

A photograph of a vast tulip field with a narrow canal running through the center. The tulips are in various stages of bloom, with vibrant red and pink flowers and green leaves. The canal reflects the sky and the surrounding landscape. In the background, there are rolling hills and mountains under a dramatic, cloudy sky.

The View

From the Heights of Community Life

May 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: Michelle Wood.....	5
Gallopig with Gratitude.....	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
Celebrating AANHPI Heritage Month.....	12
DEI Committee Resources.....	12
Table Talks: AANHPI.....	12
Religious Services & Support Groups	13
What's Happening: On Campus	14–20
What's Happening: Trips	20–27
Shopping Trips.....	27
Channel 1981 Exclusives	28–29
Movies.....	28
Programs.....	29
Games	30
May Survey	31

Cover Photo Credit: Zach Taiji on Unsplash.com, taken in Skagit Valley, 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 Grocery Shopping on Memorial Day, May 26
- ◇ No medical transportation on Tuesday, May 27
- ◇ No furniture sale in May due to lack of inventory
- ◇ Voices for Vision is now meeting every other month. Next meeting on June 25.
- ◇ Always check the date on portal-generated trip cancellation emails.

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.

Staff Spotlight

Shining Star Shout-Outs



Shining Star winners are chosen from a pool of nominations from residents and staff. See a staff member going above and beyond? Pick up a nomination card from the Message Center and submit it in the box beside the Courtyard cubbies.

The winner of the Shining Star prize for March is:

John Waltner, Chaplain

John was given a shout out for his “witty yet calming presence which makes him fun and relaxing to work with.”

March Nominees

Marc Allen
Luis Granados
Jose Luis Sanchez Tapia
Emma Geary (x3)
Ken Bonebrake
Vicky Neil (x3)
Jorge Cartagena

Ngoc Vu
Danielle Epp
Kaitlynd Hewitt
Phuc Mai
Nicole McCarthy
Alex Clark
John Waltner

Magda Turcois
Ken Bonebreak (x2)
Hau Huynh
Daniel Gordon
Tara Bell

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 Erika Gomez, Environmental Services Technician!

Erika was nominated twice for her hard work, positive and happy attitude, and for always being willing to help out. Congratulations, Erika!

March Nominees

Erika Gomez
Adrian Garcia Avila
Lindsay Altaras
Brittanie Atwood



Staff Spotlight

Get to Know: *Michelle Wood*

Vice President, Operations

What is your hometown? Seattle, WA

What was your first job? Office Manager/Bookkeeper for an architectural firm at age 17

What three words would you use to describe yourself?

Passionate, Driven, and Loyal

What do you do for fun? Hanging out with my friends/family/dogs, volunteering for animal causes, reading

Who inspires you? My Mom and Dad

What do you love about working at EC? The best part of working at Emerald Communities is making a real difference in the residents' lives while doing meaningful work. Building relationships, making an impact, and creating a strong community make the job rewarding and fun.

What is the focus of your role at EC? My focus is ensuring both communities run smoothly, provide excellent care, and feel like

a strong, supportive place for residents and staff. I work with teams, manage operations and help plan for the future so our communities can keep improving and growing.



Galloping with Gratitude



Thank you to all who participated in the Volunteer Appreciation event on Wednesday, April 23.

We are thankful to all the residents who work so hard to make Emerald Heights the community that it is. Thank you as well to all the staff who took time to help out with setup, seating, serving, and speaking.

Skin Cancer Awareness Month: *Are you at risk?*

Skin cancer is the most common cancer in the U.S., affecting more people than breast, lung, colon, or prostate cancer. The Skin Cancer Foundation estimates that 1 in 5 Americans will develop skin cancer by the age of 70. Increased awareness, prevention, early diagnosis, and prompt treatment can significantly improve outcomes.

Understanding Different Types of Skin Cancer:

- ⇒ **Actinic Keratosis (AK):** A common precancerous condition appearing as dry, scaly patches on sun-exposed areas like the face, ears, and hands. Left untreated, it may progress to squamous cell carcinoma.
- ⇒ **Melanoma:** The deadliest form of skin cancer, originating in melanocytes. It spreads quickly if not detected early. Annual skin checkups are crucial for early detection.
- ⇒ **Squamous Cell Carcinoma (SCC):** Affects squamous cells due to chronic UV exposure. It appears as red, scaly patches or firm nodules and can metastasize if untreated.
- ⇒ **Basal Cell Carcinoma (BCC):** The most common skin cancer, appearing as a pearly or waxy bump. Though less aggressive, it can invade surrounding tissue.



Risk Factors and Prevention:

Risk factors include fair skin, light hair and eyes, family history, weakened immune system, and X-ray or UV exposure.

Reduce your Risk:

- ◇ Wear protective clothing and broad-spectrum SPF 30+ sunscreen.
- ◇ Seek shade, limit mid-day sun exposure, and be cautious around reflective surfaces like water, snow, and sand.
- ◇ Obtain vitamin D through diet and supplements, not sun exposure.
- ◇ Regularly monitor moles or skin changes and consult an OnSite Practitioner for early detection.

Did you know OnSite Dermatology comes to our community each month?

Call (877)345-5300 to make an appointment for our next visit or register on the Portal.

Articles

Cart Courtesy: A Shared Resource Reminder

As you enter the Lodge through the main entrance, just past the moss wall, you'll find a small storage room on the right. This space houses a shared cart provided by Emerald Heights, available for residents to use when loading or unloading their vehicles.

Many residents also use this area to temporarily store their personal grocery carts while away on shopping trips. We've recently received several reports that some personal carts have been "borrowed" during these times—leaving their owners stranded with groceries and no cart to carry them home. Please ensure that the cart you are borrowing is one owned by Emerald Heights, not a resident. All residents temporarily storing carts in this space while on a shopping trip should clearly label their cart with their first and last name and unit number. Concierge is happy to help you make a label.

Shared carts owned by Emerald Heights are available at several locations throughout campus. Please remember to return them promptly so others can enjoy the same convenience.

Thank you for your cooperation!

Pick Up the Receiver: Share your Emerald Heights Story

On **Thursday, May 1 from 1–5 p.m.** in the Living Room, Kinship Tales will host a special storytelling session using a vintage rotary phone. You'll have the chance to record short audio messages about life at Emerald Heights—choose from fun question prompts or share a favorite memory of your own. With your permission, some stories may be featured in our marketing to help future residents get to know the heart of our community!



Virtual Tour Filming

On **Tuesday, May 6**, a photographer will be on campus capturing stills and 360° views of Emerald Heights for a new virtual tour. This will help future residents and families get a better sense of our community—similar to what you might see on Zillow, Redfin, or other real-estate websites. There will be brief closures of hallways or shared spaces on this day. Thank you in advance for your understanding.

Tentative schedule:

10 a.m.-10:20 a.m.: Lodge main entrance, Living Room, Tahoma

10:20 a.m.-11:00 a.m.: Lodge Dining Areas

11:00 a.m.-11:30 a.m.: Emerald Room, Garden Railroad, Plaza

11:30 a.m.-12:15 p.m.: Pool, Fitness Studio, Conditioning Zone, Salon

12:15 p.m.-12:35 p.m.: Chapel, Coffee Shop, Woodshop

Campus Life

Resident contacts for activities can be found on the Portal under "News & Social" > "Activities, Games & Sports"

Atrium Socials

Thurs., May 8, Atrium P3,
4:00 p.m. in Atrium P3

Tues., May 13, Atrium E,
4:00 p.m. in Atrium E



Monthly or Bimonthly Activities

Mondays:

Bonsai Group: 10:00 a.m., 3rd Mon., May 19, Sammamish Room

Tuesdays:

Readers' Theatre Group: 1:30 p.m., 1st & 3rd Tues., May 6 & 20,
Tahoma Room

Bunco Night: 7:00 p.m., 2nd Tues., May 13, Tahoma Room

All Interest Group: **Not Meeting in May**

Wednesday:

Birders & Naturalists Club: 3:00 p.m., 3rd Wed., May 21,
Sammamish Room

Voices for Vision: **Not Meeting in May**

Thursdays:

EH Quilters: 1:30 p.m., 2nd Thurs., May 8, Creative Arts Studio

Ukulele Chorus: 2:00 p.m., 1st & 3rd Thurs., May 1 & 15, AL Game Room
on 5/1, Avondale Room on 5/15

The Good Life Book Club: 1:00 p.m., 2nd Thurs., May 8, Avondale Room

All that Jazz Group: 7:00 p.m., 2nd Thurs., May 8, Avondale Room

Poker: 7:00 p.m., 2nd & 4th Thurs., May 8 & 22, Creative Arts Studio

Knitwits: 1:00 to 3:00 p.m., 4th Thurs., May 22, Atrium E

Ukulele Workshop: 2:00 to 4:00 p.m., 4th Thurs., May 22,
Avondale Room

Standing Committee Meetings*

Technology Committee

1st Tues. of the month, May 6, 11:00 a.m.,
Sammamish Room

Food Services Committee

1st Wed. of the month, May 7, 1:00 p.m.,
Avondale Room

Building and Grounds Committee

3rd Thurs. of the month, May 15, 9:00 a.m.,
Board Room

Fund Development Committee

3rd Thurs. of the month, May 15, 3:00 p.m.,
Tahoma Room

Fitness and Sports Committee

Wed., May 21, 11:30 a.m.,
Avondale Room

Health and Wellness Committee

4th Tues. of the month, May 27, 10:30 a.m.,
AL Game Room

Weekly Activities

Mondays:

Painters: 9:00 a.m., Creative Arts Studio
Pickleball: Departs 1:30 p.m. (no session 5/26)
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
Lawn Bowling: 10:00 a.m., Bowling Green
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
Lawn Bowling: 10:00 a.m., Bowling Green
Mexican Train, Easy Cards & Games: 2:00 p.m.,
Creative Arts Studio

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,
May 1, 2:00 p.m.

Residents Association Review with

Michael Mulroy:

1st Monday of the month,
May 5, 10:00 a.m., Avondale Room

Resident Services Review with

Nicole McCarthy:

2nd Wednesday of the month,
May 14, 10:00 a.m.

Dining Services Review with

Dining Services Team:

3rd Tuesday of the month,
May 20, 10:00 a.m., Copper & Hook

Marketing Review with Marketing:

4th Tuesday of the month,
May 27, 10:00 a.m.

Accounting Review with

Nicole Rutledge:

4th Wednesday of the month,
May 28, 10:00 a.m.

Final Review with Grant Linacre,

Executive Director

60 days after move-in



Campus Life

The Corwin Connection ~ May 2025

Monthly Highlights of Corwin Activities

Entertainment

- ◆ **Music with Dave & Lynn**
Saturday, May 3, 10:45 a.m.
Great Room
- ◆ **Ukulele Chorus**
Thursday, May 8, 2:00 p.m.
Great Room
- ◆ **Nancy Quickstad & Friends**
Thursday, May 15, 4:00 p.m.
Great Room
- ◆ **Carol Hendrickson, Wine & Cheese Social**
Friday, May 23, 3:30 p.m.
AL Library/Lounge
- ◆ **Roy Baggerly on piano & Larry Burns on bass**
Every Thursday, 4:00 p.m.
Wild Flower Point



Special Events

- ◆ **Scenic Drive: Tuesday, May 27**
Departs: 1:30 p.m.
Returns: 2:30 p.m.
Take a simple scenic drive around Redmond to see the ever-changing town.

New Groups

Please check your calendar and daily schedule for days and times.

- ◆ **American Sign Language (ASL) Classes**
Learn basic methods of communication used by the deaf—great for dexterity and a fun way to challenge your brain with something new.

Returning Activities

- ◆ **Trishaw Rides**
Ride on one of our three-wheeled bikes to see the changes on campus.
- ◆ **Virtual Reality Travel in Corwin**
An amazing 3-D experience

Monthly Meetings

- ◆ **Live Chat with Jamilyn**
Wednesday, May 14, 11:00 a.m.
AL Game Room
- ◆ **Food Committee Meeting**
Thursday, May 15, 2:00 p.m.
Assisted Living Game Room
- ◆ **Skilled Nursing Resident Council**
Monday, May 26, 11:00 a.m.
Great Room
- ◆ **Assisted Living Resident Council**
Thursday, May 29, 3:15 p.m.
Assisted Living Game Room.

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.

On-Campus Services

Audiology: Evergreen Speech and Hearing

First Thursday of the month, **May 1, 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, **May 1**, held in **your own apartment.** Register for the May session before April 28:

On the Portal

Registration for the June session opens May 2. Register for the June 5 session by June 2:

On the Portal

Following your registration on the portal, OnSite will contact you directly to discuss your need and to schedule an 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

No session in May.

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.



Campus Life

Celebrating AANHPI Heritage Month



This month, Emerald Heights will be celebrating **Asian American, Native Hawaiian, and Pacific Islander (AANHPI) Heritage Month** to honor the diverse people, cultures, and communities whose contributions have enriched our country. The AANHPI community in the United States spans 26 ethnicities and is currently the fastest growing population in the United States. AANHPI communities have a long history in the Pacific Northwest, with documented settlements in the area dating to the early 19th century. AANHPI Heritage Month occurs in May to commemorate the immigration of the first Japanese people to the US on May 7, 1843 and to honor Golden Spike Day, May 10, 1869, which marks the completions of the transcontinental railroad that that was built with significant contributions from Chinese workers.

Want to learn more? **Look for slides on Channel 1981 and check out the movies on page 28.**

Diversity, Equity, and Inclusion Committee Meeting

The next meeting of the Diversity, Equity, and Inclusion Committee will be **Monday, May 19 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: AANHPI Heritage Month

Want to take our monthly focus 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!

May Questions:

1. If you’re Asian American, Pacific Islander, or Native Hawaiian, how would you describe your experience in the United States? If not, can you share insights from AAPI or NH friends or family about their experiences?
2. If you were alive during WWII, did you know about the Japanese internment camps, and did you personally know anyone affected? If you weren’t alive then, when and how did you first learn about the camps?
3. How much do you know about how the U.S. acquired Hawaii? Power, ownership, and authority in the islands remain contentious; what are your thoughts on this?

Table Talks will occur on Thursday, May 22 at 11:15 a.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 (no session 5/1 or 5/29)

Fridays:

Catholic Communion Service: 10:00 a.m. in the Avondale Room. Mass celebrated on the fourth Friday of the month, May 23.

Episcopal Service and Communion with Fr. McLaurin: Fourth Friday of the month, May 23, 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, May 6

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, May 19

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.

Men's Caregiver Connect

Wednesday, May 21 (This month only, occurring on Third Wednesday)

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.

Parkinson's Support

Wednesday, May 21

1:30 p.m. in the Sammamish Room

Whether you're living with Parkinson's Disease or living with someone who has Parkinson's, or are simply interested in learning more, this is a place for support and education.

Questions?

Contact Chaplain John Waltner
at (425)556-8140 or
johnw@emeraldheights.com

What's Happening: On Campus

Tech Help Hour

Thursdays, May 1, 8, 15, 22, & 29

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

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

Thrift Shop

Friday, May 2

10:00 a.m.–2:00 p.m. in the Thrift Shop (Note new hours)

We continue to have a free table, the half-price aisle, and the free books from the library. Thank you to the first quarter Coordinators: Myrt Knapp, June Bruno, and Anne Cole. Their hard work and many hours in the shop made the first three sales so successful. Kudos to all three!

Grant's Live Chat

Friday, May 2

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, May 2, 9, 16, & 23 (Series ends 5/23)

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

Take a journey around the globe to see how two dozen of the top discoveries, inventions, political upheavals, and ideas since 1400 have shaped the world.

Craft & Connect

Saturdays, May 3, 10, 17, 24, & 31

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.

Lawn Bowling

Saturdays & Wednesdays weekly, beginning May 3

10:00 a.m. on the Bowling Green

A new lawn bowling turf has been installed and it is time to try it out. Join us for lawn bowling practice on every Wednesday and Saturday morning—open to all skill levels, including beginners. Singles competition begins in June, followed by doubles later this summer. Come out and enjoy the fresh air and sunshine.

Readers' Theatre Group

Tuesdays, May 6 & 20

1:30 p.m. in the Tahoma Room

Readers' Theatre will read *The Real Inspector Hound* by Tom Stoppard on Tuesday, May 6, and *The Somewhat True Tale of Robin Hood* by Mary Lynn Dobson on Tuesday, May 20. Both sessions begin at 1:30 p.m. in the Tahoma Room; contact Ginny Ford at (360)477-0350 or vpatrikford@aol.com to reserve a script.

Performance: The Silver Singers

Tuesday, May 6

7:00 p.m. in the Pavilion

We have a cheerful lineup of springtime, inspirational, and fun songs—plus a chance for you to sing along. New rehearsals will begin soon, featuring music by Peter, Paul, and Mary, Godspell, and more. Want to join our group? No experience needed—just enthusiasm and a willingness to stretch those vocal muscles! Call Donna Kristaponis, (425)800-7070 with questions.

Lunch and Learn: Assisted Living

Wednesday, May 7

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**

Birds, Please . . . Not Bears! Presentation: Forest Stewardship Program

Manager, Ellen Arnstein

Wednesday, May 7

3:00 p.m. in the Emerald Room and Channel 1981

How can we help our forest? Guest speaker Ellen Arnstein, Forest Stewardship Program Manager at King Conservation District, will discuss how to support forest health while balancing recreation, wildlife habitat, and fire resilience. She recently walked our trail and will share insights specific to our local forest.

Folk Dance for Everyone

Wednesdays, May 7, 14, 21, & 28

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, May 7, 14, 21, & 28

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.

Bible Study: Tyler Easley presents “New Testament Foundations”

Thursdays, May 8, 15, & 22 (no session 5/1 or 5/29)

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

Rev. Tyler Easley, Pastor Emeritus of Sammamish Presbyterian Church, will explore foundational concepts of New Testament faith. He will be here for two sessions, May 8 and 15. May 22 will be a special session, TBD.

The Good Life Book Club: Mere Christianity by C.S. Lewis

Thursday, May 8

1:00 p.m. in the Avondale Room

Our May book is one of the most popular introductions to the Christian faith ever written, in which Lewis' goal is to explain and defend the belief that has been common to all Christians at all times. Our June book is *The Lost and Found Bookshop* by Susan Wiggs.

Anything Goes: Resident Talent Show

Friday, May 9

7:00 p.m. in the Pavilion

Join us for the next “Anything Goes” talent show, featuring eight fun and varied acts including music, poetry, and performances. Starring your neighbors: Donna Kristaponis, Harry & Sharon Seelig, Roy Baggerly, Larry Burns, Bob Cohen, June Bruno, David G. Cole, Gerard Kern, Carlos & Julianna Caguiat, the Readers’ Theatre cast, and *Emerald Sound* singing group, along with conductor Eric Lane Barnes. ‘Tis the season of baseball, so wear your favorite ball cap or other attire! Seating fills quickly—come early and sit close to the front.



Emerald Heights Railroad

May 11 & 26 (Full season schedule available on the Portal)

11:00 a.m.–1:00 p.m. in the Garden Railroad

Here we have another two great opportunities to see the Emerald Heights Railroad in action: Mother’s Day, Sunday, May 11 and Memorial Day, Monday, May 26, running from 11 a.m. to 1 p.m. If you are interested in working with the RR Gang, come visit us any Wednesday at 10 a.m. in the Creative Arts Studio. Just ask for Gordon or Tom.



KCLS Library To Go

Tuesday, May 13

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.

Quarterly Residents' Association Meeting

Tuesday, May 13

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

Come hear reports from officers, council business, and reports from Council members, Marketing, and Finance. Please sign-in outside the Pavilion so quorum can be met.

Dr. David Smith: Themes in Philosophy

Tuesday, May 13 (2 hour session, no class on 5/27)

1:00 p.m. in the Emerald Room

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

Bunco Night

Tuesday, May 13

7:00 p.m. in the Tahoma Room

Focus on Fitness: The Fitness Assessments are Here!

Wednesday, May 14 from 8:00 a.m.–3:00 p.m.

and Thursday, May 15 from 8:00 a.m.–12:00 p.m.

In the Fitness Studio

The Fitness Team will conduct annual assessments on Wednesday (8:00 a.m.–3:00 p.m., break 11:30–12:00 p.m.) and Thursday (8:00 a.m.–12:00 p.m.). Sign up in the Fitness hallway or main dining hallway starting May 1. During assessment days, most classes will be canceled, so check the Portal or Daily Schedule for details.

Rabbi Dusty Klass: Judaism in 60 Minutes: From Abraham to America

Wednesday, May 14

2:30 p.m. in the Emerald Room

Join Rabbi Dusty Klass from Temple B'nai Torah for a lively lecture and discussion on the foundations of Judaism, exploring its origins, key holidays, and practices through to the present day. Bring your questions—curiosity is welcome and encouraged!

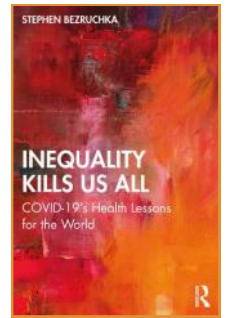


What Matters Most for Your Health: Dr. Stephen Bezruchka

Thursday, May 15

2:00 p.m. in the Emerald Room and Channel 1981

Drawing from his book *Inequality Kills Us All*, Dr. Stephen Bezruchka from the UW School of Public Health will discuss how early life experiences—not medical care or lifestyle choices—most shape lifelong health and what we can do to improve it.



May Birthday Celebration: Lake Washington Singers

Friday, May 16

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

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

Docent Bird Walk on the Emerald Heights Trail

Saturday, May 17

9:00 a.m. — Meet in the Living Room

Join resident bird enthusiast Gayle Garman for a bird watching walk on the Emerald Heights trail. Bring your binoculars, hearing aids if needed, and enjoy using the Birding Group's Emerald Heights Bird Checklist.

The Bonsai Group

Monday, May 19

10:00 a.m. in the Emerald Room

Join us as we explore saikei, a modern offshoot of bonsai that creates miniature landscapes using trees, stones, water elements, and ground covers. The group will be working on several new pieces for display.



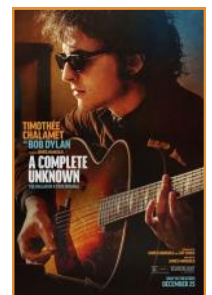
Monday Matinee: A Complete Unknown

Monday, May 19

2:00 p.m. in the Emerald Room

Follow Bob Dylan's early rise to fame in 1960s New York, his personal connections, and the bold musical shift that shook the world—plus, enjoy freshly popped popcorn.

2024, R (language), 2 hours 21 minutes



Employee Recognition: Employee Graduates and New Citizens Celebration

Tuesday, May 20

3:00 p.m. in the Pavilion

Celebrate the 19 Emerald Heights employee graduates and our one new citizen, all of which will be awarded a gift check, at this Employee Recognition event. Enjoy surprise entertainment and learn more about each honoree, thanks to your generous support of the Employee Appreciation drive.

Your Clothing Solutions

Wednesday, May 21

11:00 a.m. – 2:00 p.m. in the Emerald Room

Looking to refresh your wardrobe? Stop by the Emerald Room and browse spring blouses, pants, jackets, and jewelry from Your Clothing Solution, a traveling boutique accepting Visa and MasterCard.

Your Clothing Solutions: Spring Fashion Show Event

Wednesday, May 21

1:00 p.m. in the Emerald Room

Register on the Portal (Non-model attendees don't need to register), Limit: 10

Miss attending fashion shows? Here's your chance! We're looking for 10 individuals to model outfits from Your Clothing Solutions down the Emerald Heights catwalk. Models should wear white or black slacks.

Walkers and wheelchairs welcome! Not modeling? Enjoy the show and some refreshments for all.

Birders & Naturalists Group

Wednesday, May 21

3:00 p.m. in the Sammamish Room

Table Talks: Asian American, Native Hawaiian, and Pacific Islander History

Thursday, May 22

11:15 a.m. in the Emerald Room (Note new time)

Join us for Table Talks, where the focus is on Asian American, Native Hawaiian, and Pacific Islander History. Table groups will be selected at random, ensuring you connect with neighbors. While conversing, indulge in a spread of coffee, tea, and muffins.

Holy Family Parish, 7th Graders & Kindergarteners: Memorial Day

Celebration Program

Thursday, May 22

1:00 p.m. in the Emerald Room

Memorial Day trivia, sing-alongs, and more alongside kindergarteners and their 7th grade mentors from Holy Family School.

Memorial Day Flags: Residents Assist in Placing Flags on Campus

Friday, May 23

9:30 a.m. in the Living Room

Register on the Portal (Recommended but not required)

Calling all patriotic residents! Help place American flags around campus for Memorial Day weekend. Sign up on the Portal or simply meet in the Living Room ready to pitch in and show your patriotic spirit.

Thrift Shop Collection

Monday, May 26

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.

Medic One: Hands-Only CPR/AED Training

Thursday, May 29

1:00 p.m. in the Pavilion

Register on the Portal, Limit: None

Celebrate Emergency Medical Services (EMS) Week a little late by joining the Medic One Foundation for free Hands-Only CPR/AED training to learn the necessary skills for responding to a sudden cardiac arrest emergency. Your Medic One Foundation certified trainer will be Norris Edwards, a retired Seattle Fire Department paramedic with Paramedic Students serving as guest instructors. Questions? Contact Sara Oshikawa-Clay at (425)625-2032 or sara@mediconefoundation.org.



Education for Enjoyment: Churchill

Friday, May 30

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

Winston Churchill's life demonstrates that an individual can profoundly change the course of history, overcoming countless personal and public challenges to make life a better and nobler experience.

Social Hour: Last Friday of the Month

Friday, May 30

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.



What's Happening: Trips

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

Pickleball: Recreational Play

Register on the Portal

Mondays, May 5, 12, & 19 (not 5/26)

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: 9

Contact: Mike Mulroy (206)200-8282

Fitness Department Hike: Watershed Preserve, Trillium & Siler's Mill Trails

Register on the Portal

Friday, May 9

Location: Redmond

Departure Time: 8:00 a.m.

Estimated Return Time: 2:00 p.m.

Transportation: Free

Cancellation Deadline: Wednesday, May 7

Limit: 13

We will kick off our spring and summer hikes series with a moderate hike to get us back in the groove. 4.6 miles round trip, 337 feet elevation. Dress in layers, bring lunch, snacks, and water to suit your needs.

Northwest Driftwood Artists: Sculpture Show

Register on the Portal

Saturday, May 10

Location: Woodinville

Departure Time: 1:00 p.m.

Estimated Return Time: 3:45 p.m.

Cost: Free

Transportation: \$6.57

Cancellation Deadline: Thursday, May 8

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

The 62nd annual Driftwood Sculpture Show, now wheelchair accessible, will feature hands-on demos, a raffle, silent auction, and wood sale. It's free to attend, and the unique sculptures offer great photo opportunities.

Happy Hour Trip: Three Lions

Register on the Portal

Wednesday, May 14

Location: Redmond

Departure Time: 3:45 p.m.

Estimated Return Time: 6:15 p.m.

Cost: Food/beverages on your own + staff costs

Transportation: Free

Cancellation Deadline: Monday, May 12

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

Sign up for a relaxed, comfortable, friendly pub experience during happy hour. They have a special happy hour menu, including well drinks at \$4, glasses of wine \$2 off, draft beer and cider \$1 off.

Lunch Bunch Outing: Mandarin Buffet & Grill

Register on the Portal

Friday, May 16

Location: Redmond

Departure Time: 1:00 p.m.

Estimated Return Time: 3:45 p.m.

Cost: Food/beverages on your own + staff costs

Transportation: Free

Cancellation Deadline: Wednesday, May 14

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

Mandarin Buffet and Grill offers an all-you-can-eat selection with seafood, steak, sushi, salads, soups, desserts, and hot Chinese entrees like Spicy Fish, Chow Mein, Baked Scallops, Dim Sum, and more.

Ballard Elk Club: Market Street Jazz Band**Register on the Portal****Sunday, May 18****Location: Ballard****Departure Time: 12:15 p.m.****Estimated Return Time: 4:30 p.m.****Cost: Lunch purchases on your own + staff costs****Transportation: \$13.45****Cancelation Deadline: Wednesday, May 14****Limit: 13 {Wheelchair arrangements, contact Vicky (425)556-8204}**

Residents that love jazz music are up for a great afternoon of music, merriment and lunch. Market Street Jazz Band is a rip-roarin' good time! They perform the best of traditional New Orleans style Jazz.

Holocaust Center for Humanity: Docent Tour**Register on the Portal****Thursday, May 22****Location: Ballard****Departure Time: 2:15 p.m.****Estimated Return Time: 5:30 p.m.****Cost: Suggested donation is \$10.00 per person****Transportation: \$11.47****Cancelation Deadline: Tuesday, May 20****Limit: 17 {Wheelchair arrangements, contact Vicky (425)556-8204}**

Explore Holocaust survivors' stories and artifacts, highlighting the power of individual actions. This traveling Anne Frank exhibit from the Anne Frank House, titled *Let Me Be Myself: The Life Story on Anne Frank*, immerses visitors in her life, the rise of Hitler, and WWII's impact on Jewish communities.

Fitness Department Walk: Juanita Bay**Register on the Portal****Friday, May 23****Location: Kirkland****Departure Time: 10:00 a.m.****Estimated Return Time: 2:00 p.m.****Transportation: \$4.28****Cancelation Deadline: Wednesday, May 21****Limit: 13**

A lovely walk through wetlands, park meadows, and around the Lake Washington northeast shore on the boardwalk. Dress in layers, bring lunch, snacks, and water to suit your needs.

Vocalpoint Seattle Presents: The New Game**Register on the Portal****Sunday, May 25****Location: Seattle****Departure Time: 1:30 p.m.****Estimated Return Time: 4:30 p.m.****Cost: \$25.00 each + staff costs****Transportation: \$11.09****Cancelation Deadline: Friday, May 16 (Tickets purchased 5/19)****Limit: 13 {Wheelchair arrangements, contact Vicky (425)556-8204}**

A musical revue of songs with names that have inspired unforgettable songs, featuring music by The Beatles, Joni Mitchell, Neil Diamond, Martha and the Vandellas, Fleetwood Mac, and Amy Winehouse.

Maltby Café & Flower World

[Register on the Portal](#)

Tuesday, May 27

Location: Snohomish

Departure Time: 9:00 a.m.

Estimated Return Time: 1:30 p.m.

Cost: Purchase on own + breakfast + staff costs

Transportation: \$7.62

Cancelation Deadline: Thursday, May 22

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

We'll kick things off with a breakfast at Maltby Café, famous for its delicious breakfast options and massive cinnamon rolls. Afterward, we'll head to Flower World for all your gardening needs.

Wing Luke Museum: Docent Tour

[Register on the Portal](#)

Thursday, May 29

Location: Seattle

Departure Time: 1:00 p.m.

Estimated Return Time: 4:30 p.m.

Cost: Ticket price is \$ 15.00 each + staff costs

Transportation: \$11.90

Cancelation Deadline: Tuesday, May 27

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

Museum Tours provide engaging and visceral learning experiences informed by over 110 years of history. Take a guided look at the historically preserved Kong Yick Building and learn how it became the Wing Luke Museum.

Brew Pub Trip: Elliot Bay Brewing Company, Lake City

[Register on the Portal](#)

Friday, May 30

Location: Seattle

Departure Time: 1:00 p.m.

Estimated Return Time: 4:30 p.m.

Cost: Food/beverages on your own + staff costs

Transportation: \$9.92

Cancelation Deadline: Wednesday, May 28

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

Along with their year-round organic beers, the brewers at EBBC craft unique seasonal offerings, producing up to 50 different recipes each year, most made with 100% certified organic ingredients.

Meany Center for Performing Arts: UW Symphony & Concerto Competition Winners

[Register on the Portal](#)

Friday, June 6

Location: Seattle

Departure Time: 6:30 p.m.

Estimated Return Time: 10:15 p.m.

Cost: \$10.00 per ticket + staff costs

Transportation: \$9.67

Cancelation Deadline: Tues., May 20 (Tickets purchased on 5/21)

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

The UW Symphony will perform under the direction of guest conductor Sunny Xia. You will also get to enjoy performances by the Concerto Competition Winners.

Edmonds Driftwood Theatre: *Drinking Habits*

[Register on the Portal](#)

Saturday, June 7

Location: Edmonds

Departure Time: 1:00 p.m.

Estimated Return Time: 5:15 p.m.

Cost: \$25.00 per ticket + staff costs

Transportation: \$12.83

Cancellation Deadline: Thurs., May 22 (Tickets purchased on 5/23)

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

Accusations and mistaken identities run wild in this farce. Two nuns at the Sisters of Perpetual Sewing secretly make wine to save the convent. When reporters Paul and Sally go undercover, paranoia spreads, and wine and secrets spill as everyone works to preserve the convent and reconnect with lost loves.

The Fifth Avenue Theatre: *Bye Bye Birdie*

[Register on the Portal](#)

Saturday, June 14

Location: Seattle

Departure Time: 12:30 p.m.

Estimated Return Time: 5:00 p.m.

Cost: \$48.00 per ticket + staff costs

Transportation: \$11.09

Cancellation Deadline: Thurs., May 22 (Tickets purchased on 5/23)

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

This rock-n-roll musical classic is a high-energy, show-stopping delight.

T-Mobile Park: *Seattle Mariners vs Kansas City Royals*

[Register on the Portal](#)

Monday, June 30

Location: Seattle

Departure Time: 5:15 p.m. (game is 6:40 p.m.)

Estimated Return Time: 10:00 p.m.

Cost: \$45.00+ per ticket — dependent on total sign-ups + staff costs

Transportation: \$11.16

Cancellation Deadline: Tuesday, June 3 (Tickets purchased 6/4)

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

If you haven't been to a Mariners baseball game lately, this is the way to go to a game. The bus ride there is easy, not a ton of walking to the seats, and the seats are in the Terrace Club.

Upcoming Game Days:

Milwaukee Brewers + Senior Day | Wednesday, July 23 | Depart: 11:30 a.m.

Chicago White Sox | Wednesday, August 6 | Depart: 5:15 p.m.

St. Louis Cardinals | Monday, September | Depart: 5:15 p.m.



Seattle Symphony, Masterworks Series 7C 2025–2026

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.

Season Ticket prices range from \$315.00 – \$385.00

Price Breakdown: Season ticket price + staff cost + \$11.16 transportation cost per show

Deadline to register is: Friday, June 13

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

Xian Conducts Rachmaninov: Thurs., Oct. 2, 2025 | Depart: 6:30 p.m.

Xian Zhang leads Rachmaninov's sweeping Second Symphony, with pianist Alexander Malofeev performing the fiery Rhapsody on a Theme of Paganini.

Tchaikovsky Violin Concerto: Thurs., Nov. 6, 2025 | Depart: 6:30 p.m.

Simone Lamsma makes her debut with Tchaikovsky's beloved concerto. Sunny Xia also conducts Dvořák's melodic and folk-inspired Eighth Symphony.

Xian Conducts *Iris Unveiled*: Thurs., Feb. 12, 2026 | Depart: 6:30 p.m.

East meets West in Chang Chen's *Iris Unveiled*, a richly layered work blending Peking opera and Western orchestration under Xian Zhang's baton.

Liszt & Kodály: Thurs., March 12, 2026 | Depart: 6:30 p.m.

Liszt's Les Préludes and Piano Concerto No. 1 shine alongside Kodály's *Háry János Suite* and Strauss' whimsical *Till Eulenspiegel's Merry Pranks*.

Mendelssohn: *A Midsummer Night's Dream*: Thurs., April 16, 2026 | Depart: 6:30 p.m.

A lively blend of actors, singers, and orchestra brings Shakespeare's classic to life, paired with Mendelssohn's radiant *Three Motets*.

Xian Conducts Mozart: Thurs., April 30, 2026 | Depart: 6:30 p.m.

Rossini's *Italian Girl in Algiers* kicks off this program of wit and charm. Benjamin Lulich solos in Mozart's Clarinet Concerto, plus Symphonies 35 & 39.

Xian Conducts Beethoven 9: Thurs., June 18, 2026 | Depart: 6:30 p.m.

Beethoven's Ninth crowns the season with its triumphant *Ode to Joy*, paired with Steven Mackey's *RIOT*, a modern reflection on resilience and unity.

Seattle Symphony, POPs Series 2025–2026

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.

Season Ticket price is \$264.00

Price breakdown: Season ticket price + staff cost + \$11.16 transportation cost per show

Deadline to register is: Friday, June 13

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

Warner Bros. Discovery presents Bugs Bunny at the Symphony: Fri., Oct. 10, 2025 | Depart: 7:00 p.m.

Celebrate Bugs Bunny's 85th anniversary and the concert's 35th with a new edition of this beloved program. Over a dozen classic Looney Tunes will be shown on the big screen, accompanied by live music from the Seattle Symphony conducted by George Daugherty.

Holiday Pops: Fri., Dec. 12, 2025 | Depart: 7:00 p.m.

Stuart Chafetz returns to Benaroya Hall to lead the Seattle Symphony in a festive program filled with holiday favorites and seasonal cheer. There's no place like Benaroya for the holidays.

Peanuts 75th Anniversary Symphonic Concert: Fri., March 27, 2026 | Depart: 7:00 p.m.

Celebrate the 75th anniversary of Peanuts with the Seattle Symphony, featuring live actors, animation, and Vince Guaraldi's timeless music. Charlie Brown, Snoopy, and friends come to life in this special symphonic tribute.

Let's Misbehave: The Songs of Cole Porter: Fri., June 5, 2026 | Depart: 7:00 p.m.

Tony DeSare, Aubrey Logan, and John Manzari bring fresh energy to Cole Porter classics like "I Get a Kick Out of You," "I've Got You Under My Skin," and "Anything Goes" in this lively tribute to his timeless songbook.

Holiday POPs: Single Show

Register on the Portal

Friday, December 12, 2025

Location: Seattle

Departure Time: 7:00 p.m.

Estimated Return Time: 10:15 p.m.

Cost: \$55.00 to \$76.00 per seat + staff costs

Transportation: \$11.16

Cancellation Deadline: Friday, June 13, 2025

Limit: 14 {Wheelchair arrangements, contact
Vicky (425)556-8204}

Seattle Symphony's Stuart Chafetz leads a festive holiday program at Benaroya Hall filled with beloved seasonal favorites and cheerful classics sure to brighten the season.

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, May 7

Departure: 2:00 p.m.

Estimated Return: 4:00 p.m.

Register on the Portal

Limit 13

Costco Shopping Trip

Wednesday, May 21

Departure: 2:00 p.m.

Estimated Return: 4:00 p.m.

Register on the Portal

Limit 13

PCC Shopping Trip

Wednesday, May 14

Departure: 2:00 p.m.

Estimated Return: 3:30 p.m.

Register on the Portal

Limit 9

Uwajumaya Asian Grocery Store Shopping

Tuesday, May 27

Departure: 9:30 a.m.

Estimated Return: 11:45 a.m.

Register on the Portal

Limit 13

Bellevue Square Shopping

Monday, May 19

Departure: 1:00 p.m.

Estimated Return: 4:00 p.m.

Register on the Portal

Limit 13

No Grocery Shopping on Memorial Day, 5/26

No Medical Transportation on Tues., 5/27

Personal transportation is available for a fee.

Contact Jorge Cartagena at
(425)556-8105 for more information.



Channel 1981 Exclusives

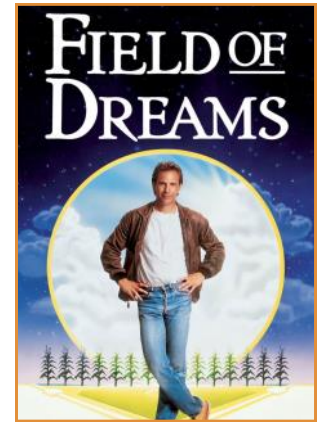
Movies

Field of Dreams

Thursday, May 8, 6:45 p.m.

Iowa farmer Ray hears a mysterious voice urging, “If you build it, they will come,” prompting him to construct a baseball diamond in his cornfield. Though met with skepticism, he follows his calling—unleashing a magical journey where legendary players return and deeper truths unfold.

1989, PG, 1 Hour 42 Minutes

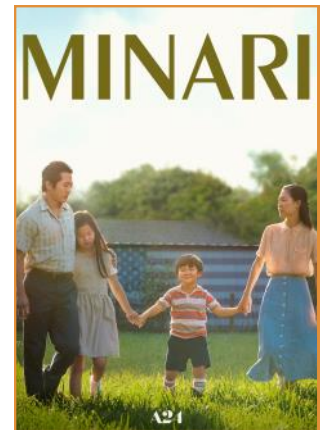


Minari

Wednesday, May 14, 3:00 p.m.

A Korean American family moves to an Arkansas farm in search of its own American dream. Amidst the challenges of new life in the strange and rugged Ozarks, they discover the undeniable resilience of family and what really makes a home.

2020, PG-13, 1 Hour 55 Minutes



Lion

Saturday, May 24, 6:45 p.m.

Five-year-old Saroo becomes lost on a train and ends up thousands of miles from home in Kolkata, where he survives alone until adopted by an Australian couple. Decades later, guided by memories and Google Earth, he begins an emotional search to reconnect with his birth family.

2016, PG-13, 1 Hour 58 Minutes

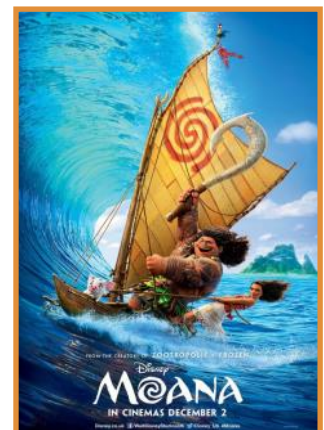


Moana

Wednesday, May 28, 3:00 p.m.

In ancient Polynesia, when a terrible curse incurred by the demigod Maui reaches Moana's island, she answers the Ocean's call to seek out Maui to set things right.

2016, PG, 1 Hour 47 Minutes



Channel 1981 Exclusives

Programs

Great Courses on 1981: Great Ancient Civilizations of Asia Minor

Mondays, May 5, 12, 19 & 26, 6:45 p.m.

Explore the rich and complex history of Anatolia—now modern-day Turkey—a region that has shaped culture, religion, and politics for thousands of years. Known as Asia Minor to the Romans, its legacy far predates the name we use today.



Keeping Our Spirits Up In 2025

Wednesday, May 7, 10:30 a.m.

Chaplain John delivers a half hour of information, inspiration and occasional silliness to encourage our positivity in challenging times.

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**

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.

Games

Spring Word Search

E D B N I S B C S S A R G H R
N X U S E I P S H Q I R G A J
I G T A R L X R G I Y C I Z L
H B T D E K L T I U R N S U I
S T E M H B C O Y N B P X V D
N A R D N R M F P O G Y I L Y
U U F X H N M O W C U T D N R
S B L I S R E W O L F N I A G
G M Y H A W V B Y F I F U M L
F X V D W D Y U Q A P S L O E
B L O O M U N Z R R A V X E N
W Q X D U N N Z P Y F S U W P
E N H L R Q U I U C M P P Y V
G A R D E N B N T Q P G M D K
X R T A V T S G H X M Q R E Q

BIRD
BLOOM
BUNNY
BUTTERFLY
BUZZING

CHIRPING
FLOWERS
GARDEN
GRASS
LADYBUGS

POLLEN
RAIN
RAINBOW
SPRINGTIME
SUNSHINE

May Survey

How to Participate:

Each month, we have a survey or poll that residents can participate in. Collected resident responses may be shared in future newsletters and will provide valuable insight on ways to enhance our community. The identities of the responders are anonymous.

Write your answer, cut along the dotted lines at the bottom of the page, and submit your response to Concierge or Emma Geary in Resident Services. Submissions are due by the 15th of each month.



May Poll

This poll is being conducted to gather feedback on the start time for the monthly Table Talks event, held on the 4th Thursday of each month. Previously, the event has been scheduled at 11:15 a.m. and 3:00 p.m., but other options can be considered.

Please answer the question below:

What is your preferred starting time for Table Talks?

Check one box below to indicate your preferred time.

- 11:15 a.m.
- 3:00 p.m.
- I don't have a preferred starting time.
- I don't participate in the Table Talks event.
- Other (please specify):

Submit to Concierge or Emma Geary in Resident Services by **May 15**.



EMERALD HEIGHTS
REDMOND
A MEMBER OF EMERALD COMMUNITIES

