

November 2023

QPL

Tribute Activity Calendar

T1 = Tribute 1st Floor
T2 = Tribute 2nd Floor
CP = Carepartner
MT= Medtech
iN2L = It's Never 2 Late

Please Note:

Calendar is subject to change based on the needs and

preferences of our residents.

Thank you.

	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>
	9:00 Coffee & Conversation 10:00 Morning Stroll w/ Krystal 10:30 Smoothies (MT) 11:30 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:00 Crafts w/ Krystal (T1) 3:00 Refreshments (MT) 3:00 Hot Cocoa w/ Krystal 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn	9:00 Joggin' Your Noggin 10:15 Chair Zumba w/ Joan (T1) 10:30 Smoothies (MT) 11:00 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:00 iN2L-Brain Fitness: Challenges w/ Krystal 3:00 Refreshments (MT) 3:00 Indoor Golf w/ Krystal 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn	9:00 Coffee & Conversation 10:00 Armchair Fitness w/ K 10:30 Smoothies (MT) 11:00 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:00 iN2L-Brain Fitness: Challenges w/ Krystal 3:00 Refreshments (MT) 3:00 Sing Along (K & CP) 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn Foot Care Specialist (Millie Quiroz)	9:00 Coffee & Conversation 10:00 Balloon Volleyball w/ K 10:30 Smoothies (MT) 11:00 Jeff Brewer/ Singer (T1) <i>LUNCH TIME</i> 1:00 iN2L-Brain Fitness: Challenges w/ Krystal 3:00 Refreshments (MT) 3:00 BINGO w/ Krystal 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn
<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>
8:30 Sunday Service (T1) 10:30 Smoothies (MT) 10:00 SEAHAWKS VS RAVENS 10 Table Balloon Volleyball (CP) 11:30 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:00 iN2L Brain Fitness: TRIVIA w/ Care partner 3:00 Refreshments (MT) 3:30 Games w/ CP 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn	9:00 Coffee & Conversation 10:00 Chair Dancing w/ Ira 10:30 Smoothies (MT) 11:30 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:00 iN2L Brain Fitness: TRIVIA w/ Care partner 3:00 Refreshments (MT) 3:00 BINGO w/ CP 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn	9:00 Joggin' Your Noggin 10:15 Chair Zumba w/ Joan (T2) 10:30 Smoothies (MT) 11:00 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:00 iN2L Brain Fitness: TRIVIA w/ Care partner 3:00 Refreshments (MT) 3:30 BINGO w/ CP 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn	9:00 Coffee & Conversation 10:00 Veteran Day Ceremony 10:30 Smoothies (MT) 11:30 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:00 Crafts w/ Krystal (T2) 3:00 Refreshments (MT) 3:00 Hot Cocoa w/ Krystal 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn	9:00 Joggin' Your Noggin 10:15 Chair Zumba w/ Joan (T1) 10:30 Smoothies (MT) 11:00 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1-2 Music Therapy w/ Leslie (T1) 3:00 Refreshments (MT) 3:00 Bowling w/ Krystal 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn
<u>10</u>	<u>11</u>			
9:00 Coffee & Conversation 10:00 Armchair Fitness w/ K 10:30 Smoothies (MT) 11:00 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:30 Veterans Day Celebration w/ Jim Smith (T2) 3:00 Refreshments (MT) 3:30 Indoor Eve Stroll w/ K 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn	Veterans Day 9:00 Coffee & Conversation 10:00 Balloon Volleyball w/ K 10:30 Smoothies (MT) 11:00 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:00 iN2L-Brain Fitness: Challenges w/ Krystal 3:00 Refreshments (MT) 3:00 BINGO w/ Krystal 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p align="center"><u>12</u></p> <p>8:30 Sunday Service (T1) 10:30 Smoothies (MT) 10 Table Balloon Volleyball (CP) 11:30 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:00 iN2L Brain Fitness: TRIVIA w/ Care partner 1:25 SEAHAWKS VS COMMANDERS 3:00 Refreshments (MT) 3:30 Games w/ CP 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn</p>	<p align="center"><u>13</u></p> <p>9:00 Coffee & Conversation 10:00 Chair Dancing w/ Ira 10:30 Smoothies (MT) 11:30 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:00 iN2L Brain Fitness: TRIVIA w/ Care partner 3:00 Refreshments (MT) 3:00 BINGO w/ CP 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn</p>	<p align="center"><u>14</u></p> <p>9:00 Joggin' Your Noggin 10:15 Chair Zumba w/ Joan (T2) 10:30 Smoothies (MT) 11:00 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 2:00 QP CHORUS CONCERT (T1) 3:00 Refreshments (MT) 3:30 BINGO w/ CP 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn</p>	<p align="center"><u>15</u></p> <p>9:00 Coffee & Conversation 10:00 Eldergrow Class (T1) 11:00 Eldergrow Class (T2) 10:30 Smoothies (MT) 11:30 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:00 iN2L-Brain Fitness w/ CP 3:00 Refreshments (MT) 3:00 Ping Pong w/ Krystal 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn</p>	<p align="center"><u>16</u></p> <p>9:00 Joggin' Your Noggin 10:15 Chair Zumba w/ Joan (T1) 10:30 Smoothies (MT) 11:00 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:00 iN2L-Brain Fitness: Challenges w/ Krystal 3:00 Refreshments (MT) 3:00 Indoor Golf w/ Krystal 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn</p>	<p align="center"><u>17</u></p> <p>9:00 Coffee & Conversation 10:00 Armchair Fitness w/ K 10:30 Smoothies (MT) 11:00 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:00 iN2L-Brain Fitness: Challenges w/ Krystal 3:00 Refreshments (MT) 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn</p>	<p align="center"><u>18</u></p> <p>9:00 Coffee & Conversation 10:00 Balloon Volleyball w/ K 10:30 Smoothies (MT) 11:00 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:00 iN2L-Brain Fitness: Challenges w/ Krystal 3:00 Refreshments (MT) 3:00 BINGO w/ Krystal 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn</p>
<p align="center"><u>19</u></p> <p>8:30 Sunday Service (T1) 10:30 Smoothies (MT) 10 Table Balloon Volleyball (CP) 11:30 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:00 SEAHAWKS PARTY 1:25 SEAHAWKS VS RAMS 3:00 Refreshments (MT) 3:30 Games w/ CP 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn</p>	<p align="center"><u>20</u></p> <p>9:00 Coffee & Conversation 10:00 Chair Dancing w/ Ira 10:30 Smoothies (MT) 11:30 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:00 iN2L Brain Fitness: TRIVIA w/ Care partner 3:00 Refreshments (MT) 3:00 BINGO w/ CP 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn</p>	<p align="center"><u>21</u></p> <p>9:00 Joggin' Your Noggin 10:15 Chair Zumba w/ Joan (T2) 10:30 Smoothies (MT) 11:00 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:00 iN2L Brain Fitness: TRIVIA w/ Care partner 3:00 Refreshments (MT) 3:30 BINGO w/ CP 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn</p>	<p align="center"><u>22</u></p> <p>9:00 Coffee & Conversation 10:00 Morning Stroll w/ Krystal 10:30 Smoothies (MT) 11:30 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:30 Thanksgiving Party w/ Bob Theis (T1) 3:00 Refreshments (MT) 3:00 Hot Cocoa w/ Krystal 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn</p>	<p align="center"><u>23</u></p> <p align="center">Happy Thanksgiving 9:00 Joggin' Your Noggin NO Chair Zumba w/ Joan 10:00 Balloon Volleyball w/ K 10:30 Smoothies (MT) <i>LUNCH TIME</i> 1:00 iN2L-Brain Fitness: Challenges w/ Krystal 2:30 Cookie decorating w/ K 3:00 Refreshments (MT) 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 5:20 SEAHAWKS VS 49ers 6:00 Movie and Popcorn</p>	<p align="center"><u>24</u></p> <p>9:00 Coffee & Conversation 10:00 Armchair Fitness w/ K 10:30 Smoothies (MT) 11:00 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:00 iN2L-Brain Fitness: Challenges w/ Krystal 3:00 Refreshments (MT) 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn</p>	<p align="center"><u>25</u></p> <p>9:00 Coffee & Conversation 10:00 Balloon Volleyball w/ K 10:30 Smoothies (MT) 11:00 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:00 iN2L-Brain Fitness: Challenges w/ Krystal 3:00 Refreshments (MT) 3:00 BINGO w/ Krystal 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn</p>
<p align="center"><u>26</u></p> <p>8:30 Sunday Service (T1) 10:30 Smoothies (MT) 10 Table Balloon Volleyball (CP) 11:30 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:00 iN2L Brain Fitness: TRIVIA w/ Care partner 3:00 Refreshments (MT) 3:30 Games w/ CP 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn</p>	<p align="center"><u>27</u></p> <p>9:00 Coffee & Conversation 10:00 Chair Dancing w/ Ira 10:30 Smoothies (MT) 11:30 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:00 iN2L Brain Fitness: TRIVIA w/ Care partner 3:00 Refreshments (MT) 3:00 BINGO w/ CP 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn</p>	<p align="center"><u>28</u></p> <p>9:00 Joggin' Your Noggin 10:15 Chair Zumba w/ Joan (T2) 10:30 Smoothies (MT) 11:00 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:00 TEA PARTY 3:00 Refreshments (MT) 3:30 BINGO w/ CP 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn</p>	<p align="center"><u>29</u></p> <p>9:00 Coffee & Conversation 10:00 Eldergrow Class (T1) 11:00 Eldergrow Class (T2) 10:30 Smoothies (MT) 11:30 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:00 iN2L-Brain Fitness w/ CP 3:00 Refreshments (MT) 3:00 Ping Pong w/ Krystal 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn</p>	<p align="center"><u>30</u></p> <p>9:00 Joggin' Your Noggin 10:15 Chair Zumba w/ Joan (T1) 10:30 Smoothies (MT) 11:00 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:00 Movie at Lynnwood Majestic 3:00 Refreshments (MT) 3:00 Bowling w/ Krystal 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 5:15 SEAHAWKS VS COWBOYS 6:00 Movie and Popcorn</p>	<p>T1 = Tribute 1st Floor T2 = Tribute 2nd Floor CP = Carepartner MT= Medtech iN2L = It's Never 2 Late</p> <p>Please Note: <i>Calendar is subject to change based on the needs and preferences of our residents.</i> <i>Thank you.</i></p>	<p align="center">Nov.</p> <p align="center">2023</p>