


Sunday Monday Tuesday Wednesday Thursday Friday Saturday

October 2024

Parkshore Senior Living

<p>10:30 Catholic Communion Service (PR) 6</p>	<p>10:00 Bistro Bingo 9am-1pm Flu/ COVID Shot Clinic (COM) 10:30 Dining Committee (PSD) 1:15 Drawdown (CR) 12pm-4pm General Election Voting (PR) 6:30 "500" Cards (CR/SU) 7:00 Blackjack (CR/SU) 7</p>	<p>10:00 Taylor Marie Fashion (Atrium) 1 10:30 Card Cutters (CR) 10:30 New Resident Social (PR) 1:30 Bingo (COM) 3:00 Horse Racing (COM) 6:00 Caregivers Support Group (PR)</p>	<p>10:00 Bistro Bingo 2 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 Scrabble (COM) 3:00 Blackjack (CR) 6:30 Hand and Foot (CR) <small>Rosh Hashanah Begins</small></p>	<p>9:30 St. John's Prayer Group (CR) 3 10:30 Walking Club (PWG) 12:00 Outing Sign up 1:30 Bingo (COM) 2:00 Group Trivia (CR) 3:30 Cribbage/Rumi (CR/SU) 4:00 Octoberfest (PS Patio) 6:30 Bridge (CR/SU)</p>	<p>10:00 Bistro Bingo 4 10:00 OLG Church (COM) 10:30 Holly's Book Club (Full) 1:30 Talk Cinema (COM) 6:30 Dominoes (CR/SU) 6:30 Sing Along (PR) 7:30 Farkle (CR/SU)</p>	<p>10:30 Chair Yoga Dance (COM) 5 1:30 Movie Matinee: Dead Poets Society (COM) 7:00 Bingo (PS DR) \$1 Per Card</p>
<p>10:30 Catholic Communion Service (PR) 6</p>	<p>10:00 Bistro Bingo 7 9am-1pm Flu/ COVID Shot Clinic (COM) 10:30 Dining Committee (PSD) 1:15 Drawdown (CR) 12pm-4pm General Election Voting (PR) 6:30 "500" Cards (CR/SU) 7:00 Blackjack (CR/SU)</p>	<p>Costco Run at 10:00am 8 10:30 Card Cutters (CR) 11:00 Group Crosswords (PR) 1:30 Bingo (COM) 2:30 PLATO (PR) 3:00 Jeopardy (COM)</p>	<p>10:00 Bistro Bingo 9 10:30 Lutheran Service (COM) 10:30 French Class (CR) 11:00 Poetry (PR) 1:30 Hymns with Jane (COM) 1:30 Speech Therapy Discussion 3:00 Blackjack (CR) 3:00 5 Card Bingo (COM) 6:30 Hand and Foot (CR)</p>	<p>History Theater Outing 10 10:30 Walking Club (PWG) 1:30 Bingo (COM) 2:00 Group Trivia (CR) 2:30 10th Floor Party (PR) 3:30 Cribbage/Rumi (CR/SU) 6:30 Bridge (CR/SU)</p>	<p>Arboretum Scenic Drive 11 10:00 Bistro Bingo 10:00 OLG Church (COM) 1:00 Men's Group (CR) 1:30 TED Talk: Courage, the Most important Virtue (COM) 3:00 Craft Club: Patchwork Pumpkin (COM) 4:00 Dot Visit (COM) 6:30 Dominoes (CR/SU) 6:30 Sing Along (PR) 7:30 Farkle (CR/SU) <small>Yoga CR/SU Begins</small></p>	<p>10:30 Chair Aerobics (COM) 12 1:30 Movie Matinee: Urban Cowboy (COM) 7:00 Bingo (PS DR) \$1 Per Card</p>
<p>10:30 Catholic Communion Service (PR) 13</p> <p>Please make sure your garden plot is cleaned out.</p>	<p>10:00 Bistro Bingo 14 10:00 Barry the Jeweler (CR) 10:30 Laughter Yoga (COM) 1:30 Craft with Reflections (4th) 3:30 Art Connections (CR) 6:30 "500" Cards (CR/SU) 7:00 Blackjack (CR/SU)</p> <p><small>Thanksgiving Day (Canada) Indigenous Peoples' Day Columbus Day (US)</small></p>	<p>10:30 Balloon Volleyball (COM) 15 11:00 Group Crosswords (PR) 10:30 Card Cutters (CR) 1:30 Bingo (COM) 3:00 October Birthday Party (COM)</p>	<p>10:00 Bistro Bingo 16 10:00 Cooking with Kavina Apple Pumpkin Bread (COM) 10:00 Medicare Info (PR) 10:30 French Class (CR) 11:00 Poetry (PR) 1:30 Hymns with Jane (COM) 2:00 Floor Rep Meeting (PR) 3:00 Blackjack (CR) 3:00 Snack & Chat (COM) 6:30 Hand and Foot (CR) <small>Sukkot Begins</small></p>	<p>Russian Art Museum 17 10:30 Walking Club (COM) 2:00 Group Trivia (CR) 3:30 Cribbage/Rumi (CR/SU) 6:30 Bridge (CR/SU)</p>	<p>10:00 Bistro Bingo 18 10:00 OLG Church (COM) 10:30 Advanced Funeral Planning (PR) 10:30 Julie's Book Club (CR/Full) 11:00 Gail's Short Story (PR/Full) 1:30 Bingo (COM) 3:00 Armchair Travelers: Borneo (COM) 6:30 Dominoes (CR/SU) 6:30 Sing Along (PR) 7:30 Farkle (CR/SU)</p>	<p>10:30 Chair Exercise: Music & Movement (COM) 19 1:30 Movie Matinee: The Sixth Sense (COM) 7:00 Bingo (PS DR) \$1 Per Card</p>
<p>10:30 Catholic Communion Service (PR) 20</p>	<p>AAUW Outing 21 10:00 Bistro Bingo 10:30 Dog Visit (COM) 2:00 Simple Sewing, please bring your machine (CR) 6:30 "500" Cards (CR/SU) 7:00 Blackjack (CR/SU)</p>	<p>10:30 Card Cutters (CR) 22 11:00 Birthday Brunch (PR) 1:30 Bingo (COM) 2:30 PLATO (PR) 3:00 Live Music from Avail (COM)</p>	<p>Costco Run at 10:00am 23 10:00 Bistro Bingo 10:30 French Class (CR) 11:00 Poetry (PR) 1:30 Hymns with Jane (COM) 2:00 Library Committee (PSL) 3:00 Blackjack (CR) 3:00 5 Card Bingo (COM) 6:30 Hand and Foot (CR)</p>	<p>10:30 Pumpkin Painting (COM) 24 1:30 Bingo (COM) 2:00 Group Trivia (CR) 3:00 Wine and Cheese: Happy Halloween (PR) 3:30 Cribbage/Rumi (CR/SU) 6:30 Bridge (CR/SU)</p> <p><small>Simchat Torah Begins</small></p>	<p>Outing to New Ulm 25 10:00 Bistro Bingo 10:00 Catholic Mass (COM) 1:00 Men's Group (CR) 6:30 Dominoes (CR/SU) 6:30 Sing Along (PR) 7:30 Farkle (CR/SU)</p>	<p>10:30 Chair Dance Exercise (COM) 26 2:00 Halloween Piano Recital (PR) 7:00 Bingo (PS DR) \$1 Per Card</p>
<p>10:30 Catholic Communion Service (PR) 27</p>	<p>10:00 Bistro Bingo 28 10:30 Laughter Yoga (COM) 1:30 "Amadeu's" Matinee (COM) 3:30 Art Connections (CR) 6:30 "500" Cards (CR/SU) 7:00 Blackjack (CR/SU)</p>	<p>Outing to Samarkand Restaurant 29 10:30 Balloon Volleyball (COM) 10:30 Card Cutters (CR) 1:30 Bingo (COM) 3:00 Halloween Trivia Bucket Toss Game (COM)</p>	<p>10:00 Bistro Bingo 30 10:30 Flower Arranging (COM) 10:30 French Class (CR) 11:00 Poetry (PR) 1:00 Mozart Concert (PR) 2:00 Mt. Olivet Service (COM) 3:00 Blackjack (CR) 6:30 Hand and Foot (CR)</p>	<p>10:30 Walking Club (COM) 31 1:30 Bingo (COM) 2:00 Group Trivia (CR) 2:30 Halloween Happy Hour (COM) 3:30 Cribbage/Rumi (CR/SU) 6:30 Bridge (CR/SU)</p> <p><small>Halloween</small></p>	<p>PS- Parkshore PR- Performance Room CR- Card Room PSL- Parkshore Library PW- Parkwood PWL Parkwood Library (2nd Floor) COM- Community Room SU- Sign Up</p>  <p>PARKSHORE A SILVERCREST COMMUNITY</p>	

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

Hmm, What Classes Should I Take?

Class	Description	Great for:
<u>Movement Matters</u> ♦ 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
<u>Balance Class</u> ♦ 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
<u>Strength & Balance</u> <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

Pool Classes	Description	Great for:
<u>Stretch & Strengthen</u> ♦ 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
<u>Water Aerobics</u> ♦ 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*

Class	Description	Great for:
<u>Mindfulness Meditation</u> • 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
<u>Chair Yoga</u> • 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
<u>Mat Yoga*</u> <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. * Must be able to get up and down from the floor independently.	. Pain / arthritis management . Increased flexibility . Balance . Spatial/body awareness

Exercise at Parkwood

Class	Description	Great for:
<u>Actively Seated</u> • 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