

The View

From the Heights of Community Life



April 2025

Inside this Month's Issue

Contacts & Reminders	3
Staff Spotlight	4–5
Shining Star Shout-Outs.....	4
Golden Spotlight Winner.....	4
Get to Know: Jo Hollis.....	5
Denmark Day: Honoring Denmark Gabriel.....	5
Articles	6–7
Campus Life	8–12
Atrium Socials.....	8
Monthly or Bimonthly Activities.....	8
Standing Committee Meetings.....	8
Weekly Activities.....	9
New Resident Orientations.....	9
The Corwin Connection.....	10
Health & On-Campus Services.....	11
Celebrate Culture at the EH Culture Fair.....	12
DEI Committee Resources.....	12
Table Talks: Cultural Diversity Month.....	12
Religious Services & Support Groups	13
What's Happening: On Campus	14–21
What's Happening: Trips	22–26
Shopping Trips.....	26
Channel 1981 Exclusives	27–28
Movies.....	27
Programs.....	27–28
Fitness	29
March Poll Results	30
April Survey: Share your Testimonial	31

Cover Photo Credit: Ashlynn Murphy on Unsplash.com, taken at Mt. Rainier National Park, Washington.

Useful Contacts

CONCIERGE: (425)556-8100 CORWIN FRONT DESK: (425)556-8150 SECURITY: (425)556-8184

Accounting:
(425)556-8229

Housekeeping:
(425)556-8188

Facilities:
(425)556-8180

Cascades Take-Out:
(425)556-8117

Main Dining Reservations:
(425)556-8217

Rainier Reservations:
(425)556-8145

Chaplain:
(425)556-8140

Fitness:
(425)556-8186

Transportation:
(425)556-8105

TWO SALON LOCATIONS TO SERVE YOU

Elements

Call (425)556-8171

Hair with Terry
Tues., Wed., Thurs.
9 a.m.—3 p.m.

Hair with Debi
Friday
9 a.m.—3 p.m.

Nails with Mikaela
Tues., Wed., Thurs., Fri.
10 a.m.—4 p.m.

Massage with Nita
Wednesday
10 a.m.—4 p.m.

Hairport

Call (425)556-8160

Hair with Tramble
Monday & Friday
9 a.m.—3 p.m.



! Reminders !

- ◇ **No Furniture Sale in April due to lack of inventory.**
- ◇ Always check the date on portal-generated trip cancellation emails.
- ◇ The updated Resident Handbook, effective March 1st, is available in the Evergreen Lodge and Assisted Living libraries.
- ◇ Prefer the digital version of *The View*? Email Emma Geary, Communication Specialist, to stop receiving physical copies: emmag@emeraldheights.com

Do you want to learn more about the Emerald Heights Board members or review the Q&A series covering a variety of topics relating to our community?
Visit the Emerald Heights' Board section of the Portal [Here](#).

Staff Spotlight

Shining Star Shout-Outs



The winner of the Shining Star prize for February is:

Gabriel Solis

Gabriel received 3 shout-outs:

“During our early February snow, Gabriel was always here early, plowing and shoveling snow. He made sure our employees were safe arriving here. He also kept our walkways clear for us residents. Gabe always works extremely hard keeping things tidy and picked up even when it is not snowing.”

“He did such a good job of taking care of us during the ice, snow & freezing cold. He made the road & sidewalks safe.”

“These men are the BEST groundskeepers we have ever had at EH!”

Nominees:

Gabriel Solis
Rene Perez
Dave Schaaf
Denmark Gabriel
Michell Flores
Hau Huynh
Luis Hernandez
Sam Jennings
Oahn Nguyen
Giselle Yates
Gerald Boston
Merrilee Dollmeyer

Golden Spotlight Winner



Each month, Emerald Heights honors an outstanding employee with the Golden Spotlight Award. Staff members submit nominations and Management Council selects the winner through a vote.

The Golden Spotlight winner for this month is Oanh Nguyen, Environmental Services Technician!

Oanh is incredibly hardworking, a great teacher, and she exemplifies the Emerald Heights cultural promise values of honesty and integrity.



Staff Spotlight

Get to Know: *Jo Hollis*

Chief Human Resources Officer, Emerald Communities

What is your hometown? Redmond! (Born at Overlake Hospital)

What was your first job? Paper route (11 years old)

What three words would you use to describe yourself? Fun, Nana, Seahawks-fanatic

What do you do for fun? Spending time with family and ANYTHING sports related



Who inspires you? Our residents—it is a privilege to work in their home.

What do you love about working at EC? The opportunity to partner with others to enhance the lives of seniors.

What is the focus of your role at EC? All things employee related, from talent acquisition & performance management to employee relations, compensation, training, & leadership development. I also ensure safety, labor law compliance, risk management, and benefits run smoothly—keeping our communities great places to work!



Denmark Day: *Honoring Denmark Gabriel*



In honor of Denmark's acceptance as the Assisted Living Dining Supervisor, residents and staff in Assisted Living celebrated *Denmark Day* on March 13th.

Denmark has been with Emerald Heights for 13 years, starting as a nurse aide before moving up through the ranks in the dining department. When asked what Denmark loved about Emerald Heights the most, the answer was an easy one, "Our wonderful residents! The *Denmark Day* celebration made me feel truly appreciated—it was a heartwarming welcome to my new role."

Congratulations Denmark!

Volunteer Appreciation Breakfast

How to Register:

1. Access the event on the Portal [Here](#).
2. Click the link that takes you to the Volunteer Information form. You can also access the form directly [Here](#) or get a paper copy at concierge.
3. Fill out the form with your volunteering information.
Note: The information provided on this form is used for event planning purposes, it is not a replacement for your community outreach reporting and does not register you for the event.
4. Submit Volunteer Information form
5. Register for the event as you usually would.

The residents of Emerald Heights volunteer thousands of hours a year, both on and off campus, to improve and enrich our community. As a token of our appreciation, Emerald Heights management and staff honor you at our annual Volunteer Appreciation Breakfast. This year, attendees will hear from Director Paula Del Giudice as she shares the captivating story of Little Bit Therapeutic Riding Center and how volunteerism keeps them galloping along.

Our very own Heidi Smith, Barbara Keightley, and the Woodshop committee are currently volunteering their time and resources while working with Sharon Soldenwagner, Little Bit's Development Director, to create several large, wooden cutouts that will be used during Little Bit's winter drive-through donation event. Katharine Manter, Fitness Specialist, also generously dedicates her free time to volunteering at this truly special place.

Little Bit was founded nearly 50 years ago when Margaret Dunlap found that the progress of her Multiple Sclerosis was slowed by being on the back of a horse. Starting as a small group of just five volunteers and one horse, they saw how transformative this therapy could be. Adaptive riding and Hippotherapy offer life-changing physical and mental benefits, including enhanced balance, muscle strength, hand-eye coordination, confidence, independence, and communication skills. Today, Little Bit proudly counts on more than 1,200 volunteers a year giving their time and knowledge to support the center in providing services to over 500 clients a year with 29 horses at their beautiful facility right here in Redmond. Because of this support, Little Bit has grown to be one of the largest full-time and nationally accredited PATH (Professional Association of Therapeutic Horsemanship) International centers.

We look forward to celebrating our own volunteers and learning more about this incredible organization on April 23rd in the Pavilion.

Enhancements to Movie Programming

We're always looking for ways to improve the experiences and services we offer. Based on your feedback from the February survey, we are announcing a pilot program for our movie streaming service. This program is designed to better align with your preferences and provide more enjoyable and accessible entertainment options.

What's Changing?

Beginning in April, we will be streaming two movies on Channel 1981 each month— one on the 2nd Thursday and one on the last Saturday. In addition, we will introduce at least one movie in the Emerald Room each month, complete with popcorn. This will offer a more social movie experience. Exact dates and times may vary.

Why these changes?

We made these adjustments in response to the survey results, where we found that many residents aren't fully utilizing the Thursday and Saturday movie options. By cutting back on the number of streamed movies, we can focus on delivering high-quality, well-loved films that better fit residents' preferences.

The new schedule will give more time to enjoy each film and increase the chances of gathering with friends and neighbors. Plus, with the addition of the live screenings, there will be even more opportunities for socializing and enjoying movies in a community setting. Have a movie you'd like to see on the big screen? Contact Vicky Neil, Trips and Events Coordinator, with your suggestion: vickyn@emeraldheights.com, (425)556-8204

Let us know your thoughts!

This is a pilot program— we are testing this new movie-showing format until June 2025, after which we will re-survey residents on their preferences. Whether you like the change or prefer the old ways, you'll be able to let us know after this 3-month trial period.



Atrium Socials

Wed., April 2, Trailside Social, Avondale and Sammamish Rooms

Tues., April 8, Atrium E, 4:00 p.m. in Atrium E

Thurs., April 10, Atrium P3, 4:00 p.m. in Atrium P3

Thurs., April 10, Atrium H3, 4:00 p.m. in Atrium H3

Mon., April 14, Courtyard, 4:00 p.m. in Avondale & Sammamish Rooms

Wed., April 16, Atrium H1, 4:00 p.m. in Atrium H1

Thurs., April 17, Cloud 9, 4:00 p.m. in Atrium P3

Tues., April 22, Atrium P1, 4:00 p.m. in Atrium P1

Monthly or Bimonthly Activities

Mondays:

Bonsai Group: 10:00 a.m., 3rd Mon., April 21, Sammamish Room

Tuesdays:

Readers' Theatre Group: 1:30 p.m., 1st & 3rd Tues., April 1 & 15, Tahoma Room

Bunco Night: 7:00 p.m., 2nd Tues., April 8, Tahoma Room

Wednesday:

Birders & Naturalists Club: 3:00 p.m., 3rd Wed., April 16, Sammamish Room

Voices for Vision: 3:00 p.m., 4th Wed., April 23, Avondale Room

Thursdays:

EH Quilters: 1:30 p.m., 2nd Thurs., April 10, Creative Arts Studio

Ukulele Chorus: 2:00 p.m., 1st & 3rd Thurs., April 3 & 17, Avondale Room

The Good Life Book Club: 1:00 p.m., 2nd Thurs., April 10, Avondale Room

All that Jazz Group: 7:00 p.m., 2nd Thurs., April 10, Avondale Room

Poker: 7:00 p.m., 2nd & 4th Thurs., April 10 & 24, Creative Arts Studio

Knitwits: 1:00 to 3:00 p.m., 4th Thurs., April 24, Atrium E

Ukulele Workshop: 2:00 to 4:00 p.m., 4th Thurs., April 24, Avondale Room



Standing Committee Meetings*

Technology Committee

1st Tues. of the month, April 1, 11:00 a.m., Sammamish Room

Food Services Committee

1st Wed. of the month, April 2, 1:00 p.m., Avondale Room

Communications Committee

Quarterly, April 16, 10:30 a.m., Avondale Room

Building and Grounds Committee

3rd Thurs. of the month, April 17, 9:00 a.m., Board Room

Resident Activities Committee

Quarterly, April 17, 1:00 p.m., Sammamish Room

Fund Development Committee

3rd Thurs. of the month, April 17, 3:00 p.m., Tahoma Room

Weekly Activities

Mondays:

Painters: 9:00 a.m., Creative Arts Studio

Pickleball: Departs 1:30 p.m.

Duplicate Bridge: 6:30 p.m., Avondale Room

Tuesdays:

Crafters: 1:00 p.m., Creative Arts Studio

Wednesdays:

Garden Railroad: 10:00 a.m., Creative Arts Studio

Mahjong: 1:00 p.m., Tahoma Room

Cribbage: 2:00 p.m., Atrium P-3

Folk Dance for Everyone: 3:30 p.m., Fitness Studio

Shanghai Rummy: 6:45 p.m., Avondale Room

Pinochle: 7:00 p.m., Tahoma Room

Fridays:

Scrabble: 10:00 a.m., Tahoma Room

Hand & Foot Canasta: 2:30 p.m., Tahoma Room

Education for Enjoyment: 3:00 p.m., Avondale & Sammamish Rooms

Saturdays:

Craft & Connect: 10:00 a.m., Creative Arts Studio

Mexican Train, Easy Cards & Games: 2:00 p.m., Creative Arts Studio

Standing Committee Meetings* (Cont.)

Health and Wellness Committee

4th Tues. of the month, April 22, 10:30 a.m.,
Avondale Room



New Resident Orientations

All Meetings are in the Tahoma Room except
where noted

Review of Facilities

To occur in the first 7 - 10 days after move-in
Resident Apartment

Health Services Review with

Jamilyn Bloodworth:

1st Thursday of the month,
April 3, 2:00 p.m.

Residents Association Review with

Michael Mulroy:

1st Monday of the month,
April 7, 10:00 a.m., Avondale Room

Resident Services Review with

Nicole McCarthy:

2nd Wednesday of the month,
April 9, 10:00 a.m.

Dining Services Review with

Dining Services Team:

3rd Tuesday of the month,
April 15, 10:00 a.m., Copper & Hook

Marketing Review with Marketing:

4th Tuesday of the month,
April 22, 10:00 a.m.

Accounting Review with

Nicole Rutledge:

4th Wednesday of the month,
April 23, 10:00 a.m.

Final Review with Grant Linacre,

Executive Director

60 days after move-in

The Corwin Connection ~ April 2025

Monthly Highlights of Corwin Activities

Entertainment

- ◆ **Music with Dave & Lynn**
Saturday, April 5, 10:45 a.m.
Great Room
- ◆ **Honky Tonk Sweethearts, Wine & Cheese Social**
Friday, April 11, 3:30 p.m.
AL Library/Lounge
- ◆ **Nancy Quickstad & Friends**
Thursday, April 17, 4:00 p.m.
Great Room
- ◆ **Roy Baggerly on piano & Larry Burns on bass**
Every Thursday, 4:00 p.m.
Wild Flower Point

Special Events

- ◆ **Scenic Drive: Monday, April 7**
Departs: 1:30 p.m.
Returns: 2:20 p.m.
Take a simple scenic drive around Redmond to see the ever-changing town.
- ◆ **Watch for the repeat return of the Ukulele Chorus in the Great Room!**

Monthly Meetings

- ◆ **Live Chat with Jamilyn**
Wednesday, April 9, 11:00 a.m.
AL Game Room
- ◆ **Food Committee Meeting**
Thursday, April 17, 2:00 p.m.
Assisted Living Game Room
- ◆ **Skilled Nursing Resident Council**
Monday, April 21, 11:00 a.m.
Great Room
- ◆ **Assisted Living Resident Council**
Thursday, April 24, 3:15 p.m.
Assisted Living Game Room.

Important Changes & Items to Note

- ◆ **Corwin Book Club: Thursday, April 10, 1:30 p.m. in the AL Library/Lounge**
We are discussing *To the Land of Long Lost Friends* by Alexander McCall Smith and will pass out a new book, TBA.



Campus Life

Health Services

Safe Drug Disposal: Old or expired medications can be taken to the QFC drop-box at 8867 - 161st Ave. NE, Redmond. Or click [Here](#) for more disposal sites.

On-Campus Services

Audiology: Evergreen Speech and Hearing

First Thursday of the month, **April 3, at 10:30 a.m. in the Tahoma Room.**

Services: Clean hearing aids, replace batteries, provide hearing aid checks. No appointment necessary.

If you have questions on audiology services call Kristen Compton at (425)899-5050.

Dermatology: OnSite Dermatology

First Thursday of the Month, **April 3**, held in **your own apartment.** Register for the March session before March 31:

On the Portal [Here](#)

Registration for the May session opens April 4. Register for the May 1 session by April 28:

On the Portal [Here](#)

OnSite will contact you directly about your appointment time. You also may call them directly at 1-877-345-5300. *Appointments for Independent Living residents only. Appointments not guaranteed.*

Corwin Center residents should schedule with Corwin Center staff.

Mobility Services: NuMotion

Third Thursday of the month, **April 17 at 9:30 a.m. in the Tahoma Room.**

Nutritional Counseling Services: Kat Spottswood

Monday - Friday; 9:00 a.m. - 5:00 p.m. Contact Dietician Kat Spottswood at (425)556-8190 or kats@emeraldheights.com.

Providers of Clinical Services

Located Off-Campus

To make an appointment with any of the providers listed below please contact them directly.

Podiatry Services: Podiatry Associates NW (206)420-3119

<https://www.podiatryassociatesnw.com>

Optometrist: Dr. Riskedahl - Office phone (206)618-1335

Dentist: Dr. Scott T. Andrews, DDS - Office phone (206)992-9624

If you have questions related to providers please call Jamilyn Bloodworth, Health Services Administrator, at (425)556-8196.

Note: Podiatry does not come to Emerald Heights for Independent Living residents.



Celebrate Culture at the EH Culture Fair



Culture is a concept that encompasses the social behavior, institutions, and norms found in human societies, as well as the knowledge, beliefs, arts, laws, customs, capabilities, attitudes, and habits of the individuals in these groups. Cultures can encompass large regions or be specific to individual households and towns. Are you interested in sharing your culture? **Join the Emerald Heights Cultural Fair on Monday, April 14th to showcase important aspects of your culture, such as food, recipes, textiles, garments, toys, and whatever else you can think of!**

To sign up, email Kaitlynd Hewitt, Administrative Services Manager, at kaitlyndh@emeraldheights.com or register on the Portal.

Interested in learning about other cultures? Come down and hear about the various cultures that make up the wonderful tapestry of Emerald Heights. We may even have a cultural scavenger hunt with prizes!

Diversity, Equity, and Inclusion Committee Meeting

The next meeting of the Diversity, Equity, and Inclusion Committee will be **Monday, April 28 at 2:00 p.m. in the Avondale Room**. The Committee Charter, Policy, Meeting Schedule, and all Meeting Minutes are on the Resident Portal under the “Resources” tab. All residents and staff are welcome and encouraged to attend these committee meetings. Contact Kaitlynd Hewitt, Administrative Services Manager, at kaitlyndh@emeraldheights.com for more info or to be put on the mailing list.

Table Talks: Cultural Diversity Month



Are you interested in taking our monthly focus on celebrating diversity further? Randomly assigned groups will be given the opportunity to get to know each other and discuss the questions below. Let's keep the conversation going!

April Questions:

1. How do you define culture? What does culture mean to you?
2. What cultural differences have you experienced in life? Through moving, going to school, meeting new people, etc.
3. Has there been a moment in your life where diversity has impacted you?

Table Talks will occur on Thursday, April 24 at 3:00 p.m. in the Emerald Room. Coffee and muffins will be served.

Religious Services and Support Groups

Wednesdays:

Community Prayer: 11:30 a.m. in the Chapel

Thursdays:

Bible Study: 10:30 a.m. in the Sammamish Room (note new time)

Fridays:

Catholic Communion Service: 10:00 a.m. in the Avondale Room. Mass celebrated on the fourth Friday of the month, April 25.

Episcopal Service and Communion with Fr. Eichner: Fourth Friday of the month, April 25, 11:00 a.m. in the Chapel

Sundays:

BelPres Church Livestream: 11:00 a.m. in the Sammamish/Avondale rooms, AL TV Room

Vespers Worship Service: 4:00 p.m. in the Emerald Room with Chaplain John Waltner

Support Groups

Alzheimer's and Dementia Caregiver Support

Tuesday, April 1

1:00 p.m. in the Sammamish Room

If you are caring for someone with Alzheimer's disease or other form of dementia, this is a time to get together with others in similar situations to share information, encouragement and hope.

Women's Caregiver Connect

Monday, April 21

1:00 p.m. in the Sammamish Room

If you are a woman who finds herself caring for a spouse with health or other challenges, join with other women to share support and encouragement.

Parkinson's Support

Not Meeting in April

Men's Caregiver Connect

Wednesday, April 30

10:00 a.m. in the Sammamish Room

If you are a man who finds himself caring for a spouse with health or other challenges, join with a group of men for coffee and conversation.

Chaplain John will be attending a wedding and exploring New Zealand from April 7 through April 23. In his absence, some activities will be modified. Sunday Vespers service will meet as usual with substitute ministers.

What's Happening: On Campus

BelPres Church Town Hall: Bible Conversations

Tuesday, April 1

1:00 p.m. in the Emerald Room

Scott Dudley, Senior Pastor at Bellevue Presbyterian Church, will be visiting Emerald Heights for a Bible conversation followed by discussion, wrapping up with a Q&A session. All are welcome!



Readers' Theatre Group

Tuesdays, April 1 & 15

1:30 p.m. in the Tahoma Room

Join Readers' Theater in April for a fun, cold-read experience. On April 1 (no fooling), we'll read Act 3 of *Once in a Lifetime* by George S. Kaufman and Moss Hart. On April 15 (hopefully not too taxing!), we'll explore the Interlude of *A Midsummer Night's Dream* by William Shakespeare. For questions, or to reserve a script, please contact Ginny Ford, vpatrikford@aol.com.

Lunch and Learn: Assisted Living

Wednesday, April 2

11:30 a.m. in the Rainier dining room in Corwin

Curious about Assisted Living? Join our lunch with Phill Jones or Sharon Cruse, first Wednesdays monthly. Space limited to 5 – reserve early! **To reserve your seat, contact Phill at (425)556-8151 or phillipj@emeraldheights.com**

Folk Dance for Everyone

Wednesdays, April 2, 9, 16, 23, & 30

3:30 p.m. in the Fitness Studio

Join resident Bob Cohen, an experienced folk dance teacher, for approachable line and circle dances that don't require a partner. Enjoy cultural music while learning simple steps that gradually build in rhythm and complexity at a comfortable pace.

Card Game: Shanghai

Wednesdays, April 2, 9, 16, 23, & 30

6:45 p.m. in the Avondale Room

Join a game of Shanghai, a strategic gin rummy-style card game for 3-6 players. To obtain a set of rules for the game contact Dee Patrick: (206)356-8684, dee@teampatrick.com.

Mardi Gras Entertainment: Fidgety Feet

Wednesday, April 2

7:00 p.m. in the Emerald Room

Fidgety Feet is a jazz group that will be playing the traditional music that is associated with Mardi Gras.



Bible Study: Austin Ashenbrenner presents “Exploring Hope”

Thursdays, April 3, 10, 17, & 24

10:30 a.m. in the Sammamish Room (Note new time)

Exploring Hope with Pastor Austin Ashenbrenner of Redmond Presbyterian Church is a series examining biblical texts. Discover how to cultivate an active and resilient hope in difficult times.

Tech Help Hour

Thursdays, April 3, 10, 17, & 24

1:00 p.m. in the Evergreen Lodge Living Room

Resident volunteers are available to try to help with phones, tablets, or laptops.

Residents’ Council Study Session

Thursday, April 3

2:30 p.m. in the Board Room

This is where the Council members discuss the potential agenda items for the formal meeting and choose which topics will generate a motion for action and an opportunity for discussion. All are welcome.

Thrift Shop

Friday, April 4

10:00 a.m. to 3:00 p.m. in the Thrift Shop

The \$1 Jackpot Bags are back with at least one item that someone you know cannot live without.

We continue to have a free table, the half-price aisle, and free books from the library. See you there!



Grant’s Live Chat

Friday, April 4

1:00 p.m. in the Emerald Room and Channel 1981

Grant Linacre, Executive Director, shares campus updates in this monthly program.

Education for Enjoyment: Turning Points in Modern History

Fridays, April 4, 11, 18, & 25

3:00 p.m. in the Avondale & Sammamish Rooms

Turning Points in Modern History takes you on a journey around the globe to shed light on how two dozen of the top discoveries, inventions, political upheavals, and ideas since 1400 have shaped the world.

Craft & Connect

Saturdays, April 5, 12, 19, & 26

10:00 a.m. – 12:00 p.m. in the Creative Arts Studio

Come with your own craft, join the Paper Mache group, or decide if you want to learn something new.

Monday Matinee: Historian Lorrain McConaghy

Monday, April 7

2:00 p.m. in the Emerald Room

This presentation was filmed at the Redmond Historical Speaker Series on March 8. Historian and author Lorrain McConaghy provides an interesting program on the history of Washington. Fresh popcorn will be served.

KCLS Library To Go

Tuesday, April 8

9:00 a.m. – 10:00 a.m. in the Tahoma Room

Access KCLS library books. Pick up holds, browse shelves, and return books by 7 p.m. Monday or Tuesday morning in the Tahoma Room. Bring your own bag.

Sweety's Painting Class

Tuesday, April 8

10:00 a.m. in the Creative Arts Studio

Register on the Portal [Here](#), Limit: 8

Sweety guides you through the art process from start to finish. Supplies provided.

Residents' Council Meeting

Tuesday, April 8

10:30 a.m. in the Pavilion and Channel 1981

Come hear reports from officers, Council business, and reports from Council members.

Dr. David Smith: Themes in Philosophy

Tuesday, April 8 & 22

1:00 p.m. in the Emerald Room

Explanation and discussion of fascinating themes in philosophy—a philosophy buffet!

Bunco Night

Tuesday, April 8

7:00 p.m. in the Tahoma Room

Emerald Heights Railroad

April 9, 16, 20, & 30 (Full season schedule available on the Portal [Here](#))
in the Garden Railroad



The Emerald Heights Garden Railroad season kicks off on Easter Sunday, April 20. Beat the rush by visiting before lunch and experience the excitement for all ages. To join the RR Gang as a train engineer or gardener, stop by the Creative Arts Studio on Wednesdays at 10 a.m. during the season

April 9, Wednesday, 10 a.m. to noon

April 16, Wednesday, 10 a.m. to noon

April 20, Sunday, Easter, 11 a.m. to 1 p.m.

April 30, Wednesday, 10 a.m. to noon

OnSite Dermatology Presentation

Wednesday, April 9

11:00 a.m. in the Emerald room

OnSite Dermatology is the leading national provider of on-site mobile dermatology care to senior communities. Their mission is to provide a more convenient, less-stressful way for seniors to access the dermatology care they need. Unfortunately, aging skin does come with its complications. Skin cancer is prevalent among our senior population, along with growths, rashes, and fungal infections, just to name a few. OnSite Dermatology practitioners can diagnose, prescribe, biopsy and treat on-site. They are a Medicare Part B participating provider and accept various Medicare Advantage and commercial insurance plans. Please join us to learn more about the services offered by OnSite Dermatology.

The Key: Steps to Safety, Fall Prevention for Seniors

Wednesday, April 9

2:00 p.m. in the Emerald Room

Steps to Safety, presented in partnership with TheKey Home Care, offers evidence-based fall prevention strategies, practical home safety tips, and simple modifications to help reduce fall risks and maintain independence.

Journey Toward Easter: Stations of Lent

Wednesday, April 9

4:00 – 5:30 p.m. in the Sammamish and Avondale Rooms

Join us for a time of reflection on the cross through scripture, art, and guided prayer. Meditations will offer a fresh perspective on familiar passages, encouraging personal connection with Jesus' story. Presented by the Bellevue Presbyterian Church Prayer Team.



The Good Life Book Club: *The Road to Wisdom* by Francis S. Collins

Thursday, April 10

1:00 p.m. in the Avondale Room (Note new time)

Our April book is *The Road to Wisdom* by Francis S. Collins on Truth, Science, Faith, and Trust. Dr. Collins led the National Institutes of Health under three very different U.S. presidents. Our May book is *Mere Christianity*, by C.S. Lewis.

Focus on Fitness: *The Fitness Assessments are Coming*

Thursday, April 10

2:00 p.m. in the Emerald Room

The team will all be on hand to present information on the annual Fitness Assessments coming in May, what they entail and why they are a good idea for everyone for tracking your physical fitness status.

Cultural Fair & Scavenger Hunt

Monday, April 14

1:00 p.m. in the Pavilion

For information, view article on page 12.

Rise and Dine: *Dottie Metcalf-Lindenburger, Retired NASA Astronaut*

Tuesday, April 15

10:00 a.m. in the Pavilion

Register on the Portal [Here](#), Limit: 100, Cost: \$8.75

Dorothy was selected as a NASA astronaut candidate in 2004 and completed two years of intensive training before qualifying in 2006. As a mission specialist, she flew to the International Space Station in April 2010. She will share her journey to becoming an astronaut, insights into her training, and the future of space exploration.



Birders & Naturalists Group

Wednesday, April 16

3:00 p.m. in the Sammamish Room

Jewish Passover Seder and Meal

Thursday, April 17

4:00 p.m. in the Fireside Dining Room

Register on the Portal [Here](#), Limit: 26, Cost: \$15

Passover, the most widely celebrated Jewish observance, commemorates Israel's liberation from slavery in Egypt. The eight-day celebration centers around the Seder, a festive meal where the story is recounted through symbolic foods. Our Jewish neighbors at EH will facilitate this special gathering.



April Birthday Celebration: Issaquah Singers

Friday, April 18

7:30 p.m. in the Emerald Room and on Channel 1981

Celebrate April birthdays with an evening of music and a birthday treat.

Docent Bird Walk on the Emerald Heights Trail

Saturday, April 19

9:00 a.m. — Meet in the Living Room

Join your fellow resident bird enthusiast Gayle Garman for a wonderful bird watching walk on the Emerald Heights trail. Be sure to bring your binoculars and hearing aids, if you use them. Gayle will provide you with an Emerald Heights Bird Check list, which was developed by the Birding Group.



The Bonsai Group

Monday, April 21

10:00 a.m. in the Emerald Room

Several of the most useful bonsai techniques will be demonstrated: cloning of plants with cuttings and air layering plus leaf size reduction with defoliation. These tasks will be followed by a workshop where members will work with new plant materials.

Author Sophia Kouidou-Giles: *Sophia's Return*

Monday, April 21

2:00 p.m. in the Emerald Room

Sophia Kouidou-Giles, a poet, fiction writer, and memoirist, will share the story of when, as a seven-year-old, she watched her mother leave without explanation, a departure that became her lifelong worry. Upon returning to Greece decades later, she uncovers a family story she had never been told.

Virtual Reality Group Experience

Tuesday, April 22

1:00 p.m. in the Avondale Room

Register on the Portal [Here](#), Limit: 10

Join this small group with Alex Clark as your guide through famous landmarks or your own childhood hometown. Bring your address books.

AI Interest Group Meeting

Tuesday, April 22

2:00 p.m. in the Sammamish Room

Volunteer Appreciation Breakfast: Galloping with Gratitude

Wednesday, April 23

Doors open at 8:45 a.m.; Program begins at 9:00 a.m. in the Pavilion

Register [Here](#) before 4/16, Fill out volunteer information [Here](#), Limit: 120

For full details and registration information, see page 6.

Voices for Vision

Wednesday, April 23

3:00 p.m. in the Avondale Room

Questions? Contact Lois Farris at (425) 298-4455.

Table Talks: Cultural Diversity Month

Thursday, April 24

3:00 p.m. in the Emerald Room (Note new time)

Join us for Table Talks at the new time of 3:00 p.m., where the focus is on individual cultural experiences and times where diversity (ours or others) has impacted us. Table groups will be selected at random, ensuring you connect with neighbors. While conversing, indulge in a spread of coffee, tea, and muffins.

Social Hour: Last Friday of the Month

Friday, April 25

4:45 p.m. – 6:00 p.m. in the Emerald Room

Have a glass of wine or sparkling cider with snacks a-plenty while meeting with new neighbors, sponsored by the Residents' Association.



Thrift Shop Collection

Monday, April 28

10:00 a.m. to 12:30 p.m. in the Tahoma Room

Want to donate something to the Emerald Heights Thrift Shop? Swing through the Tahoma room on the last Monday each month to drop off your items.

Mah Jongg, Anyone?

Monday, April 28 & Tuesday, April 29

12:30 p.m. to 3:30 p.m. in the Sammamish Room

Register by contacting June Bruno at junebruno@comcast.net, Limit: 5

Join resident June Bruno for a two-day lesson on American Mah Jongg. On Wednesday, April 30, you'll be able to join the weekly game in the Tahoma room, playing at the beginners' table.

Monday Matinee: The Sound of Music Sing-Along

Monday, April 28

2:00 p.m. in the Emerald Room

Resident Stephanie Wilson will conduct this sing-along activity of the music played during the *Sound of Music* Movie. Fresh popcorn and snacks will be provided.

Aging Wisdom: Understanding Dementia

Tuesday, April 29

2:00 p.m. in the Emerald Room

An increased number of individuals are impacted by dementia, whether one is noticing memory or cognitive changes in themselves or in a partner, friend, or relative. It is not unusual to hear the terms dementia and Alzheimer's used interchangeably, though they are not synonymous. In *Understanding Dementia*, guest speaker Nicole Amico Kane, MSW, LICSW, CMC, will help attendees gain a better understanding of normal vs. abnormal brain changes as we age, define dementia, its various types, and how to optimize planning and support for those affected. Kane will also cover what constitutes "normal ageing", causes and symptoms of dementia and dementia progression, planning considerations after a diagnosis, and support resources.

Songs of Seattle

Wednesday, April 30

7:00 p.m. in the Emerald Room

Song of Seattle is a creative women's a cappella chorus with a musical theater flair.

What's Happening: Coming Attractions

Anything Goes: Talent Recruitment

Friday, May 9 (Registration open March 1 – April 12)

7:00 p.m. in the Pavilion

Register on the Portal [Here](#), Limit: 10 "acts"

Are you a fount of talent without an outlet? Sign up to perform in the second *Anything Goes* show.



What's Happening: Trips

PLEASE NOTE: Event registration on the Portal does not open until April 1, 10:00 a.m.

Pickleball: Recreational Play

[Register on the Portal Here](#)

Mondays, April 7, 14, 21, & 28

Location: Redmond

Departure Time: 1:30 p.m. (Front Lobby)

Estimated Return Time: 3:30 p.m.

Cost: Court costs vary per session

Pickleball continues on Mondays. New players welcome—call Mike Mulroy to join.

Transportation: Free

Deadline: Noon the Thursday before

Limit: 10

Contact: Mike Mulroy (206)200-8282

Happy Hour Trip: JJ Mahoney's

[Register on the Portal Here](#)

Wednesday, April 9

Location: Redmond

Departure Time: 4:00 p.m.

Estimated Return Time: 6:00 p.m.

Cost: Food/beverages on your own + staff costs

Join us for a happy hour at JJ Mahoney's, where you can enjoy special pricing on drinks and snacks from 3-6 p.m., six days a week, in both the bar and restaurant. Don't miss out on their delicious snack specials!

Transportation: Free

Cancelation Deadline: Monday, April 7

Limit: 17 {Wheelchair arrangements, contact Vicky (425)556-8204}

Fitness Department Walk: Seward Park Loop

[Register on the Portal Here](#)

Friday, April 11

Location: Seattle

Departure Time: 10:00 a.m.

Estimated Return Time: 2:00 p.m.

Join us for the first walk of our spring and summer series around Seward Park, featuring wildlife, beautiful trees, and water views. Dress in layers and bring lunch, snacks, and water for the journey.

Transportation: \$13.95

Cancelation Deadline: Wednesday, April 9

Limit: 13

University of Washington: Seismology Lab Tour

[Register on the Portal Here](#)

Monday, April 14

Location: Seattle

Departure Time: 1:00 p.m.

Estimated Return Time: 4:00 p.m.

Cost: Free

Join Steve Malone from Pacific Northwest Seismic Network (PNSN) for a tour covering faults, earthquakes, and volcanism, with insights into regional seismic activity. The tour will include interactive demonstrations and focus on earthquake hazards, preparedness, and mitigation.

Transportation: \$9.67

Cancelation Deadline: Thursday, April 10

Limit: 17 {Wheelchair arrangements, contact Vicky (425)556-8204}

Tolt MacDonald Park: Docent Bird Watching Walk**[Register on the Portal Here](#)****Monday, April 21****Location: Carnation****Departure Time: 8:30 a.m.****Estimated Return Time: 11:45 a.m.****Cost: Free****Transportation: \$8.92****Cancelation Deadline: Thursday, April 17****Limit: 17 {Wheelchair arrangements, contact Vicky (425)556-8204}**

Lori Danielson from East Side Audubon leads a leisurely birdwatching walk at Tolt MacDonald Park in Carnation, exploring spring birds in diverse habitats.

Meany Center for Performing Arts: Faculty Recital:**[Register on the Portal Here](#)*****Robin McCabe, Around Robin*****Thursday, April 24****Location: Seattle****Departure Time: 6:30 p.m.****Estimated Return Time: 10:00 p.m.****Cost: Ticket price is \$10.00 each + staff costs****Transportation: \$9.67****Cancelation Deadline: Wednesday, April 16 (Tickets purchased on 4/17)****Limit: 17 {Wheelchair arrangements, contact Vicky (425)556-8204}**

Professor Robin McCabe showcases her pianistic virtuosity with solo works by Ravel and Fauré, followed by energetic transcriptions for two pianos, eight hands, featuring Bizet's "Carmen Fantasy," a Mozart opera overture, and "Stars and Stripes Forever."

Brew Pub Trip: Cascadia Pizza Co.**[Register on the Portal Here](#)****Friday, April 25****Location: Bellevue****Departure Time: 1:00 p.m.****Estimated Return Time: 4:30 p.m.****Cost: Food/beverages on your own + staff costs****Transportation: \$5.02****Cancelation Deadline: Wednesday, April 23****Limit: 17 {Wheelchair arrangements, contact Vicky (425)556-8204}**

Cascadia Pizza and Bellevue Brewing offer a casual, family-friendly taproom east of downtown Bellevue. Enjoy award-winning pizza, craft beer from Bellevue Brewing, and an expanded menu of shareables.

Performing Arts Festival: Eastside Artists Concert**[Register on the Portal Here](#)****Sunday, April 27****Location: Bellevue****Departure Time: 2:15 p.m.****Estimated Return Time: 5:45 p.m.****Cost: Free****Transportation: \$6.20****Cancelation Deadline: Thursday, April 24****Limit: 13 {Wheelchair arrangements, contact Vicky (425)556-8204}**

We will have the pleasure of hearing 11 first-place winners of concerto classes, grades 7th through 12th, each accompanied by a master pianist.

Dinner Out: Best Wok

[Register on the Portal Here](#)

Tuesday, April 29

Location: Bellevue

Departure Time: 4:00 p.m.

Estimated Return Time: 6:45 p.m.

Cost: Dinner cost on own + staff costs

Best Wok, serving authentic Chinese cuisine since 1984, has been voted "Best Asian Cuisine" in Bellevue from 2014-2017 by Bellevue Reporter.

Transportation: \$5.02

Cancellation Deadline: Thursday, April 24

Limit: 17 {Wheelchair arrangements, contact Vicky (425)556-8204}

Skagit Valley Tulip Festival

[Register on the Portal Here](#)

Wednesday, April 30

Location: Mount Vernon

Departure Time: 9:00 a.m.

Estimated Return Time: 4:00 p.m.

Cost: \$17.37 per person for Garden Center +

Start at the beautiful garden center, followed by a visit to an artisan market with handmade goods, and a delicious lunch at Calico Cupboard. Let's hope for great weather and stunning tulips!

lunch on your own + staff costs

Transportation: \$39.00

Cancellation Deadline: Thursday, April 24

Limit: 17 {Wheelchair arrangements, contact Vicky (425)556-8204}

Meany Center for Performing Arts: Pianist, Jonathan Biss

[Register on the Portal Here](#)

Tuesday, May 13

Location: Seattle

Departure Time: 6:30 p.m.

Estimated Return Time: 10:00 p.m.

Cost: \$57.00 per ticket

Acclaimed pianist Jonathan Biss returns to Meany, performing Schubert's final piano masterpiece, exploring life and death with profound beauty, alongside a new work by Tyshawn Sorey, blending composition and improvisation.

Transportation: \$10

**Cancellation Deadline: Monday, April 28
(Tickets purchased 4/29)**

Limit: 17 {Wheelchair arrangements, contact Vicky (425)556-8204}

Seattle Opera: Tosca

[Register on the Portal Here](#)

Wednesday, May 14

Location: Seattle

Departure Time: 6:15 p.m.

Estimated Return Time: 11:15 p.m.

Cost: Tickets range from \$99.00 - \$130.00

Puccini's Tosca returns to McCaw Hall with passionate music, thrilling action, and a villainous Scarpia, as a fiery diva must choose between her love and submission to evil for freedom.

Transportation: \$10.91

**Cancellation Deadline: Wednesday, April 30
(Tickets purchased May 1)**

Limit: 12 {Wheelchair arrangements, contact Vicky (425)556-8204}

Village Theatre 2025–2026 Season Tickets

REGISTRATION ON THE PORTAL IS REQUIRED for all residents, including past season ticket holders, to reserve a seat on the bus. Theatre tickets may be purchased through Emerald Heights, or on your own. Register on the Portal [Here](#).

New participants: When signing up on the portal – select which series:

- ◇ **SERIES 21** - Wednesday Evenings, departing at 6:30 p.m.
- ◇ **SERIES 41** - Wednesday Evenings, departing at 6:30 p.m.
- ◇ **SERIES 44** - Saturday Matinee, departing at 1:00 p.m.



Price breakdown: ticket price + staff cost + \$8.68 transportation

Deadline to register is: Monday, May 19

Questions? Vicky (425) 556-8204 or vickyn@emeraldheights.com

Brigadoon: (Series #21, Wed. night – 9/24) (Series #41, Wed. night – 10/8) (Series #44, Saturday matinee – 10/11) When two Americans stumble upon the village of Brigadoon, they soon realize this dreamlike place is more than it seems—and those who fall in love there will never be the same.

9 to 5: (Series #21, Wed. night – 11/26) (Series #41, Wed. night – 12/10) (Series #44, Saturday matinee – 12/13) 9 to 5: The Musical is about teaming up and getting credit, it's about kicking butt and taking care of business, and it's about to put a huge smile on your face.

Ken Ludwig's Baskerville: A Sherlock Holmes Mystery: (Series #21, Wed. night – 1/28) (Series #41, Wed. night – 2/11) (Series #44, Saturday matinee – 2/14) From multi-award-winning playwright Ken Ludwig (Sherwood: The Adventures of Robin Hood) comes a fast-paced adventure about the famous detective solving his most notorious case.

Grease: (Series #21, Wed. night – 4/1) (Series #41, Wed. night – 4/15) (Series #44, Saturday matinee – 4/18) Grease has remained one of the world's most popular musicals, featuring the many hit songs that became the soundtrack of a generation.

We Ain't Ever Gonna Break Up: The Hymon and Parfunkel Musical: (Series #21, Wed. night – 5/27) (Series #41, Wed. night – 6/10) (Series #44, Saturday matinee – 6/13) Expect an evening of ear-to-ear smiles and belly-laugh as Saul Hymon and Bart Parfunkel satirically skewer the jukebox musical in this brand-new feel-good buddy show.

What's Happening: Shopping Trips

Register on Portal for all Shopping Trips
Deadline for all shopping trips: Noon the day before
Questions? Contact Jorge (425)556-8105

Weekly Grocery Shopping:

Monday Grocery Shopping

Departure: 10:00 a.m.

Estimated Return: Noon

Redmond Fred Meyer & Bear Creek Safeway, Bank of America, U.S. Bank & Washington Federal

Friday Grocery Shopping

Departure: 10:00 a.m.

Estimated Return: Noon

QFC, both new & old, Trader Joe's, Bartell Drugs at Bella Bottega, Wells Fargo, Chase Bank, Bank of Washington & Columbia Bank

Costco Shopping Trip

Wednesday, April 9

Departure: 2:00 p.m.

Estimated Return: 4:00 p.m.

Register on the Portal [Here](#)

Limit 12

Bellevue Square Shopping

Monday, April 21

Departure: 1:00 p.m.

Estimated Return: 4:00 p.m.

Register on the Portal [Here](#)

Limit 12

PCC Shopping Trip

Wednesday, April 16

Departure: 2:00 p.m.

Estimated Return: 3:30 p.m.

Register on the Portal [Here](#)

Limit 9

Costco Shopping Trip

Wednesday, April 23

Departure: 2:00 p.m.

Estimated Return: 4:00 p.m.

Register on the Portal [Here](#)

Limit 12

Kohl's & Target Shopping Trip

Friday, April 18

Departure: 1:00 p.m.

Estimated Return: 2:45 p.m.

Register on the Portal [Here](#)

Limit 12

Personal transportation is available for a fee. Contact Jorge Cartagena at (425)556-8105 for more information.



Channel 1981 Exclusives

Movies

Zookeeper

Thursday, April 10, 6:45 p.m.

Kindhearted zookeeper Griffin Keyes (Kevin James) struggles with his love life until the animals at Franklin Park Zoo reveal they can talk and offer to teach him the rules of courtship.

2011, PG, 1 Hour 42 Minutes

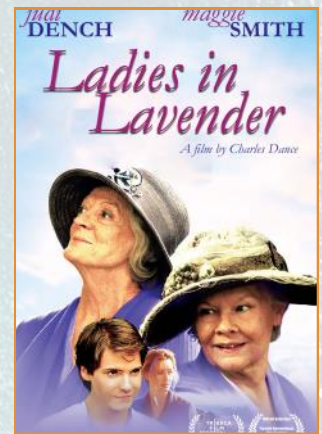


Ladies in Lavender

Saturday, April 26, 6:45 p.m.

Aging sisters Ursula (Judi Dench) and Janet (Maggie Smith) find a near-death young man, Andrea (Daniel Brühl), washed up on the beach near their Cornish home. As they care for him, Ursula experiences an unexpected infatuation for the talented violinist, but propriety keeps her feelings unspoken.

2004, PG-13, 1 Hour 43 Minutes



Why only two movies?

For information about the change in movie streaming frequency, read the article on page 7.

Programs

Schoolhouse Rock: The Great American Melting Pot

Wednesdays, April 2, 9, 16, 23, & 30, 12:00 p.m.

Sing along to this education classic about what makes our country such a hot-spot. Our cultural differences are what bring us together.

1977, 3 mins 20 secs

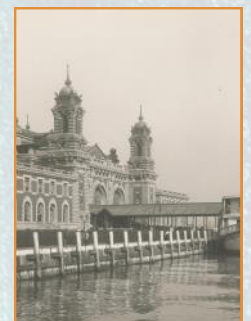


USCIS and the Legacy of Ellis Island

Wednesday, April 2, 9, 16, 23, & 30, 6:00 p.m.

Learn the story of Ellis Island through the perspective of those who worked there and highlights the historical connections between our mission and this iconic historic site.

2018, 28 mins 55 secs



Channel 1981 Exclusives

Programs (cont.)

Great Courses on 1981: Mr. Lincoln: The Life of Abraham Lincoln

Monday, April 7, 6:45 p.m. (Series finale)

This course delves into what made Abraham Lincoln great, exploring his qualities through the insights of a distinguished Lincoln scholar and award-winning author. Discover what struck those who knew Lincoln as you gain a deeper understanding of him.

Great Courses on 1981: Democracy and Its Alternatives

Mondays, April 14, 21, & 28, 6:45 p.m.

This 24-lecture course, by Ethan Hollander, explores democracy, its global variations, and how authoritarianism and dictatorship offer insights into democratic systems.

Osher Lecture: Penguins!

Thursday, April 24, 1:00 p.m.

Dr. Dee Boersma is the Director of the Center for Ecosystem Sentinels at the University of Washington and holder of the Wadsworth Endowed Chair in Conservation Science. Fieldwork has been her passion for over five decades. Tune into this lecture to hear of her interesting findings.



KHTS Schedule on Channel 1981

Special Programs: 10:30 a.m., 2:00 p.m. & 9:00 p.m.

Please refer to the Daily Schedule for listings of the week's selections provided by your dedicated KHTS team. The Daily Schedule is on the hall monitors and your Channel 1981. The 10:30 a.m., 2:00 p.m. and 9:00 p.m. programs change on Mondays.

Dance Classes: *Move, Groove, & Improve*

Looking for a fun way to meet your neighbors, get moving, challenge your brain, and improve balance? Try dance! No partner required and all are welcome. We offer several engaging dance options to boost mobility and agility while having fun:

Zumba Gold – This Latin dance-fitness class uses a “follow-the-leader” style, offering a moderate cardio workout that improves range of motion, balance, and coordination. Participants can modify movements to suit their mobility needs or increase intensity for a greater challenge. Tuesdays & Thursdays at 2:30 p.m. in the Fitness Studio.

Line Dance – Learn a variety of line dances of various styles and music genres (pop, country, Irish, etc.) Wednesdays at 2:30 p.m. in the Fitness Studio. On the first Wednesday of each month, we welcome beginners with a special session focused on breaking down basic steps and simple routines.

Folk Dance for Everyone – Led by resident Bob Cohen, this class introduces folk dances from around the world. It’s a great way to move, enjoy global music, and have fun. Wednesdays at 3:30 p.m. in the Fitness Studio.



New Fitness Videos on Channel 1981 and the Emerald Heights YouTube Channel!

Stay active at your convenience with a variety of fitness classes available on YouTube and Channel 1981 during the Fitness Trifecta. Tune in every morning at 8:30 a.m. for a new Total Body Fit workout on Channel 1981, led by Fitness Specialist Luis Hernandez.

Access the EH Fitness YouTube Channel [Here](#).

Channel 1981

The Fitness Trifecta: 7 days a week

8:15 – 9:00 a.m.: Total Body Fitness

Takes you through strength and mobility exercises.

9:00 – 9:45 a.m.: Posture and Balance

Strength and skill-building for fall prevention.

10:00 – 10:30 a.m.: Seated Zumba Gold

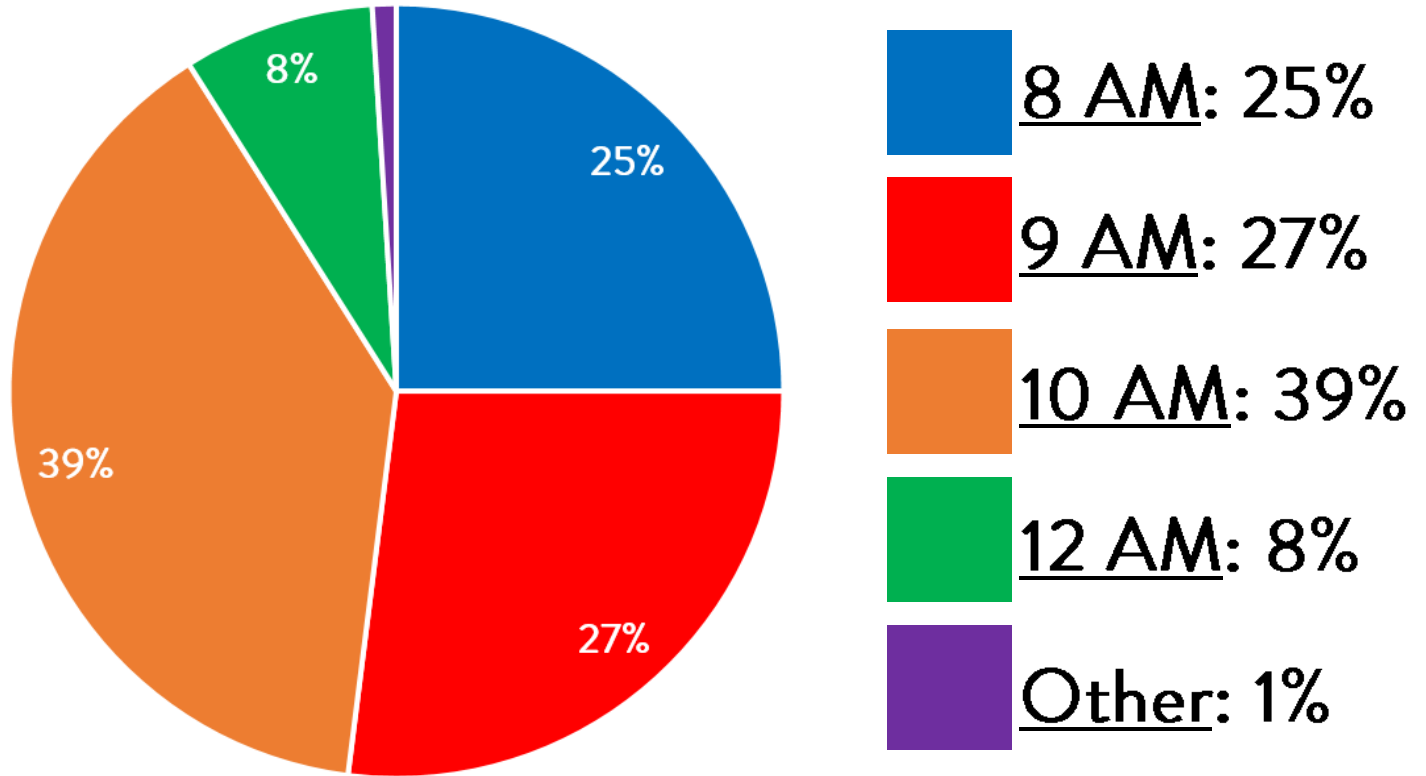
Energetic seated exercise class.



Questions about fitness?
Contact Alexandra Clark, Wellness
Programs Manager,
at (425)556-8186 or
alexandrac@emeraldheights.com

March Poll Results

Is there another time you would like the registration-required events to open on the first of every month?



Sample Size: 100

In March, we asked residents whether they would prefer registration events to open at a time other than 10:00 a.m. This request has been raised in the past, so we sought to gauge the community's interest in a potential change. The 10:00 a.m. time was originally chosen to ensure Concierge staff would be available to assist with registration issues, regardless of which day of the week the first of the month landed on.

Although nearly 40% of residents voted to keep the 10:00 a.m. opening time, more than half expressed interest in opening registration at an earlier time, split pretty evenly between 8:00 a.m. and 9:00 a.m.

In this scenario, the majority rules and the current 10:00 a.m. opening time will remain unchanged. However, the feedback suggests the community preferences may be shifting. As Emerald Heights continues to evolve, it may be worth revisiting this question in the future.

Conclusion:

10:00 a.m. will continue to be the time that registration events open on the first day of each month.

April Survey: Share your Testimonial



Share Your Testimonial

At Emerald Heights, our community is what makes this place truly special—and that starts with you!

We'd love to hear what you enjoy most about living here. Your experience helps others discover the warmth, comfort, and connection that make Emerald Heights home.

We have a couple ways for you to choose your story:



Send us an email to share your experience:
info@emeraldheights.com



Save the Date: Pick up the Receiver!
Thurs, May 1st 1-5pm in the Living Room

Vintage rotary phone installation on site with storytellers from Kinship Tales to capture your audio messages.



EMERALD HEIGHTS
REDMOND
A MEMBER OF EMERALD COMMUNITIES