

# 2025

(1) ♦ = Events shown in Emerald Room AND Channel 1981

(2) Fitness Trifecta {8:15 a.m. Total Body Fitness; 9 a.m. Posture and Balance and 10 a.m. Seated Zumba Gold}

(3) **Bold** indicates an off-Campus event or special notice. Underlined indicates notable event.

**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**



**EH Meeting Spaces and Room Key:**

- EMR Emerald Room
- AVR Avondale Room
- SAM Sammamish Room
- PAV Pavilion = (EMR+SAM+AVR)
- CAS Creative Arts Studio
- TAH Tahoma Room
- BR Board Room
- CS Coffee Shop
- LR Living Room
- FS Fitness Studio
- C&H Copper & Hook
- TV Exclusively on Channel 1981

**Corwin Center:**

- AL GR AL Game Room
- AL TV AL TV Room
- AL L AL Library/Lounge
- GR Great Room

**Outdoor Spaces:**

- PP Pavilion Plaza
- SS Sequoia Square

TBD = Location To Be Determined.  
**Check for Daily Schedule and slides on Channel 1981 & Events Calendar on the Portal for the most current information.**

		<p>Transportation to the Redmond Pool are not noted on the calendar but occur every Monday, Wednesday, and Friday, twice a day.</p> <p><b>Aqua Aerobics: Departs 7:20 a.m. on Mondays, Wednesdays, and Fridays</b></p> <p><b>Senior Swin: Departs 12:45 p.m. on Mondays, Wednesdays, and Fridays</b></p>		<p>8:15 a.m. Fitness Trifecta, TV <b>1</b></p> <p>10 a.m. Craft &amp; Connect, CAS</p> <p>2 p.m. Mexican Train &amp; Easy Cards, Easy Games, CAS</p> <p>6:45 p.m. Movie, TV</p>		
<p>8:15 a.m. Fitness Trifecta, TV <b>2</b></p> <p>11 a.m. Livestream BelPres Worship, SAM/AVR &amp; AL GR</p> <p>4 p.m. Worship with Chaplain Waltner, EMR</p>	<p>8:15 a.m. Fitness Trifecta, TV <b>3</b></p> <p>9 a.m. Monday Painters, CAS</p> <p><b>10 a.m. Depart: Grocery Shopping</b></p> <p>10 a.m. Residents' Association Review, AVR</p> <p><b>1:30 p.m. Depart: Pickleball, Redmond</b></p> <p><u>2 p.m. Academy Award Movie Contender: Wicked, EMR</u></p> <p>3 p.m. Dance/Step Aerobics, FS</p> <p>6:45 p.m. Duplicate Bridge, AVR</p> <p>6:45 p.m. Great Courses, TV</p>	<p>8:15 a.m. Fitness Trifecta, TV <b>4</b></p> <p>10 a.m. Sweety's Painting Class, CAS</p> <p>11 a.m. Technology Committee Mtg., SAM</p> <p>1 p.m. Tuesday Crafters, CAS</p> <p>1 p.m. Alzheimer's and Dementia Caregiver Support, SAM</p> <p>1:30 p.m. Readers' Theatre Group, TAH</p>	<p>8:15 a.m. Fitness Trifecta, TV <b>5</b></p> <p>10 a.m. Garden Railroad, CAS</p> <p>10:30 a.m. <u>Keeping Our Spirits Up, TV</u></p> <p>11:30 a.m. Community Prayer, Chapel</p> <p>11:30 a.m. Lunch &amp; Learn, Rainier Dining Room</p> <p>1 p.m. Mahjong, TAH</p> <p>1 p.m. Food Services Committee, AVR</p> <p>2 p.m. Cribbage, Atrium P3</p> <p><b>2 p.m. Depart: Costco Shopping, Redmond</b></p> <p><u>3 p.m. Mak Fai Dragon Dance, PAV</u></p> <p>6:45 p.m. Shanghai Rummy, AVR</p> <p>7 p.m. Pinochle, TAH</p>	<p>8:15 a.m. Fitness Trifecta, TV <b>6</b></p> <p>10 a.m. Bible Study, SAM</p> <p>10:30 a.m. Evergreen Speech and Hearing, TAH</p> <p>1 p.m. Tech Help, LR</p> <p><u>1 p.m. Assisted Living Awareness, EMR</u></p> <p>2 p.m. Ukulele Chorus Rehearsal, AVR</p> <p>2 p.m. Health Services Review, TAH</p> <p>6:45 p.m. Movie, TV</p> <p><b>6:30 p.m. Depart: Seattle Symphony, Seattle</b></p>	<p>8:15 a.m. Fitness Trifecta, TV <b>7</b></p> <p>8:15 a.m. Tai Chi, SAM</p> <p>10 a.m. Thrift Shop</p> <p>10 a.m. Catholic Communion Service, AVR</p> <p><b>10 a.m. Depart: Grocery Shopping</b></p> <p>10 a.m. Scrabble, TAH</p> <p>1 p.m. Grant's Live Chat, EMR♦</p> <p><b>1 p.m. Depart: NORCOM Docent Tour, Bellevue</b></p> <p>2:30 p.m. Hand &amp; Foot Canasta, TAH</p> <p>3 p.m. Education for Enjoyment, AVR &amp; SAM</p> <p>3 p.m. WACCRA Presentation, EMR</p>	<p>8:15 a.m. Fitness Trifecta, TV <b>8</b></p> <p>10 a.m. Craft &amp; Connect, CAS</p> <p>2 p.m. Mexican Train &amp; Easy Cards, Easy Games, CAS</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>8:15 a.m. Fitness Trifecta, TV <b>9</b></p> <p>11 a.m. Livestream BelPres Worship, SAM/AVR &amp; AL GR</p> <p>4 p.m. Worship with Chaplain Waltner, EMR</p>	<p>8:15 a.m. Fitness Trifecta, TV <b>10</b></p> <p>9 a.m. Monday Painters, CAS</p> <p><b>10 a.m. Depart: Grocery Shopping</b></p> <p><b>1 p.m. Depart: Bellevue Square Shopping, Bellevue</b></p> <p>1 p.m. Osher Lecture, TV</p> <p><b>1:30 p.m. Depart: Pickleball, Redmond</b></p> <p>3 p.m. Dance/Step Aerobics, FS</p> <p>6:45 p.m. Duplicate Bridge, AVR</p> <p>6:45 p.m. Great Courses, TV</p>	<p>8:15 a.m. Fitness Trifecta, TV <b>11</b></p> <p>9 a.m. KCLS Library to Go, TAH</p> <p>10:30 a.m. Quarterly Residents' Association Meeting, PAV♦</p> <p>1 p.m. Tuesday Crafters, CAS</p> <p>1 p.m. David Smith: Themes in Philosophy, EMR</p> <p>1 p.m. Virtual Reality Group Experience, SAM</p> <p>2:30 p.m. Trips and Events Committee Mtg., SAM</p> <p>4 p.m. Atrium E Social, Atrium E</p> <p>7 p.m. Bunco Night, TAH</p>	<p>8:15 a.m. Fitness Trifecta, TV <b>12</b></p> <p>10 a.m. Resident Services Review, TAH</p> <p>11:30 a.m. Community Prayer, Chapel</p> <p><u>11:30 a.m. Rightsizing &amp; Longevity Presentation, PAV</u></p> <p><u>12:30 a.m. Rightsizing &amp; Longevity Info Fair, PAV</u></p> <p>1 p.m. Mahjong, TAH</p> <p>2 p.m. Cribbage, Atrium P3</p> <p>3:30 p.m. Folk Dance for Everyone, FS</p> <p><b>4 p.m. Depart: Happy Hour Trip, Woodinville</b></p> <p><b>6:30 p.m. Depart: Village Theatre, Issaquah</b></p> <p>6:45 p.m. Shanghai Rummy, AVR</p> <p>7 p.m. Pinochle, TAH</p>	<p>8:15 a.m. Fitness Trifecta, TV <b>13</b></p> <p>10 a.m. Bible Study, SAM</p> <p>1 p.m. Tech Help, LR</p> <p>1:30 p.m. EH Quilters, CAS</p> <p><u>2 p.m. Valentines Performance, EMR</u></p> <p><b>2 p.m. Depart: PCC Shopping, Redmond</b></p> <p>3 p.m. The Good Life Book Club, AVR</p> <p>4 p.m. Atrium P3 Social, Atrium P3</p> <p>4 p.m. Atrium H3 Social, Atrium H3</p> <p>7 p.m. All That Jazz Group, AVR</p> <p>7 p.m. Poker, CAS</p>	<p>8:15 a.m. Fitness Trifecta, TV <b>14</b></p> <p>8:15 a.m. Tai Chi, SAM</p> <p>10 a.m. Catholic Communion Service, AVR</p> <p><b>10 a.m. Depart: Grocery Shopping</b></p> <p>10 a.m. Scrabble, TAH</p> <p>2:30 p.m. Hand &amp; Foot Canasta, TAH</p> <p>3 p.m. Education for Enjoyment, AVR &amp; SAM</p> <p><u>7 p.m. Anything Goes, PAV</u></p>	<p>8:15 a.m. Fitness Trifecta, TV <b>15</b></p> <p>10 a.m. Craft &amp; Connect, CAS</p> <p><b>1 p.m. Depart: Village Theatre, Issaquah</b></p> <p>2 p.m. Mexican Train &amp; Easy Cards, Easy Games, CAS</p> <p>6:45 p.m. Movie, TV</p>
<p>8:15 a.m. Fitness Trifecta, TV <b>16</b></p> <p>11 a.m. Livestream BelPres Worship, SAM/AVR &amp; AL GR</p> <p>4 p.m. Worship with Chaplain Waltner, EMR</p>	<p>8:15 a.m. Fitness Trifecta, TV <b>17</b></p> <p>9 a.m. Monday Painters, CAS</p> <p>10 a.m. Bonsai Group, SAM</p> <p><b>10 a.m. Depart: Grocery Shopping</b></p> <p>1 p.m. Women's Caregiver Connect, SAM</p> <p><b>1 p.m. Depart: Panama Hotel and Tea House, Seattle</b></p> <p><b>1:30 p.m. Depart: Pickleball, Redmond</b></p> <p>3 p.m. Dance/Step Aerobics, FS</p> <p>6:45 p.m. Duplicate Bridge, AVR</p> <p>6:45 p.m. Great Courses, TV</p>	<p>8:15 a.m. Fitness Trifecta, TV <b>18</b></p> <p>10 a.m. Dining Services Review, C&amp;H</p> <p>1 p.m. Tuesday Crafters, CAS</p> <p><u>2 p.m. Preparing for Transitions: Accepting Help While Preserving Autonomy, EMR</u></p> <p>1:30 p.m. Readers' Theatre, TAH</p>	<p>8:15 a.m. Fitness Trifecta, TV <b>19</b></p> <p>10 a.m. Garden Railroad, CAS</p> <p>11:30 a.m. Community Prayer, Chapel</p> <p>1 p.m. Mahjong, TAH</p> <p>1:30 p.m. Parkinson's Support Group, SAM</p> <p>2 p.m. Cribbage, Atrium P3</p> <p><u>2 p.m. Academy Award Contender: Conclave, EMR</u></p> <p>3 p.m. Birders &amp; Naturalists, CAS</p> <p><b>2 p.m. Depart: Costco Shopping, Redmond</b></p> <p>4 p.m. Atrium H1 Social, Atrium H1</p> <p>4 p.m. Trailside Social, AVR &amp; SAM</p> <p>6:45 p.m. Shanghai Rummy, AVR</p> <p>7 p.m. Pinochle, TAH</p>	<p>8:15 a.m. Fitness Trifecta, TV <b>20</b></p> <p>9 a.m. Buildings &amp; Grounds Mtg., BR</p> <p>9:30 a.m. NuMotion Mobility Services, TAH</p> <p>10 a.m. Bible Study, SAM</p> <p>11:30 a.m. Fund Development Committee Mtg., TAH</p> <p>1 p.m. Tech Help, LR</p> <p>2 p.m. Ukulele Chorus Rehearsal, AVR</p> <p><u>2 p.m. Focus on Fitness, EMR</u></p> <p>4 p.m. Cloud 9 Social, Atrium P3</p> <p>6:45 p.m. Movie, TV</p>	<p>8:15 a.m. Fitness Trifecta, TV <b>21</b></p> <p>8:15 a.m. Tai Chi, SAM</p> <p>10 a.m. Catholic Communion Service, AVR</p> <p><b>10 a.m. Depart: Grocery Shopping</b></p> <p>10 a.m. Scrabble, TAH</p> <p><b>1 p.m. Depart: Value Village Shopping Trip, Redmond</b></p> <p>2:30 p.m. Hand &amp; Foot Canasta, TAH</p> <p>3 p.m. Education for Enjoyment, AVR &amp; SAM</p> <p>7:30 p.m. February Birthday Celebration, EMR♦</p>	<p>8:15 a.m. Fitness Trifecta, TV <b>22</b></p> <p>10 a.m. Craft &amp; Connect, CAS</p> <p>2 p.m. Mexican Train &amp; Easy Cards, Easy Games, CAS</p>
<p>8:15 a.m. Fitness Trifecta, TV <b>23</b></p> <p>11 a.m. Livestream BelPres Worship, SAM/AVR &amp; AL GR</p> <p><b>1 p.m. Depart: Seattle Rep: Blues for an Alabama Sky, Seattle</b></p> <p>4 p.m. Worship with Chaplain Waltner, EMR</p>	<p>8:15 a.m. Fitness Trifecta, TV <b>24</b></p> <p>9 a.m. Monday Painters, CAS</p> <p><b>10 a.m. Depart: Grocery Shopping</b></p> <p><u>10 a.m. Mah Jongg, Anyone?, SAM</u></p> <p><b>1:30 p.m. Depart: Pickleball, Redmond</b></p> <p>2 p.m. DEI Committee Mtg., AVR</p> <p>3 p.m. Dance/Step Aerobics, FS</p> <p>6:45 p.m. Duplicate Bridge, AVR</p> <p>6:45 p.m. Great Courses, TV</p>	<p>8:15 a.m. Fitness Trifecta, TV <b>25</b></p> <p>10 a.m. Review of Marketing, TAH</p> <p><u>10 a.m. Mah Jongg, Anyone?, SAM</u></p> <p>10 a.m. Health and Wellness Committee, AVR</p> <p>1 p.m. Tuesday Crafters, CAS</p> <p>1 p.m. David Smith: Themes in Philosophy, EMR</p> <p>2 p.m. AI Interest Group, SAM</p> <p>4 p.m. Atrium P1 Social, Atrium P1</p> <p>4 p.m. Social Dance: Square Dance, FS</p> <p><b>6:30 p.m. Depart: Meaney Center for Performing Arts: Isidore String Quartet, Seattle</b></p> <p>7 p.m. Poker, CAS</p>	<p>8:15 a.m. Fitness Trifecta, TV <b>26</b></p> <p>10 a.m. Garden Railroad, CAS</p> <p>10 a.m. Accounting Review, TAH</p> <p>10 a.m. Men's Caregiver Connect, SAM</p> <p>11:30 a.m. Community Prayer, Chapel</p> <p>1 p.m. Mahjong, TAH</p> <p>2 p.m. Cribbage, Atrium P3</p> <p><u>2 p.m. FirView Grand Opening, FirView Dining Room</u></p> <p>3 p.m. Voices for Vision, AVR</p> <p>3:30 p.m. Folk Dance for Everyone, FS</p> <p><b>6:15 p.m. Depart: Seattle Opera, Seattle</b></p> <p>6:45 p.m. Shanghai Rummy, AVR</p> <p>7 p.m. Pinochle, TAH</p>	<p>8:15 a.m. Fitness Trifecta, TV <b>27</b></p> <p>10 a.m. Bible Study, SAM</p> <p>11:15 a.m. Table Talks, EMR</p> <p>1 p.m. Tech Help, LR</p> <p>1 p.m. Knitwits, Atrium E</p> <p>7 p.m. Poker, CAS</p>	<p>8:15 a.m. Fitness Trifecta, TV <b>28</b></p> <p>8:15 a.m. Tai Chi, SAM</p> <p>10 a.m. Catholic Mass, AVR</p> <p><b>10 a.m. Depart: Grocery Shopping</b></p> <p>10 a.m. Scrabble, TAH</p> <p><u>10:30 a.m. SilverKite Community Arts Pt. 1, EMR</u></p> <p>11 a.m. Episcopal Service, Chapel</p> <p><b>1 p.m. Depart: Brew Pub Trip, Redmond</b></p> <p>2:30 p.m. Hand &amp; Foot Canasta, TAH</p> <p>3 p.m. Education for Enjoyment, AVR &amp; SAM</p> <p>4:45 p.m. Last Friday Social, EMR</p>	