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



RSVP at edwardt@gpmcwestseattle.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 or Brian Anderson at BrianA@qpmcwestseattle.com for details!





RESIDENCES of West Seattle

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





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



and is

RESIDENCES of West Seattle

Happy New Year from QPMC!

We look forward to new beginnings, feelings of family and togetherness and good suprises 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!

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,

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!





A Senior Lifestyle Community 🥥 🎿

A Senior Lifestyle Community

JANUARY 2021

	SUNDAY		MONDAY		TUESDAY		WEDNESDA	٩Y	THURSDAY	1
31 8:30	0 Coffee and Spiritual	DR	R		RESIDENCES		LOCATION KEY			
	Time 0 Spiritual Hymns 0 Virtual Religious Services	T T	Quail Park		of West Seattle		AR - Activity Room BUS - Bus Trip		-	
1:3	and Scripture 0 Chair Yoga with Music	Т	Memory Care		4515 41st Ave SW Seattle, WA 98116		DR - Dining Room		-	
2:30	0 Virtual Fitness!0 Paint to the Music0 Nature Documentary	T AR T			(206) 633-2273		FL2 - Second Floor FL3 - Third Floor		-	
	ý				www.qpmcwestseattle.com	1	FL4 - Fourth Floor		- Events are subject to change	ð.
3			4 National Trivia Day!		5 World Bird Day		6		7	٦
	0 Coffee and Spiritual Time 0 Spiritual Hymns	DR T	8:30 Coffee and Conversation9:00 iN2L Music Trivia9:30 Chair Yoga with Music	DR T T	8:30 Coffee and Music 9:00 iN2L Bird Trivia and Fun Facts!	T T	8:30 Coffee and Conversation9:00 iN2L Music Trivia9:30 Chair Yoga with Music	DR T T	8:30 Coffee and Music DR 9:00 Current Event Discussion T Group	
10:00	 Virtual Religious Services and Scripture 	T	10:30 Virtual Fitness! 1:30 iN2L Chair Travel	T T	9:30 Chair Yoga with Music 10:00 Virtual Fitness!	T T	10:00 Virtual Fitness! 1:00 iN2L Laugh with Us!	T T	9:30 Chair Yoga with Music T 10:00 Virtual Fitness! T	
2:00	0 Chair Yoga with Music 0 Virtual Fitness!	AR T	2:00 Music Bingo Jukebox Edition!	DR	1:30 Feathered Friends Documentary	Т	2:00 Garden Club! 3:00 Manicures and Aroma	AR	1:30 Chair TravelT2:00 Cooking ClubT	•
	0 Paint to the Music 0 Sunday Evening Movie	T T	3:00 One to One Manicures and Hand Massage6:00 Resident Choice Movie	Т	2:00 Afternoon Tea Party3:00 Bird Bingo!6:00 Comedy Movie Night!	DR DR T	Therapy Hand Massage 6:00 Classic Movie Collection	Т	3:00 Afternoon MatineeT6:00 Resident Choice MovieT	•
							10			
10 8:30	0 Coffee and Spiritual	DR	8:30 Coffee and Conversation	DR	12 National Hot Tea Day! 8:30 Coffee and Music	Т	13 8:30 Coffee and Conversation	DR	14US Revolution Anniversary8:30Coffee and MusicDR	
	Time 0 Spiritual Hymns 0 Virtual Religious Services	T T	9:00 iN2L Music Trivia 9:30 Chair Yoga with Music 10:30 Virtual Fitness!	T T T	9:00 iN2L Idioms and Phrases 9:30 Chair Yoga with Music 10:00 Virtual Fitness!	T T T	9:00 iN2L Music Trivia 9:30 Chair Yoga with Music 10:00 Virtual Fitness!	T T T	9:00 Ratification Day Fun Facts T and Trivia: US Revolution 9:30 Chair Yoga with Music T	
10:30 1:30	0 and Scripture 0 Chair Yoga with Music	Т	1:30 iN2L Chair Travel 2:00 Music Bingo Jukebox	T DR	1:30 Cultural Documentary 2:00 Afternoon Tea Party!	T DR	1:00 iN2L Laugh with Us! 2:00 Garden Club!	T AR	10:00 Virtual Fitness!T1:30 Chair TravelT	
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0.00	Nature Documentary	1	6:00 Resident Choice Movie	Т				1		
17			18		19 National Popcorn Day	י י	20		21	
	0 Coffee and Spiritual Time	DR	8:30 Coffee and Conversation 9:00 iN2L Music Trivia	DR T	8:30 Coffee and Music 9:00 History of Popcorn	T T	8:30 Coffee and Conversation 9:00 iN2L Music Trivia	DR T	8:30 Coffee and Music DR 9:00 Current Event Discussion T	
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	1	New Year's Day		2	
	8:00	New Year's Day Rose Parade	Т		Coffee and Conversation
	0.00	Celebration	T		iN2L Group Games
		iN2L New Year's Day Trivia	Т		Chair Yoga with Music
		Virtual Fitness! New Year's Space Needle	T T		Virtual Fitness! Poetry and Short Stories
	1.00	Light Show	1		Travel Documentary
	2:00	New Year's Day Happy Hour!	DR		Craft Corner
		Reminisce with iN2L	Т		Music Bingo!
	6:00	Friday Night Movie	Т		Nature Scenes
ange.					
0	8			9	
DR	8:30	Coffee and Conversation	Т	8:30	Coffee and Conversation
Т	9:00	iN2L Trivia Games!	Т		iN2L Group Games
		Chair Yoga and Music	Т		Chair Yoga with Music
T		Virtual Fitness!	T		Virtual Fitness!
T		Music Documentary	Т		Poetry and Short Stories
Т Т	2:00	Happy Hour: Mocktails and	DR		Travel Documentary Craft Corner
T T	6.00	Appetizers Friday Night Movie	Т		Music Bingo!
Ť	0.00	Theay Hight Wovie	1		Nature Scenes
	15			16	
ary DR		Coffee and Conversation	т		Coffee and Conversation
DR T		iN2L Trivia Games!	Т Т		Coffee and Conversation iN2L Group Games
1		Chair Yoga with Music	T		Chair Yoga with Music
Т		Virtual Fitness!	Ť		Virtual Fitness!
Т		Historical Documentary	Т		Poetry and Short Stories
Т	2:00	Happy Hour: Mocktails and	DR		Travel Documentary
T	6.00	Appetizers!	T		Craft Corner
Т	6:00	Friday Night Movie	Т		Music Bingo! Nature Scenes
Т				0:00	Inature Scenes
	20			00	
	22		_	23	~ ~ .
DR		Coffee and Conversation	Т		Coffee and Conversation
Т		iN2L Trivia Games!	Т		iN2L Group Games
Т		Chair Yoga and Music Virtual Fitness!	T T		Chair Yoga with Music Virtual Fitness!
T		Nature Documentary	T T		Poetry and Short Stories
Ť		Happy Hour: Mocktails and	DR		Travel Documentary
Ť		Appetizers!			Craft Corner
Т	6:00	Friday Night Movie	Т	3:00	Music Bingo!
Т				6:00	Nature Scenes
	29			30	
DD		Coffee and Com	T		Coffee and Com t
DR		Coffee and Conversation	Т		Coffee and Conversation

9:00 iN2L Trivia Games!

1:00 Nature Documentary

Appetizers!

6:00 Friday Night Movie

10:00 Virtual Fitness!

9:30 Chair Yoga with Music

2:00 Happy Hour: Mocktails and

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