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

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



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 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!







SEPTEMBER 2020



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Quail Park Memory Care	RESIDENCES of West Seattle 4515 41st Ave SW Seattle, WA 98116 (206) 633-2273 www.qpmcwestseattle.com	8:30 Coffee and Music T 9:00 iN2L Idioms and Phrases 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 2:30 Movie Matinee T 3:00 Table Games and Puzzles 6:00 Travel Documentary T	8:30 Coffee and Conversation 9:00 iN2L Music Trivia 9:30 Virtual Kare Fitness! To:00 Garden Club! AR 10:30 Aroma Therapy and Hand Massage 1:00 iN2L Laugh with Us! T2:00 Craft Corner 6:00 Classic Movie Collection T	8:30 Coffee and Music DR 9:00 Current Event Discussion Group 9:30 iN2L Karaoke! T 10:30 Virtual Kare Fitness! T 1:30 Chair Travel T 2:00 Patio Party! 2:30 Aroma Therapy and Hand Massage 2:30 Stretch and Flex T 6:00 Resident Choice Movie T	8:30 Coffee and Conversation 9:00 iN2L Trivia Games! 9:30 Sing Along 10:30 Virtual Kare Fitness! 1:00 Nature Documentary 2:00 Karaoke Happy Hour! 3:00 Putt Putt Golf 3:30 Reminisce with iN2L 6:00 Friday Night Movie T	8:30 Coffee and Conversation 9:00 Collage Creations 9:30 Virtual Kare Fitness! 10:30 Poetry and Short Stories 1:30 Nature Scenes 2:00 Patio Party! 3:00 Bingo! 3:30 Finish the Lyrics! 6:00 Color Creations
Time 9:00 Spiritual Sing Along 9:30 Psalms and Scripture 10:30 Virtual Kare Fitness!	T	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 2:00 Tai Chi and Meditation T 2:30 Aroma Therapy and Hand Massage 2:30 Movie Matinee T 3:00 Table Games and Puzzles 6:00 Travel Documentary T	8:30 Coffee and Conversation 9:00 iN2L Music Trivia 9:30 Virtual Kare Fitness! To:00 Garden Club! 10:30 Aroma Therapy and Hand Massage 1:00 iN2L Laugh with Us! To:00 Craft Corner 6:00 Classic Movie Collection T	8:30 Coffee and Music DR 9:00 Current Event Discussion Group 9:30 iN2L Karaoke! T 10:30 Virtual Kare Fitness! T 1:30 Chair Travel T 2:00 Patio Party! 2:30 Aroma Therapy and Hand Massage 2:30 Stretch and Flex 6:00 Resident Choice Movie T	8:30 Coffee and Conversation 9:00 iN2L Trivia Games! 9:30 Sing Along T0:30 Virtual Kare Fitness! 1:00 Nature Documentary 2:00 Karaoke Happy Hour! 3:00 Putt Putt Golf 6:00 Friday Night Movie T	8:30 Coffee and Conversation 9:00 Collage Creations 9:30 Virtual Kare Fitness! 10:30 Poetry and Short Stories 1:30 Nature Scenes 2:00 Patio Party! 3:00 Bingo! 3:30 Finish the Lyrics! 6:00 Color Creations
13	14	15	16	17	18	19

10:30 Virtual Kare Fitness!	T	1:30 iN2L Labor Day Trivia!	T	1:30 iN2L Travel Documentary	T	10:30 Aroma Therapy and Hand		10:30 Virtual Kare Fitness!	$T \mid$	1:00 Nat
1:30 Paint to the Music	AR	2:00 Cooking Club	AR	2:00 Tai Chi and Meditation	T	Massage		1:30 Chair Travel	T	2:00 Kai
2:30 Yoga Stretch and Deep	T	3:00 Music and Memories	T	2:30 Aroma Therapy and Hand		1:00 iN2L Laugh with Us!	T	2:00 Patio Party!		3:00 Putt
Breathing		3:00 One to One Manicures and		Massage		2:00 Craft Corner	AR	2:30 Aroma Therapy and Hand		6:00 Frid
3:00 Music and Movement	T	Hand Massage		2:30 Movie Matinee	T	6:00 Classic Movie Collection	T	Massage		
3:30 Reminisce with iN2L	T	6:00 Resident Choice Movie	T	3:00 Table Games and Puzzles	DR			2:30 Stretch and Flex		
6:00 Nature Documentary	T			6:00 Travel Documentary	T			6:00 Resident Choice Movie	T	
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8:30 Coffee and Spiritual	DR	8:30 Coffee and Conversation	DR	8:30 Coffee and Music	T	8:30 Coffee and Conversation	DR	8:30 Coffee and Music	DR	8:30 Cof
Time		9:00 Short Stories and Poems	AR	9:30 This Day in History	T	9:00 iN2L Music Trivia	T	9:00 Current Event Discussion	T	9:00 iN2
9:00 Spiritual Sing Along	T	9:30 Name That Tune	T	10:30 Virtual Kare Fitness!	T	9:30 Virtual Kare Fitness!	T	Group		9:30 Sing
9:30 Psalms and Scripture	T	10:30 Virtual Kare Fitness!	T	1:30 iN2L Travel Documentary	T	10:00 Garden Club!	AR	9:30 iN2L Karaoke!	T	10:30 Vir
10:30 Virtual Kare Fitness!	T	1:30 iN2L Chair Travel	T	2:00 Tai Chi and Meditation	T	10:30 Aroma Therapy and Hand		10:30 Virtual Kare Fitness!	T	1:00 Nat
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2:30 Yoga Stretch and Deep	T	3:00 Music and Memories	T	Massage		1:00 iN2L Laugh with Us!	T	2:00 Patio Party!		3:00 Putt
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3:00 Music and Movement	T	Hand Massage		6:00 Table Games and Puzzles	DR	6:00 Classic Movie Collection	T	Massage		
3:30 Reminisce with iN2L	T	6:00 Resident Choice Movie	T					2:30 Stretch and Flex	T	
6:00 Nature Documentary	T							6:00 Resident Choice Movie	T	
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First Day of Fall!

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

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

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8.30	Coffee and Conversation		30 Coffee and Conversation		
	iN2L Trivia Games!		O Collage Creations	AR	
	Sing Along		80 Virtual Kare Fitness!	T	
	Virtual Kare Fitness!		30 Poetry and Short Stories	AR	
	Nature Documentary		Nature Scenes	Т	
2:00	Karaoke Happy Hour! DF	2:0	00 Patio Party!		
	Putt Putt Golf		00 Bingo!	DR	
6:00	Friday Night Movie		Finish the Lyrics!	T	
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	Virtual Kare Fitness!		80 Poetry and Short Stories	AR	
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	Virtual Kare Fitness!		30 Poetry and Short Stories	AR	
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			90 Bingo! 30 Finish the Lyrics!	T	
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8:30 Coffee and Spiritual

9:00 Spiritual Sing Along

9:30 Psalms and Scripture

10:30 Virtual Kare Fitness!

2:30 Yoga Stretch and Deep

3:00 Music and Movement

3:30 Reminisce with iN2L

1:30 Paint to the Music

Breathing

6:00 Nature Documentary 8:30 Coffee and Spiritual 9:00 Spiritual Sing Along 9:30 Psalms and Scripture 10:30 Virtual Kare Fitness! 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

28 8:30 Coffee and Conversation 9:00 Short Stories and Poems 9:30 Name That Tune 10:30 Virtual Kare Fitness! 1:30 iN2L Chair Travel 2:00 Cooking Club

3:00 Music and Memories

Hand Massage

6:00 Resident Choice Movie

8:30 Coffee and Conversation

9:00 Short Stories and Poems

10:30 Virtual Kare Fitness!

3:00 Music and Memories

Hand Massage

6:00 Resident Choice Movie

3:00 One to One Manicures and

1:30 iN2L Chair Travel

9:30 Name That Tune

2:00 Cooking Club

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AR 3:00 One to One Manicures and

AR

6:00 Table Games and Puzzles 29 8:30 Coffee and Music 9:30 This Day in History 10:30 Virtual Kare Fitness!

Massage

2:30 Movie Matinee

DR 8:30 Coffee and Music

9:30 This Day in History

1:30 Fall Leaf Bowls!

Massage 2:30 Movie Matinee

10:30 Virtual Kare Fitness!

2:00 Tai Chi and Meditation

2:30 Aroma Therapy and Hand

1:30 iN2L Travel Documentary 2:00 Tai Chi and Meditation 2:30 Aroma Therapy and Hand 6:00 Table Games and Puzzles DR

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30 8:30 Coffee and Conversation 9:00 iN2L Music Trivia 9:30 Virtual Kare Fitness! 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

9:30 Virtual Kare Fitness!

10:30 Aroma Therapy and Hand

6:00 Classic Movie Collection

10:00 Garden Club!

Massage 1:00 iN2L Laugh with Us!

2:00 Craft Corner



LOCATION KEY

6:00 Color Creations

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

Events are subject to change.