

Celebrating the 4th of July!

Summer in Seattle is the BEST! We are so excited to soak up some rays, enjoy games on the patio and have the ultimate 4th or July BBQ Summer Games Celebration!

This 4th of July we will be celebrating with music and singing, carnival games, and of course yummy BBQ!



July Highlights!

- Wednesday's Garden Club
- Daily physical fitness and exercise. Including personalized Virtual Kare, Range of Motion, Deep Breathing, Yoga and more!
- Karaoke Happy Hour Every Friday!
- 4th of July Celebration with Carnival Games and BBQ
- Weekly Patio Parties and Ice Cream Social!

Refer a Friend!

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



Please call Ed 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

We Love Our Caregivers!

June was Caregiver Appreciation month, and we here at Quail Park sure do appreciate our Caregivers! Our residents helped organize and create a communal banner to show our appreciation for the wonderful work and dedication shown by our Caregivers. Residents also made Thank You cards for every Caregiver at Quail Park. We love our Quail Park Family, and are so proud to have our Caregivers with us each and every day!



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

Joel is Employee of the Month!

Joel was our June Employee of the Month! Joel is dedicated to making a wonderful dining experience at Quail Park. Joel is a father to two young children, that keep him very busy. Joel goes above and beyond daily to give our residents amazing meals everyday. Joel's hard work and dedication to our residents does not go unnoticed. We are so very lucky to have Joel in the Quail Park family!



SUNDAY



5	8:30 Coffee and Spiritual Time 9:00 iN2L Spiritual Sing Along 9:30 Psalms and Scripture 10:30 Fitness Fun! 1:30 Paint to the Music 2:30 Yoga Stretch and Deep Breathing 3:00 Music and Movement 3:30 Reminisce with iN2L 6:00 Nature Documentary	DR T T T AR T T T
12	8:30 Coffee and Spiritual Time 9:00 Spiritual Sing Along 9:30 Psalms and Scripture 10:30 Fitness Fun! 1:30 Paint to the Music 2:30 Yoga Stretch and Deep Breathing 3:00 Music and Movement 3:30 Reminisce with iN2L 6:00 Nature Documentary	DR T T T AR T T T
19	8:30 Coffee and Spiritual Time 9:00 Spiritual Sing Along 9:30 Psalms and Scripture 10:30 Fitness Fun! 1:30 Paint to the Music 2:30 Yoga Stretch and Deep Breathing 3:00 Music and Movement 3:30 Reminisce with iN2L 6:00 Nature Documentary	DR T T T AR T T T
26	8:30 Coffee and Spiritual Time 9:00 Spiritual Sing Along 9:30 Psalms and Scripture 10:30 Fitness Fun! 1:30 Paint to the Music 2:30 Yoga Stretch and Deep Breathing 3:00 Music and Movement 3:30 Reminisce with iN2L 6:00 Nature Documentary	DR T T T AR T T T

MONDAY



6	8:30 Coffee and Conversation 9:00 Short Stories and Poems 9:30 Name That Tune 10:30 Fitness Fun! 1:30 iN2L Chair Travel 2:00 Cooking Club 3:00 Music and Memories 3:00 One to One Manicures and Hand Massage 6:00 Resident Choice Movie	DR AR T T T AR T T
13	8:30 Coffee and Conversation 9:00 Short Stories and Poems 9:30 Name That Tune 10:30 Fitness Fun! 1:30 iN2L Chair Travel 2:00 Cooking Club 3:00 Music and Memories 3:00 One to One Manicures and Hand Massage 6:00 Resident Choice Movie	DR AR T T T AR T T
20	8:30 Coffee and Conversation 9:00 Short Stories and Poems 9:30 Name That Tune 10:30 Fitness Fun! 1:30 iN2L Chair Travel 2:00 Cooking Club 3:00 Music and Memories 3:00 One to One Manicures and Hand Massage 6:00 Resident Choice Movie	DR AR T T T AR T T
27	8:30 Coffee and Conversation 9:00 Short Stories and Poems 9:30 Name That Tune 10:30 Fitness Fun! 1:30 iN2L Chair Travel 2:00 Cooking Club 3:00 Music and Memories 3:00 One to One Manicures and Hand Massage 6:00 Resident Choice Movie	DR AR T T T AR T T

TUESDAY

RESIDENCES of West Seattle

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

7	8:30 Coffee and Music 9:00 Idioms and Phrases 9:30 This Day in History 10:30 Fitness Fun! 1:30 Travel Documentary 2:00 Tai Chi and Meditation 2:30 Aroma Therapy and Hand Massage 3:00 Movie Matinee 3:00 Table Games and Puzzles 6:00 Comedy Movie Night	T T T AR T T T DR T
14	8:30 Coffee and Music 9:30 This Day in History 10:30 Fitness Fun! 1:30 Watercolor Creations 1:30 Travel Documentary 2:00 Tai Chi and Meditation 2:30 Aroma Therapy and Hand Massage 3:00 Movie Matinee 3:00 Table Games and Puzzles 6:00 Comedy Movie Night	T T AR AR T T T DR T
21	8:30 Coffee and Music 9:30 This Day in History 10:30 Fitness Fun! 1:00 Watercolor Creations 1:30 Travel Documentary 2:00 Tai Chi and Meditation 2:30 Aroma Therapy and Hand Massage 3:00 Movie Matinee 3:00 Table Games and Puzzles 6:00 Comedy Movie Night	T T AR AR T T T DR T
28	8:30 Coffee and Music 9:30 This Day in History 10:30 Fitness Fun! 1:30 Travel Documentary 1:30 Watercolor Creations 2:00 Tai Chi and Meditation 2:30 Aroma Therapy and Hand Massage 3:00 Movie Matinee 3:00 Table Games and Puzzles 6:00 Comedy Movie Night	T T AR T AR T T DR T

WEDNESDAY

1	8:30 Coffee and Conversation 9:00 iN2L Music Trivia 9:30 Fitness Fun! 10:00 Garden Club! 10:30 Aroma Therapy and Hand Massage 1:00 iN2L Laugh with Us! 2:00 Craft Corner 6:00 Classic Movie Collection	DR T T AR T T AR T
8	8:30 Coffee and Conversation 9:00 iN2L Music Trivia 9:30 Fitness Fun! 10:00 Garden Club! 10:30 Aroma Therapy and Hand Massage 1:00 iN2L Laugh with Us! 2:00 Craft Corner 6:00 Classic Movie Collection	DR T T AR T T AR T
15	8:30 Coffee and Conversation 9:00 iN2L Music Trivia 9:30 Fitness Fun! 10:00 Garden Club! 10:30 Aroma Therapy and Hand Massage 1:00 iN2L Laugh with Us! 2:00 Craft Corner 6:00 Classic Movie Collection	DR T T AR T T AR T
22	8:30 Coffee and Conversation 9:00 iN2L Music Trivia 9:30 Fitness Fun! 10:00 Garden Club! 10:30 Aroma Therapy and Hand Massage 1:00 iN2L Laugh with Us! 2:00 Craft Corner 6:00 Classic Movie Collection	DR T T AR T T AR T
29	8:30 Coffee and Conversation 9:00 iN2L Music Trivia 9:30 Fitness Fun! 10:00 Garden Club! 10:30 Aroma Therapy and Hand Massage 1:00 iN2L Laugh with Us! 2:00 Craft Corner 6:00 Classic Movie Collection	DR T T AR FL2 T AR T

THURSDAY

2	8:30 Coffee and Music 9:00 Finish the Lyrics 9:00 Current Event Discussion Group 9:30 iN2L Karaoke! 10:30 Fitness Fun! 1:30 Chair Travel 2:00 Summertime Patio Party! 2:30 Aroma Therapy and Hand Massage 2:30 Stretch and Flex 6:00 Resident Choice Movie	DR T T T T T T T
9	8:30 Coffee and Music 9:00 Finish the Lyrics 9:00 Current Event Discussion Group 9:30 iN2L Karaoke! 10:30 Fitness Fun! 1:30 Chair Travel 2:00 Summertime Patio Party! 2:30 Aroma Therapy and Hand Massage 2:30 Stretch and Flex 6:00 Resident Choice Movie	DR T T T T T T T
16	8:30 Coffee and Music 9:00 Finish the Lyrics 9:00 Current Event Discussion Group 9:30 iN2L Karaoke! 10:30 Fitness Fun! 1:30 Chair Travel 2:00 Summertime Patio Party! 2:30 Aroma Therapy and Hand Massage 2:30 Stretch and Flex 6:00 Resident Choice Movie	DR T T T T T T T
23	8:30 Coffee and Music 9:00 Finish the Lyrics 9:00 Current Event Discussion Group 9:30 iN2L Karaoke! 10:30 Fitness Fun! 1:30 Chair Travel 2:00 Summertime Patio Party! 2:30 Aroma Therapy and Hand Massage 2:30 Stretch and Flex 6:00 Resident Choice Movie	DR T T T T T T T
30	8:30 Coffee and Music 9:00 Finish the Lyrics 9:00 Current Event Discussion Group 9:30 iN2L Karaoke! 10:30 Fitness Fun! 1:30 Chair Travel 2:00 Summertime Patio Party! 2:30 Aroma Therapy and Hand Massage 2:30 Stretch and Flex 6:00 Resident Choice Movie	DR T T T T T T T

FRIDAY

3	8:30 Coffee and Conversation 9:00 iN2L Trivia Games! 9:30 Sing Along 10:30 Fitness Fun! 1:00 Nature Documentary 2:00 Karaoke Happy Hour! 3:00 Putt Putt Golf 6:00 Friday Night Movie	T T T T T DR T T
10	8:30 Coffee and Conversation 9:00 iN2L Trivia Games! 9:30 Sing Along 10:30 Fitness Fun! 1:00 Nature Documentary 2:00 Karaoke Happy Hour! 3:00 Putt Putt Golf 6:00 Friday Night Movie	T T T T T DR T
17	8:30 Coffee and Conversation 9:00 iN2L Trivia Games! 9:30 Sing Along 10:30 Fitness Fun! 1:00 Nature Documentary 2:00 Karaoke Happy Hour! 3:00 Putt Putt Golf 6:00 Friday Night Movie	T T T T T DR T
24	8:30 Coffee and Conversation 9:00 iN2L Trivia Games! 9:30 Sing Along 10:30 Fitness Fun! 1:00 Nature Documentary 2:00 Karaoke Happy Hour! 3:00 Putt Putt Golf 6:00 Friday Night Movie	T T T T T DR T
31	8:30 Coffee and Conversation 9:00 iN2L Trivia Games! 9:30 Sing Along 10:30 Fitness Fun! 1:00 Nature Documentary 2:00 Karaoke Happy Hour! 3:00 Putt Putt Golf 6:00 Friday Night Movie	T T T T T DR T

SATURDAY

4 4th of July!	8:30 Coffee and Conversation 9:00 Patriotic Sing Along 9:30 Fitness Fun! 10:30 iN2L 4th of July Trivia! 12:00 4th of July BBQ 2:00 4th of July Summer Party! 3:00 Bingo! 3:00 Finish the Lyrics: Patriotic Tunes 6:00 Color Creations	DR T T T DR DR T T AR
11	8:30 Coffee and Conversation 9:00 Collage Creations 9:30 Fitness Fun! 10:30 Poetry and Short Stories 1:30 Nature Scenes 2:00 Summertime Patio Party! 3:00 Bingo! 3:00 Finish the Lyrics! 6:00 Color Creations	AR T T AR T DR T AR
18	8:30 Coffee and Conversation 9:00 Collage Creations 9:30 Fitness Fun! 10:30 Poetry and Short Stories 1:30 Nature Scenes 2:00 Summertime Patio Party! 3:00 Bingo! 3:00 Finish the Lyrics! 6:00 Color Creations	AR T T AR T DR T AR
25	8:30 Coffee and Conversation 9:00 Collage Creations 9:30 Fitness Fun! 10:30 Poetry and Short Stories 1:30 Nature Scenes 2:00 Patio Party! 3:00 Bingo! 3:00 Finish the Lyrics! 6:00 Color Creations	AR T T AR T DR T AR

LOCATION KEY

- AR - Activity Room
- BUS - Bus Trip
- DR - Dining Room
- FL2 - Second Floor
- FL3 - Third Floor
- FL4 - Fourth Floor
- LG - Lounge
- LC - Lobby Conference Room

Events are subject to change.