

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Medical Transportation Appointment Request must be turned in one day prior by 1:00</b> <b>Tuesday and Thursday 10 mile radius</b> <b>Please note: Only one appointment per day per resident and First Come First Serve</b>	9:00 Head to Toe Swedish Exercise (AS) <b>10:00 Grocery Shopping</b> 10:00 WU Kidney Disease Talk (BL) 11:00 WU Brain Teasers (G) 1:00 Chair Zumba (AS) 1:30 Bingo (MP) 2:00 Intercessory Community Prayer (across from 5212) 3:00 New Resident Orientation (TH) 3:30 Childhood Vacations- VR (BL) 6:30 Pokeno (G)	9:00 Head to Toe Swedish Exercise (AS) 9:30 Synergy Vitals Checks (BL) 10:30 Parkview Book Club: Astor (L) 1:30 Speed Bingo (G) 1:30 Water Aerobics (P) 3:30 WU Zentangle (AB) 3:30 Diamond Dots (BL) 6:30 Evening Movie: 80 for Brady (TH)	<b>10:00 Stockyards Museum and Day at the Stockyards Outing</b> 1:00 Pokeno (Next to 5212) 1:00 History Buffs: Germany (L) 4:00 Wine Down Wednesday (BL) 6:30 Poker (G)	<b>Independence Day</b> 9:00 Head to Toe Swedish Exercise (AS) 10:30 WU Bible Study (MP) 1:30 Bingo (MP) 2:15 4th of July Happy Hour Party with Karen (DR) 3:30 Swiss Alps- VR (BL) 6:30 Pokeno (G)	9:00 Head to Toe Swedish Exercise (AS) 10:00 Confession w/Father Lee 10:00 Catholic Rosary (MP) 10:30 Catholic Communion (MP) <b>11:00 Juliet Outing: Pappadeux</b> 1:30 Crazy Rummy (L) 1:00/2:00/3:00 WU Live your Best Life (G) 4:00 Signature Cocktail Hour (BL) 7:00 Mexican Train (MP)	10:00 Charity Stitch & Chat (across from 5212) 10:00 WU Talk about Lungs (BL) 1:30 Bingo (MP) 1:30 Water Aerobics (P) 2:00/7:00 Movie: Four Weddings and a Funeral (TH) 6:30 Chicken Foot (G)
10:00 Suad Sells (BL) 10:15 Church Shuttle 11:00-2:00 Sunday Brunch 11:00 Bold Grace Fellowship (TH) 2:00 Billiards Club (near 5110) 2:30 Parkview Church Service (TH) 5:30 Sunday Movie: King Richard (TH)	9:00 Head to Toe Swedish Exercise (AS) <b>10:00 Grocery Shopping</b> 10:00 WU Talk about Neuropathy (BL) 11:00 WU Brain Teasers (G) 1:00 Chair Zumba (AS) 1:30 Bingo (MP) 2:00 Intercessory Community Prayer (across from 5212) 3:30 Virtual Gaming (BL) 6:30 Pokeno (G)	9:00 Head to Toe Swedish Exercise (AS) 9:30 Synergy Vitals Checks (BL) 10:30 Parkview Book Club: Astor (L) <b>11:00 Bagelology Outing</b> 2:15 Happy Hour with Marty Ruiz (DR) 3:30 Zentangle (AB) 3:30 WU Diamond Dots (BL) 6:30 Evening Movie: Support your Local Gun Fighter (TH)	<b>10:00 Shopping/Nail Salon Outing</b> 10:00 Stretching Exercise (AS) 1:00 Pokeno (Next to 5212) 1:00 WU Bob Razz Painting Class (AB) 2:00 WU Music and Memories (TH) 3:00 Community Life Meeting (BL) 4:00 Wine Down Wednesday (BL) 6:30 Poker (G)	9:00 Head to Toe Swedish Exercise (AS) 10:30 WU TechClass: Social Media(BL) 10:30 WU Bible Study (MP) 1:30 Bingo (MP) 1:30 Water Aerobics (P) 3:30 Virtual Roller coaster (BL) 6:30 Pokeno (G)	9:00 Head to Toe Swedish Exercise (AS) 10:00 Catholic Rosary (MP) 10:30 Catholic Communion (MP) <b>11:30 Mystery Lunch Outing</b> 1:00 Hand Arthritis Exercise (AS) 1:30 Crazy Rummy (L) 1:00/2:00/3:00 WU Live your Best Life (G) 4:00 Signature Cocktail Hour (BL) 7:00 Mexican Train (MP)	10:00 Charity Stitch & Chat (across from 5212) 10:00 WU Talk about Lungs (BL) 1:30 Bingo (MP) 1:30 Card Making (BL) 1:30 Water Aerobics (P) 2:00/7:00 Movie: The Long Hot Summer (TH) 6:30 Chicken Foot (G)
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) 2:00 Billiards Club (near 5110) 2:30 Parkview Church Service (TH) 6:30 Sunday Movie: McLintock (TH)	9:00 Head to Toe Swedish Exercise (AS) <b>10:00 Grocery Shopping</b> 10:00 WU Talk about Brain Health(BL) 11:00 WU Brain Teasers (G) 1:00 Chair Zumba (AS) 1:30 Bingo (MP) 2:00 Intercessory Community Prayer (across from 5212) 3:30 Popular Destination-Virtual Reality (BL) 6:30 Pokeno (G)	9:00 Head to Toe Swedish Exercise (AS) 9:30 Synergy Vitals Checks (BL) 10:30 Parkview Book Club: Astor (L) <b>11:00 Deli News Frisco Outing</b> 1:30 Speed Bingo (G) 1:30 Water Aerobics (P) 3:30 Zentangle (AB) 3:30 WU Diamond Dots (BL) 6:30 Evening Movie: Support your Local Sheriff (TH)	<b>10:00 Frontiers of Flight Museum at Love Field Airport</b> 11:00 History of the World Rabbi Wolk (TH) 1:00 Pokeno (Next to 5212) 1:30 Food Square: Chocolate Chip Cookies (BL) 1:30 WU Taste of the Holy Lands (1208) 2:00 Opera Club (TH) 4:00 Wine Down Wednesday (BL) 6:30 Poker (G)	9:00 Head to Toe Swedish Exercise (AS) 10:30 WU Bible Study (MP) 1:30 Bingo (MP) 1:30 Water Aerobics (P) 1:30 Accent Care Art: Butterfly Notecard (AB) 2:30 Hymn Singing (next to 4111) 3:00 Cheesecake Tasting (BL) 3:30 Bucket List Travels- VR (BL) 6:30 Pokeno (G)	9:00 Dr.Graff Visit 9:00 Head to Toe Swedish Exercise (AS) 10:00 Catholic Rosary (MP) 10:30 Catholic Communion (MP) <b>11:00 ROMEO Outing: Windmills Brewery</b> 11:00 Travel to Italy Information Session (TH) 1:00 Knee Arthritis Exercise (AS) 1:30 Crazy Rummy (L) 1:00/2:00/3:00 WU Live your Best Life (G) 2:00 Rick Fugate Memorial Service (TH) 3:30 Total Eye Care Visit (L) 4:00 Signature Cocktail Hour (BL) 7:00 Mexican Train (MP)	10:00 Charity Stitch & Chat (across from 5212) 10:00 WU Talk about Lungs (BL) 1:30 Bingo (MP) 1:30 Water Aerobics (P) 2:00/7:00 Movie: A Star is Born (TH) 6:30 Chicken Foot (G) 7:00 Happy Hour with Paul Anderson (DR)
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) 2:00 Billiards Club (near 5110) 2:30 Parkview Church Service (TH) 6:30 Sunday Movie: The Blues Brothers (TH)	9:00 Head to Toe Swedish Exercise (AS) <b>10:00 Grocery Shopping</b> 10:00 WU Talk about Brain Health(BL) 11:00 WU Brain Teasers (G) 1:00 Chair Zumba (AS) 1:00 Harris Jewelry Repair (BL) 1:30 Bingo (MP) <b>2:00 Bahama Bucks Snow Cones Outing</b> 2:00 Intercessory Community Prayer (across from 5212) 3:30 Backpack Through South America- Virtual Reality (BL) 6:30 Pokeno (G)	9:00 Head to Toe Swedish Exercise (AS) 9:30 Synergy Vitals Checks (BL) 10:30 Parkview Book Club: Astor (L) <b>11:00 Pietro's Italian Bakery Outing</b> 1:30 Water Aerobics (P) 2:00 Centennial High School String Musical Performance (DR) 3:30 Zentangle (AB) 3:30 Diamond Dots (BL) 6:30 Evening Movie: A Man called Otto (TH)	10:00 Arthritis Exercise (AS) <b>10:00 Shopping/Nail Salon Outing</b> 11:00 WU Jewelry Making (AB) 1:00 Pokeno (Next to 5212) 1:00 History Buffs: Russia (L) <b>2:00 Holiday Warehouse Outing</b> 2:00 WU Music and Memories (TH) 2:00 Pinochle (G) 4:00 Wine Down Wednesday (BL) 6:30 Poker (G)	9:00 Head to Toe Swedish Exercise (AS) 10:30 WU Bible Study (MP) 1:30 Crazy Rummy (G) 1:30 Water Aerobics (P) 1:30 Bingo (MP) 2:00 The Aging Brain Information Session (BL) 3:00 Mad Hatters Book Club (L) 3:30 Virtual Adventure Excursion (BL) <b>5:00 Mystery Dinner Outing</b> 6:30 Pokeno (G)	<b>8:00 Choctaw Casino</b> 9:00 Head to Toe Swedish Exercise (AS) 10:00 Catholic Rosary (MP) 10:30 Catholic Communion (MP) 12:00 Olympics Watch Party (BL) 1:30 Crazy Rummy (L) 1:00/2:00/3:00 WU Live your Best Life (G) 4:00 Signature Cocktail Hour (BL) 7:00 Mexican Train (MP)	10:00 Charity Stitch & Chat (across from 5212) 10:00 WU Talk about Lungs (BL) 11:45 Rolling Through the 40s and 50s with Dean Peters (DR) 1:30 Bingo (MP) 1:30 Water Aerobics (P) 2:00/7:00 Movie: National Treasure (TH) 6:30 Chicken Foot (G)
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) 2:00 Billiards Club (near 5110) 2:30 Parkview Church Service (TH) 6:30 Sunday Movie: Get Smart (TH)	9:00 Head to Toe Swedish Exercise (AS) <b>10:00 Grocery Shopping</b> 10:00 WU Talk about Bone Health (BL) 11:00 WU Brain Teasers (G) 1:00 Chair Zumba (AS) 1:30 Bingo (MP) 2:00 Intercessory Community Prayer (across from 5212) 3:30 Travel Through Canada-Virtual Reality (BL) 6:30 Pokeno (G)	9:00 Head to Toe Swedish Exercise (AS) 9:30 Synergy Vitals Checks (BL) 10:30 Parkview Book Club: Astor (L) 2:15 Happy Hour with Richard Barry (DR) 3:30 Zentangle (AB) 3:30 Diamond Dots (BL) 6:30 Evening Movie: Mr. & Mrs Smith (TH)	<b>10:00 Ole Red Oklahoma Outing</b> 10:00 New Resident Social (BL) 1:00 Pokeno (Next to 5212) 2:00 WU Music and Memories (TH) 2:00 Pinochle (G) 2:00 Food Square: Guacamole (BL) 4:00 Wine Down Wednesday (BL) 6:30 Poker (G)	<b>July Birthdays</b> <b>Allen Bland 07/02</b> <b>Mer Baylon 07/03</b> <b>Carolyn Ewing 07/05</b> <b>Dee Bishop 07/07</b> <b>Hugh Hollis 07/07</b> <b>David Blackman 07/09</b> <b>Joy Cryer 07/09</b> <b>Lois Chambers 07/10</b> <b>Ron Wilson 07/12</b> <b>Clara Lloyd 07/16</b>	<b>July Birthdays continued</b> <b>Shirley Burns 07/17</b> <b>Janice Hazen 07/21</b> <b>Karen Straus 07/21</b> <b>Jerra Kitzmiller 07/22</b> <b>Robin Fort 07/26</b> <b>Renee Borin 07/27</b> <b>Don Houston 07/27</b> <b>Charlottle Million 07/31</b>	

**JULY 2024**  
**Independent Living**  
  
 PARKVIEW IN FRISCO  
 A WATERMARK RETIREMENT COMMUNITY<sup>SM</sup>

**ACTIVITY LOCATOR KEY**

AB- Art Breezway  
 AS- Aerobic Studio  
 B1/4 Breezway Between Bld 1/4  
 BL- Bistro Lounge  
 DO- Doctor's Office (1102)  
 DR- Dining Room  
 FP- Fire Place  
 G- Game Room  
 L- Library  
 MP- Multipurpose Room  
 LB- Lobby  
 P-Pool  
 PD- Private Dining Room  
 PT- Pool Table  
 TH- Theater

**WATERMARK**  
 RETIREMENT COMMUNITIES<sup>SM</sup>