












# Quail Creek Assisted Living – July 2009 - Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<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>**Activities are subject to change.</b> DR: Dining Room FR: Family Room AL Den: Laurel Creek Assisted Living Den PVTV: Channel 998 CC: Community Center</p>	<p><b>1</b> 9:30am. Coffee Talk—A&amp;C 11:30am.—4pm. Outing: <b>Lunch @ Athenian Grill</b>  2pm &amp; 7:30pm Movie: PVTV <b>“The Day the Earth Stood Still”</b></p>	<p><b>2</b> 9:00– 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>3</b> 9:30am. A Game of Darts—A&amp;C 10:15am. Stretch &amp; Tone—MPR 11am. Neurofit—MPR 1pm. Cooking Class—A&amp;C 2:30pm. Wii Games—MPR 4:00pm. Happy Hour —DRP</p>	<p><b>4</b> 10:15am. Water Aerobics—Pool 11am. 4th of July Parade—QC 1pm. Word Games—A&amp;C 2pm. Movie—PVTV <b>“Yankee Doodle Dandy”</b> 2:30pm. Trivia—A&amp;C <b>* Independence Day</b> </p>
<p><b>5</b> 9am. Catholic Mass—PVTV 10am. Worship Service—LMPR 1pm. Arts on PVTV: <b>“The Tempest”</b> 1pm. Wii Sports—MPR 2:30pm. Crossword—A&amp;C</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 9:30am. Arts &amp; Crafts—A&amp;C 10:30am. Bocce Ball—MPR 1pm. Wii Sports—MPR 2:30pm. Game Group—A&amp;C</p>	<p><b>8</b> 9:30am—4pm Outing: <b>Arts Benicia &amp; Stroll Downtown</b>  2pm &amp; 7:30pm Movie: PVTV <b>“Last Chance Harvey”</b></p>	<p><b>9</b> 9:00– 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. A Game of Darts—A&amp;C 10:15am. Stretch &amp; Tone—A&amp;C 11am. Neurofit—A&amp;C 1pm. Cooking Class—A&amp;C 2:30pm. Wii Games—MPR 4:00pm. Resident Council Meeting &amp; Happy Hour—A&amp;C</p> 	<p><b>11</b> 10:15am. Water Aerobics—Pool 10am. Bocce Ball—MPR 1pm. Word Games—A&amp;C 2pm. Movie—PVTV <b>“One Touch of Venus”</b> 2:30pm. Trivia—A&amp;C</p>
<p><b>12</b> 9am. Catholic Mass—PVTV 10am. Worship Service—LMPR 1pm. Arts on PVTV: <b>“Bernstein in Paris: The Ravel Concerts”</b> 1pm. Wii Sports—MPR 2:30pm. Crossword—A&amp;C</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 9:30am. Arts &amp; Crafts—A&amp;C 10:30am. Bocce Ball—MPR 1pm. Wii Sports—MPR 2:30pm. Game Group—A&amp;C</p> 	<p><b>15</b> 12:00pm.—4pm. Outing: <b>Lunch out</b>  2pm &amp; 7:30pm Movie: PVTV <b>“Quantum of Solace”</b></p>	<p><b>16</b> 9:00am.— 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. A Game of Darts—A&amp;C 10:15am. Stretch &amp; Tone—MPR 11am. Neurofit—MPR 1pm. Cooking Class—A&amp;C 3pm. Guest Speaker Paula Boswell—MPR 4:00pm. Happy Hour—MPR</p>	<p><b>18</b> 10:15am. Water Aerobics—Pool 10am. Bocce Ball—MPR 1pm. Word Games—A&amp;C 2pm. Movie—PVTV <b>“Miracle in the Rain”</b> 2:30pm. Trivia—A&amp;C</p>
<p><b>19</b> 9am. Catholic Mass—PVTV 10am. Worship Service—LMPR 1pm. Arts on PVTV: <b>“Andrew Lloyd Webber: Royal Albert Hall”</b> 1pm. Wii Sports—MPR 2:30pm. Crossword—A&amp;C</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 9:30am—11:30am. Ceramics Class—A&amp;C 1pm. Wii Sports—MPR 2:30pm. Game Group—A&amp;C</p>	<p><b>22</b> 9:30am—4pm. Outing: <b>California Auto Museum</b>  2pm &amp; 7:30pm Movie: PVTV <b>“Valkyrie”</b></p>	<p><b>23</b> 9:00– 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>24</b> 9:30am. A Game of Darts—A&amp;C 10:15am. Stretch &amp; Tone—MPR 11am. Neurofit—MPR 1:00pm. Cooking Class—MPR 2:30pm. Wii Games—MPR 5–7pm. Luau—DR</p> 	<p><b>25</b> 10:15am. Water Aerobics—Pool 10am. Bocce Ball—MPR 1pm. Word Games—A&amp;C 2pm. Movie—PVTV <b>“Spencer’s Mountain”</b> 2:30pm. Trivia—A&amp;C</p>
<p><b>26</b> 9am. Catholic Mass—PVTV 10am. Worship Service—LMPR 1pm. Arts on PVTV: <b>“A Tribute to Alvin Ailey”</b> 1pm. Wii Sports—MPR 2:30pm. Crossword—A&amp;C</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 9:30am. Arts &amp; Crafts—A&amp;C 10:30am. Bocce Ball—MPR 1pm. Wii Sports—MPR 2:30pm. Game Group—A&amp;C</p>	<p><b>29</b> 9:30am. Coffee Talk—A&amp;C 1pm—4pm. Outing: <b>Scenic Drive &amp; Ice Cream at Fenton’s Creamery</b>  2pm &amp; 7:30pm Movie: PVTV <b>“New in Town”</b></p>	<p><b>30</b> 9:00– 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>31</b> 9:30am. A Game of Darts—A&amp;C 10:15am. Stretch &amp; Tone—MPR 11am. Neurofit—MPR 1:00pm. Cooking Class—MPR 2:30pm. Wii Games—MPR 4:00pm. Happy Hour—DRP</p>	