

Parc at Traditions - Independent Living

June 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div style="display: flex; justify-content: space-between;"> <div style="width: 15%;"> <p>KEY CR..... Card Room (floor 2) MR..... Media Room (floor 1) CL.....Cocktail Lounge (floor 1) WS..... Wellness Studio (floor 1) AS..... Art Studio (floor 2) BI..... Bistro (floor 1) Dining(floor 1) ** Sign up required at concierge desk</p> </div> <div style="width: 60%; text-align: center;"> <p>THE BEST <i>Summer</i></p> </div> <div style="width: 15%; text-align: right;"> </div> </div>						
3	4	5	6	7	1	2
9:45 Church - Bus Transportation** 10:30 Church Service - CL 2:00 BINGO - CL 7:00 Parc Movie Night - Theatre	9:00 Coffee & Donuts - CL 9:45 Seated Strength - WS 10:30 Balance - WS 1:00 Open GYM - WS 2:00 Wal-mart shopping** 3:00 BINGO - CL 4:00 Flower Arrangements - BI	9:45 Get Up & Go - WS 10:30 Seated Stretch - WS 11:15 Crocheting & Weaving Class - CR 1:00 Matinee at Queen Theatre** 4:00 Men's Bible Study - CL	9:45 Seated Strength - WS 10:30 Functional Fitness - WS 11:30 Lunch Outing - Cracker Barrel ** 4:00 Wellness Wednesday - Balance & Fall Precautions by Interim Healthcare - WS	9:45 Get Up & Go - WS 10:30 Seated Stretch - WS 2:00 Women's Bible Study - CR 3:00 Tea Time - CL 4:00 Mexican Train Dominoes - CL	9:45 Seated Strength - WS 10:30 Balance - WS 2:00 Remember When Trivia - CR 4:00 Parc Happy Hour with Greg Tivis - BI/Dining 7:00 Parc Movie & Popcorn Night - Theatre	10:00 Fitness DVD - WS 2:00 Matinee - Theatre 4:00 Mexican Train Dominoes - CL 7:00 Parc Movie Night - Theatre
10	11	12	13	14	8	9
9:45 Church - Bus Transportation** 10:30 Church Service - CL 2:00 Puzzles - CR 7:00 Parc Movie Night - Theatre	9:00 Coffee & Donuts - CL 9:45 Seated Strength - WS 10:30 Balance - WS 1:00 Open GYM - WS 2:00 Target shopping ** 3:00 BINGO - CL 3:00 Brazos GlassWorks - AS 4:00 Flower Arrangements - BI	9:45 Get Up & Go - WS 10:30 Seated Stretch - WS 11:15 Crocheting & Weaving Class - CR 2:00 Brain Games - 'Lumosity' - WS (Cognitive Fitness) 4:00 Men's Bible Study - CL	9:45 Seated Strength - WS 10:30 Functional Fitness - WS 1:30 Mystery Bus Tour** 4:00 Wellness Wednesday - Restorative Yoga with Deann - WS	9:45 Get Up & Go - WS 10:00 BINGO *with MatureWell members - CL 2:00 Women's Bible Study - CR 3:00 Tea Time - CL 4:00 Mexican Train Dominoes - CL 5:00 Classic Movie & Dinner - Theatre	10:30 Star of the Republic Museum & Independent Hall Outing** 2:00 Who's your neighbor? Bring your old photos!-CL 4:00 Parc Happy Hour - CL 5:00 Mystery Dinner Theatre - Dining	10:00 Fitness DVD - WS 2:00 Matinee - Theatre 4:00 Mexican Train Dominoes - CL 7:00 Parc Movie Night - Theatre
17	18	19	20	21	15	16
9:45 Church - Bus Transportation** 10:30 Church Service - CL 2:00 Card Games - CR 7:00 Parc Movie Night - Theatre	9:00 Coffee & Donuts - CL 9:45 Seated Strength - WS 10:30 Balance - WS 1:00 Open GYM - WS 2:00 Wal-mart shopping ** 3:00 BINGO - CL 4:00 Flower Arrangements - BI	9:45 Get Up & Go - WS 10:30 Seated Stretch - WS 11:15 Crocheting & Weaving Class - CR 3:00 Ice Cream Social - Patio 4:00 Men's Bible Study - CL	10:30 Staying Hydrated (Brunch served) - Theatre 1:30 Downtown Bryan-milkshakes & antiquing!** 4:00 Wellness Wednesday- Joint Care & Arthritis - WS	9:45 Get Up & Go - WS 10:30 Seated Stretch - WS 2:00 Women's Bible Study - CR 3:00 Tea Time - CL 4:00 Painting with a Twist**- AS	9:45 Seated Strength-WS 10:30 Balance-WS 1:00 Museum of American G.I.** 4:00 Parc Happy Hour - CL 7:00 Parc Movie & Popcorn Night - Theatre	10:00 Fitness DVD - WS 1:30 The Theatre Company - The Threepenny Opera** 4:00 Mexican Train Dominoes - CL 7:00 Parc Movie Night - Theatre
24	25	26	27	28	22	23
9:45 Church - Bus Transportation** 10:30 Church Service - CL 2:00 BINGO - CL 7:00 Parc Movie Night - Theatre	9:00 Coffee & Donuts - CL 9:45 Seated Strength - WS 10:30 Balance - WS 1:00 Open GYM - WS 2:00 Target shopping ** 3:00 BINGO - CL 4:00 Flower Arrangements - BI	9:45 Get Up & Go - WS 10:30 Seated Stretch - WS 11:15 Crocheting & Weaving Class - CR 2:00 Brain Games - 'Lumosity' - WS (Cognitive Fitness) 4:00 Men's Bible Study - CL	9:45 Seated Strength - WS 10:30 Functional Fitness - WS 11:15 Lunch outing - Rx Pizza** 2:00 Town Hall Meeting - Theatre 4:00 Wellness Wednesday - 'Ask the Doctor' with Dr. Luke Hinshaw - WS	9:45 Get Up & Go - WS 2:00 Women's Bible Study - CR 3:00 Tea Time at MatureWell ** 4:00 Special evening! Ballroom Dancing, Dinner & Live Music	9:45 Seated Strength-WS 10:30 Balance-WS 1:30 Sanders Corps of Cadets Outing** 4:00 Happy Hour/Resident Birthday Party - CL 7:00 Parc Movie & Popcorn Night - Theatre	10:00 Fitness DVD - WS 2:00 Matinee - Theatre 4:00 Mexican Train Dominoes - CL 7:00 Parc Movie Night - Theatre