



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



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FRI

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<u>MAP LEGEND</u>	
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

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.

\*\*Events highlighted in **BLUE** require sign-up in the message center.



1

11:15A Prayer Group (GR)  
**1:00P New Year, New Me**  
2:00P Rummikub (GR)  
6:15P Bingo (AC)



2

1:00P Catholic Service (AU)  
6:00P Rummikub (GR)  
6:15P Trivia Night (AC)



3

9:00A Putting Club (PG)  
9:30A Coffee w/Neighbors (CC)  
6:15P Bingo (AC)

4

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)

5

10:00A Art Group (AC)  
1:30P Bible School (GR)  
3:00P Bingo Store (AC)  
5P & 6P Mexican Train (GR)



6

**10:00A Grocery Trip (ML)**  
11:00A Men's Group (GR)  
3:00P Movie Matinee - "Man on the Inside S2, E1&2" (AU)  
6:15P Bingo (AC)

7

10:00A Jay's Bazar (GR)  
**10:30A Relaxation at the Koi Pond (CC)**  
3:00P Learn Spanish (GR)  
6:15P Bridge (GR)



8

11:15A Prayer Group (GR)  
**1:30P Wii Bowling Lessons (WiiRoom)**  
2:00P Rummikub (GR)  
4:00P Social Hour (CC)  
6:15P Bingo (AC)

9

**10:30A Shopping Squad: Town & Country Village (ML)**  
1:30P Bible Study w/Chaplain John Bender (AU)  
**2:30P CVS/Walgreens (\$)**  
6:00P Rummikub (GR)

10

9:00A Putting Club (PG)  
9:30A Coffee w/Neighbors (CC)  
6:15P Bingo (AC)

11

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)



12

10:00A Art Group (AC)  
**11:45A Second Friends Lunch (DR)**  
1:30P Bible School (GR)  
**3:00P Lights, Camera, Cooking Show (AU)**  
5P & 6P Mexican Train (GR)

14

11:30A Faithful Paws Visit (ML)  
**3:00P Meet the Author - Ruth Glover "Coping: The Many Faces of Love and Care" (GR)**  
6:15P Bridge (GR)

15

**Pest Control Building 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)

16

**On-Site Car Wash & Detailing**  
11:30A Book Club (L)  
1:30P Bible Study w/Chaplain John Bender (AU)  
6:00P Rummikub (GR)  
6:15P Trivia Night (AC)

17

9:00A Putting Club (PG)  
9:30A Coffee w/Neighbors (CC)  
3:30P Music of Harmony (AU)  
6:15P Bingo (AC)

18

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)

19

**HAPPY BIRTHDAY**  
10:00A Art Group (AC)  
**12:30P Afternoon Pop! (AU)**  
1:30P Bible School (GR)  
**3:00P Birthday Social (AU)**  
5P & 6P Mexican Train (GR)

National Popcorn Day

20

**Meal of the Month**  
10:00A Grocery Trip (ML)  
2:00P Sing-A-Long w/ Tim Holder (AU)  
3:00P Movie Matinee - "Man on the Inside S2, E5&E6" (AU)  
6:15P Bingo (AC)

22

11:15A Prayer Group (GR)  
**1:30P Wii Bowling Lessons (WiiRoom)**  
2:00P Rummikub (GR)  
4:00P Social Hour (CC)  
6:15P Bingo (AC)

23

1:30P Bible Study w/Chaplain John Bender (AU)  
**2:30P CVS/Walgreens (\$)**  
**3:00P Bunco w/Amy (GR)**  
6:00P Rummikub (GR)

24

9:00A Putting Club (PG)  
9:30A Coffee w/Neighbors (CC)  
6:15P Bingo (AC)



25

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)

26

10:00A Art Group (AC)  
1:30P Bible School (GR)  
**3:00P The Game Show Showdown w/Chaplain John Bender: Who want to be a Dollarnaire! (AU)**  
5P & 6P Mexican Train (GR)

27

**10:00A Grocery Trip - Walmart (ML)**  
11:00A PWP Choir (AU)  
3:00P Movie Matinee - "Man on the Inside S2, E7&E8" (AU)  
6:15P BINGO (AC)

28

10:30A Vessels of Joy (GR)  
11:30A Faithful Paws Visit (ML)  
**2:00P How to Advocate for yourself Lecture w/Assisting Hands (AU)**  
3:00P Learn Spanish (GR)

29

**MEETING**  
10:00A Writer's Workshop (AC)  
11:15A Prayer Group (GR)  
2:00P Rummikub (GR)  
**3:00P Town Hall (AU)**  
4:00P Social Hour (CC)  
6:15P Bingo (AC)

30

**10:00A Cockrell Butterfly Center (ML)**  
1:30P Bible Study w/Chaplain John Bender (AU)  
6:00P Rummikub (GR)

31

9:00A Putting Club (PG)  
9:30A Coffee w/Neighbors (CC)  
6:15P Dollar Bingo (AC)





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# Independent Living Wellness Calendar

SUN MON TUE WED THU FRI SAT

<p><b>ALL WELLNESS CLASSES ARE HELD IN THE WELLNESS CENTER UNLESS SPECIFIED</b></p>	<p><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></p>	 <p><b>Functional Pathways</b> <i>Therapy that exceeds expectations</i></p>		<b>1</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 Line Dance Fitness	<b>2</b> 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)	<b>3</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>4</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>5</b> 9:30A Adv. Core & Balance 10:00A Int. Core & Balance 10:30A Beg. Core & Balance 12:30P Resident Consultation 1:30P Functional Strength Training 2:30P Guided Stretch & Breathing	<b>6</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 Walking Aerobics	<b>7</b> 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	<b>8</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 Line Dance Fitness	<b>9</b> 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)	<b>10</b> <b>GET ACTIVE</b> Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3
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<b>18</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>19</b> 9:30A Adv. Core & Balance 10:00A Int. Core & Balance 10:30A Beg. Core & Balance 12:30P Resident Consultation 1:30P Functional Strength Training 2:30P Guided Stretch & Breathing	<b>20</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 Walking Aerobics	<b>21</b> 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	<b>22</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 Line Dance Fitness	<b>23</b> 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)	<b>24</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>25</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>26</b> 9:30A Adv. Core & Balance 10:00A Int. Core & Balance 10:30A Beg. Core & Balance 12:30P Resident Consultation 1:30P Functional Strength Training 2:30P Guided Stretch & Breathing	<b>27</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 Walking Aerobics	<b>28</b> 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	<b>29</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 Line Dance Fitness	<b>30</b> 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)	<b>31</b> <b>GET ACTIVE</b> Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3