

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

May Highlights!

- 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: Patio Games or Group Games
- Friday's: Live Music Happy Hour
- Saturday's: Afternoon Movie and Guitar with Gerry Every other Saturday



Mother's Day Brunch

May 14th at 11:30am

Please RSVP at Front Desk or email nicolep@qpmcwestseattle.com



SUNDAY



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

7
8:30 Coffee and Spiritual Time
9:30 Spiritual Hymns
10:30 Virtual Religious Services
1:00 Sunday Matinee
2:30 iN2L Games!
6:00 Nature Documentary

8
8:30 Coffee and Conversation
9:30 Current Events
10:30 Virtual Fitness
1:00 Movie Matinee
2:30 Music Bingo!
3:30 One to One Visits
6:00 Resident Choice Movie

9
8:30 Coffee and Music
9:30 Current Events
10:30 Virtual Fitness
1:00 Chair Travel
2:00 Holy Rosary Students Visit!
6:00 Calming Music

10
8:30 Coffee and Conversation
9:30 Current Events
10:30 Virtual Fitness
1:00 Laugh with Us: Funny Videos
2:00 Scenic Drive and/or Nature Walk
3:30 Movie Time!
6:00 Nature Scenes and Soft Music

11
8:30 Coffee and Music
9:30 Current Events
10:30 Virtual Fitness
1:00 Music and Memories
2:30 Patio Party or Group Games
3:30 Resident Choice Movie
6:00 Calming Music

12
8:30 Coffee and Conversation
9:30 Current Events
10:30 Virtual Fitness
1:00 Friday Matinee
2:30 Happy Hour: Live Music with Rich Dean!
6:00 Nature Scenes and Soft Music

13
8:30 Coffee and Conversation
9:30 Current Events
10:30 Virtual Fitness
1:00 Saturday Afternoon Movie!
2:30 Craft Corner
3:30 One to One Visits
6:00 Chair Travel

14 Mother's Day Brunch
8:30 Coffee and Spiritual Time
9:30 Spiritual Hymns
10:30 Virtual Religious Services
11:30 Mother's Day Brunch!
2:30 Sunday Matinee
6:00 Nature Documentary

15
8:30 Coffee and Conversation
9:30 Current Events
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1:00 Movie Matinee
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16
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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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