

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

March Highlights!



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

- Daily Fitness and Exercise!
- Sunday's: Spiritual Hymns, Virtual Religious Services, iN2L Group Games
- Monday's: Music Bingo and Sing Along
- Tuesday's: Holy Rosary Students Visit!
- Wednesday's: Scenic Drive!
- Thursday's: Holy Rosary Students Visit!
- Friday's: Live Music Happy Hour!
- Saturday's: Craft Corner and Guitar with Gerry Every other Saturday!





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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 8:30 Coffee and Conversation DR 9:30 Current Events T 10:30 Virtual Fitness T 1:00 Laugh with Us: Funny Videos T 2:00 Scenic Drive and/or Nature Walk BUS 3:30 Movie Time! T 6:00 Nature Scenes and Soft Music T	2 8:30 Coffee and Music DR 9:30 Current Events T 10:30 Virtual Fitness T 1:00 Music and Memories T 2:00 Holy Rosary Students Visit! FL3 3:30 Resident Choice Movie T 6:00 Calming Music T	3 8:30 Coffee and Conversation DR 9:30 Current Events T 10:30 Virtual Fitness T 1:00 Friday Matinee T 2:30 Happy Hour: Live Music with Rich Dean! FL3 6:00 Nature Scenes and Soft Music T	4 8:30 Coffee and Conversation DR 9:30 Current Events T 10:30 Virtual Fitness T 1:00 Saturday Afternoon Movie! T 2:30 Craft Corner AR 3:30 One to One Visits 6:00 Chair Travel T
5 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 Games! T 6:00 Nature Documentary T	6 8:30 Coffee and Conversation DR 9:30 Current Events T 10:30 Virtual Fitness T 1:00 Movie Matinee T 2:30 Music Bingo! DR 3:30 One to One Visits 6:00 Resident Choice Movie T	7 8:30 Coffee and Music DR 9:30 Current Events T 10:30 Virtual Fitness T 1:00 Chair Travel T 2:00 Holy Rosary Students Visit! FL3 6:00 Calming Music T	8 8:30 Coffee and Conversation DR 9:30 Current Events T 10:30 Virtual Fitness T 1:00 Laugh with Us: Funny Videos T 2:00 Scenic Drive and/or Nature Walk BUS 3:30 Movie Time! T 6:00 Nature Scenes and Soft Music T	9 8:30 Coffee and Music DR 9:30 Current Events T 10:30 Virtual Fitness T 1:00 Music and Memories T 2:00 Holy Rosary Students Visit! FL3 3:30 Resident Choice Movie T 6:00 Calming Music T	10 8:30 Coffee and Conversation DR 9:30 Current Events T 10:30 Virtual Fitness T 1:00 Friday Matinee T 2:30 Happy Hour: Live Music with Rich Dean! FL3 6:00 Nature Scenes and Soft Music T	11 8:30 Coffee and Conversation DR 9:30 Current Events T 10:30 Gerry Plays Guitar FL2 1:00 Saturday Afternoon Movie! T 2:30 Craft Corner AR 3:30 One to One Visits 6:00 Chair Travel T
12 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 Games! T 6:00 Nature Documentary T	13 8:30 Coffee and Conversation DR 9:30 Current Events T 10:30 Virtual Fitness T 1:00 Movie Matinee T 2:30 Music Bingo! DR 3:30 One to One Visits 6:00 Resident Choice Movie T	14 8:30 Coffee and Music DR 9:30 Current Events T 10:30 Virtual Fitness T 1:00 Chair Travel T 2:00 Holy Rosary Students Visit! FL3 6:00 Calming Music T	15 8:30 Coffee and Conversation DR 9:30 Current Events T 10:30 Virtual Fitness T 1:00 Laugh with Us: Funny Videos T 2:00 Scenic Drive and/or Nature Walk BUS 3:30 Movie Time! T 6:00 Nature Scenes and Soft Music T	16 8:30 Coffee and Music DR 9:30 Current Events T 10:30 Virtual Fitness T 1:00 Music and Memories T 2:00 Holy Rosary Students Visit! FL3 3:30 Resident Choice Movie T 6:00 Calming Music T	17 St. Patrick's Day! 8:30 Coffee and Conversation DR 9:30 Current Events T 10:30 Virtual Fitness T 1:00 Friday Matinee T 2:30 St. Patrick's Happy Hour: Live Music with Rich Dean! FL3 6:00 Nature Scenes and Soft Music T	18 8:30 Coffee and Conversation DR 9:30 Current Events T 10:30 Virtual Fitness T 1:00 Saturday Afternoon Movie! T 2:30 Craft Corner AR 3:30 One to One Visits 6:00 Chair Travel 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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Events are subject to change.