

AUGUST 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY															
 <p>THE AVANT A WellQuest Living Community</p>	<p>1 9:30AM FITNESS CLASS w/ Ev (Lge) 9:30AM AQUATICS w/ Les (Pool) <u>11:30am LUNCH OUTING: The Fish Market (Sign Up)</u> 2:30PM BRAIN FITNESS: CROSSWORD PUZZLE (MR) <u>3:30PM CONCERT W/ LEE ALLEN (Lge)</u> 7:30PM MOVIE NIGHT (MR) TRIVIA DINNER NIGHT!</p>	<p>2 9:30AM FITNESS CLASS w/ Carina (Lge) 11AM POETRY READING (MR) 2PM MEDITATION TAI CHI (MR) 3PM ART & CRAFT: DIY Coasters 7:30PM MOVIE NIGHT (MR)</p>	<p>3 9:30AM BALANCE CLASS with RehabGo (Lge) 10:15AM CURRENT EVENTS w/ Ken (MR) 2PM CHAIR YOGA W/ JIN (Lge) 3PM RELAXATION COLORING (Sol) 7:30PM MOVIE NIGHT (MR) Deadline: August 5th PACE Gallery</p>	<p>4 9:30AM FITNESS CLASS w/ Ev (Lge) 9:30AM AQUATICS w/ Les (Pool) 11AM WALKING GROUP: Cuesta Park (Sign Up.) 2:15PM AFTERNOON GAMES: BLACK-JACK (Sol) 3PM ACTIVITY MEETING (Sol) 7:30PM MOVIE NIGHT (MR)</p>	<p>5 9:30AM BALANCE CLASS with RehabGo (Lge) 11AM DOCUMENTARY VIDEO (MR) 1:30PM TECH TALK w/ CURTIS (MR) HAPPY HOUR: 3:30pm— 4:30pm 7:30pm MOVIE NIGHT (MR)</p>	<p>6 9:30am FITNESS CLASS (Lge) <u>12PM FIELD TRIP OUTING: PACE GALLERY (Sign Up)</u> 2PM MATINEE MOVIE (MR) 7:30PM MOVIE NIGHT (MR) Deadline: August 8th Lion King Broadway</p>															
	<p>7 9:30AM FITNESS CLASS (Lge) <u>11AM SHOPPING TRIP: Trader Joes (Sign Up)</u> 11AM IPAD/IPHONE TECH TALK w/ ALLEN & AUDREY (MR) 1:00PM BOCCE BALL 2:00PM MATINEE MOVIE (MR) 7:00PM MOVIE NIGHT (MR) Deadline: August 10th Los Altos History Museum</p>	<p>8 9:30AM FITNESS CLASS w/ Ev (Lge) 9:30AM AQUATICS w/ Les (Pool) 11AM BAKING GROUP: Pig in a Blanket (DR) 2PM FLOWER ARRANGING FOR DINING ROOM (SOL) 3PM GIANT JENGA (SOL) 7:30PM MOVIE NIGHT (MR)</p>	<p>9 9:30AM FITNESS CLASS w/ Carina (Lge) <u>11AM WALKING GROUP: Rancho San Antonio, Cupertino (Sign Up)</u> 2PM MEDITATION TAI CHI (MR) 3PM BINGO w/ CARINA (Sol) 7:30PM MOVIE NIGHT (MR)</p>	<p>10 9:30AM BALANCE CLASS with RehabGo (Lge) 10:15AM CURRENT EVENTS w/ Ken (MR) 2PM CHAIR YOGA W/ JIN (Lge) 3PM RELAXATION COLORING (Sol) 7:30PM MOVIE NIGHT (MR)</p>	<p>11 9:30AM FITNESS CLASS w/ Ev (Lge) 9:30AM AQUATICS w/ Les (Pool) 1PM MUSICAL THEATER LECTURE w/ BONNIE WEISS (MR) <u>2PM FIELD TRIP OUTING: Los Altos History Museum (Sign Up)</u> 7:30PM MOVIE NIGHT (MR) Deadline: August 14th Lunch Outing Tommy Thai</p>	<p>12 9:30AM BALANCE CLASS with RehabGo (Lge) 11AM OPERA & MUSIC LECTURE w/ Deborah (MR) <u>2PM LIBRARY OUTING: Michelle's Park (Sign Up.)</u> HAPPY HOUR: 3:30pm— 4:30pm 7:30pm MOVIE NIGHT (MR)</p>	<p>13 9:30am FITNESS CLASS (Lge) <u>1PM FIELD TRIP OUTING: Lion King Broadway, San Jose (Sign Up)</u> 2PM MATINEE MOVIE (MR) 7:30PM MOVIE NIGHT (MR) Deadline: August 14th Chopin in Paris</p>														
<p>14 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)</p>	<p>15 9:30AM FITNESS CLASS (Lge) 9:30AM AQUATICS W/ LES (Pool) <u>12PM LUCH OUTING: Tommy Thai, Mtn. View (Sign Up)</u> 3PM TRIVIA CHALLENGE (MR) 7:30PM MOVIE NIGHT (MR) TRIVIA DINNER NIGHT!</p>	<p>16 9:30AM FITNESS CLASS w/ Carina (Lge) 11AM POETRY READING (MR) 2PM MEDITATION TAI CHI (MR) <u>3PM CONCERT W/ IAN SCARFE (Lge)</u> 7:30PM MOVIE NIGHT (MR) Deadline: August 23rd Triton Museum of Art</p>	<p>17 9:30AM BALANCE CLASS with RehabGo (Lge) 10:15AM CURRENT EVENTS w/ Ken (MR) 2PM CHAIR YOGA W/ JIN (Lge) 3PM RELAXATION COLORING (Sol) 7:30PM MOVIE NIGHT (MR)</p>	<p>18 9:30AM FITNESS CLASS w/ Ev (Lge) 9:30AM AQUATICS w/ Les (Pool) <u>1PM RESIDENT'S MEETING (Sol)</u> <div style="border: 1px solid black; padding: 5px; text-align: center;">3:00pm RESIDENT'S BIRTHDAY PARTY (Lge)</div> 7:30PM MOVIE NIGHT (MR)</p>	<p>19 9:30AM BALANCE CLASS with RehabGo (Lge) 1:30PM TECH TALK w/ CURTIS (MR) WELCOMING NEW RESIDENTS HAPPY HOUR 3:30pm— 4:30pm 7:30pm MOVIE NIGHT (MR)</p>	<p>20 9:30am FITNESS CLASS (Lge) <u>1:15PM FIELD TRIP OUTING: Chopin in Paris, Palo Alto (Sign Up)</u> 2PM MATINEE MOVIE (MR) 7:30PM MOVIE NIGHT (MR)</p>															
<p>21 9:30AM FITNESS CLASS (Lge) <u>11AM DRUGSTORE OUTING: CVS (Sign Up)</u> 11AM IPAD/IPHONE TECH TALK w/ ALLEN & AUDREY (MR) 1:00PM BOCCE BALL 2:00PM MATINEE MOVIE (MR) 7:00PM MOVIE NIGHT (MR) Deadline: August 22nd Resident's Art Exhibit</p>	<p>22 9:30AM FITNESS CLASS (Lge) 9:30AM AQUATICS W/ LES (Pool) 2PM FLOWER ARRANGING FOR DINING ROOM (SOL) <u>3PM LUAU CONCERT W/ PETER (Lge)</u> 7:30PM MOVIE NIGHT (MR) Deadline: August 24th Palo Alto Festival of Art</p>	<p>23 9:30AM FITNESS CLASS w/ Carina (Lge) <u>11AM WALKING GROUP: Bayland Park, Sunnyvale (Sign Up.)</u> 2PM MEDITATION TAI CHI (MR) 3PM ART & CRAFT: Picture Frame Painting (Sol) 7:30PM MOVIE NIGHT (MR)</p>	<p>24 9:30AM BALANCE CLASS with RehabGo (Lge) 10:15AM CURRENT EVENTS w/ Ken (MR) <div style="border: 1px solid black; padding: 5px; text-align: center;">RESIDENT'S ART EXHIBIT From 1PM- 3PM (SOL)</div> 2PM CHAIR YOGA W/ JIN (Lge) 7:30PM MOVIE NIGHT (MR) Deadline: August 25th Picnic in the Park</p>	<p>25 9:30AM FITNESS CLASS w/ Carina (Lge) 9:30AM AQUATICS w/ Les (Pool) <u>1PM FIELD TRIP OUTING: Triton Museum of Art, Santa Clara (Sign Up)</u> 1PM MENU MEETING (Sol) 3PM BOOK CLUB MEETING (Sol) 7:30PM MOVIE NIGHT (MR)</p>	<p>26 9:30AM BALANCE CLASS with RehabGo (Lge) 11AM OPERA & MUSIC LECTURE w/ Deborah (MR) <u>12PM PICNIC IN THE PARK (Sign Up)</u> HAPPY HOUR 3:30pm— 4:30pm 7:30pm MOVIE NIGHT (MR)</p>	<p>27 9:30am FITNESS CLASS (Lge) <u>11AM FIELD TRIP OUTING: Palo Alto Festival of the Arts (Sign Up)</u> 2PM MATINEE MOVIE (MR) 7:30PM MOVIE NIGHT (MR)</p>															
<p>28 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)</p>	<p>29 9:30AM FITNESS CLASS (Lge) 9:30AM AQUATICS W/ LES (Pool) <u>1PM CONCERT W/ DEBORAH & EFRAT (Lge)</u> 3PM DOCUMENTARY VIDEO: Four Hours at the Capitol (HBO) 7:30PM MOVIE NIGHT (MR) TRIVIA DINNER NIGHT!</p>	<p>30 9:30AM FITNESS CLASS w/ Carina (Lge) 11AM POETRY READING (MR) 12PM COOKING DEMO w/ Colin (Lge) 2PM MEDITATION TAI CHI (MR) <u>7:30PM CONCERT w/ STEPHEN GILLS (Lge)</u></p>	<p>31 9:30AM BALANCE CLASS with RehabGo (Lge) 10:15AM CURRENT EVENTS w/ Ken (MR) 2PM CHAIR YOGA W/ JIN (Lge) 3PM RELAXATION COLORING (Sol) 7:30PM MOVIE NIGHT (MR) Grandparent's Day Photo Due Today!</p>	<div style="border: 2px solid black; padding: 10px;">  <h2 style="margin: 0;">LOCATION KEY</h2> <table style="margin: 0; border-collapse: collapse;"> <tr> <td style="padding-right: 10px;">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> </div>		Lge	Lounge	1st Floor	CY	Courtyard	1st Floor	MR	Media Room	2nd Floor	Sol	Solarium	3rd Floor	Zoom	In Apartment or Media Room		<div style="background-color: #f4a460; padding: 5px; text-align: center; border-radius: 5px;">  <i>Stimulate Your Mind</i> </div> <div style="background-color: #76c73a; padding: 5px; text-align: center; border-radius: 5px; margin-top: 5px;">  <i>Motivate Your Body</i> </div> <div style="background-color: #2e5496; padding: 5px; text-align: center; border-radius: 5px; margin-top: 5px;">  <i>Rejuvenate Your Spirit</i> </div>
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