

Join Our Monthly Support Group!

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



A Special Thank You to Our Veterans!

Happy Veterans Day to our Veterans. We owe you not only our gratitude, but more than that, we owe you, our freedom. Thank you for everything you sacrifice for our freedom

For your service, your bravery, and your dedication to our freedom, we thank you.

Happy Veterans Day!



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

Thankful Zoom Party!

Quail Park West Seattle Family and Friends, please join us for our Thankful Zoom Party! We invite you to join us in sharing your family Thanksgiving traditions, stories, favorite foods, and more! We are creating a Thankful Tree for our Thanksgiving Day table!

4th Floor Zoom Party: Sundry
November 21st at 2pm

Zoom invites are sent via email. Please email nicolep@qpmcwestseattle.com to RSVP and receive a Zoom link for the party!

We look forward to seeing you all there!

2nd Floor Zoom Party: Sunday
November 7th at 2pm

3rd Floor Zoom Party: Sunday
November 3rd at 2pm

November Highlights!

- Daily Yoga, Stretch & Exercise
- Sunday's: Spiritual Hymns, Virtual Religious Services
- Monday's: Music Bingo and Prizes!
- Tuesday's: Scenic Drive (will alternate by floor each week)
- Wednesday's: Garden Club!
- Thursday's: Cooking and Baking Club
- Friday's: Happy Hour with Music and Mocktails!
- Saturday's: Craft Corner and iN2L Games!



SUNDAY



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

8:30 Coffee and Conversation DR
9:30 Chair Yoga with Music T
10:00 Virtual Fitness! T
10:30 iN2L Music Trivia! T
 1:00 Monday Movie Matinee T
2:30 Music Bingo and Prizes! DR
 3:30 One to One Visits
 6:00 Resident Choice Movie T

2

8:30 Coffee and Music T
 9:00 Current Events & Positive News Stories T
9:30 Chair Yoga with Music T
10:00 Virtual Fitness! T
 1:00 Cultural Documentary T
2:00 Scenic Drive BUS
 2:30 Poetry and Short Stories AR
 3:30 One to One Visits
 6:00 Comedy Movie Night! T

3

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

4

8:30 Coffee and Music DR
 9:00 This Day In History T
9:30 Chair Yoga with Music T
10:00 Virtual Fitness! T
 1:00 Sing Along with Us T
2:30 Cooking Club! DR
 3:30 One to One Visits
 6:00 Resident Choice Movie T

5

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

6

8:30 Coffee and Conversation T
9:00 iN2L Group Games T
9:30 Chair Yoga with Music T
10:00 Virtual Fitness! T
 1:00 Afternoon Matinee T
2:30 Craft Corner T
 3:30 One to One Visits T
 6:00 Calming Music and Scenes T

7

Zoom Thankful Party

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 Resident, Family & Friend Zoom Thankful Party FL2
 6:00 Nature Documentary T

8

8:30 Coffee and Conversation DR
9:30 Chair Yoga with Music T
10:00 Virtual Fitness! T
10:30 iN2L Music Trivia! T
 1:00 Monday Movie Matinee T
2:30 Music Bingo and Prizes! DR
 3:30 One to One Visits
 6:00 Resident Choice Movie T

9

8:30 Coffee and Music T
 9:00 Current Events & Positive News Stories T
9:30 Chair Yoga with Music T
10:00 Virtual Fitness! T
 1:00 Cultural Documentary T
2:00 Scenic Drive! BUS
 2:30 Poetry and Short Stories AR
 3:30 One to One Visits
 6:00 Comedy Movie Night! T

10

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

11

Veterans Day

8:30 Coffee and Music DR
9:00 Veterans Day Historical Documentary T
9:30 Chair Yoga with Music T
10:00 Virtual Fitness! T
1:00 Sing Along with Us: Patriotic Tunes T
2:30 Veterans Day Celebration DR
 3:30 One to One Visits T
 6:00 Resident Choice Movie T

12

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

13

8:30 Coffee and Conversation T
9:00 iN2L Group Games T
 9:30 Chair Yoga with Music T
10:00 Virtual Fitness! T
 1:00 Afternoon Matinee T
2:30 Craft Corner T
 3:30 One to One Visits T
 6:00 Calming Music and Scenes T

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Zoom Thankful Party

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 Resident, Family & Friends Zoom Thankful Party FL3
 6:00 Nature Documentary T

15

8:30 Coffee and Conversation DR
9:30 Chair Yoga with Music T
10:00 Virtual Fitness! T
10:30 iN2L Music Trivia! T
 1:00 Monday Movie Matinee T
2:30 Music Bingo and Prizes! DR
 3:30 One to One Visits
 6:00 Resident Choice Movie T

16

8:30 Coffee and Music T
 9:00 Current Events & Positive News Stories T
9:30 Chair Yoga with Music T
10:00 Virtual Fitness! T
 1:00 Cultural Documentary T
2:00 Scenic Drive! BUS
 2:30 Poetry and Short Stories AR
 3:30 One to One Visits T
 6:00 Comedy Movie Night! T

17

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

18

8:30 Coffee and Music DR
 9:00 This Day In History T
9:30 Chair Yoga with Music T
10:00 Virtual Fitness! T
 1:00 Sing Along with Us T
2:30 Cooking Club! T
 3:30 One to One Visits T
 6:00 Resident Choice Movie T

19

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

20

8:30 Coffee and Conversation T
9:00 iN2L Group Games T
9:30 Chair Yoga with Music T
10:00 Virtual Fitness! T
 1:00 Afternoon Matinee T
2:30 Craft Corner T
 3:30 One to One Visits T
 6:00 Calming Music and Scenes T

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Zoom Thankful Party

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 Resident, Family & Friends Thankful Party FL4
 6:00 Nature Documentary T

22

8:30 Coffee and Conversation DR
9:30 Chair Yoga with Music T
10:00 Virtual Fitness! T
10:30 iN2L Music Trivia! T
 1:00 Monday Movie Matinee T
2:30 Music Bingo and Prizes DR
 3:30 One to One Visits
 6:00 Resident Choice Movie T

23

8:30 Coffee and Music T
 9:00 Current Events & Positive News Stories T
9:30 Chair Yoga with Music T
10:00 Virtual Fitness! T
 1:00 Cultural Documentary T
2:00 Scenic Drive BUS
 2:30 Poetry and Short Stories AR
 3:30 One to One Visits T
 6:00 Comedy Movie Night! T

24

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

25

Thanksgiving Day!

8:30 Coffee and Music DR
9:30 Chair Yoga with Music T
10:00 Virtual Fitness! T
10:30 Turkey Scavenger Hunt! T
12:00 Thanksgiving Day Feast! T
2:30 Cooking Club: Fall Cookies T
 3:30 One to One Visits T
 6:00 Resident Choice Movie T

26

Native American Heritage

8:30 Coffee and Conversation T
9:00 iN2L Trivia Games: Native American Heritage Day 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

27

8:30 Coffee and Conversation T
9:00 iN2L Group Games T
9:30 Chair Yoga with Music T
10:00 Virtual Fitness! T
 1:00 Afternoon Matinee T
2:30 Craft Corner DR
 3:30 One to One Visits
 6:00 Calming Music and Scenes T

28

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
2:30 Paint to the Music AR
 6:00 Nature Documentary T

29

8:30 Coffee and Conversation DR
9:30 Chair Yoga with Music T
10:00 Virtual Fitness! T
10:30 iN2L Music Trivia T
 1:00 Monday Movie Matinee T
2:30 Music Bingo and Prizes! DR
 3:00 One to One Visits
 6:00 Resident Choice Movie T

30

8:30 Coffee and Music T
 9:00 Current Events & Positive News Stories T
9:30 Chair Yoga with Music T
10:00 Virtual Fitness! T
 1:30 Cultural Documentary T
2:00 Scenic Drive BUS
 2:30 Poetry and Short Stories AR
 3:30 One to One Visits
 6:00 Comedy Movie Night! 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

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