

JANUARY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY															
 <p>THE AVANT A WellQuest Living Community</p>	<div style="border: 2px solid blue; padding: 10px;">  <p style="text-align: center;">LOCATION KEY</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%;">Lge</td> <td style="width: 33%;">Lounge</td> <td style="width: 33%;">1st Floor</td> </tr> <tr> <td>CY</td> <td>Courtyard</td> <td>1st Floor</td> </tr> <tr> <td>MR</td> <td>Media Room</td> <td>2nd Floor</td> </tr> <tr> <td>Sol</td> <td>Solarium</td> <td>3rd Floor</td> </tr> <tr> <td>Zoom</td> <td colspan="2">In Apartment or Media Room</td> </tr> </table> </div>					Lge	Lounge	1st Floor	CY	Courtyard	1st Floor	MR	Media Room	2nd Floor	Sol	Solarium	3rd Floor	Zoom	In Apartment or Media Room		<p style="text-align: center;">1 Happy New Year!</p> <p>9:30am Fitness Class (Lge)</p> <p>12:00pm Bocce Ball</p> <p>2:00pm Movie Matinee (MR)</p> <p>7:30pm Movie Night (MR)</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>2</p> <p>9:30am Fitness Class (Lge)</p> <p>12:00pm Neighborhood Walking Group to <i>Robles Park</i> (Limit: 6 residents; sign up)</p> <p>2:00pm Matinee Movie (MR)</p> <p>7:30pm Movie Night (MR)</p>	<p>3</p> <p>9:30am Fitness w/Ev (Lge)</p> <p>9:30am Aquatics w/Les (Pool)</p> <p>1:00pm Documentary Video (MR)</p> <p>2:00pm Bocce Ball</p> <p>7:30pm Movie Night (MR)</p>	<p>4</p> <p>9:30am Fitness Class w/ Carina (Lge)</p> <p>11:00am Walking Group— <i>Cuesta Park</i></p> <p>2:00pm PLAY READING (SOL)</p> <p>3:30pm Lee Allen Concert (Lge)</p> <p>7:30pm Movie Night (MR)</p>	<p>5</p> <p>9:30am Balance Class w/ Rehab Go (Lge)</p> <p>10:15am Current Events w/ Ken (Zoom)</p> <p>2:00pm Chair Yoga w/ Galina (Lge)</p> <p>7:30pm Movie Night (MR)</p> <p style="text-align: center;"><u>Deadline: January 7th</u> <u>The Holiday Show (San Mateo)</u></p>	<p>6</p> <p>9:30am Fitness w/Ev (Lge)</p> <p>9:30am Aquatics w/Les (Pool)</p> <p>12:00pm RESIDENT'S MEETING (Sol)</p> <p>2:00pm ARTS & CRAFTS w/ Carina (Sol)</p> <p>7:30pm Movie Night (MR)</p>	<p>7</p> <p>9:30am Balance Class w/ ONR (Lge)</p> <p>11:00am Opera & Music Lecture w/Deborah (MR)</p> <p>1:30pm TECH TALK w/ Curtis (MR)</p> <p>3:30pm HAPPY HOUR (Lge)</p> <p>7:30pm Movie Night</p>	<p>8</p> <p>9:30am Fitness Class (Lge)</p> <p>11:00am FIELD TRIP— <i>The Holiday Show in San Mateo</i> (Sign Up. Limit 8 Residents)</p> <p>2:00pm Movie Matinee (MR)</p> <p>7:30pm Movie Night (MR)</p>															
<p>9</p> <p>9:30am Fitness Class (Lge)</p> <p>12:00pm Bocce Ball</p> <p>2:00pm Movie Matinee (MR)</p> <p>7:30pm Movie Night (MR)</p> <p style="text-align: center;"><u>Deadline: January 10th</u> <u>Hong Kong Restaurant</u></p>	<p>10</p> <p>9:30am Fitness w/Ev (Lge)</p> <p>9:30am Aquatics w/Les (Pool)</p> <p>2:00pm Flower Arranging for Dining Room (Sol)</p> <p>3:15pm Pamela Page Concert (Lge)</p> <p>7:30pm Movie Night (MR)</p> <p style="text-align: center;"><u>Trivia Dinner Night!</u></p>	<p>11</p> <p>9:30am Fitness w/Carina (Lge)</p> <p>11:00am POETRY READING (MR)</p> <p>12:00pm Lunch Outing: Hong Kong Restaurant (<i>Sign up. Limit 8 Residents</i>)</p> <p>2:00pm Latte Making w/ Jenny (Sol)</p> <p>7:30pm Movie Night (MR)</p>	<p>12</p> <p>9:30am Balance Class w/ Rehab Go (Lge)</p> <p>10:15am Current Events w/ Ken (Zoom)</p> <p>2:00pm Chair Yoga w/ Galina (Lge)</p> <p>7:30pm Movie Night (MR)</p> <p style="text-align: center;"><u>Deadline: January 14</u> <u>Community Orchard Art (Lost Altos)</u></p>	<p>13</p> <p>9:30am Fitness w/Ev (Lge)</p> <p>9:30am Aquatics w/Les (Pool)</p> <p>1:00pm Nature Photography Talks w/ Joan Sparks (MR)</p> <p>7:30pm Movie Night (MR)</p>	<p>14</p> <p>9:30am Balance Class w/ Rehab Go (Lge)</p> <p>1:00pm Mitchell Park Library Outing (Sign Up. Limit 8 Residents)</p> <p>3:30pm WELCOME NEW RESIDENTS HAPPY HOUR (Lge)</p> <p>7:30pm Movie Night (MR)</p>	<p>15</p> <p>9:30am Fitness Class (Lge)</p> <p>12:00pm FIELD TRIP OUTING: <i>The Community Orchard Art (Los Altos History Museum)</i></p> <p>2:00pm Movie Matinee (MR)</p> <p>7:30pm Movie Night (MR)</p>															
<p>16</p> <p>9:30am Fitness Class (Lge)</p> <p>12:00pm Neighborhood Walking Group— <i>Robles Park</i> (Limit: 6 residents; sign up)</p> <p>2:00pm Movie Matinee (MR)</p> <p>7:30pm Movie Night (MR)</p>	<p>17 MLK Jr. Day</p> <p>9:30am Fitness w/Ev (Lge)</p> <p>9:30am Aquatics w/Les (Pool)</p> <p>1:00pm Documentary Video (MR)</p> <p>3:15pm Benito Cortez Concert (Lge)</p> <p>7:30pm Movie Night (MR)</p> <p style="text-align: center;"><u>Deadline: January 19</u> <u>Sunday w/ St. Lawrence</u></p>	<p>18</p> <p>9:30am Fitness w/Carina (Lge)</p> <p>11:00am Walking Group— <i>Baylands Park Sunnyvale</i></p> <p>12:00pm COOKING DEMO w/ Chef Colin (Lge)</p> <p>2:00pm Music Lecture w/ Bonnie Wiess</p> <p>7:30pm Movie Night (MR)</p>	<p>19</p> <p>9:30am Balance Class w/ Rehab Go (Lge)</p> <p>10:15am Current Events w/ Ken (Zoom)</p> <p>2:00pm Chair Yoga w/ Galina (Lge)</p> <p>7:30pm Movie Night (MR)</p>	<p>20</p> <p>9:30am Fitness w/Ev (Lge)</p> <p>9:30am Aquatics w/Les (Pool)</p> <p>11:00pm Afternoon Games (Sol)</p> <div style="background-color: #e0f0ff; padding: 5px; text-align: center;"> <p>3:00pm RESIDENT'S BIRTHDAY PARTY (Lge)</p> </div> <p>7:30pm Movie Night (MR)</p>	<p>21</p> <p>9:30am Balance Class w/ ONR (Lge)</p> <p>11:00am Opera & Music Lecture w/Deborah (MR)</p> <p>1:30pm TECH TALK w/ Curtis (MR)</p> <p>3:30pm HAPPY HOUR (Lge)</p> <p>7:30pm Movie Night</p>	<p>22</p> <p>9:30am Fitness Class (Lge)</p> <p>11:00am DRUGSTORE OUTING: CVS (Sign Up. Limit 6)</p> <p>12:00pm Bocce Ball</p> <p>2:00pm Movie Matinee (MR)</p> <p>7:30pm Movie Night (MR)</p>															
<p>23 /30</p> <p>9:30am Fitness Class (Lge)</p> <p>2:30pm Sunday w/ the St. Lawrence—(23rd) (COVID Vaccination Record Require)</p> <p>12:00pm Neighborhood Walking Group to <i>Robles Park</i> — (30th) (Limit: 6 residents; sign up)</p> <p>2:00pm Matinee Movie (MR)</p> <p>7:30pm Movie Night (MR)</p>	<p>24 / 31</p> <p>9:30am Fitness w/Ev (Lge)</p> <p>9:30am Aquatics w/Les (Pool)</p> <p>1:00pm Flower Arranging for Dining Room (24th)</p> <p>3:15pm Zurich Beethoven Concert (24th)</p> <p>1:00pm Documentary Video (MR)—(31th)</p> <p>2:30pm ARTS & CRAFTS (Sol) — (31th)</p> <p>7:30pm Movie Night (MR)</p> <p style="text-align: center;"><u>Trivia Dinner Night! (24th)</u></p>	<p>25</p> <p>9:30am Fitness Class w/ Carina (Lge)</p> <p>11:00am Walking Group — Shoreline Park</p> <p>1:00pm POETRY READING (MR)</p> <p>2:30pm ARTS & CRAFTS w/ Carina (Sol)</p> <p>7:30pm Movie Night (MR)</p> <p style="text-align: center;"><u>Deadline: January 28th</u> <u>Palo Alto Art Center</u></p>	<p>26</p> <p>9:30am Balance Class w/ Rehab Go (Lge)</p> <p>10:15am Current Events w/ Ken (Zoom)</p> <p>2:00pm Chair Yoga w/ Galina (Lge)</p> <p>7:30pm Movie Night (MR)</p> <p style="text-align: center;"><u>Deadline: January 27th</u> <u>Dinah's Poolside Restaurant</u></p>	<p>27</p> <p>9:30am Fitness w/Ev (Lge)</p> <p>9:30am Aquatics w/Les (Pool)</p> <p>12:00pm MENU MEETING w/ Chef Colin (Sol)</p> <p>3:00pm BOOK CLUB MEETING (Sol)</p> <p>7:30pm Movie Night (MR)</p>	<p>28</p> <p>9:30am Balance Class w/ ONR (Lge)</p> <p>12:00pm LUCNH OUTING: Dinah's Poolside Restaurant</p> <p>2:00pm Documentary Video (MR)</p> <p>3:30pm HAPPY HOUR (Lge)</p> <p>7:30pm Movie Night (MR)</p>	<p>29</p> <p>9:30am Fitness Class (Lge)</p> <p>11:00am FIELD TRIP OUTING: <i>Palo Alto Art Center</i></p> <p>2:00pm Movie Matinee (MR)</p> <p>7:30pm Movie Night (MR)</p>															