

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

June 2020

	1	2	3	4	5	6
<p>Location Key BP-Bailey's Pub SR-Cascade Card Rm DR-Dungeness Room GR-Game Room L&CR-Lewis & Clark Room PDR-Private Dining Room QR-Quilceda Room RDR-Rainier Dining Room SR-Snoqualmie Room TH-Theatre WC-Wellness Center * Outing</p>	<p>10:00 Weekly Errands 9:30 Blood Pres. Check, MR 11:00 Chair Volleyball SR 12:30 Zumba SR 12:30 Snow Goose Ice Cream * (\$5.50 Cash only) 2:00 Hand & Foot Card Game CCR 3:00 Needlework SR 4:00 Billiards, DR 3 & 7 Movie, TH</p>	<p>8:00 Doc. Runs North* 11:00 Exercise w/ Luis, SR 11:30 Catholic Communion CMR 1:00 Poker, DR 1:00 Bingo, CCR 1:00 Learn the Wii with Lew GR 2:00 Bible Study w/Bill PDR 3:00 Golf, 2nd Fl. Sky Bridge 3 & 7 Movie, TH</p>	<p>9:30 Fred Meyer* 10:30 Fred Meyer* 11:00 Chair Tai Chi w/ Candace, SR 1:00 Water Aerobics w/ Maria 1:00 Chris Yates QR (Guitar/Vocals) 3:00 Hosp. Comm. Mtg PDR 6:30 - 8:00 Hand & Foot CCR 3 & 7 Movie, TH</p>	<p>8:00 Doc. Runs South* (Northgate & Seattle) 9:45 Chair Volleyball SR 11:00 Chair Zumba SR 1:00 Poker, DR 1:00 Bingo, CCR 2:30 Left, Center, Right (LCR) with Lew PUB 3 & 7 Movie, TH</p>	<p>National Donut Day! 10:00 Frost Bakery* 11:00 Balance w/Katie SR 2:00 Wii Games, L&CR 1:00 Mexican Train DR 3:00 Happy Hour SR 3 & 7 Movie, TH</p>	<p>11:00 Chair Tai Chi SR 2:00 Trivia SR 2:00 Cribbage PUB 3 & 7 Movie, TH</p>
<p>7 8:00 Church Runs* 10:00 Praise & Prayer CMR 11:00 Chair Volleyball, SR 1:00 - 3:00 Weekly Errands 4:00 Short Stories w/Kay QR 3 & 7 Movie, TH</p>	<p>8 9:30 Blood Pres. Check, MR 10:00 Cedar River Water Shed Water Drums & Lunch at Riverbend Café *(\$) 11:00 Chair Volleyball SR 12:30 Zumba SR 2:00 Hand & Foot Card Game CCR 3:00 Needlework SR 4:00 Billiards, DR 3 & 7 Movie, TH</p>	<p>9 8:00 Doc. Runs North* 11:00 Exercise w/ Luis, SR 11:30 Catholic Communion CMR 1:00 Poker, DR 1:00 Bingo, CCR 1:00 Learn the Wii with Lew GR 2:00 Bible Study w/Bill PDR 3:00 Golf, 2nd Fl. Sky Bridge 3 & 7 Movie, TH</p>	<p>10 9:30 Fred Meyer* 10:30 Fred Meyer* 11:00 Chair Tai Chi w/ Candace, SR 1:00 Water Aerobics w/ Maria 3:00 Caregivers Support Group SR 3:00 Act. Comm. Mtg PDR 6:30 - 8:00 Hand & Foot CCR 3 & 7 Movie, TH</p>	<p>11 8:00 Doc. Runs South* 9:45 Chair Volleyball SR 11:00 Chair Zumba SR 1:00 Poker, DR 1:00 Bingo, CCR 2:30 Left, Center, Right (LCR) with Lew PUB 3:00 Resident Council Meeting PDR 3 & 7 Movie, TH</p>	<p>12 10:00 Tulalip Casino* 11:00 Pinochle, DR 11:00 Balance w/Katie SR 1:00 Mexican Train DR 3:00 Happy Hour SR 3 & 7 Movie, TH</p>	<p>13 11:00 Chair Tai Chi SR 1:00 Movie Committee TH 2:00 Wii Games, L&CR 2:00 Hangman SR 2:00 Cribbage PUB 3 & 7 Movie, TH</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
14	15	16	17	18	19	20
<p>8:00 Church Runs*</p> <p>10:00 Praise & Prayer CMR</p> <p>11:00 Chair Volleyball, SR</p> <p>1:00 Ice Cream Social SR</p> <p>3 & 7 Movie, TH</p>	<p>9:30 Blood Pres. Check, MR</p> <p>10:00 Weekly Errands</p> <p>11:00 Chair Volleyball, SR</p> <p>12:30 Zumba SR</p> <p>12:30 Lunch at Avanti Pizza and Pasta *(\$)</p> <p>2:00 Hand & Foot Card Game CCR</p> <p>2:30 On-Site Dermatology WC</p> <p>3:00 Needlework SR</p> <p>4:00 Billiards, DR</p> <p>3 & 7 Movie, TH</p>	<p>8:00 Doc. Runs North*</p> <p>11:00 Exercise w/ Luis, SR</p> <p>11:30 Catholic Communion CMR</p> <p>1:00 Poker, DR</p> <p>1:00 Bingo, CCR</p> <p>1:00 Learn the Wii with Lew GR</p> <p>2:00 Calendar Meeting SR</p> <p>2:00 Bible Study w/Bill PDR</p> <p>3:00 Golf, 2nd Fl. Sky Bridge</p> <p>3 & 7 Movie, TH</p>	<p>9:30 Fred Meyer</p> <p>10:30 Fred Meyer*</p> <p>11:00 Chair Tai Chi w/ Candace, SR</p> <p>1:00 Water Aerobics w/ Maria</p> <p>1:00 Jim Smith QR (Guitar/Vocals)</p> <p>2:30 Dining Comm. Mtg PDR</p> <p>6:30 - 8:00 Hand & Foot SR</p> <p>7-8:00pm Caregiver Support Group CCR</p> <p>3 & 7 Movie, TH</p>	<p>8:00 Doc. Runs South* (Northgate & Seattle)</p> <p>9:45 Chair Volleyball SR</p> <p>11:00 Chair Zumba SR</p> <p>1:00 Poker, DR</p> <p>1:00 Bingo, CCR</p> <p>1:00 Armchair Travel w/Kay & Bob SR</p> <p>2:30 Left, Center, Right (LCR) with Lew PUB</p> <p>3 & 7 Movie, TH</p>	<p>10:00 Angel of the Winds *</p> <p>11:00 Balance w/Katie SR</p> <p>11:30-1:00 Concierge Card Class SR (Pre Pay Only)</p> <p>1:00 Mexican Train DR</p> <p>2:00 Wii Games, L&CR</p> <p>3:00 Happy Hour SR</p> <p>3 & 7 Movie, TH</p>	<p>9:00 Karen Paulson The Alteration Lady SR</p> <p>11:00 Chair Tai Chi SR</p> <p>2:00 Trivia SR</p> <p>2:00 Cribbage PUB</p> <p>3:00 News & Views with Bob Bleeck SR</p> <p>3 & 7 Movie, TH</p>
21	22	23	24	25	26	27
<p>Happy Father's Day!</p> <p>8:00 Church Runs*</p> <p>10:00 Praise & Prayer CMR</p> <p>11:00 Chair Volleyball, SR</p> <p>11:30—2:00 BBQ</p> <p>1:00 Quiet Fire QR (Quartet)</p> <p>4:00 Billiards, DR</p> <p>3 & 7 Movie, TH</p>	<p>9:30 Blood Pres. Check, MR</p> <p>10:00 Weekly Errands*</p> <p>11:00 Chair Volleyball, SR</p> <p>12:30 Zumba SR</p> <p>12:30 Waterfront Drive*</p> <p>2:00 Hand & Foot Card Game CCR</p> <p>3:00 Needlework SR</p> <p>4:00 Billiards, DR</p> <p>3 & 7 Movie, TH</p>	<p>8:00 Doc. Runs North*</p> <p>11:00 Exercise w/ Luis, SR</p> <p>11:30 Catholic Communion CMR</p> <p>1:00 Poker, DR</p> <p>1:00 Bingo, CCR</p> <p>1:00 Learn the Wii with Lew GR</p> <p>2:00 Bible Study w/Bill PDR</p> <p>3:00 Building & Safety Mtg. PDR</p> <p>3:00 Golf, 2nd Fl. Sky Bridge</p> <p>3 & 7 Movie, TH</p>	<p>9:30 Fred Meyer</p> <p>10:30 Fred Meyer*</p> <p>11:00 Chair Tai Chi w/ Candace, SR</p> <p>1:00 Water Aerobics w/ Maria</p> <p>3:00 Caregiver Support Group SR</p> <p>6:30 - 8:00 Hand & Foot CCR</p> <p>3 & 7 Movie, TH</p>	<p>8:00 Doc. Runs South*</p> <p>9:45 Chair Volleyball SR</p> <p>11:00 Chair Zumba SR</p> <p>1:00 Poker, DR</p> <p>1:00 Bingo, CCR</p> <p>2:30 Left, Center, Right (LCR) with Lew PUB</p> <p>3:00 All Residents Meeting SR</p> <p>3 & 7 Movie, TH</p>	<p>11:00 Balance w/Katie SR</p> <p>11:00 Pinochle, DR</p> <p>12:00 Birthday Bash Luncheon RDR</p> <p>1:00 Mexican Train DR</p> <p>3:00 Happy Hour SR</p> <p>3 & 7 Movie, TH</p>	<p>10:00 Massage with Dr. Deb WC</p> <p>11:00 Chair Tai Chi SR</p> <p>2:00 Hangman SR</p> <p>2:00 Cribbage PUB</p> <p>3:00 News & Views with Bob Bleeck SR</p> <p>3 & 7 Movie, TH</p>
28	29	30	<p>Any questions, comments or feedback regarding this monthly activity calendar, please see Candace</p> <p>*Activities in GREEN are Exercise related activities</p> <p>*Activities in BLUE are Entertainers performing in the month.</p> <p>*Activities in RED are outings</p> <p>*Activities in PURPLE are Alzheimer's Fundraisers</p> <p>CALENDAR IS SUBJECT TO CHANGE!</p> <p>QUAIL PARK, 4015 164th STREET SW, LYNNWOOD, WA. 98087</p> <p>425.640.8529</p>			
<p>8:00 Church Runs*</p> <p>10:00 Praise & Prayer CMR</p> <p>11:00 Chair Volleyball, SR</p> <p>12:30 UW Arboretum Drive*</p> <p>4:00 Billiards, DR</p> <p>4:00 Short Stories w/Kay QR</p> <p>3 & 7 Movie, TH</p>	<p>9:30 Blood Pres. Check, MR</p> <p>10:00 Weekly Errands*</p> <p>11:00 Chair Volleyball, SR</p> <p>12:30 Zumba SR</p> <p>12:30 Lunch at Andy's Fish House *(\$)</p> <p>2:00 Hand & Foot Card Game CCR</p> <p>3:00 Needlework SR</p> <p>4:00 Billiards, DR</p> <p>3 & 7 Movie, TH</p>	<p>8:00 Doc. Runs North*</p> <p>11:00 Exercise w/ Luis, SR</p> <p>11:30 Catholic Communion CMR</p> <p>1:00 Poker, DR</p> <p>1:00 Bingo, CCR</p> <p>1:00 Learn the Wii with Lew GR</p> <p>2:00 Bible Study w/Bill PDR</p> <p>3:00 Building & Safety Mtg. PDR</p> <p>3:00 Golf, 2nd Fl. Sky Bridge</p> <p>3 & 7 Movie, TH</p>				