



OCTOBER 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>THE AVANT A WellQuest Living Community</p>	 <p>LOCATION KEY</p> <p>Lge Lounge 1st Floor CY Courtyard 1st Floor MR Media Room 2nd Floor Sol Solarium 3rd Floor Zoom In Apartment or Media Room</p>				<p>1 9:30am Balance Class w/ Rehab Go (Lge) 1:30pm Tech Talk w/Curtis (MR) 3:30pm HAPPY HOUR (CY) 7:30pm Movie Night</p>	<p>2 9:30am Fitness Class (Lge) 10:30am Field Trip—Palo Alto Art Center: Great Glass Pumpkin Patch (Limit: 8 residents; sign up) 2:00pm Movie Matinee (MR) 7:30pm Movie Night (MR)</p>
<p>3 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) <u>Deadline:</u> October 9 <i>Gamble Gardens: Butterflies & Bats</i></p>	<p>4 9:30am Fitness w/Ev (Lge) 9:30am Aquatics w/Les (Pool) 1:00pm Documentary Video (MR) 2:00pm Bocce Ball 7:30pm Movie Night (MR)</p>	<p>5 9:30am Fitness w/Carina (Lge) 11:00am Walking Group— <i>Cuesta Park</i> 2:00 PLAY READING (Sol) 3:30pm Concert—Lee Allen (Lge) 7:30pm Movie Night (MR) <u>Deadline:</u> October 10 <i>Stanford Theater Outing: Sundays w/St. Lawrence String Quartet</i></p>	<p>6 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)</p>	<p>7 9:30am Fitness w/Ev (Lge) 9:30am Aquatics w/Les (Pool) 12:00pm MENU MEETING (Sol) 1:30pm Arts & Crafts w/ Carina: Stained Glass Mandalas (Sol) 3:15pm Oktoberfest Concert—EJ Dieterle (Lge) 7:30pm Movie Night (MR) <u>Deadline:</u> October 13 <i>Pacific Catch Lunch Outing</i></p>	<p>8 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 <u>Deadline:</u> October 16 <i>Zoppe Italian Family Circus</i></p>	<p>9 9:30am Fitness Class (Lge) 10:30am Field Trip—Gamble Gardens: The Magical World of Butterflies & Bats (Limit: 8 residents; sign up) 12:00pm Bocce Ball 2:00pm Movie Matinee (MR) 7:30pm Movie Night (MR)</p>
<p>10 9:30am Fitness Class (Lge) 12:00pm Bocce Ball 2:00pm Stanford Theater Outing—Sundays w/ St. Lawrence String Quartet 2:00pm Movie Matinee (MR) 7:30pm Movie Night (MR) <u>Deadline:</u> October 23 <i>Orchard Days at Filoli Gardens October 12 Movie Outing</i></p>	<p>11 Columbus Day 9:30am Fitness w/Ev (Lge) 9:30am Aquatics w/Les (Pool) 10:30am Stories, Humor, and Fun w/ Danni Mac (MR) 2:00pm Bocce Ball 7:30pm Movie Night (MR) TRIVIA DINNER NIGHT</p>	<p>12 9:30am Fitness Class (Lge) 11:00am POETRY READING (MR) 2:00pm Afternoon Games 7:30pm Movie Night (MR) Movie Outing— TBA <u>Deadline:</u> October 18 <i>Hobee's Lunch Outing</i></p>	<p>13 9:30am Balance Class w/ Rehab Go (Lge) 10:15am Current Events w/ Ken (Zoom) 12:00pm Local Lunch Outing—Pacific Catch (Limit: 8 residents; sign up) 2:00pm Chair Yoga w/ Galina (Lge) 7:30pm Movie Night (MR)</p>	<p>14 9:30am Fitness w/Ev (Lge) 9:30am Aquatics w/Les (Pool) 12:00pm RESIDENTS MEETING (Sol) 2:00pm Arts & Crafts w/ Carina: Autumn Leaves Picture Frames (Sol) 7:30pm Movie Night (MR)</p>	<p>15 9:30am Balance Class w/ Rehab Go (Lge) 12:30pm Concert w/ Joseph Wilkes 1:30pm Tech Talk w/Curtis (MR) 3:30pm WELCOME NEW RESIDENTS HAPPY HOUR (CY) 7:30pm Movie Night (MR)</p>	<p>16 9:30am Fitness Class (Lge) 11:00am Field Trip: Zoppe Italian Family Circus (Limit: 8 residents; sign up) 2:00pm Movie Matinee (MR) 7:30pm Movie Night (MR)</p>
<p>17 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)</p>	<p>18 9:30am Fitness w/Ev (Lge) 9:30am Aquatics w/Les (Pool) 11:15am Musical Theater Lecture w/ Bonnie Weiss (Zoom) 12:00pm Local Lunch Outing— Hobee's 3:00pm Concert— Ian Scarfe (Lge) 7:30pm Movie Night (MR)</p>	<p>19 9:30am Fitness w/Carina (Lge) 11:00am Walking Group— <i>Baylands Sunnyvale</i> 2:00pm PLAY READING (Sol) 7:30pm Movie Night (MR) <u>Deadline:</u> October 30 <i>Halloween Monster Bash Fair</i></p>	<p>20 9:30am Balance Class w/Rehab Go 10:15am Current Events w/ Ken (Zoom) 12:00pm Making Caramel Apples (CY) 2:00pm Chair Yoga w/ Galina (Lge) 7:30pm Movie Night (MR)</p>	<p>21 9:30am Fitness w/Ev (Lge) 9:30am Aquatics w/Les (Pool) 1:00 COOKING DEMO w/ CHEF COLIN (Lge) 3:00 RESIDENT BIRTHDAY PARTY (Lge) 7:30pm Movie Night (MR)</p>	<p>22 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)</p>	<p>23 9:30am Fitness Class (Lge) 11:00am Field Trip—Orchard Days at Filoli Gardens (Limit: 8 residents; sign up) 2:00pm Movie Matinee (MR) 7:30pm Movie Night (MR)</p>
<p>24/31 Halloween(31st) 9:30am Fitness Class (Lge) 12:00pm Bocce Ball 2:00pm Halloween Magic Show w/ David Martinez (Lge) *(31st) 2:00pm Movie Matinee (MR) 7:30pm Movie Night (MR)</p>	<p>25 9:30am Fitness w/Ev (Lge) 9:30am Aquatics w/Les (Pool) 10:30am Stories, Humor, and Fun w/ Danni Mac (MR) 3:00pm Concert— Mads Tolling (Lge) 7:30pm Movie Night (MR) TRIVIA DINNER NIGHT</p>	<p>26 9:30am Fitness w/Carina (Lge) 11:00am Walking Group— <i>Shoreline Park</i> 2:00pm Nature Photography w/ Joan: "The Life Cycle of a Wine Grape" (MR) 7:30pm Movie Night (MR)</p>	<p>27 9:30am Balance Class w/Rehab Go 10:15am Current Events w/ Ken (Zoom) 12:00pm Opera & Music Lecture w/Deborah (MR) 2:00pm Chair Yoga w/ Galina (Lge) 7:30pm Movie Night (MR)</p>	<p>28 9:30am Fitness w/Ev (Lge) 9:30am Aquatics w/Les (Pool) 11:30am Arts & Crafts w/ Carina: Pumpkin Decorating (Sol) 2:30pm BOOK CLUB (Sol) 7:30pm Movie Night (MR)</p>	<p>29 9:30am Balance Class w/Rehab Go (Lge) 11:30am Halloween Costume Contest (Lge) 1:30pm Tech Talk w/Curtis (MR) 3:30pm HALLOWEEN HAPPY HOUR (CY) 7:30pm Movie Night (MR)</p>	<p>30 9:30am Fitness Class (Lge) 10:30am Field Trip—Halloween Monster Bash Fair at Rengstorff Park (Limit: 8 residents; sign up) 2:00pm Movie Matinee (MR) 7:30pm Movie Night (MR)</p>