









Quail Creek Assisted Living –August 2008 - Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>• Activities are subject to change.</p> <p>DR: Dining Room FR: Family Room DRP: Dining Room Patio PVTV: Channel 28</p>	<p>A&C: Arts & Crafts Room MPR: Multi-Purpose Room QC: Quail Creek Lobby LR: Living Room CCMPR: Community Center Multi-purpose room</p>				<p>1 9:30am. Crafts—A&C 10:15am. Stretch & Tone—MPR 11am. Neurofit—MPR 1:30pm. Wii Sports—MPR 3:30– 7pm. PVE 50's Summer Fun Day</p> 	<p>2 1:15pm. Chi Gong—MPR 2pm. Movie—Shown in the MPR on PVTV "West Side Story" 4:00pm. Current Events—LR</p>
<p>3 9am. Catholic Mass—PVTV 10am. Worship Service—LMPR 1pm. Arts on PVTV : "An Evening With Nat King Cole" 1:00pm Grace Episcopal Service AL-Den</p>	<p>4 9:30am. Armchair Fitness for Seniors—MPR 10:15am. Stretch & Tone—MPR 11:15am. Trivia—A&C 1pm. Crossword—A&C 2pm—4pm. Shopping—QC</p>	<p>5 9:15am. Word Games—QC 10:30am. Painting—A&C 1pm. Wii Sports—MPR 2:30pm. Movie & Popcorn—MPR "P.S. I Love You"</p>	<p>6 9:30am– 4pm. Outing: Women Impressionists @ The Legion of Honor  2pm & 7:30pm Movie: PVTV "The Bucket List"</p>	<p>7 9:30– 11:30am. Spa Day—A&C 1pm. Knitting Group—A&C 2:30pm. Gardening—A&C 3:30pm. Crossword—A&C 3:30pm. Guided Relaxation—MPR</p>	<p>8 9:30am. Crafts—A&C 10:15am. Stretch & Tone—MPR 11am. Neurofit—MPR 1pm. Cooking Class—A&C 2:30pm. Wii Sports—MPR 4pm. Happy Hour & Resident Committee Meeting—Dining Room</p>	<p>9 1:15pm. Chi Gong—MPR 2pm. Movie—Shown in the MPR on PVTV "The Civil War: The Story and the Artillery" 4:00pm. Current Events—LR</p>
<p>10 9am. Catholic Mass—PVTV 10am. Worship Service—LMPR 1pm. Arts on PVTV : "Firestone Dances" 1:00pm Grace Episcopal Service AL-Den</p>	<p>11 9:30am. Armchair Fitness for Seniors—MPR 10:15am. Stretch & Tone—MPR 11:15am. Trivia—A&C 1pm. Crossword—A&C 2pm.—4pm. Shopping—QC</p>	<p>12 9:15am. Word Games—QC 10am. Music with Steve Barkhurst—MPR 1pm. Wii Sports—MPR 2:30pm. Movie & Popcorn—MPR "Over Her Dead Body"</p>	<p>13 9:30am. Current Events—LR 10:30–2pm. Outing: Scenic Drive and Lunch @ Fenton's Creamery  2pm & 7:30pm Movie: PVTV "Music Within"</p>	<p>14 9:30– 11:30am. Spa Day—A&C 1pm. Knitting Group—A&C 2:30pm. Gardening—A&C 3:30pm. Crossword—A&C 3:30pm. Guided Relaxation—MPR</p>	<p>15 9:30am. Crafts—A&C 10:15am. Stretch & Tone—MPR 11am. Neurofit—MPR 1:00pm. Cooking Class—A&C 2:30pm. Wii Sports—MPR 4pm. Happy Hour—DRP</p>	<p>16 8am– 4pm. Outing: Eco-Tour of the Delta  1:15pm. Chi Gong—MPR 2pm. Movie—Shown in the MPR on PVTV "The Lavender Hill Mob" 4:00pm.. Current Events—LR</p>
<p>17 9am. Catholic Mass—PVTV 10am. Worship Service—LMPR 1pm. Arts on PVTV : "The Mikado" 1:00pm Grace Episcopal Service AL-Den</p>	<p>18 9:30am. Armchair Fitness for Seniors—MPR 10:15am. Stretch & Tone—MPR 11:15am. Trivia—A&C 1pm. Crossword—A&C 2pm.—4pm. Shopping—QC</p>	<p>19 10:45am. Painting—A&C 1pm. Wii Sports—MPR 2:30pm. Movie & Popcorn—MPR "The Water Horse"</p>	<p>20 9:30–11:30am. Spa Day—A&C 1pm. Knitting Group—A&C 2:30pm. Gardening—A&C 3:30pm. Crossword—A&C 3:30pm. Guided Relaxation—MPR 2pm & 7:30pm Movie: PVTV "Definitely, Maybe"</p>	<p>21 12pm.—6pm. Outing: Music Circus Presents..... </p>	<p>22 9:30am. Crafts—A&C 10:15am. Stretch & Tone—MPR 11am. Neurofit—MPR 1:00pm.. Cooking Class—A&C 2:30pm. Wii Sports—MPR 4pm. Happy Hour—DRP</p>	<p>23 1:15pm. Chi Gong—MPR 2pm. Movie—Shown in the MPR on PVTV "Some Like It Hot" 4:00pm. Current Events—LR</p>
<p>24/31 9am. Catholic Mass—PVTV 10am. Worship Service—LMPR 1pm. Arts on PVTV : (24th) "Charlotte Church" (31st) "Dark Day England" 1:00pm. Grace Episcopal Service AL-Den</p>	<p>25 9:30am. Armchair Fitness for Seniors—MPR 10:15am. Stretch & Tone—MPR 11:15am. Trivia—A&C 1pm. Crossword—A&C 2pm.– 4pm. Shopping—QC</p>	<p>26 9:15am. Word Games—QC 10:30am. Painting—A&C 1pm. Wii Sports—MPR 2:30pm. Movie & Popcorn—MPR "Hairspray"</p>	<p>27 10:30am–4pm. Outing: Mission San Francisco de Solano  2pm & 7:30pm Movie: PVTV "Sleepwalking"</p>	<p>28 9:30–11:30am. Spa Day—A&C 5pm. Cruise into Paradise Event—QC </p>	<p>29 9:30am. Crafts—A&C 10:15am. Stretch & Tone—MPR 11am. Neurofit—MPR 1:00pm.. Cooking Class—A&C 2:30pm. Wii Sports—MPR 4pm. Happy Hour—DRP</p>	<p>30 1:15pm. Chi Gong—MPR 2pm. Movie—Shown in the MPR on PVTV "The Dream is Alive" 4:00pm. Current Events—LR</p>