

SUNDAY	MONDAY		WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
<div>Medical Transportation Appointment Request must be turned in one day prior by 1:00 Tuesday and Thursday 10 mile radius</div> <div>Please note: Only one appointment per day per resident and First Come First Serve</div>			<div></div>			<div>9:00 Head to Toe Swedish Exercise (AS) 10:00 Confession w/Father Lee (#3309) 10:00 Catholic Rosary (MP) 10:00 Lubys Plano Outing 10:30 Anointing the sick w/ Father Lee (MP) 10:30 Catholic Communion (MP) 2:00 WU Diamond Dots 2:00/3:00 WU Live your Best Life (G) 2:00 McKinney HS Baseball Outing 4:00-5:00 Signature Cocktail Hour (BL) 7:00 Mexican Train (MP)</div> <div>1</div>	<div>9:30 Charity Stitch & Chat (across from 5212) 10:00 WU Line Dancing (AS) 10:00 WU Talk about Lungs (BL) 1:30 Bingo (MP) 1:30 French Berets: French Fashion (BL) 2:00 Texas Independence Day (BL) 2:00/7:00 Movie: The King and I 6:30 Mexican Train (G)</div> <div>2</div>	
<div>10:00 Suad Sells (BL) 10:15 Church Shuttle 11:00-2:00 Sunday Brunch (DR) 11:00 Bold Grace Fellowship (TH) 11:10 Current Event and Coffee Social (BL) 2:30 Parkview Church Service(TH) 6:30 Sunday Movie: Fiddler on The Roof (TH)</div> <div>3</div>	<div>9:00 Head to Toe Swedish Exercise (AS) 10:00 Grocery Shopping 10:00 WU Diabetes Talk (BL) 11:00 WU Brain Teasers (G) 1:00 Strength Training Exercise (AS) 1:30 Bingo (MP) 2:00 Intercessory Community Prayer (across from 5212) 3:00 Broadway Rhythms (next to 4111) 3:30 Journey across the US-VR (BL) 6:30 Pokeno (G)</div> <div>4</div>	<div>9:00 Head to Toe Swedish Exercise (AS) 9:30 Synergy Vitals Checks (BL) 9:30 360 Wellness Pt.1 (BL) 10:30 Parkview Book Club: Washington A life by Ron Chernow (L) 12:00 Speed Bingo (MP) 2:15 Happy Hour w/ Divine (DR) 3:20 Zentangle (AB) 6:30 Evening Movie: The Phantom of the Opera</div> <div>5</div>	<div>9:30 360 Wellness Pt.2(BL) 10:00 Upper Limbs Exercise (AS) 10:00 Juliet Outing: La Madeline 1:00 Pokeno (Next to 5212) 1:00 History Buffs: Amelia Earhart (BL) 2:00 360 Wellness Final Class (BL) 2:00 Steins Bakery Outing 4:00 Wine Down Wednesday (BL) 6:30 Poker (G)</div> <div>6</div>	<div>9:00 Head to Toe Swedish Exercise (AS) 10:30 Paint w/Bob Razz (AB) 10:30 WU Bible Study (MP) 1:30 Crazy Rummy (G) 1:30 Bingo (MP) 1:30 Culture Club: French Europe (BL) 2:00 Community Life Meeting (BL) 2:30 Hymn Singing (next to 4111) 3:30 Swiss Alps- VR (BL) 6:30 Pokeno (G)</div> <div>7</div>	<div>9:00 Head to Toe Swedish Exercise (AS) 10:00 Catholic Rosary (MP) 10:30 Catholic Communion (MP) 10:30 Crazy Rummy (G) 11:00 DIY Gift Bag (BL) 11:30 Mystery Lunch Outing 1:00 Hand Arthritis Exercise (AS) 1:00 Julia Child Prodigies: Spice Cookies (BL) 2:00/3:00 WU Live your Best Life (G) 4:00-5:00 Signature Cocktail Hour (BL) 7:00 Mexican Train (MP)</div> <div>8</div>	<div>9:30 Charity Stitch & Chat (across from 5212) 9:30 Open Discussion: Ways to Heal (BL) 10:00 WU Heart Talk (BL) 1:30 Bingo (MP) 1:30 French Berets: French History (BL) 2:00/7:00 Movie: A Chorus Line 3:00 Canvas Painting (AB) 6:30 Mexican Train (G)</div> <div>9</div>		
<div>9:30-2:00 French Jewelry and Small Items Booth (BL) 10:15 Church Shuttle 11:00-2:00 Sunday Brunch (DR) 11:00 Bold Grace Fellowship (TH) 11:10 Current Event and Coffee Social (BL) 2:30 Parkview Church Service (TH) 6:30 Sunday Movie: Dances with Wolves (TH)</div> <div>10</div>	<div>9:00 Head to Toe Swedish Exercise (AS) 10:00 Grocery Shopping 10:00 WU Kidney Disease Talk (BL) 11:00 WU Brain Teasers (G) 1:00 Range of Motion Exercise (AS) 1:30 Bingo (MP) 2:00 Intercessory Community Prayer (across from 5212) 3:00 Broadway Rhythms (next to 4111) 3:30 Childhood Vacations- VR (BL) 6:30 Pokeno (G)</div> <div>11</div>	<div>9:00 Head to Toe Swedish Exercise (AS) 9:30 Synergy Vitals Checks (BL) 10:00 Dallas Blooms Outing 10:30 Parkview Book Club: Washington A life by Ron Chernow (L) 2:00 WU My home town w/Amanda 3:00 Couples Game (BL) 3:20 Zentangle (AB) 6:30 Evening Movie: The Help</div> <div>12</div>	<div>10:00 Shopping/Nail Salon Outing 10:00 Stretching Exercise (AS) 11:00 Baking Square: Coconut Creme Torte (2109) 11:00 History of the World Rabbi Wolk (MP) 1:00 Pokeno (Next to 5212) 1:00 History Buffs: Harriet Tubman (BL) 2:00 WU Music and Memories (TH) 4:00 Wine Down Wednesday (BL) 6:30 Poker (G)</div> <div>13</div>	<div>8:00-4:15 Dr. Graff Mobile 9:00 Head to Toe Swedish Exercise (AS) 9:30 WU Tech Class: Picture Edits (BL) 10:30 Crazy Rummy (G) 10:30 WU Bible Study (MP) 11:00 Pie Day & Tasty Treat (BL) 1:30 Bingo (MP) 1:30 WU Upcycling Art Class (BL) 3:30 Virtual Roller coaster (BL) 6:30 Pokeno (G)</div> <div>14</div>	<div>9:00 Head to Toe Swedish Exercise (AS) 9:30 Positive Affirmations (BL) 10:00 Catholic Rosary (MP) 10:00 Grace Bridge Resale Outing 10:00 Officer Meeting (TH) 10:00 Dental Day Information Booth (BL) 10:30 Catholic Communion (MP) 10:30 Crazy Rummy (G) 1:00 Knee Arthritis Exercise (AS) 2:00/3:00 WU Live your Best Life (G) 4:00-5:00 Signature Cocktail Hour (BL) 7:00 Mexican Train (MP)</div> <div>15</div>	<div>9:30 Charity Stitch & Chat (across from 5212) 10:00 Speed Mentoring (DR) 10:00 WU Kidney function (BL) 10:30 Julies Abstract Art (AB) 1:30 Bingo (MP) 6:30 Mexican Train (G) 2:00/7:00 Movie: The Bridge on the River Way 7:00 St Pats Happy Hour w/Doc Gibbs</div> <div>16</div>		
<div>St. Patrick Day 10:15 Church Shuttle 11:00-2:00 Sunday Brunch (DR) 11:00 Bold Grace Fellowship (TH) 11:10 Current Event and Coffee Social (BL) 2:30 Parkview Church Service (TH) 6:30 Sunday Movie: Field of Dreams (TH)</div> <div>17</div>	<div>9:00 Head to Toe Swedish Exercise (AS) 10:00 Grocery Shopping 10:00 WU Talk about Neuropathy (BL) 11:00 WU Brain Teasers (G) 1:00 Flexibility Exercise (AS) 1:30 Bingo (MP) 2:00 Intercessory Community Prayer (across from 5212) 3:30 Virtual Gaming (BL) 6:30 Pokeno (G)</div> <div>18</div>	<div>9:00 Head to Toe Swedish Exercise (AS) 9:30 Synergy Vitals Checks (BL) 9:30 History Buffs: St Josephs Day (G) 10:30 Parkview Book Club: Washington A life by Ron Chernow (L) 12:00 Speed Bingo (MP) 1:00 Food Square: Pasta con le sarde 3:20 Zentangle (AB) 3:30 WU Diamond Dots (BL) 6:30 Evening Movie: The Wedding Singer</div> <div>19</div>	<div>10:00 Japanese Exercise (AS) 11:00 ROMEO Outing: Twin Peaks 1:00 Pokeno (Next to 5212) 11:00 Cherry Blossom Craft (BL) 1:30 WU Taste of the Holy Lands (1208) 1:30 Fall Prevention Talk (BL) 2:00 Cinnaholic Outing 2:00 Opera Club (TH) 4:00 Wine Down Wednesday (BL) 6:30 Poker (G)</div> <div>20</div>	<div>9:00 Head to Toe Swedish Exercise (AS) 10:30 Crazy Rummy (G) 10:30 WU Bible Study (MP) 1:00 Riddler Twiddler: DailyRiddle(BL) 1:30 Bingo (MP) 2:30 Purim Holiday- Sisterhood of Adat Chaverim (BL) 2:30 Hymn Singing (next to 4111) 3:30 Bucket List Travels- VR (BL) 6:30 Pokeno (G)</div> <div>21</div>	<div>9:00 SouthFork Ranch Outing 9:00 Head to Toe Swedish Exercise (AS) 9:30 Laughter Yoga (BL) 10:00 Catholic Rosary (MP) 10:00 Resident Council Meeting (TH) 10:30 Catholic Communion (MP) 1:00 State Meeting Social: W.Virginia Locals (BL) 2:00/3:00 WU Live your Best Life (G) 4:00-5:00 Signature Cocktail Hour (BL) 6:30 Family Movie Night (DR) 7:00 Mexican Train (MP)</div> <div>22</div>	<div>9:30 Charity Stitch & Chat (across from 5212) 9:30 Resistant Band Workout (AS) 10:00 WU Liver function talk (BL) 10:30 Julies Abstract Art (AB) 12:00 Rolling through the 40's and 50's music with Dean (DR) 1:30 Bingo (MP) 1:30 French Berets: French words (BL) 2:00/7:00 Movie: A Small Circle of Friends 6:30 Mexican Train (G)</div> <div>23</div>		
<div>10:15 Church Shuttle 11:00-2:00 Sunday Brunch (DR) 11:00 Bold Grace Fellowship (TH) 11:10 Current Event and Coffee Social (BL) 2:30 Parkview Church Service (TH) 6:30 Sunday Movie: Jack T</div> <div>24</div>	<div>Holi Day 9:00 Head to Toe Swedish Exercise (AS) 10:00 Grocery Shopping 10:00 WU Talk about Brain Health (BL) 11:00 Holi Celebration Fundraiser (P) 11:00 WU Brain Teasers (G) 1:00-1:45 Harris Jewelers and Repair (BL) 1:00 WU Chair Bollywood Dance (AS) 1:30 Bingo (MP) 2:00 Henna Art Designs (BL) 2:00 Intercessory Community Prayer (across from 5212) 3:30 WU Backpack through Europe-VR (BL) 6:30 Pokeno (G)</div> <div>25</div>	<div>9:00 Head to Toe Swedish Exercise (AS) 9:30 Synergy Vitals Checks (BL) 10:00 Meditation Group (BL) 10:30 Parkview Book Club: Washington A life by Ron Chernow (L) 12:00 Speed Bingo (MP) 2:15 Happy Hour w/ Krystal Rodriguez (DR) 3:20 Zentangle (AB) 6:30 Evening Movie: The Color Pur</div> <div>26</div>	<div>10:00 Arthritis Exercise (AS) 10:00 New Resident Social (BL) 10:00 Shopping/Nail Salon Outing 11:00 WU Jewelry Making (AB) 1:00 Pokeno (Next to 5212) 1:30 Easter Egg Stuffing (BL) 2:00 WU Music and Memories (TH) 2:00 Pinochle (G) 4:00 Wine Down Wednesday (BL) 6:30 Poker (G)</div> <div>27</div>	<div>9:00 Head to Toe Swedish Exercise (AS) 10:00 History Buffs: Malala Yousafzai (BL) 10:30 Crazy Rummy (G) 10:30 WU Bible Study (MP) 1:30 Bingo (MP) 2:00 Ted Talk on Happiness (BL) 3:00 WU Diamond Dots (BL) 3:00 Mad Hatters Book Club (L) 3:30 Virtual Adventure Excursion (BL) 5:00 Mystery Dinner Outing 6:30 Pokeno (G)</div> <div>28</div>	<div>8:00 Choctaw Casino Outing 9:00 Head to Toe Swedish Exercise (AS) 9:30 What am I? Trivia (BL) 10:00 Catholic Rosary (MP) 10:30 Catholic Communion (MP) 11:00 WU Ireland Information Session(TH) 2:30 WU Settings in OT (TH) 2:00/3:00 WU Live your Best Life (G) 3:00 WU Mixology 101 w/Amanda (BL) 4:00-5:00 Signature Cocktail Hour (BL) 7:00 Mexican Train (MP)</div> <div>29</div>	<div>9:30 Charity Stitch & Chat (across from 5212) 9:30 Weighted Exercise 10:00 WU Talk about Cancer (TH) 1:30 Bingo (MP) 2:00 Easter Egg Hunt (LB) 2:00/7:00 Movie: Erin Brockovich 3:00 Canvas Painting (AB) 6:30 Mexican Train (G)</div> <div>30</div>		
<div>Easter Sunday 10:15 Church Shuttle 11:00 Sunday Brunch 11:00 Bold Grace Fellowship (TH) 11:10 Current Event and Coffee Social (BL) 2:30 Parkview Church Service (TH) 6:30 Sunday Movie: Gone with the Wind (TH)</div> <div>31</div>	<div><div>MARCH 2024</div><div>Independent Living</div><div><div>PARKVIEW IN FRISCO A WATERMARK RETIREMENT COMMUNITYSM</div></div></div>		<div>ACTIVITY LOCATOR KEY</div> <div>AB- Art Breezeway AS- Aerobic Studio B1/4 Breezway Between Bld 1/4 BL- Bistro Lounge DO- Doctor's Office (1102) DR- Dining Room</div>		<div>FP- Fire Place G- Game Room L- Library MP- Multipurpose Room LB- Lobby P-Pool PD- Private Dining Room PT- Pool Table TH- Theater</div>		<div>March Birthdays Phil Chaiken 03/01 Ray Mayers 03/06 Max Sierra 03/10 Jo Leroux 03/19 Janet Deuel 03/22 Bobbie Koonce 03/23 Danna Deboer 03/27 Rita Smrekar 03/28 Bill Smith 03/28 Ken Johnson 03/31</div>	