



Parc at Duluth • Activities Calendar

May 2012



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Happy MOTHER'S Day May 13 Day</p>		<p>1</p> <p>9:30 Water Aerobics - Pool</p> <p>10:30 Functional Fitness - Media Center</p> <p>10:30 Senior Belk Days at the Forum Shopping***</p> <p>1:00 Wii Play - Media Center</p> <p>2:00 Scrabble - Lounge</p> <p>7:00 Bingo - Media Center</p>	<p>2</p> <p>9:30 Blood Pressure Check - Activity Ctr</p> <p>9:30 St Benedict's Prayer - Lounge</p> <p>10:30 Strength & Balance w/DVD - Media Center</p> <p>6:45 Bridge - Lounge***</p> <p>7:00 Wii Night - Media Center***</p>	<p>3</p> <p>9:15 Gwinnett Senior Golden Games - Duplicate Bridge</p> <p>9:30 Water Aerobics - Pool</p> <p>10:00 Audiologist Clinic w/Tyler Calkins - Conf Rm 1st Fl</p> <p>10:30 Yoga - MC</p> <p>1:00 'Healthy Choices' from Parc Menu - Media Ctr</p> <p>1:00 Knitting Club - Act Ctr</p> <p>3:30 No Social Today</p> <p>7:00 Men's Poker Night - 2nd Fl</p>	<p>4</p> <p>10:30 Functional Fitness - Media Center</p> <p>1:00 Bible Study w/Jane - Media Center</p> <p>7:30 Wii Night - Media Center***</p>	<p>5</p> <p>10:30 Functional Fitness w/DVD - Media Center***</p> <p>1:00 Bridge - Lounge***</p> <p>5:00 Kentucky Derby Party & Coverage - Media Center</p> <p>7:30 VCTV Movie Night</p> <p>7:30 Wii Night - Media Center***</p>
	<p>6</p> <p>10:30 St Benedict's Catholic Communion - Lounge</p> <p>1:00 Shopping at SteinMart - Johns Creek***</p> <p>2:00 Christ Church Episcopal Service - Private Dining Room</p>	<p>7</p> <p>10:30 Yoga - MC</p> <p>12:45 Duplicate Bridge - Lounge</p> <p>1:00 Personal Training - Fitness Ctr***</p> <p>2:00 Ageless Grace w/Angela - MC</p> <p>3:00 Learning LAB - Fitness Ctr***</p> <p>7:00 Poker Night - Game Room 2nd Floor</p> <p>7:00 Scripture Discussion w/Andy Olson- MC</p>	<p>8</p> <p>9:30 Water Aerobics - Pool</p> <p>10:00 Jewelry Watch Repair - Activity Center</p> <p>10:30 Functional Fitness - Media Center</p> <p>10:30 Lunch at the Historic Green Manor Restaurant - Union City***</p> <p>1:00 Wii Play - Media Center</p> <p>2:00 Scrabble - Lounge</p> <p>7:00 Bingo - Media Center</p>	<p>9</p> <p>9:30 Blood Pressure Check - Activity Ctr</p> <p>9:30 St Benedict's Prayer - Lounge</p> <p>10:30 Strength & Balance - Media Center</p> <p>1:00 'Fit to be Tied' Seminar - Media Center***</p> <p>2:00 Personal Fitness - Fitness Center***</p> <p>6:45 Bridge - Lounge***</p> <p>7:30 Wii Night - Media Center***</p>	<p>10</p> <p>9:00 Department of Motor Vehicles***</p> <p>9:30 Water Aerobics - Pool</p> <p>10:30 Yoga - Media Center</p> <p>11:00 Golden Kiwanis Meeting - Lounge</p> <p>12:00 Library***</p> <p>3:30 Social w/Judy Boehm - Lounge</p> <p>7:00 Men's Poker Night - Game Room 2nd Floor</p>	<p>11</p> <p>10:00 Jewelry Show w/Joyce Kennedy</p> <p>10:30 Functional Fitness - Media Center</p> <p>1:00 Bible Study w/Jane -Media Center</p> <p>2:00 Charades w/ Pat Maxwell - Media Center</p> <p>7:30 Wii Night - Media Center</p>
<p>13</p> <p>10:30 St Benedict's Catholic Communion - Lounge</p> <p>11:00 - 2:00 Mother's Day Brunch***</p> <p>7:30 Movie Night - Media Center</p>	<p>14</p> <p>10:30 Yoga - MC</p> <p>12:00 3rd Monday Inspirational w/John Riley - MC</p> <p>12:45 Duplicate Bridge - Lounge***</p> <p>2:00 Ageless Grace w/Angela -MC</p> <p>3:00 Learning LAB - Fitness Ctr</p> <p>7:00 Poker Night - Game Room 2nd Flr</p> <p>7:00 Scripture Discussion w/Andy Olson- MC</p>	<p>15</p> <p>9:30 Water Aerobics - Pool</p> <p>10:30 Functional Fitness - Media Ctr</p> <p>1:00 New Release Movie 'Joyful Noise' - Media Center</p> <p>1:00 Wii Play - Media Center***</p> <p>2:00 Scrabble - Lounge</p> <p>7:00 Bingo - Media Center</p>	<p>16</p> <p>9:30 Blood Pressure Check w/Firemen - Activity Ctr</p> <p>9:30 St Benedict's Prayer - Lounge</p> <p>10:30 Strength & Balance - Media Ctr</p> <p>3:00 Learning LAB - Fitness Ctr***</p> <p>3:00 Resident Artist of the Month- 3rd Floor Rotunda</p> <p>6:45 Bridge - Lounge***</p> <p>7:30 Wii Night - Media Ctr***</p>	<p>17</p> <p>9:30 Water Aerobics - Pool</p> <p>10:30 Yoga - Media Center</p> <p>3:30 NO Social Today</p> <p>7:00 Men's Poker Night - Game Room 2nd Floor</p>	<p>18</p> <p>9:30 Reflexology Compression Foot Massage - Activity Center***</p> <p>10:30 Functional Fitness - Media Center</p> <p>1:00 Bible Study w/Jane- Media Center</p> <p>2:00 Current Events Round Table w/Don Jordan</p> <p>3:30 - 5:30 - Kick off the Summer Social w/Class Act</p> <p>7:30 Wii Night - Media Center***</p>	<p>19</p> <p>10:00 Affordable Feet - Activity Center***</p> <p>10:30 Functional Fitness w/DVD - Media Center</p> <p>1:00 Bridge - Lounge***</p> <p>7:30 VCTV Movie Night</p> <p>7:30 Wii Night - Media Center***</p>
<p>20</p> <p>10:30 St Benedict's Catholic Communion - Lounge</p> <p>1:00 DAR Meeting - Media Center</p> <p>1:00 Shopping at the 39cent Card Store***</p> <p>2:00 Christ Church Episcopal Service - Private Dining Room</p> <p>7:30 Movie Night - Media Center</p>	<p>21</p> <p>10:30 Yoga - MC</p> <p>12:45 Duplicate Bridge - Lounge***</p> <p>1:00 Personal Training - Fitness Ctr***</p> <p>2:00 Ageless Grace w/Angela - MC</p> <p>3:00 Learning LAB - Fitness Ctr***</p> <p>7:00 Poker Night - Game Room 2nd Floor</p> <p>7:00 Scripture Discussion w/Andy Olson - MC</p>	<p>22</p> <p>9:30 Tour the Gwinnett Environmental & Heritage Center***</p> <p>9:30 Water Aerobics - Pool</p> <p>10:30 Functional Fitness - Media Ctr</p> <p>1:00 Wii Play - Media Center***</p> <p>2:00 Scrabble - Lounge</p> <p>7:00 Bingo - Media Ctr</p>	<p>23</p> <p>9:30 Blood Pressure Check w/Firemen - Activity Ctr</p> <p>9:30 St Benedict's Prayer - Lounge</p> <p>10:00 Strength & Balance Media Ctr</p> <p>11:00 Cancer Prevention Seminar - Media Center***</p> <p>2:00 Personal Training - Fitness Ctr***</p> <p>3:00 Learning LAB - Fitness Ctr***</p> <p>6:45 Bridge - Lounge***</p> <p>7:30 Wii Night - Media Center***</p>	<p>24</p> <p>9:30 Water Aerobics - Pool</p> <p>10:30 Yoga - Media Center</p> <p>11:00 Golden Kiwanis Meeting - Lounge</p> <p>12:00 Library***</p> <p>2:00 Food Meeting - Media Center</p> <p>3:30 Social w/Cameron Hizer</p> <p>7:00 Men's Poker Night - Game Room 2nd Floor</p>	<p>25</p> <p>10:30 Functional Fitness - Media Center</p> <p>1:00 Bible Study w/Jane - Media Center</p> <p>2:00 Tell American - Korean War Veteran Speaker - Media Center</p> <p>7:30 Wii Night - Media Center***</p>	<p>26</p> <p>10:30 Functional Fitness w/DVD - Media Center</p> <p>1:00 Bridge - Lounge***</p> <p>7:30 VCTV Movie</p> <p>7:30 Wii Night - Media Center***</p>
<p>27</p> <p>10:30 St Benedict's Catholic Communion - Lounge</p> <p>7:30 Movie Night -Media Center</p>	<p>28</p> <p>10:30 Functional Fitness w/DVD - Media Center</p> <p>11:00 - 2:00 Memorial Day Buffet***</p> <p>12:45 Duplicate Bridge - Lounge***</p> <p>7:00 Poker Night - Game Room 2nd Floor</p>	<p>29</p> <p>9:30 Water Aerobics - Pool</p> <p>10:30 Functional Fitness - Media Ctr</p> <p>11:30 Episcopal Bible Study - Private Dining Room</p> <p>1:00 Wii Play - Media Center***</p> <p>2:00 Scrabble - Lounge</p> <p>4:30 Dinner Outing to Pappadeaux Seafood Kitchen***</p> <p>7:00 Bingo - Media Ctr</p>	<p>30</p> <p>9:30 Blood Pressure Check w/Firemen - Activity Ctr</p> <p>9:30 St Benedict's Prayer - Lounge</p> <p>10:30 Strength & Balance Media Ctr</p> <p>2:00 Personal Training - Fitness Ctr***</p> <p>3:00 Learning LAB - Fitness Ctr***</p> <p>6:45 Bridge - Lounge***</p> <p>7:30 Wii Night - Media Center***</p>	<p>31</p> <p>9:30 Water Aerobics - Pool</p> <p>10:30 Yoga - Media Center</p> <p>3:30 Birthday Social w/Andy - Lounge</p> <p>7:00 Men's Poker Night - Game Room 2nd Floor</p>	 <p>BIRTHDAYS THIS MONTH</p> <p>CAROL SULLIVAN 5/8</p> <p>BEULAH PATRICK 5/21</p> <p>RACHAEL BARNES 5/26</p> <p>PETER SUAREZ..... 5/27</p> <p>HELEN SUAREZ..... 5/29</p> <p>*RESIDENTS MUST SIGN UP AT CONCIERGE DESK PARC AT DULUTH – (770) 622-6880</p>	

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May 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 10:30 Senior Belk Days at the Forum***	2 8:30 - 12:00 Doctor Appointments*** 12:30 Kroger*** 12:30 Publix*** 2:00 Kroger*** 2:00 Publix***	3 8:30 - 3:00 Doctor Appointments*** 9:00 - 3:00 Speciality Services*** 9:15 Gwinnett Senior Golden Games - Duplicate Bridge at Delmar Gardens*** 1:00 Wal-Mart***	4 8:30 - 3:00 Doctor Appointments*** 9:00 - 3:00 Specialty Services***	5
6 8:20 St Benedict's Catholic Church*** 10:20 Duluth Baptist Church *** 10:20 Duluth Methodist Church *** 10:20 Pleasant Hill Presbyterian Church *** 1:00 Shopping at Steinmart in Johns Creek***	7 8:30 - 3:00 Doctor Appointments*** 9:00 GMC Lawrenceville Dr Appointments*** 1:30 Banking*** 2:30 Whole Foods, Dollar Store, Hobby Lobby, Target***	8 10:30 Lunch at the Historic Green Manor Restaurant - Union City***	9 8:30 - 12:00 Doctor Appointments*** 12:30 Kroger*** 12:30 Publix*** 2:00 Kroger*** 2:00 Publix***	10 8:30 - 3:00 Doctor Appointments*** 9:00 - 3:00 Specialty Services*** 9:00 Department of Motor Vehicles*** 12:00 Library*** 1:00 Wal-Mart***	11 8:30 - 3:00 Doctor Appointments*** 9:00 - 3:00 Specialty Services***	12
13 8:30 St Benedict's Catholic Church*** 10:20 Duluth Baptist Church*** 10:20 Duluth Methodist Church*** 10:20 Pleasant Hill Presbyterian Church***	14 8:30 - 3:00 Doctor Appointments*** 1:30 Banking*** 2:30 Whole Foods, Dollar Store, Hobby Lobby, Target***	15	16 8:30 - 12:00 Doctor Appointments*** 12:30 Kroger*** 12:30 Publix*** 2:00 Kroger*** 2:00 Publix***	17 8:30 - 3:00 Doctor Appointments*** 9:00 - 3:00 Specialty Services*** 1:00 Wal-Mart***	18 8:30 - 3:00 Doctor Appointments*** 9:00 - 3:00 Specialty Services***	19
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27 8:30 St Benedict's Catholic Church*** 10:20 Duluth Baptist Church*** 10:20 Duluth Methodist Church*** 10:20 Pleasant Hill Presbyterian Church***	28 No Transportation	29 4:30 Dinner Outing to Pappadeaux Seafood Kitchen***	30 8:30 - 12:00 Doctor Appointments*** 12:30 Kroger*** 12:30 Publix*** 2:00 Kroger*** 2:00 Publix***	31 8:30 - 3:00 Doctor Appointments*** 9:00 - 3:00 Specialty Services*** 1:00 Wal-Mart***		