



PROVIDING PEACE OF MIND

March Birthdays!

Miriam C.	March 17
Helen W.	March 22
Betty P.	March 29

We will celebrate all the March birthdays at the Resident Birthday Party on March 16th at 2:30!

Mardi Gras

March 1

We will bring Mardi Gras Celebration into the community on March 1 at 2:30!

St. Patrick's Day

March 17

However...We will celebrate St. Patrick's Day on the 18th with entertainment and party!

What We Have Seen in Our Lifetime

We continue looking at the fascinating things we have experienced, during our lifetime.

This is included as Brain Boosters with your daily schedules Monday-Friday.

1940's and 1950's

- Pea Shooters
- Swing Dancing
- Zoot Suits

- Gathering Around the Radio
- 18 cents per Gallon Gasoline

- Civil Rights
- Charlie Brown
- DA Haircut
- and
- Disneyland

What great memories we will "dig" up!

BINGO at Quail Creek

We invite you to join us each
Thursday for Bingo!

Our residents win BINGO bucks that
are redeemable at our monthly
BINGO store.

This store includes snacks,
toiletries, home decor' and just a
little of everything!



Join Us in Our Activities to Make New Friends!

Quail Creek Scenic Drives

***Consider hopping aboard our
comfortable bus for our next
scenic drive.***

***We stop for beverages and
then head out for a new
adventure each week.***

The bus is wheelchair accessible.

Exercising Opportunities at Quail Creek

Monday and Wednesdays Stretch and Strengthening

Low Impact exercises concentrating on stretching our necks, backs, arms and legs. We work on strength in our arms and legs.

Tuesday and Thursdays Cardio Drumming

Group fun with drum sticks, yoga balls, fun music at the level you choose. A "must do" experience!