

JUNE 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY															
 <p>THE AVANT A WellQuest Living Community</p>	 <p>LOCATION KEY</p> <table border="0"> <tr> <td>Lge</td> <td>Lounge</td> <td>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>In Apartment or Media Room</td> <td></td> </tr> </table>		Lge	Lounge	1st Floor	CY	Courtyard	1st Floor	MR	Media Room	2nd Floor	Sol	Solarium	3rd Floor	Zoom	In Apartment or Media Room		<p>1 9:30am Balance Class w/ Rehab Go (Lge) 10:15am Current Events w/ Ken (Zoom) 2:00pm Chair Yoga w/ Jiin (Lge) 3:30pm ACTIVITY MEETING (Sol) 7:30pm Movie Night (MR) Deadline: June 3rd Filoli Historic House</p>	<p>2 9:30am Fitness w/Ev (Lge) 9:30am Aquatics w/Les (Pool) 11:00am BAKING GROUP: Raspberry Poppy Seed Muffins (DR) 2:30pm Un-wine & Paint w/ Jenny (Sol) 6:00pm WARRIORS VS, CELTICS PLAYOFF (MR)</p>	<p>3 9:30am Balance Class w/ Rehab Go (Lge) 11:00am Opera & Music Lecture w/ Deborah (MR) 1:00pm Mitchell's Park Library Outing (Sign Up. Limit 8 Residents) 3:30pm HAPPY HOUR (CY) 7:30pm Movie Night (MR)</p>	<p>4 9:30am Fitness Class (Lge) <u>11:00am FIELD TRIP OUTING: Filoli Historic House (Sign up. Limit 8 Residents)</u> 2:00pm Movie Matinee (MR) 7:30pm Movie Night (MR) Deadline: June 5th Indo Restaurant & Lounge</p>
	Lge	Lounge	1st Floor																		
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<p>5 9:30am Fitness Class (Lge) <u>11:00am SHOPPING TRIP: Trader Joes</u> 12:00pm Bocce Ball 2:00pm Matinee Movie (MR) 5:00pm WARRIORS VS CELTICS PLAYOFF (MR) Deadline: June 7th SJ Playhouse: Man of La Mancha</p>	<p>6 9:30am Fitness w/Ev (Lge) 9:30am Aquatics w/Les (Pool) <u>12:00pm LUNCH OUTING: INDO Restaurant & Lounge (Sign Up. Limit 8 Residents)</u> <u>3:30pm CONCERT w/ Lee Allen (Lge)</u> 7:30pm Movie Night (MR) TRIVIA DINNER NIGHT!</p>	<p>7 9:30am Fitness Class w/ Carina (Lge) 11:00am WALKING GROUP: Baylands Park Sunnyvale. (Sign Up. Limit 6 Residents) 1:00pm MEDICARE/MEDICAL SEMINAR w/ Sam Oshen (MR) 2:00pm Meditation Tai Chi (MR) 7:30pm Movie Night (MR)</p>	<p>8 9:30am Balance Class w/ Rehab Go (Lge) 10:15am Current Events w/ Ken (Zoom) 2:00pm Chair Yoga w/ Jiin (Lge) 6:00pm WARRIORS VS CELTICS PLAYOFF (MR) Deadline: June 9th Asian Art Museum in SF</p>	<p>9 9:30am Fitness w/Ev (Lge) 9:30am Aquatics w/Les (Pool) 11:00am ART & CRAFT: Summer Wreath Making (Sol) 1:30pm MUSICAL THEATER LECTURE w/ Bonnie Weiss (MR) 7:30pm Movie Night (MR)</p>	<p>10 9:30am Balance Class w/ Rehab Go (Lge) 11:00am Afternoon Games: The Mexican Train (Sol) 1:30pm TECH TALK w/ Curtis (MR) 3:30pm HAPPY HOUR (CY) 6:00pm WARRIORS VS CELTICS PLAYOFF (MR)</p>	<p>11 9:30am Fitness Class (Lge) <u>1:30pm FIELD TRIP OUTING: San Jose Playhouse presents Man of La Mancha (Sign up. Limit 8)</u> 2:00pm Movie Matinee (MR) 3:30pm Violin Recital w/ Ranjana (Lge) 7:30pm Movie Night (MR)</p>															
<p>12 9:30am Fitness Class (Lge) 12:00pm Neighborhood Walking Group to Robles Park (Limit: 6 residents; sign up) 2:00pm Matinee Movie (MR) 7:30pm Movie Night (MR) Deadline: June 13th The Fish Market</p>	<p>13 9:30am Fitness w/Ev (Lge) 9:30am Aquatics w/Les (Pool) <u>10:30am FIELD TRIP OUTING: Asian Art Museum in San Francisco (Sign Up. Limit 8)</u> 3:00pm Flower Arranging for Dining Room (Sol) 7:30pm Movie Night (MR)</p>	<p>14 9:30am Fitness w/Carina (Lge) 11:00am POETRY READING (MR) <u>12:00pm LUNCH OUTING: The Fish Market (Sign Up. Limit 8 Residents)</u> 2:00pm Meditation Tai Chi (MR) <u>7:30pm CONCERT w/ Stephen Gills (Lge)</u></p>	<p>15 9:30am Balance Class w/ Rehab Go (Lge) 10:15am Current Events w/ Ken (Zoom) 2:00pm Chair Yoga w/ Jiin (Lge) 7:30pm Movie Night (MR) Deadline: June 16th Ardenwood Historic Farm and Park</p>	<p>16 9:30am Fitness w/Ev (Lge) 9:30am Aquatics w/Les (Pool) 12:00pm MENU MEETING (Sol) 3:00pm RESIDENT'S BIRTHDAY PARTY (Lge) 7:30pm Movie Night (MR)</p>	<p>17 9:30am Balance Class w/ Rehab Go (Lge) 11:00am Opera & Music Lecture w/Deborah (MR) 3:30pm WELCOMING NEW RESIDENT'S HAPPY HOUR (CY) 7:30pm Movie Night (MR)</p>	<p>18 9:30am Fitness Class (Lge) <u>11:00am FIELD TRIP OUTING: Ardenwood Historic Farm and Park, Fremont (Sign Up. Limit 8)</u> 2:00pm Movie Matinee (MR) 7:30pm Movie Night (MR)</p>															
<p>19 FATHER'S DAY 9:30am Fitness Class (Lge) 11:00am DRUGSTORE OUTING: Walgreens (Sign Up) 2:00pm Matinee Movie (MR) <u>3:00pm FATHER'S DAY CONCERT w/ Broceliande (Lge)</u> 7:30pm Movie Night (MR)</p>	<p>20 9:30am Fitness w/Ev (Lge) 9:30am Aquatics w/Les (Pool) 1:00pm PHOTOGRAPHY TALKS w/ Joan Sparks (MR) 2:30pm Documentary Video (MR) 7:30pm Movie Night (MR) TRIVIA DINNER NIGHT!</p>	<p>21 9:30am Fitness w/Carina (Lge) 11:00am Walking Group: Rancho San Antonio Cupertino (Sign Up. Limit 6 Residents) 2:00pm Meditation Tai Chi (MR) <u>3:00pm CONCERT with Ian Scarfe and Roseminna Watson (Lge)</u> 7:30pm Movie Night (MR)</p>	<p>22 9:30am Balance Class w/ Rehab Go (Lge) 10:15am Current Events w/ Ken (Zoom) 2:00pm Chair Yoga w/ Jiin (Lge) 7:30pm Movie Night (MR) Deadline: June 23rd Montalvo Art Center</p>	<p>23 9:30am Fitness w/Ev (Lge) 9:30am Aquatics w/Les (Pool) 12:00pm COOKING DEMO w/ Colin (Lge) 3:00pm BOOK CLUB MEETING (Sol) 7:30pm Movie Night (MR)</p>	<p>24 9:30am Balance Class w/ Rehab Go (Lge) 11:00am Afternoon Games: Scrabbles (Sol) 1:30pm TECH TALK w/ Curtis (MR) 3:30pm HAPPY HOUR (CY) 7:30pm Movie Night (MR)</p>	<p>25 9:30am Fitness Class (Lge) <u>11:00am FIELD TRIP OUTING: Montalvo Arts Center, Saratoga (Sign Up. Limit 8)</u> 2:00pm Movie Matinee (MR) 7:30pm Movie Night (MR)</p>															
<p>26 9:30am Fitness Class (Lge) 12:00pm Neighborhood Walking Group to Robles Park (Limit: 6 residents; sign up) 2:00pm Movie Matinee (MR) 7:30pm Movie Night (MR)</p>	<p>27 9:30am Fitness w/Ev (Lge) 9:30am Aquatics w/Les (Pool) 11:00am Flower Arranging for Dining Room (Sol) 1:00pm SING ALONG w/ Portor <u>2:00pm CONCERT w/ Benito Cortez (Lge)</u> 7:30pm Movie Night (MR)</p>	<p>28 9:30am Fitness w/Carina (Lge) 11:00am POETRY READING (MR) 2:00pm Meditation Tai Chi (MR) 3:00pm RESIDENT'S MEETING (Sol) 7:30pm Movie Night (MR)</p>	<p>29 9:30am Balance Class w/ Rehab Go (Lge) 10:15am Current Events w/ Ken (Zoom) 2:00pm Chair Yoga w/ Jiin (Lge) 7:30pm Movie Night (MR)</p>	<p>30 9:30am Fitness w/Ev (Lge) 9:30am Aquatics w/Les (Pool) 11:00am TRIVIA CHALLENGE (MR) 2:30pm ART & CRAFT: Terrarium Making (Sol) 7:30pm Movie Night (MR)</p>	 <p>Stimulate Your Mind</p> <p>Motivate Your Body</p> <p>Rejuvenate Your Spirit</p>																