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Useful Contacts

Corwin: (425)556-8150 Concierge: (425)556-8100 FIRVIEW: (425)605-3770

Security: Cascades Take-Out: Chaplain:

(425)556-8184 (425)556-8117 (425)556-8140

Housekeeping: Main Dining Reservations: Fitness:

(425)556-8188 (425)556-8217 (425)556-8186

Facilities: Rainier Reservations: Transportation:

(425)556-8180 (425)605-3903 (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.

Mon., 2nd & 4th Weds. 10 a.m.-4 p.m.

Nails with Denise

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 & Thursday 9 a.m.-1 p.m.

Spruce

Call (425)605-3637

Hair with Lauren

Monday 9 a.m.-3 p.m.

Nails with Denise

Tuesday 9 a.m.-3 p.m.

<u>Reminders</u>

- ♦ 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: Emma Geary, Communication Specialist, taken on the EH Trail

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 September is: Kassie Duchene-McVay

Congrats, Kassie!

September Nominees:

Luis Granados Dave Schaaf Kassie Duchene-McVay Kaitlynd Hewitt Sherra Grasser (x2) Ngoc Vu (x2) Erman Chavez Estrella Emilio Calderon Gabriel Solis

Sam Jennings Scott Milbrodt McKenna Bjorkelo Katie Dyson Marty Banel (x2) Matthew Lecours Natalie Swezey Ken Bonebrake Erica Gomez

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 September is Jose Luis Sanchez Tapia, Janitor!



Jose Luis was nominated by Tara Bell & Oahn Nguyen:

Every time Jose is our Janitor, he completely finishes his whole job promptly and beautifully. We never have to ask him, he's just on time, even though he is very busy. He stops for our deliveries and keeps us running on time.

Congrats, Jose Luis!

September Nominees:

Jose Luis Sanchez Tapia McKenna Bjorkelo Katie Dyson Noah Cierebiej

Staff Spotlight

Get to Know: Corey Weisner

Corporate Controller

What is your hometown? This is complicated. I was born in Spokane but grew up in Vancouver, WA, the Carolinas, and Connecticut. I think my mom would say our hometown is Vancouver, WA.

What was your first job? Unloading cucumbers from an 18-wheeler at Nalley's Fine Foods in Tacoma. The Cucumbers would be made into pickles or relish.



What three words would you use to describe yourself? Just a guy.
What do you do for fun? I like following local sports (except UW, I'm a

WSU alum), staying active, reading, and playing fantasy football and soccer. I love spending time with my family, including my two college-age daughters. My fantasy football team is awful this year, but my soccer team's punching above its weight!

Who inspires you? Many people inspire me through their commitment, curiosity, decency, and courage. Most of all, my dad—he built a life far different

from his upbringing and was a devoted family man and genuine member of his community.

What do you love about working at EC? The ability to have an impact, serve others through my work, and be a part of a great group of people.

What is the focus of your role at EC? Safeguard community assets and ensure our financial operations are accurate, timely, efficient, and compliant. I also deliver insights that support internal decision-making and external stakeholders. Just as important, I work to ensure our team is engaged in their roles and proud of our accomplishments. It's a lot when you write it down—but I'm lucky to be a part of a great team!

Peter Shea wins Activity Associate of the Year Award



Peter Shea has been part of Emerald Heights for five years, joining us at the height of COVID and enthusiastically embraced the creative, alternative activities we offered during that challenging time. Known for his cheerful spirit, Peter can often be heard singing as he walks through the halls or sharing his original poetry. Peter continually seeks ways to uplift residents, maintains an unfailingly positive attitude, and, this past year, completed both his MEPAP Parts 1 & 2 and the

Activity Director exam—all while working full time. He's a deserving recipient of the Washington State Association of Activity Professionals' Activity Associate of the Year award.

Staff Spotlight

Introducing Kevin Baker, Facilities Director



We are happy to announce our next Facilities Director, Kevin Baker, joined us Monday, October 6th!

Kevin brings more than 20 years of experience in operations and facilities leadership, with a knack for streamlining processes, building strong teams, and keeping everything running smoothly. He thrives on solving complex challenges and finding practical solutions that make a lasting impact.

When he is not at work, Kevin's world revolves around his family. He and his wife, Courtney, stay busy cheering on their two sons, Dylan and Drew, who are

both deeply involved in football, and keeping up with their youngest, Kennedy, who brings endless energy and creativity to the mix.

Kevin also enjoys rolling up his sleeves in his home workshop, where he can usually be found building, fixing, or tinkering with his next project. Whether it is family, football, or finding new ways to make things work better, Kevin brings passion and commitment to everything he does.

Articles

Renew your Room Reservations for 2026

As we approach the end of the year, it's time to reconfirm any meeting space reservations you want to continue into 2026. Because our meeting rooms are in high demand, to remain on the calendar, all existing recurring reservations must be renewed with Emma Geary by the end of the year.

Reservations not confirmed by the end of the year will be released for community use in the new year.

This annual renewal helps ensure our spaces are available for active groups and events. Rooms are booked on a first-come, first-served basis—so reach out early to secure your preferred time.

To reserve or renew your space, contact Emma Geary, Communication Specialist at (425)556-8138 or emmag@emeraldheights.com.



Articles

What's New This Season: Madrona, Copper & Hook, and Cascades

The Food & Beverage Department is pleased to announce a fresh lineup of seasonal additions across Madrona, Copper & Hook, and Cascades. These updates reflect our commitment to quality, variety, and guest satisfaction—offering something for every palate.

Premium Beef Tenderloin

We're rolling out 4oz and 6oz beef tenderloin options, offering guests a choice of perfectly portioned, premium steak cuts. Whether you're looking for a lighter entrée or a hearty plate, these tenderloins are sure to impress.

Smart Grain Substitutes

Quinoa, Brown Rice & Lentils are now available as healthy alternatives to white rice. These nutrient-rich grains offer more fiber and protein, supporting a balanced diet without compromising taste.

New Sandwich Feature

The French Dip Sandwich has joined the menu, featuring thinly sliced beef, melted cheese, and a savory au jus for dipping—a timeless comfort food with bold flavor.

Pasta Bar Additions

We've expanded our pasta bar with Farfalle Pasta, a new pasta shape option that adds variety and texture to your pasta creations.

Vegan Feature Dish

Introducing the Vegan White Bean, Mushroom & Lentil Ragout—a hearty, plant-based entrée made with white beans and earthy mushrooms. This dish is rich in flavor and perfect when seeking a satisfying vegan option.

Bar Enhancements

We're now carrying Tito's Handmade Vodka, a gluten-free spirit known for its smooth, clean taste and versatility in cocktails.

Seasonal Cocktails & Mocktails

Celebrate the season with our new lineup of signature cocktails and non-alcoholic mocktails. These recipes were created by our talented dining leads, bringing creativity and seasonal flair inspired by Fall to every sip—whether you're enjoying something spirited or alcohol-free.

Articles

Holiday Catering and Event Booking—Reserve Early!

The holiday season is approaching, and now is the time to start planning your celebrations. Whether you're organizing a small home gathering, hosting a family event or a festive reception, our Food & Beverage Managers are here to help make it special.

To ensure your preferred date and space are available, we recommend booking your holiday event early—spaces fill up quickly. We offer Atrium Party Trays for easy, delicious catering options, perfect for casual gatherings or larger events. A new seasonal catering menu will also be available in the beginning of November, featuring fresh flavors and festive selections tailored for the holidays.



Contact your Food & Beverage Management Team to start planning today and make this holiday season one to remember.

Respectful Living in Our Community: Pet Etiquette

Many of our residents are pet owners, and we welcome your furry companions into the community. However, we must ensure that everyone can coexist harmoniously.

Here are some essential guidelines for pet owners:

- Leash and Control: When outside your apartment, pets must be on a leash and under control at all times. Often times, residents or staff would like to say hello to your pet. If you and your pet are open to greeting friends, please walk your pet over to the person. Do not allow the leash to stretch out across a walking space, posing a tripping hazard.
- Avoid Extendable Leashes: We discourage the use of extendable leashes, as they can be a tripping hazard. Opt for a standard leash for safer walks with your pet.
- Common Area Access: Pets are not allowed in the dining rooms, Cascades, meeting rooms, the pool or the fitness area.
- Shared Living Room and Common Area Furniture: When using these areas, please be considerate of others.

By adhering to these pet etiquette guidelines, we can ensure the safety and comfort of all residents while maintaining a pet-friendly environment. To read the full Pet Policy, please review Appendix M of the Resident Handbook, available on the Resident Portal and in the Library.

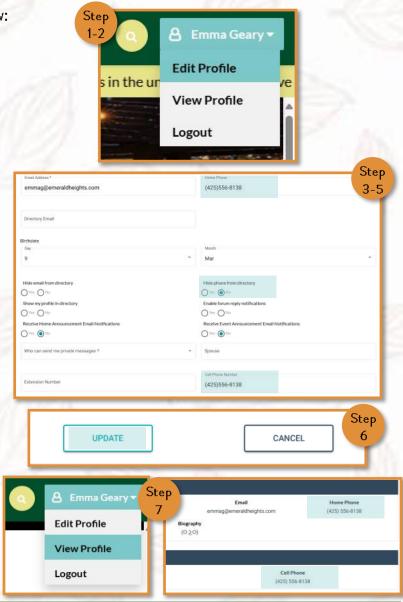
Articles

Update your Contact Information on the Portal

Residents are responsible for updating their own contact information on the Portal.

To do so on a computer, follow the directions below:

- At the top right of the Portal Home page, hover your mouse over your name to reveal the dropdown menu.
- 2. Click "Edit Profile"
- 3. Scroll down until you locate the "Home Phone" and "Cell Phone Number" boxes.
- 4. Enter/Change your phone numbers in those boxes (Note: You can leave either box empty if desired)
- 5. Locate the button that says "Hide phone from directory" and click the "No" button if you want your phone number to show up when you are searched in the directory.
- Scroll to the very bottom of the page and click "Update" when you are finished making changes.
- 7. To check if your changes are correct, hover over your name in the top right corner and click "View Profile" to see your profile page. Your Home phone/Cellphone numbers should be listed if you entered them correctly while editing.



Events on Winter Hiatus

Event	Hiatus Period	Resumes normal activity in		
Furniture Sale	November '25—December '25	January '26		
Last Friday Social Hour	November '25—December '25	January '26		
The Bonsai Group	November '25—January '26	February '26		
Voices for Vision	November '25—December '25	January '26		

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

Atrium Socials

- ♦ Tues., Nov. 11, Atrium E, 4:00 p.m. in Atrium E
- Thurs., Nov. 13, Atrium P3,4:00 p.m. in Atrium P3



Monthly or Bimonthly Activities

Tuesdays:

Readers' Theatre Group: 1:30 p.m., 1st & 3rd Tues., November 4 & 18, Tahoma Room

<u>Thursdays:</u>

Ukulele Chorus: 2:00 p.m., 1st & 3rd Thurs., November 6 & 20, Avondale Room

EH Quilters: 1:30 p.m., 2nd Thurs., November 13, Creative Arts Studio The Good Life Book Club: 1:00 p.m., 2nd Thurs., November 13, Avondale Room

All that Jazz Group: 7:00 p.m., 2nd Thurs., November 13, Avondale Room

Poker: 7:00 p.m., 2nd & 4th Thurs., November 13 & 27, Creative Arts Studio (No session 11/17)

Knitwits: 1:00 to 3:00 p.m., This month only, November 20, Atrium E



Standing Committee Meetings*

Technology Committee

1st Tues. of the month, November 4, 11:00 a.m., Sammamish Room

Food Services Committee

1st Wed. of the month, November 5, 1:00 p.m., Avondale Room

Building and Grounds Committee

3rd Thurs. of the month, November 20, 9:00 a.m., Board Room

Fund Development Committee

3rd Thurs. of the month, November 20, 3:00 p.m., Tahoma Room

Health and Wellness Committee

4th Tues. of the month, November 25, 10:30 a.m., Avondale Room

*All standing committee meetings are open for guests to attend

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

Weekly Activities

Mondays:

Painters: 9:00 a.m., Creative Arts Studio Corn Hole: 10:30 a.m., AL Game Room Pickleball: 1:30 p.m., Departs from Lobby Duplicate Bridge: 6:30 p.m., Avondale Room

Tuesdays:

Let's Play Chess: 1:00 p.m., Creative Arts Studio
(Emerald Room on 11/4)

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

Wednesdays:

Mahjong: 1:00 p.m., Tahoma Room Cribbage: 2:00 p.m., Atrium P3

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

Thursdays:

Tech Help Hour: 1:00 p.m., Lodge Living Room (No Session 11/27)

Fridays:

Hand & Foot Canasta: 2:30 p.m., Tahoma Room Education for Enjoyment: 3:00 p.m., Avondale & Sammamish Room (No session 11/28)

Saturdays:

Craft and Connect: 10:00 a.m., Creative Arts Studio 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, November 3, 10:00 a.m., Avondale Room

Health Services Review:

1st Thursday of the month, November 6, 2:00 p.m.

Resident Services Review with Nicole McCarthy:

2nd Wednesday of the month, November 12, 10:00 a.m.

<u>Dining Services Review with</u> <u>Dining Services Team:</u>

3rd Tuesday of the month, November 18, 10:00 a.m., Copper & Hook

Marketing Review with Marketing:

4th Tuesday of the month, November 25, 10:00 a.m.

Accounting Review with Nicole Rutledge:

4th Wednesday of the month, November 26, 10:00 a.m.

Final Review with Grant Linacre, Executive Director

60 days after move-in

The Corwin/FirView Connection ~ November 2025

Monthly Highlights of Corwin/FirView Activities

Entertainment

Music with Dave & Lynn

Saturday, November 1, 10:45 a.m. Great Room

Ukulele Chorus

Thursday, November 13, 2:00 p.m. Great Room

Nancy Quickstad & Friends

Thursday, November 20, 4:00 p.m. Great Room

Live Music with Carol Hendrickson, Wine & Cheese Social

Friday, November 21, 3:30 p.m. FirView Activity Room

Roy Baggerly on piano & Larry Burns on bass

Every Thursday, 4:00 p.m. (except 11/20 and 11/27)
Wild Flower Point

Special Events

Holiday Performance: Janet Rayor

Thursday, November 6 2:00 p.m. in the Emerald Room

Annual Woodshop Toy Show

Thursday, November 20 9:00 a.m. in the Emerald Room

Thanksgiving: Thursday, November 27



American Sign Language (ASL) Class

Every other Wednesday
This month, Wed., Nov. 12 & 26
10:30 a.m. in the FirView Activity Room
— Great for coordination, dexterity, and

Monthly Meetings

Health Services Live Chat

Wednesday, November 12, 11:00 a.m. FirView Activity Room

Dining Chat

Thursday, November 20, 2:00 p.m. FirView Activity Room

Assisted Living Resident Council

cognitive stimulation.

Thursday, November 20, 3:15 p.m. FirView Activity Room

Skilled Nursing Resident Council

Monday, November 24, 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 <u>Here</u> for more disposal sites.

On-Campus Services

Audiology: Evergreen Speech and Hearing November 13, at 10:30 a.m. 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

Unfortunately, due to changes in our provider's schedule, services to your community have been suspended effective 10/10. We sincerely apologize for any inconvenience this may cause.

We are actively searching for a replacement and are currently in dialogue with potential candidates. We will keep you updated and hope to have positive news soon. In the meantime, any resident we have previously serviced and diagnosed with pre-cancer or cancer who has not yet received treatment will be referred out by our staff. Residents who decline outside treatment will receive a certified letter to confirm they are aware of the diagnosis. If a resident has Power of Attorney information on file with us, they will also be notified.

Mobility Services: NuMotion

Third Thursday of the month, November 20 at 9:30 a.m., Tahoma Room

Nutritional Counseling Services: Kat Spottswood

Monday through 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 <u>Located Off-Campus</u>

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

<u>Podiatry Services</u>: Podiatry Associates NW (206)420-3119

https://www.podiatryassociatesnw.com

Optometrist: Dr. Riskedahl (206)618-1335

<u>Dentist</u>: Dr. Scott T. Andrews, DDS (206)992-9624

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

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



November is Native American Heritage Month



This November, Emerald Heights honors National Native American Heritage Month—a time to recognize the rich histories, diverse cultures, and lasting contributions of Indigenous peoples.

Washington state is home to the seventh-largest Native American population in the U.S., with 29 federally recognized tribes and several unrecognized tribes whose traditions remain deeply connected to the region. Emerald Heights sits on the ancestral lands of the Coast Salish People, who have cared for these lands and waters since time immemorial.

Honoring Native American Heritage Month reminds us to celebrate Indigenous resilience and heritage, acknowledge historical truths, and continue learning from Native communities' deep connections to the land and to one another.

Diversity, Equity, and Inclusion Committee Meeting

The next meeting of the Diversity, Equity, and Inclusion Committee will be **Monday, November 24 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: Native American Heritage Month



Randomly assigned groups will be given the opportunity to discuss the questions below at Table Talks. Let's keep the conversation going!

November Questions:

- 1. What comes to mind when you think about Native American culture, heritage, history, and contributions?
- 2. Growing up, what was your perception of Native culture? Has that perception changed as you aged and learned? If so, in what way?
- 3. What can we do as individuals or an organization to better recognize the history of the indigenous populations that stewarded the land we now live on?

Table Talks will occur on Thursday, November 20 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: 10:30 a.m. in the Sammamish Room

(No Session 11/27)

The Upper Room is a daily devotional delivered bi-monthly to your message center mailbox. If interested, contact Chaplain John Waltner.

Fridays:

Catholic Communion Service: 10:00 a.m. in the Avondale Room. Mass on November 28 Episcopal Service and Communion with Fr. McLaurin: Fourth Friday of the month, November 28, 11:00 a.m. in the Chapel

Sundays:

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

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

Support Groups

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

Alzheimer's/Dementia Caregiver Support Tuesday, November 4

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.

Memory Matters

Wednesday, November 5

2:00 p.m. in the Sammamish Room

Mild Cognitive Impairment (MCI) is a condition marked by noticeable changes in cognitive abilities—such as memory or language—that go beyond normal aging but aren't severe enough to disrupt daily life. If you're experiencing memory challenges or caring for someone who is, this group offers a space to learn, advocate, and support one another.

Women's Caregiver Connect

Monday, November 17

1:00 p.m. in the Sammamish Room

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

Parkinson's Support

Wednesday, November 19

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 learning.

Men's Caregiver Connect

Wednesday, November 26

10:00 a.m. in the Sammamish Room

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

What's Happening: On Campus

Railroad Specials for the Holidays

- Railroad Holiday Show in the display cases by Elevator 6, near the library, throughout November and December. The exhibit features a preview of the new tram setup coming to the Garden Railroad next spring.
- ♦ Christmas Trains will be running in the lobby, Saturday and Sunday, December 6 and 7.

Annual Employee Appreciation Fund Drive

Saturday, November 1—Sunday, November 30

Donation box located by Dining Room entrance

The Fund Development Committee invites you to take part in the Annual Employee Appreciation Fund Drive. This is the one time each year residents can give a cash gift to show appreciation for the staff's hard work and dedication. Donation boxes will be located at the dining room entrance across from the mailboxes. Contributions are considered gifts and are not tax-deductible. The Employee Appreciation Award event is on Thursday, December 11 at 3:00 p.m. in the Pavilion, with Santa and holiday music.

Expressions Intergenerational Arts Carnival

Saturday, November 1

12:00 p.m.—3:00 p.m. in the Pavilion

Sponsored by Expressions Art, the Arts Carnival returns with an open-house style celebration featuring an art walk, DIY craft station, and sweet treats like cotton candy, popcorn, and baked goods. At 12:30 p.m., enjoy live performances including singers, pianists, strings, dance, and a filmed production—an afternoon full of creativity and community.

Virtual Reality Experience

Monday, November 3

10:30 a.m. in the Sammamish Room

Register on the Portal Here; Limit: 10 (Registration opens October 27)

Explore new places and experiences from the comfort of your chair with Virtual Reality goggles that offer a 360° "being there" feel. Join Alex Clark to swim with dolphins, race cars, or revisit familiar streets in this exciting and safe VR adventure.

Let's Play Chess

Tuesdays, November 4, 11, 18, & 25

1:00 p.m. in the Creative Arts Studio (Emerald Room on 11/4)

Come play and socialize with other chess enthusiasts. Bring your chess set, if you have one. If you have any questions, call or email Dr. Anil Patel (206)883-9916, anilasha@aol.com

Readers' Theatre Group

Tuesdays, November 4 & 18

1:30 p.m. in the Tahoma Room

We will be reading Still Life With Nudes by George M. Johnson for our November sessions. The play tells the story of a group of high-spirited seniors who stage a sit-in at a gallery that just happens to be a former water treatment plant. The reason? Their leader, Betty Dilliwick's enormous paintings of her friends have been rejected. Contact Ginny Ford vpatrickford@aol.com to reserve a script.

Reflections of Our Lives: Writing Classes

Wednesdays, November 5, 12, 19, & 26

Class A: Class B:

9:30 a.m.-10:30 a.m. 11:00 a.m.-12:00 p.m.

in the Avondale Room

Register on the Portal Here; Limit: 11 per class

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, November 5

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

Curious about Assisted Living? Join our lunch with Sherra Grasser or Sharon Cruse, first Wednesdays monthly. Space limited to 5—Reserve early. **To register, contact Sherra at (425)556-8151 or sherrag@emeraldheights.com**

Memory Matters: MCI and Neurocognitive Disorders Support

Wednesday, November 5

2:00 p.m. in the Sammamish Room

See page 14 for details.

The Balanced Care Method: Lifestyle Choices for Healthy Longevity

Wednesday, November 5

2:00 p.m. in the Emerald Room

In this engaging and informative presentation, Matthew Spahn will explore evidence-based lifestyle choices that support aging well and living longer, healthier lives. Drawing on the principles of the Balanced Care Method, he will highlight how moderation, variety, and a proactive approach to wellness can promote independence, vitality, and overall well-being in later life.

Folk Dance for Everyone

Wednesdays, November 5, 12, 19, & 26

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 at a comfortable pace.

Bible Study: Rev. Dick Sleight presents "The Gospel According to Zechariah" Thursdays, November 6, 13, & 20 (No session 11/28)

10:30 a.m. in the Sammamish Room

Rev. Dr. Dick Sleight, emeritus faculty at Seattle Pacific University, will lead a study on the Prophet Zechariah. Building on last year's study of Jeremiah, this series explores Israel's history after exile, its new prophetic message, and Zechariah's powerful prophecies of the coming Messiah King.

Tech Help Hour

Thursdays, November 6, 13, & 20 (No session 11/27)

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

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

Entertainment: Janet & Clayton

Thursday, November 6

2:00 p.m. in the Emerald Room

We are so happy to welcome back Janet, a wonderful singer and her talented piano accompanist, Clayton. They will be performing a masterful mix of the classic standards, French music, and a toast to the holidays to come.

Make & Take: Christmas Card Making

Friday, November 7

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

Register on the Portal Here; Limit: 10

Thanks to a generous donation of paper supplies, resident Shirley Doyle will host a class where you can make four handmade holiday cards with envelopes. All supplies provided—just bring your holiday spirit.



Grant's Live Chat

Friday, November 7

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

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

Education for Enjoyment: Archeology: An Introduction to the

World's Greatest Sites

Fridays, November 7, 14, & 21 (No session 11/28)

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

In this program, renowned archaeologist and National Geographic Explorer Eric H. Cline takes us behind the scenes of archaeological digs, exploring how discoveries are made and what they reveal about civilizations long past.

Boeing Employee Choir Concert

Sunday, November 9

7:00 p.m. in the Emerald Room

The Boeing Employees Choir is a concert choral group serving as The Boeing Company's ambassador in song, sharing the gift of music with audiences in the Puget Sound Region of Washington State – as well as throughout the world. The choir has existed since the early 1940s. Today, they perform about 15 concerts each year. The choir will introduce their new Director of Music, Suzanne Anderson.

Annual Residents' Association Business Meeting

Tuesday, November 11

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

Come vote for the 2026 budget and slate of new officers for the Council and Standing Committee chairs.

KCLS Library To Go

Wednesday, November 12

9:00 a.m.-10:00 a.m. in the Sammamish 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. **Note time and location change for Nov.**

The Art of Comfort: A Journey Through Palliative Care

Wednesday, November 12

2:00 p.m. in the Emerald Room

Caroline Hedreen, MSW, from EvergreenHealth Palliative Medicine, and Cheryl Medawattage, RN, Executive Director of EvergreenHealth Hospice Care will share information on these valuable services. The discussion will help you understand key differences and decide when someone may wish to involve palliative medicine or hospice care for themselves or a loved one.



Darlene's Artistic Haven: Create a Sunflower Painting

Thursday, November 13

10:30 a.m. in the Creative Arts Studio

Register on the Portal Here; Limit: 10

Meet our new art instructor, Darlene, who has years of experience teaching acrylic painting to local seniors. This sunflower-themed class welcomes all skill levels, and all supplies will be provided for you to complete your own art piece.

The Good Life Book Club: Animal Farm by George Orwell

Thursday, November 13

1:00 p.m. in the Avondale Room

This month's book is George Orwell's Animal Farm, a sharp satire about a group of animals who overthrow their human masters to form an equal society—only to see it corrupted by power. The story serves as a powerful critique of the Russian Revolution and totalitarianism. Our December book is The Life We're Looking For, by Andy Crouch.

Focus on Fitness: The Sometimes Unknown Benefits of Boxing

Thursday, November 13

2:00 p.m. in the Emerald Room

Fitness Specialist Belay Woldeselam will explore the reasons why boxing can be a beneficial workout for everyone and explain how its various techniques can address specific medical and physical challenges. Come with an open mind, your questions, and maybe to try out some moves.

Entertainment: Que Sera! Doris Day Tribute Show by Kristi King

Thursday, November 13

3:30 p.m. in the Emerald Room

Kristi tells the life story and sings the greatest hits of the beloved actress-singer, Doris Day. Kristi is a seasoned performer who sings beautifully, has great interaction with the crowd and will wow everyone with her many costume changes.

Home-Based Services: Home Health, Home Care, and Hospice

Friday, November 14

10:30 a.m. in the Emerald Room

Understanding the range of home-based care options can be challenging. Join representatives from Kline Galland to learn the key differences between Home Health, Home Care, and Hospice—when each may be appropriate, what insurance covers, and how to access the right level of support when needed most.

Redmond Police Presentation: Avoiding Scams

Friday, November 14

1:00 p.m. in the Emerald Room

Redmond Police Detective Corporal Brian Hood and Seargent Patty Neorr, will teach you how to recognize scams and protect yourself from fraud and identity theft. You'll learn about the most popular schemes to steal your money and financial information and what you can do if you become a victim.

Silver Singers Performance

Saturday, November 15

7:00 p.m. in the Pavilion

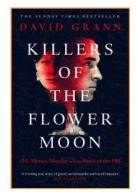
Celebrate the spirit of Thanksgiving with the Silver Singers. Enjoy a program of folk and Americana favorites like Michael Row the Boat Ashore, Amazing Grace, and Wade in the Water—and sing along!

Fitness Class Demo Day

Monday, November 17

9:30 a.m.-2:00 p.m. in the Pool, Fitness Studio, & Conditioning Zone

Try out classes in our 10-minute sample classes, ask questions, and get information on equipment.



<u>Turning Page Book Club</u>: Killers of the Flower Moon Monday, November 17

1:00 p.m. in the Avondale Room (~1.5 hour meeting)

In honor of Native American Heritage Month, the Turning Page Book Club will read Killers of the Flower Moon by David Grann. This nonfiction book uncovers the 1920s murders of Osage Nation members for their oil wealth, a conspiracy that led to the creation of the FBI.

Thrift Shop: Holiday Sale

Tuesday, November 18

10:00 a.m. to 2:00 p.m. in the Sammamish Room

Browse holiday decorations and gift items, and bring friends or family to shop for the season. We're also happy to re-home your gently used décor—contact (206)508-1088 to arrange a pickup before November 14 if you missed the previous Collection Day.

Medic One: First Aid

Tuesday, November 18

2:00 p.m. in the Emerald Room

Learn essential first aid skills with the Medic One Foundation—led by retired paramedic Norris Edwards, and guest instructors from the Redmond Fire Department and the Medic One Training Program.

<u>City of Redmond</u>: The City's Efforts to Monitor & Improve Our Waterways Wednesday, November 19

1:00 p.m. in the Emerald Room

City of Redmond staff Peter Holte and Tom Hardy will discuss High School Creek, which flows from Redmond High School past Emerald Heights to the Sammamish River. They'll share details about the creek's path, local wildlife, stream health monitoring, and Redmond's stormwater management efforts, along with answering questions about nearby natural waterways

Sweety's Painting Class

Thursday, November 20

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

Register on the Portal Here; Limit: 10

Sweety will provide all of the supplies for you, including a 22"x 14" canvas, acrylic oil paints and the brushes. Sweety will guide you from start to finish, and you will leave with a completed work of art.

Woodshop Annual Toy Show

Thursday, November 20

9:00 a.m. – 12:00 p.m. in the Emerald Room

Every year the Toy Makers of the Woodshop display their toys for the enjoyment of the residents. The toys will be on display in the Emerald Room. After noon, the toys will be distributed to the various charities that have asked to get some toys.

Table Talks: Native American Heritage Month

Thursday, November 20

3:00 p.m. in the Emerald Room

Come take a seat at Table Talks, where we will center our conversations on our understanding of Native American history and the recognition we can bring to the indigenous populations that have cared for the land we live on. Table groups are assigned at random, to connect you with new neighbors and perspectives. Enjoy some snacks while engaging in meaningful dialogue. This is a welcoming space to spark thoughtful conversations about important topics as we navigate a constantly changing world.

Dessert Theatre: Murder at the All-Year Reunion of All-American High

Thursday, November 20

7:00 p.m. in the Emerald Room

A light dessert and beverage will be served as Last Leaf Productions performs an interactive mystery around your table. The story follows alumni of All American High, whose long-buried secrets resurface when one is willing to kill to keep them hidden.

November Birthday Celebration: Kim Maguire

Friday, November 21

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

Celebrate November birthdays with the return of talented performer Kim Maguire and her Swing & Torch show. Resident MC, John Nelson, will announce November birthdays, and a sweet treat will be served.

2026 Budget Presentation

Monday, November 24

10:00 a.m. in the Pavilion and Channel 1981

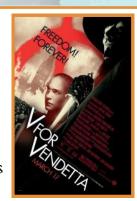
The 2026 Budget Presentation is being held for residents who are interested in learning about the 2026 operating & capital budgets for Emerald Heights. Executive Director Grant Linacre will present the 2026 budget, including monthly service fees, operating expenses, and capital expenditures.

Film for Thought: V for Vendetta (2005)

Tuesday, November 25

1:00 p.m. in the Emerald Room; Discussion begins at ~3:15 p.m.

"Remember, Remember, the 5th of November"—In a future British dystopian society, a shadowy freedom fighter known only by the alias of "V", plots to overthrow the tyrannical government—with the help of a young woman. After the movie, we'll discuss the behind-the-scenes, plot, and cinematography. Popcorn provided.



Rated R | Action, Dystopian | 2 hrs 12 mins runtime + 5 min intermission + 45 min discussion

What's Happening: Trips

PLEASE NOTE: Event registration on the Portal does not open until November 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

Mondays, November 3, 10, 17, & 24 Ti

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

Cancelation Deadline: Noon the Thursday prior

Register on the Portal Here

Limit: 14

Contact: Mike Mulroy (206)200-8282

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



Southwest Seattle Historical Society: Log House Museum Register on the Portal Here

Friday, November 7 Cost: Free, \$5.00 donation appreciated

Location: Seattle Transportation: \$11.77

Departure Time: 1:00 p.m. Cancelation Deadline: Wednesday, Nov. 5

Estimated Return Time: 5:15 p.m. Limit: 17

The Log House Museum, a Seattle Historic Landmark near Alki Beach, was built in 1903 as part of the Historic Fir Lodge. Now home to the Southwest Seattle Historical Society, the museum preserves the history of the Duwamish Peninsula through exhibits, archives, and a collection of over 10,000 artifacts and oral histories. **Note: Tour includes short walk to Alki Beach from the Log House museum.**

Sky Performing Arts: Into The Woods

Register on the Portal Here

Saturday, November 8 Cost: \$15.00 per person
Location: Monroe Transportation: \$11.59

Departure Time: 12:00 p.m. Cancelation Deadline: Wednesday, Nov. 5

Estimated Return Time: 5:00 p.m. Limit: 17

Into the Woods by Stephen Sondheim and James Lapine intertwines classic fairy tales, following a baker, Cinderella, Little Red Riding Hood, Jack, and others as they journey into the woods to fulfill wishes and lift a curse. The musical explores the consequences of their actions and desires. **Note: Bathrooms only accessible up a flight of stairs.**

Breakfast Outing: Maltby Café

Register on the Portal Here

Monday, November 10 Cost: Breakfast cost on own

Location: Snohomish Transportation: \$6.85

Departure Time: 9:00 a.m. Cancelation Deadline: Friday, Nov. 7

Estimated Return Time: 11:30 a.m. Limit: 18

Maltby Cafe is known for its homemade country flavor, generous portions, and friendly staff. Using the finest ingredients, it offers a memorable home-style dining experience you'll want to revisit.

<u>Dinner and a Show:</u> Thai Ginger & SecondStory Rep,

Register on the Portal Here

Mouse Trap

Thursday, November 13 Cost: \$35.00 each + staff cost, Dinner on own

Location: Redmond Transportation: Free

Departure Time: 6:15 p.m. Cancelation Deadline: Friday, Nov. 7

Estimated Return Time: 10:30 p.m. Limit: 17

Enjoy dinner at Thai Ginger, serving authentic Thai cuisine since 1996, followed by Agatha Christie's *The Mousetrap*, the world's longest-running whodunit. When strangers are snowed in at a remote guesthouse, a murderer emerges, and it's up to the guests to uncover the clues before the shocking twist.

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Redmond High School Drama: Grease

Register on the Portal Here

Sunday, November 16 Cost: \$10.00 per person
Location: Redmond High School Transportation: Free

Departure Time: 1:15 p.m. Cancelation Deadline: Thursday, Nov. 13

Estimated Return Time: 5:00 p.m. Limit: 17

The musical follows ten working-class teenagers as they navigate the complexities of peer pressure, politics, personal core values, and love.



🖯 <u>Lunch Bunch</u>: Chan's Place

Register on the Portal Here

Friday, November 21 Cost: Lunch on your own Location: Woodinville Transportation: \$3.53

Departure Time: 1:00 p.m. Cancelation Deadline: Wednesday, Nov. 19

Estimated Return Time: 3:45 p.m. Limit: 14

Chan's Place, open since August 1980, is committed to excellent service, genuine hospitality, and using the finest, freshest ingredients. Their menu features favorites like Hot and Sour Soup, Pan Stickers, Orange Beef, and other house specialties.

Lunch at a Local Pub: BJ's Restaurant and Brewhouse

Register on the Portal Here

Friday, November 28 Cost: Food/beverage on your own + staff costs

Location: Redmond Transportation: Free

Departure Time: 1:00 p.m. Cancelation Deadline: Wednesday, Nov. 26

Estimated Return Time: 5:00 p.m. Limit: 17

Since 1978, BJs has offered a welcoming atmosphere with quality food and beverages, including award-winning handcrafted beer. Guests enjoy Chicago-style pizza with a Southern California twist and the famous Pizookies® dessert.

Argosy Cruises: Christmas Ship 2025

Register on the Portal Here

Sunday, November 30 Transportation: \$5.20

Location: Kirkland Cancelation Deadline: Thursday, Nov. 6 (tickets

Departure Time: 3:00 p.m. purchased on Nov. 7)

Estimated Return Time: 6:15 p.m. Limit: 13

Cost: \$54.00 per person + staff costs

The Argosy Cruises Christmas Ship™ Festival, a Northwest tradition since 1949, features the Spirit of Seattle™ decked in sparkling lights as it visits nearly 40 waterfront communities. Enjoy snacks, beverages, and a 20-minute concert by the Pacific Sound Chorus on board.

Taproot Theatre: A Sherlock Carol

Register on the Portal Here

Saturday, December 6

Transportation: \$12.46

Location: Seattle

Cancelation Deadline: Wednesday, Nov. 19 (tickets purchased on Nov. 20)

Departure Time: 1:00 p.m.

Estimated Return Time: 5:30 p.m.

Limit: 13

Cost: \$50.00 per person + staff costs

Retired Holmes is drawn back into action by a missing gem and ghostly visions. With help from Scrooge and other classic characters, he navigates a witty, heartwarming mashup of Dickens and Doyle.

Bellevue Botanical Gardens: Garden d'Lights, Senior Day

Register on the Portal Here

Tuesday, December 9

Cost: No Charge, donation greatly appreciated

Location: Bellevue

Transportation: \$5.82

Departure Time: 9:45 a.m.

Cancelation Deadline: Wednesday, Dec. 3

Estimated Return Time: 12:45 p.m.

Limit: 17

Enjoy entertainment, refreshments, and a festive gift shop at this holiday wonderland.

Bronn Journey Holiday Show

Register on the Portal Here

Monday, December 15

Cost: Tickets are \$35.00 per person + staff cost

Location: Kenmore

Transportation: \$5.27

Departure Time: 6:30 p.m.

Cancelation Deadline: Monday, Dec. 8

Estimated Return Time: 10:30 p.m.

Limit: 17

Northwest favorite Bronn Journey will perform a holiday program with other musicians and a choir.

Seattle Rep: Come From Away

Register on the Portal Here

Wednesday, December 17

Cost: Tickets are \$20.00 per person + staff cost

Location: Seattle

Transportation: \$11.09

Departure Time: 1:00 p.m.

Cancelation Deadline: Wednesday, Nov. 26

Estimated Return Time: 5:15 p.m.

Limit: 17

Experience the story of a Newfoundland town that welcomed stranded travelers after the 9/11 attacks.

<u>Duvall Performing Arts: Nutcracker</u>

Register on the Portal Here

Sunday, December 21

Transportation: \$6.75

Location: Duvall

Cancelation Deadline: Monday, Dec. 8 (tickets

Departure Time: 12:30 p.m.

purchased on Dec. 9)

Estimated Return Time: 5:15 p.m.

Limit: 13

Cost: \$20.00 per person + staff costs

Duvall Performing Arts' holiday show will feature performers of all ages in a memorable production.

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

Bellevue Fred Meyer & 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, CVS at Bella Bottega, Wells Fargo, Chase Bank, Bank of

Washington & Columbia Bank

Costco Shopping Trip

Wednesday, November 5

Departure: 2:00 p.m.

Estimated Return: 4:00 p.m.

Register on the Portal <u>Here</u>

Limit 12

Bellevue Square Shopping Trip

Monday, November 17

Departure: 1:00 p.m.

Estimated Return: 4:00 p.m.

Register on the Portal Here

Limit 12

PCC Shopping Trip

Wednesday, November 12

Departure: 2:00 p.m.

Estimated Return: 3:30 p.m.

Register on the Portal <u>Here</u>

Limit 9

Costco Shopping Trip

Wednesday, November 19

Departure: 2:00 p.m.

Estimated Return: 4:00 p.m.

Register on the Portal Here

Limit 12

Target & Kohls Shopping Trip

Friday, November 14

Departure: 1:00 p.m.

Estimated Return: 3:30 p.m.

Register on the Portal Here

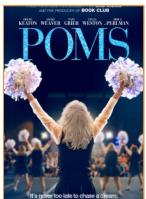
Limit 14

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



Channel 1981 Exclusives

Movies



Poms Thursday, November 13 6:45 p.m. on Channel 1981

An introverted woman moves to a retirement community hoping for peace and quiet, but her lively neighbor convinces her to form a cheerleading squad with fellow residents. Together they prove it's never too late to follow your dreams.

2019, PG-13, 1 Hour 30 Minutes

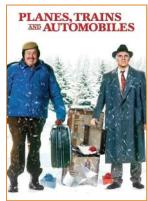


Killers of the Flower Moon Friday, November 21 12:00 p.m. on Channel 1981

Interested in the Source Material? Read the book before November 17 to participate in the Turning Page Book Club discussion!

In 1920s Oklahoma, members of the Osage Nation were systematically murdered after oil was discovered on their land, and this film chronicles the betrayal and conspiracy that unfolded through the eyes of an Osage woman, her white husband, and the men orchestrating the plot.

2023, R, 3 Hours 26 Minutes



Planes, Trains, and Automobiles Saturday, November 29 6:45 p.m. on Channel 1981

A tense businessman's Thanksgiving travel plans go awry when a snowstorm forces him to team up with an overtalkative stranger. Together they navigate the chaos of holiday travel in this classic comedy starring Steve Martin and John Candy.

1987, R (profanity during one 60-second sequence), 1 Hour 33 Minutes



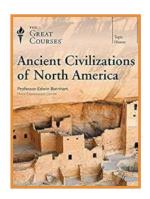
Channel 1981 Exclusives

Programs

Great Courses on 1981: Ancient Civilizations of North America Mondays, November 3, 10, 17, & 24

6:45 p.m. on Channel 1981

Ancient Civilizations of North America, led by Professor Edwin Barnhart, reveals the histories of native cultures through modern archaeology and fresh perspectives. Discover the rich and complex civilizations that thrived before European colonization.





Keeping Our Spirits Up in 2025

Tuesday, November 4, 10:30 a.m. on Channel 1981

Chaplain John delivers a 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

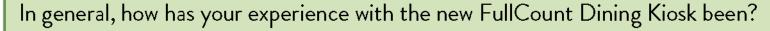
KHTS Schedule on Channel 1981

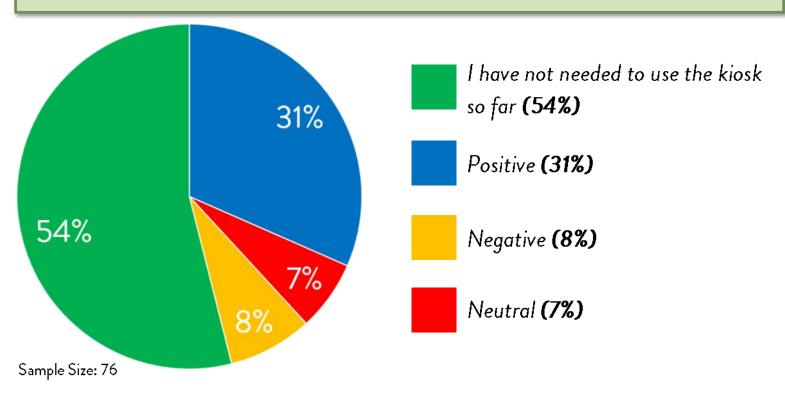
Special Programs: 10:30 a.m., 2:00 p.m. & 9:00 p.m.

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.

October Survey Results

The question posed in the poll only mentioned the kiosk. However, we are interested in all feedback about the FullCount dining system as a whole—this includes the kiosk but also the phone and computer versions of the application. The wording of the poll question limited the type of feedback we received as many of the survey participants noted they did not use the kiosk but used the version available on their phone or computer. As a result, the survey results are skewed towards Kiosk use. We continue to welcome all feedback on your experience with the FullCount system and you can reach out to Dining staff if you are encountering any issues.





Residents generally find FullCount Dining easy to use, time-saving, and helpful for making reservations or placing orders via kiosk, computer, or phone. Many appreciate being able to order at any time, confirm reservations quickly, view past orders, and specify guests or details more easily than with paper forms. Positive experiences often highlight the system's speed, accuracy, and overall convenience.

Challenges include occasional glitches with payment, logging in, canceling or retrieving orders, and adding extra items. Some residents have trouble navigating the system for multiple-person orders, navigating the system, or using it on their personal devices. Accessibility issues remain for those with low vision or difficulty reading the computer screen. Tech support is helpful for some, but a few still require assistance to access or successfully place orders.

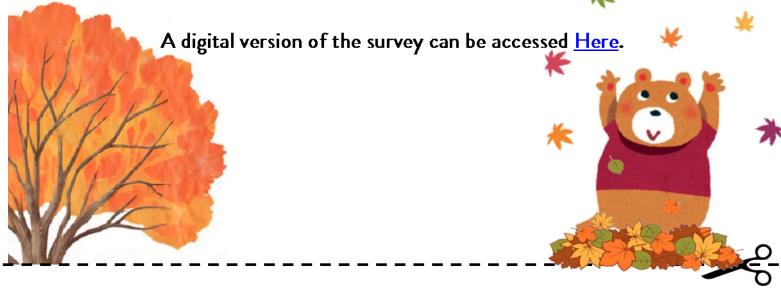
Overall, the system is well-liked and considered a major improvement over previous methods, though minor technical and accessibility issues remain for certain users.

November Survey

How to Participate:

Each month we have a survey or poll that residents can take part in. Collected resident responses may be shared in future newsletters and will provide valuable insights 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.



November Survey

By resident request, we're exploring adding a swimsuit dryer as an amenity. We are considering the location of where a swimsuit dryer could be installed.

Please answer the question below:

Select	the	answer	that a	lions	most	with	VOLLE	prefe	rence:
JCICCE	LIIC	diisaci	tilat a	'''g''3	IIIO2r	**!	you	PICIC	CIICC.

, ,					
] I would only use the swimsuit dryer if it was installed in the locker rooms.					
] I would only use the swimsuit dryer if it was installed on the pool deck.					
I would prefer a swimsuit dryer in both the locker rooms and on the pool deck.					
l would be fine using the swimsuit dryer in either loc	cation.				
I would not use the swimsuit dryer, regardless of where it was installed.					
l have no preference.					
l have an alternate suggestion (please explain):					
	Submit to Consister on Engage Consults				
	Submit to Concierge or Emma Geary in				
	Resident Services by November 13 .				

