

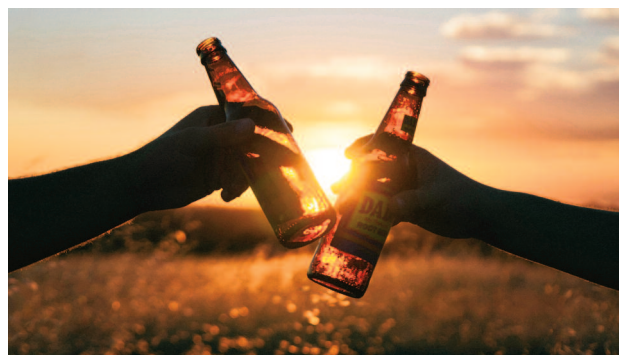
## Father's Day Burgers and Brews!

Father's Day comes once a year, and Quail Park can't wait to celebrate our amazing dads! This year we will celebrate with Burgers and Brews, horse shoes, corn hole, golf, and much more!

Summertime is not complete without an ice cold Root Beer along with a juicy BBQ burger, combine them with a celebration for our father's and we've got a party!

Family members and friends, please provide a photo of dad when he was younger, we will play 'Guess the Dad' and see who is who!

Please submit photos to [nicolep@qpmcwestseattle.com](mailto:nicolep@qpmcwestseattle.com)



## June Highlights!

- Friday's Karaoke Happy Hour!
- Wednesday's Garden Club
- Father's Day Burgers and Brews
- Daily Virtual Kare Fitness
- Thursday's and Saturday's Patio Party!
- June 23rd at 4pm Virtual Support Group Meeting



**RESIDENCES of West Seattle**  
 4515 41st Ave SW • Seattle, WA 98116  
 (206) 633-2273 • [www.qpmcwestseattle.com](http://www.qpmcwestseattle.com)



## RESIDENCES of West Seattle

### Virtual Kare at Quail Park!



Virtual Kare clinical specialists use technology to expand access and availability to exercise and specialized services.

Using proven programs that allow for preventative and continual care, and client involvement, Virtual Kare can maximize health, quality of life, and function.

Virtual Kare delivers convenient, high quality, continuous support to provide superior health care and virtually providing functionally based activity programs.

#### Program Advantages

1. Increase joy and participation
- Reduce loneliness and sense of isolation

This is achieved by:

1. Increasing heart and lung endurance and strength
2. Encouraging movement
  - a. Stretching soft tissues increases/ maintains joint ROM
  - b. Decreases pain
  - c. Allows client to perform ADLs with less effort or assistance.
3. Strengthening muscles to reduce work of daily activities and fall risk.
4. Stimulating the cognitive, visual and auditory systems.

### Quail Park Memory Care West Seattle

**Brian Anderson**  
*Executive Director*

**Dana West**  
*Health and Wellness Director*

**Mandy Black**  
*Dining Services Director*

**Doug Peak**  
*Director of Engineering*

**Nicole Painter**  
*Life Engagement Director*

**Michelle Sanders**  
*Business Office Manager*

**Ed Taylor**  
*Community Relations Director*







SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>7</b> 8:30 Coffee and Spiritual Time DR 9:00 Spiritual Sing Along T 9:30 Psalms and Scripture T <b>10:30 Virtual Kare Fitness!</b> T 1:30 Paint to the Music AR 2:00 Yoga Stretch and Deep Breathing T 2:30 Music and Movement T <b>3:00 Reminisce with iN2L</b> T 6:00 Nature Documentary T	<b>1</b> 8:30 Coffee and Conversation DR 9:00 Short Stories and Poems AR 9:30 Name That Tune T <b>10:30 Virtual Kare Fitness</b> T <b>1:30 iN2L Chair Travel</b> T <b>2:00 Cooking Club</b> AR 3:00 Music and Memories T 3:00 One to One Manicures and Hand Massage 6:00 Resident Choice Movie T	<b>2</b> 8:30 Coffee and Music T 9:00 Idioms and Phrases T 9:30 This Day in History T <b>10:30 Virtual Kare Fitness!</b> T <b>1:30 Music Bingo!</b> DR 1:30 Nature Documentary T 2:00 Tai Chi and Meditation FL4 2:30 Aroma Therapy and Hand Massage FL2 2:30 Movie Matinee T 3:00 Table Games and Puzzles DR 6:00 Travel Documentary T	<b>3</b> 8:30 Coffee and Conversation DR <b>9:00 iN2L Music Trivia</b> T <b>9:30 Virtual Kare Fitness!</b> T <b>10:00 Garden Club!</b> AR 10:30 Aroma Therapy and Hand Massage FL2 <b>1:00 iN2L Laugh with Us!</b> T <b>2:00 Craft Corner</b> AR 6:00 Classic Movie Collection T	<b>4</b> 8:30 Coffee and Music DR 9:00 Finish the Lyrics T 9:00 Current Event Discussion Group FL4 <b>9:30 iN2L Karaoke!</b> T <b>10:30 Virtual Kare Fitness!</b> T 1:30 Chair Travel T <b>2:00 Patio Party!</b> AR 3:00 Aroma Therapy and Hand Massage AR 3:00 Stretch and Flex T 6:00 Resident Choice Movie T	<b>5</b> 8:30 Coffee and Conversation T <b>9:00 iN2L Trivia Games!</b> T 9:30 Sing Along T <b>10:30 Virtual Kare Fitness!</b> T 1:00 Nature Documentary T <b>2:00 Karaoke Happy Hour!</b> DR 3:00 Putt Putt Golf T <b>3:30 Reminisce with iN2L</b> T 6:00 Friday Night Movie T	<b>6</b> 8:30 Coffee and Conversation T <b>9:00 iN2L Games!</b> T <b>9:30 Virtual Kare Fitness!</b> T 10:30 Poetry and Short Stories AR 1:30 Nature Scenes T <b>2:00 Patio Party!</b> DR 3:00 Bingo! DR 3:00 Finish the Lyrics! T 6:00 Color Creations AR
<b>14</b> <b>Flag Day!</b> 8:30 Coffee and Spiritual Time DR 9:00 Spiritual Sing Along T 9:30 Psalms and Scripture T <b>10:30 Virtual Kare Fitness!</b> T 1:30 Paint to the Music AR 2:00 Yoga Stretch and Deep Breathing T <b>2:30 Flag Day Sing Along</b> T <b>3:00 Reminisce with iN2L</b> T 6:00 Nature Documentary T	<b>8</b> 8:30 Coffee and Conversation DR 9:00 Short Stories and Poems AR 9:30 Name That Tune T <b>10:30 Virtual Kare Fitness!</b> T <b>1:30 iN2L Chair Travel</b> T <b>2:00 Cooking Club</b> AR 3:00 Music and Memories T 3:00 One to One Manicures and Hand Massage 6:00 Resident Choice Movie T	<b>9</b> 8:30 Coffee and Music T 9:30 This Day in History T <b>10:30 Virtual Kare Fitness!</b> T 1:30 Watercolor Creations AR <b>1:30 Music Bingo!</b> DR 2:00 Tai Chi and Meditation T 2:30 Aroma Therapy and Hand Massage AR 2:30 Movie Matinee T 3:00 Table Games and Puzzles DR 6:00 Travel Documentary T	<b>10</b> 8:30 Coffee and Conversation DR <b>9:00 iN2L Music Trivia</b> T <b>9:30 Virtual Kare Fitness!</b> T <b>10:00 Garden Club!</b> AR 10:30 Aroma Therapy and Hand Massage FL2 <b>1:00 iN2L Laugh with Us!</b> T 2:00 Craft Corner AR 6:00 Classic Movie Collection T	<b>11</b> 8:30 Coffee and Music DR 9:00 Finish the Lyrics T 9:00 Current Event Discussion Group FL4 <b>9:30 iN2L Karaoke!</b> T <b>10:30 Virtual Kare Fitness!</b> T 1:30 Chair Travel T <b>2:00 Patio Party!</b> AR 3:00 Aroma Therapy and Hand Massage AR 3:00 Stretch and Flex T 6:00 Resident Choice Movie T	<b>12</b> 8:30 Coffee and Conversation T <b>9:00 iN2L Trivia Games!</b> T 9:30 Sing Along T <b>10:30 Virtual Kare Fitness!</b> T 1:00 Nature Documentary T <b>2:00 Karaoke Happy Hour!</b> DR 3:00 Putt Putt Golf T 6:00 Friday Night Movie T	<b>13</b> 8:30 Coffee and Conversation T <b>9:00 iN2L Games!</b> T <b>9:30 Virtual Kare Fitness!</b> T 10:30 Poetry and Short Stories AR 1:30 Nature Scenes T <b>2:00 Patio Party!</b> DR 3:00 Bingo! DR 3:00 Finish the Lyrics! T 6:00 Color Creations AR
<b>21</b> <b>Father's Day</b> 8:30 Coffee and Spiritual Time DR 9:00 Spiritual Sing Along T 9:30 Psalms and Scripture T <b>10:30 Virtual Kare Fitness!</b> T <b>11:45 Father's Day Lunch: Burgers and Brews</b> <b>2:00 Golf, Horse Shoe, and Cornhole Games</b> <b>3:00 Reminisce with iN2L</b> T 6:00 Nature Documentary T	<b>15</b> 8:30 Coffee and Conversation DR 9:00 Short Stories and Poems AR 9:30 Name That Tune T <b>10:30 Virtual Kare Fitness!</b> T <b>1:30 iN2L Chair Travel</b> T <b>2:00 Cooking Club</b> AR 3:00 Music and Memories T 3:00 One to One Manicures and Hand Massage 6:00 Resident Choice Movie T	<b>16</b> 8:30 Coffee and Music T 9:30 This Day in History T <b>10:30 Virtual Kare Fitness!</b> T 1:00 Sing Along Fun! T <b>1:30 Music Bingo!</b> DR 1:30 Nature Documentary T 2:00 Tai Chi and Meditation T 2:30 Aroma Therapy and Hand Massage AR 2:30 Movie Matinee T 3:00 Table Games and Puzzles DR 6:00 Travel Documentary T	<b>17</b> 8:30 Coffee and Conversation DR <b>9:00 iN2L Music Trivia</b> T <b>9:30 Virtual Kare Fitness!</b> T <b>10:00 Garden Club!</b> AR 10:30 Aroma Therapy and Hand Massage FL2 <b>1:00 iN2L Laugh with Us!</b> T <b>2:00 Craft Corner</b> AR 6:00 Classic Movie Collection T	<b>18</b> 8:30 Coffee and Music DR 9:00 Finish the Lyrics T 9:00 Current Event Discussion Group FL4 <b>9:30 iN2L Karaoke!</b> T <b>10:30 Virtual Kare Fitness!</b> T 1:30 Chair Travel T <b>2:00 Patio Party!</b> AR 3:00 Aroma Therapy and Hand Massage AR 3:00 Stretch and Flex T 6:00 Resident Choice Movie T	<b>19</b> 8:30 Coffee and Conversation T <b>9:00 iN2L Trivia Games!</b> T 9:30 Sing Along T <b>10:30 Virtual Kare Fitness!</b> T 1:00 Nature Documentary T <b>2:00 Karaoke Happy Hour!</b> DR 3:00 Putt Putt Golf T 6:00 Friday Night Movie T	<b>20</b> 8:30 Coffee and Conversation T <b>9:00 iN2L Games!</b> T <b>9:30 Virtual Kare Fitness!</b> T 10:30 Poetry and Short Stories AR 1:30 Nature Scenes T <b>2:00 Patio Party!</b> DR 3:00 Bingo! DR 3:00 Finish the Lyrics! T 6:00 Color Creations AR
<b>28</b> 8:30 Coffee and Spiritual Time DR 9:00 Spiritual Sing Along T 9:30 Psalms and Scripture T <b>10:30 Virtual Kare Fitness!</b> T 1:30 Paint to the Music AR 2:00 Yoga Stretch and Deep Breathing T 2:30 Music and Movement T <b>3:00 Reminisce with iN2L</b> T 6:00 Nature Documentary T	<b>22</b> 8:30 Coffee and Conversation DR 9:00 Short Stories and Poems AR 9:30 Name That Tune T <b>10:30 Virtual Kare Fitness!</b> T <b>1:30 iN2L Chair Travel</b> T <b>2:00 Cooking Club</b> AR 3:00 Music and Memories T 3:00 One to One Manicures and Hand Massage 6:00 Resident Choice Movie T	<b>23</b> 8:30 Coffee and Music T 9:30 This Day in History T <b>10:30 Virtual Kare Fitness!</b> T <b>1:30 Music Bingo!</b> DR 1:30 Watercolor Creations AR 2:00 Tai Chi and Meditation T 2:30 Aroma Therapy and Hand Massage AR 2:30 Movie Matinee T 3:00 Table Games and Puzzles DR 6:00 Travel Documentary T	<b>24</b> 8:30 Coffee and Conversation DR 9:00 iN2L Music Trivia T <b>9:30 Virtual Kare Fitness!</b> T <b>10:00 Garden Club!</b> AR 10:30 Aroma Therapy and Hand Massage FL2 <b>1:00 iN2L Laugh with Us!</b> T <b>2:00 Craft Corner</b> AR 6:00 Classic Movie Collection T	<b>25</b> 8:30 Coffee and Music DR 9:00 Finish the Lyrics T 9:00 Current Event Discussion Group FL4 <b>9:30 iN2L Karaoke!</b> T <b>10:30 Virtual Kare Fitness!</b> T 1:30 Chair Travel T <b>2:00 Patio Party!</b> AR 2:30 Aroma Therapy and Hand Massage AR 2:30 Stretch and Flex T 6:00 Resident Choice Movie T	<b>26</b> 8:30 Coffee and Conversation T <b>9:00 iN2L Trivia Games!</b> T 9:30 Sing Along T <b>10:30 Virtual Kare Fitness!</b> T 1:00 Nature Documentary T <b>2:00 Karaoke Happy Hour!</b> DR 3:00 Putt Putt Golf T 6:00 Friday Night Movie T	<b>27</b> 8:30 Coffee and Conversation T <b>9:00 iN2L Games!</b> T <b>9:30 Virtual Kare Fitness!</b> T 10:30 Poetry and Short Stories AR 1:30 Nature Scenes T <b>2:00 Patio Party!</b> DR 3:00 Bingo! DR 3:00 Finish the Lyrics! T 6:00 Color Creations AR
<b>29</b> 8:30 Coffee and Conversation DR 9:00 Short Stories and Poems AR 9:30 Name That Tune T <b>10:30 Virtual Kare Fitness!</b> T <b>1:30 iN2L Chair Travel</b> T <b>2:00 Cooking Club</b> AR 3:00 Music and Memories T 3:00 One to One Manicures and Hand Massage 6:00 Resident Choice Movie T	<b>30</b> 8:30 Coffee and Music T 9:30 This Day in History T <b>10:30 Virtual Kare Fitness!</b> AR <b>1:30 Music Bingo!</b> DR 1:30 Nature Documentary T 2:00 Tai Chi and Meditation T 2:30 Aroma Therapy and Hand Massage AR 2:30 Movie Matinee T 3:00 Table Games and Puzzles DR 6:00 Travel Documentary T					



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### LOCATION KEY

- AR - Activity Room
- BUS - Bus Trip
- DR - Dining Room
- FL2 - Second Floor
- FL3 - Third Floor
- FL4 - Fourth Floor
- T - Theater
- T2 - Second Floor Terrace
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Events are subject to change.