

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Location Key

BP-Bailey's Pub

QR-Quilceda Room

RDR-Rainier Dining

TH-Theatre

Room

SFC-Soar Fitness Center

PDR-Private Dining

BR-Ballroom

Room

GPB - Glacier Peak Bistro

SR-Snoqualmie Room

ICR-Interurban Conf. Rm

DR-Dungeness Room

* Outing

L&CR-Lewis & Clark

January 2022

Happy New Year 1

10:00 Yahtzee SR
 10:00 Morning Walk*
 11:00 Drumming SR
 1:00 Mexican Train DR
 3:00 Afternoon Seated Yoga BR
 3 & 7 Movie, Sextuplets TH

2

7:30 Church Runs (please see sign up binder for times & destinations)
 1:00 Sunday Drive*
 1:25 Seahawks vs Detroit on FOX
 3 & 7 Movie, Sextuplets TH

3

10:00 Blood Pres. Check, MR
 10:00 Errands*
 11:00 Balance w/Maria BR
 1:00 Poker DR
 3:00 Chat with Steve GPB
 3 & 7 Movie, Sextuplets TH

4

8:00 - 2:00 Medical Transportation North
 10:00 Chair Volleyball w/Colleen SR
 11:00 ZUMBA w/Joan BR
 12:30 Wii Jeopardy w/Colleen L&CR
 1:00 Hand & Foot DR
 1:00 Book Club SR
 2:00 Catholic Communion SR
 3:00 Afternoon Seated Yoga BR
 3 & 7 Movie, Unforgivable TH

5

9:30 Fred Meyer*
 10:30 Fred Meyer*
 10:00 Wii L&CR
 11:00 Ball & Weight Resistance BR
 1:00 Errands*
 1:00 Candy Bar Bingo CCR
 2:00 Hosp. Comm. Mtg BR
 3:00 Drumming SR
 6:30 Mexican Train DR
 3 & 7 Movie, Unforgivable TH

6

8:00 - 2:00 Medical Transportation South (Northgate / Seattle)
 11:00 ZUMBA w/Joan BR
 11:00 Catholic Mass SR
 12:30 Wii Jeopardy w/Colleen L&CR
 1:00 Poker DR
 3 & 7 Movie, Unforgivable TH

7

10:45 The Van Gogh Experience*(\$)
 (Pre Pay Only)
 10:30 Wii Golf L&CR
 11:00 Balance w/Lauren BR
 1:00 Wii Bowling L&CR
 3:00 Paul Cooper BR (Guitar)
 3:00-4:00 Happy Hour GPB
 3 & 7 Movie, The Shack TH

8

10:00 Yahtzee SR
 10:00 Morning Mall Walk*
 11:00 Drumming SR
 1:00 New Dollar Tree*
 1:00 Trivia with Kay GPB
 1:00 Mexican Train DR
 3:00 Afternoon Seated Yoga BR
 3 & 7 Movie, The Shack TH

9

7:30 Church Runs (please see sign up binder for times & destinations)
 1:00 Sunday Drive*
 1:25 Seahawks @ Arizona on FOX
 3 & 7 Movie, The Shack TH

10

10:00 Blood Pres. Check, MR
 10:00 Errands*
 11:00 Balance w/Maria BR
 1:00 Poker DR
 3:00 Chat with Steve GPB
 3 & 7 Movie, 6 Underground TH

11

8:00 - 2:00 Medical Transportation North
 10:00 Foot Care Specialist, Millie Quiroz
 10:00 Chair Volleyball w/Colleen SR
 11:00 ZUMBA w/Joan BR
 12:30 Wii Jeopardy w/Colleen L&CR
 1:00 Hand & Foot DR
 2:00 Catholic Communion SR
 3:00 Afternoon Seated Yoga BR
 3 & 7 Movie, 6 Underground TH

12

8:00-2:00 Eastside Medical Transportation
 9:30 Fred Meyer
 10:30 Fred Meyer*
 11:00 Ball & Weight Resistance BR
 2:00 Act. Comm. Mtg BR
 3:00 Drumming SR
 6:30 Mexican Train DR
 3 & 7 Movie, 6 Underground TH
 Happy Birthday Don A

13

8:00 - 2:00 Medical Transportation South
 10:00 Scrabble SR
 11:00 ZUMBA w/Joan BR
 12:30 Wii Jeopardy w/Colleen L&CR
 2:00 Make a Gnome w/Colleen SR
 1:00 Poker DR
 3 & 7 Movie, Law Abiding Citizen TH

14

10:00 Board Games SR
 9:30 Tulalip Casino*
 10:30 Tulalip Casino*
 10:30 Wii Golf L&CR
 11:00 Balance w/Lauren BR
 1:00 Wii Bowling L&CR
 3:00-4:00 Happy Hour GPB
 3 & 7 Movie, Law Abiding Citizen TH

15

10:00 Morning Walk*
 10:00 Mancala SR
 11:00 Drumming SR
 12:00 Lunch out at China City *(\$)
 1:00 Mexican Train DR
 3:00 Afternoon Seated Yoga BR
 3 & 7 Movie, Law Abiding Citizen TH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p align="right">16</p> <p>7:30 Church Runs (please see sign up binder for times & destinations)</p> <p>10:00 Seahawks @ Houston on FOX</p> <p>1:00 Movie</p> <p>Committee TH</p> <p>1:00 Sunday Drive*</p> <p>3 & 7 Movie, Marshall TH</p>	<p align="right">17</p> <p>10:00 Blood Pres. Check, MR</p> <p>10:00 Errands*</p> <p>10:30 Caregiver Support Group SR</p> <p>11:00 Balance w/Maria</p> <p>1:00 Poker DR</p> <p>3:00 Chat with Steve GPB</p> <p>3 & 7 Movie, Marshall TH</p>	<p align="right">18</p> <p>8:00 - 2:00 Medical Transportation North</p> <p>10:00 Chair Volleyball w/Colleen SR</p> <p>11:00 ZUMBA w/Joan BR</p> <p>12:30 Wii Jeopardy w/ Colleen L&CR</p> <p>1:00 Hand & Foot DR</p> <p>2:00 Catholic Communion SR</p> <p>3:00 Afternoon Seated Yoga BR</p> <p>3 & 7 Movie, Marshall TH</p>	<p align="right">19</p> <p>9:30 Fred Meyer</p> <p>10:30 Fred Meyer*</p> <p>11:00 Ball & Weight Resistance BR</p> <p>12:00 Lunch & A Movie; Wild Oats SR</p> <p>1:00 Errands*</p> <p>1:00 Candy Bar Bingo CCR</p> <p>2:00 Dining Comm. Mtg BR</p> <p>3:00 Drumming SR</p> <p>6:30 Mexican Train DR</p> <p>3 & 7 Movie, Our Souls at Night TH</p> <p>Happy Birthday Bettye J, Joyce Mc & Perry G</p>	<p align="right">20</p> <p>8:00 - 2:00 Medical Transportation South (Northgate/Seattle)</p> <p>10:00 Scrabble SR</p> <p>11:00 ZUMBA w/Joan BR</p> <p>12:30 Wii Jeopardy w/Colleen L&CR</p> <p>1:00 Armchair Travel to Italy w/ Kay SR</p> <p>1:00 Poker DR</p> <p>3 & 7 Movie, Our Souls at Night TH</p>	<p align="right">21</p> <p>10:00 Snow Geese and Bald Eagles Viewing*</p> <p>10:00 Board Games SR</p> <p>10:30 Wii Golf L&CR</p> <p>11:00 Balance w/Lauren BR</p> <p>11:30 Card Class w/Tammy SR</p> <p>1:00 Wii Bowling L&CR</p> <p>1:00 Card Games SR</p> <p>3:00 Gary Hood BR (Piano)</p> <p>3:00-4:00 Happy Hour GPB</p> <p>3 & 7 Movie, Our Souls at Night TH</p>	<p align="right">22</p> <p>10:00 Scrabble SR</p> <p>10:00 Morning Walk*</p> <p>11:00 Drumming SR</p> <p>12:30 Hibulb Cultural Center *(\$7)</p> <p>1:00 Trivia with Kay GPB</p> <p>1:00 Mexican Train DR</p> <p>3:00 Afternoon Seated Yoga BR</p> <p>3 & 7 Movie, Fools Gold TH</p> <p>Happy Birthday Judy N</p>	
<p align="right">23</p> <p>7:30 Church Runs (please see sign up binder for times & destinations)</p> <p>1:00 Sunday Drive*</p> <p>3 & 7 Movie, Fools Gold TH</p>	<p align="right">24</p> <p>10:00 Blood Pres. Check, MR</p> <p>10:00 Karen Paulson "The Alteration Lady" SR</p> <p>10:00 Errands*</p> <p>11:00 Balance w/Maria</p> <p>1:00 Poker DR</p> <p>2:15 Book Mobile SR</p> <p>3:00 Chat with Steve GPB</p> <p>3 & 7 Movie, Fools Gold TH</p> <p>Happy Birthday Bob D</p>	<p align="right">25</p> <p>8:00 - 2:00 Medical Transportation North</p> <p>10:00 Chair Volleyball w/Colleen SR</p> <p>11:00 ZUMBA w/Joan BR</p> <p>12:30 Wii Jeopardy w/ Colleen L&CR</p> <p>1:00 Hand & Foot DR</p> <p>2:00 Catholic Communion SR</p> <p>3:00 Afternoon Seated Yoga BR</p> <p>3 & 7 Movie, Just Friends TH</p> <p>Happy Birthday Virginia C & Barbara V</p>	<p align="right">26</p> <p>8:00-2:00 Eastside Medical Transportation</p> <p>9:30 Fred Meyer</p> <p>10:30 Fred Meyer*</p> <p>11:00 Ball & Weight Resistance BR</p> <p>1:00 Quail Bucks Resident Auction SR</p> <p>2:00 Blding & Sfty Mtg. BR</p> <p>3:00 Drumming SR</p> <p>6:30 Mexican Train DR</p> <p>3 & 7 Movie, Just Friends TH</p>	<p align="right">27</p> <p>8:00 - 2:00 Medical Transportation South</p> <p>10:00 Scrabble SR</p> <p>11:00 ZUMBA w/Joan BR</p> <p>12:30 Wii Jeopardy w/ Colleen L&CR</p> <p>1:00 Poker DR</p> <p>2:00 Resident Council Meeting BR</p> <p>3 & 7 Movie, Just Friends TH</p> <p>Happy Birthday Kitty R</p>	<p align="right">28</p> <p>10:00 Angel of the Winds* (2 buses)</p> <p>10:30 Wii Golf L&CR</p> <p>11:00 Balance w/Lauren BR</p> <p>1:00 Wii Bowling L&CR</p> <p>1:00 Card Games SR</p> <p>3:00-4:00 Happy Hour GPB</p> <p>3 & 7 Movie, Murder Mystery TH</p> <p>Happy Birthday Phyllis K</p>	<p align="right">29</p> <p>10:00 Scrabble SR</p> <p>10:00 Morning Walk*</p> <p>11:00 Drumming SR</p> <p>1:00 Mexican Train DR</p> <p>1:00 Paint & Sip w/Gina SR</p> <p>3:00 Afternoon Seated Yoga BR</p> <p>3 & 7 Movie, Murder Mystery TH</p> <p>Happy Birthday Clarine A</p>	
<p align="right">30</p> <p>7:30 Church Runs (please see sign up binder for times & destinations)</p> <p>1:00 Sunday Drive*</p> <p>3 & 7 Movie, Life TH</p> <p>Happy Birthday Ellie A</p>	<p align="right">31</p> <p>10:00 Blood Pres. Check, MR</p> <p>10:00 Errands*</p> <p>11:00 Balance w/Maria</p> <p>1:00 Poker DR</p> <p>2:00 Caregiver Support Group BR</p> <p>3:00 Chat with Steve GPB</p> <p>3 & 7 Movie, Life TH</p>	<p>Any questions, comments or feedback regarding this monthly activity calendar, please see Candace</p> <p>*Activities in BLUE are entertainment</p> <p>*Activities in GREEN are Exercise related activities</p> <p>*Activities in RED are outings</p> <p>(\$) means there is a cost involved</p> <p>CALENDAR IS SUBJECT TO CHANGE!</p> <p>QUAIL PARK, 4015 164th STREET SW, LYNNWOOD,WA.98087</p>					