

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p align="center">LOCATION KEY</p> <p>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.)</p> <p>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 WO-Wellness Staff Office</p>		<h1>July 2023</h1> <h2>QPL</h2> <h3>Activity Calendar</h3>				<p align="right">1</p> <p>9:00 Morning Walk</p> <p>10:00 Yahtzee SR</p> <p>11:00 Drumming SR</p> <p>1:00 Mexican Train DR</p> <p>1:30 Church Service BR</p> <p>3:00 Seated Yoga BR</p> <p>3 & 7 Movie: A Tour Through Hawaii. TH</p> <p>Happy Birthday Shirley W.</p>
<p align="center">2</p> <p>All Day Breakfast</p> <p>9:30 Church Runs</p> <p>(please see sign up binder for times & destinations)</p> <p>10:00 Praise & Prayer. BR</p> <p>1:00 Sunday Drive</p> <p>2:00 Sit & Stitch</p> <p>3 & 7 Movie: A Tour Through Hawaii. TH</p>	<p align="center">3</p> <p>10:00 Blood Pres.Check WO</p> <p>10:00 Errands/ Lynnwood</p> <p>11:00 Balance w/Maria BR</p> <p>NO Book Club</p> <p>NO Chorus Practice</p> <p>3 & 7 Movie: 1776 TH</p> <p>(At 7 pm Hosted by Movie Committee)</p> <p>Happy Birthday Ellen P.</p>	<p align="center">4</p> <p>NO Medical Trans. NO Bible Study w/ Bill NO ZUMBA w/Joan</p> <p>11-2pm 4th of July BBQ</p> <p>12-2 Bonnie Birch/ Trio RDR</p> <p>12:30 Wii Jeopardy SR</p> <p>1:00 Hand & Foot DR</p> <p>NO Catholic Communion</p> <p>3:00 Seated Yoga BR</p> <p>3 & 7 Movie: 1776 TH</p> <p>6:00 BINGO w/ Tami SR</p> <p>Happy Birthday Irene G.</p>	<p align="center">5</p> <p>9:30 Fred Meyer</p> <p>10:30 Fred Meyer</p> <p>10:00 Wii game L&CR</p> <p>11:00 Water Aerobics w/ Lauren</p> <p>1:30 Hosp. Mtg SR</p> <p>2:00 Chair Dancing BR</p> <p>3:00 The League of Women Voters Presentation SR</p> <p>6:30 Mexican Train DR</p> <p>3 & 7 Movie: The Worlds Fastest Indian. TH</p> <p>Happy Birthday Judith Mc.C & Pat L.</p>	<p align="center">6</p> <p>8:00 - 2:00 Medical Trans. South (Northgate/ Seattle)</p> <p>10:00 Scrabble SR</p> <p>11:00 Catholic Mass RR</p> <p>NO ZUMBA w/Joan</p> <p>2:00 John Adams: Join or Die BR</p> <p>6:30 Hand & Foot DR</p> <p>3 & 7 Movie: The Worlds Fastest Indian. TH</p> <p>Happy Birthday "Bill" B.</p>	<p align="center">7</p> <p>10:00 Tulalip Casino</p> <p>10:30 Wii Golf L&CR</p> <p>11am Balance w/Lauren BR</p> <p>1:00 Wii Bowling L&CR</p> <p>1:00 Learn Juggling w/ Sue</p> <p>2:00 Paul Cooper (Guitarist) BR</p> <p>3-4 pm Happy Hour GPB</p> <p>3 & 7 Movie: Tar. TH</p>	<p align="center">8</p> <p>9:00 Morning Walk</p> <p>10:00 Yahtzee SR</p> <p>11:00 Drumming SR</p> <p>1:00 Trivia with Kay SR</p> <p>1:00 Mexican Train DR</p> <p>1:30 Church Service BR</p> <p>3:00 Seated Yoga BR</p> <p>3 & 7 Movie: Tar. TH</p> <p>Happy Birthday Liz Mc.M</p>
<p align="center">9</p> <p>9:30 Church Runs</p> <p>(please see sign up binder for times & destinations)</p> <p>1:00 Paola Ketter (Singer/Pianist) QR</p> <p>2:00 Sit & Stitch</p> <p>3 & 7 Movie: The Pink Panther. TH</p>	<p align="center">10</p> <p>10:00 Blood Pres.Check WO</p> <p>10:00 Errands/ Lynnwood</p> <p>11:00 Book Club PDR</p> <p>11:00 Balance w/ Maria BR</p> <p>12:30 Rock Painting with Michelle SR</p> <p>1:00 Movie Comm. Mtg. TH</p> <p>2:00 Chorus Practice BR</p> <p>2:00 Caregiver Support Group SR</p> <p>3 & 7 Movie: The Pink Panther. TH</p> <p>Happy Birthday JoAnn Z.</p>	<p align="center">11</p> <p>8:00 - 2:00 Medical Trans. North</p> <p>10:00 Foot Specialist (Millie Quiroz)</p> <p>NO Bible Study w/ Bill</p> <p>11:00 ZUMBA w/Joan BR</p> <p>12:30 Wii Jeopardy SR</p> <p>1:00 Hand & Foot DR</p> <p>2:00 Catholic Communion RR</p> <p>NO Seated Yoga</p> <p>3:00 DISNEY PARTY BR</p> <p>3 & 7 Movie: Our Town. TH</p> <p>6:00 BINGO w/ Tami SR</p>	<p align="center">12</p> <p>8:00-2:00 Medical Trans. Eastside</p> <p>9:30 Fred Meyer</p> <p>10:30 Fred Meyer</p> <p>11:00 Water Aerobics w/ Lauren</p> <p>1:00 Cooking Show w/ Konrad (Thai Summer Wraps) GPB</p> <p>1:30 Activity Comm. Mtg SR</p> <p>6:30 Mexican Train DR</p> <p>3:00pm Movie For Hearing Impaired : Our Town. TH</p> <p>7:00pm Movie: Our Town. TH</p>	<p align="center">13</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>2:00 John Adams: Independence BR</p> <p>6:30 Hand & Foot DR</p> <p>3 & 7 Movie: Fisherman's Friends. TH</p>	<p align="center">14</p> <p>10:00 Quil Ceda Creek Casino</p> <p>10:30 Wii Golf L&CR</p> <p>11am Balance w/Lauren BR</p> <p>1:00 Wii Bowling L&CR</p> <p>3-4 pm Happy Hour GPB</p> <p>4:00 Line Dancing with BriAnne. BR</p> <p>3 & 7 Movie: Fisherman's Friends. TH</p>	<p align="center">15</p> <p>11:00 Mill Creek Festival</p> <p>10:00 Yahtzee SR</p> <p>11:00 Drumming SR</p> <p>1:00 Mexican Train DR</p> <p>1:00 Jeff Brewer (Vocalist) QR</p> <p>1:30 Church Service BR</p> <p>3:00 Seated Yoga BR</p> <p>3 & 7 Movie: Walk Ride Rodeo. TH</p> <p>(At 7 pm Hosted by Movie Committee)</p> <p>Happy Birthday Kay G.</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p align="right">16</p> <p>9:30 Church Runs (please see sign up binder for times & destinations)</p> <p>1:00 Sunday Drive</p> <p>2:00 Sit & Stitch</p> <p>3 & 7 Movie: Walk Ride Rodeo. TH</p>	<p align="right">17</p> <p>10:00 Blood Pres.Check WO</p> <p>10:00 Errands/ Lynnwood</p> <p>10:00 Karen Paulson "The Alteration Lady" SR</p> <p>11:00 Balance w/ Maria</p> <p>1:00 Armchair Travel : Historic Philadelphia SR</p> <p>2:00 QP Chorus Practice BR</p> <p>3 & 7 Movie: Thunder Force. TH</p> <p>5:00 Mike Mansour (Pianist) QR</p>	<p align="right">18</p> <p>8:00 - 2:00</p> <p>Medical Trans. North</p> <p>NO Bible Study w/ Bill</p> <p>11:00 ZUMBA w/Joan BR</p> <p>12:30 Wii Jeopardy SR</p> <p>1:00 Hand & Foot DR</p> <p>2:00 Catholic Communion RR</p> <p>3:00 Seated Yoga BR</p> <p>3 & 7 Movie: Thunder Force. TH</p> <p>6:00 BINGO w/ Tami SR</p>	<p align="right">19</p> <p>9:30 Fred Meyer</p> <p>11:00 Water Aerobics w/ Lauren</p> <p>12-2 STREET FAIR</p> <p>Classic Cars</p> <p>Fair Food</p> <p>Music by GenRashun</p> <p>1:30 Dining Mtg SR</p> <p>NO Chair Dancing</p> <p>6:30 Mexican Train DR</p> <p>3:00pm Movie For Hearing Impaired: She Said. TH</p> <p>7:00pm Movie: She Said. TH</p>	<p align="right">20</p> <p>8:00 - 2:00</p> <p>Medical Trans. South (Northgate/ Seattle)</p> <p>9:30 Seated Qigong: Strengthening Your Immune System. SR</p> <p>10:00 Scrabble SR</p> <p>11:00 ZUMBA w/Joan BR</p> <p>2:00 John Adams : Don't Tread on Me. BR</p> <p>6:30 Hand & Foot DR</p> <p>3 & 7 Movie: She Said. TH</p> <p>Happy Birthday Rhoda C.</p>	<p align="right">21</p> <p>12:00 Local Eatery: H Mart Food Court & grocery (\$)</p> <p>10:30 Wii Golf L&CR</p> <p>11am Balance w/Lauren BR</p> <p>1:00 Wii Bowling L&CR</p> <p>2:00 David Little (Pianist, Singer) BR</p> <p>3-4 pm Happy Hour GPB</p> <p>3 & 7 Movie: Stowaway TH</p> <p>Happy Birthday Donna A.</p>	<p align="right">22</p> <p>9:00 Morning Walk</p> <p>10:00 Yahtzee SR</p> <p>11:00 Drumming SR</p> <p>1:00 Trivia with Kay SR</p> <p>1:00 Mexican Train DR</p> <p>1:30 Church Service BR</p> <p>3:00 Seated Yoga BR</p> <p>3 & 7 Movie: Stowaway TH (At 7 pm Hosted by Movie Committee)</p> <p>Happy Birthday Donna A.</p>
<p align="right">23</p> <p>9:30 Church Runs (please see sign up binder for times & destinations)</p> <p>10:00 Praise & Prayer BR</p> <p>12:00 Lunch at Demetris (\$)</p> <p>2:00 Sit & Stitch</p> <p>3 & 7 Movie: A Mind of A Cat. TH</p>	<p align="right">24</p> <p>10:00 Blood Pres.Check WO</p> <p>10:00 Errands/ Lynnwood</p> <p>11:00 Balance w/Maria BR</p> <p>3:00 QP Chorus: Disney Performance. BR</p> <p>3 & 7 Movie: A Mind of A Cat. TH</p> <p>Happy Birthday Myrna H.</p>	<p align="right">25</p> <p>8:00 - 2:00</p> <p>Medical Trans. North</p> <p>NO Bible Study w/ Bill</p> <p>11:00 ZUMBA w/Joan BR</p> <p>12:30 Wii Jeopardy SR</p> <p>1:00 Hand & Foot DR</p> <p>2:00 Catholic Communion RR</p> <p>3:00 Seated Yoga BR</p> <p>3 & 7 Movie: Arrival. TH</p> <p>6:30 QP Chorus: Disney Performance. BR</p>	<p align="right">26</p> <p>8:00-2:00</p> <p>Medical Trans. Eastside</p> <p>9:30 Fred Meyer</p> <p>10:30 Fred Meyer</p> <p>11:00 Water Aerobics w/ Lauren</p> <p>1:30 Bldg. & Safety Mtg SR</p> <p>2:00 Chair Dancing BR</p> <p>6:30 Mexican Train DR</p> <p>3:00pm Movie For Hearing Impaired : Arrival. TH</p> <p>7:00pm Movie: Arrival. TH</p>	<p align="right">27</p> <p>8:00 - 2:00</p> <p>Medical Trans. South</p> <p>9:30 Tai Chi for Arthritis Relief. SR</p> <p>10:00 Scrabble SR</p> <p>11:00 ZUMBA w/Joan BR</p> <p>1:00 Resident Council Mtg. SR</p> <p>2:00 John Adams : Reunion. BR</p> <p>6:30 Hand & Foot DR</p> <p>3 & 7 Movie: Mac Arthur TH</p> <p>Happy Birthday Cheri J.</p>	<p align="right">28</p> <p>10:00 Quil Ceda Creek Casino</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 Card Games SR</p> <p>3-4 pm Happy Hour GPB</p> <p>3 & 7 Movie: Mac Arthur TH</p> <p>Happy Birthday Elaine E. & Janet R.</p>	<p align="right">29</p> <p>9:00 Morning Walk</p> <p>10:00 Yahtzee SR</p> <p>11:00 Drumming SR</p> <p>1:00 Mexican Train DR</p> <p>1:30 Church Service BR</p> <p>3:00 Seated Yoga BR</p> <p>3 & 7 Movie: Babe. TH</p> <p>Happy Birthday Karl S.</p>
<p align="right">30</p> <p>9:30 Church Runs (please see sign up binder for times & destinations)</p> <p>1:00 Sunday Drive</p> <p>2:00 Sit & Stitch</p> <p>3 & 7 Movie: Babe TH (At 3 pm Hosted by Movie Committee)</p> <p>Happy Birthday Penny D. & Alan G.</p>	<p align="right">31</p> <p>10:00 Blood Pres.Check WO</p> <p>10:00 Errands/ Lynnwood</p> <p>11:00 Balance w/Maria BR</p> <p>12-4 Monday Movie Matinee, AMC (\$)</p> <p>2:00 Chorus Practice BR</p> <p>3 & 7 Movie: Rent. TH</p> <p>Happy Birthday Lucille D.</p>	<p>Any questions, comments or feedback regarding this monthly activity calendar, please see Dwi.</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>LYNNWOOD,WA.98087</p> <p>425.640.8529</p>				