

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Parc at Traditions - Independent Living

September 2018

<p>9:40 A&M Church of Christ** 2</p> <p>10:30 First Methodist Church & St. Andrews Episcopal**</p> <p>10:30 TV Church Service - CL</p> <p>2:00 BINGO - CL</p> <p>7:00 Parc Movie Night - Theatre</p>	<p>HAPPY LABOR DAY! 3</p> <p>10:00 Silver Sneakers DVD - WS</p> <p>11:30 2:30 Labor Day Buffet - Dining</p> <p>4:30 Music Memories with Gene (4:30-6pm) - Theatre</p>	<p>9:45 Get Up & Go - WS 4</p> <p>10:30 Seated Yoga - WS</p> <p>11:15 Creative Crafting with Charline - AS</p> <p>1:00 Open GYM - WS</p> <p>2:00 'Good News Network' Stories - CL</p> <p>4:00 BINGO - CL</p>	<p>10:00 Water Exercise with Deann - PA 5</p> <p>11:00 Men's Bible Study - AL LB2</p> <p>11:30 Lunch Outing - The Feed Barn**</p> <p>3:00 Rummikub - CR</p> <p>4:00 Wellness Wednesday-'All About Massages' with Pure Bliss Spa - WS</p>	<p>9:45 Get Up & Go - WS 6</p> <p>10:30 Seated Yoga - WS</p> <p>1:30 Learn to Play 42 Dominoes with Dr. Don - CL</p> <p>3:00 Tea Time - CL</p> <p>6:30 Movie Outing - Queen Theatre**</p>	<p>9:45 Seated Strength - WS 7</p> <p>10:30 Balance- WS</p> <p>1:30 Ballroom Dancing w/Susan - WS</p> <p>4:30 Aggie Social - Theatre</p> <p>6:00 Art & Windows Tour @ St. Andrews Episcopal & Dinner at Rx Pizza**</p>	<p>10:00 Open GYM - WS 1</p> <p>1:30 Coffee & Cheesecake Social - BI</p> <p>4:00 Mexican Train Dominoes - CL</p> <p>7:00 Parc Movie Night - Theatre</p> <p>11:00 Caldwell Kolache Festival Outing** 8</p> <p>2:00 Matinee - Theatre</p> <p>4:00 Mexican Train Dominoes - CL</p> <p>7:00 Parc Movie Night - Theatre</p>
<p>9:40 A&M Church of Christ** 9</p> <p>10:15 'Pure Bliss Spa Day' by Appt. 979-704-3083</p> <p>10:30 First Methodist Church & St. Andrews Episcopal**</p> <p>10:30 TV Church Service - CL</p> <p>2:00 Card Games - CR</p> <p>7:00 Parc Movie Night - Theatre</p>	<p>9:00 Coffee & Donuts - CL 10</p> <p>9:45 Seated Strength - WS</p> <p>10:30 Balance - WS</p> <p>2:00 Wal-Mart shopping**</p> <p>4:00 Flower Arrangements - BI</p>	<p>9:45 Get Up & Go - WS 11</p> <p>10:30 Seated Yoga - WS</p> <p>11:15 Canvas Painting - AS</p> <p>1:00 Open GYM - WS</p> <p>2:00 'Good News Network' Stories - CL</p> <p>4:00 BINGO - CL</p>	<p>9:45 Seated Strength - WS 12</p> <p>10:30 Balance - WS</p> <p>11:00 Men's Bible Study - AL LB2</p> <p>11:15 Lunch Outing - Hullabaloo Diner**</p> <p>4:00 Wellness Wednesday - 'Knee Pain & Foods to Support Joints' - WS</p>	<p>9:45 Get Up & Go - WS 13</p> <p>10:30 Seated Yoga - WS</p> <p>1:30 Learn to play 42 Dominoes with Dr. Don - CL</p> <p>3:00 Tea Time & Live Music with Gene - CL</p>	<p>9:45 Seated Strength - WS 14</p> <p>10:30 Balance - WS</p> <p>1:00 Open GYM - WS</p> <p>2:00 Book Club Meeting - Theatre</p> <p>4:00 Parc Social Hour - CL</p> <p>7:00 Parc Movie & Popcorn Night - Theatre</p>	<p>10:00 Open GYM - WS 15</p> <p>2:00 Matinee - Theatre</p> <p>4:00 Mexican Train Dominoes - CL</p> <p>7:00 Parc Movie Night - Theatre</p>
<p>9:40 A&M Church of Christ** 16</p> <p>10:30 First Methodist Church & St. Andrews Episcopal**</p> <p>10:30 TV Church Service - CL</p> <p>2:00 Card Games - CR</p> <p>7:00 Parc Movie Night - Theatre</p>	<p>9:00 Coffee & Donuts - CL 17</p> <p>9:00 Healthy Eating Class with Dietitian - Theatre</p> <p>9:45 Seated Strength - WS</p> <p>10:30 Balance - WS</p> <p>2:00 Target shopping**</p> <p>4:00 Flower Arrangements - BI</p>	<p>10:00 Forever Fit w/Deann - WS 18</p> <p>11:15 Creative Crafting with Charline - AS</p> <p>1:00 Matinee-Queen Theatre**</p> <p>1:00 Open GYM - WS</p> <p>2:00 'Good News Network' Stories - CL</p> <p>4:00 BINGO - CL</p>	<p>10:00 Water Exercise with Deann - PA 19</p> <p>11:00 Men's Bible Study - AL LB2</p> <p>11:30 Lunch Outing - Caffe' Capri**</p> <p>3:00 Rummikub - CR</p> <p>4:00 Wellness Wednesday with Dr. David Bailey - WS</p>	<p>9:45 Get Up & Go - WS 20</p> <p>10:30 Seated Yoga - WS</p> <p>1:30 Learn to play 42 with Dr. Don - CL</p> <p>2:45 Tea Time @ MatureWell**</p> <p>7:00 Kite Flying at Lake Walk**</p>	<p>10:15 Brunch Outing to Stella Southern Cafe** 21</p> <p>1:30 Ballroom Dancing with Susan - WS</p> <p>4:00 Parc Social Hour with Greg - Dining</p> <p>7:00 Parc Movie & Popcorn Night - Theatre</p>	<p>10:00 Open GYM - WS 22</p> <p>2:00 Matinee - Theatre</p> <p>4:00 Mexican Train Dominoes - CL</p> <p>7:00 Parc Movie Night - Theatre</p>
<p>9:40 A&M Church of Christ** 23</p> <p>10:15 'Pure Bliss Spa Day' by Appt. 979-704-3083</p> <p>10:30 First Methodist Church & St. Andrews Episcopal**</p> <p>10:30 TV Church Service - CL</p> <p>2:00 BINGO - CL</p> <p>7:00 Parc Movie Night - Theatre</p>	<p>9:00 Coffee & Donuts - CL 24</p> <p>9:45 Seated Strength - WS</p> <p>10:30 Balance - WS</p> <p>2:00 Wal-Mart shopping **</p> <p>4:00 Flower Arrangements - BI</p>	<p>10:00 Forever Fit with Deann - WS 25</p> <p>1:00 Open GYM - WS</p> <p>2:00 'Good News Network' Stories - CL</p> <p>4:00 BINGO - CL</p> <p>4:30 'Take Two' Variety Band - Theatre (4:30-6pm)</p>	<p>10:00 Water Exercise with Deann - PA 26</p> <p>11:00 Men's Bible Study w/Jim - AL LB2</p> <p>2:00 Town Hall Meeting - Theatre</p> <p>4:00 Wellness Wednesday 'Memory Boosting Foods' - WS</p>	<p>9:45 Water Exercise with Alexa - PA 27</p> <p>11:30 Lunch with the Expert-Peggy Allum, PT - Theatre</p> <p>1:30 Learn to Play 42 - CL</p> <p>3:00 Tea Time - CL</p> <p>5:00 Oktoberfest - Patio</p>	<p>9:45 Seated Strength-WS 28</p> <p>10:30 Balance-WS</p> <p>11:15 Lunch Outing-J. Cody's & Farm Patch**</p> <p>4:00 Parc Social Hour - CL</p> <p>7:00 Parc Movie & Popcorn Night - Theatre</p>	<p>10:00 Open GYM - WS 29</p> <p>1:30 Resident Birthday Party & Ice Cream Social</p> <p>4:00 Mexican Train Dominoes - CL</p> <p>7:00 Parc Movie Night - Theatre</p>

<p>9:40 A&M Church of Christ** 30</p> <p>10:30 First Methodist Church & St. Andrews Episcopal**</p> <p>10:30 TV Church Service - CL</p> <p>2:00 BINGO - CL</p> <p>7:00 Parc Movie Night - Theatre</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)

PA Pool Area

** Sign up required at concierge desk

FALL BEGINS

September 22