

November 2023 QPL Activity Calendar

LOCATION KEY

BR: Ballroom
CCR: Cascade Card Room
CP: The Covey Pub
DR: Dungeness Room
EAL: Enhance Asst. Living
GPB: Glacier Peak Bistro
ICR: Interurban Conf. Room
L: Library (3rd floor)
L&CR: Lewis & Clark Room (2nd fl.)
ODR: Olympic Dining Room
Plz: Plaza (Outdoor)
PDR: Private Dining Room
QR: Quilceda Room
RDR: Rainier Dining Room
RR: Reflection Room (3rd fl.)
SFC: Soar Fitness Center
SR: Snoqualmie Room
TH: Theatre
WO: Wellness Staff Office



Fall Back! 5
Don't forget to set your clocks back!

All Day Breakfast

9:30 Church Runs
(Please see sign up binder for times & destinations)
10:00 Praise & Prayer. BR
NO Sunday Drive
1:00 Free Concert at Rosehill Comm. Center.
"The Stories We Tell"
2:00 Games Day. CCR
3 & 7 Movie: Tidal Wave. TH

1	2	3	4
9:30 & 10:30 Fred Meyer 10:00 Wii game L&CR 11:00 Water Exercise w/ Lauren 1:00 Kevin Pettelle Bus Tour. 1:30 Hosp. Comm. Mtg. SR 2:30 Kevin Pettelle Show BR 3:00 Movie for Hearing Impaired: Manifest Destiny: Lewis & Clark. TH 6:30 Mexican Train. DR 7:00 Movie: Manifest Destiny: Lewis & Clark. TH Happy Birthday Marilyn M. & Shirley S.	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 Thursday Virtual Viewing: Lewis & Clark Expedition Saga the Louisiana Purchase. BR 6:30 Hand & Foot. DR 3 & 7 Movie: Manifest Destiny: Lewis & Clark. TH Happy Birthday Jerry H, Bonnie R, Bridget LB.	10:00 Errands/ Lynnwood 10:30 Wii Golf L&CR 11:00 Balance w/Lauren BR 11:30 Walker/ Assisted Device Clinic by Lauren. BR 2:00 Uncle Doug. BR 3-4 pm Happy Hour GPB 3 & 7 Movie: The Cheap Detective. TH	9:00 Morning Walk 10:00 Yahtzee SR 11:00 Drumming. SR 1:00 Trivia with Kay. SR 1:00 Mexican Train DR 1:30 Church Service BR 3 & 7 Movie: The Cheap Detective. TH
5	6	7	8
10:00 Errands/ Lynnwood 10:00 Blood Pres.Check.WO 11:00 Balance w/ Maria. BR 12:00 Pier 88 Luncheon (\$) 1:00 Book Club. SR 2:00 QP Chorus Practice.BR 2:30 Popcorn Party w/ Ira. GPB 3:00 Readers Theatre Rehearsal. ICR 3 & 7 Movie: Tidal Wave. TH	8:00 - 2:00 Medical Trans. North NO Bible Study w/ Bill 11:00 ZUMBA w/ Joan BR 12:30 Wii Jeopardy SR 1:00 Hand & Foot DR 2-3 The Northshore Variety Show & Band. BR 2:00 Catholic Communion RR 3:30 Chair Yoga w/ Chris BR 3 & 7 Movie: El Dorado. TH (At 7pm Hosted & Discussion by Movie Committee) 6:30 BINGO w/ Tami N. SR 6:30 QP Grief Group. ICR	8:00 - 2:00 Medical Trans. Eastside 9:30 Fred Meyer 10:00 Veteran Day Ceremony. GPB 11:00 Water Exercise with Lauren 1:30 Activity Comm.Mtg. CCR 3:00 Movie for Hearing Impaired: El Dorado. TH 4 & 6 Anniversary Dinner 6:30 Mexican Train. DR 7:00 Movie: El Dorado. TH	8:00 - 2:00 Medical Trans. South 9:30 Seated Qigong: Strengthening Your Immune System. SR 10:00 Scrabble. SR 11:00 ZUMBA w/Joan. BR 11-2 In-house Vendor Fair. GPB 2:00 Thursday Virtual Viewing: How Seattle Changed the World: KOMO Documentary. BR 3:00 Ping Pong w/ Kelvin. DR 6:30 Hand & Foot DR 3 & 7 Movie: Where Love Found Me. TH Happy Birthday Karsten O.
9	10	11	
10:00 Quil Ceda Creek Casino 10:30 Wii Golf L&CR 11am Balance w/Lauren BR 11-2 In-house Vendor Fair. DR 1:00 Wii Bowling L&CR 1:00 Movie Comm. Mtg. TH 3-4 pm Happy Hour GPB 3 & 7 Movie: Where Love Found Me. TH	Veterans Day 9:00 Morning Walk 10-2 Veterans Picture Display. 10:00 Yahtzee SR 11:00 Drumming SR 1:00 U B the Jury w/Kay.SR 1:00 Mexican Train DR 1:30 Church Service BR 3:00 Chair Yoga (DVD) BR 4:00 Karaoke w/ Gina EAL 2:30 & 6:30 Movie: All Quiet on the Western Front. TH		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p align="center">12</p> <p>9:30 Church Runs (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 Games Day. CCR</p> <p>2:30 & 6:30 Movie: All Quiet on the Western Front. TH (At 2:30 pm Hosted & Discussion by Movie Committee).</p>	<p align="center">13</p> <p>10:00 Errands/ Lynnwood</p> <p>10:00 Blood Pres.Check. WO</p> <p>10:30 Nick Baker. QR</p> <p>11:00 Balance w/ Maria. BR</p> <p>1:00 Armchair Travel : Native Americans of the Pacific Northwest. (Fried Bread) SR</p> <p>2:00 QP Chorus Practice. BR</p> <p>3:00 Readers Theatre Rehearsal. ICR</p> <p>3 & 7 Movie: Matilda The Musical. TH</p>	<p align="center">14</p> <p>8:00 - 2:00</p> <p>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 & Foot DR</p> <p>1:30 Library Comm. Mtg L</p> <p>2:00 Catholic Communion RR</p> <p>3:00 Chair Yoga w/ Chris BR</p> <p>3 & 7 Movie: Matilda The Musical. TH</p> <p>6:30 BINGO w/ Tami N. SR</p>	<p align="center">15</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 Exercise with Lauren</p> <p>1:30 Dining Comm. Mtg SR</p> <p>3:00 Movie for Hearing Impaired: The Monuments Men. TH</p> <p>6:30 Mexican Train DR</p> <p>7:00 Movie: The Monuments Men. TH</p> <p>6-8 Anniversary Party</p> <p>Happy Birthday Joan P. & Thomas M.</p>	<p align="center">16</p> <p>8:00 - 2:00</p> <p>Medical Trans. South (Northgate/ Seattle)</p> <p>10:00 Scrabble SR</p> <p>11:00 ZUMBA w/ Joan BR</p> <p>2:00 Thursday Virtual Viewing: 1620: What was it Really Like on the Mayflower? BR</p> <p>6:30 Hand & Foot. DR</p> <p>3 & 7 Movie: The Monuments Men. TH</p> <p>Happy Birthday Shirley D & Dorothy VC.</p>	<p align="center">17</p> <p>10:00 Tulalip Casino</p> <p>10:30 Wii Golf L&CR</p> <p>11:00 Balance w/Lauren BR</p> <p>1:00 Wii Bowling L&CR</p> <p>2:00 David Little. BR</p> <p>3-4 pm Happy Hour. GPB</p> <p>3 & 7 Movie: Edie. TH</p>	<p align="center">18</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 Chair Yoga (DVD) BR</p> <p>3 & 7 Movie: Edie. TH</p>
<p align="center">19</p> <p>9:30 Church Runs (Please see sign up binder for times & destinations)</p> <p>9:30 - 12:30 St. Thomas More Christmas Festival.</p> <p>10:00 Praise & Prayer. BR</p> <p>1:15 Sunday Drive</p> <p>2:00 Games Day. CCR</p> <p>3 & 7 Movie: Bad Words. TH</p> <p>Happy Birthday Margaret M.</p>	<p align="center">20</p> <p>10:00 Errands/ Lynnwood</p> <p>10:00 Blood Pres.Check. WO</p> <p>10:00 Karen Paulson "The Alteration Lady" SR</p> <p>11:00 Balance w/ Dwi. BR</p> <p>1:00 Spelling Bee w/ Marie. GPB</p> <p>2:00 QP Chorus Practice. BR</p> <p>2:00 Caregiver Support Group. SR</p> <p>3:00 Readers Theatre Rehearsal. ICR</p> <p>3 & 7 Movie: Bad Words. TH</p>	<p align="center">21</p> <p>8:00 - 2:00</p> <p>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 & Foot DR</p> <p>2:00 Catholic Communion RR</p> <p>3:00 Chair Yoga w/ Chris BR</p> <p>3 & 7 Movie: The Bourne Identity. TH</p> <p>6:30 BINGO w/ Tami N. SR</p>	<p align="center">22</p> <p>8:00 - 2:00</p> <p>Medical Trans. Eastside</p> <p>9:30 & 10:30 Fred Meyer</p> <p>11:00 Water Exercise with Lauren</p> <p>1:30 Bldg. & Safety Mtg SR</p> <p>3:00 Movie for Hearing Impaired: The Bourne Identity. TH</p> <p>6:30 Mexican Train DR</p> <p>7:00 Movie: The Bourne Identity. TH</p> <p>Happy Birthday Bobbie A.</p>	<p align="center">23</p> <p>Happy Thanksgiving.</p> <p>NO Medical Transportation.</p> <p>9:30 Seated Qigong: Strengthening Your Immune System. SR</p> <p>NO Scrabble</p> <p>NO ZUMBA w/ Joan</p> <p>12:00 Ping Pong w/ Kelvin. DR</p> <p>12:30 Wii Jeopardy. SR</p> <p>NO Resident Council Mtg.</p> <p>NO Thursday Virtual Viewing: 6:30 Hand & Foot DR</p> <p>3 & 7 Movie: An Old-Fashioned Thanksgiving. TH</p>	<p align="center">24</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. ODR</p> <p>1:00 Card Games SR</p> <p>3-4 pm Happy Hour GPB</p> <p>3 & 7 Movie: An Old-Fashioned Thanksgiving. TH</p>	<p align="center">25</p> <p>10:00 Candy Cane Wonderland Vendor Event. (\$)</p> <p>10:00 Yahtzee SR</p> <p>11:00 Drumming SR</p> <p>1:00 U B the Jury w/Kay. SR</p> <p>1:00 Mexican Train DR</p> <p>1:30 Church Service BR</p> <p>3:00 Chair Yoga (DVD). BR</p> <p>4:00 Karaoke w/ Gina. EAL</p> <p>3 & 7 Movie: Fatherhood. TH</p> <p>Happy Birthday Jean G.</p>
<p align="center">26</p> <p>9:30 Church Runs (Please see sign up binder for times & destinations)</p> <p>10:00 Praise & Prayer. BR</p> <p>NO Sunday Drive</p> <p>1:00 Driftwood Theater (Ticket Holders Only)</p> <p>2:00 Games Day. CCR</p> <p>3 & 7 Movie: Fatherhood. TH</p> <p>Happy Birthday Helen P.</p>	<p align="center">27</p> <p>10:00 Errands/ Lynnwood</p> <p>10:00 Blood Pres.Check. WO</p> <p>11:00 Balance w/ Maria BR</p> <p>1:00 Spelling Bee w/ Marie. GPB</p> <p>1:15 Book Mobile SR</p> <p>2:00 QP Chorus Practice. BR</p> <p>3:00 Readers Theatre Rehearsal. ICR</p> <p>3 & 7 Movie: Mars Attacks. TH</p>	<p align="center">28</p> <p>8:00 - 2:00</p> <p>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 & Foot DR</p> <p>2:00 Catholic Communion RR</p> <p>3:00 Chair Yoga w/ Chris BR</p> <p>3 & 7 Movie: Mars Attacks. TH</p> <p>6:30 BINGO w/ Tami N. SR</p> <p>Happy Birthday George VH.</p>	<p align="center">29</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 Exercise with Lauren</p> <p>3:00 Movie for Hearing Impaired: Legally Blond. TH</p> <p>6:30 Mexican Train DR</p> <p>7:00 Movie: Legally Blond. TH</p>	<p align="center">30</p> <p>8:00 - 2:00 Medical Trans. South</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>12:30 Wii Jeopardy. SR</p> <p>1:00 All Resident Mtg. BR</p> <p>2:00 Thursday Virtual Viewing: Ancient Rivers... A presentation from Central WA Univ. geology professor Nick Zentner. BR</p> <p>6:30 Hand & Foot DR</p> <p>3 & 7 Movie: Legally Blond. TH</p> <p>Happy Birthday Anthony P.</p>	<p>Any questions, comments or feedback regarding this monthly activity calendar, please see Dwi P.</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.</p> <p>LYNNWOOD, WA.98087</p> <p>425.640.8529</p>	