

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

May 2023

LOCATION KEY

BR: Ballroom
 CCR: Cascade Card Room
 CP: The Covey Pub
 DR: Dungeness Room
 GPB: Glacier Peak Bistro
 ICR: Interurban Conf. Room
 L&CR: Lewis & Clark Room (2nd fl.)
 ODR: Olympic Dining Room
 PDR: Private Dining Room
 QR: Quilceda Room
 RDR: Rainier Dining Room
 RR: Reflection Room (3rd fl.)
 SFC: Soar Fitness Center
 SR: Snoqualmie Room
 TH-Theater

1
 10:00 Blood Pres. Check WO
10:00 Errands/ Lynnwood
 11:00 Balance w/Maria BR
 11:00 Book Club PDR
 NO Chorus Practice
 3 & 7 Movie:
 The Outlaw King TH

 Happy Birthday "Mollie" Z

2
 8:00 - 2:00
 Medical Trans. **North**
 10:30 Bible Study w/Bill SR
 11:00 ZUMBA w/ Joan BR
 12:30 Wii Jeopardy SR
 1:00 Hand & Foot DR
3:00 Seated Yoga BR
 3 & 7 Movie:
 Blue Miracle TH

3
9:30 Fred Meyer
10:30 Fred Meyer
 10:00 Wii game L&CR
 11:00 Water Aerobics w/ Lauren
 1:30 Hosp. Mtg SR
2:00 Chair Dancing BR
 6:30 Mexican Train DR
 3 & 7 Movie:
 Blue Miracle TH

 Happy Birthday Marilyn G

4
 8:00 - 2:00
 Medical Trans. **South**
 (Northgate/ Seattle)
 10:00 Scrabble SR
 11:00 Catholic Mass RR
11:00 ZUMBA w/Joan BR
2:00 The Great Courses:
 Inheriting America's Musical
 Traditions & American Revolution-
 ary and Wartime Music. BR
 6:30 Hand & Foot DR
 3 & 7 Movie:
 Ticket to Paradise TH

 Happy Birthday George W

5
10:00 Quil Ceda Creek Casino
 10:30 Wii Golf L&CR
11am Balance w/ Lauren BR
 1:00 Wii Bowling L&CR
3:00 Los Flacos BR
 2:45-4 pm Happy Hour GPB
 3 & 7 Movie:
 Ticket to Paradise TH

 Happy Birthday Norma M

6
9-11 Bothell Art Show
 10:00 Yahtzee SR
11:00 Drumming SR
 1:00 Mexican Train DR
3:00 Seated Yoga BR
 7:00 Trivial Pursuit SR
 3 & 7 Movie:
 On A Wing & A Prayer TH
 (At 7 pm Hosted by Movie
 Committee)

7
7:30 Church Runs
 (please see sign up binder
 for times & destinations)
 8:00 Baptist Church BR
 10:00 Praise & Prayer BR
1:00 Sunday Drive
 2:00 Sit & Stitch
 3 & 7 Movie:
 On A Wing & A Prayer TH

8
 10:00 Blood Pres. Check WO
10:00 Errands/ Lynnwood
 11:00 Balance w/Maria BR
 1:00 Movie Comm. Mtg. TH
 NO Chorus Practice BR
 2:00 Caregiver Support Group SR
 3 & 7 Movie:
 The Lady Vanishes TH

 Happy Birthday Jan D

9
 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 SR
 1:00 Hand & Foot DR
 2:00 Catholic Communion RR
3:00 Seated Yoga BR
 3 & 7 Movie:
 The Lady Vanishes TH

10
 8:00-2:00
 Medical Trans. **Eastside**
9:30 Fred Meyer
 11:00 Water Aerobics w/
 Lauren
11:30 Ladies Tea ODR
 1:30 Life Engagement
 Comm. Mtg SR
2:00 Chair Dancing BR
 6:30 Mexican Train DR
 3 & 7 Movie:
 Top Gun: Maverick TH

11
 8:00 - 2:00
 Medical Trans. **South**
 10:00 Scrabble SR
11:00 ZUMBA w/Joan BR
1:00 Errands/ Lynnwood
2:00 The Great Courses:
 European Empires and Ameri-
 can Music & Minstrel Shows
 and Variety Show. BR
 6:30 Hand & Foot DR
 3 & 7 Movie:
 Top Gun: Maverick TH

 Happy Birthday Louisa V

12
10:00 Tulalip Casino
 10:30 Wii Golf L&CR
11am Balance w/ Lauren BR
 1:00 Wii Bowling L&CR
3:00 Bill Blackstone BR
 2:45-4 pm Happy Hour GPB
 3 & 7 Movie:
 A Mile In His Shoes TH

 Happy Birthday Louisa V

13
9:00 Morning Walk
 10:00 Yahtzee SR
11:00 Drumming SR
 1:00 Trivia with Kay GPB
 1:00 Mexican Train DR
3:00 Seated Yoga BR
 7:00 Trivial Pursuit SR
 3 & 7 Movie:
 A Mile In His Shoes TH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Mother's Day 14 7:30 Church Runs (please see sign up binder for times & destinations) 8:00 Baptist Church BR 10:00 Praise & Prayer BR 1:00 Quiet Fire BR 2:00 Sit & Stitch 3 & 7 Movie: Stella Dallas TH Happy Birthday "Beth" K, Kathy T. & Rick C.	15 10:00 Blood Pres. Check. WO 10:00 Errands/ Lynnwood 10:00 Karen Paulson "The Alteration Lady" SR 11:00 Balance w/Maria BR 1:00 Armchair Travel : HOLLAND SR 2:00 QP Chorus Practice BR 3 & 7 Movie: Stella Dallas TH (At 7 pm Hosted by Movie Committee)	16 8:00 - 2:00 Medical Trans. North 10:30 Bible Study w/Bill SR 11:00 ZUMBA w/Joan BR 12:30 Wii Jeopardy SR 1:00 Hand & Foot DR 2:00 Catholic Communion RR 3:00 Seated Yoga BR 3 & 7 Movie: The Mask of Zorro TH Happy Birthday Bill R.	17 9:30 Fred Meyer 10:30 Fred Meyer 11:00 Water Aerobics w/ Lauren 1:30 Dining Mtg SR 2:00 Chair Dancing BR 6:30 Mexican Train DR 3 & 7 Movie: The Mask of Zorro TH Happy Birthday Ann W & Jim N.	18 8:00 - 2:00 Medical Trans. South (Northgate/ Seattle) 10:00 Scrabble SR 11:00 ZUMBA w/Joan BR 2:00 NO The Great Courses 3:30 KARAOKE w/ Aaron BR 6:30 Hand & Foot DR 3 & 7 Movie: Mrs. Harris Goes to Paris TH	19 10:00 Angel of the Winds 10:30 Wii Golf L&CR 11:00 Balance w/Maria BR 1:00 Card Games SR 3:00 Bonnie Birch BR 2:45-4 pm Happy Hour GPB 3 & 7 Movie: Mrs. Harris Goes to Paris TH Happy Birthday Judy I.	20 9:00 Morning Walk 10:00 Yahtzee SR 11:00 Drumming SR 1:00 Trivia with Kay GPB 1:00 Mexican Train DR 3:00 Seated Yoga BR 7:00 Trivial Pursuit SR 3 & 7 Movie: Allied TH Happy Birthday Paul L
21 7:30 Church Runs (please see sign up binder for times & destinations) 8:00 Baptist Church BR 1:00 Free Concert at Rosehill Comm. Center (Musical Reflections) 2:00 Sit & Stitch 3 & 7 Movie: Allied TH	22 10:00 Blood Pres. Check WO 10:00 Errands/ Lynnwood 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 Way Back TH Happy Birthday Mary H	23 8:00 - 2:00 Medical Trans. North 10:30 Bible Study w/Bill SR 11:00 ZUMBA w/Joan BR 12:30 Wii Jeopardy SR 1:00 Hand & Foot DR 2:00 Catholic Communion RR 3:00 Seated Yoga BR 3 & 7 Movie: The Way Back TH	24 8:00-2:00 Medical Trans. Eastside 9:30 Fred Meyer 10:30 Fred Meyer 11:00 Water Aerobics w/ Lauren 1:30 Bldg. & Safety Mtg SR 2:00 Chair Dancing BR 6:30 Mexican Train DR 3 & 7 Movie: The Final Countdown TH	25 8:00 - 2:00 Medical Trans. South 10:00 Scrabble SR 11:00 ZUMBA w/Joan BR 1:00 Resident Council Mtg. ICR 2:00 The Great Courses: Music of A Movement and Dance & Hymn, Spirituals and Chants. BR 6:30 Hand & Foot DR 3 & 7 Movie: The Final Countdown TH	26 10:00 85 Bakery (\$) 10:30 Wii Golf L&CR 11:00 Balance w/Maria BR 12:00 Birthday Bash RDR 1:00 Card Games SR 3:00 David Little BR 2:45-4 pm Happy Hour GPB 3 & 7 Movie: So It Goes. TH And	27 9:00 Morning Walk 10:00 Yahtzee SR 11:00 Drumming SR 1:00 Mexican Train DR 3:00 Seated Yoga BR 7:00 Trivial Pursuit SR 3 & 7 Movie: And So It Goes. TH
28 7:30 Church Runs (please see sign up binder for times & destinations) 8:00 Baptist Church BR 1:00 Sunday Drive 2:00 Sit & Stitch 3 & 7 Movie: Memorial Day. TH Happy Birthday Gary H & Marcelle A.	Memorial Day 29 9:00 Memorial Day Ceremony 10:00 Blood Pres. Check. WO 10:00 Errands/ Lynnwood 10:30 Nick Baker QR 11:00 Balance w/Maria BR 2:00 QP Chorus Practice BR 3 & 7 Movie: Memorial Day TH (At 7 pm Hosted by Movie Committee) Happy Birthday Claire C.	30 8:00 - 2:00 Medical Trans. North 10:30 Bible Study w/Bill SR 11:00 ZUMBA w/ Joan BR 12:30 Wii Jeopardy SR 1:00 Hand & Foot DR 2:00 Catholic Communion RR 3:00 Seated Yoga BR 3 & 7 Movie: Love Sarah TH	31 9:30 Fred Meyer 10:30 Fred Meyer 11:00 Water Aerobics w/ Lauren 12:00 Lunch at The Hook (\$) 2:00 Chair Dancing BR 6:30 Mexican Train DR 3 & 7 Movie: Love Sarah TH	Any questions, comments or feedback regarding this monthly activity calendar, please see Dwi *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.		