

Support Group with Betsy Zuber

Join our monthly Zoom Support Group Meeting with Betsy! This is a Zoom Support Group facilitated by Betsy a Licensed Mental Health Counselor. Please see your email for the Zoom invite from Ed. We look forward to seeing you all there!



Betsy Zuber, MS, GMHS, LMHC has been providing mental health services to adults, older adults and their families for over 26 years, in the greater Seattle area. Her services have included individual counseling for depression, anxiety, grief & bereavement, struggles with life transitions, providing aging resources and caregiver support groups.

She has provided family meetings to strategize effective communication and help with family dilemmas, and offering aging information and resources for proactive plans of care. She is available to meet privately in her office in West Seattle, or by Tele-Mental Health, and can be scheduled to provide presentations and trainings on many mental health topics.

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

September Weekly Highlights!



Weekly Activity Highlights Include:

- Sunday's: Spiritual Hymns, Virtual Religious Services, Painting Class
- Monday's: Music Bingo and Prizes!
- Tuesday's: Bus Outing!
- Wednesday's: Patio Parties and Refreshments!
- Thursday's: Cooking and Baking Club!
- Friday's: Live Music Happy Hour with Rich Dean!
- Saturday's: craft Corner and iN2L Games!



Quail Park Memory Care West Seattle

Brian Anderson
Executive Director

Katie Blanchard
Health and Wellness Director

Sean Hudson
Dining Services Director

Doug Peak
Director of Engineering

Nicole Painter
Life Engagement Director

Eli Duban
Business Office Manager

Ed Taylor
Community Relations Director





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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
-

Events are subject to change.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>4 Newspaper Carrier Day</p> <p>8:30 Coffee and Spiritual Time DR 9:00 Spiritual Hymns T 10:00 Virtual Religious Services T 1:00 Sunday Afternoon Matinee! T 2:30 Paint to the Music AR 6:00 Nature Documentary T</p>	<p>5 Labor Day!</p> <p>8:30 Coffee and Conversation DR 9:30 Chair Yoga with Music T 10:00 Virtual Fitness! T 10:30 Labor Day Trivia and Fun Facts! T 1:30 Chair Travel T 2:30 Music Bingo Jukebox Edition! DR 3:30 Funny Videos! T 6:00 Resident Choice Movie T</p>	<p>6</p> <p>8:30 Coffee and Music T 9:00 Idioms and Phrases T 9:30 Chair Yoga with Music T 10:00 Virtual Fitness! T 1:00 Cultural Documentary T 1:30 Bus Outing! BUS 2:30 Music and Memories T 6:00 Comedy Movie Night! T</p>	<p>7</p> <p>8:30 Coffee and Conversation DR 9:30 Chair Yoga with Music T 10:00 Virtual Fitness! T 10:30 iN2L Laugh with Us! T 2:30 Patio Party! T 3:30 Manicures and Aroma Therapy Hand Massage T 6:00 Classic Movie Collection T</p>	<p>8</p> <p>8:30 Coffee and Music DR 9:30 Chair Yoga with Music T 10:00 Virtual Fitness! T 1:30 Music and Memories T 2:30 Cooking Club! T 3:00 Afternoon Matinee T 6:00 Resident Choice Movie T</p>	<p>9</p> <p>8:30 Coffee and Conversation T 9:30 Chair Yoga with Music T 10:00 Virtual Fitness! T 1:00 Music Documentary T 2:30 Live Music Happy Hour! DR 6:00 Friday Night Movie T</p>	<p>3</p> <p>8:30 Coffee and Conversation T 9:30 Chair Yoga with Music T 10:00 Virtual Fitness! T 1:30 Poetry and Short Stories T 2:30 Craft Corner AR 3:30 Reminisce with iN2L! T 6:00 Evening Movie! T</p>
<p>11 Patriot Day!</p> <p>8:30 Coffee and Spiritual Time DR 9:00 Spiritual Hymns T 10:00 Virtual Religious Services T 1:00 Sunday Afternoon Matinee! T 2:30 Patriot Day Celebration! DR 6:00 Nature Documentary T</p>	<p>12 Grandparents Day!</p> <p>8:30 Coffee and Conversation DR 9:30 Chair Yoga with Music T 10:00 Virtual Fitness! T 10:30 Grandparents Day on iN2L! T 1:30 Chair Travel T 2:00 Music Bingo Jukebox Edition! DR 3:30 Funny Videos! T 6:00 Resident Choice Movie T</p>	<p>13</p> <p>8:30 Coffee and Music T 9:30 Chair Yoga with Music T 10:00 Virtual Fitness! T 1:00 Cultural Documentary T 1:30 Bus Outing! BUS 2:30 Music and Memories T 6:00 Comedy Movie Night! T</p>	<p>14</p> <p>8:30 Coffee and Conversation DR 9:30 Chair Yoga with Music T 10:00 Virtual Fitness! T 10:30 iN2L Laugh with Us! T 2:30 Patio Party! T 3:30 Manicures and Aroma Therapy Hand Massage T 6:00 Classic Movie Collection T</p>	<p>15 Day of Listening</p> <p>8:30 Coffee and Music DR 9:30 Chair Yoga with Music T 10:00 Virtual Fitness! T 1:30 Music and Memories T 2:30 Cooking Club! T 3:00 Afternoon Matinee T 6:00 Resident Choice Movie T</p>	<p>16</p> <p>8:30 Coffee and Conversation T 9:30 Chair Yoga with Music T 10:00 Virtual Fitness! T 1:00 Music Documentary T 2:30 Live Music Happy Hour! DR 6:00 Friday Night Movie T</p>	<p>17 National Dance Day</p> <p>8:30 Coffee and Conversation T 9:30 Chair Yoga with Music T 10:00 Virtual Fitness! T 1:30 Poetry and Short Stories T 2:30 Craft Corner AR 3:30 Reminisce with iN2L! T 6:00 Evening Movie! T</p>
<p>18</p> <p>8:30 Coffee and Spiritual Time DR 9:00 Spiritual Hymns T 10:00 Virtual Religious Services T 1:00 Sunday Afternoon Matinee! T 2:30 Paint to the Music AR 6:00 Nature Documentary T</p>	<p>19 Respect for the Aged Day</p> <p>8:30 Coffee and Conversation DR 9:30 Chair Yoga with Music T 10:00 Virtual Fitness! T 10:30 iN2L Respect for the Aged Day! T 1:30 Chair Travel T 2:30 Music Bingo Jukebox Edition! DR 3:30 Funny Videos! T 6:00 Resident Choice Movie T</p>	<p>20 Oktoberfest Celebration!</p> <p>8:30 Coffee and Music T 9:30 Chair Yoga with Music T 10:00 Virtual Fitness! T 1:30 Virtual Travel to Germany T 2:30 Oktoberfest Celebration: Taste and Travel Germany! T 6:00 Comedy Movie Night! T</p>	<p>21 World Alzheimer's Day</p> <p>8:30 Coffee and Conversation DR 9:30 Chair Yoga with Music T 10:00 Virtual Fitness! T 10:30 iN2L Laugh with Us! T 1:30 Bus Outing! BUS 3:30 Manicures and Aroma Therapy Hand Massage T 6:00 Classic Movie Collection T</p>	<p>22 First Day of Fall!</p> <p>8:30 Coffee and Music DR 9:30 Chair Yoga with Music T 10:00 Virtual Fitness! T 1:30 Music and Memories T 2:30 First Day of Fall Celebration! DR 3:30 Afternoon Matinee T 6:00 Resident Choice Movie T</p>	<p>23 Autumnal Equinox</p> <p>8:30 Coffee and Conversation T 9:30 Chair Yoga with Music T 10:00 Virtual Fitness! T 1:00 Music Documentary T 2:30 Live Music Happy Hour! DR 6:00 Friday Night Movie T</p>	<p>24 Hunting & Fishing Day</p> <p>8:30 Coffee and Conversation T 9:30 Chair Yoga with Music T 10:00 Virtual Fitness! T 1:30 Poetry and Short Stories T 2:30 Craft Corner AR 3:30 Reminisce with iN2L! T 6:00 Evening Movie! T</p>
<p>25 Rosh Hashanah</p> <p>8:30 Coffee and Spiritual Time DR 9:00 Spiritual Hymns T 10:00 Virtual Religious Services T 1:00 Sunday Afternoon Matinee! T 2:30 Paint to the Music AR 6:00 Nature Documentary T</p>	<p>26 Family Day</p> <p>8:30 Coffee and Conversation DR 9:30 Chair Yoga with Music T 10:00 Virtual Fitness! T 1:30 Chair Travel T 2:30 Music Bingo Jukebox Edition! DR 3:30 Funny Videos! T 6:00 Resident Choice Movie T</p>	<p>27</p> <p>8:30 Coffee and Music T 9:30 Chair Yoga with Music T 10:00 Virtual Fitness! T 1:00 Cultural Documentary T 1:30 Bus Outing! BUS 2:30 Music and Memories T 6:00 Comedy Movie Night! T</p>	<p>28</p> <p>8:30 Coffee and Conversation DR 9:30 Chair Yoga with Music T 10:00 Virtual Fitness! T 10:30 iN2L Laugh with Us! T 2:30 Patio Party! T 3:30 Manicures and Aroma Therapy Hand Massage T 6:00 Classic Movie Collection T</p>	<p>29 World Heart Day</p> <p>8:30 Coffee and Music DR 9:30 Chair Yoga with Music T 10:00 Virtual Fitness! T 1:30 Music and Memories T 2:30 Cooking Club! T 3:00 Afternoon Matinee T 6:00 Resident Choice Movie T</p>	<p>30 National Love People Day</p> <p>8:30 Coffee and Conversation T 9:30 Chair Yoga with Music T 10:00 Virtual Fitness! T 1:00 Music Documentary T 2:30 Live Music Happy Hour! DR 6:00 Friday Night Movie T</p>	