

## 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. We look forward to seeing you all there!



## Monthly Town Hall Meeting

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!

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



## RESIDENCES of West Seattle

### Gladwell is Employee of the Month!

Gladwell is Employee of the Month! Gladwell is our lead Med Tech and plays a large role as Resident Care Coordinator. She is a wonderful asset to the Quail Park Community! Gladwell is kind and compassionate and has a wonderful way with our residents. Gladwell is always positive and has a kind smile on her face. Gladwell, thank you for all you do for our community, we appreciate you and your hard work and dedication!



### 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*

### April Highlights!

April 1st is April Fool's Day: Silly Jokes and the History of April Fool's Day

April 4th is Easter Sunday: Easter Celebration, Easter Egg Hunt, Easter Hymns and Virtual Church Service

April 22nd is Earth Day: Earth day Trivia and Fun Facts and the History of Earth Day. Cooking Club Earth Day Trail Mix!

•Daily Exercise Strength, Yoga and more-something for everyone!

•Weekly Happy Hours with seasonal Mocktails and Appetizers!

•Weekly Garden Club!

•Weekly Patio Parties! Yay Spring!!





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## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

### 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.

**4** **Easter Sunday!**

8:30 Coffee and Spiritual Time DR

9:00 Easter Spiritual Hymns T

10:00 Virtual Religious Services T

2:00 Easter Celebration and Egg Hunt! DR

6:00 Spring Scenes: Nature Documentary T

**5**

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 Chair Travel T

2:00 Music Bingo Jukebox Edition! DR

3:00 One to One Manicures and Hand Massage T

6:00 Resident Choice Movie T

**6**

8:30 Coffee and Music T

9:00 Music and Memories T

9:30 Chair Yoga with Music T

10:00 Virtual Fitness! T

1:30 Cultural Documentary T

2:00 Afternoon Patio Party! T

3:00 Relaxing Music and Scenes T

6:00 Comedy Movie Night! T

**7**

8:30 Coffee and Conversation DR

9:00 iN2L Group Games! 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 T

6:00 Classic Movie Collection T

**8** **April Fool's Day!**

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 iN2L: Jokes and Funnies! T

2:00 Cooking Club! T

3:00 Afternoon Matinee T

6:00 Resident Choice Movie T

**9**

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 Music Documentary T

2:00 Happy Hour: Mocktails and Appetizers! T

6:00 Friday Night Movie T

**10**

8:30 Coffee and Conversation T

9:00 iN2L Group Games T

9:30 Chair Yoga with Music T

10:00 Virtual Fitness! T

1:30 Poetry and Short Stories T

2:00 Craft Corner T

3:00 Reminisce with iN2L! T

6:00 Evening Movie! T

**11**

8:30 Coffee and Spiritual Time DR

9:00 Spiritual Hymns T

10:00 Virtual Religious Services 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

**12**

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 Chair Travel T

2:00 Music Bingo Jukebox Edition! DR

3:00 One to One Manicures and Hand Massage T

6:00 Resident Choice Movie T

**13**

8:30 Coffee and Music T

9:00 Music and Memories T

9:30 Chair Yoga with Music T

10:00 Virtual Fitness! T

1:30 Cultural Documentary T

2:00 Afternoon Patio Party! T

3:00 Relaxing Music and Scenes T

6:00 Comedy Movie Night! T

**14**

8:30 Coffee and Conversation DR

9:00 iN2L Group Games! 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 T

6:00 Classic Movie Collection T

**15**

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 Music and Memories T

2:00 Cooking Club! T

3:00 Afternoon Matinee T

6:00 Resident Choice Movie T

**16**

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 Music Documentary T

2:00 Happy Hour: Mocktails and Appetizers! T

6:00 Friday Night Movie T

**17**

8:30 Coffee and Conversation T

9:00 iN2L Group Games T

9:30 Chair Yoga with Music T

10:00 Virtual Fitness! T

1:30 Poetry and Short Stories T

2:00 Craft Corner T

3:00 Reminisce with iN2L! T

6:00 Evening Movie! T

**18**

8:30 Coffee and Spiritual Time DR

9:00 Spiritual Hymns T

10:00 Virtual Religious Services 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

**19**

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 Chair Travel T

2:00 Music Bingo Jukebox Edition! DR

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**20**

8:30 Coffee and Music T

9:00 Music and Memories T

9:30 Chair Yoga with Music T

10:00 Virtual Fitness! T

1:30 Cultural Documentary T

2:00 Afternoon Patio Party! T

3:00 Relaxing Music and Scenes T

6:00 Comedy Movie Night! T

**21**

8:30 Coffee and Conversation DR

9:00 iN2L Group Games! 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 T

6:00 Classic Movie Collection T

**22** **Earth Day!**

8:30 Coffee and Music DR

9:00 Earth Day Trivia and Fun Facts! T

9:30 Chair Yoga with Music T

10:00 Virtual Fitness! T

1:30 Nature Scenes T

2:00 Cooking Club! T

3:00 Earth Day Documentary T

6:00 Resident Choice Movie T

**23**

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 Music Documentary T

2:00 Happy Hour: Mocktails and Appetizers! T

6:00 Friday Night Movie T

**24**

8:30 Coffee and Conversation T

9:00 iN2L Group Games T

9:30 Chair Yoga with Music T

10:00 Virtual Fitness! T

1:30 Poetry and Short Stories T

2:00 Craft Corner T

3:00 Reminisce with iN2L! T

6:00 Evening Movie! T

**25**

8:30 Coffee and Spiritual Time DR

9:00 Spiritual Hymns T

10:00 Virtual Religious Services 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

**26**

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 Chair Travel T

2:00 Music Bingo Jukebox Edition! DR

3:00 One to One Manicures and Hand Massage T

6:00 Resident Choice Movie T

**27**

8:30 Coffee and Music T

9:00 Music and Memories T

9:30 Chair Yoga with Music T

10:00 Virtual Fitness! T

1:30 Cultural Documentary T

2:00 Afternoon Patio Party! T

3:00 Relaxing Music and Scenes T

6:00 Comedy Movie Night! T

**28**

8:30 Coffee and Conversation DR

9:00 iN2L Group Games! 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

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**29**

8:30 Coffee and Music DR

9:00 Current Event Discussion Group T

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10:00 Virtual Fitness! T

1:30 Music and Memories T

2:00 Cooking Club! T

3:00 Afternoon Matinee T

6:00 Resident Choice Movie T

**30**

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 Music Documentary T

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