

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



January 2021

Happy New Year 1

2

11:00 Balance with Jennifer SR (9 participant limit)
1:30 - 2:30 Happy Hour GPB (first come first serve)

~OR~

3:00 - 4:00 Happy Hour GPB (first come first serve)
 3 & 7 Movie, TH

11:00 Chair Tai Chi SR (first come first serve)
1:00 Hangman GPB
2:00 News & Views with Claire in the Ballroom
3:00 Chair Tai Chi SR (first come first serve)
 3 & 7 Movie, TH

3

11:00 Seated Yoga SR (first come first serve)
1:05 Giants VS Seahawks
3:00 Seated Yoga SR (first come first serve)
 4:00 Short Stories w/Kay P2
 3 & 7 Movie, TH

4

10:00 Blood Pres. Check, MR
11:00 Chair Zumba SR (first come first serve)
3:00 Chair Zumba SR (first come first serve)
 3 & 7 Movie, TH

5

8:00 - 2:00 Doctor Runs North
3:00 Council Meeting in the Ballroom
 3 & 7 Movie,
 The Queens Gambit TH

6

11:00 Seated Yoga SR (first come first serve)
1:00 Bingo GPB
3:00 Seated Yoga SR (first come first serve)
3:00 Hospitality Meeting in the Ballroom
 3 & 7 Movie,
 The Queens Gambit TH

7

8:00 - 2:00 Doctor Runs South (Northgate / Seattle)
11:00 Seated Exercise SR (first come first serve)
3:00 Seated Exercise SR (first come first serve)
 3 & 7 Movie, The Queens Gambit TH

8

11:00 Balance with Jennifer SR (9 participant limit)
1:30 - 2:30 Happy Hour GPB (first come first serve)

~OR~

3:00 - 4:00 Happy Hour GPB (first come first serve)
 3 & 7 Movie, Selena TH

9

11:00 Chair Tai Chi SR (first come first serve)
1:00 Hangman GPB
2:00 News & Views with Claire in the Ballroom
3:00 Chair Tai Chi SR (first come first serve)
 3 & 7 Movie, Selena TH

10

11:00 Seated Yoga SR (first come first serve)
1:05 Jets VS Seahawks
3:00 Seated Yoga SR (first come first serve)
 3 & 7 Movie, Selena TH

11

10:00 Blood Pres. Check, MR
11:00 Chair Zumba SR (first come first serve)
3:00 Chair Zumba SR (first come first serve)
 3 & 7 Movie, Loving TH

12

8:00 - 2:00 Doctor Runs North
11:00 Chair Tai Chi SR (first come first serve)
3:00 Chair Tai Chi SR (first come first serve)
 3 & 7 Movie, Loving TH

13

11:00 Seated Yoga SR (first come first serve)
1:00 Bingo GPB
3:00 Seated Yoga SR (first come first serve)
3:00 Activity Meeting in the Ballroom
 3 & 7 Movie, Loving TH

14

8:00 - 2:00 Doctor Runs South
11:00 Seated Exercise SR (first come first serve)
3:00 Seated Exercise SR (first come first serve)
 3 & 7 Movie, Self Made TH

15

11:00 Balance with Jennifer SR (9 participant limit)
1:30 - 2:30 Happy Hour GPB (first come first serve)

~OR~

3:00 - 4:00 Happy Hour GPB (first come first serve)
 3 & 7 Movie, Self Made TH

16

11:00 Chair Tai Chi SR (first come first serve)
1:00 Hangman GPB
2:00 News & Views with Claire in the Ballroom
3:00 Chair Tai Chi SR (first come first serve)
 3 & 7 Movie, Self Made TH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
17	18	19	20	21	22	23
<p>11:00 Seated Yoga SR (first come first serve)</p> <p>10:00 Seahawks VS Washington</p> <p>3:00 Seated Yoga SR (first come first serve)</p> <p>4:00 Short Stories w/Kay P2 3 & 7 Movie, Always TH</p>	<p>10:00 Blood Pres. Check, MR</p> <p>11:00 Chair Zumba SR (first come first serve)</p> <p>3:00 Chair Zumba SR (first come first serve)</p> <p>4:00 Billiards, DR 3 & 7 Movie, Always TH</p>	<p>8:00 - 2:00 Doctor Runs North</p> <p>11:00 Chair Tai Chi SR (first come first serve)</p> <p>1:00 Armchair Travel; Rick Steve's European Christmas with Kay SR</p> <p>3:00 Chair Tai Chi SR (first come first serve)</p> <p>3 & 7 Movie, Always TH</p>	<p>11:00 Seated Yoga SR (first come first serve)</p> <p>1:00 Armchair Travel; Rick Steve's European Christmas with Kay SR</p> <p>3:00 Dining Meeting in the Ballroom 3 & 7 Movie, Hostile TH</p>	<p>8:00 - 2:00 Doctor Runs South (Northgate / Seattle)</p> <p>11:00 Seated Exercise SR (first come first serve)</p> <p>3 & 7 Movie, Hostile TH</p>	<p>1:30 - 2:30 Happy Hour GPB (first come first serve)</p> <p style="text-align: center;">~OR~</p> <p>3:00 - 4:00 Happy Hour GPB (first come first serve) 3 & 7 Movie, Hostile TH</p>	<p>11:00 Chair Tai Chi SR (first come first serve)</p> <p>1:00 Hangman GPB</p> <p>2:00 News & Views with Claire in the Ballroom</p> <p>3:00 Chair Tai Chi SR (first come first serve)</p> <p>3 & 7 Movie, Otherhood TH</p>
24	25	26	27	28	29	30
<p>11:00 Seated Yoga SR (first come first serve)</p> <p>1:05 Rams VS Seahawks</p> <p>3:00 Seated Yoga SR (first come first serve)</p> <p>3 & 7 Movie, Otherhood TH</p>	<p>10:00 Blood Pres. Check, MR</p> <p>11:00 Chair Zumba SR (first come first serve)</p> <p>3:00 Chair Zumba SR (first come first serve) 3 & 7 Movie, Otherhood TH</p>	<p>8:00 - 2:00 Doctor Runs North</p> <p>11:00 Chair Tai Chi SR (first come first serve)</p> <p>3:00 Chair Tai Chi SR (first come first serve)</p> <p>3 & 7 Movie, Hillbilly Elegy TH</p>	<p>11:00 Seated Yoga SR (first come first serve)</p> <p>1:00 Christmas Bingo GPB</p> <p>3:00 Seated Yoga SR (first come first serve)</p> <p>3:00 Bldg., Grounds & Safety Meeting in the Ballroom 3 & 7 Movie, Hillbilly Elegy TH</p>	<p>8:00 - 2:00 Doctor Runs South</p> <p>11:00 Seated Exercise SR (first come first serve)</p> <p>3:00 Seated Exercise SR (first come first serve)</p> <p>3 & 7 Movie, Hillbilly Elegy TH</p>	<p>1:30 - 2:30 Happy Hour GPB (first come first serve)</p> <p style="text-align: center;">~OR~</p> <p>3:00 - 4:00 Happy Hour GPB (first come first serve) 3 & 7 Movie, Effie GrayTH</p>	<p>11:00 Chair Tai Chi SR (first come first serve)</p> <p>1:00 Hangman GPB</p> <p>2:00 News & Views with Claire in the Ballroom</p> <p>3:00 Chair Tai Chi SR (first come first serve)</p> <p>3 & 7 Movie, Effie Gray TH</p>
31	<p>Any questions, comments or feedback regarding this monthly activity calendar, please see Candace</p> <p>*Activities in GREEN are Exercise related activities</p> <p>*Activities in BLUE are Entertainers performing in the month.</p> <p>*Activities in RED are outings</p> <p>CALENDAR IS SUBJECT TO CHANGE!</p> <p>QUAIL PARK, 4015 164th STREET SW, LYNNWOOD,WA.98087 425.640.8529</p> <div style="text-align: right;">  </div>					