

September Highlights!

- September 7th is Labor Day!
- September 11th is Patriot Day!
- September 13th is Grandparents Day!
- September 19th Oktoberfest starts!
- September 22nd is the First day of Autumn!



Caregiver Support Group with Betsy!

Join our monthly Zoom Support Group Meeting with Betsy!

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.

Please email Ed Taylor at edwardt@qpmcwestseattle.com for details!



Refer a Friend!

Receive \$2,500 when you refer a friend that becomes a

Resident at Quail Park West Seattle!

Please email Ed at edwardt@qpmcwestseattle.com for details



RESIDENCES of West Seattle

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



RESIDENCES of West Seattle

Congratulations Jennifer an Nancy!

Jennifer and Nancy are our Employees of the Month! Jennifer is a caring individual that knows each of our residents and is able to connect on a deep level with them.

Nancy goes above and beyond, and is always willing to help! She is caring and compassionate, and it shows when she is interacting with our residents. Thank you both for 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

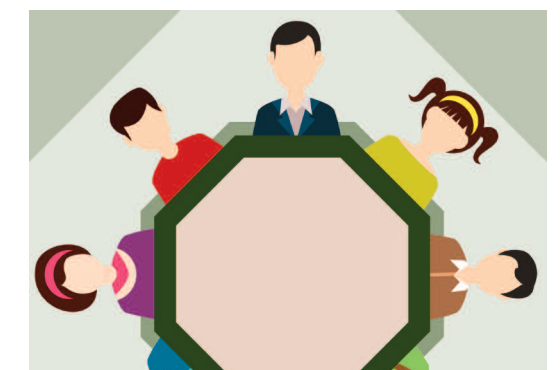
Quail Park Town Hall Meeting

Resident family and friends, you are invited to join us for our monthly Town Hall meeting, every last Thursday of the month, at 4pm.

This is a Zoom meeting to voice your questions and concerns regarding your loved one.

Please see your email for the Zoom invite to attend the meeting.

We look forward to seeing you all there!



A Senior Lifestyle Community



SUNDAY



MONDAY

RESIDENCES
of West Seattle

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TUESDAY

1	8:30 Coffee and Music	T
	9:00 iN2L Idioms and Phrases	T
	9:30 This Day in History	T
	10:30 Virtual Kare Fitness!	AR
	1:30 Travel Documentary	T
	2:00 Tai Chi and Meditation	T
	2:30 Aroma Therapy and Hand Massage	T
	2:30 Movie Matinee	T
	3:00 Table Games and Puzzles	DR
	6:00 Travel Documentary	T

WEDNESDAY

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

THURSDAY

3	8:30 Coffee and Music	DR
	9:00 Current Event Discussion Group	T
	9:30 iN2L Karaoke!	T
	10:30 Virtual Kare Fitness!	T
	1:30 Chair Travel	T
	2:00 Patio Party!	T
	2:30 Aroma Therapy and Hand Massage	T
	2:30 Stretch and Flex	T
	6:00 Resident Choice Movie	T

FRIDAY

4	8:30 Coffee and Conversation	T
	9:00 iN2L Trivia Games!	T
	9:30 Sing Along	T
	10:30 Virtual Kare Fitness!	T
	1:00 Nature Documentary	T
	2:00 Karaoke Happy Hour!	DR
	3:00 Putt Putt Golf	T
	3:30 Reminisce with iN2L	T
	6:00 Friday Night Movie	T

SATURDAY

5	8:30 Coffee and Conversation	T
	9:00 Collage Creations	AR
	9:30 Virtual Kare Fitness!	T
	10:30 Poetry and Short Stories	AR
	1:30 Nature Scenes	T
	2:00 Patio Party!	T
	3:00 Bingo!	DR
	3:30 Finish the Lyrics!	T
	6:00 Color Creations	AR

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

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

8	8:30 Coffee and Music	T
	9:30 This Day in History	T
	10:30 Virtual Kare Fitness!	AR
	1:30 Watercolor Creations	AR
	1:30 iN2L Travel Documentary	T
	2:00 Tai Chi and Meditation	T
	2:30 Aroma Therapy and Hand Massage	T
	2:30 Movie Matinee	T
	3:00 Table Games and Puzzles	DR
	6:00 Travel Documentary	T

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

10	8:30 Coffee and Music	DR
	9:00 Current Event Discussion Group	T
	9:30 iN2L Karaoke!	T
	10:30 Virtual Kare Fitness!	T
	1:30 Chair Travel	T
	2:00 Patio Party!	T
	2:30 Aroma Therapy and Hand Massage	T
	2:30 Stretch and Flex	T
	6:00 Resident Choice Movie	T

11	8:30 Coffee and Conversation	T
	9:00 iN2L Trivia Games!	T
	9:30 Sing Along	T
	10:30 Virtual Kare Fitness!	T
	1:00 Nature Documentary	T
	2:00 Karaoke Happy Hour!	DR
	3:00 Putt Putt Golf	T
	6:00 Friday Night Movie	T

12	8:30 Coffee and Conversation	T
	9:00 Collage Creations	AR
	9:30 Virtual Kare Fitness!	T
	10:30 Poetry and Short Stories	AR
	1:30 Nature Scenes	T
	2:00 Patio Party!	T
	3:00 Bingo!	DR
	3:30 Finish the Lyrics!	T
	6:00 Color Creations	AR

13	8:30 Coffee and Spiritual Time	DR
	9:00 Spiritual Sing Along	T
	9:30 Psalms and Scripture	T
	10:30 Virtual Kare Fitness!	T
	1:30 Paint to the Music	AR
	2:30 Yoga Stretch and Deep Breathing	T
	3:00 Music and Movement	T
	3:30 Reminisce with iN2L	T
	6:00 Nature Documentary	T

14	8:30 Coffee and Conversation	DR
	9:00 Short Stories and Poems	AR
	9:30 Name That Tune	T
	10:30 Virtual Kare Fitness!	T
	1:30 iN2L Chair Travel	T
	2:00 Cooking Club	AR
	3:00 Music and Memories	T
	3:30 One to One Manicures and Hand Massage	T
	6:00 Resident Choice Movie	T

15	8:30 Coffee and Music	T
	9:30 This Day in History	T
	10:30 Virtual Kare Fitness!	T
	1:30 iN2L Travel Documentary	T
	2:00 Tai Chi and Meditation	T
	2:30 Aroma Therapy and Hand Massage	T
	2:30 Movie Matinee	T
	6:00 Table Games and Puzzles	DR

16	8:30 Coffee and Conversation	DR
	9:00 iN2L Music Trivia	T
	9:30 Virtual Kare Fitness!	T
	10:00 Garden Club!	AR
	10:30 Aroma Therapy and Hand Massage	T
	1:00 iN2L Laugh with Us!	T
	2:00 Craft Corner	AR
	6:00 Classic Movie Collection	T

17	8:30 Coffee and Music	DR
	9:00 Current Event Discussion Group	T
	9:30 iN2L Karaoke!	T
	10:30 Virtual Kare Fitness!	T
	1:30 Chair Travel	T
	2:00 Patio Party!	T
	2:30 Aroma Therapy and Hand Massage	T
	2:30 Stretch and Flex	T
	6:00 Resident Choice Movie	T

18	8:30 Coffee and Conversation	T
	9:00 iN2L Trivia Games!	T
	9:30 Sing Along	T
	10:30 Virtual Kare Fitness!	T
	1:00 Nature Documentary	T
	2:00 Karaoke Happy Hour!	DR
	3:00 Putt Putt Golf	T
	6:00 Friday Night Movie	T

19	8:30 Coffee and Conversation	T
	9:00 Collage Creations	AR
	9:30 Virtual Kare Fitness!	T
	10:30 Poetry and Short Stories	AR
	1:30 Nature Scenes	T
	2:00 Patio Party!	T
	3:00 Bingo!	DR
	3:30 Finish the Lyrics!	T
	6:00 Color Creations	AR

20	8:30 Coffee and Spiritual Time	DR
	9:00 Spiritual Sing Along	T
	9:30 Psalms and Scripture	T
	10:30 Virtual Kare Fitness!	T
	1:30 Paint to the Music	AR
	2:30 Yoga Stretch and Deep Breathing	T
	3:00 Music and Movement	T
	3:30 Reminisce with iN2L	T
	6:00 Nature Documentary	T

21	8:30 Coffee and Conversation	DR
	9:00 Short Stories and Poems	AR
	9:30 Name That Tune	T
	10:30 Virtual Kare Fitness!	T
	1:30 iN2L Chair Travel	T
	2:00 Cooking Club	AR
	3:00 Music and Memories	T
	3:00 One to One Manicures and Hand Massage	T
	6:00 Resident Choice Movie	T

22	First Day of Fall!	
	8:30 Coffee and Music	T
	9:30 This Day in History	T
	10:30 Virtual Kare Fitness!	T
	1:30 Fall Leaf Bowls!	AR
	2:00 Tai Chi and Meditation	T
	2:30 Aroma Therapy and Hand Massage	T
	2:30 Movie Matinee	T
	6:00 Table Games and Puzzles	DR

23	8:30 Coffee and Conversation	DR
	9:00 iN2L Music Trivia	T
	9:30 Virtual Kare Fitness!	T
	10:00 Garden Club!	AR
	10:30 Aroma Therapy and Hand Massage	T
	1:00 iN2L Laugh with Us!	T
	2:00 Craft Corner	AR
	6:00 Classic Movie Collection	T

24	8:30 Coffee and Music	DR
	9:00 Current Event Discussion Group	T
	9:30 iN2L Karaoke!	T
	10:30 Virtual Kare Fitness!	T
	1:30 Chair Travel	T
	2:00 Patio Party!	T
	2:30 Aroma Therapy and Hand Massage	T
	2:30 Stretch and Flex	T
	6:00 Resident Choice Movie	T

25	8:30 Coffee and Conversation	T
	9:00 iN2L Trivia Games!	T
	9:30 Sing Along	T
	10:30 Virtual Kare Fitness!	T
	1:00 Nature Documentary	T
	2:00 Karaoke Happy Hour!	DR
	3:00 Putt Putt Golf	T
	6:00 Friday Night Movie	T

26	8:30 Coffee and Conversation	T
	9:00 Collage Creations	AR
	9:30 Virtual Kare Fitness!	T
	10:30 Poetry and Short Stories	AR
	1:30 Nature Scenes	T
	2:00 Patio Party!	T
	3:00 Bingo!	DR
	3:30 Finish the Lyrics!	T
	6:00 Color Creations	AR

27	8:30 Coffee and Spiritual Time	DR
	9:00 Spiritual Sing Along	T
	9:30 Psalms and Scripture	T
	10:30 Virtual Kare Fitness!	T
	1:30 Paint to the Music	AR
	2:30 Yoga Stretch and Deep Breathing	T
	3:00 Music and Movement	T
	3:30 Reminisce with iN2L	T
	6:00 Nature Documentary	T

28	8:30 Coffee and Conversation	DR
	9:00 Short Stories and Poems	AR
	9:30 Name That Tune	T
	10:30 Virtual Kare Fitness!	T
	1:30 iN2L Chair Travel	T
	2:00 Cooking Club	AR
	3:00 Music and Memories	T
	3:00 One to One Manicures and Hand Massage	T
	6:00 Resident Choice Movie	T

29	8:30 Coffee and Music	T
	9:30 This Day in History	T
	10:30 Virtual Kare Fitness!	T
	1:30 iN2L Travel Documentary	T
	2:00 Tai Chi and Meditation	T
	2:30 Aroma Therapy and Hand Massage	T
	2:30 Movie Matinee	T
	6:00 Table Games and Puzzles	DR

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



LOCATION KEY

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

T - Theater
-
-
-
-
-