

A vibrant city street scene, likely in San Francisco, featuring a prominent skyscraper (the Transamerica Pyramid) in the background. The foreground shows a street lined with trees displaying bright orange and yellow autumn foliage. A modern building with a grid-like facade is on the left, and a classical-style building is on the right. The sky is a clear, bright blue. The text "From the Heights of Community Life" is written in a cursive font at the top, and "The View" is in a large, white, serif font across the upper middle. The date "October 2025" is in the bottom right corner.

*From the Heights of Community Life*

# The View

October 2025



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## Useful Contacts

CONCIERGE: (425)556-8100   CORWIN: (425)556-8150   FIRVIEW: (425)605-3770

**Security:**  
(425)556-8184

**Housekeeping:**  
(425)556-8188

**Facilities:**  
(425)556-8180

**Cascades Take-Out:**  
(425)556-8117

**Main Dining Reservations:**  
(425)556-8217

**Rainier Reservations:**  
(425)605-3903

**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 Tramble**  
Monday & Friday  
9 a.m.–3 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.

### **! Reminders !**

- ◇ **For your safety, do not enter apartments that are under refurbishment. Those units are construction zones and must remain resident-free during renovation.**
  - ◇ 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:** Bruce Wang on Unsplash.com, taken in Seattle, Washington.

# Remembering Lisa Hardy, Former President & CEO



It is with great sadness that we share the passing of our former President & CEO, Lisa Ann Hardy, who led Emerald Communities from 2008 until her retirement earlier this year. Lisa passed away peacefully at her home in Eagle, Idaho, on August 16, 2025, surrounded by family.

Lisa's career was defined by her compassion, dedication, and unwavering commitment to serving older adults. During nearly four decades of leadership in senior living, she touched countless lives through her vision and heart.

At Emerald Communities, Lisa oversaw the renovation and expansion of Emerald Heights, ensuring it would continue to thrive for future generations. She also guided the creation and development of Heron's Key in Gig Harbor— turning a vision into a vibrant Life Plan Community that today is home to hundreds of residents.

Her leadership was marked not only by bricks and mortar, but by the culture of dignity, wellness, and community that she nurtured. Lisa believed deeply in the mission of Emerald Communities and dedicated her career to ensuring financial stability, growth, and above all, a place where residents could truly thrive.

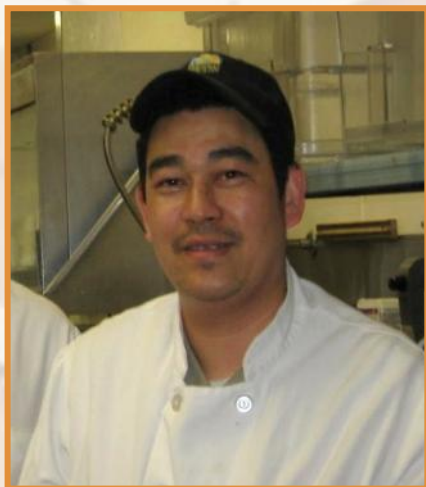
Beyond her professional accomplishments, Lisa will be remembered as a woman of grace, strength, and warmth. She was a beloved wife, mother, Nana, sister, and friend whose love of family was at the center of her life. Lisa leaves behind a legacy of leadership, vision, and care that will continue to shape Emerald Heights, Heron's Key and Emerald Communities for years to come.

We are profoundly grateful for the impact she had on our communities, our residents, and our staff. She will be deeply missed, and always remembered with admiration and gratitude.



# 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 August is:  
Hung "China" Dinh, Lead Cook**

Congrats, China!

### **August Nominees:**

Noah Cierebiej  
Hung Dinh  
Jose Sanchez  
Manuel Calderon (x3)  
Erman Chavez Estrella

Emilio Calderon  
Joe Zapata  
Lucia Lu  
Hau Huynh  
Belay Woldeselam  
Wayne Swinth

Mari Ann Jennings  
Rene Perez  
Gabriel Solis  
Sam Jennings  
Marc Allen  
Vui Pham

Andres Valencia  
Kassandra Duchene-  
McVay  
Phuc Mai  
Karen Vejar  
Luis Hernandez

## 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 August is  
Man Luong, Janitor!**

Man was nominated by Natalie Swezey: "Man is a true team player--he advocates for his teammates' workload, helps train and support new staff, and consistently picks up overtime when we're short. He even steps in to help the dining team when needed, showing dedication and flexibility every day. Recently he has saved EVS's bacon by cleaning a guest room for a visitor who needed an early day because of travel, and picking up a double shift when a co-worker called out last minute".



### **August Nominees:**

Alice Gakuu  
Domenica Carrillo  
Man Luong

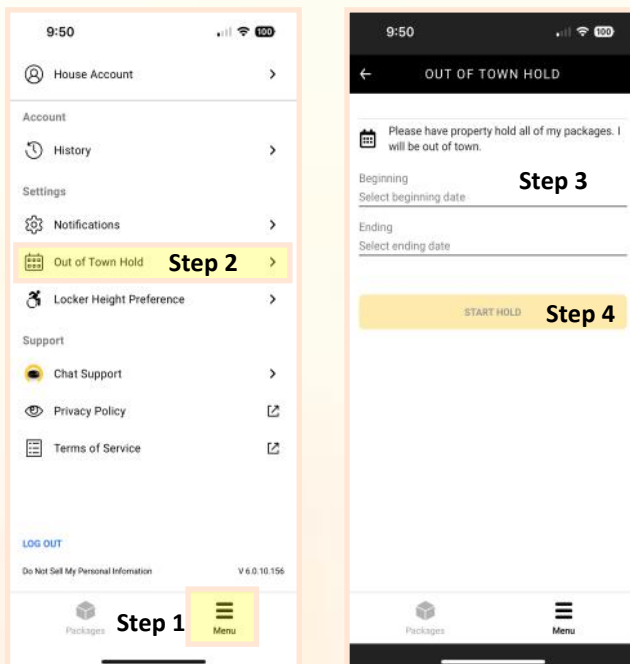
## Luxer Lockers Package Holds

Are you expecting a package to arrive while out you're of town? You can request an Out of Town Hold on your packages through the Luxer app or online.

Once you set an Out of Town Hold, Concierge staff will remove your package from the lockers and hold them in the package room until you return. This will halt the daily reminder emails you receive while your package is in the lockers.

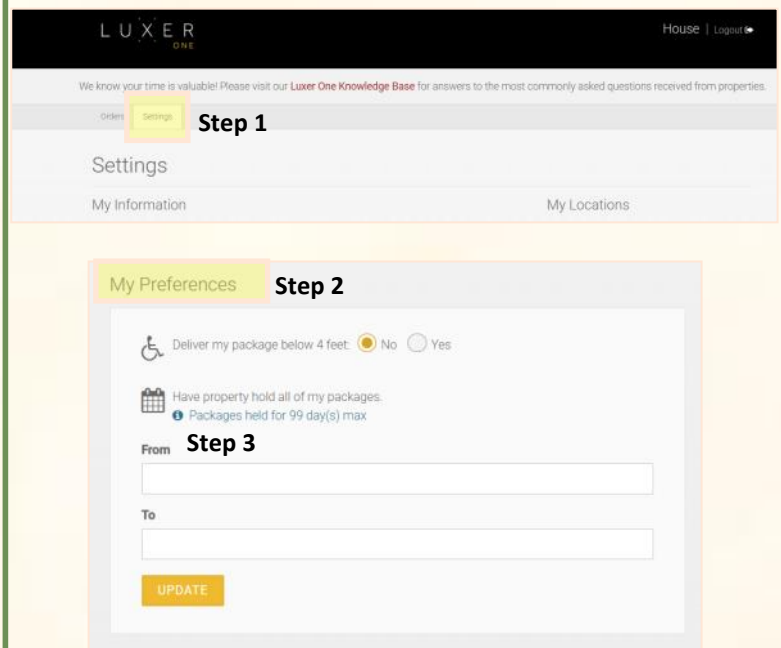
### If using the phone app:

1. Click on the **Menu** button at the bottom of the screen
2. Select **"Out of Town Hold"** from the settings list (highlighted)
3. **Set the range of dates** you'll be out of town
4. Click **"Start Hold."**



### If using the online application:

1. Click on the **"Settings"** tab
2. Locate the **"My Preferences"** box
3. In the **"From"** and **"To"** date boxes, enter the start and end dates of the period you'll be away.
4. Click **"Update"**



### Need a hand?

The concierge team can help guide you through the process.



## Campus Maps have been Updated

Emerald Heights campus maps have been updated and are available on the Portal and at Concierge. You can access the digital maps on the Portal under the “Resources” tab. Click “Campus Map” at the bottom of the list.

As noted last May, based on suggestions provided by residents David Nelson and Marie McEwen, we have named the following areas on campus:

- ◇ The exterior area between the Flagpole and the Tahoma Room is *Sequoia Square*,
- ◇ The exterior lounge area adjacent to the Pavilion is the *Pavilion Plaza*
- ◇ The seating area outside of the KHTS Studio and Emerald Room is the *Serenity Garden*.



Emerald Heights Map  
Updated 08.2025





## Covid-19 Safety Reminder

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With a recent rise in COVID-19 cases, we're sharing a few simple ways to help keep our community safe and healthy:

- **Wash Your Hands Often:** Use soap and water for at least 20 seconds or hand sanitizer when needed.
- **Mask Up in Crowded Spaces:** Especially indoors—masks help protect everyone.
- **Keep a Little Distance:** Extra space can go a long way in reducing the spread of germs.
- **Stay Current on Vaccines:** Boosters help guard against new variants. Check with your provider for updates.
- **Feeling Sick? Stay Home:** Even mild symptoms can be contagious—rest up and recover safely.

Let's continue to support one another and stop the spread. Questions? Reach out to Nicole McCarthy, Director of Resident Services (425)556-8112 or Danielle Epp, Wellness Coordinator (425)556-8221.

## Renew your Room Reservations for 2026

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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, **all existing recurring reservations must be renewed with Emma Geary by the end of the year to remain on the calendar.** 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)556-8204 or [emmag@emeraldheights.com](mailto:emmag@emeraldheights.com).**

## FullCount Engage App Now Available

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The FullCount Engage app is now available for download on both the Apple App Store and Google Play. Whether you're planning a meal or checking your account activity, FullCount Engage puts everything at your fingertips.

**With FullCount Engage, residents can now access essential services with ease:**

- View transaction balances from the Salons, Concierge Desk, and Restaurants
- Order meals up to one week in advance
- Make reservations months ahead

Download the app today and start enjoying a more connected experience.

For more information or help installing the app, see a dining or concierge staff member.



## Calling All Holiday Decorators!



Do you love decorating for the holidays? Want to show off your festive flair and the cozy charm of your apartment?

We're looking for residents to showcase their beautifully decorated apartments during our Holiday Open House to Future Residents. It's a fun chance to spread holiday cheer, show off your style, and help welcome future neighbors to our community. All participants will receive a prize. Winners will be featured during the Open House for prospective residents and receive a special gift from the Marketing Team!

**Interested in participating? Sign up by emailing the marketing team no later than November 7: [EHMarketing@emeraldheights.com](mailto:EHMarketing@emeraldheights.com)**

## Daughters of the American Revolution

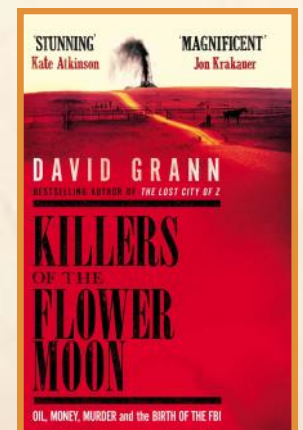
The Daughters of the American Revolution invite you to their meeting on October 4 in the Sammamish and Avondale Rooms. While the business portion of the meeting begins at 9:00 a.m. they will have a guest bagpiper performing and answering questions around 11:00 a.m.

**If you plan to attend all or part of the meeting, please register on the Portal [Here](#) by October 3.**

## November's *Turning Page* Book Club

In November, Emerald Heights will honor National Native American Heritage Month—a time to recognize the histories, cultures, and contributions of Native peoples. In support of this month, the Diversity, Equity, and Inclusion Committee's *Turning Page* Book Club will be meeting at 1:00 p.m. on Monday, November 17, in the Avondale Room to discuss *Killers of the Flower Moon* by David Grann. Following this, the film adaption of *Killers of the Flower Moon* will be shown on November 21 at 12:00 p.m. in the Emerald Room.

*Killers of the Flower Moon* recounts the true story of the Osage Nation murders in the 1920s, when members of the Osage people—suddenly wealthy from oil discovered beneath their land—were systematically targeted in a deadly conspiracy fueled by greed and prejudice. Grann's compelling narrative not only shines a light on this tragic chapter in American history, but also raises enduring questions about justice, resilience, and whose stories are remembered. Join us for a thoughtful conversation as we reflect on the lessons this history holds and the importance of honoring Native voices during Native American Heritage Month.



## Atrium Socials

- ◇ Thurs., Oct. 9, Atrium P3, 4:00 p.m. in Atrium P3
- ◇ Thurs., Oct. 9, Atrium H3, 4:00 p.m. in Atrium H3
- ◇ Tues., Oct. 14, Atrium E, 4:00 p.m. in Atrium E
- ◇ Wed., Oct. 15, Trailside, 4:00 p.m. in Avondale & Sammamish Rooms
- ◇ Wed., Oct. 15, Atrium H1, 4:00 p.m. in Atrium H1
- ◇ Thurs., Oct 16, Cloud 9, 4:00 p.m. in Atrium P3
- ◇ Tues., Oct. 28, Atrium P1, 4:00 p.m. in Atrium P1

## Monthly or Bimonthly Activities

### Mondays:

*Bonsai Group*: 10:00 a.m., 3rd Mon., October 20, Emerald Room

### Tuesdays:

*Readers' Theatre Group*: 1:30 p.m. This month, 3rd Tues. only, October 21, Tahoma Room

*All Interest Group*: 2:00 p.m., Quarterly, October 28, Sammamish Room

### Wednesday:

*Forest Stewardship Group*: **No Meeting in October**

*Voices for Vision*: **No Meeting in October**

### Thursdays:

*Ukulele Chorus*: 2:00 p.m., 1st and 3rd Thurs., October 2 & 16, Avondale Room

*EH Quilters*: 1:30 p.m., 2nd Thurs., October 9, Creative Arts Studio

*The Good Life Book Club*: 1:00 p.m., 2nd Thurs., October 9, Avondale Room

*All that Jazz Group*: 7:00 p.m., 2nd Thurs., October 9, Avondale Room

*Poker*: 7:00 p.m., 2nd & 4th Thurs., October 9 & 23, Creative Arts Studio

*Knitwits*: 1:00 to 3:00 p.m., 4th Thurs., October 23, Atrium E

## **Standing Committee Meetings\***

### Food Services Committee

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

### Technology Committee

1st Tues. of the month October 7, 11:00 a.m., Sammamish Room

### Communications Committee

Quarterly, October 15, 10:30 a.m., Avondale Room

### Resident Activities Committee

Quarterly, October 16, 1:00 p.m., Sammamish Room

### Building and Grounds Committee

3rd Thurs. of the month, October 16, 9:00 a.m., Board Room

### Fund Development Committee

3rd Thurs. of the month, October 16, 3:00 p.m., Tahoma Room

### Health and Wellness Committee

4th Tues. of the month, October 28, 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  
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., Lodge Living Room  
Silver Singers Rehearsal: 3:30 p.m., AL Game Room

### Wednesdays:

Garden Railroad: 10:00 a.m., Creative Arts Studio  
Mahjong: 1:00 p.m., Tahoma Room  
Cribbage: 2:00 p.m., Atrium P-3  
Folk Dance for Everyone: 3:30 p.m., Fitness Studio  
Shanghai Rummy: 6:45 p.m., Avondale Room  
Pinochle: 7:00 p.m., Tahoma Room

### Thursdays:

Tech Help Hour: 1:00 p.m., Lodge Living 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 Room (No session 10/31)

### 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

### Health Services Review:

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

### Residents Association Review with

#### Michael Mulroy:

1st Monday of the month,  
October 6, 10:00 a.m., Avondale Room

### Resident Services Review with

#### Nicole McCarthy:

2nd Wednesday of the month,  
October 8, 10:00 a.m.

### Dining Services Review with

#### Dining Services Team:

3rd Tuesday of the month,  
October 21, 10:00 a.m., Copper & Hook

### Accounting Review with

#### Nicole Rutledge:

4th Wednesday of the month,  
October 22, 10:00 a.m.

### Marketing Review with Marketing:

4th Tuesday of the month,  
October 28, 10:00 a.m.

### Final Review with Grant Linacre,

#### Executive Director

60 days after move-in



## The Corwin/FirView Connection ~ October 2025

### Monthly Highlights of Corwin/FirView Activities

#### Entertainment

- ♦ **Music with Dave & Lynn**  
Saturday, October 4, 10:45 a.m.  
Great Room
- ♦ **Ukulele Chorus**  
Thursday, October 9, 2:00 p.m.  
Great Room
- ♦ **Wine & Cheese Social**  
Friday, October 10, 3:30 p.m.  
FirView Activity Room
- ♦ **Nancy Quickstad & Friends**  
Thursday, October 16, 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

- ♦ **Halloween Events**  
**Friday, October 31**  
**1:00 p.m. in the Pavilion**
  - **Costume Contest**
  - **Guess the Weight of the Pumpkin**
  - **Costume Parade**
  - **And an evening of Live Entertainment**  
Join fellow residents for a treat and a fabulous parade of individual and group costumes by your Emerald Heights staff. The winner of the "Guess the Weight of the Pumpkin" contest will be announced. Vote for your favorites, share the fun of the season, and get inspired for a party and live entertainment later that evening.
- ♦ **Great American Shake Out:**  
**Earthquake Preparedness**  
**Friday, October 17**  
**10:00 a.m.**  
**in the Firview Activity Room**



#### Monthly Meetings

- ♦ **Health Services Live Chat**  
Wednesday, October 8, 11:00 a.m.  
FirView Activity Room
- ♦ **Dining Chat**  
Thursday, October 16, 2:00 p.m.  
FirView Activity Room
- ♦ **Skilled Nursing Resident Council**  
Monday, October 20, 11:00 a.m.  
Great Room
- ♦ **Assisted Living Resident Council**  
Thursday, October 30, 3:15 p.m.  
FirView Activity Room



# Campus Life

## Health Services

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

### On-Campus Services

#### **Audiology: *Evergreen Speech and Hearing***

First Thursday of the month, **October 2, 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***

***Registering does not guarantee an appointment.*** 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.

First Thursday of the month, **October 2**, held in your own apartment. Register for the October session by September 29: On the Portal [Here](#)  
Registration for the November session opens October 3.  
Register for the November 6 session by November 3: On the Portal [Here](#)

*Appointments for Independent Living residents only.* Corwin Center and FirView residents should schedule with Health Services staff.

#### **Mobility Services: *NuMotion***

Third Thursday of the month, **October 16 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](mailto: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 Jill Jones  
Health Services Administrator  
at (425)556-8196.**

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



## October is Family History Month

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As part of Emerald Heights' celebration of Family History Month this October, we invite you to Show and Tell: Family Treasures on Thursday, October 30 at 1:00 p.m. in the Emerald Room. This special event gives residents and staff the chance to share heirlooms, photographs, and keepsakes that reflect their family history, honoring the stories, traditions, and legacies passed down through generations.

Participants will have up to five minutes to share, and registration to present opens October 1st on the Resident Portal or through Kaitlynd Hewitt at [kaitlyndh@emeraldheights.com](mailto:kaitlyndh@emeraldheights.com) or 425-556-8125.

Registration is not required to attend the event.

Studying our family history is more than looking back—it helps us understand where we come from, the values and traditions that shaped us, and the experiences that connect us across generations. By preserving these stories, we not only honor our loved ones but also create a deeper sense of identity and belonging for ourselves and for future generations.

## Diversity, Equity, and Inclusion Committee Meeting

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The next meeting of the Diversity, Equity, and Inclusion Committee will be **Monday, October 20th 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](mailto:kaitlyndh@emeraldheights.com) for more info or to be put on the mailing list.

## Table Talks: Family History Month

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

### October Questions:

1. Have you ever explored your family history? If so, what have you found?
2. In your ancestral line, are there any individuals or groups that come from historically different cultural areas and if so, what were their commonalities/differences?
3. Does your family have any unique traditions?
4. What do you think about tradition? Are there any traditions that you would like to continue and any you would like to forego?

**Table Talks will occur on Thursday, October 23rd 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

## Fridays:

**Catholic Communion Service:** 10:00 a.m. in the Avondale Room. Mass on October 24

**Episcopal Service and Communion with Fr. McLaurin:** Fourth Friday of the month, October 24, 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

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

**Questions?**  
Contact Chaplain John Waltner at  
(425)556-8140 or [johnw@emeraldheights.com](mailto:johnw@emeraldheights.com)

## Support Groups

### Memory Matters

**Wednesday, October 1**

**2:00 p.m. in the Sammamish Room**

This new group offers support for those experiencing memory or cognitive changes, including mild cognitive impairment (MCI). Together we'll share experiences, learn practical strategies and scientific insights, and promote awareness and sensitivity for differing cognitive abilities in our community. Partners are welcome.

### Alzheimer's and Dementia Caregiver Support

**Tuesday, October 7**

**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, October 15**

**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.

### Women's Caregiver Connect

**Monday, October 20**

**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.

### Men's Caregiver Connect

**Wednesday, October 29**

**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

## Reflections of Our Lives: Writing Classes

**Wednesdays, October 1, 15, 22, & 29 (No session 10/8)**

Class A:

**9:30 a.m.–10:30 a.m.**

Class B:

**11:00 a.m.–12:00 p.m.**

**in the Avondale Room (Emerald Room on 10/15)**

**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.

## Memory Matters

**Wednesday, October 1**

**2:00 p.m. in the Sammamish Room**

See page 14 for details.

## Lunch and Learn: Assisted Living

**Wednesday, October 1**

**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 register, contact Phill at (425)556-8151 or [phillipj@emeraldheights.com](mailto:phillipj@emeraldheights.com)**

## Readers' Theatre Fall Play: *All Roads Lead to...Somewhere*

**Wednesday, October 1 at 2:00 p.m. in the Emerald Room**

**and Thursday, October 2 at 7:00 p.m. in the Pavilion**

Set at Eagle Ridge Retirement Community, the play follows three couples sharing funny and thought-provoking stories about life-changing decisions. When a hilarious unexpected guest shows up, our couples learn that “all roads lead to...somewhere.” Written by resident Lindy Thompson and starring your neighbors: David G. Cole, Ginny Ford, Sam Hauer, Barbara Klingberg, Donna Kristaponis, David Livingston, Asha Patel and Lea Ann Strand.

## Folk Dance for Everyone

**Wednesdays, October 1, 8, 15, 22, & 29**

**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: Pastor Jeff Reed Presents “What was Finished?”**

**Thursday, October 2 (Series Ends)**

**10:30 a.m. in the Sammamish Room**

Take a thoughtful look at what Jesus accomplished by dying on the cross, exploring different theories about its purpose, the problem it addressed, and the solution it offered.

## **Tech Help Hour**

**Thursdays, October 2, 9, 16, 23, & 30**

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

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

## **Furniture Sale**

**Thursday, Oct. 2—Saturday, Oct. 4**

**Variable times (see schedule on right)**

**Furniture Room on 4<sup>th</sup> Floor**

All sales are final with no returns.

### **Schedule:**

**Preview Day:** Thurs., Oct. 2, 1 p.m.–3 p.m.

**Sale Day:** Fri., Oct. 3, 9 a.m.–1 p.m.

**Half-Price Day:** Sat., Oct. 4, 10 a.m.–12 p.m.

## **Thrift Shop**

**Friday, October 3**

**10:00 a.m. to 2:00 p.m. in the Thrift Shop**

## **Grant’s Live Chat**

**Friday, October 3**

**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: *The Aging Brain***

**Fridays, October 3, 10, & 17 (Series ends)**

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

Across 12 lectures, you’ll learn the science behind brain aging and practical strategies to maintain health, sharpness, and quality of life into old age.



## **Daughters of the American Revolution**

**Saturday, October 4**

**9:00 a.m.–12:00 p.m. in the Sammamish & Avondale Rooms**

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

See details on page 8.



## **Bavarian Bash: Oktoberfest**

**Saturday, October 4**

**Doors Open at 6:30 p.m.; Band begins performing at 7:00 p.m. in the Pavilion**

This will be a traditional social event including beer, pretzels and live music by The Bavarian Dance Band. Wear your dancing shoes and kick up your heels on the dance floor.



## **Gallery Wall Reception: Meet the Artists**

**Monday, October 6**

**4:00 p.m. in the Creative Arts Studio**

For October, the Gallery Wall will be displaying art created by local high schoolers and Emerald Heights residents. Swing by the Creative Arts Studio for refreshments and a chat with the artists while you view the display.

## **Let's Play Chess**

**Tuesdays, October 7, 14, 21 & 28**

**Register on the Portal [Here](#) (optional)**

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

If you are looking to play chess with a fellow resident, then this is your chance. Register on the portal, or just show up. 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

## **Movie Matinee: *Pride and Prejudice* (2005)**

**Tuesday, October 7**

**2:00 p.m. in the Emerald Room**

This event is held in conjunction with the *The Good Life* book club, whose October book is Jane Austen's *Pride and Prejudice*. When Elizabeth Bennet meets the handsome Mr. Darcy, she believes he is the last man she could ever marry, but as their lives become intertwined she finds herself captivated by the man she has sworn to hate forever.

**2005, PG, 2 hours**



## **Bob & Harry's Musical Jam**

**Tuesday, October 7**

**7:30 p.m. in the Emerald Room**

Gather around the Piano and the Tenor Sax to hear your fellow residents play beautiful music together, as well as solos. Harry Seelig will show his talents on the piano and Bob Cohen will share his love of the Tenor Sax. It will be an evening of sharing music and a time to gather as a community of music lovers.

## **Amada Senior Care: Making Sense of Long-Term Care Insurance**

**Wednesday, October 8**

**2:00 p.m. in the Emerald Room**

**Register on the Portal [Here](#), Limit: 30**

Eliza Cha, owner of Amada Senior Care Bellevue, brings over 27 years of experience in healthcare and senior services to help families better understand long-term care insurance. In this presentation, she will explain key features of most policies, steps for filing a claim, the types of care typically covered, and strategies for making the most of your benefits. This session is designed to provide clear, practical information so you can confidently plan for the future.



## **Focus on Fitness: The Berg Balance Tests**

**Wednesday, October 8 and Thursday, October 9**

**8:00 a.m. to 3:00 p.m. in the Fitness Studio**

The annual 14-point test for balance for your baseline or to track your progress. The fitness team will be on hand to conduct this series of tests that takes about 15 minutes and provides a comprehensible reading on your fall risk. All classes with the exception of Tai Chi will be canceled to accommodate testing. Sign-up sheets will be available in the Fitness Hallway counter starting October 1.

## **Bible Study: Rev. Dick Sleight presents “The Gospel According to Zechariah”**

**Thursdays, October 9, 16, 23, & 30**

**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.

## **The Good Life Book Club: *Pride and Prejudice* by Jane Austen**

**Thursday, October 9**

**1:00 p.m. in the Avondale Room**

Our October book follows a showing of the movie adaptation in the Emerald Room on October 7. As Jane Austen’s most famous book, *Pride and Prejudice* portrays a strong, independent protagonist, Elizabeth Bennet, and universal themes like self-awareness, personal growth and personal flaws. Our November book is *Animal Farm* by George Orwell.

## **Residents’ Council Study Session**

**Thursday, October 9**

**2:30 p.m. in the Board Room**

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

## **Karaoke Crooning**

**Thursday, October 9**

**3:00 p.m. in *Copper & Hook***

Karaoke Crooning brings residents and staff together for an afternoon of music, laughter, and fun. Whether you're ready to grab the mic and sing your favorite tune or simply enjoy the show and cheer your neighbors, this event promises unforgettable moments.

### **Want to Perform?**

Submit your song choice by 5:00 p.m. on Tuesday, October 7 to guarantee your spot in the spotlight and on the playlist. You can:

- Email your song title to David G. Cole at davidgcole@gmail.com
- OR drop your request in the submission box at the Concierge desk.

## **BelPres Sanctuary Chorus: Hymn Sing-Along**

**Saturday, October 11**

**3:45 p.m. in the Emerald Room**

The Bell Pres Sanctuary Chorus is at Emerald Heights for an all-day practice workshop. However, they will be stopping their workshop to share in singing hymnal songs for Emerald Heights residents. The chorus is hoping that many residents would like to join in singing these beautiful songs with them.

## **KCLS Library To Go**

**Tuesday, October 14**

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

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

## **Residents' Council Meeting**

**Tuesday, October 14**

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

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

## **Let's Play with Watercolor: Leaf Expressions**

**Thursday, October 16**

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

**Register on the Portal [Here](#); Limit: 12**

Celebrate the colors of fall with a fun watercolor class led by resident artists Jennifer Sumner and Ann Kruse. Bring a handful of leaves to inspire your artwork, then explore painting, splattering, and blending techniques to create your own unique seasonal piece. All materials provided except the leaves.



## **October Birthday Celebration: Cloud 9 Singers**

**Friday, October 17**

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

Enjoy an evening of harmony and humor with the Cloud 9 Singers, a 7-member a cappella group performing their musical journey, *Highway I-90 from Sea to Sea*. October birthdays will be announced, and sweet treats will be served.



## **The Bonsai Group**

**Monday, October 20**

**10:00 a.m. in the Sammamish Room**

Landscapes, animals, and flowers are objects frequently celebrated in Chinese paintings. We will have a demonstration of this art form by Helen Hsu and then turn you loose to create your own project. All supplies be provided.

## **Speaker, Mr. Rick Blieweiss: The State of Publishing**

**Monday, October 20**

**1:00 p.m. in the Emerald Room**

Explore the fast-changing world of publishing with Heron's Key resident Rick Bleiweiss, multi-award-winning novelist and Head of New Business Development at Blackstone Publishing. From books, eBooks, and audiobooks to agents, AI, and the New York Times bestseller charts, Rick will share an insider's fun, fact-filled perspective on everything writers, readers, and curious minds want to know. After the presentation, enjoy a lively Q&A with Rick, whose works include the award-winning *Pignon Scorbion & The Barbershop Detectives* and *Murder in Haxford*.

## **Sweety's Painting Class**

**Tuesday, October 21**

**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.

## **Readers' Theatre Group**

**Tuesday, October 21 (No session 10/7)**

**1:30 p.m. in the Tahoma Room**

Readers' Theater will read *Still Life With Nudes* by George M. Johnson. This comedy follows a lively group of seniors staging a sit-in after their leader's bold paintings are rejected by a gallery housed in a former water treatment plant. The group confronts the management. A fracas erupts. Contact Ginny Ford at [vpatrikford@aol.com](mailto:vpatrikford@aol.com) to reserve a script.

## **DJ Dance Party**

**Tuesday, October 21**

**2:30–4:30 p.m. in the Pavilion**

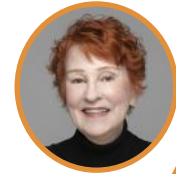
Get ready to hit the dance floor! DJ Drew Hobson is bringing music, energy, and fun to Emerald Heights. Enjoy great tunes, light snacks, and punch—plus plenty of tables for relaxing between songs. Requests are welcome, and you're invited to bring your own beverage if you'd like.

## **Parkinson's Disease: What You Need to Know**

**Wednesday, October 22**

**2:00 p.m. in the Emerald Room**

Dr. Marci Nemhauser and Pam Reeve from the Northwest Parkinson's Foundation will lead a special discussion on Parkinson's disease. With a focus on connection, care, and community, they'll share expertise and support for those navigating Parkinson's.



## **Table Talks: Family History Month**

**Thursday, October 23**

**3:00 p.m. in the Emerald Room**

Come take a seat at Table Talks, where we will center our conversations on our discovery of our family histories and traditions. 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.

## **Wade Jazz Jammers**

**Thursday, October 23**

**7:30 p.m. in the Emerald Room**

Gather for this informal evening of live jazz as resident Bob Cohen and his fellow musicians perform—on drums, bass, guitar, piano, and saxophones. Arranged in a circle on the floor, the group will play off one another in true jazz style. Drop in anytime to listen, watch, and soak up the music.

## **Social Hour: 4th Friday of the Month**

**Friday, October 24**

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

Swing by for this fun social event. Sponsored by the Residents' Association.



## **Education for Enjoyment: Archeology: An Introduction to the World's Greatest Sites**

**Friday, October 24 (No session 10/31)**

**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.

## **Children's Musical Recital**

**Saturday, October 25**

**4:00 p.m. in the Emerald Room**

You are invited to watch the young musicians of our community play their music at this recital.

## **Thrift Shop Collection**

**Monday, October 27**

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

## **WACCRA: Legislative Forum**

**Monday, October 27**

**1:30 p.m. in the Pavilion**

WACCRA welcomes Senator Manka Dhingra and Representatives Roger Goodman and Larry Springer of District 45 for a special forum in the Pavilion. They will review the recently completed session, share priorities for 2026, and take questions. This is an opportunity to engage directly with your elected officials on issues such as education, senior services, public safety, and economic development.

## **Film for Thought: *The Sixth Sense* (1999)**

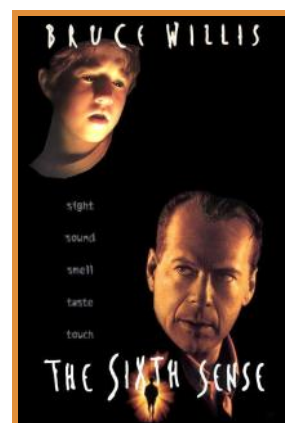
**Tuesday, October 28**

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

Exciting, eerie, and iconic—this movie is perfect for getting into the spooky spirit. As the film that put director M. Night Shyamalan on the map (for better or worse), there's a reason this movie is still quoted and discussed almost 30 years later. After the movie, we'll discuss the behind-the-scenes, plot, and cinematography.

Popcorn provided.

**Rated PG-13 | Psychological Thriller | 1 hr 45 mins runtime + 5 min intermission + 1 hr discussion**





## **Health and Wellness Committee: What is Continuing Care?**

**Wednesday, October 29**

**2:00 p.m. in the Emerald Room**

This informative session, hosted by the Health and Wellness Committee, will explain the continuum of care—from Assisted Living and Memory Care to Skilled Nursing. After a brief overview, a panel of residents will share their recent experiences transitioning from Independent to Assisted Living in FirView. Care team staff will also be present to answer questions and discuss their role.

## **Show and Tell: Family Treasures**

**Thursday, October 30**

**11:00 a.m. in the Emerald Room**

This special event gives residents and staff the chance to share heirlooms, photographs, and keepsakes that reflect their family history, honoring the stories, traditions, and legacies passed down through generations. **Interested in presenting? Review the registration information on page 13!**

## **Annual Staff Halloween Costume Contest**

**Friday, October 31**

**1:00 p.m. in the Pavilion**

Head to the Pavilion for our annual staff costume contest. Enjoy refreshments, cheer on the contestants, and cast your votes for solo and team entries after the event. We'll also reveal the winner of the Guess the Weight of the Pumpkin contest. The costumed staff will parade through all three Corwin areas—so watch for the fun in your hallways if you can't attend.



## **Festive Entertainment: Fidgety Feet—in Halloween Costumes**

**Friday, October 31**

**7:00 p.m. in the Pavilion**

Come as you are or in your favorite costume and enjoy the wonderful jazzy tunes.

## **What's Happening: Coming Attractions**

### **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.

# What's Happening: Trips

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

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

Leaderless trips are marked with an icon:



## Walk to End Alzheimer's

Register on the Portal [Here](#)

**Saturday, October 4**

**Location: Seattle Center**

**Departure Time: 8:45 a.m.**

**Estimated Return Time: 12:00 p.m.**

**Transportation Cost: Free**

**Cancellation Deadline: Friday, October 3**

**Limit: 13**

Emerald Heights staff and residents will join the Walk to End Alzheimer's at Seattle Center, completing a 1.5-mile course to raise awareness and funds. **If you are walking, be sure to register online for the walk and sign up for transportation on the Portal.**

1. Go to [act.alz.org](http://act.alz.org) and click "Walk to End Alzheimer's" link or click [Here](#)
2. Click "Find a Team"
3. In the search box under "Find a Team", type "EmeraldHeights" (no space), click enter
4. Click "EmeraldHeights" when it pops up
5. Click "Join Our Team" button and follow the directions until registered
6. **To save a spot on the bus** you must also register on the Portal [Here](#).

**Questions? Contact Chaplain John Waltner, Team Captain, at (425)556-8138**

## The National Archives at Seattle: Docent Tour

Register on the Portal [Here](#)

**Monday, October 6**

**Location: Seattle**

**Departure Time: 8:45 a.m.**

**Estimated Return Time: 12:30 p.m.**

**Cost: Free**

**Transportation: \$11.09**

**Cancellation Deadline: Thursday, October 2**

**Limit: 13 (If there is a large waitlist, a second trip may be planned)**

In honor of Family History Month, we will be going to the National Archives at Seattle for a docent tour.

## Pickleball: Recreational Play

Register on the Portal [Here](#)

**Mondays, October 6, 13, 20, & 27**

**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**

**Cancellation Deadline: Noon the Thursday prior**

**Limit: 9**

**Contact: Mike Mulroy (206)200-8282**

Pickleball continues on Mondays. New players welcome—call Mike Mulroy to join. The annual business meeting will take place after the game on October 20.

## Memory Hub & Frye Art Museum

Register on the Portal [Here](#)

Thursday, October 16

Location: Seattle

Departure Time: 3:15 p.m.

Estimated Return Time: 8:00 p.m.

Cost: Museum is Free, food/beverage costs on

own + staff costs

Transportation: \$11.77

Cancellation Deadline: Monday, October 13

Limit: 17

This trip begins at the Memory Hub, a dementia-specific community center led by UW's Memory and Brain Wellness Center on the Frye Art Museum campus. Afterward, see the Frye's modern and contemporary galleries, browse the Museum Store, and take advantage of Happy Hour at *MariPili* at *Café Frieda* with half-off wine, beer, sangria, and \$5 small plates.



## Lunch Bunch: Pomegranate Bistro

Register on the Portal [Here](#)

Friday, October 17

Location: Redmond

Departure Time: 1:15 p.m.

Estimated Return Time: 3:30 p.m.

Cost: Lunch on your own

Transportation: Free

Cancellation Deadline: Wednesday, October 15

Limit: 14

Pomegranate Bistro is a stylish, roomy, & family-friendly cafe. They serve fresh and delicious sandwiches, salads, snacks, direct-trade espresso, and specialty cakes to make whatever you're doing that much better.

## Seattle Wind Symphony: Tales, Stories & Myths

Register on the Portal [Here](#)

Saturday, October 18

Location: Seattle, Meany Hall

Departure Time: 6:30 p.m.

Estimated Return Time: 10:30 p.m.

Cost: \$25.00 ticket, per person

Transportation: \$9.67

Cancellation Deadline: Tuesday, October 14  
(Tickets purchased 10/15)

Limit: 17

Seattle Wind Symphony's program philosophy is to perform time-tested, professional and compelling literature that is engaging for both audience and musicians alike. This performance—which includes Emerald Heights resident Gerard Kern—combines orchestral music inspired by stories and narrative.

## Cedar River Watershed Education Center

Register on the Portal [Here](#)

Friday, October 24

Location: North Bend

Departure Time: 1:00 p.m.

Estimated Return Time: 5:30 p.m.

Cost: Free

Transportation: \$22.01

Cancellation Deadline: Wednesday, October 22

Limit: 17

Explore interactive exhibits, experience the Water Drums, and take in the natural beauty of the surrounding Recreation Area. Optional: take a short walk to scenic Rattlesnake Lake during your visit.





## **Washington Wind Symphony: Curtain Call**

**Register on the Portal [Here](#)**

**Sunday, October 26**

**Location: North Bend**

**Departure Time: 1:00 p.m.**

**Estimated Return Time: 5:30 p.m.**

**Cost: \$15.00 per person**

**Transportation: Free**

**Cancellation Deadline: Wednesday, October 22**

**Limit: 28**

Experience the Washington Wind Symphony, a 50-member ensemble dedicated to performing and preserving classic and modern wind band music. With over 35 years of history, they present a four-concert season at the Redmond Performing Arts Center, delighting audiences across the Seattle area.

## **Seattle Opera: The Pirates of Penzance**

**Register on the Portal [Here](#)**

**Wednesday, October 29**

**Location: Seattle**

**Departure Time: 6:15 p.m.**

**Estimated Return Time: 11:00 p.m.**

**Cost: Tickets range from \$91.00 – \$135.00**

**Transportation: \$10.91**

**Cancellation Deadline: Monday, October 13**

**(Tickets purchased 10/14)**

**Limit: 12**

Ahoy, mateys! Follow young Frederic as he navigates an accidental pirate apprenticeship, a leap-year loophole, and matters of love. Making its Seattle Opera debut after rave reviews at The Glimmerglass Festival, The Atlanta Opera, and Opera Theatre of St. Louis, this family-friendly farce features dazzling operatic talent accompanied by the Seattle Symphony Orchestra.

## **Brew Pub Trip: Formula Brewing**

**Register on the Portal [Here](#)**

**Thursday, October 30**

**Location: Seattle**

**Departure Time: 1:00 p.m.**

**Estimated Return Time: 5:30 p.m.**

**Cost: Food/beverage on your own + staff costs**

**Transportation: \$9.30**

**Cancellation Deadline: Tuesday, October 28**

**Limit: 17**

Visit Issaquah's first brewery and beer garden, where Head Brewer Jesse Brown crafts a wide range of beers on a 15-barrel high-pressure steam brewhouse, with a focus on exceptional lagers, hoppy IPAs, and fruity sours.

## **Redmond Tech Orchestra: Tchaikovsky's Symphony No. 5**

**Register on the Portal [Here](#)**

**Saturday, November 1**

**Location: Redmond**

**Departure Time: 3:15 p.m.**

**Estimated Return Time: 6:30 p.m.**

**Cost: No Charge**

**Transportation: Free**

**Cancellation Deadline: Thursday, October 23**

**Limit: 31 (two busses)**

This performance features Tchaikovsky's Symphony No. 5, the thrilling 1812 Overture, and the lively Redline Tango, showcasing the talents of musicians who balance careers in tech with a passion for orchestral music.

# 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, October 8

Departure: 2:00 p.m.

Estimated Return: 4:00 p.m.

Register on the Portal [Here](#)

Limit 12

### Bellevue Square Shopping Trip

Monday, October 20

Departure: 1:00 p.m.

Estimated Return: 4:00 p.m.

Register on the Portal [Here](#)

Limit 12

### PCC Shopping Trip

Wednesday, October 15

Departure: 2:00 p.m.

Estimated Return: 3:30 p.m.

Register on the Portal [Here](#)

Limit 9

### Costco Shopping Trip

Wednesday, October 22

Departure: 2:00 p.m.

Estimated Return: 4:00 p.m.

Register on the Portal [Here](#)

Limit 12

#### **NOTE:**

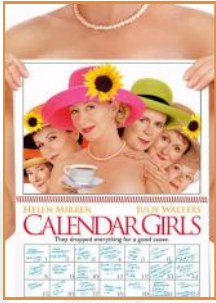
Due to the Redmond Fred Meyer closure,  
Monday Grocery Shopping trips will travel to  
the Fred Meyer and Safeway on 148th  
Avenue in Bellevue.

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



# Channel 1981 Exclusives

## Movies



### ***Calendar Girls***

**Thursday, October 9**

**6:45 p.m. on Channel 1981**

After the death of a close friend's husband, housewife Chris (Helen Mirren) rallies Annie (Julie Walters) and their friends to create a fundraising calendar with a surprising twist—posing nude. Their bold idea wins national attention in this heartwarming true story.

**2003, PG-13, 1 hr 48 mins**



### ***Hachi: A Dog's Tale***

**Saturday, October 25**

**6:45 p.m. on Channel 1981**

When Professor Wilson finds a lost Akita puppy, he can't imagine the lifelong bond that will follow. Despite his wife's hesitation, Hachi becomes a devoted companion.

**2009, G, 1 hr 33 mins**

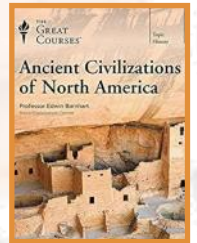
## Programs

### **Great Courses on 1981: Ancient Civilizations of North America**

**Mondays, October 6, 13, 20, & 27**

**6:45 p.m. on Channel 1981**

Discover the rich and complex civilizations that thrived long before European colonization.



### **Keeping Our Spirits Up in 2025**

**Tuesday, October 7, 10:30 a.m. on Channel 1981**

Chaplain John delivers a half hour of inspiration, commentary and silliness to encourage us through challenging times.

**Questions about fitness?**

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

### **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.

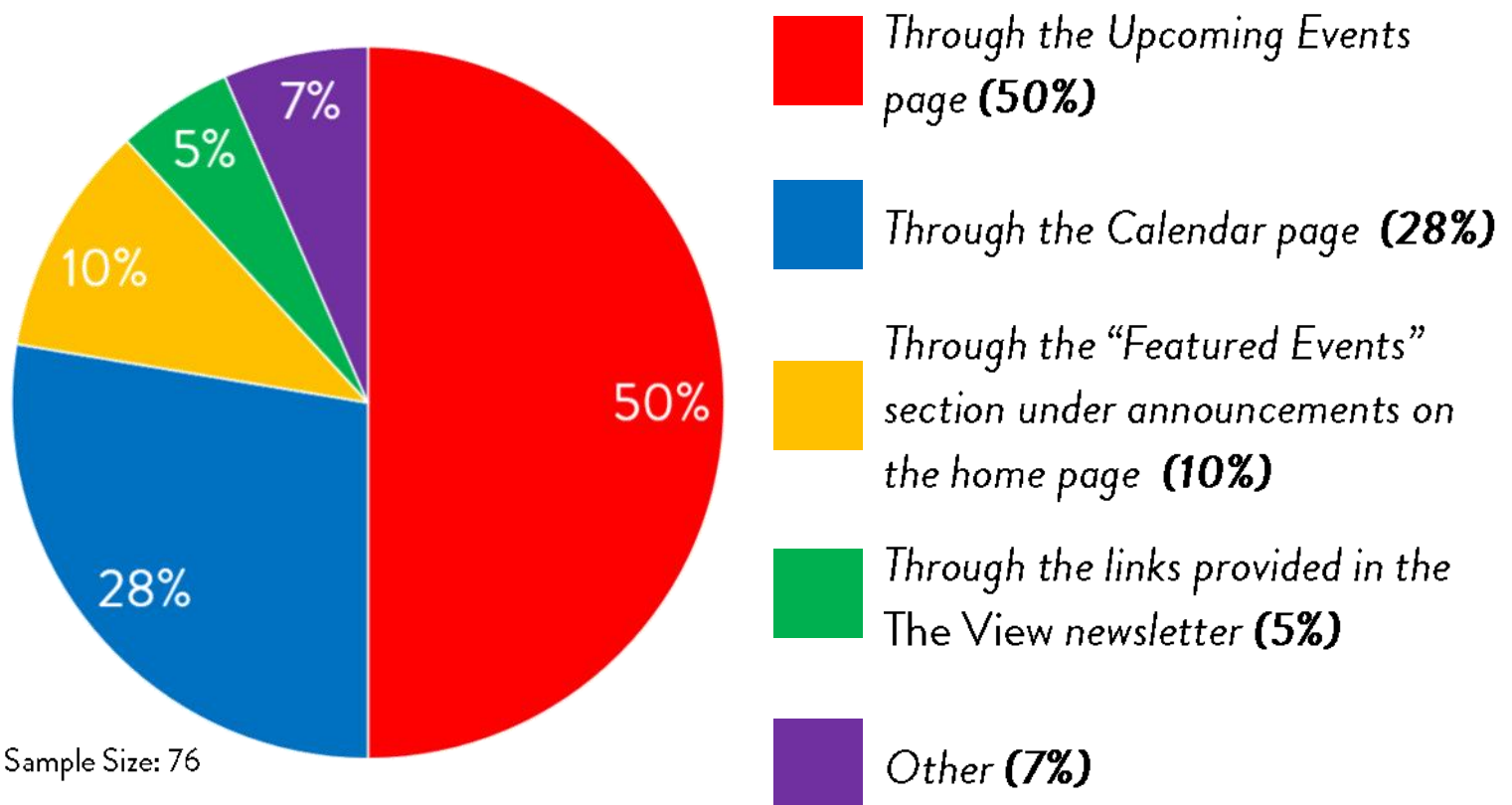
### **KHTS Schedule on Channel 1981**

**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.

# September Survey Results

How do you typically access registration events on the Resident Portal?



## "Other" Write-in Responses:

- ⇒ I haven't used it yet
- ⇒ I always used the featured events until the portal made that not work most of the time
- ⇒ All of the above, there is no way that is typical.
- ⇒ Haven't used it yet
- ⇒ Through either the calendar page or the upcoming events page

Of the residents surveyed, the "Upcoming Events" page is the most popular route to follow when registering for events. This information will help give insight into future Portal improvements.



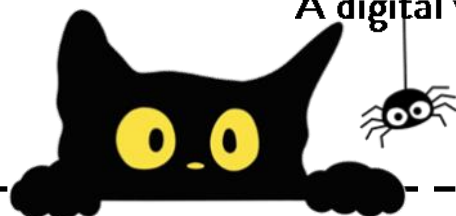
# October Survey

## 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.

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



### October Survey

We are conducting this survey to gather feedback on the new FullCount dining kiosk, located across from the Grab & Go in the alcove. Please answer the questions below:

1. In general, how has your experience with the new FullCount Dining Kiosk been?

☐ Positive

☐ Neutral

☐ Negative

☐ I have not needed to use the kiosk so far.

2. Please describe your experience in more detail. What has gone well, and what suggestions do you have for improvement?

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



EMERALD HEIGHTS  
REDMOND

A MEMBER OF EMERALD COMMUNITIES

