



Parc at Duluth - Ageless Living Calendar

MAY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Nat'l Choc.Chip Day! ¹ 9:45 Seated Strength MC 10:30 Phase 10 Game! MC 2:00 Jason Smith Entertains & Enjoy Choc. Chip Ice Cream MC	Nat'l Day of Prayer ² 9:45 Drum Rhythms 10:30 Bingo L 1:15 Seated Yoga MC 2:00 Living Word Bible Study MC 6:30 Movie Night! MC	³ 9:45 Seated Strength 10:30 1st Friday Mass MC 2:30 CINCO Party w/Jeni & the Band MC 4:00 Happy Hour w/Steve Jade R	⁴ 9:30 Good News! Bible Study MC 11:00 Bingo MC 1:30 Entertainment w/Nick & Mike MC 6:30 Movie Night! MC
⁵ 10:30 St Benedict Catholic Communion MC 11:30 -1:30 1st Sunday Brunch 1:30 United Methodist Svc & Communion MC 2:00 Movie Matinee MC	⁶ 9:00 Coffee & Donuts R 9:45 Seated Strength MC 10:30 "Phase 10" Game 1:15 Strong & Steady MC 2:00 Brain Fitness MR 3:00 Music Memories w/Dennis Goodwin	⁷ 9:45 Functional Fitness 10:00 Jewelry Repair R 10:30 Bingo L 1:15 Seated Yoga MC 2:00 Fun w/Mary! MC 6:30 Movie Night! MC	⁸ Nat'l Coconut Cream Pie Day! 9:45 Seated Strength MC 10:30 "Skip Bo!" Game MC 1:15 Tai Chi MC 2:00 Come Get A Slice Of Pie! MC	⁹ 9:45 Drum Rhythms 10:30 Bingo L 1:15 Seated Yoga MC 2:00 Living Word Bible Study MC 6:30 Movie Night! MC	¹⁰ 9:45 Seated Strength 10:30 Bananagrams! MC 2:00 Ladies Tea Party In Honor Of Mother's Day DR	¹¹ 9:30 Good News! Bible Study MC 11:00 Bingo MC 1:30 Entertainment w/Anthony Evans MC 6:30 Movie Night! MC
HAPPY MOTHER'S DAY!! ¹² 10:30 St Benedict Catholic Communion MC 11:30 -1:30 pm Mother's Day Brunch DR 2:00 Movie Matinee MC	¹³ 9:00 Coffee & Donuts R 9:45 Seated Strength MC 10:30 "Skip Bo" Game MC 1:15 Strong & Steady MC 2:00 Brain Fitness MR	¹⁴ 9:45 Functional Fitness 10:30 Bingo L 1:15 Seated Yoga MC 2:00 Game Time w/Tanika MC	¹⁵ 9:45 Seated Strength MC 10:30 Phase 10 Game! MC 1:15 Tai Chi MC 3:00 Heritage Healthpro Presents: Walker Safety/Adjustments MC	¹⁶ 9:45 Drum Rhythms 10:30 Bingo L 1:15 Seated Yoga MC 2:00 Living Word Bible Study MC 6:30 Movie Night! MC	¹⁷ 9:45 Seated Strength 10:30 Mexican Train Dominoes 1:30 Rosary Group MR 1:30 Storyteller Carol Cain Returns! MC 4:00 Happy Hour w/Judy!	¹⁸ 9:30 Good News! Bible Study MC 11:00 Bingo MC 1:30 Entertainment w/Steve Jade MC 6:30 Movie Night! MC
¹⁹ 10:30 St Benedict Catholic Communion MC 2:00 Movie Matinee MC	²⁰ 9:00 Coffee & Donuts R 9:45 Seated Strength MC 10:30 "Phase 10" Game 11:15 Speaker John Riley 1:15 Strong & Steady MC 2:00 Brain Fitness MR	²¹ 9:45 Functional Fitness 10:30 Bingo L 1:15 Seated Yoga MC 2:00 Show & Tell MC 6:30 Movie Night! MC	²² Nat'l Hummus Day! 9:45 Seated Strength MC 10:30 "Skip Bo!" Game MC 1:15 Tai Chi MC 2:00 Game Time w/Tanika & Enjoy Some Hummus! MC	²³ 9:45 Drum Rhythms 10:30 Bingo L 1:15 Seated Yoga MC 2:00 Living Word Bible Study MC 6:30 Movie Night! MC	²⁴ Nat'l Paper Airplane Day! 9:45 Seated Strength 10:30 Bananagrams Game! MC 2:00 Paper Airplane Flight Contest MC	²⁵ 9:30 Good News! Bible Study MC 11:00 Bingo MC 1:30 Entertainment w/Jim Hampton MC 6:30 Movie Night! MC
²⁶ 10:30 St Benedict Catholic Communion MC 2:00 Movie Matinee MC	²⁷ MEMORIAL DAY  9:00 Exercise DVD MC 2:30 Entertainment w/Steve Long MC 6:30 Movie Night MC	²⁸ 9:45 Functional Fitness 10:30 Bingo L 1:15 Seated Yoga MC 2:00 Craft w/Mary MC 6:30 Movie Night! MC	²⁹ 9:45 Seated Strength MC 10:30 Phase 10 Game! MC 1:15 Tai Chi MC 2:00 Book Club MC	³⁰ 9:45 Drum Rhythms 10:30 Bingo L 1:00 Media Center Closed For Associates Mtg 6:30 Movie Night! MC	³¹ 9:45 Seated Strength 10:30 Bananagrams Game! MC 2:00 "Skip-Bo" Game! MC 4:00 Happy Hour w/Jeni R	KEY Magnolia Room.....MR Lounge.....L Media Center.....MC Pool Area.....PA Fitness Center.....FC Dining Room.....DR Sign up in Mailroom.....**