




# Quail Creek Assisted Living - September 2008 - Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 9:30am. Armchair Fitness for Seniors—MPR 10:30am. Trivia—A&C 1pm. Crossword—A&C <b>* Labor Day!</b>	<b>2</b> 9:15am. Word Games—QC 10:30am. Painting—A&C 1pm. Wii Sports—MPR 2:30pm. Movie & Popcorn—MPR <b>"Hairspray"</b>	<b>3</b> 9:30am. Current Events—LR 10:30am—4pm. Outing: <b>Vacaville Town Square &amp; Museum</b>  2pm & 7:30pm Movie: PVTV <b>"Miss Pettigrew Lives for a Day"</b>	<b>4</b> 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	<b>5</b> 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—A&C	<b>6</b> 1:15pm. Chi Gong—MPR 2pm. Movie—Shown in the MPR on PVTV <b>"You've Got Mail"</b>
<b>7</b> 9am. Catholic Mass—PVTV 10am. Worship Service—LMPR 1pm. Arts on PVTV: <b>"Manon Lescaut"</b> <b>Giacomo Puccini</b> 1:00pm. Grace Episcopal Service AL-Den	<b>8</b> 9:30am. Armchair Fitness for Seniors—MPR 10:15am. Stretch & Tone—MPR 10:30am. Trivia—A&C 1pm. Crossword—A&C 2pm—4pm. Shopping—QC	<b>9</b> 9:15am. Word Games—QC 10am. Music with Steve Barkhurst—MPR 1pm. Wii Sports—MPR 2:30pm. Movie & Popcorn—MPR <b>"City Slickers"</b>	<b>10</b> 1:00pm—4pm. Outing: <b>Afternoon Movie</b>  2pm & 7:30pm Movie: PVTV <b>"21"</b>	<b>11</b> 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	<b>12</b> 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—A&C	<b>13</b> 1:15pm. Chi Gong—MPR 2pm. Movie—Shown in the MPR on PVTV <b>"The Bridge on the River Kwai"</b>
<b>14</b> 9am. Catholic Mass—PVTV 10am. Worship Service—LMPR 1pm. Arts on PVTV: <b>"Firestone Dances"</b> 1:00pm. Grace Episcopal Service AL-Den	<b>15</b> 9:30am. Armchair Fitness for Seniors—MPR 10:15am. Stretch & Tone—MPR 10:30am. Trivia—A&C 1pm. Crossword—A&C 2pm—4pm. Shopping—QC	<b>16</b> 10:45am. Painting—A&C 1pm. Wii Sports—MPR 2:30pm. Movie & Popcorn—MPR <b>"Dreamgirls"</b>	<b>17</b> 9:30am. Current Events—LR 11:00—4pm. Outing: <b>Suisun Marina &amp; Lunch</b>  2pm & 7:30pm. Movie: PVTV <b>"What Happens In Vegas"</b>	<b>18</b> 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	<b>19</b> 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—A&C	<b>20</b> 1:15pm. Chi Gong—MPR 2pm. Movie—Shown in the MPR on PVTV <b>"Casino Royale"</b>
<b>21</b> 9am. Catholic Mass—PVTV 10am. Worship Service—LMPR 1pm. Arts on PVTV: <b>"VOENA Children's Choir"</b> 1:00pm. Grace Episcopal Service AL-Den	<b>22</b> 9:30am. Armchair Fitness for Seniors—MPR 10:15am. Stretch & Tone—MPR 10:30am. Trivia—A&C 1pm. Crossword—A&C 2pm—4pm. Shopping—QC	<b>23</b> 9:15am. Word Games—QC 10:30am. Painting—A&C 1pm. Wii Sports—MPR 2:30pm. Movie & Popcorn—MPR <b>"The Music Within"</b>	<b>24</b> 10:00—3pm. Outing: <b>A Stroke of Magic Painting Class &amp; Lunch</b>  2pm & 7:30pm. Movie: PVTV <b>"Nim's Island"</b>	<b>25</b> 9:30—11:30am. Spa Day—A&C 1pm. Knitting Group—A&C 2:30pm. Dixieland Jazz Band—MPR 3:30pm. Crossword—A&C 3:30pm. Guided Relaxation—MPR	<b>26</b> 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—A&C	<b>27</b> 1:15pm. Chi Gong—MPR 2pm. Movie—Shown in the MPR on PVTV <b>"Kiss Me Kate"</b>
<b>28</b> 9am. Catholic Mass—PVTV 10am. Worship Service—LMPR 1pm. Arts on PVTV: <b>"Big Bad Voodoo Daddy"</b> 1:00pm. Grace Episcopal Service AL Den	<b>29</b> 9:30am. Armchair Fitness for Seniors—MPR 10:15am. Stretch & Tone—MPR 10:30am. Trivia—A&C 1pm. Crossword—A&C 2pm—4pm. Shopping—QC	<b>30</b> 9:15am. Word Games—QC 10:30am. Painting—A&C 1:30pm. Entertainment with Richard Hawkins—MPR 2:30pm. Movie & Popcorn—MPR <b>"You've Got Mail 2"</b>	<ul style="list-style-type: none"> <li>● <b>Activities are subject to change.</b></li> <li>DR: Dining Room</li> <li>FR: Family Room</li> <li>DRP: Dining Room Patio</li> <li>PVTV: Channel 28</li> <li>AL-Den: Assisted Living Den @ LCHC</li> </ul>		A&C: Arts & Crafts Room MPR: Multi-Purpose Room QC: Quail Creek Lobby LR: Living Room LMPR: Large Multi-Purpose room @ Community Center	