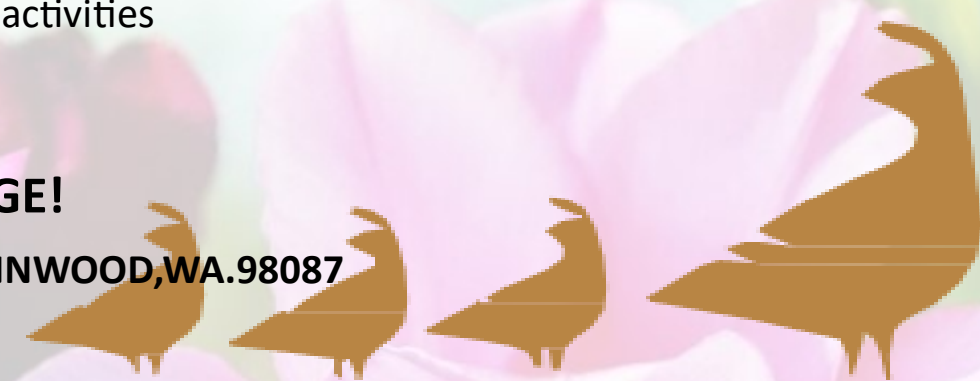


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>7:30 Church Runs (please see sign up binder for times & destinations)</p> <p>10:00 Praise & Prayer BR</p> <p>1:00 Sunday Drive * 3 & 7 Movie, Without a Paddle TH</p> <p>Happy Birthday Mollie Z</p>	<p>2</p> <p>10:00 Blood Pres. Check, MR</p> <p>10:00 Errands*</p> <p>11:00 Balance w/ Lauren BR</p> <p>12:30 Snow Goose Produce Ice Cream* (\$5.50 CASH ONLY)</p> <p>3 & 7 Movie, Without a Paddle TH</p>	<p>3</p> <p>8:00 - 2:00 Medical Trans. North</p> <p>10:00 Chair Volleyball w/Colleen SR</p> <p>10:30 Bible Study w/Bill "Living the Beattitudes" CCR</p> <p>11:00 ZUMBA w/Joan BR</p> <p>1:00 Hand & Foot DR</p> <p>3:00 Afternoon Seated Yoga BR</p> <p>3 & 7 Movie, The Call TH</p> <p>Happy Birthday Marilyn G</p>	<p>4</p> <p>9:30 Fred Meyer*</p> <p>10:30 Fred Meyer*</p> <p>10:00 Wii L&CR</p> <p>11:00 Ball & Weight Resistance BR</p> <p>1:00 Errands*</p> <p>2:00 Hosp. Comm. Mtg BR</p> <p>3:00 Drumming SR</p> <p>6:30 Mexican Train DR</p> <p>3 & 7 Movie, The Call TH</p> <p>Happy Birthday George W</p>	<p>5</p> <p>Cinco de Mayo</p> <p>8:00 - 2:00 Medical Trans. South (Ngate / Seattle)</p> <p>10:00 Scrabble SR</p> <p>11:00 Catholic Mass SR</p> <p>11:00 ZUMBA w/Joan BR</p> <p>1:00 Los Flacos BR (Mariachi Band)</p> <p>6:30 Hand & Foot DR</p> <p>3 & 7 Movie, True Grit TH</p> <p>Happy Birthday Norma M</p>	<p>6</p> <p>10:00 Wii Jeopardy SR</p> <p>11:00 Balance w/ Lauren BR</p> <p>1:00 Wii Bowling L&CR</p> <p>1:00 Magic with Jonathan BR</p> <p>3:00- 4:00 Happy Hour GPB</p> <p>3 & 7 Movie, True Grit TH</p>	<p>7</p> <p>10:00 Yahtzee SR</p> <p>9:00 Morning Walk*</p> <p>11:00 Drumming SR</p> <p>1:00 Mexican Train DR</p> <p>3:00 Afternoon Seated Yoga BR</p> <p>3 & 7 Movie, Otherhood TH</p>
<p>8</p> <p>Happy Mother's Day</p> <p>7:30 Church Runs (please see sign up binder for times & destinations)</p> <p>1:00 Quiet Fire BR</p> <p>3 & 7 Movie, Otherhood TH</p>	<p>9</p> <p>10:00 Blood Pres. Check, MR</p> <p>10:00 Errands*</p> <p>10:30 David Little QR (Piano)</p> <p>11:00 Balance w/Maria BR</p> <p>11:00 Book Club & Lunch PDR</p> <p>2:00 Caregiver Support Group BR</p> <p>3 & 7 Movie, Catch and Release TH</p> <p>Happy Birthday Jan D</p>	<p>10</p> <p>8:00 - 2:00 Medical Trans. North</p> <p>10:00 Chair Volleyball w/Colleen SR</p> <p>10:00 Foot Care Specialist, Millie Quiroz</p> <p>10:30 Bible Study w/Bill "Living the Beattitudes" CCR</p> <p>11:00 ZUMBA w/Joan BR</p> <p>1:00 Hand & Foot DR</p> <p>2:00 Catholic Communion BR</p> <p>3:00 Afternoon Seated Yoga BR</p> <p>3 & 7 Movie, Catch and Release TH</p>	<p>11</p> <p>8:00-2:00 Eastside Medical Trans.</p> <p>9:30 Fred Meyer*</p> <p>10:30 Fred Meyer*</p> <p>10:00 Wii L&CR</p> <p>11:00 Ball & Weight Resistance BR</p> <p>12:00 Ladies Tea Luncheon SR (Please sign up)</p> <p>2:00 Act. Comm. Mtg BR</p> <p>3:00 Drumming SR</p> <p>6:30 Mexican Train DR</p> <p>3 & 7 Movie, Rumor Has It TH</p>	<p>12</p> <p>8:00 - 2:00 Medical Trans. South</p> <p>10:00 Scrabble SR</p> <p>11:00 ZUMBA w/Joan BR</p> <p>6:30 Hand & Foot DR</p> <p>3 & 7 Movie, Rumor Has It TH</p> <p>Happy Birthday Louisa V</p>	<p>13</p> <p>10:00 Tulalip Casino*</p> <p>10:30 Wii Golf L&CR</p> <p>11:00 Balance w/ Lauren BR</p> <p>1:30 QP Chorus Practice BR</p> <p>3:00 Paul Cooper BR (Guitar)</p> <p>3:00-4:00 Happy Hour GPB</p> <p>3 & 7 Movie, Just Go With It TH</p> <p>Happy Birthday Delores G</p>	<p>14</p> <p>10:00 Yahtzee SR</p> <p>9:00 Morning Walk*</p> <p>11:00 Drumming SR</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, Just Go With It TH</p> <p>Happy Birthday Rick C & Kathy T</p>
<p>15</p> <p>7:30 Church Runs (please see sign up binder for times & destinations)</p> <p>10:00 Praise & Prayer BR</p> <p>1:00 Drive thru the Arboretum*</p> <p>1:00 Movie Committee TH</p> <p>3 & 7 Movie, Loving TH</p>	<p>16</p> <p>10:00 Blood Pres. Check, MR</p> <p>10:00 Errands*</p> <p>10:00 Karen Paulson "The Alteration Lady" SR</p> <p>11:00 Balance w/Maria SR</p> <p>1:00 Armchair Travel thru Mexico w/Kay SR</p> <p>3 & 7 Movie, Loving TH</p>	<p>17</p> <p>8:00 - 2:00 Medical Trans. North</p> <p>10:30 Bible Study w/Bill "Living the Beattitudes" CCR</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, Coach Carter TH</p> <p>Happy Birthday Ann W</p>	<p>18</p> <p>9:30 Fred Meyer</p> <p>10:30 Fred Meyer*</p> <p>11:00 Ball & Weight Resistance BR</p> <p>1:00 Errands*</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, Coach Carter TH</p>	<p>19</p> <p>8:00 - 2:00 Medical Trans. South (Ngate / Seattle)</p> <p>10:00 Scrabble SR</p> <p>11:00 ZUMBA w/Joan SR</p> <p>12:30 Wii Jeopardy w/ Colleen L&CR</p> <p>1:30 Dietician Presentation BR</p> <p>6:30 Hand & Foot DR</p> <p>3 & 7 Movie, Monster in Law TH</p> <p>Happy Birthday Judy I</p>	<p>20</p> <p>10:00 Paine Field; Future of Flight* (\$10)</p> <p>10:30 Wii Golf L&CR</p> <p>11:00 Balance w/ Lauren BR</p> <p>1:30 QP Chorus Practice BR</p> <p>3:00 Gary Hood BR (Guitar)</p> <p>3:00-4:00 Happy Hour GPB</p> <p>3 & 7 Movie, Monster in Law TH</p> <p>Happy Birthday Paul L</p>	<p>21</p> <p>9:00 Morning Walk*</p> <p>10:00 Mancala SR</p> <p>11:00 Drumming SR</p> <p>1:00 Mexican Train DR</p> <p>3:30 Afternoon Seated Yoga BR</p> <p>3 & 7 Movie, Sinatra TH</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
22	23	24	25	26	27	28
<p>7:30 Church Runs (please see sign up binder for times & destinations)</p> <p>10:00 Praise & Prayer BR</p> <p>1:00 Sunday Drive* 3 & 7 Movie, Sinatra TH</p> <p>Happy Birthday Mary H</p>	<p>10:00 Blood Pres. Check, MR</p> <p>10:00 Errands*</p> <p>10:30 Sandra Walker QR (Piano)</p> <p>11:00 Balance w/Maria</p> <p>2:00 Caregiver Support Group BR</p> <p>2:15 Book Mobile SR</p> <p>3 & 7 Movie, You Are My Home TH</p> <p>Happy Birthday Karren S & Melinda F</p>	<p>8:00 - 2:00 Medical Trans. North</p> <p>10:00 Chair Volleyball w/Colleen SR</p> <p>10:30 Bible Study w/Bill "Living the Beattitudes" CCR</p> <p>11:00 ZUMBA w/Joan BR</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, You Are My Home TH</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>2:00 Bldg. & Safety. Mtg BR</p> <p>3:00 Drumming SR</p> <p>6:30 Mexican Train DR</p> <p>3 & 7 Movie, The Imitation Game TH</p>	<p>8:00 - 2:00 Medical Trans. 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>2:00 Resident Council Mtg. BR</p> <p>6:30 Hand & Foot DR</p> <p>3 & 7 Movie, The Imitation Game TH</p>	<p>10:00 Angel of the Winds*</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>12:00 Birthday Bash RDR</p> <p>1:00 Wii Bowling L&CR</p> <p>1:00 Card Games SR</p> <p>3:00 Stanley Alleyne BR (Steel Drums)</p> <p>3:00-4:00 Happy Hour GPB</p> <p>3 & 7 Movie, Don't Look Up TH</p>	<p>10:00 Scrabble SR</p> <p>9:00 Morning Walk*</p> <p>11:00 Drumming SR</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, Don't Look Up TH</p> <p>Happy Birthday Gary H</p>
29	30	31	<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> <p>425.640.8529</p>			
<p>7:30 Church Runs (please see sign up binder for times & destinations)</p> <p>1:00 Country Drive* 3 & 7 Movie, Saving Private Ryan TH</p> <p>Happy Birthday Claire Ch</p>	<p>Happy Memorial Day</p> <p>8:30 Memorial Day Ceremony by the Flagpole</p> <p>10:00 Blood Pres. Check, MR</p> <p>10:00 Errands*</p> <p>10:30 Nick Baker QR (Piano)</p> <p>11-2:00 Memorial Day BBQ</p> <p>11:00 Balance w/Maria</p> <p>3 & 7 Movie, Saving Private Ryan TH</p>	<p>8:00 - 2:00 Medical Trans. North</p> <p>10:30 Bible Study w/Bill "Living the Beattitudes" CCR</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, The Shack TH</p>				



LOCATION KEY

- CP**-The Covey Pub
- RDR**-Rainier Dining Room
- ODR**-Olympic Dining Room
- PDR**-Private Dining Room
- QR**-Quil Ceda Room
- SR**-Snoqualmie Room
- DR**-Dungeness Room
- L&CR**-Lewis & Clark Room
- CCR**-Cascade Card Room
- TH**-Theater
- SFC**-Soar Fitness Center
- BR**-Ballroom
- GPB**-Glacier Peak Bistro
- ICR**-Interurban Conf. Room

May 2022