

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



# Parc at Traditions - Independent Living

## December 2018

<p>9:40 A&amp;M Church of Christ** 2</p> <p>10:30 First Methodist &amp; 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 &amp; Donuts - BI 3</p> <p>9:45 Seated Strength - WS</p> <p>10:30 Balance- WS</p> <p>1:00 Open GYM - WS</p> <p>1:30 42 Dominoes - CL</p> <p>2:00 Target shopping**</p> <p>4:00 Flower Arrangements - BI</p>	<p>9:45 Forever Fit with Deann - WS 4</p> <p>11:15 Christmas Crafts with Charline - AS</p> <p>1:00 Open GYM - WS</p> <p>2:00 'Good News' Stories - CL</p> <p>3:00 Door Decorating</p> <p>4:00 BINGO - CL</p> <p>5:30 Cinema Movie Outing**</p>	<p>10:00 Adventures of Henry P. Twist - Theatre 5</p> <p>11:00 Men's Bible Study - AL LB2</p> <p>11:30 Lunch Outing - T. Jin China Diner**</p> <p>2:00 Door Decorating</p> <p>4:00 Wellness Wednesday - 'Brain Fitness' - WS</p>	<p>9:45 Get Up &amp; Go - WS 6</p> <p>10:30 Seated Yoga - WS</p> <p>1:00 HEB Shopping**</p> <p>2:00 DIY Christmas Cards - AS</p> <p>3:00 Tea &amp; Trivia - CL</p> <p>4:00 Christmas at the Parc!</p>	<p>9:45 Seated Strength - WS 7</p> <p>10:30 Balance- WS</p> <p>3:30 Ballroom Dancing with Susan - BI</p> <p>4:00 Social Hour &amp; Music with Greg - CL</p> <p>7:00 Movie &amp; Popcorn Night - Theatre</p>	<p>10:00 Open GYM - WS 8</p> <p>2:00 Acts of Kindness - 'Care Packages' - AS</p> <p>4:00 Mexican Train Dominoes - CL</p> <p>7:00 Parc Movie Night - Theatre</p>
<p>9:40 A&amp;M Church of Christ** 9</p> <p>10:30 First Methodist &amp; St. Andrews Episcopal**</p> <p>10:30 TV Church Service - CL</p> <p>2:00 BINGO - CL</p> <p>4:00 Holiday Pops Concert Outing**</p> <p>7:00 Parc Movie Night - Theatre</p>	<p>9:00 Coffee &amp; Donuts - CL 10</p> <p>9:45 Seated Strength - WS</p> <p>10:30 Balance - WS</p> <p>1:00 Open GYM - WS</p> <p>1:30 Card Games - CR</p> <p>2:00 Wal-Mart shopping**</p> <p>3:00 Winter Reminiscing - AS</p> <p>4:00 Flower Arrangements - BI</p>	<p>9:45 Forever Fit w/Deann- WS 11</p> <p>11:15 Christmas Crafts-'Snowball Garlands'-AS</p> <p>1:00 Open GYM - WS</p> <p>1:30 Genealogy &amp; DNA Class - Theatre</p> <p>2:00 'Good News' 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 Learn a Christmas Dance - WS</p> <p>1:00 MISTLETOE MARKET! 1-5pm</p>	<p>9:45 Get Up &amp; Go - WS 13</p> <p>10:30 Seated Yoga - WS</p> <p>1:00 HEB Shopping**</p> <p>3:00 Tea &amp; Trivia - CL</p> <p>4:00 Dominoes - CL</p>	<p>9:45 Seated Strength - WS 14</p> <p>10:30 Balance- WS</p> <p>11:30 Lunch Outing - Luigi's**</p> <p>2:30 Book Club - Theatre</p> <p>4:00 Social Hour &amp; Music with Sorin - CL</p> <p>7:00 Movie &amp; 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&amp;M Church of Christ** 16</p> <p>10:30 First Methodist &amp; 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 &amp; Donuts - CL 17</p> <p>9:45 Seated Strength - WS</p> <p>10:30 Balance - WS</p> <p>1:00 Open GYM - WS</p> <p>1:30 42 Dominoes - CL</p> <p>2:00 Target shopping**</p> <p>4:00 Flower Arrangements - BI</p>	<p>10:00 Forever Fit with Deann - WS 18</p> <p>11:15 Christmas Crafts - 'Sock Snowmen' - AS</p> <p>1:00 Open GYM - WS</p> <p>2:00 'Good News' Stories - CL</p> <p>4:00 BINGO - CL</p> <p>6:30 Christmas Lights Bus Tour**</p>	<p>9:45 Seated Strength - WS 19</p> <p>10:30 Balance - WS</p> <p>11:00 Men's Bible Study - AL LB2</p> <p>11:15 Lunch Outing - C &amp; J BBQ*</p> <p>2:00 Town Hall Mtg - Theatre</p> <p>5:00 Christmas Classics - Dinner &amp; Movie</p>	<p>9:45 Get Up &amp; Go - WS 20</p> <p>10:30 Seated Yoga - WS</p> <p>1:00 Christmas Party &amp; White Elephant Gift Exchange - Theatre</p> <p>1:00 NO HEB Shopping Today*</p> <p>3:00 Tea &amp; Trivia - CL</p> <p>4:00 Dominoes - CL</p>	<p>9:45 Forever Fit with Deann - WS 21</p> <p>1:30 Card Games - CR</p> <p>4:00 Social Hour &amp; Music with Greg - CL</p> <p>7:00 Movie &amp; Popcorn Night - Theatre</p>	<p>10:00 Open GYM - WS 22</p> <p>2:00 Matinee - Theatre</p> <p>4:00 Flower Arrangements - BI</p> <p>7:00 Parc Movie Night - Theatre</p>
<p>9:40 A&amp;M Church of Christ** 23</p> <p>10:30 First Methodist &amp; 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><b>Christmas Eve 24</b></p> <p>9:00 Coffee &amp; Donuts - CL</p> <p>10:00 Silver Sneakers video - WS</p> <p>2:00 Hot Chocolate &amp; Cookies Social - BI</p> <p>3:00 Mexican Train Dominoes - CL</p>	<p><b>MERRY CHRISTMAS! 25</b></p> <p>10:00 Christmas puzzles - CR</p> <p>11:30 Buffet - 11:30-2:30pm - Dining</p> <p>2:00 Christmas Movie Matinee - Theatre</p>	<p>10:00 Silver Sneakers Video - WS 26</p> <p>11:00 Men's Bible Study - AL LB2</p> <p>2:00 Matinee - Theatre</p> <p>4:00 Poker/Card Games - CL</p>	<p>9:45 Get Up &amp; Go - WS 27</p> <p>10:30 Seated Yoga - WS</p> <p>1:00 HEB Shopping**</p> <p>3:00 Tea &amp; Trivia - CL</p> <p>4:00 'Ask a Nurse' - Theatre</p>	<p>9:45 Seated Strength - WS 28</p> <p>10:30 Balance - WS</p> <p>2:30 Book Club - Theatre</p> <p>3:30 Ballroom Dancing w/Susan - BI</p> <p>4:00 Social Hour - CL</p> <p>7:00 Movie &amp; Popcorn - Theatre</p>	<p>10:00 Open GYM - WS 29</p> <p>2:00 December Birthday Party - CL</p> <p>4:00 Flower Arrangements - BI</p> <p>7:00 Parc Movie Night - Theatre</p>
<p>No Transportation 30</p> <p>10:30 TV Church Service - CL</p> <p>2:00 BINGO - CL</p> <p>7:00 Parc Movie Night - Theatre</p>	<p><b>New Year's Eve 31</b></p> <p>9:00 Coffee &amp; Donuts - BI</p> <p>10:00 Silver Sneakers video - WS</p> <p>1:30 New Year's Eve Party with Gene</p> <p>3:00 Matinee - Theatre</p>	<p><i>Have a Blessed Holiday Season!</i></p>				<p><b>KEY</b></p> <p>CR ..... Card Room (floor 2)</p> <p>Theatre..... (floor 1)</p> <p>CL.....Cocktail Lounge (floor 1)</p> <p>WS..... Wellness Studio (floor 1)</p> <p>AS..... Art Studio (floor 2)</p> <p>BI..... Bistro (floor 1)</p> <p>Dining .....(floor 1)</p> <p>** Sign up required in Activity Center</p>