Parc at Piedmont - Ageless Living Calendar APRIL 2024 Wednesday Monday hursday NATIONAL WALKING DAY 8:45 - 9:10AM 25min Challenge -8:45 - 9:15AM Peaceful Pause - FC 8:45 - 9:15AM Peaceful Pause - FC 8:45 - 9:10AM 25min Challenge How Far Can You Go? 8:45 - 9:10AM 25min Challenge - How How Far Can You Go? SYNAGOGUE TRANSPORT BY 10:00 Poised Power Practice - FC 10:00 Poised Power Practice - FC Far Can You Go? 10:00 Seated Seniorcize - FC **APPOINTMENT**** 11:00 Blood Pressure Check - LIB 10:00 Seated SHEILA-cize - FC 10:00 Seated SHEILA-cize - FC 11:00 Bingo - MR 10:30 Bible Study: Mt. Bethel - MR 11:00 DAILY DELIGHT - LIB 1:30 Pinochle Lessons*** - MR 11:30 Seated Yoga with Melanie - FC 10:00 Eskrima - Balance and Agility - FC 1:00 Current Affairs with Don - MR 1:30 HAPPY HOUR: Live Music - RO 3:00 BE A VOLUNTEER - MR 11:30 LUNCH OUTING *** Marietta Diner 2:00 Bingo - MR 2:30 Grocery Shopping Shuttle*** Learn About & Sign Up for & Atlanta Botanical Gardens. 3:00 - 4:00pm Rummikub 2:30 Grocery Shopping Shuttle*** **Volunteer Opportunities** 4:00 WII Bowling Practice - BC 4:00 WII Bowling Practice - BC 11:00 DAILY DELIGHT - LIB 3:00 PLANTIN' PALS - Basil & COURTYARD CORNHOLE (Beer 7:00 DOCU-NIGHT: Misha and the 7:00 MOVIE NIGHT - The King's Speech Wolves - MR Lemongrass 7:00 MOVIE NIGHT: Educating Rita - MR and Wine Available to Players Only) 8:45 - 9:15AM Peaceful Pause - FC 8:45 - 9:10AM 25min Challenge -8:45 - 9:10AM 25min Challenge -8:45 - 9:10AM 25min Challenge -8:45 - 9:15AM Peaceful Pause - FC **SYNAGOGUE TRANSPORT BY** 10:15 Hymn Sing-A-Long - RO How Far Can You Go? How Far Can You Go? 10:00 Poised Power Practice - FC How Far Can You Go? **APPOINTMENT**** 10:00 Poised Power Practice - FC - 2:30pm Locksley Jewelry 10:00 Seated Seniorcize - FC 10:00 Seated SHEILA-cize - FC 10:00 Seated SHEILA-cize - FC Repair / Sale - RO 11:00 Bingo - MR 10:15 Parc Veterans Club Meeting*** -10:30 Bible Study: Mt. Bethel - MR 11:00 DAILY DELIGHT - LIB 10:30 Holy Family: Mass - MR 10:00 Eskrima - Balance and Agility - FC 11:00 Blood Pressure Check - LIB 11:00 DAILY DELIGHT - LIB 2:00 A Talk with Author Buck 11:30 Seated Yoga with Melanie - FC 11:00 DAILY DELIGHT - LIB 1:30 HAPPY HOUR: with Craig Gleason 11:30 - 2:30pm SUNDAY BRUNCH 11:30 LUNCH OUTING*** - Lunch at 4:00 WII Bowling Practice - BC Buchanan - MR 2:00 Bingo - MR Goldberg's Deli & Tour of 2:30 Grocery Shopping Shuttle*** 4:30 Bunco - MR 2:30 Grocery Shopping Shuttle*** Governor's Mansion 3:00 - 4:00pm Rummikub 7:00 MOVIE NIGHT: Steve Martin & 4:00 WII Bowling Practice - BC 6:30 Sing Along with Kelly - RO 3:00 COURTYARD CORNHOLE (Beer 7:00 MOVIE NIGHT: The Commuter Martin Short 3:00 Boozy Brain Battle - TRIVIA 7:00 MOVIE NIGHT: My Fair Lady - MR 7:00 MOVIE NIGHT: Les Miserables - MR and Wine Available to Players Only) 7:00 MOVIE NIGHT: Queen Bees 8:45 - 9:10AM 25min Challenge -8:45 - 9:10AM 25min Challenge -8:45 - 9:15AM Peaceful Pause - FC 18 8:45 - 9:10AM 25min Challenge -NATIONAL PAJAMA DAY SYNAGOGUE TRANSPORT BY 10:15 Hymn Sing-A-Long - RO How Far Can You Go? How Far Can You Go? 10:00 Poised Power Practice - FC **How Far Can You Go? APPOINTMENT**** 8:45 - 9:15AM Peaceful Pause - FC 10:00 Seated SHEILA-cize - FC 10:00 Seated Seniorcize - FC 11:00 Blood Pressure Check - LIB 10:00 Seated SHEILA-cize - FC 10:00 Poised Power Practice - FC 11:00 DAILY DELIGHT - LIB 11:00 DAILY DELIGHT - LIB 11:00 DAILY DELIGHT - LIB 11:00 Bingo - MR 11:00 DAILY DELIGHT - LIB 10:00 Eskrima - Balance and Adility - FC 10:30 Bible Study: Mt. Bethel - MR 1:30 Pinochle Lessons*** - MR 11:00 - 4:00PM Leon's Pop Up Sales 11:00 DAILY DELIGHT - LIB 2:00 HAPPY HOUR - with Music to Mv 11:30 Seated Yoga with Melanie - FC 2:30 ShapeShift with SHEILA - Learn 11:00 DAILY DELIGHT - LIB 11:00 DAILY DELIGHT - LIB 11:30 - 2:30pm SUNDAY BRUNCH 2:30 Grocery Shopping Shuttle*** how and why to eat for your 2:00 Bingo - MR 11:30 SCENIC OUTING*** - Fuller's Park 3:00 - 4:00pm Rummikub 4:00 WII Bowling Practice - BC 2:30 Grocery Shopping Shuttle*** 7:00 MOVIE NIGHT: Jim Gaffigan, Mr. 4:00 WII Bowling Practice - BC 1:30 FIRE & EMERGENCY SAFETY -7:00 DOCU-NIGHT: This is a Robbery, 7:00 MOVIE NIGHT: Charlie Wilson's 3:00 COURTYARD CORNHOLE (Beer 7:00 MOVIE NIGHT: NYAD Universe **COBB COUNTY FIRE DEPT - RO** The World's Biggest Art Heist War - MR 7:00 MOVIE NIGHT: Australia and Wine Available to Players Only) EARTH DAY 8:45 - 9:15AM Peaceful Pause - FC 23 8:45 - 9:15AM Peaceful Pause - FC 25 8:45 - 9:10AM 25min Challenge -8:45 - 9:10AM 25min Challenge -SYNAGOGUE TRANSPORT BY 10:15 Hymn Sing-A-Long - RO How Far Can You Go? How Far Can You Go? 8:45 - 9:10AM 25min Challenge - How 10:00 Poised Power Practice - FC 10:00 Poised Power Practice - FC Far Can You Go? 10:00 Seated SHEILA-cize - FC 11:00 Blood Pressure Check - LIB 10:00 Seated SHEILA-cize - FC 10:00 Seated Seniorcize - FC 11:00 DAILY DELIGHT - LIB 10:30 Bible Study: Mt. Bethel - MR 11:00 DAILY DELIGHT - LIB 10:00 Eskrima - Balance and Agility - FC 11:00 DAILY DELIGHT - LIB 11:00 DAILY DELIGHT - LIB 11:00 Bingo - MR 11:00 DAILY DELIGHT - LIB 11:30 Seated Yoga with Melanie - FC 4:00 WII Bowling Practice - BC 11:00 DAILY DELIGHT - LIB 1:30 HAPPY HOUR - with Joshua 11:30 - 2:30pm SUNDAY BRUNCH 11:00 DAILY DELIGHT - LIB 11:30 TOUR WITH JIM HOWE*** -2:00 Bingo - MR Hamilton 2:30 Grocery Shopping Shuttle*** 4:30 Bunco - MR Decatur & East Atlanta. Lunch @ 2:30 Grocery Shopping Shuttle*** 4:00 WII Bowling Practice - BC 3:00 - 4:00pm Rummikub Cafe Lilly 6:30 Sing Along with Kelly - RO 7:00 MOVIE NIGHT: The Equalizer 3 -7:00 MOVIE NIGHT - The Babe (Babe 3:00 COURTYARD CORNHOLE (Beer 7:00 MOVIE NIGHT: An Affair to 3:00 Boozy Brain Battle - TRIVIA 7:00 MOVIE NIGHT: Cinderella Man - MR 7:00 MOVIE NIGHT: Elvis and Wine Available to Players Only) Remember - MR 28 8:45 - 9:10AM 25min Challenge -8:45 - 9:15AM Peaceful Pause - FC 30 **KEY** 10:00 COMMUNION: Holy Family How Far Can You Go? Catholic Church - MR 10:00 Poised Power Practice - FC The Terraces .TER 10:00 Seated Seniorcize - FC Balcony. .BA 10:30 Bible Study: Mt. Bethel - MR 11:00 Bingo - MR **Business Center**. .BC 10:15 Hvmn Sing-A-Long - RO Fitness Center. ..FC 11:00 DAILY DELIGHT - LIB 11:00 DAILY DELIGHT - LIB Media Room. .MR 1:00 Cultivating Happiness with Amanda 11:30 LUNCH OUTING***Lunch at Library. .LIB 11:00 DAILY DELIGHT - LIB Lawson Johnboy's Homecooking and Trip Rotunda .RO Private Dining Room.. 2:30 Grocery Shopping Shuttle*** to Gibbs Gardens .PDR 11:30 - 2:30pm SUNDAY BRUNCH symbolizes purity, innocence and joy, reminding us Paperback Library... .PBL 4:00 WII Bowling Practice - BC 3:00 What Is It? VISUAL TRIVIA (Beer Classes/Activities with (***) asterisks 7:00 MOVIE NIGHT: The Five People You and Wine Served for Players to find beauty in life's simple moments. have limited space. Please call 7:00 MOVIE NIGHT: Burlesque - MR Meet in - MR Only) Concierge to reserve your spot.