

The View

From the Heights of Community Life

This could be your
photograph!
Cover photo contest
details on page 12.

June 2025

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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.

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

Hair with Debi
Friday
9 a.m.–3 p.m.

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

Hairport

Call (425)556-8160

Hair with Tramle
Monday & Friday
9 a.m.–3 p.m.



! Reminders !

- ◇ Always check the date on portal-generated trip cancellation emails.
- ◇ The iPad display screens outside of meeting rooms are currently out of service. As a result, residents and staff are unable to independently verify whether a room is available or reserved. To check room availability, please speak with Concierge. To reserve a room, please reach out to Emma Geary at (425)556-8138 or 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](#).

Cover Photo Credit: Aditya Chinchure on [Unsplash.com](https://unsplash.com), taken in Vancouver, BC, Canada.

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 April is:
Esther Reyna, EVS

April Nominees:

Esther Reyna
Ngoc Vu (x2)
Dian Williamson
Valentin Tuluca
Susana Rincon-Pamplona

“Esther was our housekeeper for over 5 years. She was more than a person who came in to clean. We never had cause to worry about our possessions. She was cheerful and thorough in her work. We thought of her as our friend.”



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 April is
Phuc Mai, Facilities Department.**

“We thank Phuc for always helping us with so many issues. He fixes them with ease and grace. Always has a smile on his face even through the bad days. He is always professional opening doors for residents and anyone.”

Congratulations, Phuc.



April Nominees:

Kayla Steilen
Katherine Manter
McKenna Bjorkelo

Staff Spotlight

Get to Know: Sandra Cook



Vice President of Marketing and Public Relations

What is your hometown? Guadalajara, Jalisco, Mexico

What was your first job? Games/Prize attendant at Pizza Hut when I was 16 (think of Chuck E. Cheese)

What three words would you use to describe yourself?

Tenacious, empathetic, and curious

What do you do for fun? Hang out with friends, crafts, kayak, boating, travel, and any other crazy activity my kids ask me to do.



Who inspires you? My husband and two daughters

What do you love about working at EC? I love the vibrancy of our residents and the peace of mind this community provides. As my ten-year-old recently said, “these communities are heaven on earth.”

What is the focus of your role at EC? My focus centers on all aspects of sales, marketing, and public relations. I’m focused on building a strong financial future, developing team culture, supporting team training and growth, and positively influencing the broader company culture so we

can continue to be there for residents when they need us most.



Peter Shea Earns Activity Director Certification



We are proud to share that Peter Shea, Life Enrichment Assistant, has recently earned his Activity Director certification. This comprehensive program—which includes 180 hours of coursework, 180 hours of practicum, and a final exam—is designed to equip professionals with the skills and knowledge needed to lead meaningful, engaging, and person-centered activities in senior living communities. When Peter talks about his role, it’s clear that it’s more than just a job—it’s a calling. “I love this job. I get to spend the day with lovely people: helping them, making a fool of myself to give them a smile, doing my best to make their lives better,”

of the more lighthearted moments that come with the work: “More than once I have gotten to wear a cardboard box on my head, and pretend to be a dancing robot—and that’s my job. What could be better?”

Self-Service Kiosk for Takeout Orders — Launching Soon!

Coming Soon: Self-Service Kiosk Launch – Monday, July 14 (Tentative)

We're excited to roll out a new Self-Service Kiosk for takeout orders, with several changes to improve the process:

What's Changing:

- Voicemail Orders Ending: We're phasing out voicemail orders. Instead, residents can use a new online portal to select order time slots, improving clarity and accuracy.
- Ordering Options During Transition:
 - Self-Service Kiosk (outside Cascades)
 - Online Portal
 - Staff Assistance
 - Paper Order Forms (Paper order forms will be discontinued once the new system is fully adopted)

Resident Volunteers Needed:

Help others learn the system by becoming a Resident Proctor. Sign up at the Host Stand in the Main Dining Room. Space is limited to 20 volunteers.

Questions? Please see Russell in Dining.

Outdoor Patio Seating — Coming Soon for Dinner Service

We're preparing to open the Outdoor Patio for full-service dinner on warm evenings, **starting around late May to early June**, depending on the weather.

- Reserved & Open Seating: Some tables will be reserved for guests dining with kitchen service and will be seated by the host. A few tables will be set aside for open seating for those not ordering food, and will be clearly marked with signs.
- Reservations Recommended: To dine outside, please let your host know when making your reservation. We'll do our best to honor all requests, but outdoor seating is limited.

Exciting News for Our Singles Tables

Starting Monday, June 2, you can reserve a seat at one of our Singles Tables every day at 4:30, 5:30, 6:00, or 6:30 p.m.

Each table seats up to 6 guests—perfect for meeting new people in a relaxed setting.

Reservations are strongly encouraged; walk-ins will be seated if space allows.

Please note: To sit with a specific group, make a standard reservation instead. Singles Table seating is randomized to keep things fun and help everyone connect.

We look forward to seeing you there.

SUMMER COOKOUTS ON *The Plaza*

JUNE 13 & JUNE 27
4:30 PM - 6:30 PM

Regular Menu will be offered alongside
a Chef-Prepared Special on the BBQ.
Menu details coming soon.

Outdoor seating will be available on a first
come, first served basis (weather permitting).

Please note in your reservation your
preference for inside or outside.

Requests will be accommodated to the best
of our ability. The Chef Special will be offered
for Dine-In Dinner service only.

Articles: *Marketing*

Resident Video Filming on Campus

On **Tuesday, June 3rd**, we'll be filming a series of new videos highlighting the stories of a few Emerald Heights residents as they reflect on life in the community. This is part of an upcoming marketing project designed to showcase the unique experiences that make Emerald Heights feel like home.

The shoot should not impact regular schedules, but you may see our team capturing moments around campus or stepping into an activity or class. Thanks for your support as we share what makes Emerald Heights so special.

Vote for Us in *The Seattle Times* “Best in the PNW” Awards

We're proud to share that Emerald Heights has been nominated in The Seattle Times Best in the PNW People's Choice Awards under the category **Real Estate – Senior Community**.

⇒ Voting opens Monday, June 9 at 12 p.m. and runs through Friday, June 27 at 5 p.m.

⇒ Cast your vote daily at [VoteThePNW.com](https://www.vote.thepnw.com)

⇒ You can vote once per day during the voting period

Your daily votes can help us showcase what makes Emerald Heights special. Thank you for your continued support. Let's bring this recognition home.

Join Us for the Redmond Derby Days Parade

We're excited to represent Emerald Heights in this year's **Redmond Derby Days Grand Parade on Saturday, July 12, from 11:00 a.m. to 12:00 p.m.** at Redmond City Hall—and we'd love for you to be part of it.

Our theme is “Young at Heart,” a celebration of the spirit, energy, and joy that make our community so vibrant. Each person will receive a special parade t-shirt and participants will need to choose to either walk the parade route (approximately ½ mile) or ride the Emerald Heights bus, as we will not be able to stop along the way for safety reasons.

Please register on the Portal [Here](#) by Friday, June 13. When registering, please provide your t-shirt size in the notes section.

We'll gather earlier that morning (exact time TBD) to grab our place in the lineup and get parade-ready.

Note: Resident Services will also be hosting a separate group outing to attend the community pancake breakfast prior to the parade. The sign-up for the Resident Services breakfast and parade viewing will open on July 1 and will be advertised in the July edition of The View.



Room Reservation Etiquette: *Staying on Schedule*



To help everything run smoothly, please be mindful of your room reservation times. We've had a few instances where meetings have gone beyond their scheduled end time. When this happens, it can delay the next group's meeting, displace other reservations, and make it difficult for our EVS team to prepare the room in time. If you find that your meetings often run long, contact Emma Geary in Resident Services at (425)556-8138 or emmag@emeraldheights.com to discuss adjusting your booking time.

Let's be courteous to one another and keep things running on time.

Note: The iPad display screens outside of meeting rooms are currently out of service. As a result, residents and staff are unable to independently verify whether a room is available or reserved. To check room availability, please speak with Concierge. To reserve a room, please reach out to Emma Geary at (425)556-8138 or emmag@emeraldheights.com


Expanding Leaderless Trips

We're excited to announce the expansion of our Leaderless Trips. These outings give residents the chance to explore local destinations independently—without a staff member accompanying the group.

We already offer unaccompanied trips to places like grocery stores, banks, shopping malls, and even the occasional casino. This expanded model simply extends that concept to more leisure-focused outings. By adding more Leaderless Trips, residents will have even more opportunities to discover new places, dine out, and enjoy entertainment with friends. And since there are no staff-related expenses, these trips also help keep costs down for participants. It's a win-win!

Emerald Heights will continue to provide the transportation for these Leaderless Trips and they will be clearly marked with a special icon in the newsletter's Trips section. Residents attending these outings will be responsible for navigating the trip independently and covering any personal expenses, such as meals or tickets.

We hope you'll take advantage of this exciting opportunity to enjoy even more freedom, flexibility, and fun.

Leaderless trips are marked with a  icon.

Emerald Heights Earns Recognition in Long-Term Care Equality Index (LEI) by HRC Foundation and SAGE



In honor of Pride Month, Emerald Heights is pleased to share its participation and designation as a "LGBTQ+ Long-Term Care Equality High Performer" in the Human Rights Campaign Foundation and SAGE's Long-Term Care Equality Index (LEI). The LEI is the only national benchmarking tool focused on LGBTQ+ inclusion in residential long-term care and senior housing communities. This year, 274 senior housing communities across 33 states participated in the LEI.

"As our community embarked on creating a more purposeful culture of inclusion, we faced the question of how to do that. What does a more inclusive culture look like? Where do we even begin to focus? How do we hold

ourselves accountable to our goals? Finding the LEI felt like finding a clearly lit path to our destination when we were meandering lost in the dark. The LEI Report, the objective goals and benchmarks, and resources provide a roadmap of how to get there."

--Grant Linacre, Executive Director

According to [a recent study by AARP](#), 78 percent of LGBTQ+ adults 45-plus are concerned about having enough support as they age. With a greater likelihood to be single and without children, LGBTQ+ older people can benefit from the support of paid aging services and supports like residential long-term care and senior housing. Inclusive housing providers are pivotal partners in helping the LGBTQ+ community age with dignity and respect.

"All 274 participating communities deserve our deepest gratitude for their leadership," said Kelley Robinson, President of the Human Rights Campaign. "Their work sends a powerful message: LGBTQ+ people deserve to age with dignity, safety, and pride in communities that see and understand who they are. The best care is found in communities that embrace our full humanity and lived experiences, from residents to staff and visitors."

The LEI measures the following policy and practice areas as benchmarks of LGBTQ+ inclusion in senior housing settings:

Non-Discrimination and Staff Training

Ensuring legal protections for LGBTQ+ residents, visitors, and staff along with staff training is a critical step in laying down the foundation for inclusivity.

Resident Services & Support

This section of the LEI asks about policies and practices that demonstrate progress toward LGBTQ+ resident care and support.

Continued on next page →

Articles

Employee Benefits & Policies

LGBTQ+ employees, like LGBTQ+ residents, should receive equal treatment and access to health-related benefits and policies.

Resident & Community Engagement

This section of the LEI asks about best practices a community takes to publicly demonstrate its commitment to the LGBTQ+ community.

For more information on the LEI and to view the 2025 report, [click here](#).



Celebrating all Abilities:

Disability Inclusion through Art and Performance

All residents and staff are invited to submit poetry, prose, monologues, paintings, photographs or media of their choice to present at the DEI Committee sponsored performance event that focuses on disability inclusion in celebration of the 35th anniversary of the Americans with Disabilities Act. If you were lucky enough to catch this event in 2023, you will know that it is incredibly impactful on our residents and staff and widens our shared pool of understanding disabilities.

Please submit your piece to Kaitlynd Hewitt, Administrative Services Manager, by emailing her at kaitlyndh@emeraldheights.com or by leaving a copy of your media (including your name and contact information) with the Concierge Team by Wednesday, July 2.

We look forward to welcoming performers and audience members as we take a look at disability inclusion through an artistic lens on July 9 at 1:00 p.m.



Picture Perfect: A Cover Photo Competition



Whether you've always dreamed of having a photo you've taken on the cover of a magazine or just want to show off the particularly good one you took on your last vacation, this is your opportunity to share it. The winner of the Emerald Heights Picture Perfect photo contest will have their photo grace the cover of the September issue of *The View*. *The View* newsletter is not only shared with residents but sent to prospective residents and displayed on the Emerald Heights website.

Did you take a lovely photo of a deer on the trail? Did you vacation to the Swiss Alps and take a photo at the top? Did the tree outside your daughter's house finally start to bloom? This is your chance to flaunt it.

The Timeline

1. Submissions are accepted up until **4:00 p.m. on July 15**. Submissions will be vetted to ensure they meet the contest requirements (details below).
2. Submitted photographs will be put to a community vote between August 1 and August 14. **All votes must be placed by 4:00 p.m. on August 14.**
3. The winner of the competition will have their photo displayed as the cover of the September edition of *The View*.

Submission Requirements

- ⇒ **Quality:** Photographs must be high resolution (minimum 1920x1080 pixels or 300 PPI). This is to ensure that the image does not come out blurry when displayed on the cover (8.5x11 in).
- ⇒ **Composition:** Photographs should complement the cover format and title/subtitle placement. Consider where you would place the title and subtitle on the image.
- ⇒ **Content:** Photos should not contain alcohol, nudity, or provocative imagery. You are representing Emerald Heights with your photo.
- ⇒ **Originality:** Photographs should be original, taken by you. No submissions from Google Images or a relative who is a photographer.
- ⇒ **Medium:** Photos should be in a digital format (.jpg, .png, or similar).

Submit your entries by emailing them to Emma Geary, Communication Specialist, at emmag@emeraldheights.com before 4:00 p.m. on July 15.
Include your name and the location you took the picture, if relevant.

The Importance of Sunscreen

The skin, our largest organ, shields internal structures from environmental damage. With aging, elastin and collagen levels drop, reducing skin elasticity. Proper hydration and sunscreen use are essential to maintain skin health and prevent damage.

Why Sunscreen Matters:

- ⇒ **Skin Protections:** Sunscreen helps prevent sunburn, premature aging, and skin cancer caused by UV radiation. About 9,500 Americans are diagnosed with skin cancer each day. Using SPF 30 regularly can reduce the risk of squamous cell carcinoma (SCC) by 40% and melanoma by 50%.
- ⇒ **Who Should Use Sunscreen:** Daily sunscreen use is essential for everyone, especially seniors, as aging skin is more susceptible to UV damage. Consistent protection helps maintain skin health and reduces the risk of skin cancer.



Proper Sunscreen Application:

- ⇒ **Who?** Everyone needs sunscreen.
- ⇒ **What?** A broad-spectrum sunscreen with SPF 30+; higher for prolonged outdoor activities.
- ⇒ **Where?** All exposed skin areas.
- ⇒ **When?** Apply 30 minutes before sun exposure and reapply every two hours.
- ⇒ **Why?** To reduce skin damage and cancer risk.
- ⇒ **How much?** About one ounce for full body coverage.

Sunscreen Ingredients:

- Titanium dioxide and zinc oxide reflect and scatter UV rays.
- Avobenzone and octisalate absorb UV rays before they damage the skin.

Understanding SPF: SPF (Sun Protection Factor) measures UVB ray protection. SPF 30 allows 3% of UV rays to reach the skin, while SPF 50 allows 2%. Broad-spectrum sunscreens protect against both UVA and UVB rays. SPF 15 is suitable for daily use, while SPF 30+ is recommended for extended outdoor exposure.

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 [Here](#).

Atrium Socials

- ◇ Wed., June 4, Trailside Social, 4:00 p.m. in Avondale and Sammamish Rooms
- ◇ Tues., June 10, Atrium E, 4:00 p.m. in Atrium E
- ◇ Wed., June 11, CY B Social, 4:00 p.m. in the Pavilion Plaza
- ◇ Thurs., June 12, Atrium P3, 4:00 p.m. in Atrium P3
- ◇ Thurs., June 12, Atrium H3, 4:00 p.m. in Atrium H3
- ◇ Wed., June 18, Atrium H1, 4:00 p.m. in Atrium H1
- ◇ Thurs., June 19, Cloud 9, 4:00 p.m. in Pavilion Plaza
- ◇ Tues., June 24, Atrium P1, 4:00 p.m. in Atrium P1

Monthly or Bimonthly Activities

Mondays:

Bonsai Group: 10:00 a.m., 3rd Mon., June 16, Sammamish Room

Tuesdays:

Readers' Theatre Group: 1:30 p.m., 1st & 3rd Tues., June 3 & 17, Tahoma Room

Bunco Night: 7:00 p.m., 2nd Tues., June 10, Tahoma Room

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

Wednesday:

Birders & Naturalists Club: 3:00 p.m., 3rd Wed., June 18, Avondale Room

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

Thursdays:

Ukulele Chorus: 2:00 p.m., 1st & 3rd Thurs., June 5 & 19, Avondale Room

EH Quilters: 1:30 p.m., 2nd Thurs., June 12, Creative Arts Studio

The Good Life Book Club: 1:00 p.m., 2nd Thurs., June 12, Avondale Room

All that Jazz Group: 7:00 p.m., 2nd Thurs., June 12, Avondale Room

Poker: 7:00 p.m., 2nd & 4th Thurs., June 12 & 26, Creative Arts Studio

Knitwits: 1:00 to 3:00 p.m., 4th Thurs., June 26, Atrium E



Standing Committee Meetings*

Technology Committee

1st Tues. of the month, June 3, 11:00 a.m.,
Sammamish Room

Food Services Committee

1st Wed. of the month, June 4, 1:00 p.m.,
Fireside Dining Room

Fund Development Committee

This month only, June 12, 3:00 p.m.,
AL Game Room

Building and Grounds Committee

3rd Thurs. of the month, June 19, 9:00 a.m.,
Board Room

Health and Wellness Committee

4th Tues. of the month, June 24, 10:30 a.m.,
Avondale Room

Fitness and Sports Committee

Wed., June 25, 11:30 a.m.,
Avondale 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

Silver Singers Rehearsal: 3:30 p.m., AL Game Room

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:

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

Residents Association Review with

Michael Mulroy:

1st Monday of the month,
June 2, 10:00 a.m., Avondale Room

Health Services Review with

Jamilyn Bloodworth:

1st Thursday of the month,
June 5, 2:00 p.m.

Resident Services Review with

Nicole McCarthy:

2nd Wednesday of the month,
June 11, 10:00 a.m.

Dining Services Review with

Dining Services Team:

3rd Tuesday of the month,
June 17, 10:00 a.m., Copper & Hook

Marketing Review with Marketing:

4th Tuesday of the month,
June 24, 10:00 a.m.

Accounting Review with

Nicole Rutledge:

4th Wednesday of the month,
June 25, 10:00 a.m.

Final Review with Grant Linacre,

Executive Director

60 days after move-in



The Corwin Connection ~ June 2025

Monthly Highlights of Corwin Activities

Entertainment

- ♦ **Music with Dave & Lynn**
Saturday, June 7, 10:45 a.m.
Great Room
- ♦ **Ukulele Chorus**
Thursday, June 12, 2:00 p.m.
Great Room
- ♦ **Jo Persson on Accordion and Piano,
Wine & Cheese Social**
Friday, June 20, 3:30 p.m.
AL Library/Lounge
- ♦ **Nancy Quickstad & Friends**
Thursday, June 26, 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

- ♦ **Issaquah Troll: Monday, June 16**
Departs: 1:30 p.m. (AL Lobby)
Returns: 3:30 p.m.
A special trip to see one of these fantastic wood sculptures made of recycled wood pallets. Sign up with Life Enrichment, priority given to Assisted Living residents.
- ♦ **Trishaw Rides:**
Mondays and Tuesdays 2-4 p.m.
Ride on one of our three-wheeled bikes to see the changes on campus.
Loading in Corwin Assisted Living Lower Lanes (changes to FirView Main Lobby after move)



Monthly Meetings

- ♦ **Live Chat with Jamilyn**
Wednesday, June 11, 11:00 a.m.
AL Game Room
- ♦ **Food Committee Meeting**
Thursday, June 19, 2:00 p.m.
Assisted Living Game Room
- ♦ **Skilled Nursing Resident Council**
Monday, June 23, 11:00 a.m.
Great Room
- ♦ **Assisted Living Resident Council**
Thursday, June 26, 3:15 p.m.
Assisted Living Game Room.

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, **June 5, 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, **June 5**, held in **your own apartment.** Register for the May session before June 2:

On the Portal [Here](#)

Registration for the July session opens June 6. Register for the July 3 session by June 20:

On the Portal [Here](#)

After registering, 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*

Third Thursday of the month, **June 19 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.



Celebrating Pride Month



Emerald Heights will be joining national celebrations in June to celebrate Pride Month, which honors the Stonewall Uprising of June 1969, one of the turning points for gay rights in the United States. As LGBTQIA+ acceptance has increased over the years, events and commemorations have spread to cover the entire month of June, with President Clinton issuing the first “Gay and Lesbian Pride Month” proclamation in 1999.

By 2030, it is estimated that there will be 5 million LGBTQ+ older adults in the United States and currently 1 in 5 Gen Z adults identifies as LGBTQ+. With our changing demographics, it is important to remind ourselves of the ways in which we

can be the welcoming and accepting community we have been and strive to be in the future.

Want to learn more? Look for slides on Channel 1981 and programs on page 32.

Diversity, Equity, and Inclusion Committee Meeting

The next meeting of the Diversity, Equity, and Inclusion Committee will be Monday, June 30th 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: Pride in Conversation



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.

June Questions:

- 1.) What do you think LGBTQIA+ stands for/represents? Why do you think Pride month is important?
- 2.) When did you first become aware of LGBTQIA+ individuals? Have you always been accepting of this community or has your opinion changed over time?
- 3.) Do you have a friend or family member in the LGBTQIA+ community? Has your relationship with them differed over time?

Table Talks will occur on Thursday, June 26 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

Fridays:

Catholic Communion Service: 10:00 a.m. in the Avondale Room. Mass celebrated on the fourth Friday of the month, June 27.

Episcopal Service and Communion with Fr. McLaurin: Fourth Friday of the month, June 27, 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, June 3

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, June 16

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

Wednesday, June 18

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.

Men's Caregiver Connect

Wednesday, June 25

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.

Questions?

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

What's Happening: On Campus

Hopelink “End Summer Hunger” Fundraiser

Sunday, June 1–Sunday, June 8

Donation box on Concierge desk

Hopelink's End Summer Hunger campaign supports five no-cost food markets with kid-friendly meals for families facing food insecurity. Your donation helps bridge the gap when school meals aren't available. Use the provided envelope and drop it in the marked box at the Concierge desk—cash, check, or credit card accepted and tax deductible.



Holy Family School, 7th Graders & Kindergartener's: Flag Day Celebration

Monday, June 2

10:30 a.m. in the Emerald Room

Holy Family kindergarteners and their 7th grade mentors will visit for a special Memorial Day program. Enjoy trivia, sing-alongs, and intergenerational fun.

Pride Flag Raising Ceremony

Monday, June 2

1:00 p.m. in Sequoia Square (Harry Wilson Circle Flagpole)

Please join us as we raise the pride flag for 2025. By raising the Pride flag, Emerald Heights is visibly demonstrating that we are an inclusive community, specifically inclusive of our LGBTQ+ friends, neighbors, coworkers, and family members. This colorful symbol serves as a beacon of hope for all who have been marginalized and reminds us of the importance of creating a welcoming community.

Readers' Theatre Group

Tuesdays, June 3 & 17

1:30 p.m. in the Tahoma Room

Readers' Theater will read *The Admirable Crichton* by James Barrie in June, a play about a shipwrecked aristocratic family whose survival depends on their butler. This classic comedy explores class and capability in a South Pacific setting. Contact Ginny Ford at (360)477-0350 or vpatrickford@aol.com to reserve a script.

Driving: Is it for you?: Presented by Evergreen Home Health

Tuesday, June 3

2:00 p.m. in the Emerald Room

That is the question of the day as we sashay through Shakespeare, Descartes, & Disney while they guide us through “decision tree driving”—a creative approach to making choices. This engaging presentation offers new tools for navigating life's twists and turns.

Reflections of Our Lives: Writing Class

Wednesday, June 4, 11, 18 & 25

9:30 a.m. in the Tahoma Room on 6/4 & 6/18, Avondale Room on 6/11 & 6/25

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

Join writing coach Nina Leonora for a four-session class focused on exploring your life stories through fun, sensory-based prompts. Enjoy a supportive, non-judgmental space to write and share personal experiences.

Emerald Heights Railroad

June 4 & June 15 (Full season schedule available on the Portal)

Variable times (see below) in the Garden Railroad

Summer is for Railroading! The RR gang is happy to present the ultimate in model railroading: The Emerald Heights Garden Railroad.

June Train Runs:

Wednesday, June 4, 10:00 a.m.–noon

Sunday, June 15, *Father's Day*, 11:00–1:00 p.m.



Lunch and Learn: Assisted Living

Wednesday, June 4

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, June 4, 11, 18, & 25

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.

Bible Study: Colleen Orrestad presents “O taste and see how good the Lord is...”

Thursdays, June 5, 12, 19, & 26

10:30 a.m. in the Sammamish Room

Colleen Orrestad, currently completing the ordination process in the Presbyterian Church says: “we’ll wander through selected Psalms to experience God and to nourish the soul. We will begin with a kind of sweet bread (manna) first through “tasting” Psalm 34.8 and then expand to other Psalms to see and experience God over the ensuing weeks.

Furniture Sale

Thursday, June 5 — Saturday, June 7

Variable times, see schedule —>

Furniture Room on 4th Floor

Schedule:

Preview Day: Thursday, June 5, 1 p.m.–3 p.m.

Sale Day: Friday, June 6, 9 a.m.–1 p.m.

Half-Price Day: Saturday, June 7, 10 a.m.–noon

All sales are final with no returns.

Tech Help Hour

Thursdays, June 5, 12, 19, & 26

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, June 5

2:30 p.m. in the Sammamish 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, June 6

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

Several people have asked if “outsiders” can attend. While parking still can be an issue, you might consider asking a friend or two to come see what we have and to be tempted to grab one of our June Mystery Bags! Remember: our hours have been shortened to 10 a.m.–2 p.m.



Grant's Live Chat featuring Sandra Cook, VP of Marketing

Friday, June 6

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

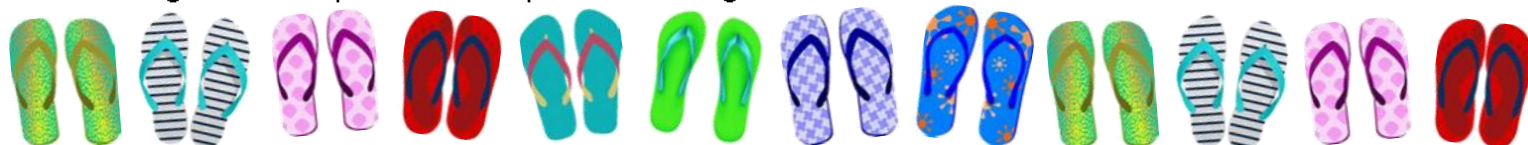
Grant Linacre, Executive Director, shares campus updates in this monthly program. Sandra Cook, VP of Marketing, will also speak on Emerald Heights' and Heron's Key's Occupancy rates and Heron's Key's Phase Two plans.

Education for Enjoyment: Churchill

Fridays, June 6, 13, 20, & 27

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.



Daughters of the American Revolution: 44th Anniversary Meeting

Saturday, June 7

9:00 a.m. in the Emerald Room

It's our Chapter's 44th birthday/anniversary. In lieu of a speaker after our business meeting, we are going around the room sharing facts and stories about our Patriots. Come meet the group!

Monday Matinee: Mamma Mia! Sing-Along

Monday, June 9

2:00 p.m. in the Emerald Room

Enjoy a fun movie with popcorn, laughter, and a sing-along as we watch Mamma Mia! starring Meryl Streep. Follow Sophie's secret plan to find her real father before her wedding on a sunny Greek island. A feel-good film filled with music and heart.

PG-13, 2008, 1 Hour 48 Minutes



KCLS Library To Go

Tuesday, June 10

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.

Residents' Council Meeting

Tuesday, June 10

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

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

Bunco Night

Tuesday, June 10

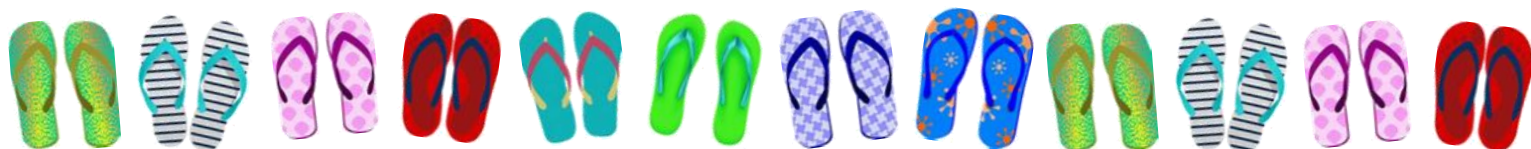
7:00 p.m. in the Tahoma Room

The Good Life Book Club: The Lost and Found Bookshop by Susan Wiggs

Thursday, June 12

1:00 p.m. in the Avondale Room

In the wake of tragedy, Natalie inherits a financially strapped bookshop and hires an ex-Marine from Georgia to help with repairs. Hidden artifacts and truths about her family, its future, and her heart are unearthed. Our July book is Simon Sinek's *The Infinite Game*. Books chosen by club members.



Emerald Heights Quilters

Thursday, June 12

1:30 p.m. in the Creative Arts Studio

Quilters love to see others' quilts. If you have a family heirloom or one that was a special gift or one you made long ago, we would love to see it and hear its story. You don't have to be an active quilter to attend our gathering and join the conversation. Contact Martha O'Keefe or Hilda Cahn for more info.

Focus on Fitness: Emerald Heights Summer Games Info Session

Thursday, June 12

2:00 p.m. in the Emerald Room

New to Emerald Heights? Never experienced our fun in the summer? Alex from the Fitness Team will tell you all about this fun event that has tradition going back many years, but now has a new name and new events. See what will be going on and how you can participate.

DEI-DIY

Friday, June 13

11:00 a.m.-2:00 p.m. in the Pavilion Plaza (Weather permitting)

Join us for a vibrant celebration of love, unity, and creativity in support of the LGBTQ+ community. Unleash your inner artist as we gather to spread joy and acceptance through various crafts such as tie-dye, DIY rainbow flags and more. Interested in tie-dying a specific item? Bring white or light colored clothes with your name written in permanent marker. All are welcome to come together and express themselves in a kaleidoscope of colors to prepare different garments and accessories for our Campus Circle Pride Walk on June 27.

The Bonsai Group

Monday, June 16

10:00 a.m. in the Emerald Room

This month, we are prepping for the Third Annual Bonsai show June 19 and 20 in the Pavilion Plaza. See page 25 for details.



Virtual Reality Group Experience

Monday, June 16

10:30 a.m. in the Avondale Room

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

A fun hour of experiencing videos in 360 degrees with VR Goggles, as if you are actually in the place. We might travel somewhere, or look at your childhood hometown. Bring your address book if you like, and be prepared for a group journey.

King County Long-Term Care Ombudsman Program

Monday, June 16

2:00 p.m. in the Emerald Room

The King County Long-Term Care Ombudsman Program advocates for residents in nursing homes, adult family homes, and assisted living facilities. Trained to resolve complaints, the program protects residents rights related to care, dignity, and safety. Learn more at www.waombudsman.org.

Kamp Karaoke: Crooning Our Way into Summer

Tuesday, June 17

3:00 p.m. in Copper & Hook

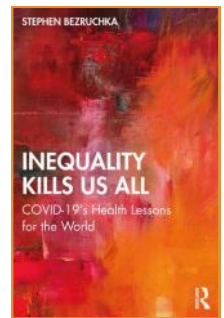
Kick off summer with a Camp-themed Karaoke Evening featuring classic camp and folk songs—plus your favorites from any genre. Join in the fun with group songs and light camp style activities. Let Lindy Thompson or David Cole know your song choice in advance.

What Matters Most for Your Health: Dr. Stephen Bezruchka

Wednesday, June 18

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

Drawing from his book *Inequality Kills Us All* (available for free download [here](#)), 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.



Third Annual Bonsai Show

Thursday, June 19 & Friday, June 20

10:00 a.m.–5:00 p.m. in the Pavilion Plaza

One of the highlights of the year for the Bonsai Group is the annual Bonsai Show in the plaza area. Members will get to display their bonsai handiwork.

June Birthday Celebration: Trish Hatley Jazz Group

Friday, June 20

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

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

Beach Ball Bingo

Monday, June 23

2:00 p.m. in the Emerald Room

Celebrate all that is summer by playing several games of bingo with beach balls and more. There will be great prizes and everyone is sure to leave with a goodie.

Mount St. Helens: The last 50+ years: Dr. Steve Malone, Pacific Northwest Seismic Network

Tuesday, June 24

2:00 p.m. in the Emerald Room

Dr. Malone, a seismologist monitoring the Cascade Volcanoes since 1972, studied Mount Baker's steaming in 1975 and Mount St. Helens' eruptions in 1980. He will share his firsthand experiences anticipating volcanic eruptions and hazards.



You're Not Alone: Support Groups, Chaplain John Waltner

Wednesday, June 25

2:00 p.m. in the Emerald Room

One of the most beneficial and widely used processes for handling the challenges that life throws our way are support groups. Here at Emerald Heights, Chaplain John currently facilitates four groups that provide a safe and open space for processing and living with different situations. Come hear about these specific groups and find out if one of them might help you or those you know and care about. You'll also hear about other possible support groups that could be starting here.

Performance on the Plaza: Janet Rayer Performs

Wednesday, June 25

7:00 p.m. on the Pavilion Plaza (outdoors)

We are starting off the summer outdoor entertainment with Janet Rayer, who performs stylized French music. *Copper & Hook* will offer a specialty French cocktail until 7:30 p.m.



Knitwits

Thursday, June 26

1:00 p.m. to 3:00 p.m. in Atrium E

We just completed a staggering 178 various knitted goods— from mittens to baby hats to scarves. Questions? Call Katy Williams (425) 351-5415.

Table Talks: Pride in Conversation

Thursday, June 26

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

Join us for Table Talks, where the focus is on our experiences with the LGBTQ+ community and our acceptance journeys. Table groups will be selected at random, ensuring you connect with neighbors. While conversing, indulge in a spread of coffee, tea, and muffins. As always, Table Talks is a judgment free zone, intended to get people thinking about important topics as we navigate through the changing world.

Campus Circle Pride Walk

Friday, June 27

1:00 p.m. meeting in the Lobby

Join us as we conclude Pride Month with our very own “Pride Parade,” Emerald Heights style. This is a celebration of diversity, unity, and the beautiful spectrum of identities that make our community shine. As we walk around the campus, our tie-dyed clothing and rainbow garb will serve as visual representations of our commitment to embracing individuality and celebrating every color of the rainbow. We will meet in the Evergreen Lodge Lobby and walk clockwise around campus. Join us for all or part of the route, or cheer us on from your balcony.

Social Hour: Last Friday of the Month

Friday, June 27

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.



Enhancement Fund Drive Kick-Off: *It’s a Wonderful World*

Saturday, June 28

7:00 p.m. in the Pavilion

The Fund Development Committee has a fabulous evening of entertainment and information planned for you. The duo of Elvis and Ann-Margret will be coming to entertain you with their amazing impersonations of the music of Elvis. Four funds will participate this year: Benevolence, Employee Education, Trail, and Performing Arts. The Fund Drive will run from Tuesday, July 1 to Friday, August 15. Donations are tax deductible and made payable to Emerald Heights.



Thrift Shop Collection

Monday, June 30

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

What’s Happening: Coming Attractions

Old Fashioned 4th of July Social

Friday, July 4

7:00 p.m. in the Emerald Room

Join us for the 3rd Annual 4th of July Social featuring festive orchestra music and highlights of 2024 fireworks. Enjoy traditional ice cream sundaes and root beer floats. Celebrate Independence Day with music, treats, and good company.



What's Happening: Trips

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

For wheelchair accommodations, contact Vicky Neil at (425)556-8204.

Leaderless trips are marked with an icon: 

Pickleball: Recreational Play

[Register on the Portal Here](#)

Mondays, June 2, 9, 16, 23, & 30

Location: Redmond

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

Estimated Return Time: 3:30 p.m.

Cost: Court costs vary per session

Transportation: Free

Deadline: Noon the Thursday before

Limit: 9

Contact: Mike Mulroy (206)200-8282

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

Fitness Department Hike: Tradition Lake

[Register on the Portal Here](#)

Friday, June 13

Location: Issaquah

Departure Time: 8:00 a.m.

Estimated Return Time: 2:00 p.m.

Transportation: \$10.50

Cancellation Deadline: Wednesday, June 11

Limit: 13

A 2.9-mile loop with a 150-foot elevation gain. This is a forest trail, and while the first half-mile is designated as wheelchair accessible, it has some areas of loose gravel, and further on there are some areas that can get muddy. Dress in layers, bring snacks and water.

2025 Edmonds Arts Festival

[Register on the Portal Here](#)

Friday, June 13

Location: Edmonds

Departure Time: 1:00 p.m.

Estimated Return Time: 5:00 p.m.

Cost: The festival is free, purchases on your own

Transportation: \$13.45

Cancellation Deadline: Wednesday, June 11

Limit: 17

Enjoy meeting artists, purchasing art, free live entertainment, and juried exhibitions in a scenic outdoor setting. The festival also includes a nationally recognized student art show.

Lunch Bunch: Village Square Café



[Register on the Portal Here](#)

Friday, June 20

Location: Redmond

Departure Time: 1:15 p.m.

Estimated Return Time: 3:30 p.m.

Cost: Lunch cost on own

Transportation: Free

Cancellation Deadline: Wednesday, June 18

Limit: 18

Since 1986, the Village Square Cafe in Redmond has served classic breakfast and American lunch dishes in a warm, 1940s-themed setting. Founded by Michal and Jo Ann Scott, the cafe celebrates community and nostalgia. Enjoy familiar favorites in a place rich with local history.

Washington Wind Symphony: International Colors



Register on the Portal [Here](#)

Sunday, June 22

Location: Redmond High School

Departure Time: 1:15 p.m.

Estimated Return Time: 6:45 p.m.

Cost: \$10.00 each, purchase at the door

Transportation: Free

Cancellation Deadline: Tuesday, June 19

Limit: 28

The Washington Wind Symphony, a group of 50 dedicated musicians, has performed classic and modern wind band music for over 35 years. **Residents will purchase tickets at the door.**

Fitness Department Walk: Discovery Park Loop

Register on the Portal [Here](#)

Friday, June 27

Location: Seattle

Departure Time: 10:00 a.m.

Estimated Return Time: 2:00 p.m.

Transportation: \$13.32

Cancellation Deadline: Wednesday, June 25

Limit: 13

A paved but slightly challenging walk of 2.8 miles with a 232-foot elevation gain. Generally considered an easy route, it takes about an hour to complete. This is a popular area for hiking and running, so you'll likely encounter other people. Dress in layers, bring snacks and water.

Brew Pub Trip: Diamond Knot Brewing Company

Register on the Portal [Here](#)

Friday, June 27

Location: Mountlake Terrace

Departure Time: 1:00 p.m.

Estimated Return Time: 5:30 p.m.

Cost: Food/beverages on your own + staff costs

Transportation: \$16.18

Cancellation Deadline: Wednesday, June 25

Limit: 17

Diamond Knot Brewery produces up to 1,500 barrels annually. Enjoy fresh beer straight from the tanks and try their unique Hot Rock dining experience, where you cook your steak or sandwich meat on a 750-degree granite stone. A perfect blend of history, craft beer, and interactive dining.

10th Annual Star-Spangled Spectacular

Register on the Portal [Here](#)

Thursday, July 3

Location: Seattle

Departure Time: 6:30 p.m.

Estimated Return Time: 10:30 p.m.

Cost: Free

Transportation: \$11.22

Cancellation Deadline: Monday, June 30

Limit: 31

Celebrate America with the Seattle Wind Symphony & Chorus at their 10th Annual Star-Spangled Spectacular. This free concert features festive American classics, both old and new. Don't miss this patriotic musical celebration.



T-Mobile Park Senior Day: Mariners vs Milwaukee Brewers **Register on the Portal [Here](#)**

Wednesday, July 23

Location: Seattle

Departure Time: 11:15 a.m. (game at 12:40 p.m.)

Estimated Return Time: 4:30 p.m.

Cost: \$50.00, includes buffet lunch (may be

more due to enrollment) + staff costs

Transportation: \$11.16

Cancellation Deadline: Wednesday, July 2

Limit: 17

Join fellow sports fans for a fun day at the ballpark with Terrace Club seating along the third base line. Have a ballpark lunch buffet featuring hot dogs, salads, snacks, dessert, and a beverage.

T-Mobile Park: Seattle Mariners vs Chicago White Sox **Register on the Portal [Here](#)**

Wednesday, August 6

Location: Seattle

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

Estimated Return Time: 10:30 p.m.

Cost: \$45.00 (may be more due to enrollment)

+ staff costs

Transportation: \$11.16

Cancellation Deadline: Wednesday, July 16

Limit: 17

Cheer on the Mariners at this evening game against the Chicago White Sox. Our seats are easy to get to and close to all amenities.

T-Mobile Park: Seattle Mariners vs St. Louis Cardinals **Register on the Portal [Here](#)**

Monday, September 8

Location: Seattle

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

Estimated Return Time: 10:30 p.m.

Cost: \$45.00 (may be more due to enrollment)

+ staff costs

Transportation: \$11.16

Cancellation Deadline: Friday, August 15

Limit: 17

Cheer on the Mariners at this evening game against the St. Louis Cardinals. Our seats are easy to get to and close to all amenities.



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, June 4

Departure: 2:00 p.m.

Estimated Return: 4:00 p.m.

Register on the Portal [Here](#)

Limit 12

H Mart and Mayuri International Foods Shopping Trip

Monday, June 16

Departure: 1:00 p.m.

Estimated Return: 3:00 p.m.

Register on the Portal [Here](#)

Limit 12

Bellevue Square Shopping

Monday, June 9

Departure: 1:00 p.m.

Estimated Return: 4:00 p.m.

Register on the Portal [Here](#)

Limit 12

Costco Shopping Trip

Wednesday, June 18

Departure: 2:00 p.m.

Estimated Return: 4:00 p.m.

Register on the Portal [Here](#)

Limit 12

PCC Shopping Trip

Wednesday, June 11

Departure: 2:00 p.m.

Estimated Return: 3:30 p.m.

Register on the Portal [Here](#)

Limit 9

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



Channel 1981 Exclusives

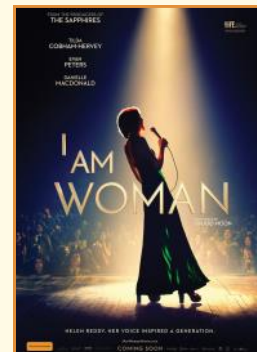
Movies

I Am Woman

Thursday, June 12, 6:45 p.m.

In 1966, single-mother Helen Reddy leaves her old life in Australia for New York and stardom, only to find that the industry doesn't take her seriously.

2019, Not Rated, 1 Hour 56 Minutes



The Monuments Men

Saturday, June 21, 6:45 p.m.

During World War II, a team of aging art experts is tasked with recovering masterpieces stolen by the Nazis. As Hitler's "Nero Decree" threatens to destroy the art if the Third Reich falls, they race against time—and risk their lives—to save cultural treasures.

2014, PG-13, 1 Hour 58 Minutes



Programs

Great Courses on 1981: Democracy and Its Alternatives

Mondays, June 2, 9, 16, 23, & 30, 6:45 p.m.

Professor Ethan Hollander is a Political Science professor at Wabash College with a PhD from UC San Diego. He authored *Hegemony and the Holocaust* and has published research on authoritarianism in Eastern Europe and democratization in the Middle East.

UW Goldsen Institute: Fostering Inclusion and Respect Series

Wednesday, June 4, 11, & 18, 6:00 p.m.

This three-part series, was originally presented by Jessica Sowa, Program Coordinator at the UW School of Social Work. Each session provides a respectful, engaging exploration of LGBTQ+ inclusion.

Part 1: Inclusive Language — Learn about inclusive terminology, the importance of correct pronouns, and communication strategies that foster respect.

Part 2: Historical Context — Explore the social and historical experiences that have shaped the LGBTQ+ community, with a focus on understanding bias and building awareness.

Part 3: Creating a Safe Space — Discover how to recognize and challenge common misconceptions and create more inclusive and affirming environments.

Channel 1981 Exclusives

Programs (Cont.)



Keeping Our Spirits Up In 2025: New Zealand, Part 2

Tuesday, June 3, 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

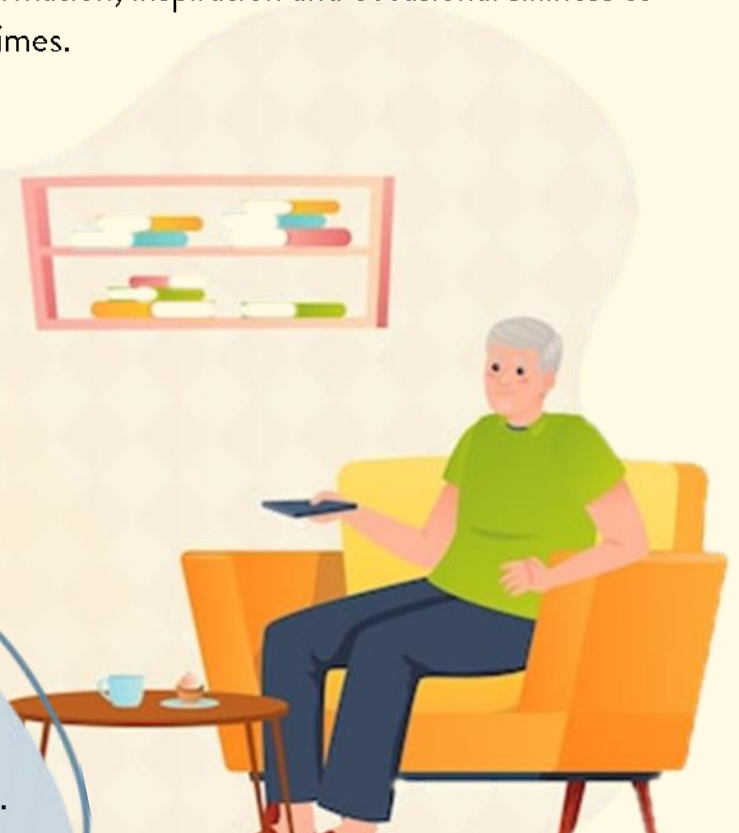
Takes you through strength and mobility exercises.

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.



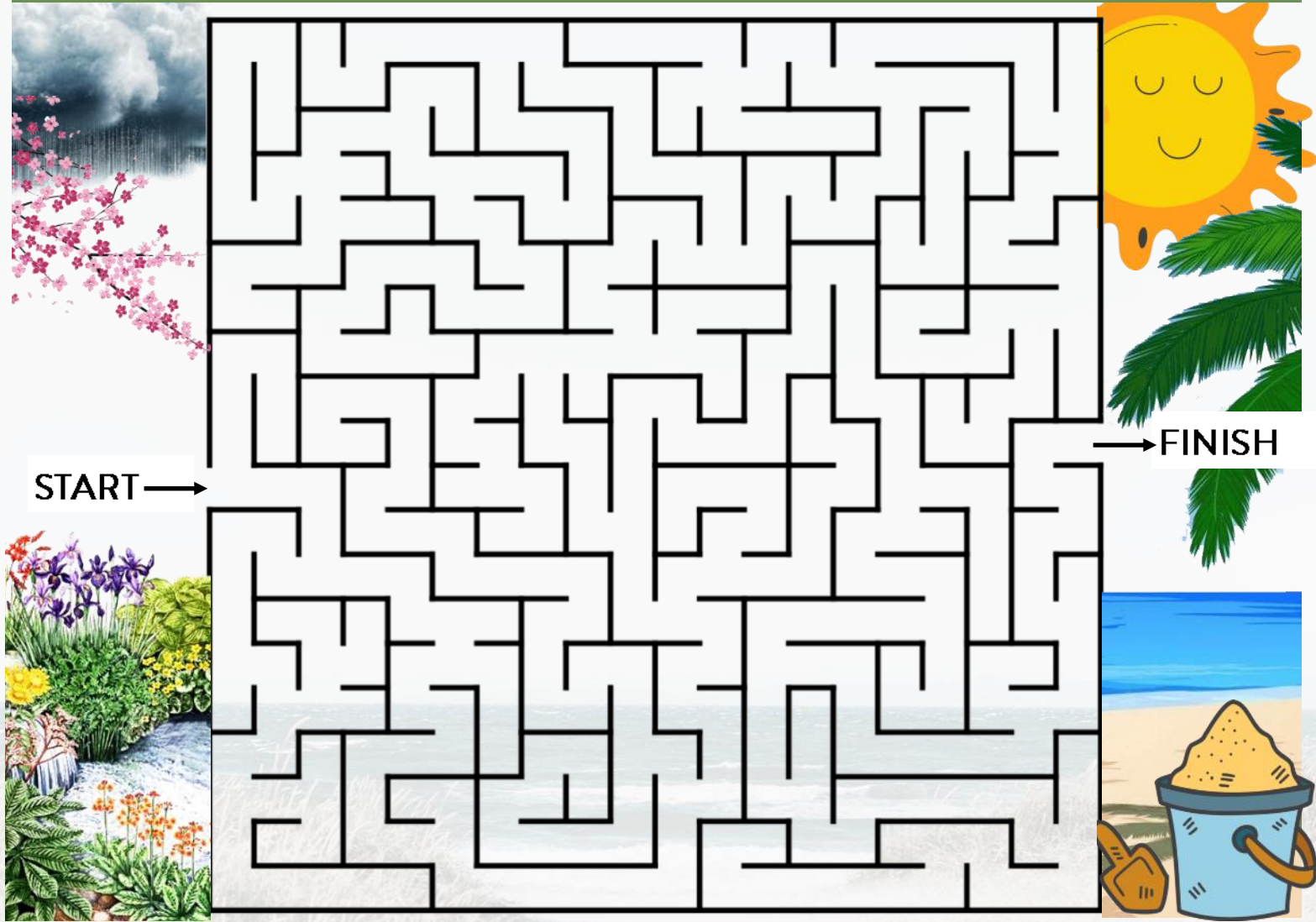
**Questions about fitness?
Contact Alexandra Clark, Wellness
Programs Manager,
at (425)556-8186 or
alexandrac@emeraldheights.com**

KHTS Schedule on Channel 1981

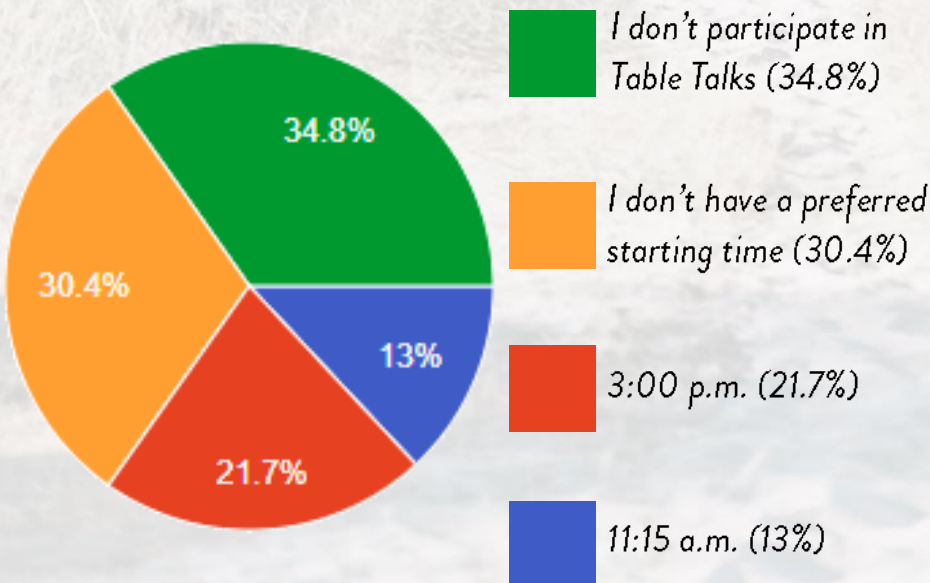
Special Programs: 10:30 a.m., 2:00 p.m. & 9:00 p.m.

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: Find Your Way to Summer



May Survey Results



In May, we asked you for your preferred starting time for Table Talks.

For those who had a preferred starting time, 3:00 p.m. was in the majority. Going forward, Table Talks will start at 3:00 p.m. on the 4th Thursday each month.

The next Table Talks meeting is on June 26 at 3:00 p.m. in the Emerald Room.

June 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.

A digital version on the survey can be accessed [Here](#).



June Poll

In April, we introduced a new method of showing movies after the results of a survey in March showed that the majority of residents were not watching the movies streamed on Channel 1981. Instead of streaming 4 movies per month on Channel 1981, we pivoted to streaming 2 movies on Channel 1981 and showing 1-2 movies live in the Emerald Room each month.

This Poll is to gather feedback on the updated process.

Please answer the question below:

What are your thoughts on the updated movie format? (*Check one box below*)

- ☐ I prefer the previous format (4 movies streamed monthly on alternating Thursdays and Saturdays at 6:45 p.m.)
- ☐ I prefer the new format (2 movies streamed on the second Thursday and last Saturday each month, plus 1-2 movies shown live in the Emerald Room with popcorn each month)
- ☐ I don't have a preference towards either format
- ☐ I would prefer something different than what has been offered up to this point.

Please specify: _____

Other comments: _____

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

