



COVEY CONNECTION

4015 164TH ST SW, LYNNWOOD, WA 98087

NOVEMBER/2023

Sitting square in between October and December, November is the eleventh month of the Gregorian calendar. It is also time to start finalizing any plans or projects that you had for the year. November's full Moon is traditionally called the **Beaver Moon**. Why this name? In the Colonial Era, this was the month to set one's beaver traps before the swamps froze and beavers retired to their lodges, to ensure a supply of warm winter furs. In 2023, November's full Moon occurs on Monday, 11/27. November also brings us Election Day, Veterans Day, and Thanksgiving.



REMEMBER TO SET YOUR CLOCK BACK
BEFORE 2:00 A.M. ON SUNDAY,
NOVEMBER 5!

Notes from the BG&S Committee – Karsten Overa, Chair

- As we move through Fall and into the Winter months, the days are getting shorter, and we will be walking and driving around Quail Park in dusk and total darkness.
- In the interest of personal safety, you should not be wearing dark clothing at night, but light colors or reflective jackets. Walk on sidewalks and cross at marked crossings. If you are using a power chair or scooter do not drive down the middle of parking areas and consider adding lights. If you are driving a car, put your headlights on high and drive slowly watching for pedestrians or powered devices.
- If you walk a dog, be aware that we have a large population of coyotes in the wooded area on the east side of Quail Park. Coyotes typically hunt around sunset and sunrise but have been spotted on QP property in broad daylight. They are hunting for small animals like rabbits and although they typically avoid humans, they have been known to go after small dogs on leash if not close to the owner, so keep your dog on a short leash especially during hours of darkness. If you do encounter a coyote, do not turn and go the other direction as it may cause the coyote to see you as prey. Keep your distance, wave your arms, stamp your feet and make noise by shouting, yelling and clapping your hands. A whistle is a good noise source. Only turn to walk away after the coyote has disappeared.

Notes From The Dining Committee — Rhoda Cassell, Chair

- The holiday season brings several opportunities to enjoy the special meals / goodies from Konrad and the dining staff. Watch your calendars for our Anniversary Dinner on Nov. 8th, the 10th Anniversary Celebration party on Nov. 15th, followed by a traditional Thanksgiving Feast. Plan to provide information when requested for the number of guests planning to join you at eligible events.
- The menu rotation changes in October included the return of some favorites, such as Shrimp Cocktail and Taco Salad. The option of soft or hard shell tacos has also been restored to our daily table menu. Resident input has been key to these changes!!
- Another opportunity to provide your input will be coming soon! Watch for a survey from the Dining Committee regarding the Daily Specials Menu offerings. It will include space to make suggestions for items / dishes you would like to see added to the specials menu!
- Efforts to minimize mistakes to meal orders continue. Remember that the server repeating all elements of your order before leaving the table is a key step in assuring your meal is accurate and complete. Keep in mind that the more customizations that are made to a meal order, the more opportunities there are for errors or omissions, especially to the daily specials.

Notes from the Hospitality Committee /

Marilyn Grisham & Cheri Johnson, co-chair

The Quail Park Hospitality committee is pleased to see so many new residents move into our community in the last few months. Please take advantage of opportunities to welcome and get to know your new neighbors. A personal hello or welcome always makes things run smoother for all.

We are also pleased to have new members of our committee and would love to see others join us and volunteer to be Ambassadors to deliver gift bags. Anyone who is friendly and interested in our growing population is welcome. Our meetings are held on the first Wednesday of each month at 1:30 in the Snoqualmie Room.

If you have any questions you can contact Marilyn Grisham at 206-755-9545.

Veterans Day Recognitions: Honoring All Those Who Served in the Military

11/8 - Wednesday - 10:00 a.m. / **VETERANS DAY CEREMONY** in the Glacier Peak Bistro.

11/11 - Friday - 10 to 2. **QUAIL PARK VETERANS PICTURE DISPLAY** will be in the Hallway by the dining rooms. We will showcase **VETERANS' PHOTOS FROM THEIR SERVICE YEARS**. Let Dwi know if you have a photo you would like to include. She will pick them up from your room or cottage and arrange them on a table in the hallway.

Other Activities

11/8 - Wednesday - Celebrate **Quail Park's 10th Anniversary** at a resident-only **Anniversary Dinner**. There will be a 4:00 p.m. and a 6:00 p.m. seating. The evening will start with Hors d'oeuvres in the Quilceda Room at 3:30 (for the 4:00 seating) or 5:30 (for the 6:00 seating.) Following that, residents will be escorted and seated in the dining room for an elegant meal. **SIGN UP AT THE FRONT DESK.**

11/13 - Monday, 1pm in the Snoqualmie Room - **Armchair Travel;**
Native Americans of the Pacific Northwest.

- This documentary explores the customs of the Indigenous People of the Pacific Northwest. Told in story form by a young Native America maiden, learn all about the clans that settled here as far back as the land bridge that brought them here.
- The skills they acquired over the years, and a way of life they are trying to preserve are explained. Carving totems, making canoes, bark stripping are shown.
- As an extra enticement, munch on Fry Bread while you watch! Join us!

11/15 - Wednesday - Celebrate again at an **Anniversary Party** from 6 pm to 8 pm. There will be refreshments and entertainment. Guests are invited.

The Dining Rooms will close at 6:00 p.m. on for the party.

11/9 - Thursday & 11/10 Friday- 11:00 - 2:00 **Vendor Fair**. Begin your Christmas Shopping by visiting several vendors in the Glacier Park Bistro area. You will find jewelry, baskets, handmade cards, and more handmade items.

11/20 & 11/27 - Mondays -1:00 in the Glacier Peak Bistro: Test your spelling skills / expand your vocabulary / Bee-come a Spelling Champion at our **Spellbinding Spelling Bee Contest** with Marie, Staff Development for wellness

Entertainers

11/3 - Friday - 2:00 in the Ballroom / **Uncle Doug**, a multi-faceted musician working mainly as a Solo Acoustic Performer of **guitar, harmonica and vocals**. He takes audiences back in time, singing along with his music.

11/7 - Tuesday - 2:00 in the Ballroom / **The Northshore Variety Show & Band** from the North Shore Senior Center bring us singers and instrumental talents to brighten the eyes, tickle the ears & touch your heart.

11/13 - Monday - 10:30 in the Quilceda Room / **Nick Baker** has a musical degree in performance & technology from Shoreline Community College & an endless repertoire of songs he plays on the **piano**.

11/17 - Friday - 2:00 in the Ballroom / **David Little** will again be playing standard songs and seasonal favorites on the PIANO.

THURSDAY VIRTUAL VIEWINGS: COME LEARN AND ENJOY 2:00 P.M. EACH THURSDAY IN THE BALLROOM

11/2: **Lewis & Clark Expedition Saga of the incredible journey to explore the lands of the Louisiana Purchase** — an expedition that would prove to be one of the most important chapters in American history.

11/9: **How Seattle Changed the World:** A KOMO Documentary of innovations and inventions from **Seattle** metro area.

11/16: **What was it Really Like on the Mayflower?** Learn about William Bradford and the Pilgrims and the signing of the Mayflower Compact. Democracy and human rights were a very new concept . A system of government needed to be decided. It was a seedling for the development of our Constitution. It's about an hour long, and will hone your appetite for Thanksgiving. So, join us and discover the early days and the trials and tribulations experienced in the founding of America.

11/23: **THANKSGIVING** - No Video

11/30: **Ancient Rivers of the Pacific Northwest:** A presentation from Central Washington University geology professor Nick Zentner

Bus Trips:

***** **Important Change of Days Notice: Casino Trips are again scheduled for Fridays and Errands will be on Mondays.** *****

11/1 - Wednesday - The bus will leave at 1:00 for an escorted **TOUR OF STATUES** in Everett area by the sculptor, Kevin Pettelle. About 2:30, Kevin will talk about his statues and show several he will bring with him.

11/5 - Sunday - 1:00 / **Free Concert at Rosehill: “The Stories We Tell”**
Musical works inspired by folklore and imagination performed by the Mulkiteo Community Orchestra.

11/6 - Monday - 12:00 : Travel for lunch to **Pier 88 Boiling Seafood & Bar**, a casual, family-friendly restaurant in Lynnwood specializing in Louisiana-style Cajun seafood & specialty cocktails.

11/19 - Sunday - 9:30 - 12:30 / Get in the holiday spirit at the **Christmas Festival** at St Thomas More Parish. Enjoy Christmas booths, Santa’s Workshop, singing & music, and Chili & treats.

11/25 - Saturday - 10:00 / Visit the **Candy Cane Wonderland Vendor Event** at the Everett Mall. Whether you are looking for home decor, unique and personalized gifts, or something for yourself, you are sure to find it here.

Several Saturdays each month, the Quail Park Bus takes residents to interesting places for a Morning Walk. Everyone is invited to jump on the bus for a planned walk or to just “get in your weekly steps!”

New Books in the Quail Park Library — Sandy Hood, Library Committee Chair

- **The Exchange** by John Grisham

Fifteen years after Mitch McDeere left the ‘Firm’, he is now at a partner in a large NYC firm. When a mentor in Rome calls him for a favor, he once again finds himself center of a sinister plot with worldwide implications and danger for his friends and colleagues.

- **Blessing of the Lost Children** by J. A. Jance

Federal investigator, Dan Pardee, crosses paths with Sheriff Joanna Brady as he traces the bloody path of a merciless serial killer who targets indigenous young women across the Southwest, knowing law enforcement’s past history of ignoring their disappearances.

BY REQUEST: Following are the words to parody of MY FAVORITE THINGS from the musical SOUND OF MUSIC sung by Sue Cullor, Denise Lang, and Kay Dichter at the last Quail Park Chorus performance.

Botox and nose drops and needles
for knitting

Walkers and handrails and new
dental fittings,

Bundles of magazines tied up in
string,

These are a few of my favorite
things.

Cadillacs and cataracts, hearing aids
and glasses,

Polident and Fixodent and false
teeth in glasses,

Pacemakers, golf carts and porches
with swings,

These are a few of my favorite
things.

When the pipes leak, when the
bones creak

When the knees go bad,

I simply remember my favorite
things,

And then I don't feel so bad.

Hot tea and crumpets and corn pads
for bunions,

No spicy hot food or food cooked
with onions

Bathrobes and heating pads and hot
meals they bring

These are a few of my favorite things.

Back pain, confused brains and no
need for sinnin',

Thin bones and fractures and hair that
is thinnin',

And we won't mention our short
shrunk frames,

When we remember our favorite
things.

When the joints ache, when the hips
break,

When the eyes grow dim

Then I remember the great life I've had,

And then I don't feel so bad?

DID YOU KNOW?

WATER AEROBICS HAS A NEW NAME!!! It is WATER EXERCISES!!!

This is not an aerobics class but rather is a class in the water doing exercises such as walking backwards, hopping, and marching.

- The class is held on Wednesday morning from 11:00am to 11:30am in the pool.
 - You don't need to know how to swim as the pool is only 4 feet deep.
 - You won't even get your hair wet or spoil your hair do.

Come by and observe a class. Then put on your bathing suit and join us for 30 minutes of fun and exercise in the water.

11/3 Friday at 11:30-12:30 there will be a Walker/ Assisted Device Clinic by Lauren.

Anyone who has or is thinking about getting an assistive device can come. Open to new and old users of walkers, canes, etc. Lauren will give a short overview of safe technique using each device (some do's and don'ts) and adjust each resident's device to appropriate height if needed.



QP Resident, **COACH JIM SMITH**, inducted into the UW Hall of Fame

- A wrestling legend, Smith served as the UW wrestling coach from 1967-1975.
- Led the Huskies to the Pac-8 championship in 1971, 1972 & 1974.
- Coached his teams to top-10 finishes at NCAA Championships six straight seasons, with a top finish of fourth in 1972.
- In 9 years of collegiate coaching, Smith produced 16 All-Americans including Washington's two NCAA Individual Champs: Larry Owings & Bill Murdock.
- Inducted into the Washington Chapter of the National Wrestling Hall of Fame in 2019 for "Lifetime Service to Wrestling."

NOVEMBER BIRTHDAYS

RESIDENTS

11/01 - Marilyn Mace
11/01 - Shirley Smith
11/02 - Jerry Hambly
11/02 - Bonnie Rickerson
11/02 - Bridget Lynn Burns
11/09 - Karsten Overa
11/15 - Joan Petersen
11/16 - Shirley Dowd
11/16 - Dorothy Van Citters
11/19 - Margaret Morse
11/22 - Bobbie Ashby
11/25 - Jean Goodfellow
11/26 - Helen Pascoe
11/28 - George R. Van Horn
11/30 - Anthony Petrarca

TEAM MEMBERS

11/04 - Vitalis Opel - Cook
11/10 - Erica Dixon - Med Tech
11/11 - Leah Girmachew - Server
11/12 - Maria Zamore - Assistant Dining Room Manager
11/14 - Christina Mahar - Server & Concierge
11/15 - BriAnne Green - Marketing
11/16 - Sue Rowell - Marketing
11/17 - Benjamin Santos - Cook
11/17 - Miles Wahrer - Engineering
11/20 - Emmy Witundu - Med Tech
11/22 - Ganga Rajbahak - Med Tech
11/24 - Nancy Mande - Care Partner
11/24 - Vincent Obino - Med Tech
11/25 - Tesfa Setegn - Kitchen Assistant

COMING ATTRACTION: —- SAVE THE DATE!!!

Dec. 3rd Sunday - 2:00

The Mill Creek Chorale will bring their Christmas Show to Quail Park.



KAY'S KORNER - HAPPY NOVEMBER

Thanksgiving is on its way.
Wherever you celebrate the holiday, may it be a great one!

DID YOU KNOW?

1. From 1924 - 1926 The Macy's Thanksgiving Parade was a parade of animals borrowed from the Central Park Zoo.
 2. Balloons started in 1927 with Felix the Cat.
 3. Macy's is the #2 consumer of Helium in the world.
 4. The Parade was cancelled during WWII.
 5. Balloons are designed to fit through the Lincoln Tunnel as they are stored in New Jersey.
- AND ---**
6. **KONRAD PREPARES BETWEEN 10 - 12 30 POUND TURKEYS EACH THANKSGIVING!**

THANKSGIVING TRIVIA

1. When was green bean casserole introduced?
2. How many turkeys are prepared for Thanksgiving in the U.S.?
3. What Native American served as an interpreter to the Puritans?
4. What Native American Tribe celebrated the first Thanksgiving with the pilgrims?
5. How many calories are consumed per person at Thanksgiving dinner?

Gratitude is what we express on Thanksgiving. The world opens up to us when we live in gratitude. Gratitude has a snowball effect. When we express it, the universe glows a bit brighter and showers even more blessings. Let's practice it all year long!



SUDOKU CHALLENGE

	9		5	3				1
4	7		8					6
	6				7	9		8
			4			5		
	3			7				9
		7			1			
9		2	7					4
7					5		8	9
3				9	4			1



ANSWERS:
1. 1955
2. About 46 million
3. Squanto
4. The Wampanoag
5. About 4500

2	9	8	5	3	6	4	7	1
4	7	1	8	2	9	3	5	6
5	6	3	1	4	7	9	2	8
1	2	9	4	8	3	5	6	7
8	3	5	6	7	2	1	9	4
6	4	7	9	5	1	8	3	2
9	5	2	7	1	8	6	4	3
7	1	4	3	6	5	2	8	9
3	8	6	2	9	4	7	1	5