

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div> <div> <div>T1 = Tribute 1st Floor</div> <div>T2 = Tribute 2nd Floor</div> <div>CP = Carepartner</div> <div>MT= Medtech</div> <div>iN2L = It's Never 2 Late</div> </div> <div> <div>Please Note:</div> <div>Calendar is subject to change based on the needs and preferences of our residents.</div> <div>Thank you.</div> </div> </div> <div> <div>January 2024</div> <div>QPL</div> <div>Tribute Activity Calendar</div> </div>						
	<div>1</div> <div> 9:00 Coffee & Conversation 9:30 Morning Stroll w/ CP 10:30 Smoothies (MT) 10:30 Sing Along-iN2L (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) 3:00 BINGO w/ CP 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn </div>	<div>2</div> <div> 9:00 Coffee & Conversation 10:15 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 Ping Pong w/ CP 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn </div>	<div>3</div> <div> 9:00 Coffee & Conversation 10:00 Chair Dancing w/ Krystal 10:30 Smoothies (MT) 11:30 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:00 iN2L-Brain Fitness w/ K 3:00 Refreshments (MT) 3:00 BINGO w/ Krystal 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn </div>	<div>4</div> <div> 9:00 Coffee & Conversation 9:00 Joggin' Your Noggin w/ K 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 (T2) 2:30 Crafts w/ Krystal 3:00 Refreshments (MT) 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn </div>	<div>5</div> <div> 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 <div>Foot Care Specialist (Millie Quiroz)</div> </div>	<div>6</div> <div> 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 Hot Cocoa & Reminiscing w/ Krystal. 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn </div>
<div>7</div> <div> 9:00 Coffee & Conversation 9:30 iN2L Sermons (CP) 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 </div>	<div>8</div> <div> 9:00 Coffee & Conversation 9:30 Morning Stroll w/ CP 10:30 Smoothies (MT) 10:30 Sing Along-iN2L (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) 3:00 BINGO w/ CP 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn </div>	<div>9</div> <div> 9:00 Coffee & Conversation 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) 3:00 Ping Pong w/ CP 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn </div>	<div>10</div> <div> 9:00 Coffee & Conversation 10:00 Eldergrow Class (T2) 11:00 Eldergrow Class (T1) 11:30 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:00 Sing Along-iN2L (CP) 3:00 Refreshments (MT) 3:00 BINGO w/ Krystal 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn </div>	<div>11</div> <div> 9:00 Coffee & Conversation 9:00 Joggin' Your Noggin w/ K 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 2:30 Crafts w/ Krystal 3:00 Refreshments (MT) 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn </div>	<div>12</div> <div> 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 Indoor Golf w/ Krystal 3:00 Refreshments (MT) 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn </div>	<div>13</div> <div> 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 2:30 Happy Hour w/ Do P. 3:00 Refreshments (MT) 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn </div>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div><u>14</u></div> <div>9:00 Coffee & Conversation 9:30 iN2L Sermons (CP) 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/ Care partner 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn</div>	<div><u>15</u></div> <div>9:00 Coffee & Conversation 9:30 Morning Stroll w/ CP 10:30 Smoothies (MT) 10:30 Sing Along-iN2L (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) 3:00 Ping Pong w/ CP 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn</div>	<div><u>16</u></div> <div>9:00 Coffee & Conversation 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) 3:00 BINGO w/ Krystal 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn</div>	<div><u>17</u></div> <div>9:00 Coffee & Conversation 10:00 Chair Dancing w/ Krystal 10:30 Smoothies (MT) 11:30 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:00 iN2L-Brain Fitness w/ K 2:30 Paola Ketter (Pianist) 3:00 Refreshments (MT) 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn</div>	<div><u>18</u></div> <div>9:00 Coffee & Conversation 9:00 Joggin’ Your Noggin w/ K 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 2:30 Crafts w/ Krystal 3:00 Refreshments (MT) 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn</div>	<div><u>19</u></div> <div>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) 3:30 Sing Along w/ CP 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn</div>	<div><u>20</u></div> <div>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 Hot Cocoa & Reminiscing w/ Krystal. 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn</div>
<div><u>21</u></div> <div>9:00 Coffee & Conversation 9:30 iN2L Sermons (CP) 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</div>	<div><u>22</u></div> <div>9:00 Coffee & Conversation 9:30 Morning Stroll w/ CP 10:30 Smoothies (MT) 10:30 Sing Along-iN2L (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) 3-4 Music Therapy w/ Leslie (T1) 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn</div>	<div><u>23</u></div> <div>9:00 Coffee & Conversation 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) 3:00 BINGO w/ CP 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn</div>	<div><u>24</u></div> <div>9:00 Coffee & Conversation 10:00 Eldergrow Class (T2) 11:00 Eldergrow Class (T1) 11:30 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:00 Sing Along-iN2L (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</div>	<div><u>25</u></div> <div>9:00 Coffee & Conversation 9:00 Joggin’ Your Noggin w/ K 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 2:30 Crafts w/ Krystal 3:00 Refreshments (MT) 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn</div>	<div><u>26</u></div> <div>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 2:30 Monthly Birthday Bash w/ Bob Theis (T1) 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn</div>	<div><u>27</u></div> <div>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 Indoor Golf w/ Krystal. 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn</div>
<div><u>28</u></div> <div>9:00 Coffee & Conversation 9:30 iN2L Sermons (CP) 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</div>	<div><u>29</u></div> <div>9:00 Coffee & Conversation 9:30 Morning Stroll w/ CP 10:30 Smoothies (MT) 10:30 Sing Along-iN2L (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) 3:00 Ping Pong w/ CP 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn</div>	<div><u>30</u></div> <div>9:00 Coffee & Conversation 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) 3:00 BINGO w/ CP 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn</div>	<div><u>31</u></div> <div>9:00 Coffee & Conversation 10:00 Chair Dancing w/ Krystal 10:30 Smoothies (MT) 11:30 Set Up for Lunch (Life Skills) <i>LUNCH TIME</i> 1:00 iN2L-Brain Fitness w/ K 3:00 Refreshments (MT) 3:00 Popcorn Party w/ K 4:00 Suppertime Set Up (Life Skills) <i>SUPPER</i> 6:00 Movie and Popcorn</div>	<div>Any questions, comments or feedback regarding this monthly activity calendar, please see Dwi.</div> <div>*Activities in BLUE are Entertainment & Fun activities.</div> <div>*Activities in GREEN are Exercise related activities</div> <div>*Activities in RED are Classes.</div> <div>*Activities in BROWN are brain stimulation games.</div> <div>CALENDAR IS SUBJECT TO CHANGE!</div> <div>QUAIL PARK, 4015 164th STREET SW,</div> <div>LYNNWOOD, WA 98087</div> <div>(425) 640-8529</div>		