

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



October 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<p>1</p> <p>10:00 Board Games SR</p> <p>10:00 IKEA*(\$)</p> <p>11:00 Balance w/Colleen BR</p> <p>1:00 Wii Games L&CR</p> <p>3:00-4:00 Happy Hour GPB</p> <p>3 & 7 Movie, The Piano TH</p>	<p>2</p> <p>10:00 Morning Walk*</p> <p>10:00 Rummikub (large numbers) SR</p> <p>11:00 Drumming SR</p> <p>2:00 Show & Tell GPB</p> <p>2:00 Mexican Train SR</p> <p>3:00 Afternoon Seated Yoga BR</p> <p>3 & 7 Movie, The Piano TH</p>
<p>3</p> <p>7:30 Church Runs (please see sign up binder for times & destinations)</p> <p>10:30 Praise Prayer BR</p> <p>1:00 Sunday Drive*</p> <p>1:05 Seahawks @ San Francisco</p> <p>3 & 7 Movie, The Piano TH</p>	<p>4</p> <p>10:00 Blood Pres. Check, MR</p> <p>10:00 Errands*</p> <p>10:30 Current Events w/Karine GPB</p> <p>11:00 Balance w/Maria BR</p> <p>1:00 Poker DR</p> <p>3:00 Chat with Steve GPB</p> <p>3 & 7 Movie, Worth TH</p>	<p>5</p> <p>8:00 - 2:00 Medical Transportation North</p> <p>10:00 Chair Volleyball w/Colleen SR</p> <p>10:30 Current Events w/Karine GPB</p> <p>11:00 ZUMBA w/Joan BR</p> <p>12:30 Wii Jeopardy w/ Colleen L&CR</p> <p>1:00 Book Club Meeting SR</p> <p>1:00 Hand & Foot DR</p> <p>3 & 7 Movie, Worth TH</p>	<p>6</p> <p>9:30 Fred Meyer*</p> <p>10:30 Fred Meyer*</p> <p>10:00 Wii L&CR</p> <p>10:30 Current Events w/Karine GPB</p> <p>11:00 Seated Yoga w/Colleen BR</p> <p>1:00 Wrap up Oktoberfest with Wilde Thyme BR (5 piece band)</p> <p>1:00 Errands*</p> <p>2:00 Hosp. Comm. Mtg SR</p> <p>3 & 7 Movie, Worth TH</p>	<p>7</p> <p>8:00 - 2:00 Medical Transportation South (Northgate / Seattle)</p> <p>10:30 Current Events w/Karine GPB</p> <p>11:00 ZUMBA w/Joan BR</p> <p>11:00 Catholic Mass SR</p> <p>1:00 Twisted Twister SR</p> <p>1:00 Poker DR</p> <p>5:20 Seahawks vs LA Rams</p> <p>3 & 7 Movie, An Unfinished Life TH</p>	<p>8</p> <p>9:30 Tulalip Casino*</p> <p>10:30 Tulalip Casino*</p> <p>11:00 Balance w/Lauren BR</p> <p>1:00 Wii Games L&CR</p> <p>3:00-4:00 Happy Hour GPB</p> <p>3 & 7 Movie, An Unfinished Life TH</p>	<p>9</p> <p>10:00 Yahtzee SR</p> <p>11:00 Drumming SR</p> <p>12:30 Lunch & Movie SR (Calendar Girls) (Please sign up)</p> <p>2:00 Mexican Train SR</p> <p>3 & 7 Movie, An Unfinished Life TH</p>
<p>10</p> <p>7:30 Church Runs (please see sign up binder for times & destinations)</p> <p>10:30 Praise Prayer BR</p> <p>1:00 Sunday Drive*</p> <p>1:00 Movie Committee TH</p> <p>3 & 7 Movie, Bob Ross TH</p>	<p>11</p> <p>10:00 Blood Pres. Check, MR</p> <p>10:00 Errands*</p> <p>10:30 Current Events w/Karine GPB</p> <p>10:30 Caregiver Support Group SR</p> <p>11:00 Balance w/Maria BR</p> <p>1:00 Poker DR</p> <p>3:00 Chat with Steve GPB</p> <p>3 & 7 Movie, Bob Ross TH</p>	<p>12</p> <p>8:00 - 2:00 Medical Transportation North</p> <p>10:00 Chair Volleyball w/Colleen SR</p> <p>10:30 Current Events w/Karine GPB</p> <p>10:00-5:00 Foot Care Specialist Millie Quiroz WC</p> <p>11:00 ZUMBA w/Joan BR</p> <p>1:00 Hand & Foot DR</p> <p>2:00 Communion SR</p> <p>3 & 7 Movie, Bob Ross TH</p>	<p>13</p> <p>8:00-2:00 Eastside Medical Transportation</p> <p>9:30 Fred Meyer</p> <p>10:30 Fred Meyer*</p> <p>10:30 Current Events w/Karine GPB</p> <p>11:00 Seated Yoga w/Colleen BR</p> <p>1:00 Make a Halloween wreath SR (please sign up)</p> <p>2:00 Act. Comm. Mtg BR</p> <p>3 & 7 Movie, Queen Bees TH</p>	<p>14</p> <p>8:00 - 2:00 Medical Transportation South</p> <p>10:00 Chair Volleyball w/ Colleen SR</p> <p>10:30 Current Events w/ Karine GPB</p> <p>11:00 ZUMBA w/Joan BR</p> <p>1:00 Puppy Social in the South Courtyard</p> <p>1:00 Poker DR</p> <p>3 & 7 Movie, Queen Bees TH</p>	<p>15</p> <p>10:00 Board Games SR</p> <p>10:00 Mc Menamins* (\$)</p> <p>11:00 Balance w/Lauren BR</p> <p>1:00 Wii Games L&CR</p> <p>2:00 David Lee Howard BR</p> <p>3:00-4:00 Happy Hour GPB</p> <p>3 & 7 Movie, Queen Bees TH</p>	<p>16</p> <p>10:00 Morning Walk*</p> <p>10:00 Mancala SR</p> <p>11:00 Drumming SR</p> <p>2:00 Mexican Train SR</p> <p>2:00 Meet Your Neighbor Social GPB</p> <p>3:00 Afternoon Seated Yoga BR</p> <p>3 & 7 Movie, Midnight Run TH</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
17	18	19	20	21	22	23
7:30 Church Runs (please see sign up binder for times & destinations) 10:30 Praise Prayer BR 1:00 Sunday Drive* 5:20 Seahawks @ Pittsburgh 3 & 7 Movie, Midnight Run TH	10:00 Blood Pres. Check, MR 10:00 Errands* 10:30 Current Events w/Karine GPB 11:00 Balance w/Maria 1:00 Medicare 101 with Cynthia Nava SR 1:00 PAC Workshop BR (Normal Aging vs Not Normal Aging) BR 1:00 Poker DR 3:00 Chat with Steve GPB 3 & 7 Movie, Beethoven 2 TH	8:00 - 2:00 Medical Transportation North 10:00 Chair Volleyball w/Colleen SR 10:30 Current Events w/Karine GPB 11:00 ZUMBA w/Joan BR 12:30 Wii Jeopardy w/Colleen L&CR 1:00 Hand & Foot DR 2:00 Communion SR 3 & 7 Movie, Beethoven 2 TH	9:30 Fred Meyer 10:30 Fred Meyer* 10:30 Current Events w/Karine GPB 11:00 Seated Yoga w/Colleen BR 1:00 Errands* 2:00 Dining Comm. Mtg. BR 3 & 7 Movie, The Wrong Missy TH	8:00 - 2:00 Medical Transportation South (Northgate / Seattle) 10:30 Current Events w/Karine GPB 11:00 ZUMBA w/Joan BR 1:00 Armchair Travel w/ Kay thru Munich, Germany SR 1:00 Poker DR 3 & 7 Movie, The Wrong Missy TH	10:00 The New Quil Ceda Creek Casino * 10:00 Board Games SR 10:30 Wii Jeopardy w/Colleen L&CR 11:00 Balance w/Lauren BR 11:00 Value Village * (Costume Shopping) 11:30 Card Class w/Tammy SR 12:30 Gary Hood BR (Piano) 1:00 Wii Games L&CR 1:00 Card Games SR 3:00-4:00 Happy Hour GPB 3 & 7 Movie, The Wrong Missy TH	10:00 Scrabble SR 10:00 Morning Walk* 11:00 Drumming SR 1:00 Trivia with Kay GPB 1:00 Chocolate & Wine Tasting GPB 2:00 Mexican Train SR 3:00 Afternoon Seated Yoga BR 3 & 7 Movie, Sweet Girl TH
24	25	26	27	28	29	30
7:30 Church Runs (please see sign up binder for times & destinations) 10:30 Praise Prayer BR 1:00 Sunday Drive* 3 & 7 Movie, Sweet Girl TH	10:00 Blood Pres. Check, MR 10:00 Errands* 10:30 Current Events w/Karine GPB 10:30 Caregiver Support Group SR 11:00 Balance w/Maria 1:00 Poker DR 2:15 Book Mobile SR 3:00 Chat with Steve GPB 5:15 Seahawks vs New Orleans 3 & 7 Movie, Sweet Girl TH	8:00 - 2:00 Medical Transportation North 10:00 Chair Volleyball w/Colleen SR 10:30 Current Events w/Karine GPB 11:00 ZUMBA w/Joan BR 12:30 Wii Jeopardy w/Colleen L&CR 1:00 Hand & Foot DR 2:00 Communion SR 3 & 7 Movie, Bright Star TH	8:00-2:00 Eastside Medical Transportation 9:30 Fred Meyer 10:30 Fred Meyer* 10:30 Current Events w/Karine GPB 11:00 Seated Yoga w/Colleen BR 2:00 Blding & Sfty Mtg. BR 3 & 7 Movie, Bright Star TH	8:00 - 2:00 Medical Transportation South 10:30 Current Events w/Karine GPB 11:00 ZUMBA w/Joan BR 11:30 Calendar Meeting SR 1:00 Poker DR 1:00 Presentation by Ann Plotnick (Rainier Hearing) SR 2:00 Resident Council Mtg BR 3 & 7 Movie, Hubie Halloween TH	10:00 Board Games SR 10:30 Wii Jeopardy w/Colleen L&CR 11:00 Lunch at the Haunted Oxford Saloon*(\$) 11:00 Balance w/Lauren BR 1:00 Wii Games L&CR 1:00 Card Games SR 3:00 Silver Strings BR 3:00-4:00 Haunted Happy Hour GPB 3 & 7 Movie, Hubie Halloween TH	10:00 Scrabble SR 10:00 Morning Walk* 11:00 Drumming SR 1:00-2:00 Costume Parade (Meet in the Lobby) 2:00 Mexican Train SR 3:00 Afternoon Seated Yoga BR 3 & 7 Movie, A Witches Ball TH

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7:30 Church Runs
 (please see sign up binder for times & destinations)
 10:30 Praise Prayer BR
1:00 Haunted Drive*
1:05 Seahawks vs Jacksonville
 3 & 7 Movie, A Witches Ball TH

Any questions, comments or feedback regarding this monthly activity calendar, please see Candace

- *Activities in **BLUE** are entertainment
- *Activities in **GREEN** are Exercise related activities
- *Activities in **RED** are outings
- (\$) means there is a cost involved

CALENDAR IS SUBJECT TO CHANGE!

QUAIL PARK, 4015 164th STREET SW, LYNNWOOD, WA. 98087
425.640.8529

Location Key

BP-Bailey's Pub	CCR - Cascade Card Room
RDR-Rainier Dining Room	QR-Quilceda Room
PDR-Private Dining Room	TH-Theatre
SR-Snoqualmie Room	SFC-Soar Fitness Center
DR-Dungeness Room	BR-Ballroom
L&CR-Lewis & Clark Room	GPB - Glacier Peak Bistro
	ICR-Interurban Conf. Rm
	* Outing