

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# November 2024

## Parkshore Senior Living

<p>10:30 Catholic Communion Service (PR) <b>3</b></p> <p>Daylight Saving Time Ends</p>	<p>10:00 Bistro Bingo <b>4</b>          10:30 Laughter Yoga (COM)          10:30 Dining Committee (PSD)          2:30 Harp Performance by Mary (COM)          6:30 "500" Cards (CR/SU)          7:00 Blackjack (CR/SU)</p>	<p>10:30 Balloon Volleyball (C) <b>5</b>          11:00 Group Crosswords (PR)          10:30 Card Cutters (CR)          1:30 Bingo (COM)          2:00 Ping Pong Tournament (PR)          3:00 Craft Club: Fall Wreath (COM)          6:00 Caregiver Support Group (PR)          6:00 Election Watch Party (COM)</p>	<p>10:00 Bistro Bingo <b>6</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)</p>	<p>9:30 St. John's Prayer Group (CR) <b>7</b>          10:30 Pool Noodle Hockey (COM)          10:30 New Resident Social (PR)          12:00 Outing Sign up          1:30 Bingo (COM)          2:00 Group Trivia (CR)          3:00 November Birthday Party (COM)          3:30 Cribbage/Rumi (CR/SU)          6:30 Bridge (CR/SU)</p>	<p><b>Lakewood Cemetery Outing</b> <b>1</b>          10:00 Bistro Bingo          10:00 OLG Church (COM)          10:30 Coffee Social (COM)          10:30 Holly's Book Club (Full)          1:30 TED Talk: How to Come Together in a Meaningful Way (COM)          3:00 Dice Game (COM)          3:45 Dog Visit (PWL)          6:30 Dominoes (CR/SU)          6:30 Sing Along (PR)          7:30 Farkle (CR/SU)          Diwali (Hindu)</p>	<p>7:00 Bingo (PS DR) <b>2</b>          \$1 Per Card</p>
<p>10:30 Catholic Communion Service (PR) <b>10</b></p>	<p>10:00 Bistro Bingo <b>11</b>          10:30 Laughter Yoga (COM)          1:15 Drawdown (CR)          2:30 Civil War Presentation (PR)          3:30 Art Connections (CR)          6:30 "500" Cards (CR/SU)          7:00 Blackjack (CR/SU)</p> <p>Veterans Day Remembrance Day (Canada)</p>	<p>10:30 Balloon Volleyball (COM) <b>12</b>          10:30 Card Cutters (CR)          11:00 Group Crosswords (PR)          1:30 Bingo (COM)          2:30 PLATO (PR)          3:00 Cooking with Kavina: Raspberry Crumble Cookies (COM)</p>	<p><b>Swedish Institute Outing</b> <b>13</b>          10:00 Bistro Bingo          10:30 Lutheran Service (COM)          10:30 French Class (CR)          11:00 Poetry (PR)          1:30 Hymns with Jane (COM)          1:30 Parkinsons Support Group (CR)          3:00 5 Card Bingo (COM)          6:30 Hand and Foot (CR)</p>	<p>10:30 Pool Noodle Hockey (COM) <b>14</b>          1:30 Bingo (COM)          2:00 Group Trivia (CR)          2:30 11<sup>th</sup> Floor Party (PR)          3:00 Armchair Travelers: Cleavland Ohio (COM)          6:30 Dominoes          3:30 Cribbage/Rumi (CR/SU)          6:30 Bridge (CR/SU)</p>	<p>10:00 Bistro Bingo <b>15</b>          10:00 OLG Church (COM)          10:30 Coffee Social (COM)          10:30 Julie's Book Club (CR/Full)          11:00 Gail's Short Story (PR/Full)          1:00 Rhythmic Feet (COM)          3:00 Jeopardy (COM)          3:45 Dog Visit (PWL)          6:30 Sing Along (PR)          7:30 Farkle (CR/SU)</p>	<p>10am-1pm Fall Market Performance Room <b>9</b>          1:30 Movie Matinee: October Sky (COM)          7:00 Bingo (PS DR)          \$1 Per Card</p>
<p>10:30 Catholic Communion Service (PR) <b>17</b></p>	<p>10:00 Bistro Bingo <b>18</b>          10:30 Laughter Yoga (COM)          2:30 Off the Beaten Path (PR)          6:30 "500" Cards (CR/SU)          7:00 Blackjack (CR/SU)</p>	<p><b>Arboretum Scenic Drive</b> <b>19</b>          10:30 Balloon Volleyball (COM)          10:30 Card Cutters (CR)          1:30 Bingo (COM)          2:30 Introduction to Evren Ozel          3:00 Craft Club: Fall Leaf Windchime (COM)</p>	<p>10:00 Bistro Bingo <b>20</b>          10:30 Cardio Drumming (COM)          10:30 French Class (CR)          11:00 Poetry (PR)          1:30 Hymns with Jane (COM)          2:00 Floor Rep Meeting (PR)          3:00 Library Committee (PSL)          3:00 Story Sharing (PR)          3:00 Blackjack (CR)          3:00 5 Card Bingo          6:30 Hand and Foot (CR)</p>	<p>10:00 Pool Noodle Hockey (COM) <b>21</b>          1:30 Bingo (COM)          1:00 Book Forum (PR)          2:00 Group Trivia (CR)          3:00 The Licorice Six (PR)          3:30 Cribbage/Rumi (CR/SU)          6:30 Bridge (CR/SU)</p>	<p><b>Mill City Museum</b> <b>22</b>          10:00 Bistro Bingo          10:00 Catholic Mass (COM)          1:00 Men's Group (CR)          3:00 Scrabble (CR)          3:45 Dog Visit (PWL)          6:30 Dominoes (CR/SU)          6:30 Sing Along (PR)          7:30 Farkle (CR/SU)</p>	<p>10:00 Chair Exercise: Music &amp; Movement (COM) <b>23</b>          1:30 Movie Matinee: Imitation of Life (COM)          7:00 Bingo (PS DR)          \$1 Per Card</p>
<p>10:30 Catholic Communion Service (PR) <b>24</b></p>	<p><b>Feed My Starving Children</b> <b>25</b> outing          10:00 Bistro Bingo          2:30 Wellness Wonderland Kick Off (PR)          3:30 Art Connections (CR)          6:30 "500" Cards (CR/SU)          7:00 Blackjack (CR/SU)</p>	<p><b>I am Betty Outing</b> <b>26</b>          10:30 Cooking with Kavina: Lemon Cream Cheese Bars          10:30 Card Cutters (CR)          11:00 Group Crosswords (PR)          1:30 Bingo (COM)          2:30 PLATO (PR)          3:00 Snack &amp; Chat (COM)          11am-2pm Card Cutters          Holiday Card Sale</p>	<p>10:00 Bistro Bingo <b>27</b>          10:30 French Class (CR)          10:30 Balloon Volleyball (COM)          11:00 Poetry (PR)          1:30 Hymns with Jane (COM)          2:30 Minnesota Zoo Presentation (COM)          6:30 Hand and Foot (CR)</p>	<p>2:00 Group Trivia (CR) <b>28</b>          3:30 Cribbage/Rumi (CR/SU)          6:30 Bridge (CR/SU)</p>	<p>10:00 Bistro Bingo <b>29</b>          10:00 OLG Church (COM)          6:30 Dominoes (CR/SU)          7:30 Farkle (CR/SU)</p>	<p>10:00 Chair Exercise: Music &amp; Movement (COM) <b>30</b>          2:00 Piano Recital (PR)          7:00 Bingo (PS DR)          \$1 Per Card</p>
<p>Thanksgiving Day</p>						<p>10:00 Chair Exercise: Music &amp; Movement (COM) <b>30</b>          2:00 Piano Recital (PR)          7:00 Bingo (PS DR)          \$1 Per Card</p>

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

***Hmm, What Classes Should I Take?***

<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

CLUB HOURS: MON-THU 8-5 ~ FRI 8– 4 ~ SAT 8-1

**Specialty Classes\***

<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

**Parkwood Classes**

<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