

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30 Catholic Communion Service (PR) <b>1</b>	10:00 Bistro Bingo <b>2</b> 10:30 Dining Committee (PSD) 3:30 Art Connections (CR) 6:30 "500" Cards (CR/SU) 7:00 Blackjack (CR/SU)	11:00 Taylor Marie Fashion Show (PR) <b>3</b> 10:30 Card Cutters (CR) 1:30 Bingo (COM) 3:00 Craft Club: Picture Frame Door Decor (COM) 6:00 Caregiver Support Group (PR)	10:00 Bistro Bingo <b>4</b> 10:30 PW Resident Meeting (COM) 10:30 French Class (CR) 11:00 Poetry (PR) 1:00 PS Resident Meeting (PR) 1:30 Carols with Jane (COM) 3:00 5 Card Bingo (COM) 3:00 Blackjack (CR) 6:30 Hand and Foot (CR) <b>Costco Run 9:30am</b>	9:30 St. John's Prayer Group (CR) <b>5</b> 10:30 Pool Noodle Hockey (COM) 12:00 Outing Sign up in Library 1:30 Bingo (COM) 2:30 Group Trivia (PSPD) 3:00 Holiday Decorate (COM) 3:30 Cribbage/Rumi (CR/SU) 6:30 Bridge (CR/SU) 6:30 Violin Duet (PR) <b>No Shuttle Bus</b>	10:00 Bistro Bingo <b>6</b> 10:00 OLG Church (COM) 10:30 Coffee Social (COM) 10:30 Holly's Book Club (Full) 1:00 Men's Group (CR) 1:30 Jeopardy (COM) 2:30 12th Floor Party (PR) 3:45 Dog Visit (PWL) 6:30 Dominoes (CR/SU) 7:30 Farkle (CR/SU)	10:00 Chair Exercise: Chair Zumba (COM) <b>7</b> 1:30 Movie Matinee A Holiday Spectacular (COM) 4:00 Children's Holiday Caroling (COM) 7:00 Bingo (PS DR) \$1 Per Card
10:30 Catholic Communion Service (PR) <b>8</b>	10:00 Bistro Bingo <b>9</b> 10:30 Laughter Yoga (COM) 1:15 Drawdown (CR) 2:30 Helping Hands 6:30 "500" Cards (CR/SU) 7:00 Blackjack (CR/SU)	10:30 New Resident Social (PR) <b>10</b> 10:30 Card Cutters (CR) 1:30 Bingo (COM) 2:30 PLATO (PR) 3:00 Soap Making (Reflections)  <b>No Shuttle Bus</b>	10:00 Bistro Bingo <b>11</b> 10:30 Lutheran Service (COM) 10:30 French Class (CR) 11:00 Poetry (PR) 1:30 Tree-O Sing Along (COM) 1:30 Resident Art Show (PR) 1:30 Parkinsons Support Group (CR) 3:00 Library Committee (PSL) 6:30 Hand and Foot (CR)	<b>Creekside Supper Club Outing 12</b> 10:30 Pool Noodle Hockey (COM) 1:30 Bingo (COM) 2:30 Group Trivia (PSPD) 3:00 Craft Club: Holiday Clay Pot (COM) 2:30 13 <sup>th</sup> Floor Party (PR) 3:30 Cribbage/Rumi (CR/SU) 6:30 Bridge (CR/SU)	10:00 Bistro Bingo <b>13</b> 10:00 OLG Catholic Mass (COM) 1:30 Quilt Tying (COM) 2:00 Healthy Holiday Sampler (PR) 3:00 Scrabble (CR) 3:45 Dog Visit (PWL) 6:30 Dominoes (CR/SU) 6:30 Sing Along (PR) 7:30 Farkle (CR/SU)	2pm-4pm Wassail Party Parkshore Ground Floor Everyone is Welcome <b>14</b> 7:00 Bingo (PS DR) \$1 Per Card
<b>The Nutcracker Outing 15</b> 10:30 Catholic Communion Service (PR)	<b>Holiday Light Outing 16</b> 10:00 Bistro Bingo 10:30 Laughter Yoga (COM) 11:00 Dog Visit (COM) 1:00 Edina Choral Carolers (PR) 3:30 Art Connections (CR) 6:30 "500" Cards (CR/SU) 7:00 Blackjack (CR/SU)	11:00 Birthday Brunch (PR) <b>17</b> 10:30 Card Cutters (CR) 11:00 Group Crosswords (PR) 1:30 Bingo (COM) 2:30 Archaeology of Ancient Egypt (PR) 3:00 Making Dog Treats (Reflections)	10:00 Bistro Bingo <b>18</b> 10:30 Cardio Drumming (COM) 10:30 French Class (CR) 11:00 Poetry (PR) 1:30 Carols with Jane (COM) 1:30 Parkinsons Support Group (CR) 2:00 Floor Rep Meeting (PR) 3:00 Story Sharing (PR) 3:00 December Birthday Party (COM) 6:30 Hand and Foot (CR) <b>Costco Run 9:30am</b>	10:30 Pool Noodle Hockey (COM) <b>19</b> 1:30 Bingo (COM) 2:30 Group Trivia (PSPD) 2:30 Holiday Celebration (COM) 3:30 Cribbage/Rumi (CR/SU) 6:30 Bridge (CR/SU)	10:00 Bistro Bingo <b>20</b> 10:00 OLG Church (COM) 10:30 Coffee Social (COM) 10:30 Julie's Book Club (PSPD/Full) 11:00 Gail's Short Story (PR/Full) 1:00 Men's Group (CR) 2:30 Parkshore Classics Concert (PR) 3:45 Dog Visit (PWL) 7:30 Farkle (CR/SU)  <b>No Shuttle Bus</b>	<b>Union Depot European Market Outing 21</b> 10:00 Chair Exercise: Chair Zumba (COM) 7:00 Bingo (PS DR) \$1 Per Card  Winter Begins
10:30 Catholic Communion Service (PR) <b>22</b>	<b>Holiday Light Outing 23</b> 10:00 Bistro Bingo 10:30 Cardio Drumming (COM) 2:30 Flower Arranging (COM) 3:30 Art Connections (CR) 6:30 "500" Cards (CR/SU) 7:00 Blackjack (CR/SU)	10:30 Card Cutters (CR) <b>24</b>  <b>No Shuttle Bus</b>	<b>25</b>  <b>HAPPY Holidays</b>  <b>No Shuttle Bus</b> Christmas Hanukkah Begins	10:30 Pool Noodle Hockey (COM) <b>26</b> 1:30 Bingo (COM) 2:30 Group Trivia (PSPD) 3:30 Cribbage/Rumi (CR/SU) 6:30 Bridge (CR/SU)  Boxing Day (Canada) Kwanzaa Begins	10:00 Bistro Bingo <b>27</b> 10:00 Catholic Mass (COM) 2:30 Armchair Traveler: Montreux Switzerland (COM) 3:45 Dog Visit (PWL) 6:30 Dominoes (CR/SU) 7:30 Farkle (CR/SU)	10:00 Chair Exercise: Chair Zumba (COM) <b>28</b> 1:30 Movie Matinee: An Affair to Remember (COM) 7:00 Bingo (PS DR) \$1 Per Card
10:30 Catholic Communion Service (PR) <b>29</b>	10:00 Bistro Bingo <b>30</b> 10:30 Laughter Yogo (COM) 3:30 Art Connections (CR) 6:30 "500" Cards (CR/SU) 7:00 Blackjack (CR/SU)	10:30 Balloon Volleyball (COM) <b>31</b> 10:30 Card Cutters (CR) 11:00 Group Crosswords (PR) 1:30 Bingo (COM) 3:00 New Years Eve Happy Hour (PR)  <b>No Shuttle Bus</b> New Year's Eve	 <h1>December 2024</h1>  <h2>Parkshore and Parkwood Program Calendar</h2>			

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