

Parc at Piedmont – Ageless Living Activities

March 2017

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

HAPPY ST. PATRICK'S DAY



**MONDAYS AND WEDNESDAYS:
GROCERIES AT 3:00 PM**
**THURSDAYS: GROCERIES AT
10:30 AM AND OTHER
ERRANDS AT 1:00 PM**

<p>9:00 - 1:00 Church Shuttle*** 10:30 Communion by Holy Family-MR 2:00 Scenic Drive*** 3:30 Vesper Service by Eastside Baptist Church-LB 7:00 Movie: 'La La Land'-MR</p>	<p>8:30 Personal Trng***-FC 10:00 Functional Fitness-FC 11:00 Corn Hole Toss- FC 2:00 Balance & Beyond-FC 2:00 Blood Pressure Chk-MR 7:00 Documentary: 'Chasing Bernie Madoff'-MR</p>	<p>8:30 Personal Trng***-FC 10:00 Bible Study w/Mt. Bethel-PDR 10:00 Functional Fitness-FC 11:00 Bible Study w/Jeff-TR 11:00 Corn Hole Toss-FC 11:00 Needlework Guild-PDR 12:00 -3:00 Mary Kay-RO 12:00 Yoga (Seated)-FC 2:00 Strength & Balance-FC 7:00 Musical: 'Charlotte Church Concert in Jerusalem'-MR</p>	<p>8:30 Personal Trng***-FC 9:00 -2:00 Dr. Din 678-797-9800***-TR 10:00 Bible Study w/Mt. Bethel-PDR 10:00 Functional Fitness-FC 11:00 Bible Study w/Jeff-TR 11:00 Corn Hole Toss-FC 11:00 Needlework Guild-PDR 12:00 Yoga (Seated)-FC 2:00 Strength & Balance-FC 7:00 Feature: 'Barbra Streisand in Concert'-MR</p>	<p>8:30 Personal Trng***-FC 9:00 -2:00 Dr. Din 678-797-9800***-TR 10:00 Bible Study w/Mt. Bethel-PDR 10:00 Functional Fitness-FC 11:00 Bible Study w/Jeff-TR 11:00 Corn Hole Toss-FC 11:00 Needlework Guild-PDR 12:00 Yoga (Seated)-FC 2:00 Strength & Balance-FC 7:00 Feature: 'Barbra Streisand in Concert'-MR</p>	<p>8:30 Personal Trng***-FC 11:00 Chair Volleyball***-FC 12:00 Learning LAB***-BC 1:30 -2:00 Wine & Chit Chat before Happy Hour w/Singer, Jerry Foster-RO 7:00 Movie: 'Groundhog Day'-MR</p>	<p>9:30 Temple Shuttle*** 10:00 Functional Fitness w/DVD-FC 10:00 Shopping at Wal-Mart, Target, Kohl's, Stein Mart, etc*** 11:00 Corn Hole Toss-FC 2:30 - 3:30 Bingo-MR 7:00 Movie: 'The Great Escape'-MR</p>
<p>9:00 - 1:00 Church Shuttle*** 10:30 Communion by Holy Family-MR 2:00 Scenic Drive*** 3:30 Vesper Service by Eastside Baptist Church-LB 7:00 Movie: 'La La Land'-MR</p>	<p>8:30 Personal Trng***-FC 10:00 Functional Fitness-FC 11:00 Corn Hole Toss- FC 2:00 Balance & Beyond-FC 2:00 Blood Pressure Chk-MR 7:00 Documentary: 'Chasing Bernie Madoff'-MR</p>	<p>11:15 Lunch Outing to J. Christophers in East Cobb*** 12:00 Functional Fitness-FC 2:00 Personal Trng***-FC 3:00 Learning LAB***-BC 7:00 Movie: 'The Bucket List'-MR</p>	<p>8:30 Personal Trng***-FC 9:00 -2:00 Dr. Din 678-797-9800***-TR 10:00 Bible Study w/Mt. Bethel-PDR 10:00 Functional Fitness-FC 11:00 Bible Study w/Jeff-TR 11:00 Corn Hole Toss-FC 11:00 Needlework Guild-PDR 12:00 Yoga (Seated)-FC 2:00 Strength & Balance-FC 7:00 Feature: 'Barbra Streisand in Concert'-MR</p>	<p>8:30 Personal Trng***-FC 9:00 -2:00 Dr. Din 678-797-9800***-TR 10:00 Bible Study w/Mt. Bethel-PDR 10:00 Functional Fitness-FC 11:00 Bible Study w/Jeff-TR 11:00 Corn Hole Toss-FC 11:00 Needlework Guild-PDR 12:00 Yoga (Seated)-FC 2:00 Strength & Balance-FC 7:00 Feature: 'Barbra Streisand in Concert'-MR</p>	<p>10:30 Mass by Holy Family-MR 11:15 Parc Straight Talk: Vision Rehab Presents their Low Vision Equipment***-MR 12:00 Learning LAB***-BC 1:30 -2:00 Wine & Chit Chat before Happy Hour w/Singers, DM Lee & Sandy, 2:00-3:00-RO 7:00 Movie: 'Central Intelligence'-MR</p>	<p>9:30 Temple Shuttle*** 10:00 Functional Fitness w/DVD-FC 10:00 Shopping at Wal-Mart, Target, Kohl's, Stein Mart, etc*** 11:00 Corn Hole Toss- FC 2:30 - 3:30 Bingo-MR 7:00 Movie: 'The Eddy Duchin Story'-MR</p>
<p>DAYLIGHT SAVING BEGINS 9:00 -1:00 Church Shuttle*** 10:30 Communion by Holy Family-MR 2:00 Scenic Drive*** 7:00 Movie: 'I'll See You In My Dreams'-MR</p>	<p>8:30 Personal Trng***-FC 10:00 Functional Fitness-FC 11:00 Corn Hole Toss-FC 12:30 Current Events w/Don Jordan***-MR 2:00 Balance & Beyond-FC 2:00 Blood Pressure Chk-MR 2:00 Resident Association Mtg-RO 7:00 The Indian Hills Singers at Parc: 'Irish Songs'-RO</p>	<p>9:30 Arts & Crafts Trip w/Trish Jones to The Clayground: Jewelry/Wall Art & Lunch*** 11:00 Outing to Movie Tavern Theatre & Lunch*** 12:00 Functional Fitness-FC 2:00 Personal Trng***-FC 3:00 Learning LAB***-BC 7:00 Movie: 'I Am David'-MR</p>	<p>8:30 Personal Trng***-FC 10:00 Bible Study w/Mt. Bethel-PDR 10:00 Functional Fitness-FC 11:00 Bible Study w/Jeff-TR 11:00 Corn Hole Toss-FC 11:00 Needlework Guild-PDR 12:00 Yoga (Seated)-FC 2:00 Strength & Balance-FC 7:00 Feature: 'Riverdance at Radio City Music Hall'-MR</p>	<p>8:30 Personal Trng***-FC 10:00 Bible Study w/Mt. Bethel-PDR 10:00 Functional Fitness-FC 11:00 Bible Study w/Jeff-TR 11:00 Corn Hole Toss-FC 11:00 Needlework Guild-PDR 12:00 Yoga (Seated)-FC 2:00 Strength & Balance-FC 7:00 Feature: 'Riverdance at Radio City Music Hall'-MR</p>	<p>ST. PATRICK'S / WEAR GREEN 8:30 Personal Trng***-FC 11:15 Parc Straight Talk w/Heritage: 'Healthy Aging'***-MR 12:00 Learning LAB***-BC 1:30 - 2:00 Wine & Chit Chat before Happy Hour w/Mark Kurtz, 2:00-3:00-RO 7:00 Movie: 'The Quiet Man'-MR</p>	<p>9:30 Temple Shuttle*** 10:00 Functional Fitness w/DVD-FC 10:00 Shopping at Wal-Mart, Target, Kohl's, Stein Mart, etc*** 11:00 Corn Hole Toss-FC 2:30 - 3:30 Bingo-MR 7:00 Movie: 'Urban Cowboy'-MR</p>
<p>9:00 -1:00 Church Shuttle*** 10:30 Communion by Holy Family-MR 2:00 Scenic Drive*** 7:00 Movie: 'State of Play'-MR</p>	<p>FIRST DAY OF SPRING 8:30 Personal Trng***-FC 10:00 Functional Fitness-FC 11:00 Corn Hole Toss-FC 2:00 Balance & Beyond-FC 2:00 Blood Pressure Chk-MR 7:00 Documentary: 'Discovering Ireland'-MR</p>	<p>10:15 Trip to Fernbank IMAX to see 'Dream Big' & Lunch*** 12:00 Functional Fitness-FC 2:00 Personal Trng***-FC 3:00 Learning LAB***-BC 7:00 Movie: 'The Secret of Roan Inish'-MR</p>	<p>8:30 Personal Trng***-FC 10:00 Bible Study w/Mt. Bethel-PDR 10:00 Functional Fitness-FC 11:00 Bible Study w/Jeff-TR 11:00 Corn Hole Toss-FC 11:00 Needlework Guild-PDR 12:00 Yoga (Seated)-FC 2:00 Strength & Balance-FC 7:00 Feature: 'Frank Sinatra: The Man & The Myth'-MR</p>	<p>9:00 Affordable Feet, Apt: 770-517-0392*** 10:00 Brain Waves-PDR 10:30 Watercolor Class 1***-FC 12:00 Sit To Be Fit-FC 1:00 Blood Pressure Chk-TR 1:00 Watercolor Class 2*** 2:00 Personal Training***-FC 3:00 Learning LAB***-BC 7:00 Bingo-MR</p>	<p>11:00 Gentlemen's Club Lunch Outing w/Tom*** 11:15 Parc Straight Talk: Dr. Melissa Wikoff: Hearing Aid Cleaning & Hearing Checks***-MR 12:00 Learning LAB***-BC 1:30 Wine & Chit Chat before Happy Hour w/Singer, Alan Weisenberg, 2:00-3:00-RO 7:00 Movie: 'Royal Wedding'-MR</p>	<p>9:30 Temple Shuttle*** 10:00 Functional Fitness w/DVD-FC 10:00 Shopping at Town Center Mall*** 11:00 Corn Hole Toss-FC 2:30 - 3:30 Bingo-MR 7:00 Movie: 'The Longest Yard'-MR</p>
<p>9:00 -1:00 Church Shuttle*** 10:30 Communion by Holy Family-MR 2:00 Scenic Drive*** 7:00 Movie: 'Gran Torino'-MR</p>	<p>8:30 Personal Trng***-FC 10:00 Functional Fitness-FC 11:00 Corn Hole Toss-FC 12:30 Current Events w/Don Jordan***-MR 2:00 Balance & Beyond-FC 2:00 Blood Pressure Chk-MR 7:00 Documentary: 'Amelia Earhart'-MR</p>	<p>10:00 Tour of Chick-Fil-A Headquarters & Museum & Lunch*** 12:00 Functional Fitness-FC 2:00 Personal Trng***-FC 3:00 Learning LAB***-BC 7:00 Movie: 'Magic in the Moonlight'-MR</p>	<p>8:30 Personal Trng***-FC 10:00 Bible Study w/Mt. Bethel-PDR 10:00 Functional Fitness-FC 11:00 Bible Study w/Jeff-TR 11:00 Corn Hole Toss-FC 11:00 Needlework Guild-PDR 12:00 Yoga (Seated)-FC 2:00 Strength & Balance-FC 7:00 Feature: 'Perry Como'-MR</p>	<p>8:30 Personal Trng***-FC 10:00 Bible Study w/Mt. Bethel-PDR 10:00 Functional Fitness-FC 11:00 Bible Study w/Jeff-TR 11:00 Corn Hole Toss-FC 11:00 Needlework Guild-PDR 12:00 Yoga (Seated)-FC 2:00 Strength & Balance-FC 7:00 Feature: 'Perry Como'-MR</p>	<p>WEAR SILLY CLOTHES DAY 11:00 Parc Straight Talk: Lunch & Learn, Dr. Thomas, P'tree Orthopedics: Hip & Knee Replacements***-MR 12:00 Learning LAB***-BC 1:30 Wine & Chit Chat before Happy Hour w/Singer, Jeni Michelson & March Birthdays, 2:00-3:00-RO 7:00 Movie: 'Cat on a Hot Tin Roof'-MR</p>	<p>KEY TR..... The Terraces BABalcony BC Business Center FC.....Fitness Center MDR Main Dining Room MR Media Room NA1 North Alcove First Floor RO Rotunda</p>