







# Quail Creek Assisted Living –December 2008 - Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>• <b>Activities are subject to change.</b>                      DR: Dining Room                      FR: Family Room                      AL Den: Laurel Creek Assisted Living Den                      PVTV: Channel 28                      CC: Community Center                      SDR: Laurel Creek Skilled Dining Room</p>	<p><b>1</b> 8:30am. Fitness Video—PVTV                      10:15am. Stretch &amp; Tone—MPR                      1:30pm.—4pm. Shopping—QC</p>	<p><b>2</b> 9:15am. Range of Motion—MPR                      9:30—11:30am. Holiday Decorating—A&amp;C                      1pm. Wii Sports—MPR                      2:30pm. Bocce Ball—MPR</p>	<p><b>3</b> 9:30—11:30am. Holiday Decorating—A&amp;C                      1:00pm—4pm. Outing:  <b>Bella Terra</b>                      2pm &amp; 7:30pm Movie: PVTV  <b>“Hancock”</b></p>	<p><b>4</b> 9:30—11:30am. Spa Day—A&amp;C                      1pm. Bridge Group—A&amp;C                      2:30pm. Crafts—A&amp;C                      3:30pm. Crossword—A&amp;C                      3:30pm. Guided Relaxation—MPR</p>	<p><b>5</b> 9:30am. Current Events—LR                      10:15am. Stretch &amp; Tone—MPR                      11am. Neurofit—MPR                      1pm. Cooking Class—A&amp;C                      2:30pm. Happy Hour—A&amp;C                      4:15pm. Lighting Ceremony—CC</p>	<p><b>6</b> 1:15pm. Chi Gong—MPR                      2pm. Movie—Shown in the MPR on PVTV <b>“Lili”</b></p>
<p><b>7</b> 9am. Catholic Mass—PVTV                      10am. Worship Service—LMPR                      1pm. Arts on PVTV:  <b>“Elain Stritch: At Liberty”</b>                      1:00pm Grace Episcopal Service—AL—Den</p>	<p><b>8</b> 9:30am. Stress Free Arthritis Exercise—MPR                      10:15am. Stretch &amp; Tone—MPR                      10:30am. Word Games—A&amp;C                      1:30pm.—4pm. Shopping—QC</p>	<p><b>9</b> 9:15am. Range of Motion—MPR                      10am. Music with Steve Barkhurst—MPR                      1pm. Wii Sports—MPR                      2:30pm. Movie &amp; Popcorn—MPR  <b>“Dreamer”</b></p>	<p><b>10</b> 10:30am—4pm. Outing:  <b>Holiday Shopping</b>                        2pm &amp; 7:30pm Movie: PVTV  <b>“Wall-E”</b></p>	<p><b>11</b> 9:30—11:30am. Spa Day—A&amp;C                      1:00pm. Crafts—A&amp;C  <b>4:15pm. Black &amp; White Ball—CC</b>  </p>	<p><b>12</b> 9:30am. Current Events—LR                      10:15am. Stretch &amp; Tone—MPR                      11am. Neurofit—MPR                      1pm. Cooking Class—A&amp;C                      2:30pm. Wii Sports—MPR                      4pm. Happy Hour &amp; Resident Council Meeting—A&amp;C</p>	<p><b>13</b> 1:15pm. Chi Gong—MPR                      2pm. Movie—Shown in the MPR on PVTV <b>“Heaven Knows, Mr. Allison”</b></p>
<p><b>14</b> 9am. Catholic Mass—PVTV                      10am. Worship Service—LMPR                      1pm. Arts on PVTV:  <b>“Scrooge”</b>                      1:00pm Grace Episcopal Service—AL—Den</p>	<p><b>15</b> 9:30am. Stress Free Arthritis Exercise—MPR                      10:15am. Stretch &amp; Tone—MPR                      10:30am. Trivia—LR                      1:30pm.—4pm. Shopping—QC                      4:30pm. Holiday Carols with the Girl Scouts—MPR</p>	<p><b>16</b> 9:15am. Range of Motion—A&amp;C                      10:45am. Painting—A&amp;C                      1pm. Wii Sports—MPR                      2:30pm. Bocce Ball—MPR  </p>	<p><b>17</b> 1:00—2:30pm. Christmas Crafts—A&amp;C                      3:00—4:30pm. White Elephant Gift Exchange Party—MPR                      2pm &amp; 7:30pm Movie: PVTV  <b>“88 Minutes”</b>  <b>6pm. Holiday Light Tour—QC</b>  </p>	<p><b>18</b> 9:30—11:30am. Spa Day—A&amp;C                      1pm. Crafts—A&amp;C                      2:00pm. Holiday Music with the Dulcetones—MPR                      3:30pm. Crossword—A&amp;C                      3:30pm. Guided Relaxation—MPR</p>	<p><b>19</b> 9:30am. Current Events—LR                      10:15am. Stretch &amp; Tone—MPR                      11am. Neurofit—MPR                      2:30pm. Wii Sports—MPR                      4pm. Happy Hour—A&amp;C</p>	<p><b>20</b> 10am. Creche Exhibit Nativity Scene—QC                      1:15pm. Chi Gong—MPR                      2pm. Movie—Shown in the MPR on PVTV <b>“White Christmas”</b>  </p>
<p><b>21</b> 9am. Catholic Mass—PVTV                      10am. Worship Service—LMPR                      1pm. Arts on PVTV:  <b>“Holiday Inn”</b>                      1:00pm Grace Episcopal Service—AL—Den</p>	<p><b>22</b> 9:30am. Stress Free Arthritis Exercise—MPR                      10:30am. Word Games—A&amp;C                      1:30pm.—4pm. Shopping—QC</p>	<p><b>23</b> 9:15am. Range of Motion—MPR                      10:30am. Painting—A&amp;C                      1pm. Wii Sports—MPR                      2:30pm. Movie &amp; Popcorn—MPR  <b>“RV”</b></p>	<p><b>24</b> 10:30—4pm. Outing:  <b>Lunch &amp; a Movie</b>                        2pm &amp; 7:30pm Movie: PVTV  <b>“Fred Claus”</b>  <b>*Christmas Eve</b></p>	<p><b>25 Christmas Day!</b>  </p>	<p><b>26</b> 9:30am. Current Events—LR                      1:00pm. Cooking Class—A&amp;C                      2:30pm. Wii Sports—MPR                      4pm. Happy Hour—A&amp;C</p>	<p><b>27</b> 2pm. Movie—Shown in the MPR on PVTV <b>“Patch Adams”</b></p>
<p><b>28</b> 9am. Catholic Mass—PVTV                      10am. Worship Service—LMPR                      1pm. Arts on PVTV:  <b>“The Turandot Project”</b>                      1:00pm. Grace Episcopal Service—AL—Den</p>	<p><b>29</b> 9:30am. Stress Free Arthritis Exercise—MPR                      10:30am. Trivia—A&amp;C                      1:30pm.—4pm. Shopping—QC</p>	<p><b>30</b> 9:15am. Range of Motion—MPR                      10:30am. Painting—A&amp;C                      1pm. Wii Sports—MPR                      2:30pm. Bocce Ball—MPR</p>	<p><b>31</b> 12pm—4pm. Outing:  <b>Scenic Drive</b>                      2pm &amp; 7:30pm Movie: PVTV  <b>“The Chronicles of Narnia: Prince Caspian”</b>                      5pm—7pm. New Year's Celebration—DR</p>	<p><b>HAPPY NEW YEAR</b>  </p>	<p><b>**Activities are subject to change.</b>                      DR: Dining Room                      FR: Family Room                      AL Den: Laurel Creek Assisted Living Den                      PVTV: Channel 28                      CC: Community Center                      SDR: Laurel Creek Skilled Dining Room</p>	<p>A&amp;C: Arts &amp; Crafts Room                      MPR: Multi-Purpose Room                      QC: Quail Creek Lobby                      LR: Living Room                      LMPR: Community Center Multi-purpose room</p>