










# Quail Creek Assisted Living –April 2009 - Activity Calendar

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	<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</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                      QCFR—Quail Creek Fitness Room</p>	<p><b>1</b> 10am – 4pm. Outing:  <b>Cache Creek Casino</b>                        2pm &amp; 7:30pm Movie: PVTV  <b>“Changeling”</b></p>	<p><b>2</b> 9:30– 11:30am. Spa Day—A&amp;C                      1:30pm. Music w/ Steve Barkhurst—MPR                      2:30pm. Scrapbooking—A&amp;C                      3:30pm. Crossword—A&amp;C</p>	<p><b>3</b> 9:30am. Current Events—LR                      10:15am. Stretch &amp; Tone—MPR                      11am. Neurofit—MPR                      1pm. Fireside Chat—LR                      2:30pm. Wii Games—MPR                      4pm. Happy Hour —MPR</p>	<p><b>4</b> 10:15am. Water Aerobics—Pool                      10:30am. Coffee Talk—LR                      1pm. Word Games—A&amp;C                      2pm. Popcom &amp; a Movie—MPR                      2:00pm. Movie———PVTV  <b>“Harvey”</b></p>
<p><b>5</b> 9am. Catholic Mass—PVTV                      9:30am. Sacramento River Train Brunch—QC                      10am. Worship Service—LMPR                      1pm. Arts on PVTV :  <b>“Cosi fan tutte”</b>  <b>Mozart</b></p>	<p><b>6</b> 9:30am Word Games—A&amp;C                      10:15am. Stretch &amp; Tone—MPR                      11:15am. Strengthen your core—QCFR                      1:30pm.—4pm. Shopping—QC  </p>	<p><b>7</b> 9:15am. Range of Motion—MPR                      10:30am. Painting—A&amp;C                      1pm. Wii Sports—MPR                      2:30pm. Movie &amp; Popcorn—MPR  <b>“ Dreamer ”</b></p>	<p><b>8</b> 10:30am. Coffee Talk—A&amp;C                      12:30pm. Outing: <b>Movie</b>                        2pm &amp; 7:30pm Movie: PVTV  <b>“Nights in Rodanthe”</b></p>	<p><b>9</b> 9:30– 11:30am. Spa Day—A&amp;C                      1:00pm. Game Group—A&amp;C                      2:30pm. Scrapbooking—A&amp;C                      3:30pm. Crossword—A&amp;C</p>	<p><b>10</b> 9:30am. Current Events—LR                      10:15am. Stretch &amp; Tone—MPR                      11am. Neurofit—MPR                      1pm. Fireside Chat—LR                      2:30pm. Wii Games—MPR                      4pm. Happy Hour &amp; Resident Council—A&amp;C</p>	<p><b>11</b> 10:15am. Water Aerobics—Pool                      10:30am. Coffee Talk—LR                      1pm. Word Games—A&amp;C                      2pm. Popcom &amp; a Movie—MPR                      2:00pm. Movie———PVTV  <b>“The Best Years of Our Lives”</b></p>
<p><b>12</b> 9am. Catholic Mass—PVTV                      10am. Worship Service—LMPR                      1pm. Arts on PVTV :  <b>“Ashes to Glory: An Easter Devotional”</b>                        1pm. Wii Sports—MPR</p>	<p><b>13</b> 9:30am. Word Games—A&amp;C                      10:15am. Stretch &amp; Tone—MPR                      11:15am. Strengthen your core—QCFR                      1:30pm.—4pm. Shopping—QC  </p>	<p><b>14</b> 9:15am. Range of Motion—MPR                      10:30am. Painting—A&amp;C                      1pm. Wii Sports—MPR                      2:30pm. Gardening—A&amp;C                      3:30pm. Crafts—A&amp;C</p>	<p><b>15</b> 10:30am.— 4pm. Outing:  <b>Picnic @ Kennedy Park &amp; Ice Cream</b>                        2pm &amp; 7:30pm Movie: PVTV  <b>“Miracle at St. Anna”</b>  </p>	<p><b>16</b> 9:30am.– 11:30am. Spa Day—A&amp;C                      1:00pm. Game Group—A&amp;C                      2:30pm. Scrapbooking—A&amp;C                      3:30pm. Crossword—A&amp;C</p>	<p><b>17</b> 9:30am. Current Events—LR                      10:15am. Stretch &amp; Tone—MPR                      11am. Neurofit—MPR                      1pm. Fireside Chat—LR                      2:30pm. Wii Games—MPR                      4pm. Happy Hour —A&amp;C</p>	<p><b>18</b> 10:15am. Water Aerobics—Pool                      10:30am. Coffee Talk—LR                      1pm. Word Games—A&amp;C                      2pm. Music with Bog Thistle—MPR                      2:00pm. Movie———PVTV  <b>“Arsenic and Old Lace”</b></p>
<p><b>19</b> 9am. Catholic Mass—PVTV                      10am. Worship Service—LMPR                      1pm. Arts on PVTV :  <b>“Kenny G Live”</b>                      1pm. Wii Sports—MPR</p>	<p><b>20</b> 9:30am. Word Games—A&amp;C                      10:15am. Stretch &amp; Tone—MPR                      11:15am. Strengthen your core—QCFR                      1:30pm.—4pm. Shopping—QC</p>	<p><b>21</b> 9:15am. Range of Motion—A&amp;C                      10:30am. Painting —A&amp;C                      1pm.. Wii Sports—MPR                      2:30pm. Movie &amp; Popcorn—MPR  <b>“ Funny Face ”</b></p>	<p><b>22</b> 10:30am. Coffee Talk—MPR                      11am–12:30pm Society for the blind group —— A &amp; C                      1pm– 4pm. Outing: <b>Shopping at the Vacaville Outlets</b>                        2pm &amp; 7:30pm Movie: PVTV  <b>“Flash Of Genius”</b></p>	<p><b>23</b> 9:30– 11:30am. Spa Day—A&amp;C                      1:00pm. Game Group—A&amp;C                      2:30pm. Dixieland Jazz Band—MPR                      3:30pm. Crossword—A&amp;C</p>	<p><b>24</b> 9:30am. Current Events—LR                      10:15am. Stretch &amp; Tone—MPR                      11am. Neurofit—MPR                      1:00pm.. Fireside Chat—LR                      2:30pm. Wii Games—MPR                      4pm. Happy Hour—A&amp;C</p>	<p><b>25</b> 10:15am. Water Aerobics—Pool                      10:30am. Coffee Talk—LR                      1pm. Word Games—A&amp;C                      2pm. Popcom &amp; a Movie—MPR                      2:00pm. Movie———PVTV  <b>“Silverado”</b></p>
<p><b>26</b> 9am. Catholic Mass—PVTV                      10am. Worship Service—LMPR                      1pm. Arts on PVTV :  <b>“Accent on the Off beat”</b>                      1pm. Wii Sports—MPR</p>	<p><b>27</b> 9:30am. Word Games—A&amp;C                      10:15am. Stretch &amp; Tone—MPR                      11:15am. Strengthen your core—QCFR                      1:30pm.– 4pm. Shopping—QC</p>	<p><b>28</b> 9:15am. Range of Motion—MPR                      10:30am. Painting —A&amp;C                      1pm. Wii Sports—MPR                      2:30pm. Gardening—A&amp;C                      3:30pm. Crafts—A&amp;C                      4pm. Book Club—3rd floor FR</p>	<p><b>29</b> 9:30am.—4pm. Outing:  <b>Sacramento Zoo</b>                      2pm &amp; 7:30pm Movie: PVTV  <b>“Australia”</b></p>	<p><b>30</b> 9:30– 11:30am. Spa Day—A&amp;C                      1:00pm. Game Group—A&amp;C                      2:30pm. Scrapbooking—A&amp;C                      3:30pm. Crossword—A&amp;C</p>		