

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PS – Parkshore PW Parkwood PR - Performance Room (PS) COM – Community Room (PW) CR Card Room SU – Sign Up Requested F- PW Lobby LIB- PS Library PWL – PW Library PD – Private Dining Room PWG- Parkwood Garden	10:00 Bistro Bingo <b>1</b> 1:15 Drawdown (CR) 2:30 Group Trivia (CR) 6:30 “500” Cards (CR)(SU) 7:00 Blackjack (CR)(SU)  All Fools' Day	10:30 Balloon Volleyball (COM) <b>2</b> 10:30 Card Cutters (CR) 11:00 Group Crosswords (PR) 1:00 Parkinsons Presentation (PR) 1:30 Bingo (COM) 3:00 Craft Club: Clay Creations (COM) 6:00 Caregiver's Support Group (PR)	10:00 Bistro Bingo <b>3</b> 10:30 PW Resident Meeting (COM) 10:30 French Class (CR) 11:00 Poetry (PR) 1:00 PS Resident Meeting (PR) 1:30 Hymns with Jane (COM) 3:00 5 Card Bingo (COM) 3:00 Blackjack (CR) 6:30 Hand and Foot (CR)	9:30 St. Johns Prayer (CR) <b>4</b> 10:15 Laughter Yoga (COM) 11:00 Music & Dancing (PR) 12:00 Outing Sign Up (LIB) 1:30 Bingo (COM) 2:30 Group Trivia (CR) 3:00 Cooking with Kavina-Apple Pie Bites (COM) 3:30 Cribbage/Rumi (CR/SU) 6:30 Bridge (CR/SU)	<b>Flower Show Outing</b> <b>5</b> 10:00 Bistro Bingo 10:00 OLG church (COM) 10:30 Coffee Social (COM) 10:30 Holly's Book-full (CR) 6:30 Dominoes (CR/SU) 7:30 Farkle (CR/SU)	10:30 Balloon Volleyball <b>6</b> 1:30 Movie Matinee: with Special Guest! <i>Rear Window</i> 7:00- Bingo (PS DR) \$1 Per Card
10:30 Catholic Communion Service (PR) <b>7</b>	10:00 Bistro Bingo <b>8</b> 10:30 Dining Committee (PSD) 10:00 Understanding Depression in Older Adults (PR) 3:00 Grief Support Education (COM) 3:30 Art Explorers (CR) 6:30 “500” Cards (CR)(SU) 7:00 Blackjack (CR)(SU)	10:30 Balloon Volleyball (COM) <b>9</b> 10:30 Card Cutters (CR) 11:00 New Resident Social (PR) 1:30 Bingo (COM) 3:00 Birthday Party with Fire and Spice (COM) 7:00 Blackjack (CR/SU)	10:00 Bistro Bingo <b>10</b> 10:30 Spirit of Christ Lutheran Service (COM) 10:30 French Class (CR) 11:00 Poetry (PR) 1:30 Harp with Mary (PR) 3:00 Blackjack (CR) 3:00 This Month in History (COM) 6:30 Hand and Foot (CR)	10:15 Active Game (COM) <b>11</b> 10:30 2 <sup>nd</sup> Floor Party (CR) 1:30 Bingo (COM) 2:30 Group Trivia (CR) 3:00 Quilt Tying (COM) 3:30 Cribbage/Rumi (CR/SU) 6:30 Bridge (CR/SU)	10:00 Bistro Bingo <b>12</b> 10:00 OLG church (COM) 10:30 Jan's Book Club (CR) 1:00 Men's Group (CR) 1:30 TED Talk: A broken body isn't a broken person (COM) 2:30 Popcorn Cart (Atrium) 3:00 Dice Game (COM) 6:30 Dominoes (CR/SU) 6:30 North Star Irish Dance (COM) 7:30 Farkle (CR/SU)	10:30 Coffee Social & Music (PW Lobby) <b>13</b> 1:30 Movie Matinee: The Kings Speech 7:00- Bingo (PS DR) \$1 Per Card
10:30 Catholic Communion Service (PR) <b>14</b>	10:00 Bistro Bingo <b>15</b> 10:30 Therapy Dog Visit (COM) 1:00 Helping Hands (COM) 3:00 Grief Support Education (COM) 6:30 “500” Cards (CR)(SU) 7:00 Blackjack (CR)(SU)	10:30 Balloon Volleyball (COM) <b>16</b> 10:30 Card Cutters (CR) 11:00 Group Crosswords (PR) 1:30 Bingo (COM) 2:00 JFK 60 Years Later (PR) 3:00 Craft Club: Flowerpot Decorating (COM) 7:00 Blackjack (CR/SU)	<b>Raptor Center Outing</b> <b>17</b> 10:00 Bistro Bingo 10:30 French Class (CR) 11:00 Poetry (PR) 1:30 Hymns with Jane (COM) 1:30 Parkinsons Support Group (PR) 2:00 Floor Rep Meeting (PR) 3:00 Blackjack W/ Scott (CR) 3:00 5 Card Bingo (COM) 6:30 Hand and Foot (CR)	11:00 Music & Dancing (PR) <b>18</b> 10:30 Julie's Book Club (CR) 1:30 Bingo (COM) 2:30 Group Trivia (CR) 3:00 Cooking with Kavina-Blue Cheese Biscuits (COM) 3:30 Cribbage/Rumi (CR/SU) 6:30 Bridge (CR/SU)	10:00 Bistro Bingo <b>19</b> 10:00 OLG church (COM) 11:00 Gail's Short Stories (PR/ Full) 2:00 Talk Cinema (CR) 6:30 Dominoes (CR/SU) 7:30 Farkle (CR/SU)	7:00- Bingo (PS DR) <b>20</b> \$1 Per Card
10:30 Catholic Communion Service (PR) <b>21</b>	10:00 Bistro Bingo <b>22</b> 10:30 Parkshore Clean Up Crew (PWG) 2:00 Music Monday (COM) 3:00 Grief Support Education (COM) 3:30 Art Explorers (CR) 6:30 “500” Cards (CR)(SU) 7:00 Blackjack (CR)(SU)  Passover Begins Earth Day	10:30 Balloon Volleyball (COM) <b>23</b> 10:30 Card Cutters (CR) 11:00 Group Crosswords (PR) 1:30 Bingo (COM) 2:30 PLATO (PR) 3:00 Craft Club: Door Décor Painting (COM) 7:00 Blackjack (CR/SU)	10:00 Bistro Bingo <b>24</b> 10:30 5 Card Bingo (COM) 10:30 French Class (CR) 11:00 Poetry (PR) 1:30 Hymns with Jane (COM) 2:00 Library committee (LIB) 3:00 Volunteer Appreciation (PR) Invite Only 6:30 Hand and Foot (CR)  Administrative Professionals Day	10:30 Birthday Brunch (CR) <b>25</b> 1:00 Comfort Keepers 101 (PR) 1:30 Bingo (COM) 3:00 Armchair Travelers: Scottish Highlands (COM) 2:30 Group Trivia (CR) 3:30 Cribbage/Rumi (CR/SU) 6:30 Bridge (CR/SU)	<b>Mallard's Lunch Outing</b> <b>26</b> 10:00 Bistro Bingo 10:00 OLG church (COM) 10:30 Coffee Social (COM) 1:30 Jeopardy (COM) 1:00 Men's Group (CR) 2:30 Popcorn Cart (Atrium) 3:00 Dice Game (COM) 6:30 Dominoes (CR/SU) 7:30 Farkle (CR/SU)  Arbor Day	10:30 Beach Ball Volleyball <b>27</b> 1:30 Movie Matinee: Bombshell: <i>The Hedy Lamarr Story</i> 7:00- Bingo (PS DR) \$1 Per Card
10:30 Catholic Communion Service (PR) <b>28</b>	10:00 Bistro Bingo <b>29</b> 10:30 TED Talk: An 11 Year old's Magical Violin (COM) 1:00 Helping Hands (COM) 3:00 Grief Support Education (COM) 3:30 Art Explorers (CR) 6:30 “500” Cards (CR)(SU) 7:00 Blackjack (CR)(SU)	10:30 Balloon Volleyball (COM) <b>30</b> 10:30 Card Cutters (CR) 11:00 Group Crosswords (PR) 1:30 Bingo (COM) 2:30 4 <sup>th</sup> Floor Party (PR) 3:00 Craft Club: Paint & Sip-Spring Sunset (COM) 7:00 Blackjack (CR/SU)	<h1>April 2024</h1> <h2>Parkshore Senior Living</h2>			

WANT TO GET STRONGER?  
CLUB CLASSES ARE FOR YOU!!

<b>Class</b>	<b>Description</b>	<b>Great for:</b>
<b><u>Movement Matters</u></b> ♦ Tuesdays & Thursdays ♦ 9:30–10:00am Performance Room / Zoom	This class consists of basic cardio, strength, flexibility, and range of motion exercises. Special focus on balance in standing portion of class.	.General fitness .Bone health .Balance
<b><u>Balance Class</u></b> ♦ Wednesdays ♦ 9:00-9:30am Performance Room /Zoom	Classes consist of basic balance training techniques to help reprogram and strengthen the body - mind connection.	.General fitness .Balance
<b><u>Strength &amp; Balance</u></b> <i>(intermediate level class)</i> • Mondays & Fridays ♦ 9:00-9:30am Performance Room/ Zoom	Challenge your balance and increase your strength and endurance with basic cardio, use of dumbbells and body weight for a stronger, sturdier you	.General fitness .Bone health .Balance

<b>Pool Classes</b>	<b>Description</b>	<b>Great for:</b>
<b><u>Stretch &amp; Strengthen</u></b> ♦ Tuesdays & Thursdays ♦ 1:00–1:45pm	Utilize body weight, water resistance, full body stretching, and a variety of aquatic exercise equipment for gently building strength, increasing range of motion and improving mobility.	. Arthritis / pain management . Balance . Flexibility
<b><u>Water Aerobics</u></b> ♦ Mondays, Wednesdays & Fridays ♦ 10:00-10:45am	Elevate both your energy level and heart rate. Each class will challenge you progressively as the week goes on while utilizing exercise patterns and time intervals.	. Cardiovascular fitness . Balance . Power Movements

\*Check out the BE FIT program, Mon. & Wed. at 1:00pm at the Club!



CLUB HOURS  
 Mon-Fri 8am-4pm  
 Sat 8am-1pm

<b>Class</b>	<b>Description</b>	<b>Great for:</b>
<b><u>Mindfulness Meditation</u></b> • Mondays • 12:30-12:55pm • Card Room + Zoom	Calming, meditative practices, and mindfulness techniques to quiet the mind and nurture body and soul.	. Managing Stress . Blood pressure control
<b><u>Chair Yoga</u></b> • Mondays & Fridays • 1:00-1:40pm • Performance Room + Zoom	Gentle stretching, strengthening, and balance postures adapted from traditional yoga. Relaxation techniques begin and end the class.	.Pain / arthritis management . Increased flexibility . Balance
<b><u>Mat Yoga*</u></b> <i>(intermediate level class)</i> • Tuesdays • 1:30-2:20pm • Card Room only	Exercise both mind and body, practice balance, and melt away stress with gentle stretches, strengthening, and relaxation poses from traditional yoga. <i>* Must be able to get up and down from the floor independently.</i>	. Pain / arthritis management . Increased flexibility . Balance . Spatial/body awareness

**Exercise at Parkwood**

<b>Class</b>	<b>Description</b>	<b>Great for:</b>
<b><u>Actively Seated</u></b> • Tuesdays /Thursdays • 11:00-11:30am • Community Room	This class combines gentle stretching, range of motion, strength training, and seated cardio endurance exercises.	. General fitness