



Resident Birthdays

Vivian Bell.....	12/06
Joe Verge.....	12/09
James Damery.....	12/10
Harry Nilsen.....	12/16
Steve Mallos.....	12/17
Sue Nies.....	12/20
Linda Firnberg.....	12/22
Ann Leaty.....	12/22
Darlene Zrust.....	12/24
Page Campbell.....	12/29

Team Member Birthdays

Therese Nzomo.....	12/01	Housekeeping
Rita Osae.....	12/07	Med Tech
Mesheanya Garner.....	12/08	
Grace Owande.....	12/09	Care Partner
Denise Abel Wilson.....	12/10	Med Tech
Raymond Gates.....	12/10	Kitchen Assistant
Tammy Hanson.....	12/14	Concierge
Fatoumata Konteh...	12/20	Kitchen Assistant
D Bareither.....	12/21	Fitness Director
Binta Ceesay.....	12/25	Housekeeping



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December 2022

The Covey Connection

Dear Residents,

As we continue to celebrate the holidays, I am thankful for everyone in our community. I am thankful for the fun, vibrant personalities, the serious discussions, problem solving, and the heartfelt way everyone takes care of and supports each other. These are the actions that make us a community of one.

As I look back over the last year and all the changes we have weathered together, it warms my heart. I have so many fond memories full of laughter with the residents and team members despite the challenges we have faced.

As we approach the New Year, I am excited to see many more enjoyable times together.

Sincerely,

Michelle Longwill
Executive Director





December is a busy month here at Quail Park.

Mark your calendars for the activities you don't want to miss:

12/4 -1:00: Armchair Travel celebrates **Christmas Around the World.**

12/5 and 12/13 - 7 p.m. join Kay Dichter for **Christmas Games!** She has led these in the past and there were always lots of laughs!

12/7 - 12:00: **Ladies Christmas Tea** with entertainment. (please sign up)

12/13 - 1:00: **Dickens Carolers** adorned in elegant Victorian dress, the a cappella quartet will perform holiday favorites, both traditional and contemporary, in beautiful four-part harmony.

12/15 - 1:30: **Christmas Treasures Show & Share** in the BR Please bring your treasures to display and share. If you let Candace know, she will type up an explanation to go with your treasure.

12/18 - 1:00: **Improv with the Up North Players** in the Ballroom. Always a lot of fun!

12/21 - 5 to 7: **Resident Christmas Party.** Join in activities throughout the common rooms on the first floor. Santa Pictures, **Night and Day** entertainment, Cookie Decorating, Eggnog Bar, Champagne, Cocoa Bar and a Christmas movie. Families are invited!

12/22 - 1:00 All Resident Meeting in the BR followed by a **Christmas Sing-along.**

12/23: **Ugly Sweater Day.** Whether you find a hidden gem to wear, or you make your own, one thing for sure — this display will certainly have you laughing all day long!

12/24 - 1:00 **Christmas Stories and Cocoa** by the Fireplace. QR

12/28 - 2:00 and 12/29 - 6:30: **Quail Park Chorus Christmas Concert:** Two opportunities to hear our chorus. Guests are welcome with masks.

This Christmas

Mend a Quarrel

Seek out a forgotten friend,

Write a love letter,

Share some treasure.

Give a soft answer.

Encourage youth.

Keep a promise. Find the time.

Forgive an enemy.

Listen.

Apologize if you were wrong.

Think first of someone else.

Be kind and gentle.

Laugh a little. Laugh a little more.

Express your gratitude.

Gladden the heart of a child.

Take pleasure in the beauty and
wonder of the earth.

Speak your love. Speak it again.

Speak it still once again.

QUAIL PARK NOTES:**Team Member Appreciation Program**

We would like to extend our thanks to the Quail Park residents for their very generous donations to the 2022 program. Due to the generous donations over the last four weeks, we should be able to distribute at least \$10,000 over the amount distributed in 2021. That is very helpful to the program, since we will have a significant increase in the number of eligible staff members.

Jim Simons, Treasurer

Building, Grounds and Safety Committee

As we approach the Holiday Season and have switched back to Pacific Standard time and the very early darkness and potential for snow related road closures, here are a few Safety reminders from the Building, Grounds and Safety Committee.

Live trees, wreaths or swags are not allowed in any of our Quail Park units/cottages .

Even with the lighting around the grounds, it still very difficult for drivers to see pedestrians in dark clothing at night. So please consider wearing a reflective vest or arm band when you are out after dark for a walk. At the very least wear a light-colored clothing.

With the very real possibility of snow related road closures, make sure that you have at least a 2-week supply of medications on hand.

Karsten Overa, Chairman

THREE Quail Park Library additions this month:

The Girls in the Stilt House by Kelly Mustian: The story is set in 1920's Mississippi. This debut Southern novel weaves a beautiful and harrowing story of two teenage girls cast in an unlikely partnership through murder.

The Boys from Biloxi by John Grisham: Another story from Mississippi. A riveting story of two sons of immigrant families who grow up as friends, but ultimately find themselves on opposite sides of the law

The Doctor by E.L. Todd: Her husband left her realizing that he is gay. Once the anger faded there was nothing but love behind. Then his brother, an ER doctor moves in across the hall and the story continues.

Mary Simmons, Chairperson

Enjoy the **LIGHTS OF CHRISTMAS** during 3 bus trips all at 5:00: (please sign up)

12/5 - **Evergreen Church Christmas Lights:** View a 25-minute **light** show with over 100,000 **lights** synchronized to **Christmas** music.

12/14 - **Irwin Family Christmas Lights:** Holiday light display synchronized to music.

12/20 - **Kornfed's Christmas Lights:** Holiday inflatables and over 150,000 lights on display.

Complete your **HOLIDAY SHOPPING:**

12/1 - Our **Vendor Fair** featuring **Tina's Gift Baskets...Susan's Handmade Cards** (gift card holders & more)...**Karen's** (our alternation lady) **Creations** and **Pat Meyers** with handmade crafts.

12/10 - Another **Vendor Fair** with **Paparazzi Jewelry** with **Debbie**.

12/19 - a bus trip to **Alderwood Mall**. Leave at 10:00 — return trips at your convenience by 3:00. (please sign up)



And on **NEW YEAR'S EVE:** Ring in the new year with a **New York New Year's Eve Celebration** in the Glacier Peak Bistro and in the Ballroom with **David Little** on the piano.

A couple reminders;

Please be a responsible pet owner and clean up after it. There are disposal locations with bags located throughout the property.

ALSO

When signing up for appointments, please list your check in time if its earlier than your appointment time.



DECEMBER MOVIES - a new movie every day!!!!

Note the movies in **GREEN** which celebrate the **12 days of Christmas!**

Where the Crawdads Sing - A woman who grew up alone in the wild marshes is a suspect in the murder of a young man from the nearby town.

Downton Abbey-A New Era - The Crawley family goes on a grand journey to France to uncover the mystery of the dowager countess's newly inherited villa.

The Out of Towners - The adventures of married couple, Henry and Nancy Clark, as they are vexed by misfortune while in New York City for a job interview.

A Man Called Ove - A ill-tempered, isolated retiree has finally given up on life just as an unlikely friendship develops with his boisterous new neighbors.

10 Items or Less - An actor prepping for an upcoming role meets a quirky grocery clerk, and together they hit the road to show each other their respective worlds.

Captain Phillips - An examination of the 2009 hijacking of the U.S. container ship Maersk Alabama by a crew of Somali pirates.

Notting Hill - A London bookstore owner falls in love with the world's most popular actress.

The Good Nurse - An ICU nurse leans on her selfless new colleague at work and at home - until a patient's unexpected death casts him in a suspicious light.

Enola Holmes 2 - Enola takes on her first official case as a detective, but to solve the mystery she'll need help from friends - and brother Sherlock.

Father Stu - After a failed boxing career and a near-fatal motorcycle wreck, a man finds healing in Catholicism and decides to become a priest.

When Harry Met Sally - Over the course of 12 years, Harry and Sally go from mutual dislike to friendship as they realize they might be made for each other.

The Bodyguard - A former Secret Service agent takes on the job of bodyguard to a pop singer, whose lifestyle is most unlike a President's.

Look Both Ways - On the night of her college graduation, Natalie's life splits into parallel realities after she takes a pregnancy test. What will life and love bring?

Falling for Christmas - After losing her memory in a skiing accident, a spoiled heiress lands in the care of a down-on-his-luck widower and his daughter.

The Claus Family - When his grandfather falls ill, holiday-hating Jules learns of his family's magical legacy and realizes he's the only hope to save Christmas.

Christmas with a View - Still reeling from a business failure, the restaurant manager of a ski resort is jolted by a chef, who has his own hidden past.

A Castle for Christmas - To escape a scandal, a bestselling author journeys to Scotland, falls in love with a castle & faces off with the grumpy duke who owns it.

The Holiday Calendar - A photographer stuck in a dead-end job inherits an antique Advent calendar that may predict the future -- and point her toward love.

Christmas with a Prince - Christmas comes early for a young journalist when she's sent abroad to get the scoop on a dashing prince who's poised to be king.

Holiday in the Wild - When her husband ends their marriage, Kate embarks on a solo second honeymoon in Africa, finding purpose -- and potential romance.

Scrooge; A Christmas Carol - A supernatural, time-travelling, musical adaptation of Charles Dickens's Christmas story

Dolly Parton; Christmas on the Square - Cheer comes to a halt when a woman tries to sell her land. Can music, magic, and memories change her mind?

A Christmas Carol - An old bitter miser is given a chance for redemption when he is haunted by three ghosts on Christmas Eve.

48 Christmas Wishes - When a small town's letters to Santa accidentally go up in smoke, two elves venture out of the North Pole to retrieve every missing wish.

White Christmas - Two war buddies fall for two sisters and follow the girls to a resort owned by their commanding officer who is in danger of losing the place.

The Magic of Belle Island - A Western novelist whose passion for writing hits an impasse meets a single mom & her daughters who help him find inspiration again.

Megan Leavey - A young Marine corporal whose unique discipline and bond with her military combat dog save many lives during their deployment in Iraq.

Mrs. Palfrey at the Claremont - All but abandoned by her family in a London retirement hotel, an elderly woman strikes up a friendship with a young writer.

All Quiet on the Western Front - When a 17-year-old joins the Western Front in World War I, his initial excitement is shattered by the reality of life in the trenches.

Can you Keep a Secret? - After sharing secrets with a stranger, Emma comes face-to-face with old vulnerabilities, new romance and, most importantly, herself.

Holidate - Fed up with being single on holidays, two strangers agree to be each other's platonic plus-ones all year long, only to catch real feelings along the way.