

Parc at Duluth • Ageless Living Activities

OCTOBER 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:30 St Benedict Catholic Communion-PCH MC 1 11:00 Bingo PCH - LR 1:30 1st United Methodist Church Communion - PCH MC 1:30 Rummikub - PCH LR 2:00 Christ Church Episcopal Service - PCH LR 3:00 Puzzle Group - PCH LR 7:00 Parc Movie Night - MC	9:00 Coffee & Donuts Lib 2 9:45 Seated Strength MC 10:30 Seated Tai Chi MC 11:15 Balance MC 1:00 Mexican Bingo w/Ada MC 1:30 Sing along with Russ PCH MC 2:30 Blackjack PCH MC 3:00 Dennis Goodwin-Music Memories MC 6:30 Wii Bowling League PCH MC* 6:30 Wii Bowling MC	Jewelry Repair 1st Fl Rot 3 8:30 Walking Club 9:00 Men's Breakfast - First Watch ** 9:45 Get Up and Go! MC 10:30 Massage - By Appt** 10:30 Seated Yoga MC 2:00 Men's Poker GR 2:00 Remember When Lib 3:00 Afternoon Yoga PCH MC 7:00 Bingo MC	8:45 BP Check-1st Flr 4 9:45 Seated Strength-MC 10:30 Learn A New Dance! MC 11:15 Balance-MC 1:00 Open Gym FC 2:00 Book Club Meeting MC 3:00 Mexican Train Domino - L	Relexologist - by appt** 5 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 7:00 VIKINGS w/Mr Peterson -PCH MC	9:45 Seated Strength-MC 6 10:00 DIY Craft-PCH LR 10:30 Seated Tai Chi - 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 w/Judy - L 7:00 Parc Movie Night-MC	10:00 Functional Fitness DVD-MC 7 11:00 Bingo-MC 2:00 Parc Matinee-MC 2:00 Puzzle Group- PCH LR 7:00 Parc Movie Night MC
10:30 St Benedict Catholic Communion-PCH MC 8 11:00 Bingo PCH - LR 1:30 Rummikub - PCH LR 3:00 Puzzle Group - PCH LR 7:00 Parc Movie Night - MC	9:00 Coffee & Donuts Lib 9 9:45 Seated Strength MC 10:30 Seated Tai Chi MC 11:15 Balance MC 1:00 Open Gym FC 6:30 Wii Bowling League PCH MC* 6:30 Wii Bowling MC	8:30 Walking Club 10 9:45 Get Up and Go! MC 10:00 Mall Outing to The Forum** 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 3:00 PST: Heritage MC 7:00 Bingo MC	8:45 BP Check-1st Flr 11 9:45 Seated Strength-MC 10:30 Learn A New Dance! MC 11:15 Balance-MC 1:00 Open Gym FC 1:30 Music w/Keith West PCH MC 3:00 Mexican Train Domino - L 6:30 Dementia Support Group MC	9:45 Get Up & Go!-MC 12 10:30 Seated Yoga MC 1:00 Open Gym FC 1:30 Craft w/Lori Bochat 1st Fl Rot 1:30 Dementia Support Group MC 3:00 Brain Fitness 1st Fl Lib 3:00 Thursday Tea Time-PCH 6:30 -8:00 Jazz Night w/Yvette! Drinks and Entertainment N Entr 7:00 VIKINGS w/Mr Peterson -PCH MC	9:45 Seated Strength-MC 13 10:00 DIY Craft-PCH LR 10:30 Seated Tai Chi 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	9:00 Medical Foot Care Clinic by appt** 770-517-0392 14 10:00 Functional Fitness DVD MC 11:00 Bingo - MC 2:00 Parc Matinee MC 2:00 Puzzle Group - PCH LR
10:30 St Benedict Catholic Communion-PCH MC 15 11:00 Bingo - PCH LR 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	9:00 Coffee & Donuts Lib 16 9:45 Seated Strength MC 10:30 Seated Tai Chi - MC 11:15 Balance MC 12:00 Speaker John Riley MC 1:00 Open Gym FC 2:00 Blackjack PCH MC 6:30 Wii Bowling League PCH MC* 6:30 Wii Bowling-MC	Massage - By Appt.** 17 9:45 Get Up and Go! MC 10:30 Seated Yoga MC 11:00 Lunch Bunch Outing to the VARSITY in Norcross** 1:00 Open Gym FC 2:00 Men's Poker GR 2:00 Remember When Library 3:00 PST: Guardian MC 7:00 Bingo MC	8:45 BP Check 1st Flr 18 9:45 Seated Strength-MC 10:30 Learn A New Dance! MC 11:15 Balance-MC 1:00 Open Gym FC 2:00 Don Jordan's Current Events MC 3:00 Armchair Travel w/Chris Trull MC 3:00 Mexican Train Domino-L	9:45 Get Up & Go!-MC 19 10:00 Bingo-PCH LR 10:30 Seated Yoga-MC 12:00 Morgan Stanley Presentation MC 1:00 Open Gym FC 3:00 Brain Fitness-1st Fl Lib 3:00 Thursday Tea Time-PCH 7:00 VIKINGS w/Mr Peterson -PCH MC	9:45 Seated Strength - MC 20 10:00 DIY Craft-PCH LR 10:30 Seated Tai Chi - 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 7:00 Parc Movie Night - MC	10:00 Functional Fitness DVD MC 21 11:00 Bingo MC 1:30 Armchair Travel Encore PCH MC 2:00 Parc Matinee - MC 2:00 Puzzle Group - PCH LR 7:00 Parc Movie Night - MC
10:30 St Benedict Catholic Communion-PCH MC 22 11:00 Bingo - PCH LR 1:30 Rummikub PCH LR 3:00 Puzzle Group PCH LR 7:00 Parc Movie Night MC	9:00 Coffee & Donuts Lib 23 9:45 Seated Strength MC 10:30 Seated Tai Chi MC 11:15 Balance MC 1:00 Open Gym FC 6:30 Wii Bowling League PCH MC* 6:30 Wii Bowling MC	Manicurist by Appt** 24 9:45 Get Up & 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 3:00 PST: Parc Care MC 7:00 Bingo MC	8:45 BP Check-1st Flr 25 9:45 Seated Strength-MC 10:30 Learn A New Dance! MC 11:15 Balance-MC 1:00 Open Gym FC 1:30 Music w/Keith West PCH MC 3:00 Mexican Train Domino-L 4:00 Screen & Cuisine MC	9:45 Get Up & Go! - MC 26 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 4:00 Screen & Cuisine** MC	9:00 -3:00 Concierge Attorney PDR 27 9:45 Seated Strength - MC 10:00 DIY Craft-PCH LR 10:30 Seated Tai Chi MC 11:30 Mary Kay facials! MC 1:00 Open Gym FC 2:00 Bible Study MC 4:00 Parc Social Hour - L	10:00 Functional Fitness DVD MC 28 11:00 Bingo-MC 1:00 October Birthday Party w/Entertainment by the KTels MC 2:00 Puzzle Group - PCH LR 7:00 Parc Movie Night - MC
10:30 St. Benedict Catholic Communion-PCH MC 29 11:00 Bingo - PCH LR 1:30 Rummikub PCH LR 2:00 Christ Church Episcopal Service PCH/PDR 3:00 Puzzle Group PCH LR 6:00 Hymn Singing Group - 3rd Floor Rotunda 7:00 Parc Movie Night MC	9:00 Coffee & Donuts Lib 30 9:45 Seated Strength MC 10:30 Seated Tai Chi MC 11:15 Balance MC 1:00 Open Gym FC 2:00 Blackjack PCH MC 6:30 Wii Bowling League PCH MC* 6:30 Wii Bowling MC	9:45 Get Up & Go-MC 31 10:30 Massage-By Appt.** 10:30 Seated Yoga-MC 1:00 Halloween Costume Party w/Entertainment by Nick and Mike MC 1:00 Open Gym FC 2:00 Men's Poker GR 2:00 Remember When-Lib 7:00 Bingo MC	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>KEY</p> <p>GR.....2nd Floor Game Room</p> <p>L..... LOUNGE</p> <p>CY..... COURTYARD</p> <p>MC..... MEDIA CENTER</p> <p>PA..... POOL AREA</p> <p>AC.....ACTIVITY CENTER</p> <p>FC..... FITNESS</p> <p>DR..... DINING ROOM</p> </div> <div style="width: 45%; border: 1px solid black; padding: 5px;"> <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> </div> </div>			