



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

J  
A  
N  
U  
A  
R  
Y



# Independent Living Lifestyles Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>MAP LEGEND</b> AC—Arts &amp; 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</p>	<p>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.</p>	<p><b>**Events highlighted in BLUE require sign-up in the message center.</b></p>	<p><i>Behold I make all things new Revelation 21:5</i> May God bless you this New Year!</p>	<p><b>1</b> 11:15A Prayer Group (GR) <b>1:00P New Year, New Me</b> 2:00P Rummikub (GR) 6:15P Bingo (AC)</p>	<p><b>2</b> 1:00P Catholic Service (AU) 6:00P Rummikub (GR) 6:15P Trivia Night (AC)</p>	<p><b>3</b> 9:00A Putting Club (PG) 9:30A Coffee w/Neighbors (CC) 6:15P Bingo (AC)</p>
<p><b>4</b> 11:00A Episcopal Service (B Building 2nd Floor) 12:00P-2:00P Sunday Brunch 3:30P Vespers (AU/Ch2) 4:30P Coffee and Chatter (CC)</p>	<p><b>5</b> 10:00A Art Group (AC) 1:30P Bible School (GR) 3:00P Bingo Store (AC) 5P &amp; 6P Mexican Train (GR)</p>	<p><b>6</b> <b>10:00A Grocery Trip (ML)</b> 11:00A Men's Group (GR) 3:00P Movie Matinee - "Man on the Inside S2, E1&amp;2" (AU) 6:15P Bingo (AC)</p>	<p><b>7</b> 10:00A Jay's Bazar (GR) <b>10:30A Relaxation at the Koi Pond (CC)</b> 3:00P Learn Spanish (GR) 6:15P Bridge (GR)</p>	<p><b>8</b> 11:15A Prayer Group (GR) <b>1:30P Wii Bowling Lessons (WiiRoom)</b> 2:00P Rummikub (GR) 4:00P Social Hour (CC) 6:15P Bingo (AC)</p>	<p><b>9</b> <b>10:30A Shopping Squad: Town &amp; Country Village (ML)</b> 1:30P Bible Study w/Chaplain John Bender (AU) <b>2:30P CVS/Walgreens (\$)</b> 6:00P Rummikub (GR)</p>	<p><b>10</b> 9:00A Putting Club (PG) 9:30A Coffee w/Neighbors (CC) 6:15P Bingo (AC)</p>
<p><b>11</b>  11:00A Episcopal Service (B Building 2nd Floor) 12:00P-2:00P Sunday Brunch 3:30P Vespers (AU/Ch2) 4:30P Coffee and Chatter (CC)</p>	<p><b>12</b> 10:00A Art Group (AC) <b>11:45A Second Friends Lunch (DR)</b> 1:30P Bible School (GR) <b>3:00P Lights, Camera, Cooking Show (AU)</b> 5P &amp; 6P Mexican Train (GR)</p>	<p><b>13</b> <u>Meal of the Month</u> <u>Ballots Due</u> <b>10:00A Grocery Trip (ML)</b> 11:00A PWP Choir (AU) 3:00P Movie Matinee - "Man on the Inside S2, E3&amp;4" (AU) 6:15P Bingo (AC)</p>	<p><b>14</b> 11:30A Faithful Paws Visit (ML) <b>3:00P Meet the Author - Ruth Glover "Coping: The Many Faces of Love and Care" (GR)</b> 6:15P Bridge (GR)</p>	<p><b>15</b> <b>Pest Control Building B</b> 10:00A Writer's Workshop (AC) 11:00A Episcopal Service (AU) 11:15A Prayer Group (GR) 2:00P Rummikub (GR) 4:00P Social Hour (CC) 6:15P Bingo (AC)</p>	<p><b>16</b>  <b>On-Site Car Wash &amp; Detailing</b> 11:30A Book Club (L) 1:30P Bible Study w/Chaplain John Bender (AU) 6:00P Rummikub (GR) 6:15P Trivia Night (AC)</p>	<p><b>17</b> 9:00A Putting Club (PG) 9:30A Coffee w/Neighbors (CC) 3:30P Music of Harmony (AU) 6:15P Bingo (AC)</p>
<p><b>18</b> 11:00A Episcopal Service (B Building 2nd Floor) 12:00P-2:00P Sunday Brunch 3:30P Vespers (AU/Ch2) 4:30P Coffee and Chatter (CC)</p>	<p><b>19</b>  10:00A Art Group (AC) <b>12:30P Afternoon Pop! (AU)</b> 1:30P Bible School (GR) <b>3:00P Birthday Social (AU)</b> 5P &amp; 6P Mexican Train (GR) <b>National Popcorn Day</b></p>	<p><b>20</b> <u>Meal of the Month</u> <b>10:00A Grocery Trip (ML)</b> 2:00P Sing-A-Long w/ Tim Holder (AU) 3:00P Movie Matinee - "Man on the Inside S2, E5&amp;E6" (AU) 6:15P Bingo (AC)</p>	<p><b>21</b> <b>11:30A Out to Lunch: Alamo Tamales Mexican Restaurant (ML)</b> 3:00P Chef Chat (AU) 5:00P Catholic Women's Dinner (DR) 6:15P Bridge (GR)</p>	<p><b>22</b> 11:15A Prayer Group (GR) <b>1:30P Wii Bowling Lessons (WiiRoom)</b> 2:00P Rummikub (GR) 4:00P Social Hour (CC) 6:15P Bingo (AC)</p>	<p><b>23</b> 1:30P Bible Study w/Chaplain John Bender (AU) <b>2:30P CVS/Walgreens (\$)</b> <b>3:00P Bunco w/Amy (GR)</b> 6:00P Rummikub (GR)</p>	<p><b>24</b> 9:00A Putting Club (PG) 9:30A Coffee w/Neighbors (CC) 6:15P Bingo (AC)</p>
<p><b>25</b> 11:00A Episcopal Service (B Building 2nd Floor) 12:00P-2:00P Sunday Brunch 3:30P Vespers (AU/Ch2) 4:30P Coffee and Chatter (CC)</p>	<p><b>26</b> 10:00A Art Group (AC) 1:30P Bible School (GR) <b>3:00P The Game Show Showdown w/Chaplain John Bender: Who want to be a Dollarnaire! (AU)</b> 5P &amp; 6P Mexican Train (GR)</p>	<p><b>27</b> <b>10:00A Grocery Trip - Walmart (ML)</b> 11:00A PWP Choir (AU) 3:00P Movie Matinee - "Man on the Inside S2, E7&amp;E8" (AU) 6:15P BINGO (AC)</p>	<p><b>28</b> 10:30A Vessels of Joy (GR) 11:30A Faithful Paws Visit (ML) <b>2:00P How to Advocate for yourself Lecture w/Assisting Hands (AU)</b> 3:00P Learn Spanish (GR)</p>	<p><b>29</b>  10:00A 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)</p>	<p><b>30</b>  <b>10:00A Cockrell Butterfly Center (ML)</b> 1:30P Bible Study w/Chaplain John Bender (AU) 6:00P Rummikub (GR)</p>	<p><b>31</b> 9:00A Putting Club (PG) 9:30A Coffee w/Neighbors (CC) 6:15P Dollar Bingo (AC)</p>



J  
A  
N  
U  
A  
R  
Y

# Independent Living Wellness Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
ALL WELLNESS CLASSES ARE HELD IN THE WELLNESS CENTER UNLESS SPECIFIED	For 1-on-1 Consultations, Tailored Exercise plans, or Machine Tutorials please reach out to our Wellness Coordinator Malcolm Scott at 346-269-7130	 Functional Pathways <i>Therapy that exceeds expectations</i>		1 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 Line Dance Fitness	2 9:30A Advanced Cardio 10:00A Intermediate Cardio 10:30A Chair Aerobics 11:00A Trivia (Wii Room) 1:00P Men's Circuit Training 1:30P Mobility vs. Flexibility Workshop 2:00P Cornhole (CC)	3 <b>GET ACTIVE</b> Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3
4 <b>GET ACTIVE</b> Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3	5 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 2:30P Guided Stretch & Breathing	6 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 Walking Aerobics	7 9:30A Adv. Stretch & Balance 10:00A Int. Stretch & Balance 10:30A Beg. Stretch & Balance 11:00A Chair Volleyball (AU) 1:30P Chair Yoga 2:00P Resident Consultation	8 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 Line Dance Fitness	9 9:30A Advanced Cardio 10:00A Intermediate Cardio 10:30A Chair Aerobics 11:00A Trivia (Wii Room) 1:00P Men's Circuit Training 1:30P Mobility vs. Flexibility Workshop 2:00P Cornhole (CC)	10 <b>GET ACTIVE</b> Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3
11 <b>GET ACTIVE</b> Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3	12 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 2:30P Guided Stretch & Breathing	13 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 Walking Aerobics	14 9:30A Adv. Stretch & Balance 10:00A Int. Stretch & Balance 10:30A Beg. Stretch & Balance 11:00A Chair Volleyball (AU) 1:30P Chair Yoga 2:00P Resident Consultation	15 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 Line Dance Fitness	16 9:30A Advanced Cardio 10:00A Intermediate Cardio 10:30A Chair Aerobics 11:00A Trivia (Wii Room) 1:00P Men's Circuit Training 1:30P Mobility vs. Flexibility Workshop 2:00P Cornhole (CC)	17 <b>GET ACTIVE</b> Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3
18 <b>GET ACTIVE</b> Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3	19 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 2:30P Guided Stretch & Breathing	20 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 Walking Aerobics	21 9:30A Adv. Stretch & Balance 10:00A Int. Stretch & Balance 10:30A Beg. Stretch & Balance 11:00A Chair Volleyball (AU) 1:30P Chair Yoga 2:00P Resident Consultation	22 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 Line Dance Fitness	23 9:30A Advanced Cardio 10:00A Intermediate Cardio 10:30A Chair Aerobics 11:00A Trivia (Wii Room) 1:00P Men's Circuit Training 1:30P Mobility vs. Flexibility Workshop 2:00P Cornhole (CC)	24 <b>GET ACTIVE</b> Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3
25 <b>GET ACTIVE</b> Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3	26 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 2:30P Guided Stretch & Breathing	27 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 Walking Aerobics	28 9:30A Adv. Stretch & Balance 10:00A Int. Stretch & Balance 10:30A Beg. Stretch & Balance 11:00A Chair Volleyball (AU) 1:30P Chair Yoga 2:00P Resident Consultation	29 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 Line Dance Fitness	30 9:30A Advanced Cardio 10:00A Intermediate Cardio 10:30A Chair Aerobics 11:00A Trivia (Wii Room) 1:00P Men's Circuit Training 1:30P Mobility vs. Flexibility Workshop 2:00P Cornhole (CC)	31 <b>GET ACTIVE</b> Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3