

Caregiver Support Group with Betsy!

Join our monthly Zoom Support Group Meeting with Betsy!

Betsy Zuber, MS, GMHS, LMHC, is a Licensed Mental Health Counselor and has been providing mental health services to adults, older adults and their families for 26 years.

Please email Ed Taylor at edwardt@qpmcwestseattle.com for details!



Quail Park Town Hall Meeting

Resident family and friends, you are invited you join our monthly Town Hall meeting, every last Wednesday of the month at 4pm.

This is a Zoom meeting to voice your questions and concerns regarding your loved one.

Please see your email for the Zoom invite.

We look forward to seeing you all there!



Refer a Friend!

Receive \$2,500 when you refer a friend that becomes a Resident at Quail Park West Seattle!

Please email Ed at edwardt@qpmcwestseattle.com for details



RESIDENCES of West Seattle
4515 41st Ave SW • Seattle, WA 98116
(206) 633-2273 • www.qpmcwestseattle.com



RESIDENCES of West Seattle

Our Employees of the Month!

Our Employees of the Month are Jahzeel and My! Jahzeel is wonderful with the residents, and always has a smile on his face. He currently holds 3 positions at Quail Park, two in the kitchen and now a new role working with Doug our Director of Engineering!

My a is dedicated to the care and safety of our residents! My is caring, compassionate, and extremely hard working. My is loved by residents and staff, and is a wonderful and important asset to our community.



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

October Highlights!

October 1st Homemade Cookie Day- Make Yummy Cookies!

Oct 2nd Name Your Car Day

Oct 3rd World Card Making Day

Oct. 5th Do Something Nice Day- Treat Bags for Friends!

Oct. 6th Mad Hatter Day-Tea Party!

Oct. 12th Columbus Day -Fun with Trivia

Oct. 31st Halloween! Party and Costume Parade!





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TUESDAY WEDNESDAY

LOCATION KEY

AR - Activity Room
BUS - Bus Trip
DR - Dining Room
FL2 - Second Floor
FL3 - Third Floor
FL4 - Fourth Floor
T - Theater

Events are subject to change.

SUNDAY

4
8:30 Coffee and Spiritual Time DR
9:00 Spiritual Sing Along T
9:30 Psalms and Scripture T
10:30 Virtual Kare Fitness! T
1:30 Paint to the Music AR
2:30 Music and Movement T
3:00 Reminisce with iN2L T
6:00 Nature Documentary T

11
8:30 Coffee and Spiritual Time DR
9:00 Spiritual Sing Along T
9:30 Psalms and Scripture T
10:30 Virtual Kare Fitness! T
1:30 Paint to the Music AR
2:30 Music and Movement T
3:00 Reminisce with iN2L T
6:00 Nature Documentary T

18
8:30 Coffee and Spiritual Time DR
9:00 Spiritual Sing Along T
9:30 Psalms and Scripture T
10:30 Virtual Kare Fitness! T
1:30 Paint to the Music AR
2:30 Music and Movement T
3:00 Reminisce with iN2L T
6:00 Nature Documentary T

25
8:30 Coffee and Spiritual Time DR
9:00 Spiritual Sing Along T
9:30 Psalms and Scripture T
10:30 Virtual Kare Fitness! T
1:30 Paint to the Music AR
2:30 Music and Movement T
3:00 Reminisce with iN2L T
6:00 Nature Documentary T

MONDAY

5 Do Something Nice Day!
8:30 Coffee and Conversation DR
9:00 Short Stories and Poems AR
9:30 Name That Tune T
10:30 Virtual Kare Fitness! T
1:30 iN2L Chair Travel T
2:00 Cooking Club: Treat Bags for Do Something Nice Day! DR
3:00 One to One Manicures and Hand Massage T
6:00 Resident Choice Movie T

12 Columbus Day!
8:30 Coffee and Conversation DR
9:00 Short Stories and Poems AR
9:30 iN2L Columbus Day Trivia! T
10:30 Virtual Kare Fitness! T
1:30 iN2L Chair Travel T
2:00 Cooking Club DR
3:00 One to One Manicures and Hand Massage T
6:00 Resident Choice Movie T

19
8:30 Coffee and Conversation DR
9:00 Short Stories and Poems AR
9:30 Name That Tune T
10:30 Virtual Kare Fitness! T
1:30 iN2L Chair Travel T
2:00 Cooking Club AR
3:00 One to One Manicures and Hand Massage T
6:00 Resident Choice Movie T

26
8:30 Coffee and Conversation DR
9:00 Short Stories and Poems AR
9:30 Name That Tune T
10:30 Virtual Kare Fitness! T
1:30 iN2L Chair Travel T
2:00 Cooking Club DR
3:00 One to One Manicures and Hand Massage T
6:00 Resident Choice Movie T

6 Mad Hatter Day!
8:30 Coffee and Music T
9:00 Idioms and Phrases T
9:30 This Day in History T
10:30 Virtual Kare Fitness! T
1:30 Scenic Drive! BUS
1:30 Movie Matinee T
3:00 Mad Hatter Tea Party! DR
6:00 Comedy Movie Night! T

13
8:30 Coffee and Music T
9:30 This Day in History T
10:30 Virtual Kare Fitness! T
1:30 Scenic Drive! BUS
1:30 Movie Matinee T
3:00 Afternoon Tea and Cider! DR
6:00 Comedy Movie Night! T

20
8:30 Coffee and Music T
9:30 This Day in History T
10:30 Virtual Kare Fitness! T
1:30 Scenic Drive! BUS
1:30 Movie Matinee T
3:00 Afternoon Tea and Cider! DR
6:00 Comedy Movie Night! T

27
8:30 Coffee and Music T
9:30 This Day in History T
10:30 Virtual Kare Fitness! T
1:30 Scenic Drive BUS
1:30 Movie Matinee T
3:00 Afternoon Tea and Cider! DR
6:00 Comedy Movie Night! T

WEDNESDAY

7
8:30 Coffee and Conversation DR
9:00 iN2L Music Trivia T
9:30 Virtual Kare Fitness! T
10:00 Craft Corner AR
1:00 iN2L Laugh with Us! T
2:00 Garden Club! AR
3:00 Manicures and Aroma Therapy Hand Massage T
6:00 Classic Movie Collection T

14
8:30 Coffee and Conversation DR
9:00 iN2L Music Trivia T
9:30 Virtual Kare Fitness! T
10:00 Craft Corner AR
1:00 iN2L Laugh with Us! T
2:00 Garden Club! AR
3:00 Manicures and Aroma Therapy Hand Massage T
6:00 Classic Movie Collection T

21
8:30 Coffee and Conversation DR
9:00 iN2L Music Trivia T
9:30 Virtual Kare Fitness! T
10:00 Craft Corner AR
1:00 iN2L Laugh with Us! T
2:00 Garden Club! AR
3:00 Manicures and Aroma Therapy Hand Massage T
6:00 Classic Movie Collection T

28
8:30 Coffee and Conversation DR
9:00 iN2L Music Trivia T
9:30 Virtual Kare Fitness! T
10:00 Craft Corner AR
1:00 iN2L Laugh with Us! T
2:00 Garden Club! AR
3:00 Manicures and Aroma Therapy Hand Massage T
6:00 Classic Movie Collection T

THURSDAY

1 Homemade Cookie Day!
8:30 Coffee and Music DR
9:00 Current Event Discussion Group T
9:30 Music and Memories T
10:00 Virtual Kare Fitness! T
1:30 Chair Travel T
2:00 Cookie Baking Fun National Homemade Cookie Day! DR
3:30 Famous Faces Bingo! T
6:00 Resident Choice Movie T

8
8:30 Coffee and Music DR
9:00 Current Event Discussion Group T
9:30 Music and Memories T
10:00 Virtual Kare Fitness! T
1:30 Chair Travel T
2:00 Yoga Stretch to the Music T
3:00 Famous Faces Bingo! T
6:00 Resident Choice Movie T

15
8:30 Coffee and Music DR
9:00 Current Event Discussion Group T
9:30 Music and Memories T
10:00 Virtual Kare Fitness! T
1:30 Chair Travel T
2:00 Yoga Stretch to the Music T
3:00 Famous Faces Bingo! T
6:00 Resident Choice Movie T

22
8:30 Coffee and Music DR
9:00 Current Event Discussion Group T
9:30 Music and Memories T
10:00 Virtual Kare Fitness! T
1:30 Chair Travel T
2:00 Yoga Stretch to the Music T
3:00 Famous Faces Bingo! T
6:00 Resident Choice Movie T

29
8:30 Coffee and Music DR
9:00 Current Event Discussion Group T
9:30 Music and Memories T
10:00 Virtual Kare Fitness! T
1:30 Chair Travel T
2:00 Yoga Stretch to the Music T
3:00 Famous Faces Bingo! T
6:00 Resident Choice Movie T

FRIDAY

2 Name Your Car Day!
8:30 Coffee and Conversation T
9:00 iN2L Trivia Games! T
9:30 Sing Along T
10:00 Virtual Kare Fitness! T
1:00 Nature Documentary T
2:00 Karaoke Happy Hour DR
3:00 Putt Putt Golf T
3:30 Reminisce with iN2L: Classic Cars and Stories T
6:00 Friday Night Movie T

9
8:30 Coffee and Conversation T
9:00 iN2L Trivia Games! T
9:30 Sing Along T
10:00 Virtual Kare Fitness! T
1:00 Nature Documentary T
2:00 Karaoke Happy Hour! DR
3:00 Putt Putt Golf T
6:00 Friday Night Movie T

16
8:30 Coffee and Conversation T
9:00 iN2L Trivia Games! T
9:30 Sing Along T
10:00 Virtual Kare Fitness! T
1:00 Nature Documentary T
2:00 Karaoke Happy Hour! DR
3:00 Putt Putt Golf T
6:00 Friday Night Movie T

23
8:30 Coffee and Conversation T
9:00 iN2L Trivia Games! T
9:30 Sing Along T
10:00 Virtual Kare Fitness! T
1:00 Nature Documentary T
2:00 Karaoke Happy Hour! DR
3:00 Putt Putt Golf T
6:00 Friday Night Movie T

30
8:30 Coffee and Conversation T
9:00 iN2L Trivia Games! T
9:30 Sing Along T
10:00 Virtual Kare Fitness! T
1:00 Nature Documentary T
2:00 Karaoke Happy Hour! DR
3:00 Putt Putt Golf T
6:00 Friday Night Movie T

SATURDAY

3 World Card Making Day!
8:30 Coffee and Conversation AR
9:00 Collage Creations AR
10:00 Virtual Kare Fitness! T
10:30 Poetry and Short Stories AR
1:30 Nature Scenes T
2:00 Card Making Extravaganza! DR
3:00 Music Bingo! DR
6:00 Color Creations AR

10
8:30 Coffee and Conversation AR
9:00 Collage Creations AR
9:30 Fun with iN2L! T
10:00 Virtual Kare Fitness! T
10:30 Poetry and Short Stories AR
1:30 Nature Scenes T
2:00 Fun with Horseshoes! T
3:00 Music Bingo! DR
6:00 Color Creations AR

17
8:30 Coffee and Conversation AR
9:00 Collage Creations AR
9:30 Fun with iN2L! T
10:00 Virtual Kare Fitness! T
10:30 Poetry and Short Stories AR
1:30 Nature Scenes T
2:00 Fun with Horseshoes! T
3:00 Music Bingo! DR
6:00 Color Creations AR

24
8:30 Coffee and Conversation AR
9:00 Collage Creations AR
9:30 Fun with iN2L! T
10:00 Virtual Kare Fitness! T
10:30 Poetry and Short Stories AR
1:30 Nature Scenes T
2:00 Fun with Horseshoes! T
3:00 Music Bingo! DR
6:00 Color Creations AR

31 Halloween!
8:30 Coffee and Conversation AR
9:00 iN2L Halloween Fun! AR
10:00 Virtual Kare Fitness! T
10:30 Poetry and Short Stories AR
1:30 Nature Scenes T
2:00 Halloween Party and Costume Parade! DR
3:30 Halloween Movie Matinee! T
6:00 Color Creations AR