

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!

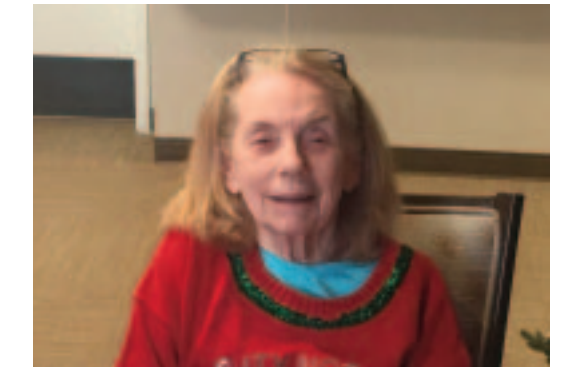


RESIDENCES of West Seattle
 4515 41st Ave SW • Seattle, WA 98116
 (206) 633-2273 • www.qpmcwestseattle.com



RESIDENCES of West Seattle

December Highlights!



- December 13th at 2pm Holy Rosary Students Visit to sing Christmas Carols!
- December 18th at 2pm Together in Harmony Classical Virtual Concert
- December 21st at 2pm Holiday Party: Cookie Decorating and Silly Christmas Sweater!
- December 24th at 2:00pm Christmas Eve Eggnog and Hot Chocolate with Christmas Carols and Poems
- December 25th at 12pm Christmas Day Feast!



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



SUNDAY



MONDAY

RESIDENCES of West Seattle

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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.

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8:30 Coffee and Spiritual Time	DR
9:30 Spiritual Hymns	T
10:30 Virtual Religious Services	T
1:00 Sunday Matinee	T
2:30 iN2L Group Games!	T
6:00 Nature Documentary	T

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8:30 Coffee and Conversation	DR
9:30 Current Events	T
10:30 Fitness Fun!	T
1:00 Chair Travel	T
2:30 Music Bingo and Sing Along!	DR
3:30 One to One Visits	T
6:00 Resident Choice Movie	T

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8:30 Coffee and Music	T
9:30 Current Events	T
10:30 Fitness Fun!	T
1:00 Cultural Documentary	T
2:30 Holiday Cooking Club!	T
6:00 Comedy Movie Night!	T

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8:30 Coffee and Conversation	DR
9:30 Current Events	T
10:30 Fitness Fun!	T
1:00 Funny Videos	T
2:30 Painting Class!	AR
3:30 One to One Visits	T
6:00 Classic Movie Collection	T

8

8:30 Coffee and Music	DR
9:30 Current Events	T
10:30 Fitness Fun!	T
1:30 Music and Memories	T
2:00 Bus Outing!	BUS
3:30 One to One Visits	T
6:00 Resident Choice Movie	T

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8:30 Coffee and Conversation	T
9:30 Current Events	T
10:30 Fitness Fun!	T
1:00 Music Documentary	T
2:30 Live Music Happy Hour with Rich Dean!	FL3
6:00 Friday Night Movie	T

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8:30 Coffee and Conversation	T
9:30 Current Events	T
10:30 Fitness Fun!	T
1:00 Afternoon Movie	T
2:30 Craft Corner	AR
3:30 One to One Visits	T
6:00 Evening Movie!	T

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8:30 Coffee and Spiritual Time	DR
9:30 Spiritual Hymns	T
10:00 Virtual Religious Services	T
1:00 Sunday Matinee	T
2:30 iN2L Group Games!	T
6:00 Nature Documentary	T

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8:30 Coffee and Conversation	DR
9:30 Current Events	T
10:30 Fitness Fun!	T
1:00 Chair Travel	T
2:30 Music Bingo and Sing Along!	DR
3:30 One to One Visits	T
6:00 Resident Choice Movie	T

13 Holy Rosary Sing Carols!

8:30 Coffee and Music	T
9:30 Current Events	T
10:30 Fitness Fun!	T
1:00 Cultural Documentary	T
2:00 Holy Rosary Students Visit Christmas Carols and Poems	FL3
6:00 Comedy Movie Night!	T

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8:30 Coffee and Conversation	DR
9:30 Current Events	T
10:30 Fitness Fun!	T
1:00 Funny Videos	T
2:30 Painting Class!	AR
3:00 One to One Visits	T
6:00 Classic Movie Collection	T

15

8:30 Coffee and Music	DR
9:30 Current Events	T
10:30 Fitness Fun!	T
1:30 Music and Memories	T
2:00 Bus Outing!	BUS
3:30 One to One Visits	T
6:00 Resident Choice Movie	T

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8:30 Coffee and Conversation	T
9:30 Current Events	T
10:30 Fitness Fun!	T
1:00 Music Documentary	T
2:30 Live Music Happy Hour with Rich Dean!	FL3
6:00 Friday Night Movie	T

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8:30 Coffee and Conversation	T
9:30 Current Events	T
10:30 Fitness Fun!	T
1:00 Afternoon Movie	T
2:30 Craft Corner	AR
3:30 One to One Visits	T
6:00 Evening Movie!	T

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8:30 Coffee and Spiritual Time	DR
9:30 Spiritual Hymns	T
10:00 Virtual Religious Services	T
1:00 Sunday Matinee	T
2:00 Together in Harmony Virtual Concert	T
6:00 Nature Documentary	T

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8:30 Coffee and Conversation	DR
9:30 Current Events	T
10:30 Fitness Fun!	T
1:30 Chair Travel	T
2:30 Music Bingo and Sing Along!	DR
3:30 One to One Visits	T
6:00 Resident Choice Movie	T

20

8:30 Coffee and Music	T
9:30 Current Events	T
10:30 Fitness Fun!	T
1:00 Cultural Documentary	T
2:30 Holiday Cooking Club!	DR
6:00 Comedy Movie Night!	T

21 Holiday Party!

8:30 Coffee and Conversation	DR
9:30 Current Events	T
10:30 Virtual Fitness!	T
1:00 Funny Videos!	T
2:00 Holiday Cookie Decorating and Silly Sweater Party!	DR
6:00 Classic Movie Collection	T

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8:30 Coffee and Music	DR
9:30 Current Events	T
10:30 Fitness Fun!	T
1:00 Music and Memories	T
2:00 Bus Outing!	BUS
3:30 One to One Visits	T
6:00 Resident Choice Movie	T

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8:30 Coffee and Conversation	T
9:30 Current Events	T
10:30 Fitness Fun!	T
1:00 Music Documentary	T
2:30 Live Music Happy Hour with Rich Dean!	T
6:00 Friday Night Movie	T

24 Christmas Eve!

8:30 Coffee and Conversation	T
9:30 Current Events	T
10:30 Fitness Fun!	T
1:00 Afternoon Movie	T
2:00 Christmas Eve Celebration Eggnog, Hot Chocolate and Christmas Carols/Poems	T
3:30 One to One Visits	T
6:00 Evening Movie!	T

25 Christmas Day!

8:30 Coffee and Spiritual Time	DR
9:30 Christmas Carols and Hymns	T
10:30 Christmas Day Virtual Religious Services	T
12:00 Christmas Day Feast!	DR
2:00 Classic Christmas Movies and Treats	T
6:00 Nature Documentary	T

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8:30 Coffee and Conversation	DR
9:30 Current Events	T
10:30 Fitness Fun!	T
1:30 Chair Travel	T
2:30 Music Bingo and Sing Along!	DR
3:00 One to One Visits	T
6:00 Resident Choice Movie	T

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8:30 Coffee and Music	T
9:30 Current Events	T
10:30 Fitness Fun!	T
1:00 Cultural Documentary	T
2:30 Holiday Cooking Club!	DR
6:00 Comedy Movie Night!	T

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8:30 Coffee and Conversation	DR
9:30 Current Events	T
10:30 Fitness Fun!	T
1:00 Funny Videos	T
2:30 Painting Class!	AR
3:30 One to One Visits	T
6:00 Classic Movie Collection	T

29

8:30 Coffee and Music	DR
9:30 Current Events	T
10:30 Fitness Fun!	T
1:30 Music and Memories	T
2:00 Bus Outing!	BUS
3:30 One to One Visits	T
6:00 Resident Choice Movie	T

30

8:30 Coffee and Conversation	T
9:30 Current Events	T
10:30 Fitness Fun!	T
1:00 Music Documentary	T
2:30 Live Music Happy Hour with Rich Dean!	FL3
6:00 Friday Night Movie	T

31

8:30 Coffee and Conversation	T
9:30 Current Events	T
10:30 Fitness Fun!	T
1:00 Afternoon Movie	T
2:30 Craft Corner!	AR
3:30 One to One Visits	T
6:00 Evening Movie!	T