

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Parc at Duluth • Ageless Living Activities

July 2017

<p>10:30 St Benedict Catholic Communion-PCH MC 2</p> <p>11:00 Bingo PCH - LR</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>3:00 Puzzle Group - PCH LR</p> <p>7:00 Parc Movie Night - MC</p>	<p>9:00 Coffee & Donuts Lib 3</p> <p>9:45 Seated Strength MC</p> <p>10:30 Circuit Class MC</p> <p>11:15 Balance MC</p> <p>1:00 Open Gym/Pool PA</p> <p>1:30 Classical Music and Handbells PCH MC</p> <p>2:00 Resident Assoc. Mtg DR</p> <p>3:30 Dennis Goodwin MC</p> <p>6:30 Wii Bowling MC</p>	<p>Happy Fourth of July!! 4</p> <p>9:45 Functional Fitness DVD</p> <p>10:00 -2:00 Jewelry Repair 1st Fl</p> <p>10:30 Massage - By Appt**</p> <p>7:00 No Bingo Today!!</p>	<p>8:45 BP Check-1st Flr 5</p> <p>9:45 Seated Strength-MC</p> <p>10:30 Learn A New Dance! MC</p> <p>11:15 Balance-MC</p> <p>1:00 Open Gym/Pool FC PA</p> <p>3:00 Mexican Train Domino - L</p>	<p>9:45 Get Up & Go!-MC 6</p> <p>10:00 Bingo-PCH LR</p> <p>10:00 Outing: Hudgen's Ctr. for Arts</p> <p>10:30 Seated Yoga MC</p> <p>11:15 Water Aerobics PA</p> <p>1:00 Open Gym/Pool FC PA</p> <p>1:30 Afternoon Yoga PCH MC</p> <p>2:00 Wheel of Fortune MC</p> <p>3:00 Brain Fitness FC</p> <p>3:00 Thursday Tea Time-PCH</p> <p>7:00 A Trip Thru the Louvre-PCH</p>	<p>9:45 Seated Strength-MC 7</p> <p>10:00 DIY Craft-PCH LR</p> <p>10:30 Relaxation - MC</p> <p>10:30 St. Benedict First Friday-L</p> <p>11:15 Water Walking PA</p> <p>1:00 Open Gym/Pool FC PA</p> <p>2:00 Bible Study/Old Testament Women of the Bible MC</p> <p>4:00 Parc Social Hour w/Nick and Mike - L</p> <p>7:00 Parc Movie Night-MC</p>	<p>10:00 Functional Fitness DVD-MC 8</p> <p>11:00 Bingo-MC</p> <p>1:00 Music by 'Rockabilly Robert' MC</p> <p>2:00 Parc Matinee-MC</p> <p>2:00 Puzzle Group- PCH LR</p> <p>7:00 Parc Movie Night - MC</p>
<p>10:30 St Benedict Catholic Communion-PCH MC 9</p> <p>11:00 Bingo - PCH LR</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>9:00 Coffee & Donuts Lib 10</p> <p>9:45 Seated Strength MC</p> <p>10:30 Circuit Class - MC</p> <p>11:15 Balance MC</p> <p>1:00 Mexican Bingo w/Ada MC</p> <p>1:00 Open Gym/Pool PA</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>8:30 Walking Club 11</p> <p>9:00 Men's Breakfast I-Hop**</p> <p>9:45 Get Up and Go! MC</p> <p>10:30 Massage - By Appt.**</p> <p>10:30 Seated Yoga MC</p> <p>11:15 Water Aerobics - PA</p> <p>1:30 Afternoon Yoga PCH MC</p> <p>2:00 Men's Poker - GR</p> <p>2:00 Remember When Library</p> <p>3:00 PST: Heritage MC</p> <p>7:00 Bingo w/Renny MC</p>	<p>8:45 BP Check-1st Flr 12</p> <p>9:45 Seated Strength-MC</p> <p>10:30 Learn A New Dance! MC</p> <p>11:15 Balance-MC</p> <p>1:00 Open Gym/Pool FC PA</p> <p>1:30 Music w/Keith West-PCH-LR</p> <p>2:00 Guest Speaker Chris Baker/Sr Financial Fraud MC</p> <p>3:00 Mexican Train Domino-L</p> <p>6:30 Caregiver/Spousal Support Grp MC</p>	<p>9:45 Get Up & Go!-MC 13</p> <p>10:00 Bingo-PCH LR</p> <p>10:30 Seated Yoga-MC</p> <p>11:15 Water Aerobics PA</p> <p>1:00 Open Gym/Pool PA</p> <p>1:30 Afternoon Yoga PCH MC</p> <p>3:00 Brain Fitness-FC</p> <p>3:00 Thursday Tea Time-PCH</p> <p>7:00 A Trip Thru the Louvre -PCH MC</p>	<p>9:45 Seated Strength - MC 14</p> <p>10:00 DIY Craft-PCH LR</p> <p>10:30 Relaxation - MC</p> <p>11:15 Water Walking PA</p> <p>1:00 Open Gym/Pool FC PA</p> <p>2:00 Bible Study/Old Testament Women of the Bible MC</p> <p>3:30 New Care PT Presentation MC</p> <p>4:00 Parc Social Hour - L</p> <p>7:00 Parc Movie Night - MC</p>	<p>10:00 Functional Fitness DVD MC 15</p> <p>11:00 Bingo MC</p> <p>2:00 Music with Ron Massengil MC</p> <p>2:00 Parc Matinee - MC</p> <p>2:00 Puzzle Group - PCH LR</p> <p>7:00 Parc Movie Night - MC</p>
<p>10:30 St Benedict Catholic Communion-PCH MC 16</p> <p>11:00 Bingo - PCH LR</p> <p>1:30 Rummikub PCH LR</p> <p>2:00 Christ Church Episcopal Service - PC/PDR</p>	<p>9:00 Coffee & Donuts Lib 17</p> <p>9:45 Seated Strength MC</p> <p>10:30 Circuit Class MC</p> <p>11:15 Balance MC</p> <p>12:00 Speaker John Riley MC</p> <p>1:30 Classical Music and Handbells PCH MC</p> <p>6:30 Wii Bowling League PCH MC*</p> <p>6:30 Wii Bowling MC</p>	<p>Manicurist by Appt** 18</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 Papi's Caribbean Grill**</p> <p>11:15 Water Aerobics-PA</p> <p>1:30 Afternoon Yoga PCH MC</p> <p>2:00 Remember When-Lib</p> <p>3:00 PST: Guardian MC</p> <p>7:00 Bingo w/Renny-MC</p>	<p>8:45 BP Check-1st Flr 19</p> <p>9:45 Seated Strength-MC</p> <p>10:30 Learn A New Dance! MC</p> <p>11:15 Balance-MC</p> <p>1:00 Open Gym/Pool FC PA</p> <p>2:00 Don Jordan Current Events (MC)</p> <p>3:00 Armchair Travel w/Chris Trull-MC</p> <p>3:00 Mexican Train Domino-L</p> <p>7:00 Parc Movie Night-MC</p>	<p>9:45 Get Up & Go! - MC 20</p> <p>10:00 Bingo-PCH LR</p> <p>11:15 Seated Yoga MC</p> <p>11:15 Water Aerobics - PA</p> <p>1:00 Open Gym/Pool FC/PA</p> <p>1:30 Afternoon Yoga PCH MC</p> <p>2:00 'Soda Shop Social'-Music w/Jeni & The Band MC</p> <p>3:00 Brain Fitness-FC</p> <p>3:00 Thursday Tea Time-PCH</p> <p>7:00 A Trip Thru the Louvre' - PCH MC</p>	<p>9:45 Seated Strength - MC 21</p> <p>10:00 DIY Craft-PCH LR</p> <p>10:30 Relaxation - MC</p> <p>11:15 Water Walking PA</p> <p>1:00 Open Gym/Pool FC PA</p> <p>2:00 Bible Study/Old Testament Women of the Bible MC</p> <p>4:00 Parc Social Hour - L</p>	<p>**MEDIA CENTER CLOSED** 22</p> <p>11:00 Bingo-L</p> <p>1:30 Arm Chair Travel Encore - PCH MC</p> <p>2:00 Puzzle Group - PCH LR</p> <p>7:00 Parc Movie Night - MC</p>
<p>**MEDIA CENTER CLOSED** 23</p> <p>10:30 St. Benedict Catholic Communion-PCH MC</p> <p>11:00 Bingo - PCH LR</p> <p>1:30 Rummikub PCH LR</p> <p>3:00 Puzzle Group PCH LR</p> <p>6:00 Hymn Singing Group - 3rd Floor Rotunda</p> <p>7:00 Parc Movie Night PCH MC</p>	<p>9:00 Coffee & Donuts Lib 24</p> <p>9:45 Seated Strength MC</p> <p>10:30 Circuit Class MC</p> <p>11:15 Balance 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>9:45 Get Up & Go-MC 25</p> <p>10:00 Outing: Atlanta City Tour** w/Jim Howe**</p> <p>10:30 Massage-By Appt.**</p> <p>10:30 Seated Yoga-MC</p> <p>11:15 Water Aerobics - PA</p> <p>1:30 Afternoon Yoga PCH MC</p> <p>2:00 Men's Poker - GR</p> <p>2:00 Remember When-Lib</p> <p>3:00 PST: Parc Care MC</p> <p>7:00 Bingo w/Renny-MC</p>	<p>8:45 BP Check - 1st Flr 26</p> <p>9:45 Seated Strength-MC</p> <p>10:30 Learn A New Dance! MC</p> <p>11:15 Balance - MC</p> <p>1:00 Open Gym/Pool FC PA</p> <p>1:30 Music w/Keith West - PCH LR</p> <p>2:00 Guest Speaker Chris Baker - Sr Financial Fraud MC</p> <p>3:00 Mexican Train Domino-L</p>	<p>9:45 Get Up & Go! - MC 27</p> <p>10:00 Bingo-PCH LR</p> <p>10:30 Seated Yoga - MC</p> <p>11:15 Water Aerobics - PA</p> <p>1:00 Open Gym/Pool FC PA</p> <p>1:30 Afternoon Yoga PCH MC</p> <p>3:00 Brain Fitness-FC</p> <p>7:00 A Trip Thru the Louvre PCH MC</p>	<p>9:45 Seated Strength - MC 28</p> <p>10:00 DIY Craft-PCH LR</p> <p>10:30 Relaxation - MC</p> <p>11:15 Water Walking PA</p> <p>1:00 Open Gym/Pool FC PA</p> <p>2:00 Bible Study/Old Testament Women of the Bible MC</p> <p>4:00 Parc Social Hour w/Lawrence Langston-L</p> <p>7:00 Parc Movie - MC</p>	<p>10:00 Functional Fitness DVD - MC 29</p> <p>11:00 Bingo-MC</p> <p>11:00 Chess for a Cause - L</p> <p>1:00 July Birthday Party - MC</p> <p>2:00 Parc Matinee - PCH MC</p> <p>2:00 Puzzle Group - PCH LR</p> <p>7:00 Parc Movie Night - MC</p>
<p>10:30 St Benedict Catholic Communion-PCH MC 30</p> <p>11:00 Bingo PCH - LR</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>3:00 Puzzle Group - PCH LR</p> <p>7:00 Parc Movie Night - MC</p>	<p>9:00 Coffee & Donuts Lib 31</p> <p>9:45 Seated Strength MC</p> <p>10:30 Circuit Class MC</p> <p>11:15 Balance MC</p> <p>1:30 Classical Music and Handbells PCH MC</p> <p>3:30 Dennis Goodwin MC</p> <p>6:30 Wii Bowling MC</p> <p>6:30 Wii Bowling PCH MC*</p>			<p>KEY</p> <p>GR2nd Floor Game Room</p> <p>L LOUNGE</p> <p>CY..... COURTYARD</p> <p>MC MEDIA CENTER</p> <p>PA..... POOL AREA</p> <p>ACACTIVITY CENTER</p> <p>FC.....FITNESS</p> <p>DR DINING ROOM</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>	