

## Spring Highlights

Spring has been a blast here at Quail Park West Seattle! Our residents have enjoyed a variety of activities and have really celebrated the warmer season! Our patios have been utilized daily (not including the sweltering hot couple of days we saw at the end of June), we have enjoyed patio parties, gardening and soaking up the sun in our sun hats!

We celebrated Father's Day with a fun Father's Day Celebration and gifts for all our dads! We have celebrated some birthdays, with special parties and a homemade cake, along with a fun and festive Birthday Celebrations.

We have turned our Friday Happy Hours into Taste and Travel Happy Hours, and had a blast tasting special and unique food and drinks from around the world. We have learned about different cultures and seen amazing photos and video clips from the places we visited. In June we visited East Africa, Peru, Japan, and France! Now that we are in our Summer Season, we are looking forward to more summertime activities and events such as the 4th of July, July babies' birthdays, and enjoying the spring herbs we planted in our meals, and more!



## RESIDENCES of West Seattle

### Justin is Employee of the Month!

Justin is Employee of the Month! Justin is a Lead Med Tech and Lead Caregiver, and a wonderful asset to the Quail Park Community. Justin is not only kind and compassionate but is an extremely hard worker and is great at keeping our residents happy and safe! Justin assists in training and onboarding Care Staff and assists in making Quail Park West Seattle a wonderful place to live for our residents! Thank you, Justin, for all you do for our community, and for

continuing to help make our residents happy and engaging with them daily.



### 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*

### July Highlights!

- July 1st is Canada Day: We will celebrate with fun and interesting facts about Canada and it's residents, as well as enjoy informational documentaries, and trivia games!
- July 4th is Independence Day! We are going red, white and blue! We are celebrating with festive treats, themed meals, patriotic tunes, and a fun Happy Hour Celebration!
- July is full of Birthday's; we have 6

residents all together that were born in July. If your loved one has a Birthday this month, please note we will celebrate on the day of their birthday with a gorgeous and special homemade cake made by Chef Mandy and her team. We will have a Birthday Celebration on the designated floor at 2:45pm. Please email Nicole with any questions or suggestions for your loved one's special day!



**RESIDENCES of West Seattle**  
4515 41st Ave SW • Seattle, WA 98116  
(206) 633-2273 • [www.qpmcwestseattle.com](http://www.qpmcwestseattle.com)

*Brilliant Senior Living*





## SUNDAY

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

RESIDENCES  
of West Seattle

4515 41st Ave SW  
Seattle, WA 98116  
(206) 633-2273  
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## LOCATION KEY

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

Events are subject to change.

## 4 Independence Day!

8:30 Coffee and Spiritual Time DR  
9:00 Spiritual Hymns T  
10:00 Virtual Religious Services T  
1:00 Patriotic Sing Along T  
2:45 4th of July Celebration! DR  
6:00 Nature Documentary T

## 5

8:30 Coffee and Conversation DR  
9:00 iN2L Music Trivia! T  
9:30 Chair Yoga with Music T  
10:00 Virtual Fitness! T  
1:30 Chair Travel T  
2:00 Music Bingo! DR  
3:00 One to One Manicures and Hand Massage  
6:00 Resident Choice Movie T

## 6

8:30 Coffee and Music T  
9:00 Idioms and Phrases T  
9:30 Chair Yoga with Music T  
10:00 Virtual Fitness! T  
1:30 Cultural Documentary T  
2:00 Patio Party! T  
3:00 iN2L Finish the Lyrics! T  
6:00 Comedy Movie Night! T

## 7

8:30 Coffee and Conversation DR  
9:00 iN2L Group Games! T  
9:30 Chair Yoga with Music T  
10:00 Virtual Fitness! T  
1:00 iN2L Laugh with Us! T  
2:00 Garden Club! AR  
3:00 Manicures and Aroma Therapy Hand Massage  
6:00 Classic Movie Collection T

## 8

8:30 Coffee and Music DR  
9:00 Current Event Discussion Group T  
9:30 Chair Yoga with Music T  
10:00 Virtual Fitness! T  
1:30 Music and Memories T  
2:00 Cooking Club! T  
3:00 Afternoon Matinee T  
6:00 Resident Choice Movie T

## 9

8:30 Coffee and Conversation T  
9:00 iN2L Trivia Games! T  
9:30 Chair Yoga with Music T  
10:00 Virtual Fitness! T  
1:00 Music Documentary T  
2:45 Happy Hour: Mocktails and Appetizers! T  
6:00 Friday Night Movie T

## 10

8:30 Coffee and Conversation T  
9:00 iN2L Group Games T  
9:30 Fitness Fun! T  
9:30 Chair Yoga with Music T  
10:00 Virtual Fitness! T  
1:30 Poetry and Short Stories T  
2:00 Craft Corner T  
3:00 Reminisce with iN2L! T  
6:00 Evening Movie! T

## 11

8:30 Coffee and Spiritual Time DR  
9:00 Spiritual Hymns T  
10:00 Virtual Religious Services T  
1:30 Chair Yoga with Music T  
2:00 Virtual Fitness! T  
2:30 Paint to the Music AR  
6:00 Nature Documentary T

## 12

8:30 Coffee and Conversation DR  
9:00 iN2L Music Trivia! T  
9:30 Chair Yoga with Music T  
10:00 Virtual Fitness! T  
1:30 Chair Travel T  
2:00 Music Bingo! DR  
3:00 One to One Manicures and Hand Massage  
6:00 Resident Choice Movie T

## 13

8:30 Coffee and Music T  
9:30 Chair Yoga with Music T  
10:00 Virtual Fitness! T  
1:30 Cultural Documentary T  
2:00 Patio Party! T  
3:00 iN2L Finish the Lyrics! T  
6:00 Comedy Movie Night! T

## 14

8:30 Coffee and Conversation DR  
9:00 iN2L Group Games! T  
9:30 Chair Yoga with Music T  
10:00 Virtual Fitness! T  
1:00 iN2L Laugh with Us! T  
2:00 Garden Club! AR  
3:00 Manicures and Aroma Therapy Hand Massage  
6:00 Classic Movie Collection T

## 15

8:30 Coffee and Music DR  
9:00 Current Event Discussion Group T  
9:30 Chair Yoga with Music T  
10:00 Virtual Fitness! T  
1:30 Music and Memories T  
2:00 Cooking Club! T  
3:00 Afternoon Matinee T  
6:00 Resident Choice Movie T

## 16

8:30 Coffee and Conversation T  
9:00 iN2L Trivia Games! T  
9:30 Chair Yoga with Music T  
10:00 Virtual Fitness! T  
1:00 Music Documentary T  
2:45 Happy Hour: Mocktails and Appetizers! T  
6:00 Friday Night Movie T

## 17

8:30 Coffee and Conversation T  
9:00 iN2L Group Games T  
9:30 Chair Yoga with Music T  
10:00 Virtual Fitness! T  
1:30 Poetry and Short Stories T  
2:00 Craft Corner T  
3:00 Reminisce with iN2L! T  
6:00 Evening Movie! T

## 18

8:30 Coffee and Spiritual Time DR  
9:00 Spiritual Hymns T  
10:00 Virtual Religious Services T  
1:30 Chair Yoga with Music T  
2:00 Virtual Fitness! T  
2:30 Paint to the Music AR  
6:00 Nature Documentary T

## 19

8:30 Coffee and Conversation DR  
9:00 iN2L Music Trivia! T  
9:30 Chair Yoga with Music T  
10:00 Virtual Fitness! T  
1:30 Chair Travel T  
2:00 Music Bingo! DR  
3:00 One to One Manicures and Hand Massage  
6:00 Resident Choice Movie T

## 20

8:30 Coffee and Music T  
9:30 Chair Yoga with Music T  
10:00 Virtual Fitness! T  
1:30 Cultural Documentary T  
2:00 Patio Party! T  
3:00 iN2L Finish the Lyrics! T  
6:00 Comedy Movie Night! T

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8:30 Coffee and Conversation DR  
9:00 iN2L Group Games! T  
9:30 Chair Yoga with Music T  
10:00 Virtual Fitness! T  
1:00 iN2L Laugh with Us! T  
2:00 Garden Club! AR  
3:00 Manicures and Aroma Therapy Hand Massage  
6:00 Classic Movie Collection T

## 22

8:30 Coffee and Music DR  
9:00 Current Event Discussion Group T  
9:30 Chair Yoga with Music T  
10:00 Virtual Fitness! T  
1:30 Music and Memories T  
2:00 Cooking Club! T  
3:00 Afternoon Matinee T  
6:00 Resident Choice Movie T

## 23

8:30 Coffee and Conversation T  
9:00 iN2L Trivia Games! T  
9:30 Chair Yoga with Music T  
10:00 Virtual Fitness! T  
1:00 Music Documentary T  
2:45 Happy Hour: Mocktails and Appetizers! T  
6:00 Friday Night Movie T

## 24

8:30 Coffee and Conversation T  
9:00 iN2L Group Games T  
9:30 Chair Yoga with Music T  
10:00 Virtual Fitness! T  
1:30 Poetry and Short Stories T  
2:00 Craft Corner T  
3:00 Reminisce with iN2L! T  
6:00 Evening Movie! T

## 25

8:30 Coffee and Spiritual Time DR  
9:00 Spiritual Hymns T  
10:00 Virtual Religious Services T  
1:30 Chair Yoga with Music T  
2:00 Virtual Fitness! T  
2:30 Paint to the Music AR  
6:00 Nature Documentary T

## 26

8:30 Coffee and Conversation DR  
9:00 iN2L Music Trivia! T  
9:30 Chair Yoga with Music T  
10:00 Virtual Fitness! T  
1:30 Chair Travel T  
2:00 Music Bingo! DR  
3:00 One to One Manicures and Hand Massage  
6:00 Resident Choice Movie T

## 27

8:30 Coffee and Music T  
9:30 Chair Yoga with Music T  
10:00 Virtual Fitness! T  
1:30 Cultural Documentary T  
2:00 Patio Party! T  
3:00 iN2L Finish the Lyrics! T  
6:00 Comedy Movie Night! T

## 28

8:30 Coffee and Conversation DR  
9:00 iN2L Group Games! T  
9:30 Chair Yoga with Music T  
10:00 Virtual Fitness! T  
1:00 iN2L Laugh with Us! T  
2:00 Garden Club! AR  
3:00 Manicures and Aroma Therapy Hand Massage  
6:00 Classic Movie Collection T

## 29

8:30 Coffee and Music DR  
9:00 Current Event Discussion Group T  
9:30 Chair Yoga with Music T  
10:00 Virtual Fitness! T  
1:30 Music and Memories T  
2:00 Cooking Club! T  
3:00 Afternoon Matinee T  
6:00 Resident Choice Movie T

## 30

8:30 Coffee and Conversation T  
9:00 iN2L Trivia Games! T  
9:30 Chair Yoga with Music T  
10:00 Virtual Fitness! T  
1:00 Music Documentary T  
2:45 Happy Hour: Mocktails and Appetizers! T  
6:00 Friday Night Movie T

## 31

8:30 Coffee and Conversation T  
9:00 iN2L Group Games T  
9:30 Chair Yoga with Music T  
10:00 Virtual Fitness! T  
1:30 Poetry and Short Stories T  
2:00 Craft Corner T  
3:00 Reminisce with iN2L! T  
6:00 Evening Movie! T