



SEPTEMBER 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 THE AVANT A WellQuest Living Community	 LOCATION KEY Lge Lounge 1st Floor CY Courtyard 1st Floor MR Media Room 2nd Floor Sol Solarium 3rd Floor Zoom In Apartment or Media Room		1 9:30am Balance Class w/ Rehab Go (Lge) 10:15am Current Events w/ Ken (Zoom) 12pm Special Book Club Meeting (Sol) 2:00pm Chair Yoga w/ Galina (Lge) 7:30pm Movie Night (MR)	2 9:30am Fitness w/Ev (Lge) 9:30am Aquatics w/Les (Pool) 11:00am Walking Group- <i>Shoreline Park</i> (Limit: 6 residents; sign up) 2:00pm Bocce Ball 7:30pm Movie Night (MR) <u>Deadline:</u> September 4 <i>Qualia Contemporary Art Gallery</i>	3 9:30am Balance Class w/ Rehab Go (Lge) 1:30pm Tech Talk w/Curtis (MR) 3:30pm HAPPY HOUR (CY) 7:30pm Movie Night <u>Deadline:</u> September 7 <i>Rinconada Park Picnic Outing</i> September 6 <i>Movie Outing</i>	4 9:30am Fitness Class (Lge) 12:00pm Field Trip- Qualia Contemporary Art Gallery Exhibit: "Interlaced" (Limit: 8 residents; sign up) 2:00pm Movie Matinee (MR) 7:30pm Movie Night (MR) HAPPY BIRTHDAY JUDITH P.!
5 9:30am Fitness Class (Lge) 12:00pm Neighborhood Walking Group to <i>Robles Park</i> (Limit: 6 residents; sign up) 2:00pm Movie Matinee (MR) 7:30pm Movie Night (MR)	6 Labor Day 9:30am Fitness w/Ev (Lge) 9:30am Aquatics w/Les (Pool) 1:00pm Documentary Video (MR) 3:30pm Concert—Lee Allen (Lge) 7:30pm Movie Night (MR) Movie Outing- TBA Rosh Hashanah Begins at Sunset HAPPY BIRTHDAY NOREEN V.!	7 9:30am Fitness w/Carina (Lge) 11:30pm Picnic in the Park Outing: <i>Rinconada Park</i> (Limit: 8 residents; sign up) 2:00pm Bocce Ball 7:30pm Movie Night (MR) <u>Deadline:</u> September 12 <i>Palo Alto Clay and Glass Art Festival</i>	8 9:30am Balance Class w/ Rehab Go (Lge) 10:15am Current Events w/ Ken (Zoom) 12:00pm Afternoon Games (Sol) 2:00pm Chair Yoga w/ Galina (Lge) 7:30pm Movie Night (MR)	9 9:30am Fitness w/Ev (Lge) 9:30am Aquatics w/Les (Pool) 11:15am Musical Theater Lecture w/ Bonnie Weiss (Zoom) 2:00pm Documentary Video 7:30pm Movie Night (MR)	10 9:30am Balance Class w/ Rehab Go (Lge) 11:00am Opera & Music Lecture w/Deborah (MR) 3:30pm BIRTHDAY HAPPY HOUR (CY) 7:30pm Movie Night <u>Deadline:</u> September 16 Lunch Outing <i>Celia's Restaurant</i>	11 9:30am Fitness Class (Lge) 12:00pm Bocce Ball 2:00pm Movie Matinee (MR) 7:30pm Movie Night (MR)
12 Grandparents Day 9:30am Fitness Class (Lge) 10:30am Field Trip- Palo Alto Clay and Glass Art Festival (Limit: 8 residents; sign up) 2:00pm Grandparents Day Concert w/ Grijda Spiri (Lge) 7:30pm Movie Night (MR)	13 9:30am Fitness w/Ev (Lge) 9:30am Aquatics w/Les (Pool) 11:00am Walking Group- <i>Cuesta Park</i> (Limit 6 residents; sign up) 1:00 MENU MEETING (Sol) 3:00pm Concert- Ian Scarfe (Lge) 7:30pm Movie Night (MR) TRIVIA DINNER NIGHT	14 9:30am Fitness Class (Lge) 11:00am POETRY READING (MR) 2:00pm Nature Photography w/ Joan: "Warlords: Raptors of the Air" (MR) 7:30pm Movie Night (MR) <u>Deadline:</u> September 18 <i>Rengstorff House "Peek Inside" Tour</i>	15 9:30am Balance Class w/ Rehab Go (Lge) 10:15am Current Events w/ Ken (Zoom) 12:00pm RESIDENTS MEETING (Sol) 2:00pm Chair Yoga w/ Galina (Lge) 7:30pm Movie Night (MR) Yom Kippur Begins at Sunset	16 Yom Kippur 9:30am Fitness w/Ev (Lge) 9:30am Aquatics w/Les (Pool) 11:00am Local Lunch Outing- Celia's Restaurant (Limit: 8 residents; sign up) 2:30 Martha Kanter lecture (MR) 7:30pm Movie Night (MR)	17 9:30am Balance Class w/ Rehab Go (Lge) 1:30pm Tech Talk w/Curtis (MR) 3:30pm FIESTA HAPPY HOUR (CY) w/ Trio Del Sol 7:30pm Movie Night (MR)	18 9:30am Fitness Class (Lge) 11:15am Field Trip- Rengstorff House "Peek Inside" Tour (Limit: 8 residents; sign up) 2:00pm Movie Matinee (MR) 7:30pm Movie Night (MR)
19 9:30am Fitness Class (Lge) 12:00pm Neighborhood Walking Group- <i>Robles Park</i> (Limit: 6 residents; sign up) 2:00pm Movie Matinee (MR) 7:30pm Movie Night (MR)	20 9:30am Fitness w/Ev (Lge) 9:30am Aquatics w/Les (Pool) 11:30 Arts & Crafts w/ Carina (Sol) 2:00pm Documentary Video (MR) 7:30pm Movie Night (MR)	21 9:30am Fitness w/Carina (Lge) 11:00am Walking Group- <i>Baylands Sunnyvale</i> (Limit: 6 residents; sign up) 2:00pm Bocce Ball 7:30pm Movie Night (MR) <u>Deadline:</u> September 25 <i>Los Altos Art & Wine Festival</i>	22 9:30am Balance Class w/Rehab Go 10:15am Current Events w/ Ken (Zoom) 12:00 Afternoon Games (Sol) 2:00pm Chair Yoga w/ Galina (Lge) 7:30pm Movie Night (MR) <u>Deadline:</u> September 28 Lunch Outing <i>Michael's at Shoreline Restaurant</i>	23 9:30am Fitness w/Ev (Lge) 9:30am Aquatics w/Les (Pool) 1:00 COOKING DEMO w/ Chef Veronica (Lge) 3:30pm Concert— Wine, Women, & Wrong (Lge) 7:30pm Movie Night (MR)	24 9:30am Balance Class w/Rehab Go (Lge) 11:00am Opera/Music Lecture w/Deborah (MR) 3:30pm HAPPY HOUR (CY) 7:30pm Movie Night (MR)	25 9:30am Fitness Class (Lge) 10:45am Field Trip- Los Altos Art & Wine Festival (Limit: 8 residents; sign up) 2:00pm Movie Matinee (MR) 7:30pm Movie Night (MR)
26 9:30am Fitness Class (Lge) 12:00pm Bocce Ball 2:00pm Movie Matinee (MR) 2:00pm Drugstore Outing (Limit: 6 residents; sign up) 7:30pm Movie Night (MR)	27 9:30am Fitness w/Ev (Lge) 9:30am Aquatics w/Les (Pool) 12:30pm Flu Vaccination Clinic (Wellness Center) 3:00pm Concert- Ian Scarfe (Lge) 7:30pm Movie Night (MR) TRIVIA DINNER NIGHT	28 9:30am Fitness w/Carina (Lge) 10:30am Lunch Outing & Scenic Drive- Michael's at Shoreline Restaurant in Mountain View (Limit: 8 residents; sign up) 2:00pm Afternoon Games 7:30pm Movie Night (MR)	29 9:30am Balance Class w/Rehab Go 10:15am Current Events w/ Ken (Zoom) 12pm Afternoon Games (Sol) 2:00pm Chair Yoga w/ Galina (Lge) 7:30pm Movie Night (MR) HAPPY BIRTHDAY ANNE L.!	30 9:30am Fitness w/Ev (Lge) 9:30am Aquatics w/Les (Pool) 12:00pm Bocce Ball 2:30pm BOOK CLUB (Sol) 7:30pm Movie Night (MR)		