MC 7:00 Bingo MC	10 8:45 BP Check-1st Flr 9:45 Seated Strength-MC 10:30 Stretch! MC 11:15 Balance-MC 1:00 Open Gym FC 1:30 Music w/Keith West PCH MC 3:00 Mexican Train Domino - L	11 9:45 Get Up & Go MC 10:30 Seated Yoga MC 1:00 Open Gym FC 3:00 Brain Fitness 1st Fl Lib 3:00 Thursday Tea Time-PCH	12 9:45 Seated Strength MC 10:00 DIY Craft-PCH LR 10:30 Balance MC 11:15 Learn to Play MahJong MC 1:00 Open Gym FC 2:00 Bible Study MC 4:00 Parc Social Hour w/Lawrence Langston L 7:00 Parc Movie Night-MC
14 10:30 St Benedict Catholic Communion-PCH MC 1:30 Rummikub - PCH LR 3:00 Puzzle Group - PCH LR 7:00 Parc Movie Night - MC	15 9:00 Coffee & Donuts Lib 9:45 Seated Strength MC 10:30 Fun and Games - MC 11:15 Balance MC 12:00 Speaker John Riley MC 1:00 Adult Coloring MC 1:30 Classical Piano w/Gabrielle PCH LR 6:30 Wii Bowling League PCH MC* 6:30 Wii Bowling-MC	16 9:45 Get Up and Go! MC 10:30 Seated Yoga MC 11:00 Shopping at the FORUM*** 1:00 Open Gym FC 3:00 PST: Heritage (Soo) MC 7:00 Bingo MC	17 8:45 BP Check 1st Flr 9:45 Seated Strength-MC 10:30 Stretch! MC 11:15 Balance-MC 1:00 Open Gym FC 2:00 Don Jordan's Current Events MC 3:00 Mexican Train Domino-L	18 9:45 Get Up & Go!-MC 10:00 Bingo-PCH LR 10:30 Seated Yoga-MC 1:00 Grief Support Group PCH MC 1:00 Open Gym FC 3:00 Brain Fitness-1st Fl Lib 3:00 Thursday Tea Time-PCH	19 9:45 Seated Strength - MC 10:00 DIY Craft-PCH LR 10:30 Balance - MC 11:15 Learn to Play MahJong MC 1:00 Open Gym FC 2:00 Bible Study MC 4:00 Parc Social Hour L 7:00 Parc Movie Night - MC	20 10:00 Functional Fitness DVD MC 11:00 Bingo MC 2:00 Music w/Craig Gleason MC 2:00 Puzzle Group - PCH LR 7:00 Parc Movie Night - MC 7:00 Parc Tour of Homes
21 10:30 St Benedict Catholic Communion-PCH MC 1:30 Rummikub PCH LR 2:00 Christ Church Episcopal Service PC/PDR 3:00 Puzzle Group PCH LR 7:00 Parc Movie Night MC	22 9:00 Coffee & Donuts Lib 9:45 Seated Strength MC 10:30 Fun and Games MC 11:15 Balance MC 1:00 Adult Coloring MC 6:30 Wii Bowling League PCH MC* 6:30 Wii Bowling MC	23 Manicurist by Appt** 9:45 Get Up & Go-MC 10:30 Massage-By Appt.** 10:30 Seated Yoga-MC 11:00 Lunch Bunch to Olive Garden ** 1:00 Open Gym FC 2:00 Men's Poker GR 2:00 Remember When-Lib 3:00 PST: Reflexology MC 7:00 Bingo MC	24 8:45 BP Check-1st Flr 9:45 Seated Strength-MC 10:30 Stretch! MC 11:15 Balance-MC 1:00 Open Gym FC 1:30 Music w/Keith West PCH MC 3:00 Mexican Train Domino-L	25 9:45 Get Up & Go! - MC 10:00 Bingo-PCH LR 10:30 Seated Yoga MC 1:00 Open Gym FC 3:00 Brain Fitness-1st Fl Lib 3:00 Thursday Tea Time-PCH	26 9:00 -3:00 Concierge Attorney PDR 9:45 Seated Strength - MC 10:00 DIY Craft-PCH LR 10:30 Balance MC 11:15 Learn to Play MahJong MC 1:00 Open Gym FC 2:00 Bible Study MC 4:00 Parc Social Hour w/Steve Jade - L 4:30 **Media Center Closed**	27 **MEDIA CENTER CLOSED** 11:00 Chess For A Cause L 2:00 Puzzle Group - PCH LR
28 **MEDIA CENTER CLOSED** 10:30 St. Benedict Catholic Communion-PCH MC 1:30 Rummikub PCH LR 3:00 Puzzle Group PCH LR	29 9:00 Coffe & Donuts Lib 9:45 Seated Strength MC 10:30 Fun and Games MC 11:15 Balance MC 1:00 Adult Coloring MC 6:30 Wii Bowling MC 6:30 Wii Bowling League PCH MC	30 Massage-By Appt.** 9:45 Get Up & Go-MC 10:30 Seated Yoga MC 1:00 Open Gym FC 2:00 Men's Poker GR 2:00 The Dazzlin' Dames Dancers MC 7:00 Bingo MC	31 8:45 BP Check-1st Flr 9:45 Seated Strength-MC 10:30 Stretch! MC 11:15 Balance-MC 1:00 Open Gym FC 3:00 Mexican Train Domino-L	 <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> GR2nd Floor Game Room L LOUNGE CY..... COURTYARD MCMEDIA CENTER PA..... POOL AREA ACACTIVITY CENTER FC..... FITNESS DR DINING ROOM </p>		