

## 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](mailto:edwardt@qpmcwestseattle.com) or Brian Anderson at [BrianA@qpmcwestseattle.com](mailto:BrianA@qpmcwestseattle.com) for details!



### RESIDENCES of West Seattle

4515 41st Ave SW • Seattle, WA 98116  
(206) 633-2273 • [www.qpmcwestseattle.com](http://www.qpmcwestseattle.com)



## RESIDENCES of West Seattle

### December Highlights!



- Live Music Happy Hour with Rich Dean: Every Friday at 2:30pm
  - Weekly Bus Outings! (weather permitting)
  - Family and Friends Holiday Events:
- December 21st**
- 12pm -1pm Holiday Special Lunch (RSVP'd Event)
  - 2pm -3pm Live Holiday Music and Cookie Decorating! (RSVP'd Event)
- Piano Concert with Carson Lilley: First Thursday
  - Holiday Concert with Jeff Bruer!: December 26th



## SUNDAY

**31** DECEMBER

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

## MONDAY



## TUESDAY

### RESIDENCES of West Seattle

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## WEDNESDAY

### LOCATION KEY

AR - Activity Room  
BUS - Bus Trip  
DR - Dining Room  
FL2 - Second Floor  
FL3 - Third Floor  
FL4 - Fourth Floor

## THURSDAY

T - Theater  
-  
-  
-  
-

## FRIDAY

**1**

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

**2**

8:30 Coffee and Conversation  
9:30 Current Events  
10:30 Virtual Fitness  
1:00 Saturday Afternoon Movie!  
2:30 Poetry Reading Circle AR  
3:30 One to One Visits  
6:00 Chair Travel

**3**

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

**4**

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

**5**

8:30 Coffee and Music  
9:30 Current Events  
10:30 Virtual Fitness  
1:00 Chair Travel  
2:30 Bus Outing! BUS  
6:00 Calming Music

**6**

8:30 Coffee and Conversation  
9:30 Current Events  
10:30 Virtual Fitness  
1:00 Laugh with Us: Funny Videos  
2:30 Painting and Crafting! AR  
3:30 Movie Time!  
6:00 Nature Scenes and Soft Music

**7**

8:30 Coffee and Music  
9:30 Current Events  
10:30 Virtual Fitness  
1:00 Music and Memories  
**1:45 Live Piano Music with Carson Lilley** FL4  
3:30 Resident Choice Movie  
6:00 Calming Music

**8**

8:30 Coffee and Conversation  
9:30 Current Events  
**10:30 Gerry Plays Guitar!** FL2  
1:00 Friday Matinee  
**2:30 Happy Hour: Live Music with Rich Dean!**  
6:00 Nature Scenes and Soft Music

**9**

8:30 Coffee and Conversation  
9:30 Current Events  
10:30 Virtual Fitness  
1:00 Saturday Afternoon Movie!  
2:30 Poetry Reading Circle AR  
3:30 One to One Visits  
6:00 Chair Travel

**10**

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

**11**

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

**12**

8:30 Coffee and Music  
9:30 Current Events  
10:30 Virtual Fitness  
1:00 Chair Travel  
2:30 Bus Outing! BUS  
6:00 Calming Music

**13**

8:30 Coffee and Conversation  
9:30 Current Events  
10:30 Virtual Fitness  
1:00 Laugh with Us: Funny Videos  
2:30 Painting and Crafting! AR  
3:30 Movie Time!  
6:00 Nature Scenes and Soft Music

**14**

8:30 Coffee and Music  
9:30 Current Events  
10:30 Virtual Fitness  
1:00 Music and Memories  
2:30 Cooking and Baking Club! DR  
3:30 Resident Choice Movie  
6:00 Calming Music

**15**

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

**16**

8:30 Coffee and Conversation  
9:30 Current Events  
10:30 Virtual Fitness  
1:00 Saturday Afternoon Movie!  
2:30 Poetry Reading Circle AR  
3:30 One to One Visits  
6:00 Chair Travel

**17**

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

**18**

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

**19**

8:30 Coffee and Music  
9:30 Current Events  
10:30 Virtual Fitness  
1:00 Chair Travel  
2:30 Bus Outing! BUS  
6:00 Calming Music

**20**

8:30 Coffee and Conversation  
9:30 Current Events  
10:30 Virtual Fitness  
1:00 Laugh with Us: Funny Videos  
2:30 Painting and Crafting! AR  
3:30 Movie Time!  
6:00 Nature Scenes and Soft Music

**21**

### Holiday Lunch and Party!

8:30 Coffee and Music  
9:30 Current Events  
10:30 Virtual Fitness  
**12:00 Holiday Lunch RSVP Event** DR  
**2:00 Live Holiday Music and Cookie Decorating!** DR  
6:00 Calming Music

**22**

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

**23**

8:30 Coffee and Conversation  
9:30 Current Events  
10:30 Virtual Fitness  
1:00 Saturday Afternoon Movie!  
2:30 Poetry Reading Circle AR  
3:30 One to One Visits  
6:00 Chair Travel

**24**

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

**25**

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

**26**

8:30 Coffee and Music  
9:30 Current Events  
**10:30 Live Music with Jeff Bruer** FL3  
1:00 Chair Travel  
**2:30 Bus Outing!** BUS  
6:00 Calming Music

**27**

8:30 Coffee and Conversation  
9:30 Current Events  
10:30 Virtual Fitness  
1:00 Laugh with Us: Funny Videos  
2:30 Painting and Crafting! AR  
3:30 Movie Time!  
6:00 Nature Scenes and Soft Music

**28**

8:30 Coffee and Music  
9:30 Current Events  
10:30 Virtual Fitness  
1:00 Music and Memories  
2:30 Cooking and Baking Club! DR  
3:30 Resident Choice Movie  
6:00 Calming Music

**29**

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

**30**

8:30 Coffee and Conversation  
9:30 Current Events  
10:30 Virtual Fitness  
1:00 Saturday Afternoon Movie!  
2:30 Poetry Reading Circle AR  
3:30 One to One Visits  
6:00 Chair Travel