


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> 10:00 Blood Pres. Check, MR <b>10:00 Errands*</b> 10:30 Current Events w/Karine GPB <b>11:00 Balance w/Maria BR</b> <b>1:00 Poker DR</b> 3:00 Chat w/Steve GPB 3 & 7 Movie, A Knights Tale TH	<b>2</b> 8:00 - 2:00 Medical Trans. North 10:30 - 2:00 Mocha Motion Coffee Cart SR 10:30 Current Events w/Karine GPB 10:30 - 2:30 Mocha Motion Coffee Bar <b>11:00 ZUMBA w/Joan BR</b> 12:30 Wii Jeopardy w/ Colleen L&CR 1:00 Book Club Meeting SR <b>1:00 Hand &amp; Foot DR</b> 3 & 7 Movie, A Knights Tale TH Happy Birthday Gerry H., Bonnie R. & Lynn B.	<b>3</b> <b>9:30 Fred Meyer*</b> <b>10:30 Fred Meyer*</b> 10:00 Wii L&CR 10:30 Current Events w/Karine GPB <b>11:00 Seated Yoga BR</b> <b>1:00 Errands*</b> 1:00 Pumpkin Flower Arrangement SR (PLEASE SIGN UP) 2:00 Hosp. Comm. Mtg BR 3 & 7 Movie, A Knights Tale TH	<b>4</b> 8:00 - 2:00 Medical Trans. South 10:30 Current Events w/Karine GPB <b>11:00 ZUMBA w/Joan BR</b> <b>11:00 Catholic Mass &amp; Anointing of the Sick SR</b> 1:00 Poker DR 1:00 Hangman BR 3 & 7 Movie, As Good as It Gets TH	<b>5</b> 10:00 Board Games SR <b>10:00 Tulalip Casino* (2 Buses)</b> <b>11:00 Balance w/Lauren BR</b> 1:00 Wii Games L&CR <b>3:00-4:00 Happy Hour GPB</b> 3 & 7 Movie, As Good as It Gets TH	<b>6</b> <b>9:00 Morning Walk*</b> 10:00 Rummikub (large numbers) SR <b>11:00 Drumming SR</b> <b>12:30 Sons of Norway Bazaar*</b> 2:00 Mexican Train SR 3 & 7 Movie, As Good as It Gets TH  <b>Fall Back</b>
<b>7</b> <b>7:30 Church Runs (please see sign up binder for times &amp; destinations)</b> 10:30 Praise Prayer w/Communion BR <b>1:00 Sunday Drive*</b> 3 & 7 Movie, Ghost TH	<b>8</b> 10:00 Blood Pres. Check, MR <b>10:00 Errands*</b> <b>10:00-1:00 Moderna Booster Clinic BR</b> 10:30 Current Events w/Karine GPB 10:30 Caregiver Support Group ICR <b>11:00 Balance w/Maria SR</b> <b>1:00 Poker DR</b> 3:00 Chat w/Steve GPB 3 & 7 Movie, Ghost TH	<b>9</b> 8:00 - 2:00 Medical Trans. North 10:00 Chair Volleyball SR <b>10:00-5:00 Foot Care Specialist Millie Quiroz WC</b> 10:30 Current Events w/Karine GPB <b>11:00 ZUMBA w/Joan BR</b> <b>1:00 Hand &amp; Foot DR</b> <b>2:00 Catholic Communion SR</b> 3 & 7 Movie, Ghost TH Happy Birthday Karsten	<b>10</b> <b>8:00-2:00 Eastside Medical Transportation</b> <b>9:30 Fred Meyer*</b> <b>10:30 Fred Meyer*</b> 10:00 Wii L&CR 10:30 Current Events w/Karine GPB <b>11:00 Seated Yoga Video SR</b> 2:00 Act. Comm. Mtg BR 3 & 7 Movie, Ella Fitzgerald TH	<b>Veteran's Day 11</b> 8:00 - 2:00 Medical Trans. South 10:00 Veteran's Ceremony BR (Veteran's Only) Reception to follow in the GPB 10:30 Current Events w/Karine GPB <b>11:00 ZUMBA w/Joan BR</b> <b>12:30 Gary Hood BR (Piano)</b> <b>1:00 Poker DR</b> 3 & 7 Movie, Ella Fitzgerald TH	<b>12</b> 10:00 Board Games SR <b>10:00 Echo Falls Holiday Bazaar*</b> <b>11:00 Balance w/Lauren BR</b> 1:00 Wii Games L&CR <b>3:00 David Little BR (Piano)</b> <b>3:00-4:00 Happy Hour GPB</b> 3 & 7 Movie, Ella Fitzgerald TH	<b>13</b> 10:00 Yahtzee SR <b>9:00 Starbucks &amp; Pastries *</b> <b>11:00 Drumming SR</b> <b>12:30 Alderwood Mall - Walk, Shop or Lunch*(\$)</b> 2:00 Mexican Train SR 3 & 7 Movie, Safe Haven TH
<b>14</b> <b>7:30 Church Runs (please see sign up binder for times &amp; destinations)</b> 10:30 Praise Prayer BR <b>1:00 Sunday Drive*</b> 1:00 Movie Committee TH 1:25 Seahawks @ Green Bay on CBS 3 & 7 Movie, Safe Haven TH	<b>15</b> 10:00 Blood Pres. Check, MR <b>10:00 Karen Paulson, The Alteration Lady SR</b> <b>10:00 Errands*</b> 10:30 Current Events w/Karine GPB <b>10:30 PAC Workshop BR (Using a Positive Physical Approach)</b> <b>11:00 Balance w/Maria SR</b> <b>1:00 Poker DR</b> 3:00 Chat w/ Steve GPB 3 & 7 Movie, Safe Haven TH	<b>16</b> 8:00 - 2:00 Medical Trans. North 10:00 Chair Volleyball w/Colleen SR 10:30 Current Events w/Karine GPB <b>11:00 ZUMBA w/Joan BR</b> 12:30 Wii Jeopardy w/ Colleen L&CR <b>1:00 Hand &amp; Foot DR</b> <b>2:00 Catholic Communion SR</b> 3 & 7 Movie, Going in Style TH Happy Birthday Shirley D & Dorothy V	<b>17</b> <b>9:30 Fred Meyer</b> <b>10:30 Fred Meyer*</b> 10:30 Current Events w/Karine GPB <b>11:00 Seated Yoga BR</b> <b>1:00 Errands*</b> 12:00 Lunch and a Movie (Queen Bees) SR (please sign up) 2:00 Dining Comm. Mtg BR 3 & 7 Movie, Going in Style TH Happy Birthday Elsie S	<b>18</b> 8:00 - 2:00 Medical Trans. South (Northgate / Seattle) 10:00 Enable Dental Presentation SR 10:30 Current Events w/Karine GPB <b>11:00 ZUMBA w/Joan BR</b> 12:00 Lunch and a Movie (Queen Bees) SR Please sign up) <b>1:00 Poker DR</b> 3 & 7 Movie, Going in Style TH	<b>19</b> 10:00 Board Games SR <b>10:00 Larsen's Bakery*(\$)</b> 10:30 Wii Jeopardy w/ Colleen L&CR <b>11:00 Balance w/ Lauren BR</b> 11:30 Card Class w/Tammy SR 1:00 Wii Games L&CR <b>2:00 David Lee Howard BR (12 String Guitar)</b> <b>3:00-4:00 Happy Hour GPB</b> 3 & 7 Movie, Grown Ups TH Happy Birthday Margaret M	<b>20</b> <b>10:00 Morning Walk*</b> 10:00 Mancala SR <b>11:00 Drumming SR</b> <b>12:30 Chick-N-Coop Craft Bazaar*</b> 2:00 Mexican Train SR 1:00 Show & Tell BR <b>3:00 Afternoon Seated Yoga BR</b> 3 & 7 Movie, Grown Ups TH



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>21</b> <b>7:30 Church Runs</b> <b>(please see sign up binder for times &amp; destinations)</b> 10:30 Praise Prayer w/Communion BR <b>1:00 Sunday Drive*</b> 1:25 Seahawks vs Arizona on FOX 3 & 7 Movie, Grown Ups TH	<b>22</b> 10:00 Blood Pres. Check, MR <b>10:00 Errands*</b> 10:30 Current Events w/Karine GPB <b>11:00 Balance w/Maria</b> <b>1:00 Poker DR</b> <b>2:15 Book Mobile SR</b> 2:00 Caregiver Support Group BR 3:00 Chat with Steve GPB 3 & 7 Movie, Something Borrowed TH Happy Birthday Gerry P & Bobbie A	<b>23</b> 8:00 - 2:00 Medical Trans. North 10:00 Chair Volleyball w/Colleen SR 10:30 Current Events w/Karine GPB <b>11:00 ZUMBA w/Joan BR</b> 12:30 Wii Jeopardy w/Colleen L&CR 1-5:00 TMAP Check Writing SR <b>1:00 Hand &amp; Foot DR</b> <b>2:00 Catholic Communion BR</b> 3 & 7 Movie, Something Borrowed TH  Happy Birthday Fred U	<b>24</b> <b>8:00-2:00 Eastside Medical Transportation</b> <b>9:30 Fred Meyer</b> <b>10:30 Fred Meyer*</b> 10:30 Current Events w/Karine GPB <b>11:00 Seated Yoga BR</b> 2:00 Blding & Sfty Mtg. BR 3 & 7 Movie, Something Borrowed TH Happy Birthday Helen P	<b>25</b> <b>Happy Thanksgiving</b> 11 - 6:00Traditional Thanksgiving Dinner will be served. Please sign up if you are staying in <b>NO</b> Medical Trans. South 10:30 Current Events w/Karine GPB <b>11:00 ZUMBA w/Joan BR</b> <b>1:00 Poker DR</b> 3 & 7 Movie, Titanic TH  <b>GOBBLE TILL YOU WOBBLE</b>	<b>26</b> <b>10:00 The New Quil Ceda Creek Casino * (2 Buses)</b> 10:00 Board Games SR <b>11:00 Balance w/ Lauren BR</b> 1:00 Wii Games L&CR 1:00 Card Games SR <b>3:00-4:00 Happy Hour GPB</b> 3 & 7 Movie, Titanic TH	<b>27</b> 10:00 Scrabble SR <b>10:00 Morning Walk*</b> <b>11:00 Drumming SR</b> 1:00 Get to know Your Neighbor Social GPB 2:00 Mexican Train SR <b>3:00 Afternoon Seated Yoga BR</b> 3 & 7 Movie, Titanic TH

<b>28</b> <b>7:30 Church Runs</b> <b>(please see sign up binder for times &amp; destinations)</b> 10:30 Praise Prayer BR <b>1:00 Sunday Drive*</b> 3 & 7 Movie, Premonition TH	<b>29</b> 10:00 Blood Pres. Check, MR <b>10:00 Errands*</b> 10:30 Current Events w/Karine GPB <b>11:00 Balance w/Maria</b> <b>1:00 Poker DR</b> 3:00 Chat with Steve GPB 5:15 Seahawks @ Washington on ESPN 3 & 7 Movie, Premonition TH	<b>30</b> 8:00 - 2:00 Medical Trans. North 10:00 Chair Volleyball w/Colleen SR 10:30 Current Events w/Karine GPB <b>11:00 ZUMBA w/Joan BR</b> 12:30 Wii Jeopardy w/Colleen L&CR <b>1:00 Hand &amp; Foot DR</b> <b>2:00 Catholic Communion SR</b> <b>2:00 Resident Council Mtg BR</b> 3 & 7 Movie, Premonition TH	Any questions, comments or feedback regarding this monthly activity calendar, please see Candace *Activities in <b>BLUE</b> are entertainment *Activities in <b>GREEN</b> are Exercise related activities *Activities in <b>RED</b> are outings (\$) means there is a cost involved  <b>CALENDAR IS SUBJECT TO CHANGE!</b> <b>QUAIL PARK, 4015 164th STREET SW, LYNNWOOD,WA.98087</b>
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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
	<b>* Outing</b>

# November 2021