

Support Group with Betsy!

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

Fall Fun at Quail Park West Seattle!



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

Kristie Callihan
Community Liaison Director

November Highlights:

Wednesday November 2nd: Halloween Pumpkin Donation Outing and Happy Hour with donuts from our friends at Good Day Donuts Seattle!

Friday November 11th: Celebrating our Veterans with a Patriotic Happy Hour with Live Music from Richard Dean!

Thursday November 26th: Thanksgiving Day Thankful Tree and Thanksgiving Day feast!





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Seattle, WA 98116
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		1 8:30 Coffee and Music T 9:30 News and Current Events T 10:30 Virtual Fitness! T 1:30 Cultural Documentary T 2:10 Intergenerational Visit from Holy Rosary Students! FL3 6:00 Comedy Movie Night! T	2 8:30 Coffee and Conversation DR 9:30 News and Current Events T 10:00 Virtual Fitness! T 1:00 Halloween Pumpkin Donation Outing! 2:30 Good Day Donut Happy Hour! DR 6:00 Classic Movie Collection T	3 8:30 Coffee and Music DR 9:30 News and Current Events T 10:30 Virtual Fitness! T 1:30 Music and Memories T 2:00 Out and About: Resident Outing! BUS 3:00 Afternoon Matinee 6:00 Resident Choice Movie T	4 8:30 Coffee and Conversation T 9:00 News and Current Events T 10:30 Virtual Fitness! T 1:00 Music Documentary T 2:30 Happy Hour: Live Music with Rich Dean! 6:00 Friday Night Movie T	5 8:30 Coffee and Conversation T 9:30 News and Current Events T 10:00 Virtual Fitness! T 1:30 Chair Travel T 2:30 iN2L Trivia Games! T 3:30 One to One Visits 6:00 Evening Movie! T	
6 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	7 8:30 Coffee and Conversation DR 9:30 News and Current Events T 10:30 Virtual Fitness! T 1:30 Chair Travel T 2:30 Music Bingo Jukebox Edition! DR 3:30 One to One Manicures and Hand Massage 6:00 Resident Choice Movie T	8 8:30 Coffee and Music T 9:30 News and Current Events T 10:30 Virtual Fitness! T 1:30 Cultural Documentary T 2:10 Intergenerational Visit from Holy Rosary Students! FL3 6:00 Comedy Movie Night! T	9 8:30 Coffee and Conversation DR 9:30 News and Current Events T 10:30 Virtual Fitness! T 1:00 Funny Videos! T 2:30 Fall Harvest Cooking Club DR 3:30 Manicures and Aroma Therapy Hand Massage 6:00 Classic Movie Collection T	10 8:30 Coffee and Music DR 9:30 News and Current Events T 10:30 Virtual Fitness! T 1:30 Music and Memories T 2:00 Out and About: Resident Outing! BUS 3:00 Afternoon Matinee T 6:00 Resident Choice Movie T	11 Veterans Day! 8:30 Coffee and Conversation T 9:30 News and Current Events T 10:00 Virtual Fitness! T 1:00 Veteran Documentary T 2:30 Veterans Day Happy Hour and Live Music w Rich Dean DR 6:00 Friday Night Movie T	12 8:30 Coffee and Conversation T 9:30 News and Current Events T 10:00 Virtual Fitness! T 1:30 Chair Travel T 2:30 iN2L Trivia Games! T 3:30 One to One Visits 6:00 Evening Movie! T	
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27 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	28 8:30 Coffee and Conversation DR 9:30 News and Current Events T 10:30 Virtual Fitness! T 1:30 Chair Travel T 2:30 Music Bingo Jukebox Edition! DR 3:30 One to One Manicures and Hand Massage 6:00 Resident Choice Movie T	29 8:30 Coffee and Music T 9:30 News and Current Events T 10:30 Virtual Fitness! T 1:30 Cultural Documentary T 2:30 Fun with Fall Crafts! DR 6:00 Comedy Movie Night! T	30 8:30 Coffee and Conversation DR 9:30 News and Current Events T 10:30 Virtual Fitness! T 1:00 Funny Videos T 2:30 Fall Harvest Cooking Club DR 3:30 Manicures and Aroma Therapy Hand Massage 6:00 Classic Movie Collection T				

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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Events are subject to change.