

Parc at Piedmont – Ageless Living Activities

August 2018

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

KEY
 TR..... The Terraces
 BABalcony
 BC Business Center
 FC.....Fitness Center
 MDRMain Dining Room
 MR..... Media Room
 LIB..... Library
 NA1 North Alcove First Floor
 RO.....Rotunda
 PDR..... Private Dining Room

<p>5</p> <p>9:00 - 1:00 Church Shuttle***</p> <p>10:30 Communion by Holy Family-MR</p> <p>3:30 Vesper Service by Eastside Baptist Church-LB</p> <p>7:00 Movie: 'Time Bandits'-MR</p>	<p>6</p> <p>9:00 Heart & Sole Walking Group-Meet in RO</p> <p>9:30 Mobile Medical Foot Care 770-517-0392***</p> <p>10:00 Total Body Fitness-FC</p> <p>11:00 Corn Hole Toss-FC</p> <p>1:00 Kiwanis Meeting-MR</p> <p>2:00 Protein-On-The-Go Demo***-MR</p> <p>7:00 Movie: 'Hairspray'-MR</p>	<p>7</p> <p>9:00 Heart & Sole Walking Group-RO</p> <p>9:30 Massage Therapist Joey McGlamory 770-862-3535***</p> <p>10:00 Seated Seniorcize-FC</p> <p>11:00 Trip to High Museum of Art & Lunch Outing at Twelve Eighty***</p> <p>2:00 Aquatic Class (PowerWave)-Pool</p> <p>7:00 Movie: 'Sister Act'-MR</p>	<p>1</p> <p>9:00 H&S Walking Group</p> <p>10:00 Bible Study w/Mt Bethel-PDR</p> <p>10:00 Total Body Fitness-FC</p> <p>11:00 Bible Study w/Jeff-Paperbk Lib</p> <p>11:00 Corn Hole Toss-FC</p> <p>11:00 Needlework Guild-PDR</p> <p>12:00 -3:00 FREE Mary Kay Pamper Sessions-Lobby</p> <p>2:00 Aquatic Class (Aqua Fit)-Pool</p> <p>7:00 Bingo-MR</p>	<p>2</p> <p>9:00 Heart & Sole Walking Group-Meet in RO</p> <p>9:00 Learning LAB*(By appt)-BC</p> <p>10:00 Blood Pressure Chk-Lib</p> <p>10:00 Brain Waves-PDR</p> <p>10:30 Watercolor Class*(by appt)-FC</p> <p>11:00 Aquatic Class (PowerWave)-Pool</p> <p>1:00 Strength & Stability-FC</p> <p>7:00 Movie: 'Back to the Future'-MR</p>	<p>3</p> <p>9:00 Heart & Sole Walking Group (NEW)-Meet in RO</p> <p>10:00 Word Mining-MR</p> <p>11:00 Seated Seniorcize-FC</p> <p>12:30 Yoga (Seated)-FC</p> <p>1:30 Wine & Chit Chat before Happy Hour w/Garry Narramore from 2:00-3:00-RO</p> <p>7:00 Movie: 'Silver Streak'-MR</p>	<p>4</p> <p>9:30 Temple Shuttle***</p> <p>10:00 Shopping at Wal-Mart, Target, Kohl's, etc***</p> <p>11:00 Corn Hole Toss-FC</p> <p>2:00 Bingo-MR</p> <p>7:00 Movie: 'Bride Wars'-MR</p>
<p>12</p> <p>9:00 -1:00 Church Shuttle***</p> <p>10:30 Communion by Holy Family-MR</p> <p>2:00 Scenic Drive***</p> <p>7:00 Movie: 'Agatha Christie's The Mirror Crack'd'-MR</p>	<p>13</p> <p>9:00 Heart & Sole Walking Group-Meet in RO</p> <p>10:00 Total Body Fitness-FC</p> <p>11:00 Corn Hole Toss-FC</p> <p>12:30 Current Events Discussion Group w/Don Jordan***-MR</p> <p>2:00 Aquatic Class (Aqua Fit)-Pool</p> <p>7:00 Movie: 'Singin' in the Rain'-MR</p>	<p>14</p> <p>9:00 H&S Walking Group</p> <p>10:00 Seated Seniorcize-FC</p> <p>11:00 Trip to The Southern Museum & Lunch at Gabriel's***</p> <p>2:00 Aquatic Class (PowerWave)-Pool</p> <p>2:00 Crafting For A Cause-PDR</p> <p>7:00 -7:45 Sing-a-Long w/Kelly-Songbooks Provided-RO</p> <p>7:45 Movie: 'My Big Fat Greek Wedding'-MR</p>	<p>8</p> <p>9:00 H&S Walking Group</p> <p>10:00 Bible Study w/Mt. Bethel-PDR</p> <p>10:00 Total Body Fitness-FC</p> <p>11:00 Bible Study w/Jeff-Paperbk Lib</p> <p>11:00 Corn Hole Toss-FC</p> <p>11:00 Needlework Guild-PDR</p> <p>2:00 Aquatic Class (Aqua Fit)-Pool</p> <p>7:00 Bingo-MR</p>	<p>9</p> <p>9:00 H&S Walking Group</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*(by appt)-FC</p> <p>11:00 Aquatic Class (PowerWave)-Pool</p> <p>1:00 Strength & Stability-FC</p> <p>2:00 Trivia-MR</p> <p>7:00 Movie: 'On Her Majesty's Secret Service'-MR</p>	<p>10</p> <p>9:00 Heart & Sole Walking Group-Meet in RO</p> <p>10:30 Mass by Holy Family Catholic Church-MR</p> <p>11:00 Seated Seniorcize-FC</p> <p>12:30 Yoga (Seated)-FC</p> <p>1:30 Wine & Chit Chat before Happy Hour w/Jeni Michaelson from 2:00-3:00-RO</p> <p>7:00 Movie: 'The Greatest Showman'-MR</p>	<p>11</p> <p>9:30 Temple Shuttle***</p> <p>10:00 Shopping at Wal-Mart, Target, Kohl's, Stein Mart, etc***</p> <p>11:00 Corn Hole Toss-FC</p> <p>2:00 Bingo-MR</p> <p>7:00 Movie: 'Saving Mr. Banks'-MR</p>
<p>19</p> <p>9:00 -1:00 Church Shuttle***</p> <p>10:30 Communion by Holy Family-MR</p> <p>1:30 Sunday Service w/ Jessie - PCH</p> <p>2:00 Scenic Drive***</p> <p>7:00 Movie: 'Sully'-MR</p>	<p>20</p> <p>9:00 Heart & Sole Walking Group</p> <p>10:00 Total Body Fitness-FC</p> <p>11:00 Corn Hole Toss-FC</p> <p>2:00 Aquatic Class (Aqua Fit)-Pool</p> <p>2:00 Interactive Expressive Reading Presentation w/Neil Scott-Barbour***-MR</p> <p>7:00 Movie: 'The Help'-MR</p>	<p>21</p> <p>NATIONAL SR. CITIZENS DAY</p> <p>9:00 H&S Walking Group-RO</p> <p>10:00 Seated Seniorcize-FC</p> <p>10:30 Lunch at J. Christopher's Breakfast/Lunch***</p> <p>11:00 -11:30 Chronic Pain Presentation by Heritage-MR</p> <p>2:00 Aquatic Class (PowerWave)-Pool</p> <p>7:00 Movie: 'Tootsie'-MR</p>	<p>15</p> <p>9:00 H&S Walking Group-Meet in RO</p> <p>10:00 Bible Study-Mt. Bethel-PDR</p> <p>10:00 Total Body Fitness-FC</p> <p>11:00 Bible Study w/Jeff-Paperbk Lib</p> <p>11:00 Corn Hole Toss-FC</p> <p>11:00 Needlework Guild-PDR</p> <p>2:00 Aquatic Class (Aqua Fit)-Pool</p> <p>5:00 Carol Kelley piano during dinner-RO</p> <p>7:00 Bingo-MR</p>	<p>16</p> <p>9:00 H&S Walking Group-RO</p> <p>9:00 Learning LAB*(by appt)-BC</p> <p>10:00 Blood Pressure Chk-Lib</p> <p>10:00 Brain Waves-PDR</p> <p>10:30 Watercolor Class*(by appt)-FC</p> <p>11:00 Aquatic Class (PowerWave)-Pool</p> <p>1:00 Audiological Consultants-CR</p> <p>1:00 Strength & Stability-FC</p> <p>7:00 Movie: 'Murder on the Orient Express 2017'-MR</p>	<p>17</p> <p>9:00 Heart & Sole Walking Group-Meet in RO</p> <p>10:00 Word Mining-MR</p> <p>11:00 Seated Seniorcize-FC</p> <p>12:30 Yoga (Seated)-FC</p> <p>1:30 Wine & Chit Chat before Happy Hour w/Bill Gleeson from 2:00-3:00-RO</p> <p>7:00 Movie: 'Gifted'-MR</p>	<p>18</p> <p>9:30 Temple Shuttle***</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 'Popsicles & Tie Dye'***-FC</p> <p>2:00 Bingo - MR</p> <p>7:00 Movie: 'Big'-MR</p>
<p>26</p> <p>9:00 -1:00 Church Shuttle***</p> <p>10:30 Communion by Holy Family-MR</p> <p>2:00 Scrabble*** -Paperback Library</p> <p>7:00 Movie: 'Hidden Figures'-MR</p>	<p>27</p> <p>9:00 Heart & Sole Walking Group-Meet in RO</p> <p>10:00 Total Body Fitness-FC</p> <p>11:00 Corn Hole Toss-FC</p> <p>12:30 Current Events Discussion Group w/Don Jordan***-MR</p> <p>2:00 Aquatic Class (Aqua Fit)-Pool</p> <p>7:00 Movie: 'St. Vincent'-MR</p>	<p>28</p> <p>9:00 H&S Walking Group-RO</p> <p>10:00 Seated Seniorcize-FC</p> <p>11:00 GENTLEMEN'S OUTING & LUNCH at Top Golf***</p> <p>11:00 Lunch at Seed Kitchen & Bar***</p> <p>2:00 Aquatic Class (PowerWave)-Pool</p> <p>2:00 Crafting For A Cause-PDR</p> <p>7:00 -7:45 Sing-a-Long w/Kelly-Songbooks Provided-RO</p> <p>7:45 Movie: 'Get Smart, Again!'-MR</p>	<p>22</p> <p>9:00 H&S Walking Group-RO</p> <p>10:00 Bible Study-Mt. Bethel-PDR</p> <p>10:00 Total Body Fitness-FC</p> <p>11:00 Bible Study w/Jeff-Paperback Lib</p> <p>11:00 Corn Hole Toss-FC</p> <p>11:00 Needlework Guild-PDR</p> <p>2:00 Jewelry Making Class: Design-your-own bracelet***-PDR</p> <p>7:00 Bingo-MR</p>	<p>23</p> <p>9:00 H&S Walking Group-RO</p> <p>10:00 Blood Pressure Chk-LIB</p> <p>10:00 Brain Waves-PDR</p> <p>10:30 Watercolor Class*(by appt)-FC</p> <p>11:00 Aquatic Class (PowerWave)</p> <p>1:00 Strength & Stability-FC</p> <p>2:00 Trivia-MR</p> <p>5:00 Dinner Outing at LaStrada (Italian)***</p> <p>7:00 Movie: 'The Jewel of the Nile'-MR</p>	<p>24</p> <p>9:00 Heart & Sole Walking Group-Meet in RO</p> <p>11:00 Seated Seniorcize-FC</p> <p>12:30 Yoga (Seated)-FC</p> <p>1:30 Wine & Chit Chat before Happy Hour w/Al Urezzio from 2:00-3:00-RO</p> <p>7:00 Movie: 'Lewis and Clark: The Journey of the Corps of Discovery'-MR</p>	<p>25</p> <p>9:30 Temple Shuttle***</p> <p>10:00 Shopping at Perimeter Mall***</p> <p>11:00 Corn Hole Toss-FC</p> <p>2:00 Bingo-MR</p> <p>7:00 Movie: 'Parental Guidance'-MR</p>
<p>31</p> <p>9:00 -1:00 Church Shuttle***</p> <p>10:30 Communion by Holy Family-MR</p> <p>2:00 Scrabble*** -Paperback Library</p> <p>7:00 Movie: 'Hidden Figures'-MR</p>	<p>31</p> <p>9:00 Heart & Sole Walking Group-Meet in RO</p> <p>10:00 Total Body Fitness-FC</p> <p>11:00 Corn Hole Toss-FC</p> <p>12:30 Current Events Discussion Group w/Don Jordan***-MR</p> <p>2:00 Aquatic Class (Aqua Fit)-Pool</p> <p>7:00 Movie: 'St. Vincent'-MR</p>	<p>31</p> <p>9:00 H&S Walking Group-RO</p> <p>10:00 Seated Seniorcize-FC</p> <p>11:00 GENTLEMEN'S OUTING & LUNCH at Top Golf***</p> <p>11:00 Lunch at Seed Kitchen & Bar***</p> <p>2:00 Aquatic Class (PowerWave)-Pool</p> <p>2:00 Crafting For A Cause-PDR</p> <p>7:00 -7:45 Sing-a-Long w/Kelly-Songbooks Provided-RO</p> <p>7:45 Movie: 'Get Smart, Again!'-MR</p>	<p>29</p> <p>9:00 H&S Walking Group-RO</p> <p>10:00 Bible Study-Mt. Bethel-PDR</p> <p>10:00 Total Body Fitness-FC</p> <p>10:00 Bible Study w/Jeff-Paperback Lib</p> <p>11:00 Corn Hole Toss-FC</p> <p>11:00 Needlework Guild-PDR</p> <p>2:00 Aquatic Class (Aqua Fit)-Pool</p> <p>7:00 Bingo-MR</p>	<p>30</p> <p>9:00 H&S Walking Group-RO</p> <p>9:00 Learning LAB*(By appt)-BC</p> <p>10:00 Blood Pressure Chk-LIB</p> <p>10:00 Brain Waves-PDR</p> <p>10:30 Watercolor Class*(by appt)-FC</p> <p>11:00 Aquatic Class (PowerWave)</p> <p>1:00 Strength & Stability-FC</p> <p>2:30 Name That Tune-MR</p> <p>7:00 Movie: 'Bridge of Spies'-MR</p>	<p>31</p> <p>9:00 Heart & Sole Walking Group-Meet in RO</p> <p>10:00 Word Mining-MR</p> <p>11:00 Seated Seniorcize-FC</p> <p>12:30 Yoga (Seated)-FC</p> <p>1:30 Wine & Chit Chat & July Birthdays at Happy Hour w/Carl Testa from 2:00-3:00-RO</p> <p>7:00 Movie: 'A Travelers Guide to Italy: Sicily & Ischia'-MR</p>	<p>MONDAYS GROCERIES AT 3:00 PM</p> <p>THURSDAYS: GROCERIES AT 10:30 AM AND OTHER ERRANDS AT 1:00 PM</p>