



PARKRIDGE ACTIVITIES CALENDAR 2023

LIVING LIFE WELL



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>9:00 Morning Stretch 10:00 Colorful Scarves & music 11:00 Relaxation/Refreshments 1:30 Arts & Crafts 2:00 The Grocery Game 3:00 Social Gathering 4:00 Pictionary Game 5:00 Family Movie</p>	<p>1</p> <p>9:00 Morning Stretch 10:00 Colorful Scarves & music 11:00 Relaxation/Refreshments 1:30 Arts & Crafts 2:00 The Grocery Game 3:00 Social Gathering 4:00 Pictionary Game 5:00 Family Movie</p>	<p>2</p> <p>9:00 Morning Stretch 10:00 Name that tune 10:30 Floral Arrangements 11:00 Relaxation/Refreshments 1:30 Aromatherapy 2:00 Getting To Know You 3:00 Social Gathering 4:00 Toss Ball 5:00 Sing-A-Long</p>	<p>3</p> <p>9:00 Morning Stretch 10:00 Balloon Volley Exercise 10:30 Matching Items 11:00 Relaxation/Refreshments 1:30 Discussion On Water Melon 2:00 Baking Cookies 3:00 Social Gathering 4:00 Poetry Corner 5:00 Family Movie</p>	<p>4</p> <p>9:00 Morning Stretch 10:00 Colorful Scarves & music 11:00 Relaxation/Refreshments 1:30 Arts & Crafts 2:00 The Grocery Game 3:00 Social Gathering 4:00 Pictionary Game 5:00 Family Movie</p>	<p>5</p> <p>9:00 Morning Stretch 10:00 Beauty Hour 11:00 Relaxation/Refreshments 1:30 Bible Study 2:00 Sing-A-Long 3:00 Happy Hour 4:00 Color Your Stress Away 5:00 Friday Matinee</p>	<p>6</p> <p>9:00 Morning Stretch 10:00 Sit & Fit Exercise 10:30 Coffee Klatch 11:00 Relaxation/ Refreshments 1:30 Table Games 2:00 Book Club (Short Stories) 3:00 Social Gathering 4:00 Sing-A-Long 5:00 Family Movie</p>
<p>9:00 Morning Stretch 10:00 Balloon Volley Exercise 10:30 Matching Items 11:00 Relaxation/Refreshments 1:30 Discussion On Water Melon 2:00 Baking Cookies 3:00 Social Gathering 4:00 Poetry Corner 5:00 Sing-A-Long</p>	<p>8 Karate W Larry</p> <p>9:00 Morning Stretch 10:00 Colorful Scarves & music 11:00 Relaxation/Refreshments 1:30 Arts & Crafts 2:00 The Grocery Game 3:00 Social Gathering 4:00 Pictionary Game 5:00 Family Movie</p>	<p>9</p> <p>9:00 Morning Stretch 10:00 Name that tune 10:30 Floral Arrangements 11:00 Relaxation/Refreshments 1:30 Aromatherapy 2:00 Getting To Know You 3:00 Social Gathering 4:00 Toss Ball 5:00 Sing-A-Long</p>	<p>10</p> <p>9:00 Morning Stretch 10:00 Balloon Volley Exercise 10:30 Matching Items 11:00 Relaxation/Refreshments 1:30 Discussion On Water Melon 2:00 Baking Cookies 3:00 Social Gathering 4:00 Poetry Corner 5:00 Family Movie</p>	<p>11</p> <p>9:00 Morning Stretch 10:00 Colorful Scarves & music 11:00 Relaxation/Refreshments 1:30 Arts & Crafts 2:00 The Grocery Game 3:00 Social Gathering 4:00 Pictionary Game 5:00 Family Movie</p>	<p>12 Pizza Day </p> <p>9:00 Morning Stretch 10:00 Beauty Hour 11:00 Relaxation/Refreshments 1:30 Bible Study 2:00 Sing-A-Long 3:00 Happy Hour 4:00 Color Your Stress Away 5:00 Friday Matinee</p>	<p>13</p> <p>9:00 Morning Stretch 10:00 Sit & Fit Exercise 10:30 Coffee Klatch 11:00 Relaxation/ Refreshments 1:30 July 4th BBQ party 2:00 Book Club (Short Stories) 3:00 Social Gathering 4:00 Sing-A-Long 5:00 Family Movie</p>
<p>14 Happy Mothers Day</p> <p>9:00 Morning Stretch 10:00 Balloon Volley Exercise 10:30 Matching Items 11:00 Relaxation/Refreshments 1:30 Discussion On Water Melon 2:00 Baking Cookies 3:00 Social Gathering 4:00 Poetry Corner 5:00 Sing-A-Long</p>	<p>15</p> <p>9:00 Morning Stretch 10:00 Balloon Volley Exercise 10:30 Matching Items 11:00 Relaxation/Refreshments 1:30 Discussion On Water Melon 2:00 Baking Cookies 3:00 Social Gathering 4:00 Poetry Corner 5:00 Family Movie</p>	<p>16</p> <p>9:00 Morning Stretch 10:00 Name that tune 10:30 Floral Arrangements 11:00 Relaxation/Refreshments 1:30 Aromatherapy 2:00 Getting To Know You 3:00 Social Gathering 4:00 Toss Ball 5:00 Sing-A-Long</p>	<p>17</p> <p>9:00 Morning Stretch 10:00 Balloon Volley Exercise 10:30 Matching Items 11:00 Relaxation/Refreshments 1:30 Discussion On Water Melon 2:00 Baking Cookies 3:00 Social Gathering 4:00 Poetry Corner 5:00 Family Movie</p>	<p>18</p> <p>9:00 Morning Stretch 10:00 Colorful Scarves & music 11:00 Relaxation/Refreshments 1:30 Arts & Crafts 2:00 The Grocery Game 3:00 Social Gathering 4:00 Pictionary Game 5:00 Sing-A-Long</p>	<p>19</p> <p>9:00 Morning Stretch 10:00 Beauty Hour 11:00 Music with Marjorie 1:30 Bible Study 2:00 Sing-A-Long 3:00 Happy Hour 4:00 Color Your Stress Away 5:00 Friday Matinee</p>	<p>20</p> <p>9:00 Morning Stretch 10:00 Sit & Fit Exercise 10:30 Coffee Klatch 11:00 Relaxation/ Refreshments 1:30 Table Games 2:00 Book Club (Short Stories) 3:00 Social Gathering 4:00 Sing-A-Long 5:00 family Movie</p>
<p>21</p> <p>9:00 Morning Stretch 10:00 Balloon Volley Exercise 10:30 Matching Items 11:00 Relaxation/Refreshments 1:30 Discussion On Water Melon 2:00 Baking Cookies 3:00 Social Gathering 4:00 Poetry Corner 5:00 Sing-A-Long</p>	<p>22</p> <p>9:00 Morning Stretch 10:00 Balloon Volley Exercise 10:30 Matching Items 11:00 Relaxation/Refreshments 1:30 Discussion On Water Melon 2:00 Baking Cookies 3:00 Social Gathering 4:00 Poetry Corner 5:00 Family Movie</p>	<p>23</p> <p>9:00 Morning Stretch 10:00 Name that tune 10:30 Floral Arrangements 11:00 Relaxation/Refreshments 1:30 Aromatherapy 2:00 Getting To Know You 3:00 Social Gathering 4:00 Toss Ball 5:00 Sing-A-Long</p>	<p>24</p> <p>9:00 Morning Stretch 10:00 Balloon Volley Exercise 10:30 Matching Items 11:00 Relaxation/Refreshments 1:30 Discussion On Water Melon 2:00 Baking Cookies 3:00 Social Gathering 4:00 Poetry Corner 5:00 Family Movie</p>	<p>25</p> <p>9:00 Morning Stretch 10:00 Colorful Scarves & music 11:00 Relaxation/Refreshments 1:30 Arts & Crafts 2:00 The Grocery Game 3:00 Social Gathering 4:00 Pictionary Game 5:00 Family Movie</p>	<p>26</p> <p>9:00 Morning Stretch 10:00 Beauty Hour 11:00 Relaxation/Refreshments 1:30 Bible Study 2:00 Sing-A-Long 3:00 Happy Hour 4:00 Color Your Stress Away 5:00 Friday Matinee</p>	<p>27</p> <p>9:00 Morning Stretch 10:00 Sit & Fit Exercise 10:30 Coffee Klatch 11:00 Relaxation/ Refreshments 1:30 Table Games 2:00 Book Club (Short Stories) 3:00 Social Gathering 4:00 Sing-A-Long 5:00 Family Movie</p>
<p>28</p> <p>9:00 Morning Stretch 10:00 Balloon Volley Exercise 10:30 Matching Items 11:00 Relaxation/Refreshments 1:30 Discussion On Water Melon 2:00 Baking Cookies 3:00 Social Gathering 4:00 Poetry Corner 5:00 Sing-A-Long</p>	<p>28</p> <p>9:00 Morning Stretch 10:00 Balloon Volley Exercise 10:30 Matching Items 11:00 Relaxation/Refreshments 1:30 Discussion On Water Melon 2:00 Baking Cookies 3:00 Social Gathering 4:00 Poetry Corner 5:00 Family Movie</p>	<p>30</p> <p>9:00 Morning Stretch 10:00 Name that tune 10:30 Floral Arrangements 11:00 Relaxation/Refreshments 1:30 Aromatherapy 2:00 Getting To Know You 3:00 Social Gathering 4:00 Toss Ball 5:00 Sing- A-Long</p>	<p>31</p> <p>9:00 Morning Stretch 10:00 Balloon Volley Exercise 10:30 Matching Items 11:00 Relaxation/Refreshments 1:30 Discussion On Water Melon 2:00 Baking Cookies 3:00 Social Gathering 4:00 Poetry Corner 5:00 Family Movie</p>	