
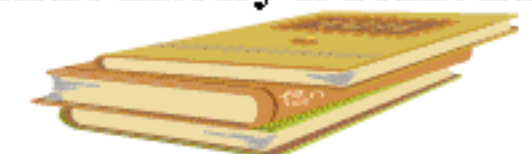







Quail Creek Assisted Living –October 2008 - Activity Calendar



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. Current Events—LR 10:30—3pm. Outing: Fairfield Library & Picnic Lunch</p>  <p>2pm & 7:30pm Movie: PVTV “Vantage Point”</p>	<p>2 9:30– 11:30am. Spa Day—A&C 1pm. Knitting Group—A&C 2:00pm. Crossword—A&C 3:30pm. Guided Relaxation—MPR</p>	<p>3 9:30am. Crafts—A&C 10:15am. Stretch & Tone—MPR 11am. Neurofit—MPR 1:00pm. Cooking Class—MPR 2:30pm. Wii Sports—MPR 4pm. Happy Hour—A&C</p>	<p>4 1:15pm. Chi Gong—MPR 2pm. Movie—Shown in the MPR on PVTV “Driving Miss Daisy”</p>
<p>5 9am. Catholic Mass—PVTV 10am. Worship Service—LMPR 1pm. Arts on PVTV : “La Cenerentola” Gioacchino Rossini 1:00pm Grace Episcopal Service—AL— Den</p>	<p>6 9:30am. Armchair Fitness for Seniors —MPR 10:15am. Stretch & Tone—MPR 10:30am. Word Games—A&C 1pm. Crossword—A&C 2pm.—4pm. Shopping—QC</p>	<p>7 9:15am. Range of Motion—MPR 10:30am. Painting Class w/artist Janet Barnes—A&C 1pm. Wii Sports—MPR 2:30pm. Movie & Popcorn—MPR “Then She Found Me”</p>	<p>8 9:30am. Current Events—LR 10:30am– 4pm. Outing: Travis Air Force Museum</p>  <p>2pm & 7:30pm Movie: PVTV “Made of Honor”</p>	<p>9 9:30– 11:30am. Spa Day—A&C 1pm. Bridge Group—A&C 2:30pm. Gardening—A&C 3:30pm. Crossword—A&C 3:30pm. Guided Relaxation—MPR</p>	<p>10 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</p>	<p>11 1:15pm. Chi Gong—MPR 2pm. Movie—Shown in the MPR on PVTV “Notting Hill”</p>
<p>12 9am. Catholic Mass—PVTV 10am. Worship Service—LMPR 1pm. Arts on PVTV : The American Dance Festival’s “Dancing in the Light” 1:00pm Grace Episcopal Service—AL— Den</p>	<p>13 9:30am. Armchair Fitness for Seniors —MPR 10:15am. Stretch & Tone—MPR 10:30am. Trivia—LR 1pm. Crossword—MPR 2pm.—4pm. Shopping—QC</p>	<p>14 9:15am. Range of Motion—MPR 10am. Music with Steve Barkhurst—MPR 1pm. Wii Sports—MPR 2:30pm. Movie & Popcorn—MPR “What Happens in Vegas”</p>	<p>15 9:30am. Current Events—LR 10:30—4pm. Outing: Historic Napa Mill & Lunch</p>  <p>2pm & 7:30pm Movie: PVTV “Leatherheads”</p>	<p>16 9:30– 11:30am. Spa Day—A&C 1pm. Bridge Group—A&C 2:30pm. Gardening—A&C 3:30pm. Crossword—A&C 3:30pm. Guided Relaxation—MPR</p>	<p>17 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</p>	<p>18 1:15pm. Chi Gong—MPR 2pm. Movie—Shown in the MPR on PVTV “The Gay Divorcee”</p> 
<p>19 9am. Catholic Mass—PVTV 10am. Worship Service—LMPR 1pm. Arts on PVTV : “Billy Vaughn and his Orchestra” 1:00pm Grace Episcopal Service—AL— Den</p>	<p>20 9:30am. Armchair Fitness for Seniors—MPR 10:15am. Stretch & Tone—MPR 10:30am. Word Games—A&C 1pm. Crossword—A&C 2pm.—4pm. Shopping—QC</p>	<p>21 9:15am. Range of Motion—MPR 10:45am. Painting —A&C 1pm. Wii Sports—MPR 2:30pm. Movie & Popcorn—MPR “Miss Pettigrew Lives for a Day”</p>	<p>22 9:30am. Current Events—LR 10:30– 4pm. Outing: Scenic Drive & Lunch</p>  <p>2pm & 7:30pm Movie: PVTV “Enchanted”</p>	<p>23 9:30– 11:30am. Spa Day—A&C 1pm. Bridge Group—A&C 2:30pm. Dixieland Jazz Band—MPR 3:30pm. Crossword—A&C 3:30pm. Guided Relaxation—MPR</p>	<p>24 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</p>	<p>25 1:15pm. Chi Gong—MPR 2pm. Movie—Shown in the MPR on PVTV “The Dresser”</p>
<p>26 9am. Catholic Mass—PVTV 10am. Worship Service—LMPR 1pm. Arts on PVTV : “South Pacific” in Concert From Carnegie Hall 1:00pm. Grace Episcopal Service—AL— Den</p>	<p>27 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</p>	<p>28 9:15am. Range of Motion—MPR 10:30am. Painting —A&C 1pm. Wii Sports—MPR 2:30pm. Movie & Popcorn—MPR “Nim’s Island”</p>	<p>29 9:30am. Current Events—LR 10:30am—4pm. Outing: Lunch & a Movie</p>  <p>2pm & 7:30pm Movie: PVTV “Iron Man”</p>	<p>30 9:30– 11:30am. Spa Day—A&C 1pm. Bridge Group—A&C 2:30pm. Gardening—A&C 3:30pm. Crossword—A&C 3:30pm. Guided Relaxation—MPR</p>	<p>31 9:30am. Crafts—A&C 10:15am. Stretch & Tone—MPR 11am. Neurofit—MPR 1:00pm.. Wii Sports—MPR 3-5pm. Trick or Treat with Quail Creek Event</p> 