

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 8:30 & 9:30 Body in Motion (SS) 10:00 Stitch n' Chat (GR) 10:30 Bible (RQC) 11:15 Ladies' Brunch at Roots. Sign Up! 12:30 Golden Gophers Support Group (MR) 1:00 Mahjong (GR) 1:00 15-Minute Meditation (CCL) 1:30 BINGO (LTV) 2:00 Brain Training (MR) 2:00 Seated Yoga (SS) 3:00 Supervised Swim (AP) 6:00 Cards n' Marbles (GR)	2 9:00 Blood Pressures (GR) 9:30 Water Works (AP) 9:30 Craft: Woodblock Snowman (SDR) 10:30 Local banks or Walmart/Costco. Sign up! 10:30 TED TALKS: "A Free World Needs Satire" and "Why We Should Take Laughter More Seriously" (DT) 11:00 Spelling Practice (GR) 12:00-1 General Store (LL) 12:30 Pinochle (GR) 1:00 Play Bridge (GR) 1:00 Parkinson's Moves (SS) 2:00 Parkinson's Exer (SS) 1:45 Blackjack (FGGR) 3:00 Wii Bowling (CCFC) 3:30 Kim & Terry Perform! Drinks & apps. (DT)	3 9:30 Better Balance (SS) 10:00 Cribbage (GR) 10:30 Better Balance (SS) 10:30 Quarry Choir (PP) 1:00 Golden Steppers (SS) 1:00 Food Committee Meeting. All Welcome (DT) 1:15 Scenic Ride. Return by 2:45. Sign up. 2:00 Matinee (Ch. 981) 2:00 Watercolor Class with Becky Levantis. \$3.00. Sign up! 2:00 Quarry Players Rehearsal (DT) 2:00 Hole-In-the-Wall Gang A New Men's Group! Come meet in the lounge. (CCL) 3:00 BB Baseball! (SS) 3:00 Supervised Swim (AP) 6:00 Hand/Foot Cards (GR) 6:00 Friday Movie (DT)	4 9:00 Yoga Class (SS) 10:00 Women's Coffee Klatch (GR) 1:15 Popcorn Matinee (DT) 1:30 Bingo! (LAR) 3:00 Supervised Swim (AP) 3:30 Dementia Support Group (MR) 7:00 Movie (Ch. 981)
5 Church Service Shuttle: 8:20 Presbyterian 10:00 Baptist/Methodist 11:20 Catholic Church 10:30 Fitness Class! (SS) 11:00 Receive Holy Communion (RQC) Movie Matinee Outing with Heather. Movie and Times TBA the Thursday before. Sign up! \$8.00. 1:30 Intricate Coloring (GR) 1:30 Sunday Service (RQC) 3:45 Blackjack (FGGR) 7:00 Classic Movie (Ch.981)	6 8:30 Body in Motion (SS) 9:30 Lost n Found. (MR) 9:30 Body in Motion (SS) 10:30 Soup Makers for the Homeless (MR) 10:30 Train Group (MR) 10:30 Great Courses: "1950 - Tuning in - The Birth of Television" (DT) 11:00 Mindfulness & Meditation (CCL) 1:00 Walmart and Costco. Sign up! 1:00 Play Bridge (GR) 1:00 Documentary (DT) 2:00 Brain Training (MR) 3:00 Supervised Swim (AP) 4:00 Dinner at Lapellah. Sign up! 6:00 Documentary (Ch.981)	7 9:00 Yoga Class (SS) 9:30 Water Works (AP) 10:30 Resident Council Meeting. Everyone welcome. (DT) 12:30 Pinochle (GR) 12:45 Shop Fred Meyer 1:00 Parkinson's Power Moves (SS) 1:20 Shop Fred Meyer 2:00 Parkinson's Exercise (SS) 3:00 Wii Bowling (CCFC) 3:00 Beanbag BB (SS) 6:30 BINGO with Prizes (GR)	8 8:00 Men's Breakfast at Valeries. Sign up! 8:30 Body in Motion (SS) 9:30 Body in Motion (SS) 10:00 Parkinson's Support Group (MR) 10:30 Bible Reading (RQC) 10:30 Meet Your Neighbor Social. (We'll invite one halfway to meet. If you get an invite, it's your hall's turn!) 1:00 Mahjong (GR) 1:00 Meditation (CCL) 1:30 BINGO (LTV) 2:00 Brain Training (MR) 2:00 Seated Yoga (SS) 3:00 Supervised Swim (AP) 6:00 Cards n' Marbles (GR)	9 9:00 Blood Pressures (GR) 9:30 Water Works (AP) 9:30 Craft: Wooden Gnome (SDR) 10:30 Local banks or Walmart/Costco. Sign up! 10:30 TED TALKS: "Your Body Language May Shape Who You Are" & "Math Isn't Hard, It's a Language". (DT) 10:30 Exercise (SS) 12:00-1 General Store (LL) 12:30 Pinochle (GR) 1:00 Bridge (GR) 1:45 Blackjack (FGGR) 2:00 Parkinson Exer. (SS) 3:00 Wii Bowling (CCFC) 3:30 Ron Ruiz & Dan Pendley Sing Oldies Hits on guitar, drums, and keyboard! (DT)	10 9:30 Better Balance (SS) 10:00 Cribbage (GR) 10:30 Quarry Choir (PP) 10:30 Better Balance (SS) 1:00 Golden Steppers (SS) 1:15 Scenic Ride. Return by 2:45. Sign up. 2:00 Matinee (Ch. 981) 2:00 Hole-In-the-Wall Gang A New Men's Group! Come meet in the lounge. (CCL) 2:00 Quarry Players Rehearsal (DT) 3:00 BB Baseball! (SS) 3:00 Supervised Swim (AP) 6:00 Hand/Foot Cards (GR) 6:00 Friday Movie (DT)	11 9:00 Yoga Class (SS) 10:00 Women's Coffee Klatch (GR) 1:15 Winds & Strings Celtic Band Benefit Concert for W.H.O. at St. Andrews. FREE— donations gladly accepted. 1:15 Popcorn Matinee (DT) 1:30 Bingo! (LAR) 3:00 Supervised Swim (AP) 7:00 Movie (Ch.981)
L O C A T I O N L E G E N D						
1st Floor AP - Aquamarine Pool BCC - Business Computer Center CC - Cobblestone Café	CCFC - Coral Club Fitness Center CP - Courtyard Patio ECU - Enhanced Care Unit LL - Lodge Lobby	PDR - Private Dining Room SDR - Sapphire Dining Room SFDR - Silver Falls Dining Rm TLR - Terrace Living Room	2nd Floor CCL - Copper Canyon Lounge DT - Diamond Theater FGGR - Fools Gold Game Room	GR - Granite Room LAR - Lodge Activity Room LTV - Lodge TV Room MR - Marble Room	PP - Pearl Parlor RQC - Rose Quartz Chapel RVP - Rocky View Patio SS - Sunstone Studio	3rd Floor RAR - Ridge Activity Room

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Church Service Shuttle: 8:20 Presbyterian 10:00 Baptist/Methodist 11:20 Catholic Church 10:30 Fitness Class! (SS) 11:00 Receive Holy Communion (RQC) 1:30 Intricate Coloring (GR) 1:30 Sunday Service (RQC) 3:45 Blackjack (FGGR) 5:15 "Fiddler on the Roof" the Broadway Tour at the Keller Auditorium. We have tickets for those who signed up in August. Make sure to eat before you leave! Sign up for waitlist. \$44.25. 7:00 Classic Movie (Ch.981)	12 8:30 Body in Motion (SS) 9:30 Body in Motion (SS) 10:30 Soup Makers for the Homeless (MR) 10:30 Great Courses: American History "1960 – The Power to Choose – The Pill" (DT) 10:30 Men's Train Grp (MR) 11:00 Mindfulness & Meditation (CCL) 1:00 Play Bridge (GR) 1:00 Documentary (DT) 1:00 Shop Dollar Tree / Trader Joe's. Sign up! 2:00 Brain Training (MR) 3:00 Supervised Swim (AP) 4:00 Happy Hour at The Hammond. Sign up! 6:00 Documentary (Ch.981)	13 9:00 Yoga Class (SS) 9:30 Water Works (AP) 11am-3pm Accessory Boutique in Terrace Living Room. 12:30 Pinochle (GR) 12:45 Shop Fred Meyer 1:00 Parkinson's Power Moves (SS) 1:20 Shop Fred Meyer 2:00 Parkinson's Exercise(SS) 3:00 Wii Bowling (CCFC) 3:00 Beanbag BB (SS) 6:30 BINGO with Prizes (GR)	14 8:30 Body in Motion (SS) 9:30 Body in Motion (SS) 10:00 Stitch n' Chat (GR) 10:30 Low Vision Support (PDR) 10:30 Bible Reading (RQC) 10:30 Coffee & Pastries at Di Tazza Café. Sign up! 1:00 Mahjong (GR) 1:00 15-Minute Meditation (CCL) 1:30 BINGO (LTV) 2:00 Brain Training (MR) 2:00 Seated Yoga (SS) 3:00 History Discussion w/ John Griffan (DT) 3:00 Supervised Swim (AP) 6:00 Cards n' Marbles (GR)	15 9:00 Blood Pressures (GR) 9:30 Water Works (AP) 9:30 Craft: Felt Snowman (SDR) 10:30 Local banks or Walmart/Costco.Sign up! 10:30 TED TALKS: "Why Winning Doesn't Always Equal Success" and "What We're Getting Wrong in the Fight to End Hunger" (DT) 11:00 Spelling Practice (GR) 12:00-1 General Store (LL) 12:30 Pinochle (GR) 1:00 Play Bridge (GR) 1:00 Parkinson's Moves (SS) 2:00 Parkinson's Exer (SS) 1:45 Blackjack (FGGR) 3:00 Wii Bowling (CCFC) 3:30 The COOLEY Show. David Cooley sings & entertains on keyboard.	16 9:30 Better Balance (SS) 10:00 Cribbage (GR) 10:30 Quarry Choir (PP) 10:30 Better Balance (SS) 1:00 Golden Steppers (SS) 1:15 Scenic Ride. Return by 2:45. Sign up. 2:00 Matinee (Ch. 981) 2:00 Hole-In-the-Wall Gang A New Men's Group! (CCL) 2:00 Quarry Players Rehearsal (DT) 2:00 Acrylic Paint Class with Nathun Finkhouse. \$5.00. Sign up! (MR) 3:00 BB Baseball! (SS) 3:00 Supervised Swim (AP) 6:00 Hand/Foot Cards (GR) 6:00 Friday Movie (DT)	17 9:00 Yoga Class (SS) 9:45 Clark County Antique & Collectible Show at Clark County Event Center & Lunch at Burgerville.\$6.00. Return 1:30 10:00 Women's Coffee Klatch (GR) 1:15 Popcorn Matinee (DT) 1:30 Bingo! (LAR) 3:00 Supervised Swim (AP) 7:00 Movie (Ch.981)
Church Service Shuttle: 8:20 Presbyterian 10:00 Baptist/Methodist 11:20 Catholic Church 10:30 Fitness Class! (SS) 11:00 Receive Holy Communion (RQC) 1:30 Intricate Coloring (GR) 1:30 Sunday Service (RQC) 3:45 Blackjack (FGGR) 7:00 Classic Movie (Ch.981)	19 8:30 Body in Motion (SS) 9:30 Body in Motion (SS) 10:30 Soup Makers for the Homeless (MR) 10:30 Great Courses: "1963 – Showdown in Birmingham – Civil Rights" 10:30 Men's Train Group (MR) 11:00 Meditation (CCL) 1:00 Shop stores at 136th & Mill Plain – Chuck's Produce, Safeway, Craft Warehouse, Walgreens. 1:00 Play Bridge (GR) 2:00 Brain Training (MR) 3:00 Know Your Opera Plot "Porgy & Bess" "Agrippina" 3:00 Supervised Swim (AP) 4:00 Happy Hour at Rock Wood Fired Pizza. Sign up! 6:00 Documentary (Ch.981)	20 9:00 Yoga Class (SS) 9:30 Water Works (AP) 10:30 New Resident Welcome Social. Everyone invited! Meet our residents. (TLR) 12:30 Pinochle (GR) 12:45 Shop Fred Meyer 1:00 Parkinson's Power Moves (SS) 1:20 Shop Fred Meyer 2:00 Parkinson's Exercise (SS) 3:00 Wii Bowling (CCFC) 3:00 Beanbag BB (SS) 6:30 BINGO with Prizes (GR)	21 8:30 Body in Motion (SS) 9:30 Body in Motion (SS) 10:00 Stitch n' Chat (GR) 10:30 Bible Reading (RQC) 10:30 Meet Your Neighbor Social. (We'll invite one hallway to meet. If you get an invite, it's your hall's turn!) 11:00 Shop & Lunch at New Seasons w/ music. Sign up! 1:00 Mahjong (GR) 1:00 15-Minute Meditation (CCL) 1:30 BINGO (LTV) 2:00 Brain Training (MR) 2:00 Seated Yoga (SS) 3:00 Supervised Swim (AP) 6:00 Cards n' Marbles (GR)	22 9:00 Blood Pressures (GR) 9:30 Water Works (AP) 9:30 Craft: Valentine Trees (SDR) 10:30 TED TALKS: "How We Can Protect Truth in the Age of Misinformation" & "Why I Protest for Climate Change" 10:30 Local banks or Walmart/Costco.Sign up! 11:00 Spelling Practice (GR) 12:00-1 General Store (LL) 12:30 Pinochle (GR) 1:00 Play Bridge (GR) 1:00 Parkinson's Moves (SS) 2:00 Parkinson's Exer (SS) 1:45 Blackjack (FGGR) 3:00 Wii Bowling (CCFC) 3:30 NEW! Vocalist Tommy Graven. Drinks & appetizers served. (DT)	23 9:30 Better Balance (SS) 10:00 Cribbage (GR) 10:30 Quarry Choir (PP) 10:30 Better Balance (SS) 1:00 Golden Steppers (SS) 1:15 Scenic Ride. Return by 2:45. Sign up. 2:00 Matinee (Ch. 981) 2:00 Hole-In-the-Wall Gang A New Men's Group! Come meet in the lounge. (CCL) 2:00 Quarry Players Rehearsal (DT) 3:00 BB Baseball! (SS) 3:00 Supervised Swim (AP) 6:00 Hand/Foot Cards (GR) 6:00 Friday Movie (DT)	24 9:00 Yoga Class (SS) 9:30 Games (LTV) 10:00 Women's Coffee Klatch (GR) 10:30 Fun Fitness (SS) No Matinee Today 1:30 Bingo! (LAR) 2:00 Vancouver Symphony & Optional Dinner at Arawan Thai. \$38.50 for tickets. Sign up! 3:00 Supervised Swim (AP) 3:30 Family Movie Matinee "Frozen" (DT) 7:00 Movie (Ch.981)
Church Service Shuttle: 8:20 Presbyterian 10:00 Baptist/Methodist 11:20 Catholic Church 10:30 Fitness Class! (SS) 11:00 Receive Holy Communion (RQC) 1:30 Intricate Coloring (GR) 1:30 Sunday Service (RQC) 3:45 Blackjack (FGGR) 7:00 Classic Movie (Ch.981)	26 8:30 Body in Motion (SS) 9:30 Body in Motion (SS) 10:30 Soup Makers for the Homeless (MR) 10:30 Men's Trains (MR) 11:00 Mindfulness & Meditation (CCL) 10:30 Great Courses: "1968 Losing Vietnam-The Tet Offensive" (DT) 1:00 Play Bridge (GR) 12:30 Short Trip to Vancouver Mall. Return by 3:30. Sign up! 2:00 Brain Training (MR) 3:00 Supervised Swim (AP) 4:00 HH at Gustav's. Sign up! 6:00 Documentary (Ch.981)	27 9:00 Yoga Class (SS) 9:30 Water Works (AP) 10:30 Quarry Town Hall. All invited. (DT) 12:30 Pinochle (GR) 12:45 Shop Fred Meyer 1:00 Parkinson's Power Moves (SS) 1:20 Shop Fred Meyer 2:00 Parkinson's Exercise (SS) 3:00 Wii Bowling (CCFC) 3:00 Beanbag BB (SS) 5:00 January Birthday Dinner! (SFDR) 6:30 BINGO with Prizes (GR)	28 8:30 Body in Motion (SS) 9:30 Body in Motion (SS) 10:00 Stitch n' Chat (GR) 10:30 Bible Reading (RQC) 10:30 Lunch and Shop at Albertina Kerr. Sign up! 10:30 Meet Your Neighbor Social. (By invite) 12:45 Current Events Discussion (MR) 1:00 15-Minute Meditation (CCL) 1:30 BINGO (LTV) 2:00 Brain Training (MR) 2:00 Seated Yoga (SS) 3:00 History Discussion w/ John Griffan (DT) 3:00 Supervised Swim (AP) 6:00 Cards n' Marbles (GR)	29 9:00 Blood Pressures (GR) 9:30 Water Works (AP) 9:30 Craft: Valentines Wreath (SDR) 10:30 Local banks or Walmart/Costco.Sign up! 10:30 TED TALKS: "The Brain Changing Benefits of Exercise" & "The Profound Power of An Authentic Apology" (DT) 11:00 Spelling Practice (GR) 12:00-1 General Store (LL) 12:30 Pinochle (GR) 1:00 Play Bridge (GR) 1:00 Parkinson's Moves (SS) 2:00 Parkinson's Exer (SS) 1:45 Blackjack (FGGR) 3:00 Wii Bowling (CCFC) 3:30 NEW! Vocal Duo Ty & Nat. Drinks & appetizers	30 9:30 Better Balance (SS) 10:00 Cribbage (GR) 10:30 Quarry Choir (PP) 10:30 Better Balance (SS) 1:00 Golden Steppers (SS) 1:15 Scenic Ride. Sign up. 2:00 Matinee (Ch. 981) 2:00 Hole-In-the-Wall Gang Rehearsal (DT) 3:00 BB Baseball! (SS) 3:00 Supervised Swim (AP) The Quarry's Annual WINTER GALA 4:30 – 7:30 Dress up & enjoy a live band, great food & drink & much more!!! (SFDR)	BIRTHDAYS! Jan 1 st Bobbe W. Jan 2 nd Sonja H. Jan 2 nd Vonnie S. Jan 3 rd – Guy V. Jan 4 th Pat P. Jan 6 th Esther S. Jan 11 th Audrey F Jan 11 th Barbar H. Jan 11 th Kay M. Jan 15 th Natalie H. Jan 18 th Bernice P. Jan 19th Clydea E. Jan 23 Dillard G. Jan 23rd Terry C. Jan 25 Sue C. Jan 27 th Susan P. Jan 28th Joyce P. Jan 31st Joan C.