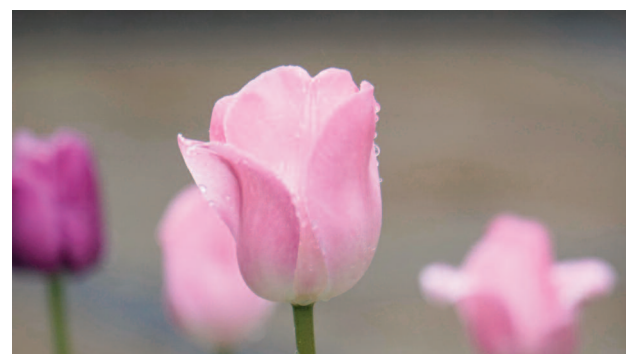


May Highlights!

- Garden Club every Wednesday
- Daily Exercise, Strength, Range of Motion, Deep Breathing and Yoga
- Happy Hour Karaoke Every Friday!
- Cinco de Mayo Fiesta-May 5th!
- Mother's Day Tea Party May 10th



Mother's Day at Quail Park!

Here at Quail Park we believe in creating special moments for our residents. This Mother's Day we have planned a spa morning full of pampering and relaxation. In the afternoon we will have a tea party, complete with fancy hats and tons of flowers! All our ladies will be receiving a beautiful orchid corsage as a symbol of appreciation and a thank you to all mothers.



Refer a Friend!

Receive \$2,500 when you refer a friend that becomes a Resident at Quail Park West Seattle!

Please call Ed or Brian for details at 206-633-2273



RESIDENCES of West Seattle
 4515 41st Ave SW • Seattle, WA 98116
 (206) 633-2273 • www.qpmcwestseattle.com



RESIDENCES of West Seattle

Maria is Employee of the Month!

Maria was our employee of the month for April! She always goes above and beyond! Maria not only engages with residents, but she keeps their apartments and the building clean. Maria is a mother of three, two girls and one boy. Maria has been making people safe and comfortable by cleaning and housekeeping for over 16 years! We are so happy to have Maria on our team. Her smile and laughter fill Quail Park with joy. Thank you Maria for all your hard work and dedication!



Quail Park Memory Care West Seattle

Brian Anderson
Executive Director

Dana West
Health and Wellness Director

Mandy Black
Dining Services Director

Doug Peak
Director of Engineering

Nicole Painter
Life Engagement Director

Michelle Sanders
Business Office Manager

Ed Taylor
Community Relations Director

Caregiver Support Group Counselor

Betsy Zuber, MS, GMHS, LMHC is a Licensed Mental Health Counselor and has been providing mental health services to adults, older adults and

their families for over 26 years, in the greater Seattle area. Her services have included individual counseling for depression, anxiety, grief & bereavement, struggles with life transitions, providing aging resources and caregiver support groups. Betsy will be joining our Caregiver Support Group, that meets May 5th and 19th at 4pm. Please email Ed Taylor at edwardt@qpmcwestseattle.com for details.



SUNDAY

31 MAY
 8:30 Coffee and Spiritual Time DR
 9:00 iN2L Spiritual Sing Along T
 9:30 Psalms and Scripture T
 10:30 Fitness Fun! T
 1:30 Paint to the Music AR
 2:30 Yoga Stretch and Deep Breathing FL4
 2:30 Music and Movement FL2
 3:00 Reminiscence with iN2L T
 6:00 Nature Documentary T

3

8:30 Coffee and Spiritual Time DR
 9:00 iN2L Spiritual Sing Along T
 9:30 Psalms and Scripture T
 10:30 Fitness Fun! T
 1:30 Paint to the Music AR
 2:30 Yoga Stretch and Deep Breathing FL4
 2:30 Music and Movement FL2
 3:00 Reminiscence with iN2L T
 6:00 Nature Documentary T

10 Mother's Day!

8:30 Coffee and Spiritual Time DR
 9:00 iN2L Spiritual Sing Along T
 9:30 Mother's Day Spa and Pamper Morning
 10:30 Fitness Fun! T
 2:00 Mother's Day Tea Party! DR
 3:00 Reminiscence with iN2L T
 6:00 Nature Documentary T

17

8:30 Coffee and Spiritual Time DR
 9:00 iN2L Spiritual Sing Along T
 9:30 Psalms and Scripture T
 10:30 Fitness Fun! T
 1:30 Paint to the Music AR
 2:30 Yoga Stretch and Deep Breathing FL4
 2:30 Music and Movement FL2
 3:00 Reminiscence with iN2L T
 6:00 Nature Documentary T

24

8:30 Coffee and Spiritual Time DR
 9:00 iN2L Spiritual Sing Along T
 9:30 Psalms and Scripture T
 10:30 Fitness Fun! T
 1:30 Paint to the Music AR
 2:30 Yoga Stretch and Deep Breathing FL4
 2:30 Music and Movement FL2
 3:00 Reminiscence with iN2L T
 6:00 Nature Documentary T

MONDAY

4

8:30 Coffee and Conversation DR
 9:00 Short Stories and Poems AR
 9:30 Name That Tune T
 10:30 Fitness Fun! T
 1:30 iN2L Chair Travel T
 2:00 Cooking Club DR
 3:00 Music and Memories T
 3:00 One to One Manicures and Hand Massage
 6:00 Resident Choice Movie T

11

8:30 Coffee and Conversation DR
 9:00 Short Stories and Poems AR
 9:30 Name That Tune T
 10:30 Fitness Fun! T
 1:30 iN2L Chair Travel T
 2:00 Cooking Club DR
 3:00 Music and Memories T
 3:00 One to One Manicures and Hand Massage
 6:00 Resident Choice Movie T

18

8:30 Coffee and Conversation DR
 9:00 Short Stories and Poems AR
 9:30 Name That Tune T
 10:30 Fitness Fun! T
 1:30 iN2L Chair Travel T
 2:00 Cooking Club DR
 3:00 Music and Memories T
 3:00 One to One Manicures and Hand Massage
 6:00 Resident Choice Movie T

25 Memorial Day!

8:30 Coffee and Conversation DR
 9:00 iN2L Memorial Day Trivia! T
 9:30 Patriotic Sing along T
 10:30 Fitness Fun! T
 11:45 Memorial Day BBQ
 2:00 Cooking Club DR
 3:00 Memorial Day Poems T
 6:00 Resident Choice Movie T

TUESDAY

RESIDENCES of West Seattle
 4515 41st Ave SW
 Seattle, WA 98116
 (206) 633-2273
www.qpmcwestseattle.com

5 Cinco de Mayo!

8:30 Coffee and Music T
 9:00 Cinco Day Mayo Trivia! T
 9:30 This Day in History T
 10:30 Fitness Fun! AR
 1:30 Travel Documentary: Mexico T
 2:00 Cinco de Mayo fiesta! DR
 3:00 Table Games and Puzzles DR
 6:00 Resident Choice Movie T

12

8:30 Coffee and Music T
 9:00 Idioms and Phrases T
 9:30 This Day in History T
 10:30 Fitness Fun! AR
 1:30 Bean Bag Toss T
 1:30 Nature Documentary T
 2:00 Tai Chi and Meditation FL4
 2:30 Aroma Therapy and Hand Massage FL2
 2:30 Movie Matinee T
 3:00 Table Games and Puzzles DR
 6:00 Travel Documentary T

19

8:30 Coffee and Music T
 9:00 Idioms and Phrases T
 9:30 This Day in History T
 10:30 Fitness Fun! AR
 1:30 Bean Bag Toss T
 1:30 Nature Documentary T
 2:00 Tai Chi and Meditation FL4
 2:30 Aroma Therapy and Hand Massage FL2
 2:30 Movie Matinee T
 3:00 Table Games and Puzzles DR
 6:00 Travel Documentary T

26

8:30 Coffee and Music T
 9:00 Idioms and Phrases T
 9:30 This Day in History T
 10:30 Fitness Fun! AR
 1:30 Bean Bag Toss T
 1:30 Nature Documentary T
 2:00 Tai Chi and Meditation FL4
 2:30 Aroma Therapy and Hand Massage FL2
 2:30 Movie Matinee T
 3:00 Table Games and Puzzles DR
 6:00 Travel Documentary T

WEDNESDAY

AR - Activity Room
 BUS - Bus Trip
 DR - Dining Room
 FL2 - Second Floor
 FL3 - Third Floor
 FL4 - Fourth Floor

6

8:30 Coffee and Conversation DR
 9:00 iN2L Music Trivia T
 9:30 Fitness Fun! T
 10:00 Garden Club! AR
 10:30 Aroma Therapy and Hand Massage FL2
 1:00 iN2L Laugh with Us! T
 2:00 Craft Corner AR
 3:00 Stretch and Flex T
 6:00 Classic Movie Collection T

13

8:30 Coffee and Conversation DR
 9:00 iN2L Music Trivia T
 9:30 Fitness Fun! T
 10:00 Garden Club! AR
 10:30 Aroma Therapy and Hand Massage FL2
 1:00 iN2L Laugh with Us! T
 2:00 Craft Corner AR
 3:00 Stretch and Flex T
 6:00 Classic Movie Collection T

20

8:30 Coffee and Conversation DR
 9:00 iN2L Music Trivia T
 9:30 Fitness Fun! T
 10:00 Garden Club! AR
 10:30 Aroma Therapy and Hand Massage FL2
 1:00 iN2L Laugh with Us! T
 2:00 Craft Corner AR
 3:00 Stretch and Flex T
 6:00 Classic Movie Collection T

27

8:30 Coffee and Conversation DR
 9:00 iN2L Music Trivia T
 9:30 Fitness Fun! T
 10:00 Garden Club! AR
 10:30 Aroma Therapy and Hand Massage FL2
 1:00 iN2L Laugh with Us! T
 2:00 Craft Corner AR
 3:00 Stretch and Flex T
 6:00 Classic Movie Collection T

THURSDAY

LG - Lounge
 T - Theater
 -
 -
 -
 -

7

8:30 Coffee and Music DR
 9:00 This Day in History FL2
 9:00 Current Event Discussion FL4
 9:30 iN2L Group Paint T
 10:30 Fitness Fun! T
 1:30 Chair Travel T
 2:00 Patio Party! T
 3:30 Aroma Therapy and Hand Massage FL2
 3:30 Stretch and Flex FL4
 6:00 Resident Choice Movie T

14

8:30 Coffee and Music DR
 9:00 This Day in History FL2
 9:00 Current Event Discussion FL4
 9:30 iN2L Group Paint T
 10:30 Fitness Fun! T
 1:30 Chair Travel T
 2:00 Patio Party! T
 3:30 Aroma Therapy and Hand Massage FL2
 3:30 Stretch and Flex FL4
 6:00 Resident Choice Movie T

21

8:30 Coffee and Music DR
 9:00 This Day in History FL2
 9:00 Current Event Discussion FL4
 9:30 iN2L Group Paint T
 10:30 Fitness Fun! T
 1:30 Chair Travel T
 2:00 Patio Party! T
 3:30 Aroma Therapy and Hand Massage FL2
 3:30 Stretch and Flex FL4
 6:00 Resident Choice Movie T

28

8:30 Coffee and Music DR
 9:00 This Day in History FL2
 9:00 Current Event Discussion FL4
 9:30 iN2L Group Paint T
 10:30 Fitness Fun! T
 1:30 Chair Travel T
 2:00 Patio Party! T
 3:30 Aroma Therapy and Hand Massage FL2
 3:30 Stretch and Flex FL4
 6:00 Resident Choice Movie T

FRIDAY

1 May Day!
 8:30 Coffee and Conversation T
 9:00 iN2L Spring Trivia! T
 9:30 Sing Along T
 10:30 Fitness Fun! T
 1:00 May Day Documentary T
 2:00 iN2L Karaoke Happy Hour! DR
 3:00 Putt Putt Golf FL4
 3:00 Balloon Volleyball FL2
 6:00 Friday Night Movie T

8

8:30 Coffee and Conversation T
 9:00 iN2L Trivia Games! T
 9:30 Sing Along T
 10:30 Fitness Fun! T
 1:00 Nature Documentary T
 2:00 iN2L Karaoke Happy Hour! DR
 3:00 Putt Putt Golf FL4
 3:00 Balloon Volleyball FL2
 6:00 Friday Night Movie T

15

8:30 Coffee and Conversation T
 9:00 iN2L Trivia Games! T
 9:30 Sing Along T
 10:30 Fitness Fun! T
 1:00 Nature Documentary T
 2:00 iN2L Karaoke Happy Hour! DR
 3:00 Putt Putt Golf FL4
 3:00 Balloon Volleyball FL2
 6:00 Friday Night Movie T

22

8:30 Coffee and Conversation T
 9:00 iN2L Trivia Games! T
 9:30 Sing Along T
 10:30 Fitness Fun! T
 1:00 Nature Documentary T
 2:00 iN2L Karaoke Happy Hour! DR
 3:00 Putt Putt Golf FL4
 3:00 Balloon Volleyball FL2
 6:00 Friday Night Movie T

29

8:30 Coffee and Conversation T
 9:00 iN2L Trivia Games! T
 9:30 Sing Along T
 10:30 Fitness Fun! T
 1:00 Nature Documentary T
 2:00 iN2L Karaoke Happy Hour! DR
 3:00 Putt Putt Golf FL4
 3:00 Balloon Volleyball FL2
 6:00 Friday Night Movie T

SATURDAY

2
 8:30 Coffee and Conversation AR
 9:00 Collage Creations T
 9:30 Fitness Fun! T
 10:30 Poetry and Short Stories AR
 1:30 Nature Scenes T
 2:00 Patio Party! T
 3:00 Bingo! FL4
 3:00 Finish the Lyrics! FL2
 6:00 Color Creations AR

9

8:30 Coffee and Conversation AR
 9:00 Collage Creations T
 9:30 Fitness Fun! T
 10:30 Poetry and Short Stories AR
 1:30 Nature Scenes T
 2:00 Patio Party! T
 3:00 Bingo! FL4
 3:00 Finish the Lyrics! FL2
 6:00 Color Creations AR

16

8:30 Coffee and Conversation AR
 9:00 Collage Creations T
 9:30 Fitness Fun! T
 10:30 Poetry and Short Stories AR
 1:30 Nature Scenes T
 2:00 Patio Party! T
 3:00 Bingo! FL4
 3:00 Finish the Lyrics! FL2
 6:00 Color Creations AR

23

8:30 Coffee and Conversation AR
 9:00 Collage Creations T
 9:30 Fitness Fun! T
 10:30 Poetry and Short Stories AR
 1:30 Nature Scenes T
 2:00 Patio Party! T
 3:00 Bingo! FL4
 3:00 Finish the Lyrics! FL2
 6:00 Color Creations AR

30

8:30 Coffee and Conversation AR
 9:00 Collage Creations T
 9:30 Fitness Fun! T
 10:30 Poetry and Short Stories AR
 1:30 Nature Scenes T
 2:00 Patio Party! T
 3:00 Bingo! FL4
 3:00 Finish the Lyrics! FL2
 6:00 Color Creations AR

Events are subject to change.

LOCATION KEY