








# Quail Creek Assisted Living –February 2010 - Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 8:30am. Fitness Video—PVTV 9am. Mindworks—A&C 10:15am. Stretch & Tone—MPR 1:30pm—4pm. Shopping at Raley's/CVS—QC	<b>2</b> 8:30am. Fitness Video—PVTV 9:15am. Range of Motion—MPR 10am. Trivia Bingo—A&C 1:30pm Conductorsize—MPR 3pm. Hangman—A&C	<b>3</b> 8:30am. Fitness Video—PVTV 9:30am. – 4pm. Outing: <b>Shopping at Outlets</b>  2:00 & 7:30pm Movie: PVTV <b>“My Sister’s Keeper”</b>	<b>4</b> 8:30am. Fitness Video—PVTV 9:30am – 11:30am. Spa Day—A&C 1:00pm. Steve Barkhurst—MPR   2:30pm. Game Group—A&C	<b>5</b> 8:30am. Fitness Video—PVTV 9:30am. Word Scramble—MPR 10:15am. Stretch & Tone—MPR 11am. Neurofit—MPR 1pm. Cooking Class—A&C 2:30pm. Wii Games—MPR 4:00pm. Happy Hour—A&C	<b>6</b> 10:15am. Water Aerobics—Pool 10am. Conductorsize—MPR 1pm. Word Games—A&C 2pm. Movie—PVTV <b>“Gilda”</b> 2:30pm. Bocce Ball—MPR
<b>7</b> 9am. Catholic Mass—PVTV 10am. Worship Service—LMPR 1pm. Arts on PVTV: <b>“The Sorcerer”</b> 1pm. Wii Sports—MPR 2:30pm. Crossword—A&C	<b>8</b> 8:30am. Fitness Video—PVTV 9am. Mindworks—A&C 10:15am. Stretch & Tone—MPR 1:30pm—4pm. Shopping at the Base—QC  	<b>9</b> 8:30am. Fitness Video—PVTV 9:15am. Range of Motion—MPR 10am. Trivia Bingo—A&C 1:30pm Conductorsize—MPR 3pm. Hangman—A&C	<b>10</b> 8:30am. Fitness Video—PVTV 10am. – 4pm. Outing: <b>The Bead Shop</b>  2:00 & 7:30pm Movie: PVTV <b>“Slumdog Millionaire”</b>	<b>11</b> 8:30am. Fitness Video—PVTV 9:30am. – 11:30am. Spa Day—A&C 1:00pm. Game Group—A&C 3:30pm. Crossword—A&C	<b>12</b> 8:30am. Fitness Video—PVTV 9:30am. Word Scramble—MPR 10:15am. Stretch & Tone—MPR 11am. Neurofit—MPR 1pm. Cooking Class—A&C 2:30pm. Wii Games—MPR 4:00pm. Happy Hour—A&C	<b>13</b> 10:15am. Water Aerobics—Pool 10am. Conductorsize—MPR 1pm. Word Games—A&C 2pm. Movie—PVTV <b>“That Funny Feeling”</b> 2:30pm. Bocce Ball—MPR
<b>14</b> 9am. Catholic Mass—PVTV 10am. Worship Service—LMPR 11:30—1pm. Valentine’s Brunch—DR 1pm. Arts on PVTV: <b>“Romeo &amp; Juliet: Ballet”</b> 1pm. Wii Sports—MPR 2:30pm. Crossword—A&C <b>* Valentine’s Day!</b>	<b>15</b> 8:30am. Fitness Video—PVTV 9am. Mindworks—A&C 10:15am. Stretch & Tone—MPR 1:30pm—4pm. Shopping at the Mall—QC  	<b>16</b> 8:30am. Fitness Video—PVTV 9:15am. Range of Motion—MPR 9:30– 11:30am. Ceramics Class—A&C 1:30pm Conductorsize—MPR 3pm. Hangman—A&C	<b>17</b> 8:30am. Fitness Video—PVTV 9:00am-4pm. Outing: <b>Berkley Art Museum</b>  2:00 & 7:30pm Movie: PVTV <b>“All About Steve”</b>	<b>18</b> 8:30am. Fitness Video—PVTV 9:30am. – 11:30am. Spa Day—A&C 1:00pm. Game Group—A&C 3:30pm. Crossword—A&C  	<b>19</b> 8:30am. Fitness Video—PVTV 9:30am. Word Scramble—MPR 10:15am. Stretch & Tone—MPR 11am. Neurofit—MPR 1pm. Cooking Class—A&C 2:30pm. Wii Games—MPR 4:00pm. Happy Hour—A&C	<b>20</b> 10:15am. Water Aerobics—Pool 10am. Conductorsize—MPR 1pm. Word Games—A&C 2pm. Movie—PVTV <b>“On The Town”</b> 2:30pm. Bocce Ball—MPR
<b>21</b> 9am. Catholic Mass—PVTV 10am. Worship Service—LMPR 1pm. Arts on PVTV: <b>“Cyrano de Bergerac”</b> 1pm. Wii Sports—MPR 2:30pm. Crossword—A&C	<b>22</b> 8:30am. Fitness Video—PVTV 9am. Mindworks—A&C 10:15am. Stretch & Tone—MPR 1:30pm—4pm. Shopping at Raley's/CVS—QC  	<b>23</b> 8:30am. Fitness Video—PVTV 9:15am. Range of Motion—MPR 10am. Trivia Bingo—A&C 1:30pm Conductorsize—MPR 3pm. Hangman—A&C	<b>24</b> 8:30am. Fitness Video—PVTV 9:00am. – 4pm. Outing: <b>Beringer Winery</b>  2:00 & 7:30pm Movie: PVTV <b>“Public Enemies”</b>	<b>25</b> 8:30am. Fitness Video—PVTV 9:30am. – 11:30am. Spa Day—A&C 1:00pm. Game Group—A&C 3:30pm. Crossword—A&C	<b>26</b> 8:30am. Fitness Video—PVTV 9:30am. Word Scramble—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	<b>27</b> 10:15am. Water Aerobics—Pool 10am. Conductorsize—MPR 1pm. Word Games—A&C 2pm. Movie—PVTV <b>“Five Card Stud”</b> 2:30pm. Bocce Ball—MPR
<b>28</b> 9am. Catholic Mass—PVTV 10am. Worship Service—LMPR 1pm. Arts on PVTV: <b>“Maya Lin: A Strong Clear Vision”</b> 1pm. Wii Sports—MPR 2:30pm. Crossword—A&C			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	<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 DRP: Dining Room Patio AR: CC Activity Room		