

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>January 2025</h1> <h2>Parkshore and Parkwood Program Calendar</h2>			<p>10:00 Bistro Bingo 1 10:30 French Class (CR) 10:30 Cardio Drumming (COM) 11:00 Poetry (PR) 3:00 5 Card Bingo (COM) 6:30 Hand and Foot (CR)</p> <p>New Year's Day</p>	<p>9:30 St. John's Prayer Group 2 (CR) 10:30 Pool Noodle Hockey (COM) 12:00 Outing Sign up in Library 1:30 Bingo (COM) 3:00 Group Trivia (COM) 3:30 Cribbage/Rumi (CR/SU) 6:30 Bridge (CR/SU)</p>	<p>10:00 Bistro Bingo 3 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 13th Floor Party (PR) 3:45 Dog Visit (PWL) 6:30 Sing Along (PR) 6:30 Dominoes (CR/SU) 7:30 Farkle (CR/SU)</p>	<p>7:00 Bingo (PS DR) 4 \$1 Per Card</p>
<p>10:30 Catholic Communion Service (PR) 5</p>	<p>10:00 Bistro Bingo 6 10:30 Dining Committee (PSD) 10:30 Laughter Yoga (COM) 2:30 Three Kings Day Rescheduled PLATO (PR) 3:30 Art Connections (CR) 6:30 "500" Cards (CR/SU) 7:00 Blackjack (CR/SU)</p>	<p>10:30 PW Resident Meeting (COM) 7 10:30 Card Cutters (CR) 1:00 Bingo (COM) 2:30 Live Music Performance (PR) 6:00 Caregiver Support Group (PR)</p>	<p>10:00 Bistro Bingo 8 10:30 Lutheran Service (COM) 10:30 French Class (CR) 11:00 Poetry (PR) 1:00 PS Resident Meeting (PR) 1:30 Hymns with Jane (COM) 1:30 Parkinsons Support Group (CR) 3:00 Library Committee (PSL) 3:00 5 Card Bingo (COM) 3:00 Blackjack (CR) 6:30 Hand and Foot (CR)</p>	<p>Courtroom Concert 9 10:30 Holiday Decoration Clean Up (COM) 1:30 Bingo (COM) 2:30 Group Trivia (PSPD) 3:30 Cribbage/Rumi (CR/SU) 3:00 January Birthday Party (COM) 6:30 Bridge (CR/SU)</p>	<p>10:00 Bistro Bingo 10 10:00 OLG Catholic Communion (COM) 10:30 Jan's Book Club (CR) 2:30 Scott's Going Away Party (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)</p>	<p>10:00 Chair Exercise: Chair Zumba (COM) 11 1:30 Movie Matinee: Thirteen Lives (COM) 7:00 Bingo (PS DR) \$1 Per Card</p>
<p>10:30 Catholic Communion Service (PR) 12</p>	<p>10:00 Bistro Bingo 13 10:30 Laughter Yoga (COM) 1:15 Drawdown (CR) 2:00 Improv Club (PR) 2:30 5th Floor Meetings (PR) 6:30 "500" Cards (CR/SU) 7:00 Blackjack (CR/SU)</p>	<p>10:30 Balloon Volleyball (COM) 14 10:30 New Resident Orientation (PR) 10:30 Card Cutters (CR) 1:30 Bingo (COM) 2:30 PLATO (PR) 3:00 January Birthday Party (COM)</p>	<p>10:00 Bistro Bingo 15 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 Story Sharing (PR) 3:00 Group Trivia (COM) 3:00 Blackjack (CR) 6:30 Hand and Foot (CR)</p>	<p>10:30 Pool Noodle Hockey (COM) 16 1:30 Bingo (COM) 2:30 Archeology of Egypt (PR) 2:30 Group Trivia (PSPD) 3:00 Helping Hands (COM) 3:30 Cribbage/Rumi (CR/SU) 6:30 Bridge (CR/SU)</p> <p>Costco Run 9:30am</p>	<p>Quang Lunch Outing 17 10:00 Bistro Bingo 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) 1:30 5 Card Bingo (COM) 2:30 1st Ground Floor Party (PR) 3:45 Dog Visit (PWL) 7:30 Farkle (CR/SU)</p>	<p>10:00 Chair Exercise: Chair Zumba (COM) 18 1:30 Movie Matinee: The Report (COM) 7:00 Bingo (PS DR) \$1 Per Card</p>
<p>10:30 Catholic Communion Service (PR) 19</p>	<p>10:00 Bistro Bingo 20 10:30 Laughter Yoga (COM) 2:00 Improv Club (CR) 3:30 Off the Beaten Path: Togo (PR) 3:30 Art Connections (CR) 6:30 "500" Cards (CR/SU) 7:00 Blackjack (CR/SU)</p>	<p>10:30 Card Cutters (CR) 21 10:30 Performance Group (PR) 1:30 Bingo (COM) 1:30pm-3:30pm Resident Art Show (PR) 6:00 Scrabble (COM) 6:00 Family Council (COM)</p>	<p>10:00 Bistro Bingo 22 10:30 Cardio Drumming (COM) 10:30 French Class (CR) 11:00 Poetry (PR) 1:30 Hymns with Jane (COM) 3:00 Armchair Travelers: Oxford, England (COM) 3:00 Blackjack (CR) 6:30 Hand and Foot (CR)</p>	<p>MN History Museum 23 10:30 Pool Noodle Hockey (COM) 1:30 Bingo (COM) 2:30 Group Trivia (PSPD) 3:00 Cooking with Kavina: Pecan Pie Cookies (COM) 3:30 Cribbage/Rumi (CR/SU) 6:30 Bridge (CR/SU)</p>	<p>10:00 Bistro Bingo 24 10:00 Catholic Mass (COM) 1:30 Jeopardy (COM) 2:30 Meet Your Neighbor (Atrium) 3:45 Dog Visit (PWL) 6:30 Dominoes (CR/SU) 7:30 Farkle (CR/SU)</p>	<p>10:00 Chair Exercise: Chair Zumba (COM) 25 1:30 Movie Matinee: Nowhere Boy (COM) 7:00 Bingo (PS DR) \$1 Per Card</p>
<p>Activity Professionals Week</p> <p>10:30 Catholic Communion Service (PR) 26</p>	<p>Martin Luther King Jr. Day</p> <p>10:00 Bistro Bingo 27 10:30 Laughter Yoga (COM) 11:00 Dog Visit (COM) 2:00 Improv Club (CR) 3:30 Art Connections (CR) 6:30 "500" Cards (CR/SU) 7:00 Blackjack (CR/SU)</p> <p>Costco Run 9:30am</p>	<p>10:30 Card Cutters (CR) 28 11:00 Group Crosswords (PR) 1:30 Bingo (COM) 2:30 PLATO (PR)</p>	<p>10:00 Bistro Bingo 29 10:30 Cardio Drumming (COM) 10:30 French Class (CR) 11:00 Poetry (PR) 1:30 Hymns with Jane (COM) 2:30 Making Sense of Our Life (PR) 3:00 5 Card Bingo (COM) 6:30 Hand and Foot (CR)</p> <p>Chinese New Year (Year of the Snake)</p>	<p>10:30 Pool Noodle Hockey (COM) 30 1:30 Bingo (COM) 2:30 Group Trivia (PSPD) 3:00 Craft Club: Sand Art (COM) 3:30 Cribbage/Rumi (CR/SU) 6:30 Bridge (CR/SU)</p>	<p>10:00 Bistro Bingo 31 10:00 OLG Catholic Communion (COM) 1:00 Men's Club (CR) 1:30 Helping Hands (COM) 2:15 Banned Book Club (CR) 3:45 Dog Visit (PWL) 6:30 Dominoes (CR/SU) 7:30 Farkle (CR/SU)</p>	<p>COM- Community Room PR- Performance Room CR- Dining Room SU- Sign Up PSPD- Parkshore Private Dining Room</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