WellQuest of Granite Bay

From the Desk of Pari
Our WellQuest Executive Director

Welcome to the WellQuest of Granite Bay newsletter and calendar. We are very thankful to have such a wonderful community. I am extremely proud of our staff and you for taking extra steps make sure everyone is having a good time and staying safe. We have had some extraordinary challenges this past year, let's hope 2022 brings lots of joy and hope. Together, we are creating a beautiful home here with established and new residents blending. I am excited for what the new year holds for all of us. Please help me welcome in the New Year.

Happy New Year to everyone!

Our Team

Executive Director
Pari Manouchehri

Executive Chef
Josh Quinto

Senior Sales Director
Bev Dierks

Business Office Director
Jessica Galvez

Health & Wellness Director
Deziree Thitphaneth

Resident Care Coordinator
Margarita Guerrero

Activities Director
Nancy Coppola

Maintenance Director
Derek Meidinger

Journey Director
Lance Ramos

January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Art Studio = AS HUB = HR Bocce Courtyard = BC East Bay Lounge = EB Fitness Center = FC Living Room = LR BISTRO = B Bayside Dining Room = BD Q Bar Lounge = QL Quest Theater = T Second Floor Lounge = 2FL						1 9:00 Autumn Stroll 10:00 Fitness w/ Nancy 11:00 Sing-A-Long 2:00 Cookies & Cocoa 5:00 Rose Bowl 6:00 Hand & Foot or Pinochle 7:00 Evening Movie
2 9:30 Catholic Mass-Live Stream 11:00 Let's talk TECH w/ Zee 11:00 Sunday Scrabble 2:00 Sunday Matinee 3:00 Courtyard Cornhole 6:00 Hand & Foot or Pinochle 7:00 Evening Movie	3 9:00 Neighborhood Stroll 10:00 Fitness w/ Zee 11:00 ONR Q & A w/ Josh 11:30 Let's talk TECH w/ Zee 1:30 Community Bingo 3:00 Brain Bender Monday 6:00 Hand & Foot or Pinochle 7:00 Evening Movie	4 9:00 Sole Walkers 10:00 Fitness w/ Nancy 11:00 Art Fun 1:30 Beautiful Destinations 3:00 Arm Chair Travel 6:00 Hand & Foot or Pinochle 7:00 Evening Movie	5 9:00 Community Stoll 9:30 Joan's Balance & Fit Class 10:00 Bridge Club 1:30 Community Bingo 3:00 Are You Smarter Than A 5th Grader 6:00 Hand & Foot or Pinochle 7:00 Evening Movie	6 9:00 Path Walk 10:00 Current Events 10:30 Floral Arranging 11:30 Yoga w/ Mary 2:00 Cranium Crunch 3:00 Mens Group 6:00 Hand & Foot or Pinochle 7:00 Evening Movie	7 9:30 Tai Chi w/ Showen 10:00 Scenic Drive 1:30 Community Bingo 2:30 Scrabble 3:00 Music w/ Lincoln Hwy Trio 6:00 Hand & Foot or Pinochle 7:00 Evening Movie	8 9:00 Autumn Stroll 10:00 Fitness w/ Nancy 11:00 Sing-A-Long 2:00 Resident Social w/ Skip 4:00 Faith Based Service 6:00 Hand & Foot or Pinochle 7:00 Evening Movie
9 9:30 Catholic Mass-Live Stream 10:45 Catholic Communion 11:00 Let's talk TECH w/ Zee 2:00 Sunday Matinee 3:00 Courtyard Cornhole 6:00 Hand & Foot or Pinochle 7:00 Evening Movie	10 9:00 Neighborhood Stroll 10:00 Fitness w/ Zee 11:00 ONR Q & A w/ Josh 1:00 Creative Crafts 1:30 Community Bingo 3:00 Brain Bender Monday 6:00 Hand & Foot or Pinochle 7:00 Evening Movie	11 9:00 Sole Walkers 10:00 Fitness w/ Nancy 11:00 Art Fun 1:30 Beautiful Destinations 3:00 Arm Chair Travel 6:00 Hand & Foot or Pinochle 7:00 Evening Movie	12 9:00 Community Stoll 9:30 Joan's Balance & Fit Class 10:00 Bridge Club 1:30 Community Bingo 3:00 Karaoke! 6:00 Hand & Foot or Pinochle 7:00 Evening Movie	13 9:00 Path Walk 10:00 Current Events 10:30 Floral Arranging 11:30 Yoga w/ Mary 1:30 Quest Book Club 3:00 Wine Tasting 6:00 Hand & Foot or Pinochle 7:00 Evening Movie	14 9:30 Tai Chi w/ Showen 10:00 Knit-n-Hookers 1:30 Community Bingo 2:30 Pony Visit - Nikko 3:30 Dance w/ Jessica 6:00 Hand & Foot or Pinochle 7:00 Evening Movie	15 9:00 Autumn Stroll 10:00 Fitness w/ Nancy 11:00 Sing-A-Long 3:00 Resident Social w/ Stan 4:00 Faith Based Service 6:00 Hand & Foot or Pinochle 7:00 Evening Movie
16 9:30 Catholic Mass-Live Stream 11:00 Let's talk TECH w/ Zee 11:00 Sunday Scrabble 2:00 Sunday Matinee 3:00 Courtyard Cornhole 6:00 Hand & Foot or Pinochle 7:00 Evening Movie	17 9:00 Neighborhood Stroll 10:00 Fitness w/ Zee 11:00 ONR Q & A w/ Josh 11:30 Let's talk TECH w/ Zee 1:30 Community Bingo 3:00 Brain Bender Monday 6:00 Hand & Foot or Pinochle 7:00 Evening Movie	18 9:00 Sole Walkers 10:00 Fitness w/ Nancy 11:00 Art Fun 1:30 Beautiful Destinations 3:00 Arm Chair Travel 6:00 Hand & Foot or Pinochle 7:00 Evening Movie	19 9:00 Community Stoll 9:30 Joan's Balance & Fit Class 10:00 Bridge Club 1:30 Community Bingo 3:00 Are You Smarter Than A 5th Grader 6:00 Hand & Foot or Pinochle 7:00 Evening Movie	20 9:00 Path Walk 10:00 Current Events 10:30 Floral Arranging 11:30 Yoga w/ Mary 2:00 Cranium Crunch 3:00 Music w/ Lisa 6:00 Hand & Foot or Pinochle 7:00 Evening Movie	21 9:30 Tai Chi w/ Showen 10:00 Knit-n-Hookers 1:30 Community Bingo 2:30 Scrabble 3:30 1-4-24 Dice Game 6:00 Hand & Foot or Pinochle 7:00 Evening Movie	22 9:00 Autumn Stroll 10:00 Fitness w/ Nancy 11:00 Sing-A-Long 2:00 Resident Social 4:00 Faith Based Service 6:00 Hand & Foot or Pinochle 7:00 Evening Movie
23 9:30 Catholic Mass-Live Stream 10:45 Catholic Communion 11:00 Let's talk TECH w/ Zee 2:00 Sunday Matinee 3:00 Courtyard Cornhole 6:00 Hand & Foot or Pinochle 7:00 Evening Movie	24 9:00 Neighborhood Stroll 10:00 Fitness w/ Zee 11:00 ONR Q & A w/ Josh 11:30 Let's talk TECH w/ Zee 1:30 Community Bingo 3:00 Brain Bender Monday 6:00 Hand & Foot or Pinochle 7:00 Evening Movie	25 9:00 Sole Walkers 10:00 Fitness w/ Nancy 11:00 Art Fun 1:30 Beautiful Destinations 2:00 Music w/ Linda B. 6:00 Hand & Foot or Pinochle 7:00 Evening Movie	26 9:00 Community Stoll 9:30 Joan's Balance & Fit Class 10:00 Bridge Club 1:30 Community Bingo 3:00 Karaoke! 6:00 Hand & Foot or Pinochle 7:00 Evening Movie	27 9:00 Path Walk 10:00 Current Events 10:30 Floral Arranging 11:30 Yoga w/ Mary 2:00 Cranium Crunch 6:00 Hand & Foot or Pinochle 7:00 Evening Movie	28 9:30 Tai Chi w/ Showen 10:30am Knit-n-Hookers 1:30 Community Bingo 2:30 Dance w/ Jessica 3:30 1-4-24 Dice Game 6:00 Hand & Foot or Pinochle 7:00 Evening Movie	29 9:00 Autumn Stroll 10:00 Fitness w/ Nancy 11:00 Sing-A-Long 2:00 Resident Social 4:00 Faith Based Service 6:00 Hand & Foot or Pinochle 7:00 Evening Movie
30 9:30 Catholic Mass-Live Stream 11:00 Let's talk TECH w/ Zee 11:00 Sunday Scrabble 2:00 Sunday Matinee 3:00 Courtyard Cornhole 6:00 Hand & Foot or Pinochle 7:00 Evening Movie	31 9:00 Neighborhood Stroll 10:00 Fitness w/ Zee 11:00 ONR Q & A w/ Josh 11:30 Let's talk TECH w/ Zee 1:30 Community Bingo 3:00 Brain Bender Monday 6:00 Hand & Foot or Pinochle 7:00 Evening Movie				Florence b. - 10th Vera D. - 15th Barbara S. - 18th Lloyd H. - 20th Aggie L. - 22nd Erika K. - 24th	Sue J. - 24th Ed L. - 25th Sam R. - 26th Sonja H.- 26th Joan O.- 28th

HAPPY NEW YEAR!
from your WellQuest of Granite Bay Team

WellQuest of GRANITE BAY

Our Wellness Quest

Aging is a reality, WellQuest believes in cultivating an ageless mindset. We are passionate about our mission to help our residents continue to live life to the fullest. WellQuest offers vibrant communities where we create not only meaningful but memorable experiences for all. We offer unparalleled care by providing the best-in-class amenities and living options.

We focus on the individual needs of each of our residents, so they can have the autonomy and freedom they desire along with the help and care they might need. This is our zealous Quest, to make sure our residents truly live life Well.