

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <div> <div>April</div> <div>2021</div> </div> <div>  <div>April Showers Bring May Flowers</div> </div>				<div>1</div> <div>8:00 - 2:00 Doctor Runs South (Northgate / Seattle)</div> <div>11:00 Seated Exercise SR</div> <div>1:00 Poker DR 3:00 Seated Exercise SR</div> <div>3 & 7 Movie, Fiddler on the Roof TH</div>	<div>2</div> <div>11:00 Seated Qi Gong SR</div> <div>3:00-4:00 Happy Hour GPB (group of 9)</div> <div>3:00 Seated Qi Gong SR</div> <div>3 & 7 Movie, Fiddler on the Roof TH</div>	<div>3</div> <div>11:00 Chair Tai Chi SR</div> <div>1:00 Country Drive * (Sign up Sheets in binder)</div> <div>2:00 News & Views with Claire in the Ballroom</div> <div>3:00 Chair Tai Chi SR</div> <div>3 & 7 Movie, Fiddler on the Roof TH</div>
<div>4</div> <div></div> <div>7:30-2:00 Resident Only Easter Brunch</div> <div>11:00 Seated Yoga SR</div> <div>3:00 Seated Yoga SR</div> <div>3 & 7 Movie, The Young Messiah TH</div>	<div>5</div> <div>10:00 Blood Pres. Check, MR</div> <div>10:00-11:30 Weekly Errands* (Sign up Sheets in binder)</div> <div>11:00 Chair Volleyball SR</div> <div>3:00 Chat with Steve GPB</div> <div>3:00 Chair Zumba SR</div> <div>3 & 7 Movie, The Young Messiah TH</div>	<div>6</div> <div>8:00 - 2:00 Doctor Runs North</div> <div>11:00 Chair Tai Chi SR</div> <div>1:00 Bingo w/Prizes CCR</div> <div>1:00 Book Club Meeting Ballroom (turn in current book and pick up new book)</div> <div>3:00 Chair Tai Chi SR</div> <div>3 & 7 Movie, Audrey TH</div>	<div>7</div> <div>9:30 Fred Meyer</div> <div>10:30 Fred Meyer* (Sign up Sheets in binder)</div> <div>11:00 Seated Yoga SR</div> <div>1:00 Hangman in the Ballroom</div> <div>3:00 Hosp. Comm. Mtg BR</div> <div>3:00 Seated Yoga SR</div> <div>3 & 7 Movie, Audrey TH</div>	<div>8</div> <div>8:00 - 2:00 Doctor Runs South</div> <div>11:00 Seated Exercise SR</div> <div>1:00 Poker DR</div> <div>3:00 Seated Exercise SR</div> <div>3 & 7 Movie, Audrey TH</div>	<div>9</div> <div>11:00 Seated Qi Gong SR</div> <div>3:00-4:00 Happy Hour GPB (group of 9)</div> <div>3:00 Seated Qi Gong SR</div> <div>3 & 7 Movie, Founder TH</div>	<div>10</div> <div>11:00 Chair Tai Chi SR</div> <div>1:00 Beach Drive * (Sign up Sheets in binder)</div> <div>2:00 News & Views with Claire in the Ballroom</div> <div>3:00 Chair Tai Chi SR</div> <div>3 & 7 Movie, Founder TH</div>
<div>11</div> <div>11:00 Seated Yoga SR</div> <div>3:00 Short Stories w/ Kay GPB</div> <div>3:00 Seated Yoga SR</div> <div>3 & 7 Movie, Founder TH</div>	<div>12</div> <div>10:00 Blood Pres. Check, MR</div> <div>10:00 Weekly Errands* (Sign up Sheets in binder)</div> <div>11:00 Chair Volleyball SR</div> <div>12:30 Drive thru the Tulip Fields and stop for Snow Goose Ice Cream*(\$5.50 cash) (Sign up Sheets in binder)</div> <div>3:00 Chat with Steve GPB</div> <div>3:00 Chair Zumba SR</div> <div>3 & 7 Movie, Yes Day TH</div>	<div>13</div> <div>8:00 - 2:00 Doctor Runs North</div> <div>11:00 Chair Tai Chi SR</div> <div>1:00 Bingo w/Prizes CCR</div> <div>3:00 Chair Tai Chi SR</div> <div>3 & 7 Movie, Yes Day TH</div>	<div>14</div> <div>9:30 Fred Meyer</div> <div>10:30 Fred Meyer* (Sign up Sheets in binder)</div> <div>11:00 Seated Yoga SR</div> <div>1:00 Crafts SR</div> <div>3:00 Act. Comm. Mtg BR</div> <div>3:00 Seated Yoga SR</div> <div>3 & 7 Movie, Yes Day TH</div>	<div>15</div> <div>8:00 - 2:00 Doctor Runs South (Northgate / Seattle)</div> <div>11:00 Seated Exercise SR</div> <div>1:00 Poker DR</div> <div>3:00 Seated Exercise SR</div> <div>3 & 7 Movie, Fatima TH</div>	<div>16</div> <div>11:00 Seated Qi Gong SR</div> <div>3:00-4:00 Happy Hour GPB (group of 9)</div> <div>3:00 Seated Qi Gong SR</div> <div>3 & 7 Movie, Fatima TH</div>	<div>17</div> <div>11:00 Chair Tai Chi SR</div> <div>12:30 Drive thru the Tulip Fields and stop for Ice Cream*(\$5.50 cash) (Sign up Sheets in binder)</div> <div>2:00 News & Views with Claire in the Ballroom</div> <div>3:00 Chair Tai Chi SR</div> <div>3 & 7 Movie, Fatima TH</div>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>18</div> <div>11:00 Seated Yoga SR</div> <div>12:30 Beach Drive*</div> <div>(Sign up Sheets in binder)</div> <div>3:00 Seated Yoga SR</div> <div>3 & 7 Movie, W./E. TH</div>	<div>19</div> <div>10:00 Blood Pres. Check, MR</div> <div>10:00 Weekly Errands*</div> <div>(Sign up Sheets in binder)</div> <div>11:00 Chair Volleyball SR</div> <div>3:00 Chat with Steve GPB</div> <div>3:00 Chair Zumba SR</div> <div>3 & 7 Movie, W./E. TH</div>	<div>20</div> <div>8:00 - 2:00</div> <div>Doctor Runs North</div> <div>11:00 Chair Tai Chi SR</div> <div>1:00 Bingo w/Prizes CCR</div> <div>3:00 Trivia with Kay GPB</div> <div>3:00 Chair Tai Chi SR</div> <div>3 & 7 Movie, W./E. TH</div>	<div>21</div> <div>8:00 Men’s Breakfast ODR</div> <div>(You must sign up for this)</div> <div>9:30 Fred Meyer</div> <div>10:30 Fred Meyer*</div> <div>(Sign up Sheets in binder)</div> <div>11:00 Seated Yoga SR</div> <div>3:00 Dining Comm. Mtg BR</div> <div>3:00 Seated Yoga SR</div> <div>3 & 7 Movie, 5 Flights Up TH</div>	<div>22</div> <div>8:00 - 2:00</div> <div>Doctor Runs South</div> <div>11:00 Seated Exercise SR</div> <div>1:00 Poker DR</div> <div>3:00 Seated Exercise SR</div> <div>3 & 7 Movie, 5 Flights Up TH</div>	<div>23</div> <div>11:00 Seated Qi Gong SR</div> <div>11:00 Card Class w/Tammy SR</div> <div>3:00-4:00</div> <div>Happy Hour GPB</div> <div>(group of 9)</div> <div>3:00 Seated Qi Gong SR</div> <div>3 & 7 Movie, 5 Flights Up TH</div>	<div>24</div> <div>11:00 Chair Tai Chi SR</div> <div>1:00 Mystery Drive*</div> <div>(Sign up Sheets in binder)</div> <div>2:00 News & Views with Claire in the Ballroom</div> <div>3:00 Chair Tai Chi SR</div> <div>3 & 7 Movie, The Two Popes TH</div>
<div>25</div> <div>11:00 Seated Yoga SR</div> <div>12:30 Country Drive*</div> <div>(Sign up Sheets in binder)</div> <div>3:00 Short Stories w/ Kay GPB</div> <div>3:00 Seated Yoga SR</div> <div>3 & 7 Movie, The Two Popes TH</div>	<div>26</div> <div>10:00 Blood Pres. Check, MR</div> <div>10:00 Weekly Errands*</div> <div>(Sign up Sheets in binder)</div> <div>11:00 Chair Volleyball SR</div> <div>3:00 Chat with Steve GPB</div> <div>3:00 Chair Zumba SR</div> <div>3 & 7 Movie, The Two Popes TH</div>	<div>27</div> <div>8:00 - 2:00</div> <div>Doctor Runs North</div> <div>11:00 Chair Tai Chi SR</div> <div>1:00 Bingo w/Prizes CCR</div> <div>3:00 Chair Tai Chi SR</div> <div>3 & 7 Movie, The Two Popes TH</div>	<div>28</div> <div>9:30 Fred Meyer</div> <div>10:30 Fred Meyer*</div> <div>(Sign up Sheets in binder)</div> <div>11:00 Seated Yoga SR</div> <div>1:00 Hangman in the Ballroom</div> <div>3:00 Building & Safety Mtg. BR</div> <div>3:00 Seated Yoga SR</div> <div>3 & 7 Movie, Philomena TH</div>	<div>29</div> <div>8:00 - 2:00</div> <div>Doctor Runs South</div> <div>11:00 Seated Exercise SR</div> <div>1:00 Poker DR</div> <div>3:00 Seated Exercise SR</div> <div>3 & 7 Movie, Philomena TH</div>	<div>30</div> <div>11:00 Seated Qi Gong SR</div> <div>3:00-4:00</div> <div>Happy Hour GPB</div> <div>(group of 9)</div> <div>3:00 Seated Qi Gong SR</div> <div>3 & 7 Movie, Philomena TH</div>	<div>Location Key</div> <div>BP-Bailey’s Pub</div> <div>SR-Snoqualmie Room</div> <div>CCR - Cascade Card Room</div> <div>DR-Dungeness Room</div> <div>GR-Game Room</div> <div>L&CR-Lewis & Clark Room</div> <div>PDR-Private Dining Room</div> <div>QR-Quilceda Room</div> <div>RDR-Rainier Dining Room</div> <div>ODR - Olympic Dining Rm</div> <div>SR-Snoqualmie Room</div> <div>TH-Theatre</div> <div>SFC-Soar Fitness Center</div> <div>BR-Ball Room</div> <div>GPB - Glacier Peak Bistro</div> <div>ICR-Interurban Conf. Rm</div> <div>* Outing</div>
<div>Any questions, comments or feedback regarding this monthly activity calendar, please see Candace</div> <div>*Activities in GREEN are Exercise related activities</div> <div>*Activities in RED are outings</div> <div>CALENDAR IS SUBJECT TO CHANGE!</div> <div>QUAIL PARK, 4015 164th STREET SW, LYNNWOOD,WA.98087</div> <div>425.640.8529</div> <div> </div>						