



















Quail Creek Assisted Living – August 2009 - Activity Calendar

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--|---|---|---|
| | <p>A&C: Arts & 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>**Activities are subject to change. DR: Dining Room FR: Family Room AL Den: Laurel Creek Assisted Living Den PVTV: Channel 998 CC: Community Center</p> | |  | | <p>1 10:15am. Water Aerobics—Pool 10am. Bocce Ball—MPR 1pm. Word Games—A&C 2pm. Movie—PVTV “It Happened to Jane” 2:30pm. Trivia—A&C</p> |
| <p>2 9am. Catholic Mass—PVTV 10am. Worship Service—LMPR 1pm. Arts on PVTV: “50s POP Paradise Live!” 1pm. Wii Sports—MPR 2:30pm. Crossword—A&C</p> | <p>3 9:30am Word Games—A&C 10:15am. Stretch & Tone—MPR 11:15am. Strengthen your core—QCFR 1:30pm—4pm. Shopping—QC</p>  | <p>4 9:15am. Range of Motion—MPR 9:30am. Arts & Crafts—A&C 10:30am. Bocce Ball—MPR 1pm. Wii Sports—MPR 2:30pm. Game Group—A&C</p> | <p>5 9:30am. Coffee Talk—A&C 11:30am. Outing: Lunch at Gordito’s Mexican Restaurant</p>  <p>2:00 & 7:30pm Movie: PVTV “Passengers”</p> | <p>6 9:00–11:30am. Spa Day—A&C 1:00pm. Steve Barkhurst—MPR</p>  <p>2:30pm. Scrapbooking—A&C 3:30pm. Crossword—A&C</p> | <p>7 9:30am. A Game of Darts—A&C 10:15am. Stretch & Tone—A&C 11am. Neurofit—A&C 1pm. Cooking Class—A&C 2:30pm. Wii Games—MPR 4:00pm. Resident Council Meeting & Happy Hour—A&C</p>  | <p>8 10:15am. Water Aerobics—Pool 10am. Bocce Ball—MPR 1pm. Word Games—A&C 2pm. Movie—PVTV “One Touch of Venus” 2:30pm. Trivia—A&C</p> |
| <p>9 9am. Catholic Mass—PVTV 10am. Worship Service—LMPR 1pm. Arts on PVTV: “Empires in the Americas” 1pm. Wii Sports—MPR 2:30pm. Crossword—A&C</p>  | <p>10 9:30am. Word Games—A&C 10:15am. Stretch & Tone—MPR 11:15am. Strengthen your core—QCFR 1:30pm—4pm. Shopping—QC</p> | <p>11 9:15am. Range of Motion—MPR 9:30am. Arts & Crafts—A&C 10:30am. Bocce Ball—MPR 1pm. Wii Sports—MPR 2:30pm. Game Group—A&C</p>  | <p>12 9:30am—4pm Outing: Cache Creek</p>  <p>2:00 & 7:30pm Movie: PVTV “Inkheart”</p> | <p>13 9:00am.–11:30am. Spa Day—A&C 1:00pm. Game Group—A&C 2:30pm. Scrapbooking—A&C 3:30pm. Crossword—A&C</p>  | <p>14 9:30am. A Game of Darts—A&C 10:15am. Stretch & Tone—MPR 11am. Neurofit—MPR 1pm. Cooking Class—A&C 2:30pm. Wii Games—MPR 4:00pm. Happy Hour—A&C</p>  | <p>15 10:15am. Water Aerobics—Pool 10am. Bocce Ball—MPR 1pm. Word Games—A&C 2pm. Movie—PVTV “The Eddy Duchin Story” 2:30pm. Trivia—A&C</p> |
| <p>16 9am. Catholic Mass—PVTV 10am. Worship Service—LMPR 1pm. Arts on PVTV: “STOMP Out Loud” 1pm. Wii Sports—MPR 2:30pm. Crossword—A&C</p> | <p>17 9:30am. Word Games—A&C 10:15am. Stretch & Tone—MPR 11:15am. Strengthen your core—QCFR 1:30pm—4pm. Shopping—QC</p>  | <p>18 9:15am. Range of Motion—A&C 9:30am—11:30am. Ceramics Class—A&C 1pm. Wii Sports—MPR 2:30pm. Game Group—A&C</p> | <p>19 10:30am—4pm Outing: Lunch & A Movie</p>  <p>2:00 & 7:30pm Movie: PVTV “Marley & Me”</p> | <p>20 9:00–11:30am. Spa Day—3rd Floor FR 1:00pm. Game Group—3rd Floor FR 3:30pm. Crossword—A&C</p>  | <p>21 9:30am. Current Events—LR 10:15am. Stretch & Tone—MPR 11am. Neurofit—MPR 1:00pm. Horseshoes—MPR 2:30pm. Wii Games—MPR 4:00pm. Happy Hour—A&C</p>  | <p>22 10:15am. Water Aerobics—Pool 10am. Bocce Ball—MPR 1pm. Word Games—A&C 2pm. Movie—PVTV “The Dirty Dozen” 2:30pm. Trivia—A&C</p> |
| <p>23/30 9am. Catholic Mass—PVTV 10am. Worship Service—LMPR 1pm. Arts on PVTV: “Victor Borge The Great Dane of Comedy” 1pm. Wii Sports—MPR 2:30pm. Crossword—A&C</p> | <p>24/31 9:30am. Word Games—A&C 10:15am. Stretch & Tone—MPR 11:15am. Strengthen your core—QCFR 1:30pm—4pm. Shopping—QC</p> | <p>25 9:15am. Range of Motion—MPR 9:30am. Arts & Crafts—A&C 10:30am. Bocce Ball—MPR 1pm. Wii Sports—MPR 2:30pm. Game Group—A&C</p>  | <p>26 9:00am—4pm Outing: CA State Military Museum</p>  <p>2:00 & 7:30pm Movie: PVTV “Living Proof”</p> | <p>27 9:00–11:30am. Spa Day—A&C 1:00pm. Game Group—A&C 2:30pm. Scrapbooking—A&C 3:30pm. Crossword—A&C</p>  | <p>28 9:30am. A Game of Darts—A&C 10:15am. Stretch & Tone—MPR 11am. Neurofit—MPR 2:30pm. Wii Games—MPR 4:30pm. Hot August Nights Event—DR</p>  | <p>29 10:15am. Water Aerobics—Pool 10am. Bocce Ball—MPR 1pm. Word Games—A&C 2pm. Movie—PVTV “Mr. Hobbs Takes a Vacation” 2:30pm. Trivia—A&C</p> |