

Parc at Traditions - Independent Living

May 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			9:15 Forever Fit - WS 1 10:05 Water Exercise - Pool 11:15 Men's Bible Study - AL LB2 11:30 Lunch Outing - Cracker Barrel** 3:00 Choir with Don - Theatre 4:00 Wellness Wednesday - 'Stress Management' with Laurie - Theatre	9:45 Get Up & Go - WS 2 10:30 Seated Yoga - WS 11:30 Acts of Kindness: Card Making - AS 1:00 HEB Shopping** 3:00 Tea & Trivia - CL 4:00 Flower Arrangements - BI	9:45 Seated Strength - WS 3 10:30 Balance - WS 3:00 3-5pm - Cinco De Mayo Fiesta - Theatre 6:45 Movie Night - Theatre	10:00 Open GYM - WS 4 2:00 Ice Cream Social - BI 4:00 Mexican Train Dominoes - CL 7:00 Poker/Card Games - CL
CINCO DE MAYO 5 9:40 A&M Church of Christ** 10:30 First Methodist & St. Andrews** 10:30 TV Church Service - CL 1:00 NAVASOTA THEATRE OUTING: 'Greater Tuna'*** 2:00 BINGO - CL 3:00 Movie & Popcorn - Theatre	9:00 Coffee & Donuts - BI 6 9:45 Seated Strength - WS 10:30 Balance - WS 1:00 Open GYM - WS 2:00 Wal-Mart shopping** 4:00 Scrabble - CL	9:45 Get Up & Go - WS 7 10:30 Seated Yoga - WS 1:00 Open Gym - WS 1:30 Royalty Pecan Farms Outing** 2:00 'Good News' Stories - CL 4:00 BINGO - CL	9:00 Outing: Seniors Expo Fiesta** 8 9:15 Restorative Yoga + Balance - WS 10:05 Water Exercise - Pool 11:15 Men's Bible Study-AL LB2 11:30 Lunch Outing - Cheddar's** 3:00 Choir with Don - Theatre	9:45 Get Up & Go - WS 9 10:30 Seated Yoga - WS 1:00 Queen Theatre Outing - 'Giant' (1956)G** 3:00 Tea & Trivia - CL 4:00 Flower Arrangements - BI	9:45 Seated Strength - WS 10 10:30 Balance - WS 1:30 Ballroom Dancing w/ Susan - BI 2:30 Book Club - CL 4:00 Social Hour & Music with Saxophonist, Jack - Dining 6:45 Movie Night - Theatre	10:00 Open GYM - WS 11 2:00 Mother's Day Tea - BI 4:00 Mexican Train Dominoes - CL 6:30 OUTING: Gala of the Royal Horses** 7:00 Poker/Card Games - CL
HAPPY MOTHER'S DAY 12 9:40 A&M Church of Christ** 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 13 9:45 Seated Strength-WS 10:30 Balance-WS 1:30 Canines for Christ - Room Visits 2:00 Target shopping** 4:00 Card Games-CL 5:00 Special Music-Greg & Kelsey - Dining	9:45 Get Up & Go - WS 14 10:30 Seated Yoga - WS 1:00 Open GYM - WS 2:00 'Good News' Stories - CL 3:00 Be Smart with Your Smartphone - Theatre 4:00 BINGO - CL	9:15 Forever Fit - WS 15 10:05 Water Exercise - Pool 11:15 Men's Bible Study-AL LB2 3:00 Choir with Don-Theatre 4:00 Wellness Wednesday - Hearing Screenings & Hearing Aid Cleanings - Theatre	9:45 Get Up & Go - WS 16 10:30 Seated Yoga - WS 11:30 Acts of Kindness: Goodie Bags - AS 2:00 Boots, Bling, & Bingo! - Theatre 4:00 Flower Arrangements - BI	10:00 HUNTSVILLE DAY TRIP OUTING - Church BBQ & Prison Museum** 17 4:00 Social Hour & Music with Greg - CL 6:45 Movie Night - Theatre	10:00 Open GYM - WS 18 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** 19 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 20 9:45 Seated Strength - WS 10:30 Balance - WS 1:00 Open GYM - WS 2:00 Wal-Mart shopping** 4:00 Skip-Bo card game - CL	9:45 Get Up & Go - WS 21 10:30 Seated Yoga - WS 1:00 Open GYM - WS 2:00 'Good News' Stories - CL 2:00 Texas A&M MSC & Corp of Cadets Museum Outing** 4:00 BINGO - CL	10:00 Aggieldand Safari & Lunch Outing! (Drive-thru Park)** 22 11:15 Men's Bible Study - AL LB2 2:00 Creative Crafting - AL Studio 3:00 Choir with Don - Theatre 4:00 Messina Hof Wine Tasting - CL	9:15 Restorative Yoga + Balance - WS 23 10:05 Water Exercise - Pool 1:00 Queen Theatre Outing - 'High Noon' (1952)PG** 3:00 Tea & Trivia - CL 4:00 Flower Arrangements - BI	9:45 Seated Strength - WS 24 10:30 Balance - WS 11:30 Lunch Outing - Sweet Paris Creperie & Cafe** 2:30 Book Club - CL 4:00 Social Hour & Music with Accordionist, Chase - CL 6:45 Movie Night - Theatre	10:00 Open GYM - WS 25 2:00 Cake & Coffee Social - BI 4:00 Mexican Train Dominoes - CL 7:00 Poker/Card Games - CL
9:40 A&M Church of Christ** 26 10:30 First Methodist & St. Andrews Episcopal** 10:30 TV Church Service - CL 2:00 BINGO - CL 3:00 Movie & Popcorn - Theatre	MEMORIAL DAY 27 11:30 11:30-2:30pm Lunch Buffet 1:30 Canines for Christ - Room Visits 3:00 'The Story of Old Glory' Memorial Day Program with Betty Davis - Theatre	9:45 Get Up & Go - WS 28 10:30 Seated Yoga - WS 1:00 Open GYM - WS 2:00 'Good News' Stories - CL 3:00 'Wayne, The Family Poet' Presentation - Theatre 4:00 BINGO - CL	9:45 Seated Strength - WS 29 10:30 Balance - WS 11:15 Men's Bible Study - AL LB2 11:30 Lunch Outing - The Feed Barn** 2:00 Town Hall Mtg - Theatre 3:00 Choir with Don - Theatre	9:15 Forever Fit - WS 30 10:05 Water Exercise - Pool 11:30 Lunch with the Expert - Marie Rodriguez, P.C., Attorney - Theatre 3:00 Tea & Trivia - CL 4:00 Flower Arrangements - BI	9:45 Seated Strength - WS 31 10:30 Balance - WS 1:30 Ballroom Dancing w/ Susan - BI 4:00 MAY Birthday Party & Music with Greg - CL 6:45 Movie Night - Theatre	KEY CR Card Room (floor 2) Theatre..... (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 in Activity Center