





Parc at Duluth • Activities Calendar

February 2012



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		BIRTHDAYS THIS MONTH Mickey Konzen..... 2/3 Harry Sanger..... 2/6 Karen Wallace.....2/11 Dottie Saunders..... 2/13 Robert Brinckman..... 2/14 Sally McCausland..... 2/15 Jean Creedon..... 2/16 Jana Kennedy..... 2/16 Elaine Liggett..... 2/19 Jack Dangremond..... 2/24 Dan Donovan..... 2/26 *RESIDENTS MUST SIGN UP AT CONCIERGE DESK PARC AT DULUTH – (770) 622-6880		1 9:30 Blood Pressure Check w/Parc Care & Firemen - Activity Ctr 9:30 St Benedict's Prayer - Lounge 10:30 Strength & Balance - Media Center 12:00 - 4:00 Podiatry Service w/ Dr Jimenez - Activity Center*** 2:00 Personal Fitness - Fitness Ctr*** 3:00 Learning LAB - Fitness Center 6:45 Bridge - Lounge*** 7:00 Wii Night - Media Center***	2 9:00 Department of Motor Vehicles*** 10:00 Hearing Clinic w/Tyler Calkins - Conf Rm 1st Floor 10:30 Yoga - Media Center 1:00 Knitting Club - Activity Center 3:00 40's Swing Concert w/Alexander Reddick - 3rd Floor Rotunda 4:00 Wine & Chit Chat - Lounge 7:00 Men's Poker Night - 2nd Floor	3 10:30 Functional Fitness - Media Center 1:00 Bible Study w/Jane - Media Center 7:30 Wii Night - Media Center***	4 10:00 Affordable Feet - Activity Center*** 10:30 Functional Fitness w/DVD - Media Center*** 1:00 Bridge - Lounge*** 5:00 Jim Gibson Piano Music - 3rd Floor Rotunda 7:30 VCTV Movie Night 7:30 Wii Night - Media Center***
5 10:30 St Benedict's Catholic Communion - Lounge 2:00 Christ Church Episcopal Service - Private Dining Room 4:00 Super Bowl Pre-Game Tailgate Party - Media Center*** 6:00 Super Bowl XLVI Kickoff - Media Center	6 10:30 Yoga - MC 12:45 Duplicate Bridge - Lounge 1:00 Personal Training - Fitness Ctr*** 2:00 Ageless Grace w/Angela -MC 3:00 Learning LAB - Fitness Ctr*** 7:00 Poker Night - Game Room 2nd Floor 7:00 Scripture Discussion w/Andy Olson - MC	7 10:00 Shopping at the Forum Shopping Center*** 10:30 Functional Fitness - Media Center 1:00 Wii Play - Media Center 2:00 Scrabble - Activity Center 7:00 Bingo - Media Center	8 9:30 Blood Pressure Check - Activity Ctr 9:30 St Benedict's Prayer - PDR 10:00 Strength & Balance - MC 11:00 Welcome-New Onsite Physical Rehab Services - MC 1:00 Fitness Center Orientation w/Angela*** 2:00 Personal Fitness - FC*** 6:45 Bridge - Lounge*** 7:30 Wii Night - MC***	9 10:30 Yoga - Media Center 11:00 Golden Kiwanis Meeting - Lounge 12:00 DAR Meeting - Media Center 12:00 Library*** 3:30 Birthday Social w/Andy Cartledge 7:00 Men's Poker Night - Game Room 2nd Floor	10 10:00 Taylors Treasures Jewelry Show- Lounge*** 10:30 Functional Fitness - Media Center 1:00 Bible Study w/Jane -Media Center 7:30 Wii Night - Media Center	11 10:30 Functional Fitness w/DVD - Media Center 1:00 Bridge - Lounge*** 7:30 VCTV Movie Night 7:30 Wii Night - Media Center***	
12 10:30 St Benedict's Catholic Communion - Lounge 1:00 Shopping at Kohl's & Ross at Johns Creek Shopping*** 7:30 Movie Night - Media Center	13 10:30 Yoga - MC 12:45 Duplicate Bridge - Lounge*** 1:00 Personal Training - Fitness Ctr*** 1:30 Intergenerational Activity w/Notre Dame Academy*** 3:00 Learning LAB - Fitness Center 7:00 Poker Night - Game Room 2nd Floor 7:00 Scripture Discussion w/Andy Olson - MC	14 10:30 Functional Fitness - Media Ctr 1:00 Wii Play - Media Center*** 2:00 Scrabble - Activity Center 5:00 Valentine's Dinner w/Class Act 7:00 Bingo - Media Center	15 9:30 Blood Pressure Check w/Firemen - Activity Ctr 9:30 St Benedict's Prayer - Lounge 10:30 Strength & Balance - Media Ctr 11:00 Brain Health Seminar- Media Ctr*** 3:00 Learning LAB - Fitness Ctr*** 3:00 Resident Artist of the Month - 3rd FI Rotunda 6:45 Bridge - Lounge*** 7:30 Wii Night - Media Ctr***	16 10:30 Yoga - Media Center 1:00 New Release Movie - 'Dolphin Tales' - Media Center 4:00 No Social Today 7:00 Men's Poker Night - Game Room 2nd Floor	17 10:30 Functional Fitness - Media Center 1:00 Bible Study w/Jane- Media Center 2:00 Current Events Round Table w/Don Jordon 7:30 Wii Night - Media Center***	18 10:30 Functional Fitness w/DVD - Media Center 1:00 Bridge - Lounge*** 7:30 VCTV Movie Night 7:30 Wii Night - Media Center***	
19 10:30 St Benedict's Catholic Communion - Lounge 1:00 Shopping at North Point Mall*** 2:00 Christ Church Episcopal Service - Private Dining Room 7:30 Movie Night - Media Center	20 10:30 Yoga - MC 12:00 Third Monday Inspirational w/John Riley - MC 12:45 Duplicate Bridge - Lounge*** 1:00 Personal Training - Fitness Ctr*** 2:00 Ageless Grace w/Angela - MC 3:00 Learning LAB - Fitness Ctr*** 7:00 Poker Night - Game Room 2nd Floor 7:00 Scripture Discussion w/Andy Olson - MC	21 10:30 Functional Fitness - Media Ctr 1:00 Wii Play - Media Center*** 2:00 Scrabble - Activity Ctr 3:00 Dr Greenberg's Hearing Clinic - Conf Rm 1st Fl 3:30 Mardi Gras Social w/Jeni & the Gumbo Ya Ya's 7:00 Bingo - Media Ctr	22 9:30 Blood Pressure Check w/Firemen - Activity Ctr 9:30 St Benedict's Prayer - Lounge 10:00 DNR Seminar w/Firemen*** 11:00 Strength & Balance Media Ctr 2:00 Personal Training - Fitness Ctr*** 3:00 Learning LAB - Fitness Ctr*** 6:45 Bridge - Lounge*** 7:30 Wii Night - Media Center***	23 10:30 Yoga - Media Center 11:00 Golden Kiwanis Meeting - Lounge 12:00 Library*** 2:00 Food Meeting - Media Center 4:00 No Social Today 7:00 Men's Poker Night - Game Room 2nd Floor	24 9:30 Reflexology Compression Foot Massage - Fitness Ctr*** 10:30 Functional Fitness - Media Center 1:00 Bible Study w/Jane - Media Center 2:00 In Defense of Freedom: African-Americans & Military Service w/Wyndolyn Bell - Media Center 7:30 Wii Night - Media Center***	25 10:30 Functional Fitness w/DVD - Media Center 1:00 Bridge - Lounge*** 7:30 VCTV Movie 7:30 Wii Night - Media Center***	
26 10:30 St Benedict's Catholic Communion - Lounge 1:45 The Brilliance of Beethoven - Roswell United Methodist Church*** 7:30 Movie Night -Media Center	27 10:30 Yoga - MC 11:30 Episcopal Bible Study - Private Dining Room 12:45 Duplicate Bridge - Lounge*** 1:00 Personal Training - FC*** 1:30 Whole Foods Tour*** 3:00 Learning LAB - FC*** 7:00 Poker Night - Game Room 2nd Floor 7:00 Scripture Discussion w/Andy Olson - MC	28 10:30 Functional Fitness - Media Center 1:00 Wii Play - Media Center*** 2:00 Scrabble - Activity Center 4:30 Dinner Outing to Longhorn Steakhouse*** 7:00 Bingo - Media Center	29 9:30 Blood Pressure Check w/Firemen - Activity Ctr 9:30 St Benedict's Prayer - Lounge 10:30 Strength & Balance - Media Ctr 2:00 Personal Training - Fitness Ctr*** 3:00 Learning LAB - Fitness Ctr*** 6:45 Bridge - Lounge*** 7:30 Wii Night - Media Center***	 <div style="text-align: right;"> <h1>HAPPY VALENTINE'S DAY</h1> </div>			