

Parc at Duluth • Ageless Living Activities

June 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		<p>KEY GR2nd Floor Game Room L LOUNGE CY..... COURTYARD MC.....MEDIA CENTER PA.....POOL AREA ACACTIVITY CENTER FC.....FITNESS 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>		<p>**Media Center Closed</p>	
<p>10:30 St Benedict Catholic Communion-PCH MC 4</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 5</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 FC</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>8:30 Manicurist by Appt** 6</p> <p>8:30 Walking Club</p> <p>9:00 **Men's Breakfast: First Watch</p> <p>9:45 Get Up & Go! MC</p> <p>10:00 -2:00 Jewelry Repair 1st Fl</p> <p>10:30 Massage - By Appt**</p> <p>10:30 Yoga MC</p> <p>11:15 Water Aerobics - PA</p> <p>2:00 Remember When Lib</p> <p>3:00 PST: Heritage MC</p> <p>7:00 No Bingo Today!!</p>	<p>8:45 BP Check-1st Flr 7</p> <p>9:45 Seated Strength-MC</p> <p>10:30 Circuit Class-MC</p> <p>10:30 Parc Outing: Shopping at The Forum</p> <p>11:15 Balance-MC</p> <p>1:00 Open Gym/Pool FC</p> <p>3:00 Mexican Train Domino - L</p>	<p>9:45 Get Up & Go!-MC 8</p> <p>10:00 Bingo-PCH LR</p> <p>10:30 Yoga-MC</p> <p>11:15 Water Aeobics - PA</p> <p>1:00 Open Gym/Pool FC</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 Cathedral Series-PCH MC</p>	<p>8:00 *Reflexologist by appt* 2</p> <p>10:00 DIY Craft-PCH LR</p> <p>10:30 St. Benedict First Friday-L</p> <p>1:00 Open Gym/Pool MC</p> <p>2:00 Bible Study Old Testament Women of the Bible 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 3</p> <p>11:00 Bingo-MC</p> <p>11:00 Chess for a Cause 3rd Fl Lounge</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 11</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 12</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 FC</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>**Spring Bazaar MC 13</p> <p>8:30 Walking Club</p> <p>10:30 Massage - By Appt.**</p> <p>11:15 Water Aerobics - PA</p> <p>1:00 Open Gym/Pool FC</p> <p>2:00 Men's Poker - GR</p> <p>2:00 Remember When Library</p> <p>3:00 PST: Guardian MC</p> <p>7:00 Bingo w/Renny MC</p>	<p>8:45 BP Check-1st Flr 14</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 FC</p> <p>1:30 Music w/Keith West - PCH LR</p> <p>3:00 Mexican Train Domino -L</p> <p>7:00 Parc Movie Night-MC</p>	<p>** Media Center Closed 15</p> <p>9:45 Get Up & Go!-MC</p> <p>10:00 Bingo-PCH LR</p> <p>10:30 Yoga-MC</p> <p>11:15 Water Aerobics - PA</p> <p>1:00 Open Gym/Pool-FC</p> <p>2:00 Pool Party!! Drink/Entertainment PA</p> <p>3:00 Brain Fitness-FC</p> <p>3:00 Thursday Tea Time-PCH</p> <p>7:00 Cathedral Series-PCH MC</p>	<p>10:00 DIY Craft-PCH LR 16</p> <p>11:15 Water Walking - PA</p> <p>1:00 Open Gym/Pool - FC</p> <p>2:00 Bible Study Old Testament Women of the Bible MC</p> <p>3:30 New Care PT Presents: Knee Care 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 17</p> <p>11:00 Bingo MC</p> <p>2:00 Entertainment - 'The Remeniscents' MC</p> <p>7:00 Parc Movie Night - MC</p>	
<p>10:30 St Benedict Catholic Communion-PCH MC 18</p> <p>11:00 -2:00 Father's Day Buffet **Sign up in Mailroom ***Dining Room closed for dinner</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>6:00 Hymn Singing Group 3rd Fl Rotunda</p>	<p>9:00 Coffee & Donuts Lib 19</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>1:00 Open Gym/Pool FC</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** 20</p> <p>8:30 Walking Club</p> <p>9:45 Get Up & Go-MC</p> <p>10:00 **Outing: Hindu Temple</p> <p>10:30 Massage-By Appt.**</p> <p>10:30 Yoga-MC</p> <p>11:15 Water Aerobics-PA</p> <p>1:00 Open Gym/Pool FC</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>21</p> <p>8:45 BP Check-1st Flr</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 FC</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 22</p> <p>10:00 Bingo-PCH LR</p> <p>10:30 Yoga - MC</p> <p>11:15 Water Aerobics - PA</p> <p>1:00 Open Gym/Pool FC</p> <p>2:00 ATL Theater to Go - 'Who Killed Lulu?' MC</p> <p>3:00 Brain Fitness-FC</p> <p>3:00 Thursday Tea Time-PCH</p> <p>7:00 'A Trip through the Louvre' - PCH MC</p>	<p>9:45 Seated Strength - MC 23</p> <p>10:00 DIY Craft-PCH LR</p> <p>11:15 Water Walking - PA</p> <p>1:00 Open Gym/Pool - FC</p> <p>2:00 Bible Study Old Testament Women of the Bible MC</p> <p>4:00 Parc Social Hour w/Marty 'Songs of Sinatra'-L</p> <p>7:00 Parc Movie - PCH MC</p>	<p>10:00 Functional Fitness DVD - PCH MC 24</p> <p>11:00 Bingo-L</p> <p>1:00 June Birthday Party - MC</p> <p>1:30 Armchair Travel w/Chris Trull Encore PCH MC</p> <p>2:00 Asian American Cult. Arts Assoc. Entertainment - MC</p> <p>2:00 Parc Matinee - PCH MC</p> <p>2:00 Puzzle Group - PCH LR</p> <p>7:00 Parc Movie Night - PCH MC</p>	
<p>10:30 St. Benedict Catholic Communion-PCH MC 25</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 PCH MC</p>	<p>9:00 Coffee and Donuts Lib 26</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 FC</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 27</p> <p>9:45 Get Up & Go-MC</p> <p>10:30 Massage-By Appt.**</p> <p>10:30 Yoga-MC</p> <p>11:15 Water Aerobics - PA</p> <p>1:00 Open Gym/Pool FC</p> <p>2:00 Men's Poker - GR</p> <p>2:00 Remember When-Lib</p> <p>3:00 PST: Massage Therapist Leigh Bochat MC</p> <p>7:00 Bingo w/Renny-MC</p>	<p>8:45 BP Check - 1st Flr 28</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 FC</p> <p>1:30 Music w/Keith West - PCH LR</p> <p>3:00 Mexican Train Domino-L</p> <p>4:00 **Screen and Cuisine Night 'Blue Hawaii' **must sign up MC</p>	<p>9:45 Get Up & Go! - MC 29</p> <p>10:00 Bingo-PCH LR</p> <p>10:30 Yoga - MC</p> <p>11:15 Water Aerobics - PA</p> <p>1:00 Open Gym/Pool FC</p> <p>3:00 Brain Fitness-FC</p> <p>4:00 **Screen and Cuisine Night 'Blue Hawaii' **must sign up MC</p>	<p>9:45 Seated Strength - MC 30</p> <p>10:00 DIY Craft-PCH LR</p> <p>11:15 Water Walking - PA</p> <p>1:00 Open Gym/Pool FC</p> <p>2:00 Bible Study Old Testament Women of the Bible MC</p> <p>4:00 Parc Social Hour-L</p> <p>7:00 Parc Movie - PCH MC</p>		