


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Location Key</b> BP-Bailey's Pub SR-Snoqualmie Room CCR - Cascade Card Room DR-Dungeness Room GR-Game Room L&CR-Lewis & Clark Room PDR-Private Dining Room QR-Quilceda Room RDR-Rainier Dining Room SR-Snoqualmie Room TH-Theatre SFC-Soar Fitness Center BR-Ball Room GPB - Glacier Peak Bistro ICR-Interurban Conf. Rm * <b>Outing</b>		<b>1</b> 8:00 - 2:00 Doctor Runs North  <b>11:00 - 3:00</b> <b>Handing out TMAP Checks in the Ballroom</b>  3 & 7 Movie, Christmas in the Wild TH	<b>2</b> 11:00 Seated Yoga SR <i>(first come first serve)</i> 11:00 Book Club Discussion and new book pick up in the Ballroom 1:00 Bingo GPB 3:00 Seated Yoga SR <i>(first come first serve)</i> 3:00 Hospitality Meeting in the Ballroom 3 & 7 Movie, Christmas in the Wild TH	<b>3</b> 8:00 - 2:00 Doctor Runs South (Northgate / Seattle)  11:00 Seated Exercise SR <i>(first come first serve)</i>  3:00 Seated Exercise SR <i>(first come first serve)</i> 3 & 7 Movie, Christmas in the Wild TH	<b>4</b> <b>11:00 Balance with Jennifer SR (9 participant limit)</b> <b>1:30 - 2:30 Happy Hour GPB (first come first serve)</b>  ~OR~  <b>3:00 - 4:00 Happy Hour in the GPB (first come first serve)</b> 3 & 7 Movie, Dolly Parton's Christmas on the Square TH	<b>5</b> 11:00 Chair Tai Chi SR <i>(first come first serve)</i> 1:00 Hangman GPB 2:00 News & Views with Claire in the Ballroom 3:00 Chair Tai Chi SR <i>(first come first serve)</i> 3 & 7 Movie, Dolly Parton's Christmas on the Square TH
<b>6</b> 11:00 Seated Yoga SR <i>(first come first serve)</i> <b>1:05 Giants VS Seahawks</b> 3:00 Seated Yoga SR <i>(first come first serve)</i> 4:00 Short Stories w/Kay P2 3 & 7 Movie, Dolly Parton's Christmas on the Square TH	<b>7</b> 10:00 Blood Pres. Check, MR 11:00 Chair Zumba SR <i>(first come first serve)</i>  3:00 Chair Zumba SR <i>(first come first serve)</i> 3 & 7 Movie, Polar Express TH	<b>8</b> 8:00 - 2:00 Doctor Runs North  3:00 Council Meeting in the Ballroom 3 & 7 Movie, Polar Express TH	<b>9</b> 11:00 Seated Yoga SR <i>(first come first serve)</i> 1:00 Christmas Bingo GPB 3:00 Seated Yoga SR <i>(first come first serve)</i> 3:00 Hospitality Meeting in the Ballroom 3 & 7 Movie, Polar Express TH	<b>10</b> 8:00 - 2:00 Doctor Runs South 11:00 Seated Exercise SR <i>(first come first serve)</i>  3:00 Seated Exercise SR <i>(first come first serve)</i> 3 & 7 Movie, Double Holiday TH	<b>Hanukkah Begins 11</b> <b>11:00 Balance with Jennifer SR (9 participant limit)</b> <b>1:30 - 2:30 Happy Hour GPB (first come first serve)</b>  ~OR~  <b>3:00 - 4:00 Happy Hour in the GPB (first come first serve)</b> 3 & 7 Movie, Double Holiday TH	<b>12</b> 11:00 Chair Tai Chi SR <i>(first come first serve)</i> 1:00 Hangman GPB 2:00 News & Views with Claire in the Ballroom 3:00 Chair Tai Chi SR <i>(first come first serve)</i> 3 & 7 Movie, Double Holiday TH
<b>13</b> 11:00 Seated Yoga SR <i>(first come first serve)</i> <b>1:05 Jets VS Seahawks</b> 3:00 Seated Yoga SR <i>(first come first serve)</i> 3 & 7 Movie, Christmas Chronicles TH	<b>14</b> 10:00 Blood Pres. Check, MR 11:00 Chair Zumba SR <i>(first come first serve)</i>  3:00 Chair Zumba SR <i>(first come first serve)</i> 3 & 7 Movie, Christmas Chronicles TH	<b>15</b> 8:00 - 2:00 Doctor Runs North  11:00 Chair Tai Chi SR <i>(first come first serve)</i> 3:00 Chair Tai Chi SR <i>(first come first serve)</i> 3 & 7 Movie, Christmas Chronicles TH	<b>16</b> 11:00 Seated Yoga SR <i>(first come first serve)</i> 1:00 Christmas Bingo GPB <b>4:00 - 6:30</b> <b>Resident Christmas Party</b> Music & Dancing BR Movies & Popcorn TH Santa Sleigh Photos SRE Desserts GPB Champagne & Hors d oeuvres SR Eggnog Station Bistro	<b>17</b> 8:00 - 2:00 Doctor Runs South (Northgate / Seattle)  11:00 Seated Exercise SR <i>(first come first serve)</i>  3:00 Seated Exercise SR <i>(first come first serve)</i> 3 & 7 Movie, Operation Christmas Drop TH	<b>18</b> <b>11:00 Balance with Jennifer SR (9 participant limit)</b> <b>1:30 - 2:30 Happy Hour GPB (first come first serve)</b>  ~OR~  <b>3:00 - 4:00 Happy Hour in the GPB (first come first serve)</b> 3 & 7 Movie, Operation Christmas Drop TH	<b>19</b> 11:00 Chair Tai Chi SR <i>(first come first serve)</i> 1:00 Hangman GPB 2:00 News & Views with Claire in the Ballroom 3:00 Chair Tai Chi SR <i>(first come first serve)</i> 3 & 7 Movie, Operation Christmas Drop TH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>20</div> <div>11:00 Seated Yoga SR (first come first serve)</div> <div>10:00 Seahawks VS Washington</div> <div>3:00 Seated Yoga SR (first come first serve)</div> <div>4:00 Short Stories w/Kay P2</div> <div>3 &amp; 7 Movie, The Grinch TH</div>	<div>21</div> <div>10:00 Blood Pres. Check, MR</div> <div>11:00 Chair Zumba SR (first come first serve)</div> <div>3:00 Chair Zumba SR (first come first serve)</div> <div>4:00 Billiards, DR</div> <div>3 &amp; 7 Movie, The Grinch TH</div>	<div>22</div> <div>8:00 - 2:00 Doctor Runs North</div> <div>11:00 Chair Tai Chi SR (first come first serve)</div> <div>1:00 Armchair Travel; Rick Steve's European Christmas with Kay SR</div> <div>3:00 Chair Tai Chi SR (first come first serve)</div> <div>3 &amp; 7 Movie, How the Grinch Stole Christmas TH</div>	<div>23</div> <div>11:00 Seated Yoga SR (first come first serve)</div> <div>1:00 Armchair Travel; Rick Steve's European Christmas with Kay SR</div> <div>3:00 Dining Meeting in the Ballroom</div> <div>3 &amp; 7 Movie, How the Grinch Stole Christmas TH</div>	<div>Christmas Eve 24</div> <div>8:00 - 2:00 Doctor Runs South</div> <div>11:00 Seated Exercise SR (first come first serve)</div> <div>3:00 Christmas Reading and Cocoa SR</div> <div>3 &amp; 7 Movie, White Christmas TH</div>	<div>Merry Christmas 25</div> <div>1:30 - 2:30 Champagne Jell-O Shot Happy Hour GPB (first come first serve)</div> <div>~OR~</div> <div>3:00 - 4:00 Champagne Jell-O Shot Happy Hour GPB (first come first serve)</div> <div>3 &amp; 7 Movie, White Christmas TH</div>	<div>26</div> <div>11:00 Chair Tai Chi SR (first come first serve)</div> <div>1:00 Hangman GPB</div> <div>2:00 News &amp; Views with Claire in the Ballroom</div> <div>3:00 Chair Tai Chi SR (first come first serve)</div> <div>3 &amp; 7 Movie, White Christmas TH</div>
<div>27</div> <div>11:00 Seated Yoga SR (first come first serve)</div> <div>1:05 Rams VS Seahawks</div> <div>3:00 Seated Yoga SR (first come first serve)</div> <div>3 &amp; 7 Movie, The Nutcracker TH</div>	<div>28</div> <div>10:00 Blood Pres. Check, MR</div> <div>11:00 Chair Zumba SR (first come first serve)</div> <div>3:00 Chair Zumba SR (first come first serve)</div> <div>3 &amp; 7 Movie, The Nutcracker TH</div>	<div>29</div> <div>8:00 - 2:00 Doctor Runs North</div> <div>11:00 Chair Tai Chi SR (first come first serve)</div> <div>3:00 Chair Tai Chi SR (first come first serve)</div> <div>3 &amp; 7 Movie, Hillbilly Elegy TH</div>	<div>30</div> <div>11:00 Seated Yoga SR (first come first serve)</div> <div>1:00 Christmas Bingo GPB</div> <div>3:00 Seated Yoga SR (first come first serve)</div> <div>3:00 Bldg., Grounds &amp; Safety Meeting in the Ballroom</div> <div>3 &amp; 7 Movie, Hillbilly Elegy TH</div>	<div>31</div> <div>8:00 - 2:00 Doctor Runs South</div> <div>11:00 Seated Exercise SR (first come first serve)</div> <div>3:00 Seated Exercise SR (first come first serve)</div> <div>3 &amp; 7 Movie, Hillbilly Elegy TH</div>	<div>Any questions, comments or feedback regarding this monthly activity calendar, please see Candace</div> <div>*Activities in <b>GREEN</b> are Exercise related activities</div> <div>*Activities in <b>BLUE</b> are Entertainers performing in the month.</div> <div>*Activities in <b>RED</b> are outings</div> <div>CALENDAR IS SUBJECT TO CHANGE!</div> <div>QUAIL PARK, 4015 164th STREET SW, LYNNWOOD,WA.98087 425.640.8529</div>	

# December 2020

