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!

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

- 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











MAY 2023



SUNDAY



MONDAY

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

TUESDAY

- 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

WEDNESDAY

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

THURSDAY

- 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

5

FRIDAY

- 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

SATURDAY

6

- 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

- 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
- 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

- 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
- 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

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

Mother's Day Brunch

8:30 Coffee and Spiritual Time

8:30 Coffee and Spiritual

9:30 Spiritual Hymns

10:30 Virtual Religious

1:00 Sunday Matinee

6:00 Nature Documentary

Services

2:30 iN2L Games!

- 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
- 10:30 Virtual Fitness 1:00 Movie Matinee
- 2:30 Music Bingo!
- 3:30 One to One Visits
- 6:00 Resident Choice Movie

16

- 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

17

- 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

18

- 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

19

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

20

13

- 8:30 Coffee and Conversation
- 9:30 Current Events 10:30 Virtual Fitness

6:00 Chair Travel

- 1:00 Saturday Afternoon
- Movie! 2:30 Craft Corner
- 3:30 One to One Visits

- 21 8:30 Coffee and Spiritual
- 9:30 Spiritual Hymns
- 10:30 Virtual Religious Services
- 1:00 Sunday Matinee 2:30 iN2L Games!

6:00 Nature Documentary

22

- 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

23

- 8:30 Coffee and Music
- 9:30 Current Events 10:30 Virtual Fitness

6:00 Calming Music

1:00 Chair Travel 2:00 Holy Rosary Students Visit!

24

- 8:30 Coffee and Conversation
- 9:30 Current Events
- 10:30 Virtual Fitness 1:00 Laugh with Us: Funny

6:00 Nature Scenes and Soft

Videos 2:00 Scenic Drive and/or **Nature Walk**

3:30 Movie Time!

Music

25

- 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

26

- 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

27

- 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

28

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

- 10:30 Virtual Fitness
- 3:30 One to One Visits 6:00 Resident Choice Movie

30

- 10:30 Virtual Fitness
- Visit! 6:00 Calming Music

31

- 8:30 Coffee and Conversation
- 10:30 Virtual Fitness 1:00 Laugh with Us: Funny
- **Nature Walk**
- 6:00 Nature Scenes and Soft Music



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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.

- Services
- 8:30 Coffee and Conversation 9:30 Current Events
- 1:00 Movie Matinee 2:30 Music Bingo!
- 8:30 Coffee and Music 9:30 Current Events
- 1:00 Chair Travel 2:00 Holy Rosary Students
- - 9:30 Current Events
 - Videos 2:00 Scenic Drive and/or
 - 3:30 Movie Time!

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