

# Independent Living Wellness Calendar



PARKWAY PLACE™  
Inspiring happiness.™

JUNE



WORLD CUP

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>1</b> 9:30A Adv. Core & Balance 10:00A Int. Core & Balance 10:30 A Beg. Core & Balance 12:30P Resident Consultation 1:30P Functional Strength Training 2:45P Guided Stretch & Breathing	<b>2</b> 9:30A Advanced Strength 10:00A Intermediate Strength 10:30A Beginner Strength 11:00A Aqua Strength 12:30P Equipment Tutorial 1:30P Women's Strength Circuit 2:30P Wii Sports	<b>3</b> 9:30A Adv. Stretch & Balance 10:00A Int. & Beg. Stretch & Balance 11:00A Chair Volleyball (AU) 1:30P Chair Fit 2:00P Work It Wednesday (AU)	<b>4</b> 9:30A Adv. Functional Strength 10:00A Int. Functional Strength 10:30A Beg. Functional Strength 11:00A Aqua Cardio 12:30P Equipment Tutorial 1:30P Zumba Dance Fitness	<b>5</b> 9:30A Advanced Cardio 10:00A Intermediate Cardio 10:30A Chair Aerobics 11:00A Trivia (Wii Room) 1:00P Men's Circuit Training 2:30P Cornhole (CC)	<b>6</b> <b>GET ACTIVE</b> Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3
<b>7</b> <b>GET ACTIVE</b> Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3	<b>8</b> 9:30A Adv. Core & Balance 10:00A Int. Core & Balance 10:30 A Beg. Core & Balance 12:30P Resident Consultation 1:30P Functional Strength Training 2:45P Guided Stretch & Breathing	<b>9</b> 9:30A Advanced Strength 10:00A Intermediate Strength 10:30A Beginner Strength 11:00A Aqua Strength 12:30P Equipment Tutorial 1:30P Women's Strength Circuit <b>2:00P Intro to Wellness with Malcolm (AU)</b>	<b>10</b> 9:30A Adv. Stretch & Balance 10:00A Int. & Beg. Stretch & Balance 11:00A Chair Volleyball (AU) 1:30P Chair Fit 2:00P Resident Consultation	<b>11</b> 9:30A Adv. Functional Strength 10:00A Int. Functional Strength 10:30A Beg. Functional Strength 11:00A Aqua Cardio 12:30P Mobility and Flexibility Workshop 1:30P Zumba Dance Fitness	<b>12</b> <b>9:30A Advanced Cardio (Chair Soccer)</b> <b>10:00A Intermediate Cardio (Chair Soccer)</b> 10:30A Chair Aerobics 11:00A Trivia (Wii Room) 1:00P Men's Circuit Training 2:30P Cornhole (CC)	<b>13</b> <b>GET ACTIVE</b> Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3
<b>14</b> <b>GET ACTIVE</b> Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3	<b>15</b> 9:30A Adv. Core & Balance 10:00A Int. Core & Balance 10:30 A Beg. Core & Balance 12:30P Resident Consultation 1:30P Functional Strength Training 2:45P Guided Stretch & Breathing	<b>16</b> 9:30A Advanced Strength 10:00A Intermediate Strength 10:30A Beginner Strength 11:00A Aqua Strength 12:30P Equipment Tutorial 1:30P Women's Strength Circuit 2:30P Foosball	<b>17</b> 9:30A Adv. Stretch & Balance 10:00A Int. & Beg. Stretch & Balance 11:00A Chair Volleyball (AU) 1:30P Chair Fit 2:00P Resident Consultation	<b>18</b> 9:30A Adv. Functional Strength 10:00A Int. Functional Strength 10:30A Beg. Functional Strength 11:00A Aqua Cardio 12:30P Equipment Tutorial 1:30P Zumba Dance Fitness	<b>19</b> 9:30A Advanced Cardio 10:00A Intermediate Cardio 10:30A Chair Aerobics 11:00A Trivia (Wii Room) 1:00P Men's Circuit Training 2:30P Cornhole (CC)	<b>20</b> <b>GET ACTIVE</b> Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3
<b>21</b> <b>GET ACTIVE</b> Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3	<b>22</b> 9:30A Adv. Core & Balance 10:00A Int. Core & Balance 10:30 A Beg. Core & Balance 12:30P Resident Consultation 1:30P Functional Strength Training 2:45P Guided Stretch & Breathing	<b>23</b> 9:30A Advanced Strength 10:00A Intermediate Strength 10:30A Beginner Strength 11:00A Aqua Strength 12:30P Equipment Tutorial 1:30P Women's Strength Circuit 2:30P Foosball	<b>24</b> 9:30A Adv. Stretch & Balance 10:00A Int. & Beg. Stretch & Balance 11:00A Chair Volleyball (AU) 1:30P Chair Fit 2:00P Work It Wednesday - Soccer Bowling (AU)	<b>25</b> 9:30A Adv. Functional Strength 10:00A Int. Functional Strength 10:30A Beg. Functional Strength 11:00A Aqua Cardio 12:30P Mobility and Flexibility Workshop 1:30P Zumba Dance Fitness	<b>26</b> 9:30A Advanced Cardio 10:00A Intermediate Cardio 10:30A Chair Aerobics 11:00A Trivia (Wii Room) 1:00P Men's Circuit Training 2:30P Cornhole (CC)	<b>27</b> <b>GET ACTIVE</b> Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3
<b>28</b> <b>GET ACTIVE</b> Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3	<b>29</b> 9:30A Adv. Core & Balance 10:00A Int. Core & Balance 10:30 A Beg. Core & Balance 12:30P Resident Consultation 1:30P Functional Strength Training 2:45P Guided Stretch & Breathing	<b>30</b> 9:30A Advanced Strength 10:00A Intermediate Strength 10:30A Beginner Strength 11:00A Aqua Strength 12:30P Equipment Tutorial 1:30P Women's Strength Circuit 2:30P Foosball	<b>For 1-on-1 Consultations, Tailored Exercise Plans, or Machine Tutorials please reach out to our Wellness Coordinator Malcolm Scott at 346-269-7130</b>	<b>ALL WELLNESS CLASSES ARE HELD IN THE WELLNESS CENTER UNLESS SPECIFIED</b>		

# Independent Living Lifestyles Calendar





PARKWAY PLACE<sup>SM</sup>  
Inspiring happiness.<sup>SM</sup>

HAPPY FATHER'S DAY

JUNE



SUN	MON	TUE	WED	THU	FRI	SAT
	<b>1</b> 10:00A Art Group (AC) 1:30P Bible School (GR) <b>3:00P Bingo Store (AC)</b> 5P & 6P Mexican Train (GR)	<b>2</b> <b>10:00A Grocery Trip (ML)</b> 11:00A Men's Group (GR) <b>3:00P Movie Matinee (AU)</b> 6:15P Bingo (AC) 	<b>3</b> 10:30A Crochet & Knitting (AC) 11:30A Faithful Paws Visit (ML) 2:00P Work It Wednesday (AU) 3:00P Learn Spanish (GR) 6:15P Bridge (GR)	<b>4</b> National Donut Day <b>9:30A Donut Worry, Be Happy (CC)</b> 11:15A Prayer Group (GR) 2:00P Rummikub (GR) 4:00P Social Hour (CC)  6:15P Bingo (AC)	<b>5</b>  1:00P Catholic Service (AU) 2:15P Bible Study with Chaplain John Bender (AU) <b>2:30P CVS/Walgreens (\$)</b> 6:15P Trivia Night (AC)	<b>6</b> 9:00A Putting Club (PG) 9:30A Coffee w/Neighbors (CC) 6:15P Bingo (AC)
<b>7</b>  11:00A Episcopal Service (B Building 2nd Floor) 12:00P-2:00P Sunday Brunch 3:30P Vespers (Andy Tsuei) (AU/Ch2) 4:30P Coffee and Chatter (CC)	<b>8</b> 10:00A Art Group (AC) 1:30P Bible School (GR) <b>2:30P Worried About Your Memory? It May Not Be Dementia by Amazing Place (AU)</b> 5P & 6P Mexican Train (GR)	<b>9</b> <b>10:00A Grocery Trip (ML)</b> 11:00A Men's Group (GR) <b>2:00P Intro to Wellness with Malcolm (AU)</b> 6:15P Bingo (AC)	<b>10</b> Garden Gnome Day <b>9A - 12P Podiatrist Visit</b> 10:30A Crochet & Knitting (AC) <b>1:30P Gnome Sweet Gnome Painting (AC)</b> 3:00P Learn Spanish (GR)  6:15P Bridge (GR)	<b>11</b> <b>FIFA FEVER</b> 11:00A Writer's Workshop (AC) 11:15A Prayer Group (GR) 2:00P Rummikub (GR) 4:00P Social Hour (CC) 6:15P Bingo (AC)	<b>12</b> <b>FIFA FEVER</b> <b>10:00A Jay's Bazar (GR)</b> 1:30P Bible Study with Chaplain John Bender (AU) 6:00P Rummikub (GR)	<b>13</b> 9:00A Putting Club (PG) 9:30A Coffee w/Neighbors (CC) 6:15P Bingo (AC)
<b>14</b> Flag Day  11:00A Episcopal Service (B Building 2nd Floor) 12:00P-2:00P Sunday Brunch 3:30P Vespers (Khri Slaughter) (AU/Ch2) 4:30P Coffee and Chatter (CC)	<b>15</b> <b>FIFA FEVER</b> 10:00A Art Group (AC) 1:30P Bible School (GR) <b>3:00P Birthday Social (AU)</b> 5P & 6P Mexican Train (GR) 	<b>16</b> <b>FIFA FEVER</b>  <b>10:00A Grocery Trip (ML)</b> 11:00A Men's Group (GR) 2:00P Sing-A-Long with Tim Holder (AU) <b>3:30P Keys &amp; Strings Duo Armonía by Nico and Lorenzo (AU)</b> 6:15P Bingo (AC) Meal of the Month	<b>17</b>  <b>8:30A SUPERHEROES Father's Day Breakfast (DR)</b> 10:30A Crochet & Knitting (AC) 11:30A Faithful Paws Visit (ML) <b>3:00P Chef Chat (AU)</b> 5:00P Catholic Women's Dinner (DR) 6:15P Bridge (GR)	<b>18</b> <b>FIFA FEVER</b> <b>BCFS SUMMER CAMP</b> 11:00A Episcopal Service (AU) 11:15A Prayer Group (GR) 2:00P Rummikub (GR) 4:00P Social Hour (CC) 6:15P Bingo (AC) Pest Control - Building A	<b>19</b> Juneteenth <b>FIFA FEVER</b> <b>11:30A Book Club (L)</b> 1:30P Bible Study with Chaplain John Bender (AU) <b>2:30P CVS/Walgreens (\$)</b> 6:00P Rummikub (GR) 6:15P Trivia Night (AC) 	<b>20</b> 9:00A Putting Club (PG) 9:30A Coffee w/Neighbors (CC) <b>3:30P Music of Harmony (AU)</b> 6:15P Bingo (AC)
<b>21</b>  11:00A Episcopal Service (B Building 2nd Floor) 12:00P-2:00P Sunday Brunch 3:30P Vespers (David Sproul) (AU/Ch2) 4:30P Coffee and Chatter (CC)	<b>22</b> <b>FIFA FEVER</b> 10:00A Art Group (AC) 1:30P Bible School (GR) <b>2:30P Floating Into Summer (CC)</b> 5P & 6P Mexican Train (GR) 	<b>23</b> <b>FIFA FEVER</b> <b>10:00A Grocery Trip (ML)</b> 11:00A Men's Group (GR) <b>3:00P Movie Matinee (AU)</b> 6:15P Bingo (AC) 	<b>24</b> <b>FIFA FEVER</b> 10:30A Crochet & Knitting (AC) <b>10:30A Vessels of Joy (GR)</b> 2:00P Work It Wednesday - Soccer Bowling (AU) 3:00P Learn Spanish (GR) 6:15P Bridge (GR)	<b>25</b> <b>FIFA FEVER</b> 11:00A Writer's Workshop (AC) 11:15A Prayer Group (GR) 2:00P Rummikub (GR) <b>3:00P Town Hall (AU)</b> 4:00P Social Hour (CC) 6:15P Bingo (AC)	<b>26</b> <b>FIFA FEVER</b> <b>10:00A MKT Railroad Museum &amp; Lunch (ML)</b> 1:30P Bible Study with Chaplain John Bender (AU) <b>3:00P Bunco with Amy (GR)</b> 6:00P Rummikub (GR) 	<b>27</b> 9:00A Putting Club (PG) 9:30A Coffee w/Neighbors (CC) 6:15P Bingo (AC) 
<b>28</b> 11:00A Episcopal Service (B Building 2nd Floor) 12:00P-2:00P Sunday Brunch 3:30P Vespers (Bill Hinson) (AU/Ch2) 4:30P Coffee and Chatter (CC)	<b>29</b> <b>FIFA FEVER</b> 10:00A Art Group (AC) 1:30P Bible School (GR) <b>2:30P FIFA Fever Foosball Tournament Party (AU)</b> 5P & 6P Mexican Train (GR) 	<b>30</b> <b>FIFA FEVER</b> <b>10:00A Grocery Trip (ML)</b> 10:30A PWP Choir (HC) 11:00A Men's Group (GR) 2:00P Bingo with HHR (AC) 6:15P BINGO (AC)		<b>MAP LEGEND</b> AC—Arts & Crafts Room AU—Auditorium/Chapel CC—Cabana Café CR—Cabana Room G—Garden GR—Game Room ML—Main Lobby PG—Putting Green WR—Wii Room	<b>**Events highlighted in BLUE require sign-up in the message center.</b>	Cancellations as well as changes are often unavoidable. We appreciate your cooperation and understanding. Don't see anything you love? Please let us know so we may add to our calendar.