

## Monthly 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 older adults and their families for over 26 years. Please see your email for the Zoom invite from Ed or *RSVP at [edwardt@qpmcwestseattle.com](mailto:edwardt@qpmcwestseattle.com)*



*RSVP at [edwardt@qpmcwestseattle.com](mailto:edwardt@qpmcwestseattle.com)*

## Monthly Town Hall Ask Anything

Resident family and friends, you are invited to join us for our monthly

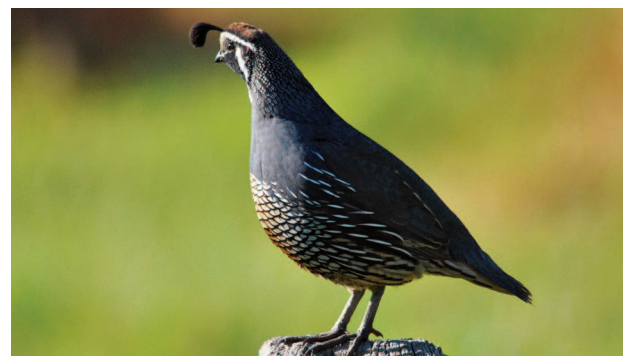
Town Hall meeting. This is a Zoom meeting to voice your questions and concerns regarding your loved one. Please see your email for the Zoom invite to attend the meeting. We look forward to seeing you all there!



## Refer a Friend to Quail Park Memory Care!

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

Please email Ed Taylor at [edwardt@qpmcwestseattle.com](mailto:edwardt@qpmcwestseattle.com) or Brian Anderson at [BrianA@qpmcwestseattle.com](mailto:BrianA@qpmcwestseattle.com) for details!



## RESIDENCES of West Seattle

### Happy New Year from QPMC!

We look forward to new beginnings, feelings of family and togetherness and good surprises in the New Year. Happy New Year to All or Family, Friends, and Neighbors!

Here are some January 2021 Highlights:

-New Year's Day and National Holiday and Observance Celebrations

-Daily Health and Fitness Focusing on Health and Vitality in the New Year!

-Garden Club: Getting Ready for Spring!  
-Weekly Happy Hours, Tea Parties and More!



*Happy New Year!*

### 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*

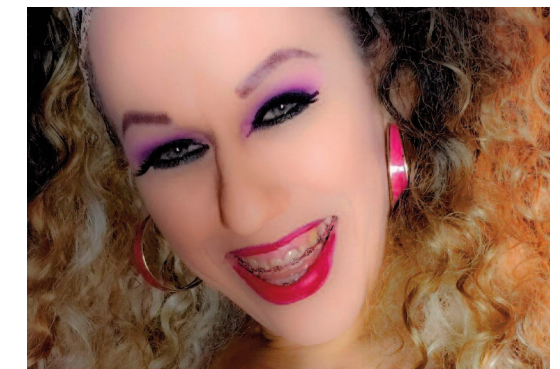
**Ed Taylor**  
*Community Relations Director*

### Valeria is Employee of the Month!

Valeria is our Employees of the Month! Valeria is in our House Keeping Department here at QPMC, she is a caring individual that knows each of our residents on a personal level. Valeria goes above and beyond, and is

always willing to help! Valeria is caring and compassionate,

and it shows when she is interacting with our residents. Valeria, Thank you for your dedication and hard work!



### RESIDENCES of West Seattle

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

*A Senior Lifestyle Community*





## SUNDAY

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8:30	Coffee and Spiritual Time	DR
9:00	Spiritual Hymns	T
10:00	Virtual Religious Services and Scripture	T
1:30	Chair Yoga with Music	T
2:00	Virtual Fitness!	T
2:30	Paint to the Music	AR
6:00	Nature Documentary	T

## MONDAY



## TUESDAY

RESIDENCES  
of West Seattle

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Seattle, WA 98116  
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www.qpmcwestseattle.com

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

## LOCATION KEY

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

Events are subject to change.

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8:30	Coffee and Spiritual Time	DR
9:00	Spiritual Hymns	T
10:00	Virtual Religious Services and Scripture	T
1:30	Chair Yoga with Music	AR
2:00	Virtual Fitness!	T
2:30	Paint to the Music	T
6:00	Sunday Evening Movie	T

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## National Trivia Day!

8:30	Coffee and Conversation	DR
9:00	iN2L Music Trivia	T
9:30	Chair Yoga with Music	T
10:30	Virtual Fitness!	T
1:30	iN2L Chair Travel	T
2:00	Music Bingo Jukebox Edition!	DR
3:00	One to One Manicures and Hand Massage	
6:00	Resident Choice Movie	T

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## World Bird Day

8:30	Coffee and Music	T
9:00	iN2L Bird Trivia and Fun Facts!	T
9:30	Chair Yoga with Music	T
10:00	Virtual Fitness!	T
1:30	Feathered Friends Documentary	T
2:00	Afternoon Tea Party	DR
3:00	Bird Bingo!	DR
6:00	Comedy Movie Night!	T

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

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8:30	Coffee and Music	DR
9:00	Current Event Discussion Group	T
9:30	Chair Yoga with Music	T
10:00	Virtual Fitness!	T
1:30	Chair Travel	T
2:00	Cooking Club	T
3:00	Afternoon Matinee	T
6:00	Resident Choice Movie	T

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8:30	Coffee and Conversation	T
9:00	iN2L Trivia Games!	T
9:30	Chair Yoga and Music	T
10:00	Virtual Fitness!	T
1:00	Music Documentary	T
2:00	Happy Hour: Mocktails and Appetizers	DR
6:00	Friday Night Movie	T

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8:30	Coffee and Conversation	
9:00	iN2L Group Games	AR
9:30	Chair Yoga with Music	T
10:00	Virtual Fitness!	T
10:30	Poetry and Short Stories	AR
1:30	Travel Documentary	AR
2:00	Craft Corner	AR
3:00	Music Bingo!	DR
6:00	Nature Scenes	T

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8:30	Coffee and Spiritual Time	DR
9:00	Spiritual Hymns	T
10:00	Virtual Religious Services and Scripture	T
1:30	Chair Yoga with Music	T
2:00	Virtual Fitness!	T
2:30	Paint to the Music	AR
6:00	Nature Documentary	T

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8:30	Coffee and Conversation	DR
9:00	iN2L Music Trivia	T
9:30	Chair Yoga with Music	T
10:30	Virtual Fitness!	T
1:30	iN2L Chair Travel	T
2:00	Music Bingo Jukebox Edition!	DR
3:00	One to One Manicures and Hand Massage	
6:00	Resident Choice Movie	T

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## National Hot Tea Day!

8:30	Coffee and Music	T
9:00	iN2L Idioms and Phrases	T
9:30	Chair Yoga with Music	T
10:00	Virtual Fitness!	T
1:30	Cultural Documentary	T
2:00	Afternoon Tea Party!	DR
3:00	iN2L Finish the Lyrics!	T
6:00	Comedy Movie Night!	T

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

14 US Revolution Anniversary

8:30	Coffee and Music	DR
9:00	Ratification Day Fun Facts and Trivia: US Revolution	T
9:30	Chair Yoga with Music	T
10:00	Virtual Fitness!	T
1:30	Chair Travel	T
2:00	Cooking Club	T
3:00	Afternoon Matinee	T
6:00	Resident Choice Movie	T

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8:30	Coffee and Conversation	T
9:00	iN2L Trivia Games!	T
9:30	Chair Yoga with Music	T
10:00	Virtual Fitness!	T
1:00	Historical Documentary	T
2:00	Happy Hour: Mocktails and Appetizers!	DR
6:00	Friday Night Movie	T

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8:30	Coffee and Conversation	DR
9:00	iN2L Group Games	T
9:30	Chair Yoga with Music	T
10:00	Virtual Fitness!	T
10:30	Poetry and Short Stories	AR
1:30	Travel Documentary	T
2:00	Craft Corner	T
3:00	Music Bingo!	DR
6:00	Nature Scenes	T

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8:30	Coffee and Spiritual Time	DR
9:00	Spiritual Hymns	T
10:00	Virtual Religious Services and Scripture	T
1:30	Chair Yoga with Music	T
2:00	Virtual Fitness!	T
2:30	Paint to the Music	AR
6:00	Nature Documentary	T

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8:30	Coffee and Conversation	DR
9:00	iN2L Music Trivia	T
9:30	Chair Yoga with Music	T
10:00	Virtual Fitness!	T
1:30	iN2L Chair Travel	T
2:00	Music Bingo Jukebox Edition!	DR
3:00	One to One Manicures and Hand Massage	
6:00	Resident Choice Movie	T

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## National Popcorn Day!

8:30	Coffee and Music	T
9:00	History of Popcorn	T
9:30	Chair Yoga with Music	T
10:00	Virtual Fitness!	T
1:30	Travel Documentary	T
2:00	Afternoon Tea Party and Popcorn Nibbles	DR
3:00	iN2L Finish the Lyrics!	T
6:00	Comedy Movie Night!	T

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

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8:30	Coffee and Music	DR
9:00	Current Event Discussion Group	T
9:30	Chair Yoga and Music	T
10:00	Virtual Fitness!	T
1:30	Chair Travel	T
2:00	Cooking Club	T
3:00	Afternoon Matinee	T
6:00	Resident Choice Movie	T

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8:30	Coffee and Conversation	T
9:00	iN2L Trivia Games!	T
9:30	Chair Yoga and Music	T
10:00	Virtual Fitness!	T
1:00	Nature Documentary	T
2:00	Happy Hour: Mocktails and Appetizers!	DR
6:00	Friday Night Movie	T

23

8:30	Coffee and Conversation	DR
9:00	iN2L Group Games	T
9:30	Chair Yoga with Music	T
10:00	Virtual Fitness!	T
10:30	Poetry and Short Stories	AR
1:30	Travel Documentary	T
2:00	Craft Corner	AR
3:00	Music Bingo!	DR
6:00	Nature Scenes	T

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8:30	Coffee and Spiritual Time	DR
9:00	Spiritual Hymns	T
10:00	Virtual Religious Services and Scripture	T
1:30	Chair Yoga with Music	T
2:00	Virtual Fitness!	T
2:30	Paint to the Music	AR
6:00	Nature Documentary	T

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8:30	Coffee and Conversation	DR
9:00	iN2L Music Trivia	T
9:30	Chair Yoga with Music	T
10:00	Virtual Fitness!	T
1:30	iN2L Chair Travel	T
2:00	Music Bingo Jukebox Edition!	DR
3:00	One to One Manicures and Hand Massage	
6:00	Resident Choice Movie	T

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8:30	Coffee and Music	T
9:00	iN2L Idioms and Phrases	T
9:30	Chair Yoga with Music	T
10:00	Virtual Fitness!	T
1:30	Travel Documentary	T
2:00	Afternoon Tea Party!	DR
3:00	iN2L Finish the Lyrics!	T
6:00	Comedy Movie Night!	T

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

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8:30	Coffee and Music	DR
9:00	Current Event Discussion Group	T
9:30	Chair Yoga and Music	T
10:00	Virtual Fitness!	T
1:30	Chair Travel	T
2:00	Cooking Club	DR
3:00	Afternoon Matinee	T
6:00	Resident Choice Movie	T

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8:30	Coffee and Conversation	T
9:00	iN2L Trivia Games!	T
9:30	Chair Yoga with Music	T
10:00	Virtual Fitness!	T
1:00	Nature Documentary	T
2:00	Happy Hour: Mocktails and Appetizers!	DR
6:00	Friday Night Movie	T

30

8:30	Coffee and Conversation	
9:00	iN2L Group Games	T
9:30	Chair Yoga with Music	T
10:00	Virtual Fitness!	T
10:30	Poetry and Short Stories	AR
1:30	Travel Documentary	T
2:00	Craft Corner	AR
3:00	Music Bingo!	DR
6:00	Nature Scenes	T