

# 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.**

8:15 a.m. Fitness Trifecta, TV **1**  
 10 a.m. Craft & Connect, CAS  
 2 p.m. Mexican Train & Easy Cards, Easy Games, CAS  
 6:45 p.m. Movie, TV

8:15 a.m. Fitness Trifecta, TV **2**  
 11 a.m. Livestream BelPres Worship, SAM/AVR & AL GR  
 4 p.m. Worship with Chaplain Waltner, EMR

8:15 a.m. Fitness Trifecta, TV **3**  
 9 a.m. Monday Painters, CAS  
**10 a.m. Depart: Grocery Shopping**  
 10 a.m. Residents' Association Review, AVR  
**1:30 p.m. Depart: Pickleball, Redmond**  
2 p.m. Rosalind Renshaw Lenten Devotional Reading, SAM  
 2 p.m. DEI Event Planning Mtg, AVR  
 6:30 p.m. Duplicate Bridge, AVR  
 6:45 p.m. Great Courses, TV

8:15 a.m. Fitness Trifecta, TV **4**  
 10 a.m. Sweety's Painting Class, CAS  
 11 a.m. Technology Committee Mtg., SAM  
 1 p.m. Tuesday Crafters, CAS  
 1 p.m. Alzheimer's and Dementia Caregiver Support, SAM  
1 p.m. Reel Matters: "9 to 5" Movie and Discussion, EMR

8:15 a.m. Fitness Trifecta, TV **5**  
 10 a.m. Garden Railroad, CAS  
 10:30 a.m. *Keeping Our Spirits Up*, TV  
 11:30 a.m. Community Prayer, Chapel  
 11:30 a.m. Lunch & Learn, Rainier Dining Room  
 1 p.m. Mahjong, TAH  
 1 p.m. Food Services Committee, AVR  
 2 p.m. Cribbage, Atrium P3  
**2 p.m. Depart: Costco Shopping, Redmond**  
3 p.m. Ash Wednesday Service, EMR  
 3:30 p.m. Folk Dance for Everyone, FS  
 6:45 p.m. Shanghai Rummy, AVR  
 7 p.m. Pinochle, TAH  
7 p.m. Mardi Gras Entertainment, EMR

8:15 a.m. Fitness Trifecta, TV **6**  
 10 a.m. Bible Study, SAM  
 10:30 a.m. Evergreen Speech and Hearing, TAH  
 1 p.m. Tech Help, LR  
 2 p.m. Ukulele Chorus Rehearsal, AVR  
 2 p.m. Health Services Review, TAH  
 2:30 p.m. Residents' Council Study Session, SAM  
 6:45 p.m. Movie, TV

8:15 a.m. Fitness Trifecta, TV **7**  
 8:15 a.m. Tai Chi, SAM  
 10 a.m. Thrift Shop  
 10 a.m. Catholic Communion Service, AVR  
**10 a.m. Depart: Grocery Shopping**  
 10 a.m. Scrabble, TAH  
 1 p.m. Grant's Live Chat, EMR♦  
 2:30 p.m. Hand & Foot Canasta, TAH  
**2:30 p.m. Depart: Cirque du Soleil, Redmond**  
 3 p.m. Education for Enjoyment, AVR & SAM

8:15 a.m. Fitness Trifecta, TV **8**  
 10 a.m. Craft & Connect, CAS  
 2 p.m. Mexican Train & Easy Cards, Easy Games, CAS  
**6 p.m. Depart: St. Jude — Knights of Columbus: Crab Feed, Redmond**  
**6:15 p.m. Depart: International Women's Day: Can Do Chorus, Bellevue**

8:15 a.m. Fitness Trifecta, TV **9**  
 11 a.m. Livestream BelPres Worship, SAM/AVR & AL GR  
**2 p.m. Depart: 9 to 5 Musical, Shoreline**  
 4 p.m. Worship with Chaplain Waltner, EMR

8:15 a.m. Fitness Trifecta, TV **10**  
 9 a.m. Monday Painters, CAS  
**10 a.m. Depart: Grocery Shopping**  
**1 p.m. Depart: Bellevue Square Shopping, Bellevue**  
**1:30 p.m. Depart: Pickleball, Redmond**  
2 p.m. Live Play: Hurry Up!, PAV  
 3 p.m. Dance/Step Aerobics, FS  
 6:30 p.m. Duplicate Bridge, AVR  
 6:45 p.m. Great Courses, TV

8:15 a.m. Fitness Trifecta, TV **11**  
 9 a.m. KCLS Library to Go, TAH  
 10:30 a.m. Residents' Council Meeting, PAV♦  
 1 p.m. Tuesday Crafters, CAS  
 1 p.m. David Smith: Themes in Philosophy, EMR  
 1 p.m. Virtual Reality Group Experience, TAH  
 2:30 p.m. Trips and Events Committee Mtg., SAM  
 4 p.m. Atrium E Social, Atrium E  
 7 p.m. Bunco Night, TAH  
7 p.m. Live Play: Hurry Up!, PAV

8:15 a.m. Fitness Trifecta, TV **12**  
 10 a.m. Garden Railroad, CAS  
 10 a.m. Resident Services Review, TAH  
 11:30 a.m. Community Prayer, Chapel  
 1 p.m. Mahjong, TAH  
 2 p.m. Cribbage, Atrium P3  
 3:30 p.m. Folk Dance for Everyone, FS  
**4 p.m. Depart: Happy Hour Trip, Redmond**  
 6:45 p.m. Shanghai Rummy, AVR  
 7 p.m. Pinochle, TAH  
7 p.m. Puyallup Valley Brass, EMR

8:15 a.m. Fitness Trifecta, TV **13**  
 10 a.m. Bible Study, SAM  
 1 p.m. Tech Help, LR  
 1:30 p.m. EH Quilters, CAS  
**2 p.m. Depart: PCC Shopping, Redmond**  
2 p.m. Focus on Fitness, EMR  
 3 p.m. The Good Life Book Club, AVR  
 4 p.m. Atrium P3 Social, Atrium P3  
 7 p.m. All That Jazz Group, AVR  
 7 p.m. Poker, CAS

8:15 a.m. Fitness Trifecta, TV **14**  
 8:15 a.m. Tai Chi, SAM  
 10 a.m. Catholic Communion Service, AVR  
**10 a.m. Depart: Grocery Shopping**  
 10 a.m. Scrabble, TAH  
**1 p.m. Depart: Quilt Show 2025, Monroe**  
 2:30 p.m. Hand & Foot Canasta, TAH  
 3 p.m. Education for Enjoyment, AVR & SAM

8:15 a.m. Fitness Trifecta, TV **15**  
 10 a.m. Craft & Connect, CAS  
 2 p.m. Mexican Train & Easy Cards, Easy Games, CAS  
 6:45 p.m. Movie, TV

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8:15 a.m. Fitness Trifecta, TV <b>16</b> 11 a.m. Livestream BelPres Worship, SAM/AVR & AL GR <b>2 p.m. Depart: Master Chorus Eastside, Issaquah</b> 4 p.m. Worship with Chaplain Waltner, EMR	8:15 a.m. Fitness Trifecta, TV <b>17</b> 9 a.m. Monday Painters, CAS <u>10 a.m. Bonsai Group: Guest Speaker, EMR</u> <b>10 a.m. Depart: Grocery Shopping</b> 1 p.m. Women's Caregiver Connect, SAM <b>1:30 p.m. Depart: Pickleball, Redmond</b> <u>2 p.m. Scottish Bagpiper, EMR</u> 6:30 p.m. Duplicate Bridge, AVR 6:45 p.m. Great Courses, TV	8:15 a.m. Fitness Trifecta, TV <b>18</b> 10 a.m. Dining Services Review, C&H 1 p.m. Tuesday Crafters, CAS 1:30 p.m. Readers' Theatre, TAH <b>6:30 p.m. Depart: Meany Center for the Performing Arts: Jeremy Denk, Seattle</b> <u>7 p.m. Tara Dance Academy Performance, EMR</u>	8:15 a.m. Fitness Trifecta, TV <b>19</b> 10 a.m. Garden Railroad, CAS 11:30 a.m. Community Prayer, Chapel 1 p.m. Mahjong, TAH 1:30 p.m. Parkinson's Support Group, SAM 2 p.m. Cribbage, Atrium P3 <u>2 p.m. AI 101: Artificial Intelligence and Fraud, EMR</u> <b>2 p.m. Depart: Costco Shopping, Redmond</b> 3 p.m. Birders & Naturalists, EMR 3:30 p.m. Folk Dance for Everyone, FS 6:45 p.m. Shanghai Rummy, AVR 7 p.m. Pinochle, TAH <u>7 p.m. Spring Evening of Remembrance, EMR♦</u>	8:15 a.m. Fitness Trifecta, TV <b>20</b> 9 a.m. Buildings & Grounds Mtg., BR 9:30 a.m. NuMotion Mobility Services, TAH 10 a.m. Bible Study, SAM 1 p.m. Tech Help, LR 2 p.m. Ukulele Chorus Rehearsal, AVR 3 p.m. Karaoke Crooning, C&H <u>3 p.m. Solo Aging Presentation: Joy Loverde, EMR</u> 3:00 p.m. Fund Development Committee Mtg., TAH 6:45 p.m. Movie, TV	8:15 a.m. Fitness Trifecta, TV <b>21</b> 8:15 a.m. Tai Chi, SAM 10 a.m. Catholic Communion Service, AVR <b>10 a.m. Depart: Grocery Shopping</b> 10 a.m. Scrabble, TAH <b>1 p.m. Depart: Totem Lake Shopping Trip, Kirkland</b> 2:30 p.m. Hand & Foot Canasta, TAH 3 p.m. Education for Enjoyment, AVR & SAM <b>7 p.m. Depart: Seattle POPs, Disney</b> 7:30 p.m. March Birthday Celebration, EMR♦	8:15 a.m. Fitness Trifecta, TV <b>22</b> 10 a.m. Craft & Connect, CAS 2 p.m. Mexican Train & Easy Cards, Easy Games, CAS
8:15 a.m. Fitness Trifecta, TV <b>23</b> 11 a.m. Livestream BelPres Worship, SAM/AVR & AL GR 4 p.m. Worship with Chaplain Waltner, EMR	8:15 a.m. Fitness Trifecta, TV <b>24</b> 9 a.m. Monday Painters, CAS <b>10 a.m. Depart: Grocery Shopping</b> <u>1 p.m. Mah Jongg, Anyone?, SAM</u> <b>1:30 p.m. Depart: Pickleball, Redmond</b> 2 p.m. DEI Committee Mtg., AVR <b>2:15 p.m. Depart: Little Bit Therapeutic Riding Center, Redmond</b> 6:30 p.m. Duplicate Bridge, AVR 6:45 p.m. Great Courses, TV	8:15 a.m. Fitness Trifecta, TV <b>25</b> 10 a.m. Review of Marketing, TAH 10:30 a.m. Health and Wellness Committee, AVR <u>1 p.m. Mah Jongg, Anyone?, AVR</u> 1 p.m. Tuesday Crafters, CAS 1 p.m. David Smith: Themes in Philosophy, EMR 2 p.m. AI Interest Group, SAM 4 p.m. Social Dance: Irish/.Scottish Theme, FS	8:15 a.m. Fitness Trifecta, TV <b>26</b> 10 a.m. Garden Railroad, CAS 10 a.m. Accounting Review, TAH 10 a.m. Men's Caregiver Connect, SAM 11:30 a.m. Community Prayer, Chapel 11:30 a.m. Fitness & Sports Committee, EMR <b>12:30 p.m. Depart: SilverKite Community Arts, Redmond</b> 1 p.m. Mahjong, TAH 2 p.m. Cribbage, Atrium P3 3 p.m. Voices for Vision, AVR 3:30 p.m. Folk Dance for Everyone, FS <b>6:30 p.m. Depart: Village: Jersey Boys, Issaquah</b> 6:45 p.m. Shanghai Rummy, AVR 7 p.m. Pinochle, TAH	8:15 a.m. Fitness Trifecta, TV <b>27</b> 10 a.m. Bible Study, SAM 1 p.m. Tech Help, LR 1 p.m. Knitwits, Atrium E 1 p.m. Osher Lecture: Alcohol Use Disorder is a Biological Brain Disease. Why is it Often Not Treated as Such?, TV 2 p.m. Ukulele Workshop, AVR 3 p.m. Table Talks, EMR 7 p.m. Poker, CAS	8:15 a.m. Fitness Trifecta, TV <b>28</b> 8:15 a.m. Tai Chi, SAM 10 a.m. Catholic Mass, AVR <b>10 a.m. Depart: Grocery Shopping</b> 10 a.m. Scrabble, TAH 11 a.m. Episcopal Service, Chapel <b>1 p.m. Depart: Brew Pub Trip, Bothell</b> 2:30 p.m. Hand & Foot Canasta, TAH 3 p.m. Education for Enjoyment, AVR & SAM 4:45 p.m. Last Friday Social, EMR	8:15 a.m. Fitness Trifecta, TV <b>29</b> 10 a.m. Craft & Connect, CAS 2 p.m. Mexican Train & Easy Cards, Easy Games, CAS 6:45 p.m. Movie, TV
8:15 a.m. Fitness Trifecta, TV <b>30</b> 11 a.m. Livestream BelPres Worship, SAM/AVR & AL GR 4 p.m. Worship with Chaplain Waltner, EMR	8:15 a.m. Fitness Trifecta, TV <b>31</b> 9 a.m. Monday Painters, CAS <u>10 a.m. Thrift Shop Donation Day, TAH</u> <b>10 a.m. Depart: Grocery Shopping</b> <b>1:30 p.m. Depart: Pickleball, Redmond</b> <u>2 p.m. Blooming Bingo Bash, EMR</u> 6:30 p.m. Duplicate Bridge, AVR 6:45 p.m. Great Courses, TV					