

**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

**1**  
9:30 Fred Meyer  
10:30 Fred Meyer  
10:00 Wii L&CR  
1:00 Errands  
1:30 Hosp. Comm. Mtg SR  
1:00 Water Aerobics  
2:00 Ball & Weight Resistance BR  
6:30 Mexican Train DR  
3 & 7 Movie, Your Place or Mine TH

**2**  
8:00 - 2:00  
Medical Trans. South (Ngate / Seattle)  
10:00 Scrabble SR  
11:00 ZUMBA w/Joan B  
11:00 Catholic Mass RR  
1:00 Wii Bowling L&CR  
2:00 Happy Birthday Dr. Seuss BR  
6:30 Hand & Foot DR  
3 & 7 Movie, You People TH

**3**  
10:00 Angel of the Winds  
10:30 Wii Golf L&CR  
11:00 Balance w/ Lauren BR  
1:00 Wii Bowling L&CR  
3:00 David Lee Howard (Guitar) BR  
3:00-4:00  
Happy Hour GPB  
3 & 7 Movie, Daddy's Little Girls TH  
Happy Birthday Robert T

**4**  
10:00 Yahtzee SR  
9:30 Darlene Zrust Memorial  
11:00 Drumming SR  
1:00 Trivia with Kay BR  
1:00 Mexican Train DR  
3:00 Afternoon Seated Yoga BR  
7:00 Trivial Pursuit SR  
3 & 7 Movie, Founder TH

**5**  
7:30 Church Runs (please see sign up binder for times & destinations)  
10:00 Praise & Prayer BR  
1:00 Sunday Drive  
2:00 Sit & Stitch  
3 & 7 Movie, Still Alice TH  
Happy Birthday Jim S

**6**  
10:00 Blood Pres. Check, MR  
10:00 Errands  
11:00 NO Balance w/ Maria BR  
11:00 Book Club PDR  
2:00 QP Chorus Practice BR  
3 & 7 Movie, Dog Gone TH

**7**  
8:00 - 2:00  
Medical Trans. North  
10:30 Bible Study w/Bill SR  
11:00 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  
6:30 Grief Support Wk. 3 of 6 ICR  
3 & 7 Movie, Rebecca TH

**8 International Women's Day**  
8:00-2:00  
Eastside Medical Trans.  
9:30 Fred Meyer  
10:30 Fred Meyer  
10:00 Wii L&CR  
1:00 Water Aerobics  
1:30 Life Engagement Mtg SR  
2:00 Ball & Weight Resistance BR  
3:00 HerStory BR  
6:30 Mexican Train DR  
3 & 7 Movie, The 2 Popes TH

**9**  
8:00 - 2:00  
Medical Trans. South  
10:00 Scrabble SR  
11:00 ZUMBA w/Joan B  
1:00 Wii Bowling L&CR  
2:00 The Great Courses: Communications and Immigrants Dreams & Struggles BR  
6:30 Hand & Foot DR  
3 & 7 Movie, The Butler TH

**10**  
10:00 Snow Goose Produce Grand Opening(\$)(Cash Only)  
10:30 Wii Golf L&CR  
11:00 Balance w/ Lauren BR  
1:00 Wii Bowling L&CR  
2:00 Elder Attorney, Peggy Sanders SR  
3:00 David Little QR (piano)  
3:00-4:00  
Happy Hour GPB  
3 & 7 Movie, King Kong TH

**11**  
10:00 Yahtzee SR  
9:00 Morning Walk  
11:00 Drumming SR  
1:00 Read a Loud with Kay GPB  
1:00 Mexican Train DR  
3:00 Afternoon Seated Yoga BR  
7:00 Trivial Pursuit SR  
3 & 7 Movie, Uncharted TH  
  
Move your clocks ahead before bed



**12**  
7:30 Church Runs (please see sign up binder for times & destinations)  
1:00 Errands  
2:00 Sit & Stitch  
3 & 7 Movie, La La Land TH

**13**  
10:00 Blood Pres. Check, MR  
10:30 Nick Baker QR (piano)  
11:00 Balance w/Maria BR  
10:30 Lunch at JJ Mahoney's (\$)   
1:00 Movie Comm. Mtg. TH  
2:00 QP Chorus Practice BR  
2:00 Caregiver Support Group SR  
3 & 7 Movie, True Spirit TH

**14**  
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  
12:30 Wii Jeopardy w/Colleen SR  
1:00 Hand & Foot DR  
2:00 Catholic Communion RR  
3:00 Afternoon Seated Yoga BR  
6:30 Grief Support Wk4 of 6 ICR  
3 & 7 Movie, The Aviator TH  
Happy Birthday Jeanne H

**15**  
9:30 Fred Meyer  
10:30 Fred Meyer  
10:00 Wii L&CR  
1:00 Water Aerobics  
1:00 Errands  
1:30 Dining Comm. Mtg SR  
2:00 Ball & Weight Resistance BR  
6:30 Mexican Train DR  
3 & 7 Movie, Shotgun Wedding TH  
Happy Birthday Kathy A & Dode E

**16**  
8:00 - 2:00  
Medical Trans. South (Ngate / Seattle)  
10:00 Scrabble SR  
11:00 ZUMBA w/Joan BR  
1:00 Wii Bowling L&CR  
2:00 The Great Courses: User Friendly Technology and Extinction & Conservation BR  
6:30 Hand & Foot DR  
3 & 7 Movie, Somebody I Use To Know TH

**17**  
10:00 Quil Ceda Casino  
10:30 Wii Golf L&CR  
11:00 Balance w/ Lauren BR  
1:00 Wii Bowling L&CR  
3:00 Bonnie Birch BR (Accordion)  
3:00-4:00 Luck of the Irish  
Happy Hour GPB  
3 & 7 Movie, Leap Year TH  
**Happy St. Patrick's Day**

**18**  
9:00 Morning Walk  
10:00 Yahtzee SR  
11:00 Drumming SR  
1:00 Magic w/Jonathan BR  
1:00 Mexican Train DR  
3:00 NO Afternoon Seated Yoga BR  
7:00 Trivial Pursuit SR  
3 & 7 Movie, The Quiet Man TH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>19</b></p> <p>7:30 Church Runs (please see sign up binder for times &amp; destinations)</p> <p>10:00 Praise &amp; Prayer BR</p> <p>1:00 Free Concert at Rosehill Comm. Center (Triumphant Soundscapes)</p> <p>2:00 Sit &amp; Stitch</p> <p>3 &amp; 7 Movie, All Quiet on the Western Front TH</p> <p>Happy Birthday Diana M</p>	<p><b>20</b></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 BR</p> <p>1:00 Armchair Travel thru Brazil SR</p> <p>2:00 QP Chorus Practice BR</p> <p>3 &amp; 7 Movie, White House Down TH</p> <p>Happy Birthday Leslie S &amp; 101st to Maizie M</p>	<p><b>21</b></p> <p>8:00 - 2:00 Medical Trans. North</p> <p>10:30 Bible Study w/Bill SR</p> <p>11:00 ZUMBA w/Joan BR</p> <p>12:30 Wii Jeopardy SR</p> <p>1:00 Hand &amp; Foot DR</p> <p>2:00 Catholic Communion RR</p> <p>3:00 Afternoon Seated Yoga BR</p> <p>6:30 Grief Support Wk. 5 of 6 ICR</p> <p>3 &amp; 7 Movie, And So It Goes TH</p>	<p><b>22</b></p> <p>8:00-2:00 Eastside Medical Trans.</p> <p>9:30 Fred Meyer</p> <p>10:30 Fred Meyer</p> <p>1:00 NO Water Aerobics</p> <p>1:30 Bldg. &amp; Safety Mtg SR</p> <p>2:00 Ball &amp; Weight Resistance BR</p> <p>6:30 Mexican Train DR</p> <p>3 &amp; 7 Movie, Whiskey Tango Foxtrot TH</p>	<p><b>23</b></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>1:00 Wii Bowling L&amp;CR</p> <p>1:00 Ice Cream Bar Social GPB</p> <p>2:00 The Great Courses: Kitty Hawk to Tranquility and Cold War BR</p> <p>6:30 Hand &amp; Foot DR</p> <p>3 &amp; 7 Movie, Griffin &amp; Phoenix TH</p> <p>Happy Birthday Kristin I &amp; Nick J</p>	<p><b>24</b></p> <p>10:00 Tulalip Casino</p> <p>10:30 Wii Golf L&amp;CR</p> <p>11:00 NO Balance w/Lauren BR</p> <p>1:00 Wii Bowling L&amp;CR</p> <p>1:00 Card Games SR</p> <p>3:00 Paul Cooper BR (guitar)</p> <p>3:00-4:00 Happy Hour GPB</p> <p>3 &amp; 7 Movie, The Hero TH</p>	<p><b>25</b></p> <p>10:00 Scrabble SR</p> <p>9:00 Morning Walk</p> <p>11:00 Drumming SR</p> <p>1:00 Read a Loud with Kay GPB</p> <p>1:00 Mexican Train DR</p> <p>3:00 Afternoon Seated Yoga BR</p> <p>7:00 Trivial Pursuit SR</p> <p>3 &amp; 7 Movie, The Kings Speech TH</p>
<p><b>26</b></p> <p>7:30 Church Runs (please see sign up binder for times &amp; destinations)</p> <p>1:00 Driftwood Theater; The Spitfire Grill (ticket holders only)</p> <p>2:00 Sit &amp; Stitch</p> <p>3 &amp; 7 Movie, The Secret Dare to Dream TH</p>	<p><b>27</b></p> <p>10:00 Blood Pres. Check, MR</p> <p>10:00 Errands</p> <p>11:00 Balance w/Maria BR</p> <p>1:15 Book Mobile SR</p> <p>2:00 QP Chorus Practice BR</p> <p>2:00 Caregiver Support Group SR</p> <p>3 &amp; 7 Movie, Wild Oats TH</p>	<p><b>28</b></p> <p>8:00 - 2:00 Medical Trans. North</p> <p>10:30 Bible Study w/Bill SR</p> <p>11:00 ZUMBA w/Joan BR</p> <p>12:30 Wii Jeopardy w/Colleen SR</p> <p>1:00 Hand &amp; Foot DR</p> <p>2:00 Catholic Communion RR</p> <p>3:00 Afternoon Seated Yoga BR</p> <p>6:30 Grief Support Wk 6 of 6 ICR</p> <p>3 &amp; 7 Movie, Thirteen Lives TH</p> <p>Happy Birthday Joanne S</p>	<p><b>29</b></p> <p>9:30 Fred Meyer</p> <p>10:30 Fred Meyer</p> <p>1:00 Water Aerobics</p> <p>1:00 Errands</p> <p>2:00 Ball &amp; Weight Resistance BR</p> <p>6:30 Mexican Train DR</p> <p>3 &amp; 7 Movie, Stepmom TH</p> <p>Happy Birthday Carol B</p>	<p><b>30</b></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>1:00 Wii Bowling L&amp;CR</p> <p>1:30 Resident Council Meeting ICR</p> <p>2:00 The Great Courses: National Tragedy and For the Greater Good BR</p> <p>6:30 Hand &amp; Foot DR</p> <p>3 &amp; 7 Movie, Les Miserables TH</p>	<p><b>31</b></p> <p>10:00 Evergreen Donuts (\$)</p> <p>10:30 Wii Golf L&amp;CR</p> <p>11:00 Balance w/Lauren BR</p> <p>12:00 Birthday Bash RDR</p> <p>1:00 Wii Bowling L&amp;CR</p> <p>1:00 Card Games SR</p> <p>3:00-4:00 Happy Hour GPB</p> <p>3 &amp; 7 Movie, Parenthood TH</p> <p>Happy Birthday Kirk J</p>	

# March 2023

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

