

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 8:00 - 2:00 Medical Trans. South (Ngate / Seattle) 10:00 Scrabble SR 10:00 -2:00 Vendor Fair SR Tina's Gift Baskets Susan's handmade cards, gift card holders & more Karen's Creations Pat Meyers with hand-made crafts 11:00 ZUMBA w/Joan BR 1:00 Wii Bowling w/ Colleen SR 2:00 Catholic Mass RR 6:30 Hand & Foot DR 3 & 7 Movie, Where the Crawdads Sing TH	2 10:00 Angel of the Winds Casino 10:30 Wii Golf L&CR 11:00 Balance w/Lauren BR 1:00 Wii Bowling L&CR 1:00 B Sharp Piano Trio BR 3:00-4:00 Happy Hour GPB 3 & 7 Movie, Downton Abbey-A New Era TH	3 10:00 Yahtzee SR 9:00 Morning Walk 11:00 Drumming SR 1:00 Mexican Train DR 2:15 Mill Creek Chorale Concert (\$) 3 & 7 Movie, The Out of Towners TH
4 7:30 Church Runs (please see sign up binder for times & destinations) 10:00 Praise & Prayer BR 1:00 Armchair Travel: Christmas Around the World SR 2:00 Sit & Stitch 3 & 7 Movie, A Man Called Ove TH	5 10:00 Blood Pres. Check, MR 10:00 Errands 10:30 Sandra Walker (piano) 11:00 Balance w/Maria BR 12:00 Lunch out at; Imperial Wok (\$) 2:00 QP Chorus Practice BR 5:00 Evergreen Church Christmas Lights 3 & 7 Movie, 10 Items or Less TH 7:00 Christmas Games w/ Kay SR	6 8:00 - 2:00 Medical Trans. North 10 - 2:00 Passing out TMAP checks BR 10:30 Bible Study w/Bill SR 11:00 ZUMBA w/Joan SR 12:30 Wii Jeopardy w/ Colleen SR 1:00 Hand & Foot DR 2:00 Catholic Communion RR 3:00 Afternoon Seated Yoga BR 3 & 7 Movie, Captain Phillips TH Happy Birthday Vivian B	7 9:30 Fred Meyer 10:30 Fred Meyer 10:00 Wii L&CR 12:00 Ladies Christmas Luncheon SR (please sign up) 1:00 Dollar Tree 1:30 Hosp. Comm. Mtg SR 3:00 Ball & Weight Resistance BR 6:30 Mexican Train DR 3 & 7 Movie, Notting Hill TH	8 8:00 - 2:00 Medical Trans. South 10:00 Scrabble SR 11:00 ZUMBA w/Joan BR 12:00 Bellevue Festival of the Nativity 6:30 Hand & Foot DR 3 & 7 Movie, The Good Nurse TH	9 10:00 Frost Donuts (\$) 10:30 Wii Golf L&CR 11:00 Balance w/ Lauren BR 1:00 Wii Bowling L&CR 3:00 David Little BR (piano) 3:00-4:00 Happy Hour GPB 3 & 7 Movie, Enola Holmes 2 TH Happy Birthday Joe V	10 10:00 Yahtzee SR 9:00 Morning Walk 11:00 Drumming SR 1:00 Trivia with Kay GPB 1-4:00 Paparazzi Jewelry w/ Debbie SR 1:00 Mexican Train DR 3:00 Afternoon Seated Yoga BR 3 & 7 Movie, Father Stu TH Happy Birthday James D
11 7:30 Church Runs (please see sign up binder for times & destinations) 1:00 Movie Comm. Meeting TH 2:00 Sit & Stitch 3 & 7 Movie, When Harry Met Sally TH	12 10:00 Blood Pres. Check, MR 10:00 Errands 11:00 Balance w/Maria BR 2:00 QP Chorus Practice BR 2:00 Caregiver Support Group SR 3 & 7 Movie, The Bodyguard TH	13 8:00 - 2:00 Medical Trans. North 10:00 Foot Specialist Millie Quiroz 10:30 Bible Study w/Bill SR 11:00 ZUMBA w/Joan BR 1:00 Dickens Carolers BR 1:00 Hand & Foot DR 2:00 Catholic Communion RR 3:00 Afternoon Seated Yoga BR 3 & 7 Movie, Look Both Ways TH 7:00 Christmas Games w/Kay SR	14 8:00-2:00 Eastside Medical Trans. 9:30 Fred Meyer 10:30 Fred Meyer 10:00 Wii L&CR 11:00 Ball & Weight Resistance BR 1:30 Life Engagement Mtg SR 5:00 Irwin Family Christmas Lights 6:30 Mexican Train DR 3 & 7 Movie, Falling for Christmas TH	15 8:00 - 2:00 Medical Trans. South (Ngate / Seattle) 10:00 Scrabble SR 11:00 ZUMBA w/Joan BR 1:30 Christmas Treasures Show & Share BR 4-6:00 Street of Dreams 6:30 Hand & Foot DR 3 & 7 Movie, The Claus Family 2 TH	16 10:00 Tulalip Casino 10:30 Wii Golf L&CR 11:00 NO Balance w/ Lauren BR 1:00 Wii Bowling L&CR 3:00 Stanley Alleyne BR (Steel Drums) 3:00-4:00 Happy Hour GPB 3 & 7 Movie, Christmas with a View TH Happy Birthday Harry N	17 9:00 Morning Walk 10:00 Yahtzee SR 11:00 Drumming SR : 1:00 Mexican Train DR 1:00 Bronn Journey Concert (Ticket Holders Only) 3 & 7 Movie, A Castle for Christmas TH Happy Birthday Steve M

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18 7:30 Church Runs (please see sign up binder for times & destinations) 10:00 Praise & Prayer BR 1:00 IMPROV w/ Jonathan & Friends BR 2:00 Sit & Stitch 3 & 7 Movie, The Holiday Calendar TH	19 10:00 Blood Pres. Check, MR 10:00 Molbaks 10:00 Karen Paulson "The Alteration Lady" SR 10:30 Sandra Walker QR (piano) 11:00 Balance w/Maria BR 1:15 Book Mobile SR 2:00 QP Chorus Practice BR 6:30-8:30 Staff Holiday Party RDR & ODR 3 & 7 Movie, Christmas with a Prince TH	20 8:00 - 2:00 Medical Trans. North 10:30 Bible Study w/Bill SR 11:00 ZUMBA w/Joan BR 1:00 Hand & Foot DR 2:00 Catholic Communion RR 3:00 Afternoon Seated Yoga BR 5:00 Kornfed's Christmas Lights 3 & 7 Movie, Holiday in the Wild TH Happy Birthday Sue N	21 9:30 Fred Meyer 10:30 Fred Meyer 11:00 Ball & Weight Resistance BR 5-7:00 Resident Christmas Party Santa Pictures QR Cookie Decorating SR Night & Day BR Scrooge, A Christmas Carol TH Eggnog Bar & Champagne GPB Cocoa Bar & Champagne MBB	22 8:00 - 2:00 Medical Trans. South 10:00 Scrabble SR 11:00 NO ZUMBA w/Joan BR 12:00 Wii Bowling w/ Colleen SR 1:00 All Resident Meeting BR 2:30 Christmas Song Sing a Long BR 6:30 Hand & Foot DR 3 & 7 Movie, Dolly Parton; Christmas on the Square TH Happy Birthday Linda F & Ann L	Ugly Sweater Day! 23 10:00 Last Minute Shopping at Alderwood Mall 10:00 Board Games SR 10:30 Wii Golf L&CR 11:00 Balance w/Lauren BR 1:00 Wii Bowling L&CR 1:00 Card Games SR 3:00 David Lee Howard BR (12 String Guitar) 3:00-4:00 Happy Hour GPB 3 & 7 Movie, A Christmas Carol TH	24 10:00 Scrabble SR 9:00 Morning Walk 11:00 Drumming SR 1:00 Christmas Stories & Cocoa by the Fireplace QR 1:00 Mexican Train DR 3:00 Afternoon Seated Yoga BR 3 & 7 Movie, 48 Christmas Wishes TH Happy Birthday Darlene Z
25 7:30 Church Runs (please see sign up binder for times & destinations) 1:00 Sunday Drive 2:00 Sit & Stitch 3 & 7 Movie, White Christmas TH	26 10:00 Blood Pres. Check, MR 10:00 Errands 11:00 Balance w/Maria BR 1:15 Book Mobile SR 2:00 QP Chorus Practice BR 2:00 Caregiver Support Group SR 3 & 7 Movie, The Magic of Belle Island TH	27 8:00 - 2:00 Medical Trans. North 10:30 Bible Study w/Bill SR 11:00 NO ZUMBA w/Joan BR 12:30 Wii Jeopardy w/ Colleen SR 1:00 Hand & Foot DR 2:00 Catholic Communion RR 3:00 Afternoon Seated Yoga BR 3 & 7 Movie, Megan Leavey TH	28 8:00-2:00 Eastside Medical Trans. 9:30 Fred Meyer 10:30 Fred Meyer 11:00 Ball & Weight Resistance BR 2:00 QP Chorus Christmas Concert BR 6:30 Mexican Train DR 3 & 7 Movie, Mrs. Palfrey at the Claremont TH	29 8:00 - 2:00 Medical Trans. South 10:00 Scrabble SR 11:00 NO ZUMBA w/Joan BR 12:00 Wii Bowling w/ Colleen SR 1:30 Resident Council Mtg SR 6:30 QP Chorus Christmas Concert BR 6:30 Hand & Foot DR 3 & 7 Movie, All Quiet on the West Front TH	30 10:00 Board Games SR 10:30 Wii Golf L&CR 11:00 Balance w/Lauren BR 12:00 Birthday Bash RDR 1:00 Wii Bowling L&CR 1:00 Card Games SR 3:00-4:00 Happy Hour GPB 3 & 7 Movie, Can You Keep a Secret? TH	31 10:00 Scrabble SR 9:00 Morning Walk 11:00 Drumming SR 1:00 Trivia with Kay GPB 1:00 Mexican Train DR 3:00 Afternoon Seated Yoga BR 3 & 7 Movie, Holidate TH 7-9:00 New York New Years Eve GPB & BR w/ David Little on the Piano

LOCATION KEY

CP-The Covey Pub

RDR-Rainier Dining Room

ODR-Olympic Dining Room

PDR-Private Dining Room

QR-Quilceda 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

RR - Reflection Room

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

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Revised 11/29/2022