



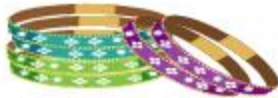



# Quail Creek Assisted Living – May 2009 - Activity Calendar

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</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> 9:30am. Current Events—LR 10:15am. Stretch &amp; Tone—MPR 11am. Neurofit—MPR 1pm. Fireside Chat—MPR 2:30pm. Wii Games—MPR 4pm. Happy Hour—MPR</p>	<p><b>2</b> 10:15am. Water Aerobics—Pool 10:30am. Coffee Talk—LR 1pm. Word Games—A&amp;C 2pm. Popcorn &amp; a Movie—MPR</p>
<p><b>3</b> 9am. Catholic Mass—PVTV 10am. Worship Service—LMPR 1pm. Arts on PVTV: “A Midsummer Night’s Dream” Pacific Northwest Ballet”  1pm. Wii Sports—MPR</p>	<p><b>4</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>5</b> 9:15am. Range of Motion—MPR 10:30am. Painting—A&amp;C 1pm. Wii Sports—MPR 2:30pm. Movie &amp; Popcorn—MPR “Failure to Launch”</p>	<p><b>6</b> 10am—4pm Outing: <b>Di Rosa Preserve Art &amp; Nature</b>  2pm &amp; 7:30pm Movie: PVTV “Bottle Shock”</p>	<p><b>7</b> 9:30–11:30am. Spa Day—A&amp;C 1:00pm Music w/Steve Barkhurst—MPR 2:30pm. Scrapbooking—A&amp;C 3:30pm. Crossword—A&amp;C</p>	<p><b>8</b> 9:30am. Current Events—LR 10:15am. Stretch &amp; Tone—MPR 11am. Neurofit—MPR 1pm. Fireside Chat—MPR 2:30pm. Wii Games—MPR 4pm. Happy Hour &amp; Resident Council—A&amp;C</p>	<p><b>9</b> 10:15am. Water Aerobics—Pool 10:30am. Coffee Talk—LR 1pm. Word Games—A&amp;C 2pm. Popcorn &amp; a Movie—MPR <b>2:00pm Movie: PVTV</b> “Virginia City”</p>
<p><b>10</b> 9am. Catholic Mass—PVTV 10am. Worship Service—LMPR 1pm. Arts on PVTV: “Mariza: Live in London”  1pm. Wii Sports—MPR</p> 	<p><b>11</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>12</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>13</b> 10:30am. Coffee Talk—A&amp;C 1pm.—4pm. Outing: <b>Bead Class @ Beads on Main</b>  2pm &amp; 7:30pm Movie: PVTV “Hotel for Dogs”</p>	<p><b>14</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>15</b> 9:30am. Current Events—LR 10:15am. Stretch &amp; Tone—MPR 11am. Neurofit—MPR 1pm. Fireside Chat—MPR 2:30pm. Wii Games—MPR 4pm. Happy Hour—A&amp;C</p>	<p><b>16</b> 10:15am. Water Aerobics—Pool 10:30am. Coffee Talk—LR 1pm. Word Games—A&amp;C 2pm. Popcorn &amp; a Movie—MPR <b>2:00pm Movie: PVTV</b> “The Benny Goodman Story”</p>
<p><b>17</b> 9am. Catholic Mass—PVTV 10am. Worship Service—LMPR 1pm. Arts on PVTV: “Isaac Stern: Life’s Virtuoso”  1pm. Wii Sports—MPR</p>	<p><b>18</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>19</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 “It Happened One Night”</p>	<p><b>20</b>  10am—4pm. Outing: <b>Lunch at Humphrey’s in Antioch</b>  2pm &amp; 7:30pm Movie: PVTV “Get Smart”</p>	<p><b>21</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>22</b> 9:30am. Current Events—LR 10:15am. Stretch &amp; Tone—MPR 11am. Neurofit—MPR 1:00pm. Fireside Chat—MPR 2:30pm. Wii Games—MPR 4pm. Happy Hour—A&amp;C</p>	<p><b>23</b> 10:15am. Water Aerobics—Pool 10:30am. Coffee Talk—LR 1pm. Word Games—A&amp;C 2pm. Popcorn &amp; a Movie—MPR <b>2:00pm Movie: PVTV</b> “So Proudly We Hail”</p>
<b>24/31</b> 9am. Catholic Mass—PVTV	<b>25</b> 9:30am. Word Games—A&C	<b>26</b> 9:15am. Range of Motion—MPR	<b>27</b> 10:30am. Coffee Talk—A&C	<b>28</b> 9:30–11:30am. Spa Day—A&C	<b>29</b> 9:30am. Current Events—LR	<b>30</b> 10:15am. Water Aerobics—Pool