



# Parc at Traditions - Independent Living



## FEBRUARY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					9:45 Silver Sneakers video - WS <b>1</b> 10:30 Stretching with Sarah - WS 4:00 Social Hour & Music with Greg - CL 6:45 Movie Night - Theatre	10:00 Open GYM - WS <b>2</b> 2:00 Coffee & Cookies Social - BI 4:00 Mexican Train Dominoes - CL 7:00 Poker/Card Games - CL
9:40 A&M Church of Christ** <b>3</b> 10:30 First Methodist & St. Andrews** 10:30 TV Church Service - CL 2:00 BINGO - CL 3:00 Movie & Popcorn - Theatre 5:30 <b>SUPER BOWL PARTY - Theatre</b>	9:00 Coffee & Donuts - BI <b>4</b> 9:45 Seated Strength - WS 10:30 Balance- WS 1:00 Open GYM - WS 1:30 42 Dominoes - CL 2:00 Target shopping** 4:00 New Game! BUNCO - CL	9:45 Get Up & Go - WS <b>5</b> 10:30 Seated Yoga - WS 11:15 Creative Crafting: Sweet Valentines 1:00 Open GYM - WS 2:00 'Good News' Stories - CL 3:00 Sign Language - CL 4:00 BINGO - CL	9:45 Forever Fit with Deann - WS <b>6</b> 11:15 Men's Bible Study - AL LB2 2:30 Ballroom Dancing with Susan - WS 4:00 <b>NEW! Choir Practice - Theatre</b> 6:45 <b>OPAS 'The King and I' Outing**</b>	9:45 Get Up & Go - WS <b>7</b> 10:30 Seated Yoga - WS 11:15 Acts of Kindness - AS 1:00 HEB Shopping** 3:00 Tea & Trivia - CL 4:00 Flower Arrangements - BI	9:45 Seated Strength - WS <b>8</b> 10:30 Balance - WS 11:30 Lunch outing - Cotton Patch** 2:30 Book Club - Theatre 4:00 Social Hour & Music with Saxophonist, Jack- CL 6:45 Movie Night - Theatre	10:00 Open GYM - WS <b>9</b> 2:00 Adult Coloring & Word Puzzles - AS 4:00 Mexican Train Dominoes - CL 7:00 Poker/Card Games - CL
9:40 A&M Church of Christ** <b>10</b> 10:30 First Methodist & St. Andrews Episcopal** 10:30 TV Church Service - CL 2:00 BINGO-CL 3:00 Movie & Popcorn - Theatre 4:15 <b>BVSO 'From CLASSICS to JAZZ' outing**</b>	9:00 Coffee & Donuts - CL <b>11</b> 9:45 Seated Strength - WS 10:30 Balance - WS 1:00 Open GYM - WS 1:30 42 Dominoes - CL 2:00 Wal-Mart shopping** 4:00 Bridge Group - CR	9:45 Get Up & Go - WS <b>12</b> 10:30 Seated Yoga - WS 11:15 Creative Crafting with Charline - AS 1:00 Open GYM - WS 2:00 'Good News' Stories - CL 3:00 Sign Language - CL 4:00 BINGO - CL	9:45 Clara Mounce Library outing** <b>13</b> 9:45 Forever Fit with Deann - WS 11:15 Men's Bible Study - AL LB2 11:30 Lunch outing-Genghis Grill** 4:00 WW - Glasses Cleanings/Adjustments-WS	<b>Happy Valentine's Day</b> <b>14</b> 9:45 Get Up & Go - WS 10:30 Seated Yoga - WS 1:00 NO HEB Shopping today** 2:00 'Be our Valentine' Party & Music with Eugene & friends - Theatre 3:00 Tea & Trivia - CL 4:00 Flower Arrangements - BI	8:30 Breakfast Outing: First Watch** <b>15</b> 9:45 Silver Sneakers Video - WS 10:30 Stretching with Sarah - WS 4:00 Social Hour & Music with Greg - CL 6:45 Movie Night - Theatre	10:00 Open GYM - WS <b>16</b> 2:00 Coffee & Cookies Social - BI 4:00 Mexican Train Dominoes - CL 7:00 Poker/Card Games - CL
9:40 A&M Church of Christ** <b>17</b> 10:30 First Methodist & St. Andrews Episcopal** 10:30 TV Church Service - CL 2:00 BINGO - CL 3:00 Movie & Popcorn - Theatre	9:00 Coffee & Donuts - CL <b>18</b> 9:45 Seated Strength - WS 10:30 Balance - WS 1:00 Open GYM - WS 1:30 42 Dominoes - CL 2:00 Target shopping** 4:00 BUNCO Game - CL	9:45 Get Up & Go - WS <b>19</b> 10:30 Seated Yoga - WS 11:15 Canvas Painting - AS 1:00 Open GYM - WS 2:00 'Good News' Stories - CL 3:00 Sign Language - CL 4:00 BINGO - CL 6:15 Music Outing - A&M Methodist**	9:45 Forever Fit with Deann - WS <b>20</b> 11:15 Men's Bible Study - AL LB2 11:30 Lunch Outing - Sodolaks** 2:00 Scrabble 4:00 Choir Practice - Theatre	9:45 Silver Sneakers video - WS <b>21</b> 10:30 Stretching with Sarah - WS 11:00 Lunch with the Expert - 'Healthy Eating for the Heart' - Theatre 1:00 HEB Shopping* 3:00 Tea & Trivia - CL 4:00 Flower Arrangements - BI	9:45 Seated Strength - WS <b>22</b> 10:30 Balance - WS 2:30 Book Club - Theatre 3:30 Ballroom Dancing with Susan - BI 4:00 Social Hour & Music with Sarah - CL 7:00 Movie Night - Theatre	10:00 Open GYM - WS <b>23</b> 1:30 February Birthday Party & Music with Jack, Saxophonist - CL 4:00 Mexican Train Dominoes - CR 7:00 Poker/Card Games - CL
9:40 A&M Church of Christ** <b>24</b> 10:30 First Methodist & St. Andrews Episcopal** 10:30 TV Church Service - CL 2:00 BINGO - CL 2:15 'Something Rotten' Musical Outing** 3:00 Movie & Popcorn - Theatre	9:00 Coffee & Donuts - CL <b>25</b> 9:45 Seated Strength - WS 10:30 Balance - WS 1:00 Open GYM - WS 1:30 42 Dominoes - CL 2:00 Wal-Mart shopping** 4:00 Bridge Group - CR	9:45 Get Up & Go - WS <b>26</b> 10:30 Seated Yoga - WS 11:15 Creative Crafting with Charline - AS 1:00 Open GYM - WS 2:00 'Good News' Stories - CL 3:00 Sign Language - CL 4:00 BINGO - CL	9:45 Forever Fit with Deann - WS <b>27</b> 11:15 Men's Bible Study with Jim - AL LB2 11:30 Lunch outing - Jose's Restaurant** 2:00 Town Hall Mtg - Theatre 3:30 Wellness Wednesday with Waldene - Theatre	9:45 Get Up & Go - WS <b>28</b> 10:30 Seated Yoga - WS 11:15 Acts of Kindness - AS 1:00 HEB Shopping** 3:00 Tea & Trivia - CL 4:00 Flower Arrangements - BI 6:15 U.S. Navy Concert Band Outing**	<div style="display: flex; justify-content: space-between;"> <div> <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> </div> </div>	