



From the Heights of Community Life

The View

July 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

THREE 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.

Spruce

Phone Number Pending

Hair with Lauren
Monday
9 a.m.–3 p.m.

Nails with Denise
Tuesday
9 a.m.–3 p.m.

! Reminders !

- ◇ **No transportation on July 4, Independence Day**
- ◇ Always check the date on portal-generated trip cancellation emails.
- ◇ The iPad display screens outside of meeting rooms are currently out of service.

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: Alaina DiGuiseppe on Unsplash.com

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:

Bernadette Kamari (Miss B!), LPN

“Frequently going above and beyond to support and care for our Corwin residents. She has a bubbly spirit and is so easy to get along with! She always takes time to make residents smile and makes them feel comfortable”

“Miss B. is always going above and beyond for her residents. She makes sure they get snacks and fluids and always finds a way to make your day brighter. You are so appreciated!”

May Nominees:

Marc Allen

Vicky Neil

Denmark Gabriel (x2)

Russell Blueye

Bernadette Kamari (x2)

Andres Valencia Farias

Jankie Patel, PT

Giselle Yates

Rene Perez

Susana Rincon-Pamplona

&

Dining Management, Servers
and Kitchen staff

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

Denmark Gabriel!

“Denmark consistently exceeds expectations in managing day-to-day operations while also thoughtfully enhancing the atmosphere, as recently shown with his beautiful transformation of the Rainier dining room for Mother's Day. The stunning flower archway and charming butterfly napkin holders are just a few of the special touches that show his genuine dedication to making every occasion memorable. Denmark's attention to detail and passion for service go beyond the ordinary and truly brighten the day for everyone he serves.”



May Nominees:

Estela Alfaro

Denmark Gabriel

Danielle Epp

Kaitlynd Hewitt

Peter Shea

Estephany Gonzales

Mehak Sahi

Jeneil Legoh-

Munson

Staff Spotlight

Get to Know: *Matthew Lecours*



Director of Food and Beverage / Corporate Chef

What is your hometown? Originally from South Florida, I have lived in 4 provinces and 4 states, and Washington has been home for over the last 20 years.

What was your first job? At 15, I worked three jobs: janitor, service restoration, and on construction sites doing drywall and steel framing.

What three words would you use to describe yourself?

Passionate, loyal, and observant.

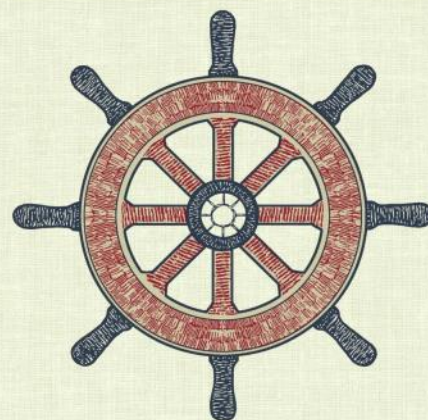
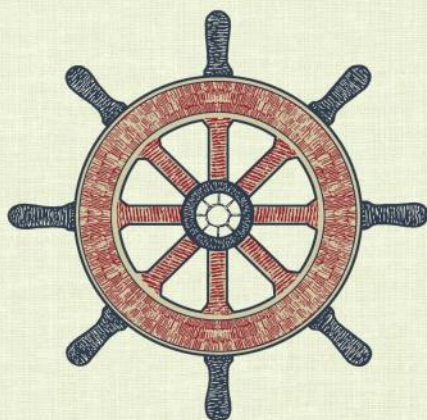
What do you do for fun? I spend a lot of time with my kids—Kilye (23), Christian (12), and Carson (3). Love the outdoors, working with my hands, and taking our dogs out.

Who inspires you? My parents, my grandparents, and Elon Musk.

What do you love about working at EC? What I love most is the people I serve and work alongside. Every day is a chance to strive for excellence and create meaningful, memorable experiences. I value the honesty and authenticity of our residents and the genuine relationships we build. I also embrace the challenges that come with innovation—it keeps

us growing. I'm truly grateful for the support we receive as part of the EC team.

What is the focus of your role at EC? My primary focus is leading the way in food innovation, concept development, and building a strong culinary foundation that will help to shape our future. Though we may be just two communities, our drive, collaboration, and commitment have made a lasting impact, setting us apart in the field and highlighting what makes EC truly exceptional.



Articles: PS Salon Updates

Introducing Spruce Salon in FirView

Soon we will have three salons on campus! Elements and Hairport are currently located in the Evergreen Lodge. Our newest salon, Spruce, is located in FirView with plans to open appointments for all residents on campus by mid-July. Keep an eye on the Portal and Channel 1981 for the announcement of Spruce's opening date. When the announcement is released, we will also share the phone number for the salon.



Meet Lauren Voss, PS Salon District Leader



Lauren is a hairstylist with 9 years of experience, now bringing her passion for hair to the Pacific Northwest. She's inspired by the lush, natural beauty of the region and specializes in hair cutting and barbering. Known for her warm, welcoming presence, Lauren creates a comfortable space where clients feel cared for and confident.

In addition to managing the PS Salon staff, Lauren will be found styling hair in FirView at Spruce Salon on Mondays from 9:00 a.m.—3:00 p.m.

Meet Denise Allison, PS Salon Nail Technician

Denise is a skilled nail technician and especially loves pedicures! She is known for her attention to detail and kind demeanor. She creates a calming experience that enhances both beauty and well-being. Her work blends professionalism with a personal touch that her clients love and trust. Denise will be providing nail services in FirView at Spruce salon on Tuesdays from 9:00 a.m.—3:00 p.m.



Articles

Luxer Lockers: A New Way to Pickup Packages

Dear Evergreen Lodge Residents,

We're excited to announce the upcoming launch of a convenient new amenity—Luxer One package lockers! As introduced during the May and June Live Chats, this system will provide secure, self-service package pickup 24/7, making it easier than ever to retrieve your deliveries on your own schedule.

The Luxer Lockers are located in the hallway near Door 16, directly across from the Human Resources Office. If you're coming from the main lobby, simply head toward the Emerald Market or Coffee Shop, then turn left at the moose statue and then left again towards the lockers.

We appreciate your patience and cooperation as we roll out this exciting new amenity. Please review the instructions on the next two pages to get started with Luxer One. If you have any questions, please feel free to contact me by email or phone.

Thank you,

Kaitlynd Hewitt, Administrative Services Manager
kaitlyndh@emeraldheights.com , (425)556-8125



Introducing BabyQuip: Baby Gear Rental for Guest Room Stays



The concierge team is excited to announce an affiliate partnership with BabyQuip, a baby gear rental company that will make hosting your grandchildren and great-grandchildren's in our Guest Rooms even better!

BabyQuip offers clean, safe and insured baby gear rentals. The best part? They deliver, set up the gear for you, and pick it up when you're finished with it. This service allows your guests to skip all the packing and enjoy their time with from the moment they arrive.

Guests who use our link (<https://www.babyquip.com?a=emeraldheights>) will receive 10% off their baby gear rental. Let your families know that bringing the grand and great-grandkids around just got easier!

Lower Lanes Activity Room (AL Game Room) Remains Open

The Lower Lanes Activity Room (AL Game Room) will remain open and available for events and meetings during and after the move to FirView. If you have meetings or groups scheduled in the space, you do not need to reschedule or book an alternative space for the foreseeable future.

Merlin Desktop Reader for Low Vision



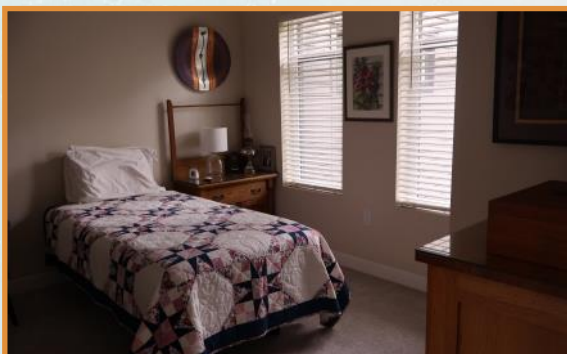
Did you know that the library in the Evergreen Lodge has a Merlin Desktop Reader? This tool allows you to project documents onto a large screen, making it easier to read small text on physical documents. Special thanks to Carter Hill and Winnie Mann for their generous donation from the estate of Eldon F. Hill, as well as the Voices for Vision group and the Library Committee. To read more about the Merlin Reader, check out the March edition of the Emerald Lights [HERE](#).

Settling In: *AL Residents move into FirView*

After years of planning, construction, meetings, and more than a few unexpected hurdles, we've finally crossed the finish line: all current Assisted Living residents have officially moved into their beautiful new apartments in FirView!

It was a busy and emotional week for both residents and staff as movers worked hard to get everyone settled. Thanks to the incredible coordination of many and the patience of residents and families, the transition went smoother than imagined. Together, we've made it happen. FirView is open!

Are you interested in moving to FirView? Call Danielle Epp, Wellness Coordinator, at 425-556-8221.



Articles

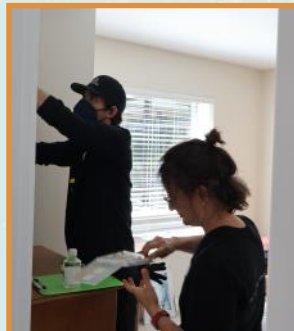
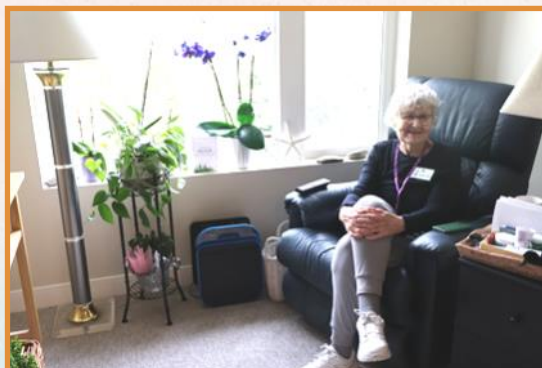
Reminders: *Wildlife on Campus*



As spring turns to summer, we are likely to see an uptick in wildlife on campus.

While our wild furry neighbors are out and about, it is important to remain alert and keep pets on leashes when wandering campus or out on the trail.

If you spot wildlife that may be a danger to others, please call Security 425-556-8184.

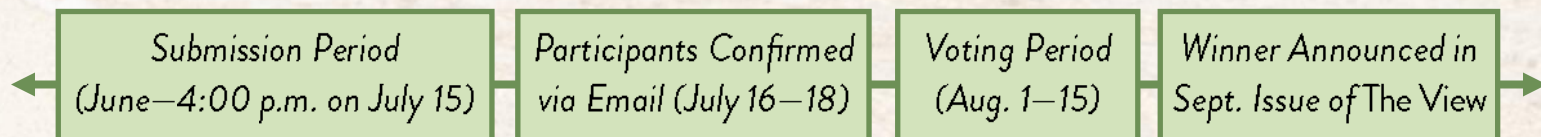


Articles

Picture Perfect Cover Photo Contest Reminder

This is a reminder to submit your photos to the competition before July 15 to be included. Voting will occur during the first 2 weeks of August.

After the submission deadline, participants will receive a confirmation email from Emma Geary (emmag@emeraldheights.com). **If you believe you submitted a photo but do not receive a confirmation email between July 16 and July 18, please reach out to Emma Geary, Communication Specialist.**



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.

Events on Summer Hiatus

Event	Hiatus Period	Resumes normal activity in...
Bible Study	July—August	September
Craft & Connect	July—August	September
Furniture Store	July	August
Residents' Council Meetings	July	August
Thrift Shop	July	August
Ukulele Chorus	July—August	September

Summer Games Schedule

Time	Event	Location
Monday, July 14		
Available starting 8:00 a.m.	Brain Games (due 7/21)	Fitness Center
10:30-12:00 p.m.	Opening Ceremony	Pavilion & Ch. 1981
1:30-2:30 p.m.	Corn Hole	FirView
2:00-4:00 p.m.	Shot Put/Discus/Javelin	Pavilion Plaza
Tuesday, July 15		
10:00-11:00 a.m.	Tissue Box Air Hockey	FirView
10:00-11:00 a.m.	Balloon Badminton	Great Room
1:00-2:00 p.m.	Noodleball	Pool
2:00-3:00 p.m.	Staff Noodleball	Pool
Wednesday, July 16		
9:00-11:00 a.m.	Trail Scavenger Hunt	Start at Fitness Center
10:30-12:00 p.m.	Lawn Bowling	Lawn Bowling Green
10:00-11:00 a.m.	Tissue Box Air Hockey	Wild Flower Point
12:00-1:00 p.m.	Staff Giant Jenga, Ladder Ball, Corn Hole	Pavilion Plaza
2:00-3:30 p.m.	Cribbage	Avondale Room
1:00-3:00 p.m.	Timed Puzzle	Fitness Studio
Thursday, July 17		
9:00 a.m.-12:00 p.m.	Team Corn Hole	Lawn Bowling Green
10:30-11:30 a.m.	Bean Bag Toss	Great Room
9:00-10:30 a.m.	Billiards	Atrium P
10:30 a.m.-12:00 p.m.	VR Balloon Popper	FirView
10:30a.m.-12:00 p.m.	Team Water Balloon Toss	Pavilion Plaza
1:00-3:00 p.m.	Staff Ping Pong	Emerald Room
1:30pm-2:30pm	Indoor Corn Hole	Wild Flower Point
Friday, July 18		
9:30am-11:30am	Dog & Human Agility Course	Pavilion Plaza
1:00pm-3:00pm	Closing Ceremony	Pavilion & Ch. 1981

Atrium Socials

- ◇ Tues., July 8, Atrium E, 4:00 p.m. in Atrium E
- ◇ Thurs., July 10, Atrium P3, 4:00 p.m. in Atrium P3



Monthly or Bimonthly Activities

Mondays:

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

Tuesdays:

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

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

All Interest Group: 2:00 p.m., 4th Tues., July 22, Sammamish Room

Wednesday:

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

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

Thursdays:

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

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

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

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

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

Standing Committee Meetings*

Technology Committee

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

Food Services Committee

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

Communications Committee

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

Building and Grounds Committee

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

Fund Development Committee

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

Resident Activities Committee

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

Health and Wellness Committee

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

*All standing committee meetings
are open for guests to attend

Weekly Activities

Mondays:

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

Pickleball: 1:30 p.m., Departs from Lobby

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

Corn Hole: 10:30 a.m., Pavilion Plaza

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

Health Services Review:

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

Residents Association Review with

Michael Mulroy:

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

Resident Services Review with

Nicole McCarthy:

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

Dining Services Review with

Dining Services Team:

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

Marketing Review with Marketing:

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

Accounting Review with

Nicole Rutledge:

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

Final Review with Grant Linacre,

Executive Director

60 days after move-in



The Corwin Connection ~ July 2025

Monthly Highlights of Corwin Activities

Entertainment

- ♦ **Music with Dave & Lynn**
Saturday, July 5, 10:45 a.m.
Great Room
- ♦ **Ed Pearson on Accordion and Trombone,
Wine & Cheese Social**
Friday, July 11, 3:30 p.m.
FirView Activity Room
- ♦ **Nancy Quickstad & Friends**
Thursday, July 17, 4:00 p.m.
Great Room
- ♦ **Roy Baggerly on piano & Larry Burns on bass**
Every Thursday, 4:00 p.m.
Wild Flower Point

Special Events

- ♦ **Issaquah Troll: Monday, July 7**
Departs: 1:30 p.m., FirView Main Lobby
Returns: 3:30 p.m.
Cost: \$8.70
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.



Monthly Meetings

- ♦ **Food Committee Meeting**
Thursday, July 17, 2:00 p.m.
FirView Activity Room
- ♦ **Assisted Living Resident Council**
Thursday, July 24, 3:15 p.m.
FirView Activity Room
- ♦ **Skilled Nursing Resident Council**
Monday, July 28, 11:00 a.m.
Great 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, **July 3, at 10:30 a.m. in the Tahoma Room.**

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

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

Dermatology: *OnSite Dermatology*

First Thursday of the Month, **July 3**, held in **your own apartment.** Register for the July session before June 30:

On the Portal [Here](#)

Registration for the August session opens July 4.

Register for the August 7 session by August 4:

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, **July 17 at 9:30 a.m. in the Tahoma Room.**

Nutritional Counseling Services: *Kat Spottswood*

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

Providers of Clinical Services

Located Off-Campus

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

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

<https://www.podiatryassociatesnw.com>

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

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

If you have questions related to providers please call Nicole McCarthy, Director of Resident Services, at (425)556-8112.

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



Disability Pride Month



This July, Emerald Heights is honoring the 35th Anniversary of the signing of the Americans with Disabilities Act (ADA). The ADA works to ensure all people with disabilities have the same rights and opportunities as everyone else. The most visible of these being Title III (Public Accommodations) which requires public spaces to install accommodations such as wheelchair ramps, automatic door openers, and handrails/grab bars. Per the Centers for Disease Control and Prevention, roughly 1 in 4 Americans currently have experience with a disability. As we age, the prevalence of disability increases. You may not be impacted by a disability at birth, but disability is an equal opportunity offender that can affect you or a loved one at any point in time. Our goal this July is to celebrate all levels of ability for every person. In celebrating all abilities, we are allowed an opportunity to honor people with disabilities, promote their visibility, and applaud their achievements.

Want to learn more? Look for slides on Channel 1981 and themed events this month.

Diversity, Equity, and Inclusion Committee Meeting

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

Table Talks: Disability in Dialogue



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.

July Questions:

1. Do you have any personal experience with disability, yours or others?
2. Have your abilities changed over time and has this impacted your lifestyle?
3. Have you seen disability perceptions change throughout your lifetime?
4. Have you ever realized you made assumptions about someone with a disability that turned out to be incorrect?

Table Talks will occur on Thursday, July 24 at 3:00 p.m. in the Emerald Room.

Religious Services and Support Groups

Wednesdays:

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

Thursdays:

Bible Study: On hiatus throughout July and August.

Fridays:

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

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

Sundays:

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

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

Support Groups

Alzheimer's and Dementia Caregiver Support

Tuesday, July 1

1:00 p.m. in the Sammamish Room

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

Parkinson's Support

Wednesday, July 16

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.

Women's Caregiver Connect

Monday, July 21

1:00 p.m. in the Sammamish Room

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

Men's Caregiver Connect

Wednesday, July 30

10:00 a.m. in the Sammamish Room

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

Questions?

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

What's Happening: On Campus

Readers' Theatre Group

Tuesdays, July 1 & July 15

1:30 p.m. in the Tahoma Room

Readers' Theater continues with *The Admirable Crichton* by James Barrie, a classic play about shipwrecked aristocrats whose survival depends on their butler. Social roles shift as Crichton proves to be the most capable. Contact Ginny Ford for details or to reserve a script.

Reflections of Our Lives: Writing Class

Wednesdays, July 2, 9, 23 & 30 (No class on 7/16)

10:00 a.m.–11:30 a.m. in the Avondale Room

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

In this four-session series, explore your life stories through fun, sensory-based prompts in a supportive setting. Writing Coach Nina fosters a welcoming, non-judgmental space to enjoy writing and sharing.

Lunch and Learn: Assisted Living

Wednesday, July 2

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

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**

Wednesday Matinee: "1776" The Broadway Musical

Wednesday, July 2

1:30 p.m. in the Emerald Room

We will be showing *1776, The Broadway Musical* featuring an all-female cast from Reboot Theater's 2015 production. Enjoy popcorn, beverages, and a Q&A with cast member—and fellow resident—Barbara Klingberg during intermission. Don't miss this unique event on the big screen.

Folk Dance for Everyone

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

3:30 p.m. in the Fitness Studio

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

Tech Help Hour

Thursdays, July 3, 10, 17, 24, & 31

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

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

Emerald Heights Railroad

July 4, 16, & 30 (Full season schedule available on the Portal)

Variable times (see below) in the Garden Railroad

July starts with a bang with train runs and continues into the month. Bring the grandkids and others too—just be sure to coordinate with the dining room schedule.

July Train Runs:

July 4, 11:30 a.m.–2:00 p.m. | July 16, 10:00 a.m.–noon | July 30, 10:00 a.m.–noon



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.

Wade Jazz Jammers

Sunday, July 6

7:00 p.m. in the Emerald Room

Enjoy an informal jazz jam session with resident Bob Cohen and five guest musicians playing drums, bass, guitar, piano, and saxophones. The group will play in a circle for a relaxed, interactive feel, and residents are welcome to drop in anytime. Resident musicians are also invited to join in.

KCLS Library To Go

Tuesday, July 8

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

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

Dr. David Smith: Themes in Philosophy

Tuesday, July 8 & 22

1:00 p.m. in the Emerald Room

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

Celebrating All Abilities: Disability Inclusion through Art & Performance

Wednesday, July 9

1:00 p.m. in the Emerald Room

Residents and staff are invited to submit creative works—poetry, prose, monologues, artwork, or media—for an event honoring the 35th anniversary of the Americans with Disabilities Act. Submissions are due by Wednesday, July 2nd to Kaitlynd Hewitt, Administrative Services Manager, (kaitlyndh@emeraldheights.com) or to the Concierge desk with your name and contact info.

Performance on the Pavilion Plaza: Fidgety Feet Jazz Band

Wednesday, July 9

7:00 p.m. on the Pavilion Plaza

Don't miss this outdoor concert featuring the Fidgety Feet Jazz Band and the sounds of southern jazz. There will be a specialty beverage at the Copper & Hook Bar to enjoy during the performance.

The Good Life Book Club: *The Infinite Game* by Simon Sinek

Thursday, July 10

1:00 p.m. in the Avondale Room

In *The Infinite Game*, Simon Sinek explores how business, politics, and life differ from finite games like sports—where rules and endpoints are clear. Instead, he offers a framework for navigating open-ended challenges with resilience and purpose. Our August book is *A Better Man* by Louise Penny.

Grant's Live Chat

Friday, July 11

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: Churchill

Fridays, July 11 (Series ends)

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

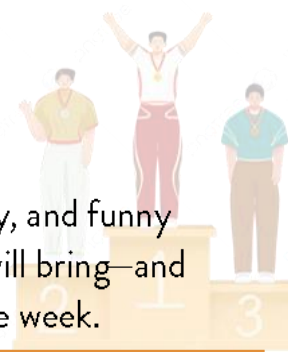
Winston Churchill's life demonstrates that an individual can profoundly change the course of history, overcoming countless personal and public challenges.

Emerald Heights Summer Games: Opening Ceremony

Monday, July 14

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

A great way to kick off a week of games, with some to challenge your strength, agility, and funny bone. There will be music, demonstrations, and an introduction into what the week will bring—and cookies! Please come to see what we have in store for you and get pumped up for the week.



Emerald Heights Summer Games: Closing Ceremony

Friday, July 18

1:00 p.m. in the Pavilion and Channel 1981

Celebrate the end of a fun-filled week at the Summer Games Closing Ceremony. Come cheer on your fellow residents and relive the week's best moments.

July Birthday Celebration: Ian Dobson, Caribbean Steel

Friday, July 18

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

Enjoy a unique performance by Ian, blending Caribbean steel drum with jazz, classical, and Latin/world rhythms. Hear creative takes on artists like Coltrane, Rimsky-Korsakov, and Jimmy Buffett. July birthdays will be announced, and a sweet treat will be served.

The Bonsai Group

Monday, July 21

10:00 a.m. in the Sammamish Room

One of our favorite fun activities is to fashion our own bonsai pots out of clay for later use. We have two very experienced resident potters to lend a hand.



Japanese Drum Performance: Takumi Kato & His 3 Sons

Monday, July 21

2:00 p.m. in the Emerald Room

Takumi Kato, an award-winning Japanese drummer, has performed for royalty and major national events in Japan. Now based in the U.S., Kato and his children perform as Peaceful Forest, promoting cultural exchange and connection through Japanese drumming. Since 2022, they've completed over 470 shows in 36 states, sharing powerful, joyful performances nationwide.



Woodshop and Trail Crew Open House

Wednesday, July 23

11:00 a.m.—1 p.m. at the Woodshop Annex

Join us for an exciting Woodshop/Trail Crew Open House. Enjoy a delicious lunch featuring hamburgers, hotdogs, soda pop, coffee, popcorn, cookies, and chips. Don't miss the chance to win fantastic prizes like jewelry and handcrafted wood bowls in our raffle, with tickets available for just \$1. The raffle will take place at 12:30 p.m. Come meet our team, explore our projects, and have a great time.



Restorative Rest: The Art and Science of Sleep Hygiene

Wednesday, July 23

2:00 p.m. in the Emerald Room

Quality sleep is essential for well-being, yet many older adults face challenges that disrupt rest. TheKey presents Restorative Rest, an engaging session exploring the science of sleep, age-related changes, and practical tips for better sleep hygiene. Learn to separate myth from fact and improve your sleep quality.

Voices for Vision

Wednesday, July 23

3:00 p.m. in the Avondale Room

Residents with vision challenges—or those caring for someone who is—are encouraged to attend. Share tools, tips, and ideas for navigating daily life with low vision. Questions? Contact Martha O’Keefe at (425)298-0173 or Lois Farris at (425)298-4455.

Table Talks: Disability in Dialogue

Thursday, July 24

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

Come take a seat at Table Talks, where we center our conversations on lived experiences with disabilities. Table groups will be assigned at random to help you connect with new neighbors and perspectives. As you engage in meaningful dialogue, enjoy a variety of snacks. Table Talks is an open, welcoming space designed to spark thoughtful conversations about important topics as we navigate a constantly changing world.

Social Hour: Last Friday of the Month

Friday, July 25

4:45 p.m.–6:00 p.m. in the Pavilion Plaza (Weather permitting)

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



Thrift Shop Collection

Monday, July 28

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

Last Leaf Productions Presents: Romeo & Juliet by William Shakespeare

Monday, July 28

7:00 p.m. on the Pavilion Plaza

What could be better than a live outdoor performance of Romeo & Juliet on our campus? Enjoy a special cocktail during this classic tragedy of two star-crossed lovers whose love cannot overcome their fate.

Film for Thought: Blade Runner (1982)

Tuesday, July 29

1:00 p.m. in the Emerald Room

If you're someone who enjoys talking about movies as much as watching them, this is the event for you. We will be watching *Blade Runner* (1982), a sci-fi classic that set the standard for movies in its genre. After the movie, we will discuss various elements of cinematography, the plot, and other behind-the-scene details.

Hosted by Emma Geary. Popcorn will be provided.

Rated R (violence) | 2 hours (runtime) + 1 hour (discussion)



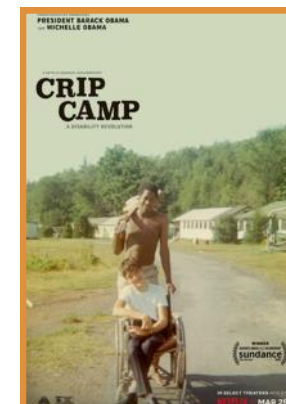
Reel Matters: Crip Camp

Thursday, July 31

2:00 p.m. in the Emerald Room

To wrap up Disability Pride month, we will be showing the documentary *Crip Camp*. Down the road from Woodstock, a revolution blossomed at a ramshackle summer camp for teenagers with disabilities, transforming their lives and igniting a landmark movement. Popcorn will be served.

2020, R (profanity), 1 hour 45 minutes



What's Happening: Coming Attractions

The Singing Owls: Choral Performance, Happy Gathering

Tuesday, August 5

2:00 p.m. in the Emerald Room

We're excited to welcome back the Singing Owls, a group of 10 veteran Seattle-area choral singers formed in 2020. Led by Ms. Ya-Li Lee, they perform a heartfelt selection of songs in English, Mandarin Chinese, Hakka, and Indigenous Taiwanese languages.

Rise and Dine Brunch: The Decade of the Sixties with Nathan Roberts

Wednesday, August 13

10:00 a.m. in the Pavilion

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

The next Rise and Dine features "The Decade of the Sixties," often called "The Decade That Changed the World." Nathan Roberts from the UW History Department will reflect on key events like Vietnam, JFK's assassination, the Berlin Wall, and Woodstock. A look back at the defining moments of the 1960s.

If you are signed up but do not plan to attend, please cancel before April 10 to avoid incurring the registration fee of \$8.75.

What's Happening: Trips

PLEASE NOTE: Event registration on the Portal does not open until July 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, July 7, 14, 21, & 28

Location: Redmond

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

Estimated Return Time: 3:30 p.m.

Cost: Court costs vary per session

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

Transportation: Free

Cancellation Deadline: Noon the Thursday prior

Limit: 9

Contact: Mike Mulroy (206)200-8282



Lunch Bunch: The French Bakery & TC Shopping

[Register on the Portal Here](#)

Monday, July 7

Location: Redmond

Departure Time: 1:00 p.m.

Estimated Return Time: 4:30 p.m.

Cost: Lunch on your own

Transportation: Free

Cancellation Deadline: Friday, July 4

Limit: 14

The French Bakery offers fresh, high-quality pastries, breads, sandwiches, and coffee in a cozy café setting. After lunch, stroll and shop at Redmond Town Center.

Fitness Department Hike: Coal Creek Falls

[Register on the Portal Here](#)

Friday, July 11

Location: Factoria

Departure Time: 8:00 a.m.

Estimated Return Time: 2:00 p.m.

Transportation Cost: \$8.58

Cancellation Deadline: Wednesday, July 9

Limit: 13

This scenic and historic 5.1-mile round-trip hike has a 567-foot elevation gain and is rated [III] in our flyer. Expect to see other hikers and runners along the way. Dress in layers and bring snacks and water.

Redmond Firefighters Pancake Breakfast & the Derby

[Register on the Portal Here](#)

Saturday, July 12

Location: Redmond

Departure Time: 9:00 a.m.

Estimated Return Time: 12:30 p.m.

Cost: Recommended donation: \$5.00

Transportation: Free

Cancellation Deadline: Wednesday, July 9

Limit: 17

Support Redmond at the annual Firefighters Pancake Breakfast, where firefighters serve up pancakes, eggs, sausage, and bacon. After breakfast, watch the Derby Days Parade featuring an Emerald Heights bus with staff and residents. A fun-filled morning of community spirit and tradition.

Redmond Tech Orchestra: Broadway Lights, Hollywood Nights

Register on the Portal [Here](#)

Saturday, July 19

Location: Redmond

Departure Time: 3:30 p.m.

Estimated Return Time: 6:30 p.m.

Cost: Free

Transportation: Free

Cancellation Deadline: Wednesday, July 16

Limit: 24

The Redmond Tech Orchestra, formed by tech professionals who share a passion for music, presents a magical afternoon featuring iconic film and musical pieces such as *Jurassic Park*, *La La Land*, *Wicked*, and *Phantom of the Opera*. This concert celebrates creativity and imagination through a diverse program.



Breakfast Outing: Family Pancake House

Register on the Portal [Here](#)

Monday, July 21

Location: Redmond

Departure Time: 8:45 a.m.

Estimated Return Time: 10:30 a.m.

Cost: Breakfast cost on your own

Transportation: Free

Cancellation Deadline: Wednesday, July 16

Limit: 17

Family Pancake House, family-owned since 1963, serves scratch-made meals using fresh, local ingredients. With breakfast, lunch, dinner, and desert options, there's something for everyone.

Fitness Department Walk: Oxbow Trail

Register on the Portal [Here](#)

Friday, July 25

Location: North Bend

Departure Time: 10:00 a.m.

Estimated Return Time: 2:00 p.m.

Transportation Cost: \$23.56

Cancellation Deadline: Wednesday, July 23

Limit: 13

This 1.3-mile round-trip trail is flat and easy, taking about 27 minutes to complete. It's popular for birding, hiking, and walking, with peaceful moments during quieter times. Rated [I] on our Hikes flyer—dress in layers and bring snacks and water.

Brew Pub Trip: Gasworks Brewing

Register on the Portal [Here](#)

Friday, July 25

Location: Seattle

Departure Time: 1:00 p.m.

Estimated Return Time: 4:30 p.m.

Cost: Lunch and beverages on own + staff costs

Transportation: \$10.10

Cancellation Deadline: Wednesday, July 23

Limit: 17

Gasworks Brewing offers a well-rounded beer list with standouts like a super-hopped Northwest Pilsner and a refreshing watermelon sour—perfect for a hot day. This scenic pub is a great spot for beer lovers.



Dinner & a Show: Thai Ginger & SecondStory Repertory: **Register on the Portal [Here](#)**
Redmond Comedy Festival

Saturday, July 26	each + staff costs
Location: Redmond	Transportation: Free
Departure Time: 4:45 p.m.	Cancellation Deadline: Wednesday, July 23
Estimated Return Time: 9:30 p.m.	Limit: 17
Cost: Dinner on own, theatre ticket is \$15.00	

Have dinner at Thai Ginger, serving authentic Thai food with fresh ingredients since 1996, followed by an improv comedy show at SecondStory Rep's premier Improv Festival.

Bellevue Downtown Arts Market **Register on the Portal [Here](#)**

Sunday, July 27	Cost: Entry is Free, all purchases are on own
Location: Bellevue	Transportation: \$6.82
Departure Time: 1:00 p.m.	Cancellation Deadline: Wednesday, July 23
Estimated Return Time: 4:30 p.m.	Limit: 17

The market features over 110 artists showcasing original sculptures, jewelry, and home décor.

City of Redmond: Rockin on the River, STONESY **Register on the Portal [Here](#)**

Wednesday, July 30	Cost: Free Concert
Location: Redmond	Transportation: Free
Departure Time: 5:00 p.m.	Cancellation Deadline: Monday, July 28
Estimated Return Time: 8:30 p.m.	Limit: 17

STONESY, a Seattle band, performs classic Rolling Stones music. Some covered seating available. Bring a chair or blanket, snacks, and beverages; food vendors will also be available.

Mark your calendars for two August concert dates:

Wednesday, August 13 – *Madman Across the Water*

Wednesday, August 20 – *The Jewel Tones*

Bellevue Botanical Gardens: Docent Tour **Register on the Portal [Here](#)**

Thursday, July 31	Cost: Free, suggested donation is \$5.00
Location: Bellevue	Transportation: \$6.88
Departure Time: 9:30 a.m.	Cancellation Deadline: Tuesday, July 29
Estimated Return Time: 12:30 p.m.	Limit: 17

Explore 53 acres of cultivated gardens, woodlands, and wetlands at Bellevue Botanical Garden. Discover plants native to the Pacific Northwest on a 1½-hour guided tour led by knowledgeable staff. Enjoy a peaceful and educational outdoor experience.

Argosy Cruises: Seafair Blue Angels Viewing Cruise

Register on the Portal [Here](#)

Friday, August 1

Location: Kirkland

Departure Time: 1:00 p.m.

Estimated Return Time: 6:45 p.m.

Cost: \$150 each + preordered food + staff costs

Transportation: \$6.69

Cancellation Deadline: Friday, July 18

Limit: 17

Experience Seafair Weekend aboard the Voyage at Carillon Point Marina with prime views of the Boeing Seafair Air Show and the U.S. Navy Blue Angels. This 4-hour excursion offers thrilling aerial acrobatics over Lake Washington. Pre-order food by July 18— attendees will receive an email from Vicky Neil with details; additional snacks and drinks available for purchase onboard.

Hopelink: Partnership Luncheon

Register on the Portal [Here](#)

Friday, August 8

Location: Redmond

Departure Time: 11:00 a.m.

Estimated Return Time: 1:30 p.m.

Cost: No Charge

Transportation: Free

Cancellation Deadline: Monday, July 28

Limit: 17

Join Emerald Heights residents for a light lunch at Hopelink's Redmond Service Center and hear CEO Meghan Altimore discuss the partnership and provide an update on Hopelink's work.



Pushkin looking out to Ayu-Dag, Crimea by Ivan Aivazovsky

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

No transportation
on Friday, July 4

Costco Shopping Trip

Wednesday, July 9

Departure: 2:00 p.m.

Estimated Return: 4:00 p.m.

Register on the Portal [Here](#)

Limit 12

Target & Kohls Shopping Trip

Friday, July 18

Departure: 1:00 p.m.

Estimated Return: 3:00 p.m.

Register on the Portal [Here](#)

Limit 12

Bellevue Square Shopping

Monday, July 14

Departure: 1:00 p.m.

Estimated Return: 4:00 p.m.

Register on the Portal [Here](#)

Limit 12

Costco Shopping Trip

Wednesday, July 23

Departure: 2:00 p.m.

Estimated Return: 4:00 p.m.

Register on the Portal [Here](#)

Limit 12

PCC Shopping Trip

Wednesday, July 16

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



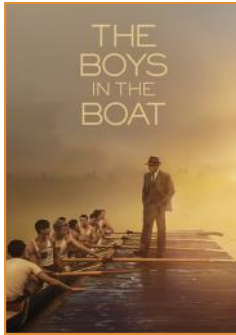
On Golden Pond

Thursday, July 10

6:45 p.m. on Channel 1981

Spend a summer on Golden Pond with Norman and Ethel Thayer, played by Henry Fonda and Katharine Hepburn. A visit from their daughter Chelsea stirs up old family tensions. This heartfelt film explores aging, reconciliation, and family bonds.

1981, PG, 1 Hour 49 Minutes



The Boys in the Boat

Saturday, July 26

6:45 p.m. on Channel 1981

During the height of the Great Depression, members of the rowing team at the University of Washington get thrust into the spotlight as they compete for gold at the 1936 Olympics in Berlin.

2023, PG-13, 2 Hours 4 Minutes

Programs



Keeping Our Spirits Up in 2025

Tuesday, July 1, 10:30 a.m.

Chaplain John delivers a weekly half hour of inspiration, commentary and occasional silliness to encourage our positivity through challenging times and, let's face it, we're always living 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

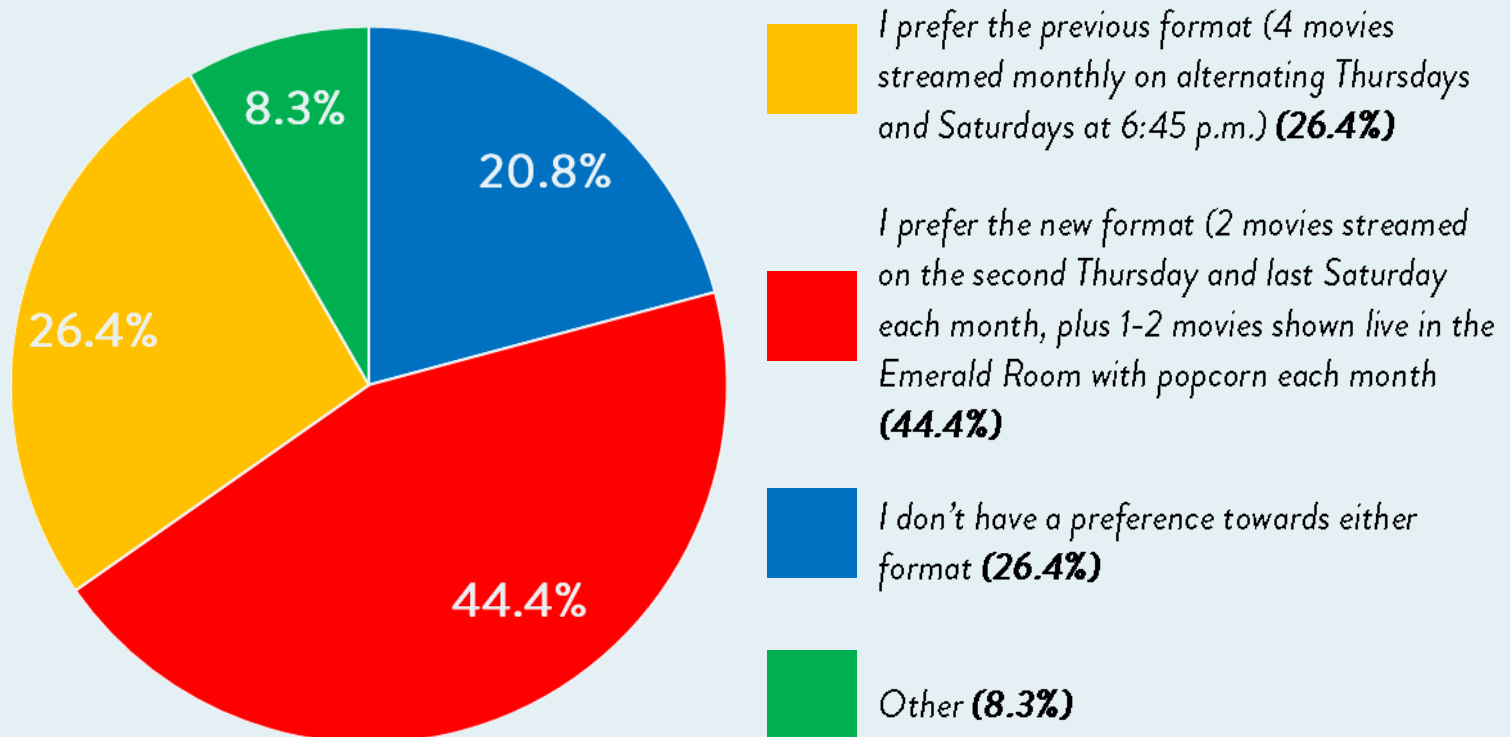
KHTS Schedule on Channel 1981

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 10:30 a.m., 2:00 p.m. and 9:00 p.m. programs change on Mondays.

June Survey Results

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 was to gather feedback on the updated process.



Some Additional Insight

In addition to the poll options, we received some thoughtful write-in suggestions, such as offering live movies at 7 p.m. or on weekends. While these ideas are certainly worth considering, scheduling depends on the availability of both staff and resident volunteers. Streamed movies on Channel 1981 are set up by the resident-led KHTS committee, while live showings in the Emerald Room are coordinated by our Trips and Events Coordinator, Vicky Neil. Since availability can vary, especially during evenings and weekends, flexibility is limited.

Streaming licenses also impact what we can legally show on Channel 1981, whereas live screenings allow for a broader selection of titles. We always welcome resident suggestions—Vicky Neil is happy to receive your ideas—but please note that movie choices depend on several factors, such as licensing rights, available formats (Netflix, YouTube, DVD), and accessibility features like Closed Captioning.

Offering a mix of live and streamed movies helps us serve a wide range of preferences—whether you're looking for a shared, theatre-style experience or a cozy night in. While it's not always possible to meet everyone's schedule, we're committed to providing options that work for as many residents as possible.

July 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](#).



July Survey

Please answer the questions below:

1. Are you going on vacation this Summer? If so, how far are you traveling?

☐ I'll be taking a Stay-cation and sticking around the Redmond area.

☐ I will be traveling somewhere in Washington State.

☐ I'm taking a trip out of state, somewhere else in the U.S.

☐ I'm heading to a different country. So long, USA!

☐ I haven't decided yet.

2. If you'd like to share, where are you planning on traveling? _____

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

