




Parc at Piedmont – Ageless Living Activities

AUGUST 2017



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>10:00 Driving Tour of Decatur Square & Neighborhoods & Lunch at Sweet Melissa's w/Guide, Jim Howe*** 1</p> <p>11:00 Water Aerobics*** - Pool</p> <p>12:00 Functional Fitness - FC</p> <p>3:00 Learning LAB*** - BC</p> <p>7:00 Movie: 'Butch Cassidy & The Sundance Kid' - MR</p>	<p>10:00 Bible Study w/Mt. Bethel-PDR 2</p> <p>10:00 Functional Fitness-FC</p> <p>11:00 Bible Study w/Jeff-TR</p> <p>11:00 Corn Hole Toss-FC</p> <p>11:00 Needlework Guild-PDR</p> <p>2:00 Strength & Balance-FC</p> <p>3:00 Learning LAB***-BC</p> <p>7:00 Movie: 'West Side Story' - MR</p>	<p>9:00 Learning LAB***-BC 3</p> <p>10:00 Blood Pressure Chk-Lib</p> <p>10:00 Brain Waves-PDR</p> <p>10:30 Watercolor Class***-FC</p> <p>11:00 Water Aerobics***-Pool</p> <p>12:00 Sit To Be Fit-FC</p> <p>7:00 Bingo-MR</p>	<p>9:00 Learning LAB***-BC 4</p> <p>11:15 Parc Straight Talk - 'Improve Your Health w/Chiropractic Care' w/Dr. Paul Drilling, Chiropractor ***-MR</p> <p>1:00 Yoga (Seated)-FC</p> <p>1:30 Wine & Chit Chat before Happy Hour w/DM Lee & Sandy, 2:00 - 3:00-RO</p> <p>7:00 Movie: 'Joe vs. The Volcano' - MR</p>	<p>10:00 Shopping at Wal-Mart, Target, Kohl's, etc*** 5</p> <p>11:00 Corn Hole Toss-FC</p> <p>2:00 Bingo-MR</p> <p>7:00 Movie: - 'Moondance Alexander' - MR</p>
<p>9:00 - 1:00 Church Shuttle*** 6</p> <p>10:00 Communion by Holy Family-MR (NOTE CHANGE OF TIME)</p> <p>2:00 Scenic Drive***</p> <p>3:30 Vesper Service by Eastside Baptist Church-LB</p> <p>7:00 Movie: 'Ice Castles' -MR</p>	<p>10:00 Functional Fitness-FC 7</p> <p>11:00 Corn Hole Toss- FC</p> <p>11:30 - 12:00 Meditation***-MR</p> <p>12:00 Life Enrichment Class: 'Self Love'***-MR</p> <p>2:00 Balance & Beyond-FC</p> <p>7:00 Documentary: 'The Salem Witch Trials' - MR</p>	<p>10:00 Trip To Hans Frabel Art Glass Studio & Lunch at Taco Bell*** 8</p> <p>11:00 Water Aerobics*** - Pool</p> <p>12:00 Functional Fitness - FC</p> <p>3:00 Learning LAB*** - FC</p> <p>7:00 Sing-a-Long with Kelly-Songbooks Provided (No Sign-up Required)</p> <p>7:30 Movie: 'Anchors Aweigh' - MR</p>	<p>9:00 Dr. Din 678-797-9899***-TR 9</p> <p>10:00 Bible Study w/Mt. Bethel-PDR</p> <p>10:00 Functional Fitness-FC</p> <p>11:00 Bible Study w/Jeff-TR</p> <p>11:00 Corn Hole Toss-FC</p> <p>11:00 Needlework Guild-PDR</p> <p>12:00 - 3:00 Mary Kay-RO</p> <p>2:00 Strength & Balance-FC</p> <p>3:00 Learning LAB***-BC</p> <p>7:00 Movie: 'The Music Man'-MR</p>	<p>9:00 Learning LAB***-BC 10</p> <p>10:00 Blood Pressure Chk-Lib</p> <p>10:00 Brain Waves-PDR</p> <p>10:30 Locksley Jewelry Repair/Sales-RO</p> <p>10:30 Watercolor Class***-FC</p> <p>11:00 Water Aerobics***-Pool</p> <p>12:00 Sit To Be Fit-FC</p> <p>7:00 Bingo-MR</p>	<p>9:00 Learning LAB***-BC 11</p> <p>10:30 Communion by Holy Family-MR</p> <p>11:15 Parc Straight Talk - 'Benefits of Reflexology' w/Carla Wright, Certified Reflexologist***-MR</p> <p>1:00 Yoga (Seated)-FC</p> <p>5:00 - 7:30 Parc at Piedmont's 16th Anniversary Dinner Dance with Judy Boehm's Class Act Band - DR & RO</p>	<p>9:30 Temple Shuttle*** 12</p> <p>10:00 Functional Fitness w/DVD-FC</p> <p>10:00 Shopping at Wal-Mart, Target, Kohl's, Stein Mart, etc***</p> <p>11:00 Corn Hole Toss- FC</p> <p>1:00 Learning LAB***-BC</p> <p>2:00 Bingo - MR</p> <p>7:00 Movie: 'Fire Down Below'-MR</p>
<p>9:00 -1:00 Church Shuttle*** 13</p> <p>10:00 Communion by Holy Family-MR (NOTE CHANGE OF TIME)</p> <p>2:00 Michael O'Neal Singers at RUMC***</p> <p>7:00 Movie: 'Guarding Tess' -MR</p>	<p>10:00 Functional Fitness-FC 14</p> <p>11:00 Corn Hole Toss-FC</p> <p>11:30 - 12:00 Meditation***-MR</p> <p>12:30 Current Events Discussion Group w/Don Jordan***-MR</p> <p>2:00 Balance & Beyond-FC</p> <p>7:00 Documentary: 'Leonardo DaVinci' -MR</p>	<p>11:00 Lunch Outing to Fried Tomatoes Buffet on Barrett Pkwy *** 15</p> <p>11:00 Water Aerobics***-Pool</p> <p>12:00 Functional Fitness-FC</p> <p>3:00 Learning LAB***-BC</p> <p>7:00 Happy Gilmore' - MR</p>	<p>10:00 Bible Study-Mt. Bethel-PDR 16</p> <p>10:00 Functional Fitness-FC</p> <p>11:00 Bible Study w/Jeff-TR</p> <p>11:00 Corn Hole Toss-FC</p> <p>11:00 Needlework Guild-PDR</p> <p>2:00 Strength & Balance-FC</p> <p>3:00 Learning LAB***-BC</p> <p>7:00 Movie: 'Swing Time' -MR</p>	<p>9:00 Affordable Feet 770-517-0392*** 17</p> <p>9:00 Learning LAB***-BC</p> <p>10:00 Blood Pressure Chk-Lib</p> <p>10:00 Brain Waves-PDR</p> <p>10:30 Watercolor Class***-FC</p> <p>11:00 Water Aerobics***-Pool</p> <p>12:00 Sit To Be Fit-FC</p> <p>1:00 Audiological Consultants-MR</p> <p>7:00 Bingo-MR</p>	<p>9:00 Learning LAB***-BC 18</p> <p>11:15 Parc Straight Talk - 'Fit, Flexible & Fabulous' w/Smitha of Heritage Rehab***-MR</p> <p>1:00 Yoga (Seated)-FC</p> <p>1:30 Wine & Chit Chat before Happy Hour w/August Birthdays & Singer, Bill Gleason, 2:00-3:00-RO</p> <p>7:00 Movie: 'Nanny McPhee'-MR</p>	<p>9:30 Temple Shuttle*** 19</p> <p>10:00 Functional Fitness w/DVD-FC</p> <p>10:00 Shopping at Wal-Mart, Target, Kohl's, Stein Mart, etc***</p> <p>11:00 Corn Hole Toss-FC</p> <p>1:00 Learning LAB***-BC</p> <p>2:00 Bingo - MR</p> <p>7:00 Movie: 'The Babe' -MR</p>
<p>9:00 -1:00 Church Shuttle*** 20</p> <p>10:00 Communion by Holy Family-MR (NOTE CHANGE OF TIME)</p> <p>2:00 Scenic Drive***</p> <p>7:00 Movie: 'Paris When It Sizzles'-MR</p>	<p>10:00 Functional Fitness-FC 21</p> <p>11:00 Corn Hole Toss-FC</p> <p>11:30 - 12:00 Meditation***-MR</p> <p>12:00 Life Enrichment Class: 'The Purpose of Relationships'-MR***</p> <p>2:00 Balance & Beyond-FC</p> <p>7:00 Documentary: 'Camelot' - MR</p>	<p>10:00 Trip to The Outlet Shoppes at Woodstock & Lunch*** 22</p> <p>11:00 Water Aerobics***-Pool</p> <p>12:00 Functional Fitness - FC</p> <p>3:00 Learning LAB***-BC</p> <p>7:00 Movie: 'The Money Pit' - MR</p>	<p>10:00 Bible Study-Mt. Bethel-PDR 23</p> <p>10:00 Functional Fitness-FC</p> <p>11:00 Corn Hole Toss-FC</p> <p>11:00 Needlework Guild-PDR</p> <p>2:00 Strength & Balance-FC</p> <p>3:00 Learning LAB***-BC</p> <p>5:00 Dinner Outing to Frankie's Italian Restaurant in East Cobb***</p> <p>7:00 Movie: 'Thoroughly Modern Millie' -MR</p>	<p>9:00 Learning LAB***-BC 24</p> <p>10:00 Blood Pressure Chk-Lib</p> <p>10:00 Brain Waves-PDR</p> <p>10:30 Watercolor Class***-FC</p> <p>11:00 Water Aerobics***-Pool</p> <p>12:00 Sit To Be Fit-FC</p> <p>7:00 Bingo-MR</p>	<p>9:00 Learning LAB***-BC 25</p> <p>11:15 Parc Straight Talk - 'Who Needs a Dietitian?', w/Loica Marc, RD/LD, Nutritionist/Dietitian***-MR</p> <p>1:00 Yoga (Seated)-FC</p> <p>1:30 Wine & Chit Chat before Happy Hour w/Singer, Craig Gleason-RO</p> <p>7:00 Movie: - 'The Notebook' - MR</p>	<p>9:30 Temple Shuttle*** 26</p> <p>10:00 Functional Fitness w/DVD-FC</p> <p>10:00 Shopping at Perimeter Mall***</p> <p>11:00 Corn Hole Toss-FC</p> <p>1:00 Learning LAB***-BC</p> <p>2:00 Bingo - MR</p> <p>7:00 Movie: 'Funny Girl' -MR</p>
<p>9:00 -1:00 Church Shuttle*** 27</p> <p>10:00 Communion by Holy Family-MR (NOTE CHANGE OF TIME)</p> <p>7:00 Movie: 'The Sea Chase' - MR</p>	<p>11:00 Corn Hole Toss-FC 28</p> <p>11:30 - 12:00 Meditation***-MR</p> <p>12:30 Current Events Discussion Group w/Don Jordan***-MR</p> <p>2:00 Balance & Beyond-FC</p> <p>7:00 Documentary: 'Inside The Vatican' - MR</p>	<p>11:00 Trip to The Movie Tavern Theatre & Lunch*** 29</p> <p>11:00 Water Aerobics***-Pool</p> <p>12:00 Functional Fitness-FC</p> <p>3:00 Learning LAB***-BC</p> <p>7:00 Movie: 'Bobby Jones, A Stroke of Genius' -MR</p>	<p>10:00 Bible Study w/Mt. Bethel-PDR 30</p> <p>10:00 Functional Fitness-FC</p> <p>11:00 Corn Hole Toss-FC</p> <p>11:00 Needlework Guild-PDR</p> <p>2:00 Strength & Balance-FC</p> <p>3:00 Learning LAB***-BC</p> <p>7:00 Movie: 'Kindergarten Cop' - MR</p>	<p>9:00 Learning LAB***-BC 31</p> <p>10:00 Blood Pressure Chk-Lib</p> <p>10:00 Brain Waves-PDR</p> <p>10:30 Watercolor Class***-FC</p> <p>11:00 Water Aerobics***-Pool</p> <p>12:00 Sit To Be Fit-FC</p> <p>7:00 Bingo-MR</p>	<div data-bbox="2191 1622 3030 1945" data-label="Complex-Block"> <p>KEY</p> <p>TR..... The Terraces</p> <p>BABalcony</p> <p>BCBusiness Center</p> <p>FC.....Fitness Center</p> <p>MDR Main Dining Room</p> <p>MR..... Media Room</p> <p>LIB..... Library</p> <p>NA1 North Alcove First Floor</p> <p>RO Rotunda</p> <p>PDR..... Private Dining Room</p> <p>MONDAYS GROCERIES AT 3:00 PM</p> <p>THURSDAYS: GROCERIES AT 10:30 AM AND OTHER ERRANDS AT 1:00 PM</p> </div>	