



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	COM- Community Room PW PW- Parkwood PR- Performance Room CR- Card Room SU- Sign Up PSPD- Parkshore Private Dining Room PWL- Parkwood Lobby LIB- Parkshore Library	10:30 Balloon Volleyball (COM) 10:30 Card Cutters (CR) 11:00 Group Crosswords (PR) 12:00 Outing Sign up in Library 1:30 Bingo (COM) 3:00 Group Trivia (COM) 6:00 Caregiver Support Group (PR)	10:30 PW Resident Meeting (COM) 10:00 Bistro Bingo 10:30 French Class (CR) 11:00 Poetry (PR) 1:00 PS Resident Meeting (PR) 1:30 Hymns with Jane (COM) 3:00 Blackjack (CR) 3:00 Craft Club: Easter Wreath Craft (COM)	9:30 St. John's Prayer Group (CR) 10:30 Pool Noodle Hockey (COM) 1:30 Bingo (COM) 3:00 Quilt Tying (COM) 3:30 Cribbage/Rumi (CR/SU) 6:30 Bridge (CR/SU)	10:00 Bistro Bingo 10:00 OLG Church (COM) 10:30 Coffee Social (COM) 10:30 Holly's Book Club (Full) 1:00 Story Telling with Special Guest (COM) 3:00 Who What Where Game (COM) 3:45 Dog Visit (PWL) 6:30 Sing Along (PR) 6:30 Dominoes (CR/SU) 7:30 Farkle (CR/SU)	1:30 Movie Matinee: Guarding Tess (COM) 7:00 Bingo (PS DR) \$1 Per Card
10:30 Catholic Communion Service (PR) 2:00 Ping Pong (COM) 6:00 Piano Social (PR)	10:00 Bistro Bingo 10:00 Laughter Yoga (COM) 10:30 Dining Committee (PSD) 2:30 Damascus Steel Presentation (PR) 3:30 Art Connections (CR) 6:30 "500" Cards (CR/SU) 7:00 Blackjack (CR/SU)	Costco Run 9:30 10:30 Flower Arrangements (COM) 10:30 Card Cutters (CR) 11:00 Group Crosswords (PR) 1:00 Bingo (COM) 2:30 Home Instead Presentation (PR)	Collide Theater Outing 10:00 Bistro Bingo 10:30 French Class (CR) 10:30 Balloon Volleyball (COM) 11:00 Poetry (PR) 1:30 Hymns with Jane (COM) 1:30 Parkinsons Support Group (CR) 3:00 Library Committee (LIB) 6:30 Hand and Foot (CR)	10:30 Lifelong Learning (COM) 1:30 Bingo (COM) 3:00 Cooking with Katrina: Bubble Pizza (COM) 3:30 Cribbage/Rumi (CR/SU) 6:30 Bridge (CR/SU)	10:00 Bistro Bingo 10:00 OLG Catholic Communion (COM) 10:30 Jan's Book Club (CR) 1:00 Men's Group (CR) 1:30 Movie Matinee: The Taming of the Shrew (COM) 3:45 Dog Visit (PWL) 6:30 Sing Along (PR) 6:30 Dominoes (CR/SU) 7:30 Farkle (CR/SU)	10:00 Chair Exercise: Chair Zumba (COM) 1:30 Movie Matinee: Dark Waters (COM) 7:00 Bingo (PS DR) \$1 Per Card
10:30 Catholic Communion Service (PR) 11:30 Bake Sale (Atrium) 2:00 Ping Pong (COM)	AAUW Outing 10:00 Bistro Bingo 1:15 Drawdown (CR) 2:30 Improv (PR) 6:30 "500" Cards (CR/SU) 7:00 Blackjack (CR/SU) Last Day to Dontate to Relief Kit Drive See Linkletter Page 11	10:30 Card Cutters (CR) 10:30 Balloon Volleyball (COM) 10:30 New Resident Orientation (PR) 11:00 Group Crosswords (PR) 1:30 Bingo (COM) 3:00 Easter Egg Painting (COM)	10:00 Bistro Bingo 10:30 Cardio Drumming (COM) 10:30 French Class (CR) 11:00 Poetry (PR) 1:30 Harp with Mary (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)	10:30 Pool Noodle Hockey (COM) 1:30 Bingo (COM) 3:00 April Birthday Party (COM) 3:30 Cribbage/Rumi (CR/SU) 6:30 Bridge (CR/SU)	Seafood Lunch Outing Smack Shack 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) 3:45 Dog Visit (PWL) 6:30 Sing Along (PR) 7:30 Farkle (CR/SU)	10:00 Chair Exercise: Chair Zumba (COM) 1:30 Movie Matinee: A Chorus Line (COM) 7:00 Bingo (PS DR) \$1 Per Card
10:30 Catholic Communion Service (PR) 2:00 Ping Pong (COM) 6:00 Piano Social (PR)	10:00 Bistro Bingo 2:30 5 th Floor Meeting (PR) 3:30 Art Connections (CR) 6:30 "500" Cards (CR/SU) 7:00 Blackjack (CR/SU)	No Shuttle Bus 10:30 Card Cutters (CR) 10:30 Balloon Volleyball (COM) 11:00 Group Crosswords (PR) 1:30 Bingo (COM) 2:30 PLATO (PR) 3:00 Cooking with Kavina: Lemon & Poppy Seed Cookies (COM)	10:00 Bistro Bingo 10:00 Cardio Drumming (COM) 10:30 French Class (CR) 11:00 Poetry (PR) 1:30 Hymns with Jane (COM) 2:30 Volunteer Appreciation Event (Invite Only) 3:00 Blackjack (CR) 6:30 Hand and Foot (CR)	10:30 Pool Noodle Hockey (COM) 1:30 Bingo (COM) 2:30 SLP History Center Presentation (PR) 3:30 Cribbage/Rumi (CR/SU) 6:30 Bridge (CR/SU)	No Shuttle Bus 10:00 Bistro Bingo 10:00 Catholic Mass (COM) 10:45 Coffee Social (COM) 1:00 Men's Group (CR) 1:30 Goat Visits (COM) 2:30 Banned Book Club (CR) 3:45 Dog Visit (PWL) 6:30 Dominoes (CR/SU) 6:30 Sing Along (PR) 7:30 Farkle (CR/SU)	10:00 Chair Exercise: Chair Zumba (COM) 1:30 Movie Matinee: Staying Alive (COM) 7:00 Bingo (PS DR) \$1 Per Card
10:30 Catholic Communion Service (PR) 2:00 Ping Pong (COM)	10:00 Bistro Bingo 10:00 Laughter Yoga (COM) 2:00 Helping Hands (COM) 6:30 "500" Cards (CR/SU) 7:00 Blackjack (CR/SU)	Costco Run 9:30am 10:30 Card Cutters (CR) 10:30 Balloon Volleyball (COM) 11:00 Group Crosswords (PR) 1:30 Bingo (COM) 2:30 PLATO (PR) 3:00 Armchair Travelers: Meteora Greece (COM)	Arboretum Outing 10:00 Bistro Bingo 10:00 Cardio Drumming (COM) 10:30 French Class (CR) 11:00 Poetry (PR) 1:30 Hymns with Jane (COM) 3:00 Blackjack (CR) 6:30 Hand and Foot (CR)	 April 2025 Parkshore Senior Campus		

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. <i>* Must be able to get up and down from the floor independently.</i>	. Pain / arthritis management . Increased flexibility . Balance . Spatial/body awareness
<u>Tai Chi for Arthritis and Fall Prevention</u> .Wednesdays (except 1st Weds) • 1:00-1:45pm • Performance Room	Tai Chi is an ancient practice from China, a form of mind-body exercise that includes a series of movements, weight shifting, and energy awareness.	.Mobility .Posture .Gentle Strengthening .Balance
<u>Exercise for Parkinson's</u> .Wednesday (except 2nd Weds) • 2:00-2:45pm • Card Room	Focus on large movements and loud voices using power moves along with strength and balance exercises.	.For those with Parkinson's .“Parkinsonian” symptoms, and related movement disorders . Build Flexibility . and Confidence

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