SUNDAY TUESDAY SATURDAY MONDAY WEDNESDAY THURSDAY FRIDAY

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.

January 2024 QPL Tribute Activity Calendar

	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>
	9:00 Coffee & Conversation	9:00 Coffee & Conversation	9:00 Coffee & Conversation	9:00 Coffee & Conversation	9:00 Coffee & Conversation	9:00 Coffee & Conversation
	9:30 Morning Stroll w/ CP	10:15 Zumba w/ Joan (T2)	10:00 Chair Dancing w/ Krystal	9:00 Joggin' Your Noggin w/ K	10:00 Armchair Fitness w/ K	10:00 Balloon Volleyball w/ K
	10:30 Smoothies (MT)	10:30 Smoothies (MT)	10:30 Smoothies (MT)	10:15 Chair Zumba w/ Joan (T1)	10:30 Smoothies (MT)	10:30 Smoothies (MT)
34	10:30 Sing Along-iN2L (CP) 11:30 Set Up for Lunch (Life Skills)	11:00 Set Up for Lunch (Life Skills) LUNCH TIME	11:30 Set Up for Lunch (Life Skills)	10:30 Smoothies (MT) 11:00 Set Up for Lunch (Life Skills)	11:00 Set Up for Lunch (Life Skills) LUNCH TIME	11:00 Set Up for Lunch (Life Skills LUNCH TIME
	LUNCH TIME	1:00 iN2L Brain Fitness: TRIVIA w/ Care partner	1:00 iN2L-Brain Fitness w/ K	LUNCH TIME	1:00 iN2L-Brain Fitness: Challenges w/ Krystal	1:00 iN2L-Brain Fitness: Challenges w/ Krystal
	1:00 iN2L Brain Fitness: TRIVIA w/ Care partner	3:00 Refreshments (MT)	3:00 Refreshments (MT)	1-2 Music Therapy w/ Leslie (T2)		3:00 Refreshments (MT)
	3:00 Refreshments (MT)	3:30 Ping Pong w/ CP	3:00 BINGO w/ Krystal	2:30 Crafts w/ Krystal		3:00 Hot Cocoa & Reminiscing
	3:00 BINGO w/ CP	4:00 Suppertime Set Up (Life Skills)	4:00 Suppertime Set Up (Life Skills)	3:00 Refreshments (MT)	4:00 Suppertime Set Up (Life Skills)	w/ Krystal.
	4:00 Suppertime Set Up (Life Skills)	SUPPER	SUPPER	4:00 Suppertime Set Up (Life Skills)	SUPPER	4:00 Suppertime Set Up (Life Skills)
	SUPPER	6:00 Movie and Popcorn	6:00 Movie and Popcorn		6:00 Movie and Popcorn	SUPPER
	6:00 Movie and Popcorn			6:00 Movie and Popcorn	Foot Care Specialist (Millie Quiroz)	6:00 Movie and Popcorn
<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>
0:00 Coffee & Conversation	9:00 Coffee & Conversation	9:00 Coffee & Conversation	9:00 Coffee & Conversation	9:00 Coffee & Conversation	9:00 Coffee & Conversation	9:00 Coffee & Conversation
2:30 iN2L Sermons (CP)	9:30 Morning Stroll w/ CP	10:15 Chair Zumba w/ Joan (T2)	10:00 Eldergrow Class (T2)	9:00 Joggin' Your Noggin w/ K	10:00 Armchair Fitness w/ K	10:00 Balloon Volleyball w/ K
0:30 Smoothies (MT)	10:30 Smoothies (MT)	10:30 Smoothies (MT)	11:00 Eldergrow Class (T1)	10:15 Chair Zumba w/ Joan (T1)	10:30 Smoothies (MT)	10:30 Smoothies (MT)
O Table Balloon Volleyball (CP)	10:30 Sing Along-iN2L (CP)	11:00 Set Up for Lunch (Life Skills)	11:30 Set Up for Lunch (Life Skills)	10:30 Smoothies (MT)	11:00 Set Up for Lunch (Life Skills)	11:00 Set Up for Lunch (Life Skills
1:30 Set Up for Lunch (Life Skills)	11:30 Set Up for Lunch (Life Skills)		LUNCH TIME	11:00 Set Up for Lunch (Life Skills)	LUNCH TIME	LUNCH TIME
UNCH TIME	LUNCH TIME	1:00 iN2L Brain Fitness: TRIVIA w/ Care partner	1:00 Sing Along-iN2L (CP)	LUNCH TIME	1:00 iN2L-Brain Fitness: Challenges w/ Krystal	1:00 iN2L-Brain Fitness: Challenges w/ Krystal
:00 iN2L Brain Fitness: RIVIA w/ Care partner	1:00 iN2L Brain Fitness: TRIVIA w/ Care partner	3:00 Refreshments (MT)	3:00 Refreshments (MT)	1:00 iN2L-Brain Fitness:	. ,	2:30 Happy Hour w/ Do P.
:00 Refreshments (MT)	3:00 Refreshments (MT)	3:00 Ping Pong w/ CP	3:00 BINGO w/ Krystal	Challenges w/ Krystal		3:00 Refreshments (MT)
3:30 Games w/ CP	3:00 BINGO w/ CP	4:00 Suppertime Set Up (Life Skills)	4:00 Suppertime Set Up (Life Skills)	2:30 Crafts w/ Krystal 3:00 Refreshments (MT)	4:00 Suppertime Set Up (Life Skills)	4:00 Suppertime Set Up (Life Skills)
::00 Suppertime Set Up (Life Skills)		SUPPER	SUPPER	4:00 Suppertime Set Up (Life Skills)	SUPPER	SUPPER
	SUPPER	6:00 Movie and Popcorn	6:00 Movie and Popcorn	SUPPER	6:00 Movie and Popcorn	6:00 Movie and Popcorn
SUPPER 5:00 Movie and Popcorn	6:00 Movie and Popcorn			DOLLLIN		

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<u>14</u>	<u>15</u>	<u>16</u>	<u>17</u>	<u>18</u>	<u>19</u>	<u>20</u>
	9:00 Coffee & Conversation	9:00 Coffee & Conversation	9:00 Coffee & Conversation	9:00 Coffee & Conversation	9:00 Coffee & Conversation	9:00 Coffee & Conversation	9:00 Coffee & Conversation
		9:30 Morning Stroll w/ CP	10:15 Chair Zumba w/ Joan (T2)		9:00 Joggin' Your Noggin w/ K	10:00 Armchair Fitness w/ K	10:00 Balloon Volleyball w/ K
	10:30 Smoothies (MT)	10:30 Smoothies (MT)	10:30 Smoothies (MT)	10:30 Smoothies (MT)	10:15 Chair Zumba w/ Joan (T1)	10:30 Smoothies (MT)	10:30 Smoothies (MT)
		10:30 Sing Along-iN2L (CP)	11:00 Set Up for Lunch (Life Skills)	11:30 Set Up for Lunch (Life Skills)	10:30 Smoothies (MT)	11:00 Set Up for Lunch (Life Skills)	11:00 Set Up for Lunch (Life Skills)
	11:30 Set Up for Lunch (Life Skills)	11:30 Set Up for Lunch (Life Skills)	LUNCH TIME	LUNCH TIME	11:00 Set Up for Lunch (Life Skills)	LUNCH TIME	LUNCH TIME
	LUNCH TIME	LUNCH TIME	1:00 iN2L Brain Fitness:	1:00 iN2L-Brain Fitness w/ K	LUNCH TIME	1:00 iN2L-Brain Fitness:	1:00 iN2L-Brain Fitness:
v	1:00 iN2L Brain Fitness: TRIVIA w/ Care partner	1:00 iN2L Brain Fitness: TRIVIA w/ Care partner	TRIVIA w/ Care partner 3:00 Refreshments (MT)	2:30 Paola Ketter (Pianist)	1:00 iN2L-Brain Fitness:	Challenges w/ Krystal 3:00 Refreshments (MT)	Challenges w/ Krystal 3:00 Refreshments (MT)
		3:00 Refreshments (MT)	3:00 BINGO w/ Krystal	3:00 Refreshments (MT)	Challenges w/ Krystal	3:30 Sing Along w/ CP	3:00 Hot Cocoa & Reminiscing
		3:00 Ping Pong w/ CP	4:00 Suppertime Set Up (Life Skills)	4:00 Suppertime Set Up (Life Skills)	2:30 Crafts w/ Krystal	4:00 Suppertime Set Up (Life Skills)	w/ Krystal.
ц,	4 00 0	4:00 Suppertime Set Up (Life Skills)	SUPPER	SUPPER	3:00 Refreshments (MT)	SUPPER	4:00 Suppertime Set Up (Life Skills)
	SUPPER	SUPPER	6:00 Movie and Popcorn	6:00 Movie and Popcorn	4:00 Suppertime Set Up (Life Skills) SUPPER	6:00 Movie and Popcorn	SUPPER
ь.	6:00 Movie and Popcorn	6:00 Movie and Popcorn			6:00 Movie and Popcorn		6:00 Movie and Popcorn
1	<u>21</u>	<u>22</u>	<u>23</u>	<u>24</u>	<u>25</u>	<u>26</u>	<u>27</u>
A	Da Sandia	_	_	_	_		_
	9:00 Coffee & Conversation	9:00 Coffee & Conversation	9:00 Coffee & Conversation	9:00 Coffee & Conversation	9:00 Coffee & Conversation	9:00 Coffee & Conversation	9:00 Coffee & Conversation
	9:30 iN2L Sermons (CP)	9:30 Morning Stroll w/ CP	10:15 Chair Zumba w/ Joan (T2)	10:00 Eldergrow Class (T2)	9:00 Joggin' Your Noggin w/ K	10:00 Armchair Fitness w/ K	10:00 Balloon Volleyball w/ K
	10:30 Smoothies (MT)	10:30 Smoothies (MT)	10:30 Smoothies (MT)	11:00 Eldergrow Class (T1)	10:15 Chair Zumba w/ Joan (T1)	10:30 Smoothies (MT)	10:30 Smoothies (MT)
		10:30 Sing Along-iN2L (CP)	11:00 Set Up for Lunch (Life Skills)	11:30 Set Up for Lunch (Life Skills)	10:30 Smoothies (MT)	11:00 Set Up for Lunch (Life Skills)	11:00 Set Up for Lunch (Life Skills)
	11:30 Set Up for Lunch (Life Skills)	11:30 Set Up for Lunch (Life Skills)	LUNCH TIME	LUNCH TIME	11:00 Set Up for Lunch (Life Skills)	LUNCH TIME	LUNCH TIME
	LUNCH TIME 1:00 iN2L Brain Fitness:	LUNCH TIME	1:00 iN2L Brain Fitness: TRIVIA w/ Care partner	1:00 Sing Along-iN2L (CP)	LUNCH TIME	1:00 iN2L-Brain Fitness: Challenges w/ Krystal	1:00 iN2L-Brain Fitness: Challenges w/ Krystal
	TRIVIA w/ Care partner	1:00 iN2L Brain Fitness: TRIVIA w/ Care partner	3:00 Refreshments (MT)	3:00 Refreshments (MT)	1:00 iN2L-Brain Fitness:	2:30 Monthly Birthday Bash w/ Bob Theis (T1)	3:00 Refreshments (MT)
	3:00 Refreshments (MT)	3:00 Refreshments (MT)	3:00 BINGO w/ CP	3:00 Ping Pong w/ Krystal	Challenges w/ Krystal 2:30 Crafts w/ Krystal		3:00 Indoor Golf w/ Krystal.
	3:30 Games w/ CP	3-4 Music Therapy w/ Leslie (T1)	4:00 Suppertime Set Up (Life Skills)	4:00 Suppertime Set Up (Life Skills)	3:00 Refreshments (MT)	4:00 Suppertime Set Up (Life Skills) SUPPER	4:00 Suppertime Set Up (Life Skills)
	4:00 Suppertime Set Up (Life Skills)		SUPPER	SUPPER	4 00 -	6:00 Mayie and Dancarn	SUPPER
	SUPPER 6:00 Movie and Popcorn	SUPPER	6:00 Movie and Popcorn	6:00 Movie and Popcorn	SUPPER	order in the same of the same	6:00 Movie and Popcorn
		6:00 Movie and Popcorn			6:00 Movie and Popcorn		
	<u>28</u>	<u>29</u>	<u>30</u>	<u>31</u>		Any questions, comments or feedback regarding this	
	9:00 Coffee & Conversation	9:00 Coffee & Conversation	9:00 Coffee & Conversation	9:00 Coffee & Conversation		monthly activity calendar, please see Dwi.	
		9:30 Morning Stroll w/ CP		10:00 Chair Dancing w/ Krystal		*Activities in BLUE are Entertainment & Fun activities.	
	10:30 Smoothies (MT)	10:30 Smoothies (MT)	10:30 Smoothies (MT)	10:30 Smoothies (MT)		*Activities in GREEN are Exercise related activities	
	10 Table Balloon Volleyball (CP)	10:30 Sing Along-iN2L (CP)	11:00 Set Up for Lunch (Life Skills)	11:30 Set Up for Lunch (Life Skills)		*Activities in RED are Classes.	
	11:30 Set Up for Lunch (Life Skills)	11:30 Set Up for Lunch (Life Skills)	LUNCH TIME	LUNCH TIME		*Activities in BROWN are brain stimulation games.	
	LUNCH TIME	LUNCH TIME	1:00 iN2L Brain Fitness: TRIVIA w/ Care partner	1:00 iN2L-Brain Fitness w/ K		Activities in Brown are bra	ain sumulation games.
	1:00 iN2L Brain Fitness: TRIVIA w/ Care partner	1:00 iN2L Brain Fitness: TRIVIA w/ Care partner	3:00 Refreshments (MT)	3:00 Refreshments (MT)		CALENDAR IS SUBJECT TO CHANGE!	
	3:00 Refreshments (MT)	3:00 Refreshments (MT)	3:00 BINGO w/ CP	3:00 Popcorn Party w/ K		QUAIL PARK, 4015 164th STREET SW,	
		3:00 Ping Pong w/ CP	4:00 Suppertime Set Up (Life Skills)	4:00 Suppertime Set Up (Life Skills)		LYNNWOOD, WA 98087	
	4:00 Suppertime Set Up (Life Skills)		SUPPER	SUPPER		(425) 640-8529	
	SUPPER	SUPPER	6:00 Movie and Popcorn	6:00 Movie and Popcorn			
	6:00 Movie and Popcorn	6:00 Movie and Popcorn	Market Co.				
			YOU THE LEGAL				
	12/27/2023dp						