Parc at Piedmont - The Terraces

MAY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9:45 Calm Corner 10:00 Cushion Cardio 11:00 Bingo 2:00 Daily Delight: Word Mining 3:00 Walk the Parc	**2** NATIONAL TRUFFLE DAY 9:45 Tranquil Time 10:00 Chair Fitness 11:00 Pokeno- LR 2:00 Rummikub- LR 2:30 Trufflepalooza- Truffle Tasting 3:00 Walk the Parc	**3** 9:45 Calm Corner 10:00 Chair Yoga 11:00 Bingo 12:15 Happy Hour w/ Sybil Eberhart 3:30 Daily Delight: Jeopardy!	**4** 2:00 Daily Delight: Word Mining 3:00 Walk the Parc
5 10:30 PIANO HYMNS - LR 2:00 Daily Delight: Word Mining 3:00 Walk the Parc	**6** NATIONAL NURSES WEEK 9:45 Calm Corner 10:00 Seated Strength 11:00 Pokeno- LR **2:00 Marvelous Manicures** 3:00 Walk the Parc	**7** Teacher Appreciation Day 9:45 Tranquil Time 10:00 Sit & Stretch 11:00 Bingo 2:30 Outing: Scenic Tour 2:30 Daily Delight: Word Mining 3:30 Matinee Movie - TR	**8** 9:45 Calm Corner 10:00 Cushion Cardio 11:00 Bingo 2:00 Daily Delights: Word Mining 3:00 Afternoon Performance by Carenote Showtune	**9** 9:45 Tranquil Time 10:00 Chair Fitness 11:00 Pokeno- LR 2:00 Rummikub- LR 2:30 Sip and Paint 3:00 Walk the Parc	**10** 9:45 Calm Corner 10:00 Chair Yoga 11:00 Bingo 12:00 Mothers Day Luncheon w/ Pianist Jade 3:30 Daily Delight: Jeopardy!	**11** 2:00 Daily Delight: Word Mining 3:00 Walk the Parc
12 MOTHERS DAY 10:30 PIANO HYMNS - LR 2:00 Daily Delight: Word Mining 3:00 Walk the Parc	**13** 9:45 Calm Corner 10:00 Seated Strength 11:00 Pokeno- LR 2:00 Patio Conversations w/ Apple Pie 3:00 Walk the Parc	**14** 9:45 Tranquil Time 10:00 Sit & Stretch 11:00 Bingo 2:30 Confections and Chats w/ Chef 2:30 Daily Delight: Word Mining 3:30 Matinee Movie - TR	**15** 9:45 Calm Corner 10:00 Cushion Cardio 11:00 Bingo 2:30 Outing: Dollar Tree 3:00 Walk the Parc	**16** 9:45 Tranquil Time 10:00 Chair Fitness 11:00 Pokeno- LR 2:00 Rummikub- LR 3:00 Walk the Parc	**17** 9:45 Calm Corner 10:00 Chair Yoga 11:00 Bingo 12:15 Happy Hour w/The Coral Bells 3:30 Daily Delight: Jeopardy!	**18** 2:00 Daily Delight: Word Mining 3:00 Walk the Parc
19 10:30 PIANO HYMNS - LR 2:00 Daily Delight: Word Mining 3:00 Walk the Parc	**20** 9:45 Calm Corner 10:00 Seated Strength 11:00 Pokeno- LR **2:00 Marvelous Manicures** 3:00 Walk the Parc	**21** 9:45 Tranquil Time 10:00 Sit & Stretch 11:00 Bingo 2:30 Daily Delight: Word Mining 3:00 Afternoon Performance w/ Anthony Evans	**22** 9:45 Calm Corner 10:00 Cushion Cardio 11:00 Bingo 2:30 Outing: Scenic Tour 3:00 Walk the Parc	**23** 9:45 Tranquil Time 10:00 Chair Fitness 11:00 Pokeno- LR 2:00 Rummikub- LR 3:00 Walk the Parc	**24** NATIONAL WINE DAY 9:45 Calm Corner 10:00 Chair Yoga 11:00 Bingo 12:15 Sip, Swirl and Savor w/ Tony G 3:30 Daily Delight: Jeopardy!	**25** 2:00 Daily Delight: Word Mining 3:00 Walk the Parc
26 10:30 PIANO HYMNS - LR 2:00 Daily Delight: Word Mining 3:00 Walk the Parc	**27** MEMORIAL DAY 9:45 Calm Corner 10:00 Seated Strength 11:00 Pokeno- LR 12:00 Memorial Day Celebration 3:00 Walk the Parc	**28** 9:45 Tranquil Time 10:00 Sit & Stretch 11:00 Bingo 2:30 Daily Delight: Word Mining 3:00 Afternoon Performance w/ Anthony Evans	**29** 9:45 Calm Corner 10:00 Cushion Cardio 11:00 Bingo 2:30 Outing: Kohl's 3:00 Walk the Parc	**30** 9:45 Tranquil Time 10:00 Chair Fitness 11:00 Pokeno- LR 12:15 Happy Hour w/ Bill Gleeson 2:00 Rummikub- LR 3:00 Walk the Parc	**31** 9:45 Calm Corner 10:00 Chair Yoga 11:00 Bingo 2:30 Outing: Scenic Tour 3:30 Daily Delight: Jeopardy!	KEY Dining Room.....DR Living Room.....LR Media Room.....MR Private Dining Room.....PDR Independent Living Rotunda.....IL RO Courtyard.....CYTD Fitness Center.....FC PCH Media Room.....PMR Indep Living Media Room.....IL MR Rotunda.....ROT *** Limited Availability. Please check in with Concierge to sign up

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ACTIVITIES ARE SUBJECT TO CHANGE