

# The View

*From the Heights  
of Community Life*

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# Useful Contacts

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

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

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

**Chaplain:**  
(425)556-8140

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

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

**Fitness:**  
(425)556-8186

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

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

**Transportation:**  
(425)556-8105

## **THREE SALON LOCATIONS TO SERVE YOU**

### ***Elements***

**Call (425)556-8171**

**Hair by Terry**  
Tues., Wed., Thurs.  
9 a.m.–3 p.m.

**Hair by Debi**  
Friday  
9 a.m.–3 p.m.

**Nails by Denise**  
Mondays  
10 a.m.–4 p.m.  
Wednesdays  
10 a.m.–1 p.m.

**Massage by Nita**  
Weds & Thurs  
10 a.m.–4 p.m.

### ***Hairport***

**Call (425)556-8160**

**Hair by Debi**  
Mon. & Thurs.  
9 a.m.–1 p.m.

### ***Spruce***

**Call (425)605-3637**

**Hair by Lauren**  
Monday  
9 a.m.–3 p.m.

**Nails by Denise**  
Tuesday  
10 a.m.–4 p.m.

**PS**  
SALON & SPA

## **! Reminders !**

- ◇ 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: Aaron Burden on Unsplash**





# Staff Spotlight

## Shining Star Shout-Outs



Shining Star winners are chosen from a pool of nominees from residents and staff. When you 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 to shout them out.

**The winner of the Shining Star prize for December is:  
Andres Valencia, Maintenance Tech**

Congrats, Andres!

### **December Nominees:**

Tara Bell (x2)  
Oanh Nguyen  
Isabel Noble  
Belay Woldeselam (x2)  
Susana Rincon

Erdin Grcic  
Cindy Corbett  
Bertha Duran  
Kevin Baker  
Josh Nash  
Andres Valencia (x2)

Karen Vejar  
Nicole McCarthy  
Tre Bindrup  
Valentin Tuluca  
Emma Geary

Kaitlynd Hewitt  
Gabriel Solis  
Emilio Calderon

## 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 December is  
Karen Vejar, HR Coordinator!**

*Karen is always going above and beyond. She will drop anything to help an employee and goes one step further to make sure they get what is needed. The amount of extra work she does for the Corwin Center is such a huge lift. The reports, tracking, and pulling weekly emails is so helpful. We love you Karen!*

*Karen goes above and beyond when onboarding new employees. She makes them feel welcomed and part of the team right away. Employees often return and ask for Karen when they have questions or even when they just need to talk to someone. She makes sure to listen without judgement and makes them feel heard and understood.*

**Congratulations, Karen!**



# Staff Spotlight

## The CHOICE Award



At the end of the year, the winners of the monthly Golden Spotlight award are considered for the CHOICE award. The winner of the CHOICE award embodies the values of Emerald Heights.

CHOICE Award Winner  
2025



**The 2025 CHOICE Award winner is Terra Keel!**

Terra won the Golden Spotlight award in November which nominated her for the CHOICE award. Congratulations, Terra!

- C** Collaboration, Communication, & Conflict Management
- H** Honesty & Happiness
- O** Ownership
- I** Inclusion & Integrity
- C** Customers
- E** Excellence

## Get to Know: Brad Beck

### Corporate Technology Officer

**What is your hometown?** Chicago

**What was your first job?** Sales at a band instrument store, selling instruments, sheet music, and supplies.

**What three words would you use to describe yourself?**

Service, Joyful, Impactful

**What do you do for fun?** Boating, wine-tasting, and travel

**Who inspires you?** As a life-learner, I don't have a single person, but rather key people in my life along my life journey. I love to research and learn from others who help me in that moment in time.

**What do you love about working at EC?** The mission, purpose, and opportunity to transform how we support the needs of the organization, staff, and residents. After being here now for just over a year, I'm honored and grateful to have the opportunity to be so impactful in a positive way for residents and staff.

**What is the focus of your role at EC?** I serve as the overall

Information Technology leader for the organization. My main focus has been to assess our current technology environment, create and execute a plan to modernize our technology, ensuring alignment with the current and future strategic needs of the organization. I'm looking forward to the upcoming IT prioritization by the Board and Ron Schaefer, CEO.





## New Faces on Campus: *Zahra Ahmed, Concierge*



We are thrilled to announce that Zahra Ahmed has joined the Emerald Heights Team as our new weekend Concierge.

Zahra brings two years of ambassador experience from Bellevue College and eight months of intern experience in Interior Design. She is working towards her Bachelors Degree in Interior Architecture and Design from Bellevue College.

A free spirit, Zahra enjoys weightlifting and running indoors—one could call her a gym rat. When she's not conquering the gym, Zahra expresses her deep love for the arts—as she

sings at events (usually old school jazz), attends theatre, and enjoys drawing and painting. With her passion for design, Zahra also works in the interior design field as a intern in Seattle for a small business by the name of Martha Ware Design where she works with clients and drafts construction documents, floor plans, 3D models, and renderings to create clients' dream homes. Zahra also loves education and continues to read about philosophy, how the mind works, and history.



Stop by the Concierge desk during the weekend to meet Zahra and welcome her to our community.

## Articles

## Submitting your Volunteer Hours



As we prepare for the Volunteer Appreciation event in April, we ask that you submit your 2025 volunteer hours as soon as possible.

Completing this process will help us maintain an accurate annual count for the entire community. The *Community Outreach Reporting* form is available at the Concierge desk and on the Resident Portal under **Resources > Handbook Appendices > Appendix I**. Please use this form to report all 2025 volunteer hours, both on and off campus. Once completed, submit forms to the Concierge.



# Articles

## State of the Organization Presentation

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We invite you to join us for an Emerald Communities State of the Organization Meeting on Thursday, February 5 at 10 a.m. This will be a great opportunity to hear directly from Emerald Communities' senior leadership about organizational updates, where we are today, and how we are planning for the future.

During this presentation, our senior leaders will share information about organizational structure, financial performance, major projects underway and under consideration, quality and clinical performance, staffing and benefits, technology and digital initiatives, and key trends shaping senior living over the next several years. You'll also hear updates specific to our communities, including occupancy, waitlists, and engagement efforts.

The meeting will conclude with a live Q&A, giving you the chance to ask questions and engage directly with our presenters. We value transparency and look forward to sharing this meaningful conversation with you.

Ron Schaefer  
President & CEO  
Emerald Communities

## Nutty Squirrel Gelato Now Available Daily

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Emerald Heights residents can now enjoy Nutty Squirrel Gelato, available daily in our dining venues with a rotating selection of flavors. A gelato sampling event is planned for February 4 at Cascades, giving residents the opportunity to taste a variety of flavors and learn more about this new offering.

Nutty Squirrel Gelato is a local favorite known for its authentic Italian flavors and exceptional quality, crafted in Seattle's Magnolia neighborhood. The gelato is made using fresh, locally sourced ingredients, including fruits from Eastern Washington and dairy from Northern Washington, ensuring each scoop is flavorful and fresh.

The company was founded by Tolga, an artisan with extensive industry expertise who also teaches advanced courses in Italy and consults with brands worldwide, bringing global experience to every creation.

Residents are encouraged to stop by and explore the different flavors as they become available.



## Atrium Socials

*Atrium Socials occur in their respective atrium at 4 p.m. unless otherwise noted*

- ◇ **Atrium E:** Tuesday, February 10
- ◇ **Trailside:** Wednesday, February 11, Avondale & Sammamish Rooms
- ◇ **Atrium P3:** Thursday, February 12
- ◇ **Atrium H3:** Thursday, February 12
- ◇ **Atrium H1:** Wednesday, February 18
- ◇ **Cloud 9:** Thursday, February 19, Atrium P3
- ◇ **Atrium P1:** Tuesday, February 24

## Monthly or Bimonthly Activities

### Mondays:

*Woodshop Team:* 10:00 a.m., 1st Mon., February 2, Woodshop Annex

*The Bonsai Group:* 1:30 p.m., 3rd Mon., February 16, Sammamish Room

### Tuesdays:

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

### Wednesdays:

*Voices for Vision:* Not meeting in February

### Thursdays:

*Ukulele Chorus:* 2:00 p.m., 1st & 3rd Thurs., February 5 & 19, Avondale Room (AL Game Room on 2/5)

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

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

*Jazz Appreciation Night:* 7:00 p.m., 2nd Thurs., February 12, Avondale Room

*Texas Hold'em Poker:* 6:30 p.m., 2nd & 4th Thurs., February 12 & 26, Creative Arts Studio

*Knitwits:* 1:00 p.m., 4th Thurs., February 26, Atrium E

## **Standing Committee Meetings\***

### Technology Committee

1st Tues. of the month, February 3, 11:00 a.m., Tahoma Room

### Fitness and Sports Committee

1st Wed. of the month, February 4, 11:30 a.m., Tahoma Room

### Food Services Committee

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

### Building and Grounds Committee

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

### Fund Development Committee

3rd Thurs. of the month, February 19, 3:00 p.m., Tahoma Room

### Health and Wellness Committee

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





## 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 & Sammamish Rooms

### Tuesdays:

Craft and Connect: 1:00 p.m., Creative Arts Studio  
Silver Singers Rehearsal: 3:30 p.m., AL Game Room

### Wednesdays:

Garden Railroad: 10:00 a.m., Creative Arts Studio  
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: 6:30 p.m., Avondale Room  
Pinochle: 7:00 p.m., Tahoma Room

### Thursdays:

Tech Help Hour: 1:00 p.m., Lodge Living Room

### Fridays:

Hand and Foot Canasta: 2:30 p.m., Tahoma Room  
Education for Enjoyment: 3:00 p.m., Avondale & Sammamish Room

### Saturdays:

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*

### Facilities Orientation

7–10 days after move-in  
In Resident Apartment

### Health Services Orientation

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

### Resident Services Orientation

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

### Dining Services Orientation

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

### Residents' Association Orientation

3rd Wednesday of the month,  
February 18, 10:00 a.m.

### Marketing Orientation

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

### Accounting Orientation

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

### Final Review with Grant Linacre,

### Executive Director

60 days after move-in



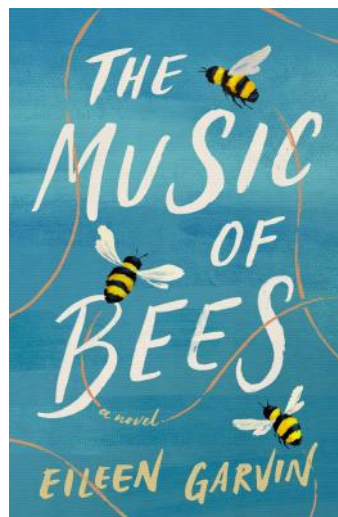
## The Corwin/FirView Connection ~ February 2026 Monthly Highlights of Corwin & FirView Activities

### Entertainment

- ♦ **Ukulele Chorus**  
Thursday, February 12, 2:00 p.m.  
Great Room
- ♦ **Live Music with Guitar Gil,  
Wine & Cheese Social**  
Friday, February 13, 3:30 p.m.  
FirView Activity Room
- ♦ **Music with Dave & Lynn**  
Saturday, February 14, 10:45 a.m.  
Great Room
- ♦ **[REDACTED] & Friends**  
Thursday, February 19, 4:00 p.m.  
Great Room
- ♦ **Jazz Corner**  
Every Thursday, 4:00 p.m.  
Wild Flower Point

### Special Events

- ♦ **Superbowl Sunday**  
Sunday, February 8, 3:30 p.m.  
FirView Activity Room
- ♦ **Book Club: *The Music of Bees* by Eileen Garvin**  
Monday, February 16 at 2:30 p.m.  
FirView Activity Room  
We will be discussing *The Music of Bees*  
and passing out the next book, TBA.



### Monthly Meetings

- ♦ **Health Services Live Chat**  
Wednesday, February 11, 11:00 a.m.  
FirView Activity Room
- ♦ **Dining Chat**  
Thursday, February 19, 2:00 p.m.  
FirView Activity Room
- ♦ **Skilled Nursing Resident Council**  
Monday, February 23, 11:00 a.m.  
Great Room
- ♦ **Assisted Living Resident Council**  
Thursday, February 26, 3:15 p.m.  
FirView Activity Room



## Health Services

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

### On-Campus Services

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

First Thursday monthly, **February 5, at 10:30 a.m. Tahoma Room.**

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

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

#### **Dermatology: *OnSite Dermatology***

Due to changes in our provider's schedule, services to Emerald Heights have been suspended effective 10/10. We apologize for any inconvenience and we are currently meeting with potential candidates. We will keep you updated. In the meantime, any resident we have previously served 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. Power of Attorney will be notified if a resident has one on file.

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

Services are currently unavailable. We will notify residents when services resume.

#### **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.

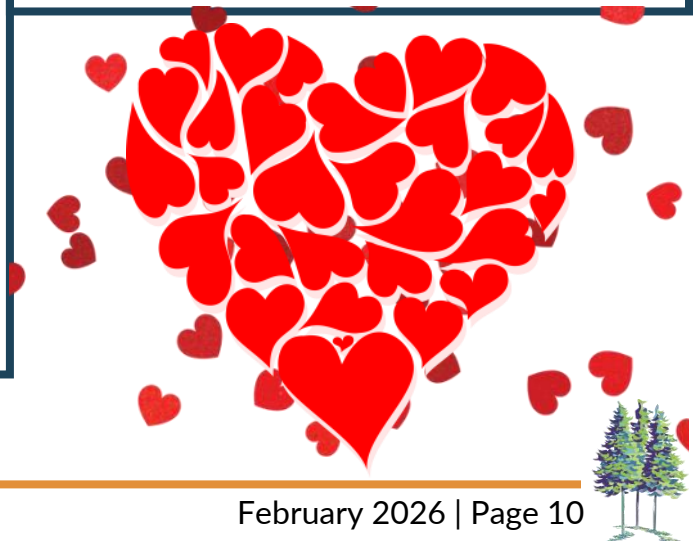
**Podiatry Services:** Podiatry Associates NW (206)420-3119  
<https://www.podiatryassociatesnw.com>

**Optometrist:** Dr. Riskedahl  
(206)618-1335

**Dentist:** 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.**





## Fostering Belonging

The guiding theme for Emerald Heights in 2026 is *Belonging*. We are committed to ensuring that all residents and staff feel welcomed, seen, and comfortable to be themselves.

**Q1: Fostering Belonging**—Laying the foundations to share an understanding of belonging

### This Month's Activities:

- ◆ **Random Acts of Kindness and Appreciation — Page 13**  
All Month in the Evergreen Lodge Living Room
- ◆ **Reel Matters: *Hidden Figures* — Page 17**  
Tuesday, February 17 at 2:00 p.m. in the Emerald Room
- ◆ **Seattle Historical Archives — Page 21**  
Departs to Seattle on Monday, February 23 at 9:00 a.m.
- ◆ **Table Talks: *Belonging and Identity* — Page 18**  
Thursday, February 26 at 3:00 p.m. in the Emerald Room

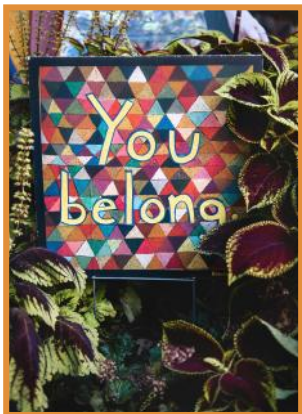


Throughout this newsletter any event, meeting, or presentation marked with this symbol is specifically related to our theme of *belonging*. These are great opportunities to connect, share your story, and help us strengthen our community ties.

To view the full year of activities and content, view the DEI Plan 2026 document on the Portal [Here](#) or under “Resources” > “DEI Committee” > “DEI Plan 2026.”

## Table Talks: Belonging and Identity

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



### February Questions:

1. How might someone's experience of belonging differ when they live at the intersection of multiple identities?
2. In what ways can belonging be conditional, for instance, depending on how well someone conforms to dominant expectations?
3. How can belonging be a form of empowerment rather than assimilation?
4. What would a truly inclusive sense of belonging look like, one that acknowledges difference instead of erasing it?

**Table Talks will occur on Thursday, February 26 at 3:00 p.m. in the Emerald Room.**



# Religious Services and Support Groups

## Mondays:

**Bible Study:** 1st and 3rd Mondays, February 2 & 16, 2:30 p.m. in the FirView Activity Room

## Wednesdays:

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

## Thursdays:

**Bible Study:** 10:30 a.m. in the Sammamish Room (AL Game Room on 2/5)

## Fridays:

**Catholic Communion Service:** 10:00 a.m. in the Avondale Room. Mass on February 27

**Episcopal Service and Communion with Fr. McLaurin:** Fourth Friday of the month, February 27, 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 (1:00 p.m. on 2/8)

*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**

## Support Groups

### Alzheimer's/Dementia Caregiver Support

**Tuesday, February 3**

**1:00 p.m. in the AL Game 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, February 4**

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

Mild Cognitive Impairment (MCI) is a condition marked by noticeable changes in cognitive abilities—like 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 each other.

### Women's Caregiver Connect

**Monday, February 16**

**1:00 p.m. in the AL Game Room**

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

### Parkinson's Support

**Wednesday, February 18**

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

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

### Men's Caregiver Connect

**Wednesday, February 25**

**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 a group of men for coffee and conversation.



# What's Happening: On Campus



## Random Acts of Kindness and Appreciation

All month

In the Evergreen Lodge Living Room

As we step into the month of love, the Diversity, Equity, and Inclusion Committee invites you to help spread kindness across our community. Stop by the Random Acts of Kindness station to pick up a heart with a simple act of kindness to complete or write your own. When finished, add your heart to the Kindness Tree so we can watch our collective efforts grow.

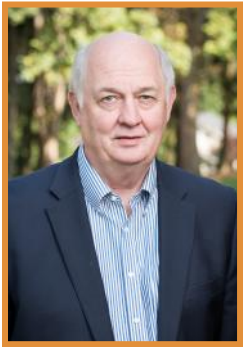


## Readers' Theatre Group

Tuesdays, February 3 & 17

1:30 p.m. in the Tahoma Room

We will be reading the one-act version of *The Play That Goes Wrong* by Henry Lewis, Jonathan Sayer and Henry Shields. The story follows a performance of a murder mystery, where the ill-fated theatre company encounters numerous mishaps. Contact [REDACTED] to reserve a script.



## Explorations in Philosophy: Dr. Darrell Hobson Presents

*West Meets East and a Brief Tour of Asia*

Wednesday, February 4 & 18

1:00 p.m. in the Emerald Room

Dr. Hobson offers a guided tour of major philosophical questions and traditions, beginning with a four-session exploration of Asian philosophy and how Eastern and Western ideas of reality differ.

## Lunch and Learn: Assisted Living

Wednesday, February 4

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 Wednesday of the month. Space limited to 5—Reserve early. **To register, contact Sherra at (425)556-8151 or [sherrag@emeraldheights.com](mailto:sherrag@emeraldheights.com)**

## Folk Dance for Everyone

Wednesdays, February 4, 11, 18, & 25

3:30 p.m. in the Fitness Studio

Join resident folk dance teacher [REDACTED] and dance leader [REDACTED] for fun and approachable non-couple dances. Dances taught will come mostly from the Balkan region but may include a sprinkling ranging from Israel to Quebec.





## **Emerald Communities: State of the Organization**

**Thursday, February 5**

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

See Page 6 for more information.



## **Bible Study: Jeff Reed presents “New Creation”**

**Thursdays, February 5, 12, 19, & 26**

**10:30 a.m. in the Sammamish Room (2/5 Session in AL Game Room)**

Jeff Reed, pastor of Highland Covenant Church, Bellevue, will explore themes related to death, heaven, and the coming eternal age in this four-session series.

## **Tech Help Hour**

**Thursdays, February 5, 12, 19, & 26**

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

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

## **Furniture Sale**

**Thursday, February 5—Saturday, February 7**

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

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

All sales are final, no returns.

### **Schedule:**

**Preview Day:** Thurs., Feb. 5, 1 p.m.–3 p.m.

**Sale Day:** Fri., Feb. 6, 9 a.m.–1 p.m.

**Half-Price Day:** Sat., Feb. 7, 10 a.m.–12 p.m.



## **Thrift Shop**

**Friday, February 6**

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

## **Grant's Live Chat**

**Friday, February 6**

**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, February 6, 13, 20, & 27**

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

Archaeologist Eric H. Cline takes us behind the scenes of archaeological digs.



## **Weather & Global Warming: Jeff Renner, Meteorologist**

**Monday, February 9**

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

Jeff Renner, longtime meteorologist for KING-TV, will explain how changing climate patterns are affecting our world and what we can expect in the years

## **KCLS Library To Go**

**Tuesday, February 10**

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

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

## **Quarterly Residents' Association Meeting**

**Tuesday, February 10**

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

Meet our new neighbors, recognize our milestone residents, and hear Administration reports. Please sign in outside the Pavilion so quorum can be met.

## **Doctors Without Borders: Stacy Payne**

**Tuesday, February 10**

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

Stacy Payne offers an insider's look at how the organization provides free medical and mental health care to people affected by conflict, disaster, and poverty. Payne will share her experiences from recent work in the Central African Republic and discuss the challenges and impact of humanitarian efforts worldwide.

## **Understanding Skilled Nursing: Short-Term Rehab vs. Long-Term Care**

**Wednesday, February 11**

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

Join the leaders of our Skilled Nursing Facility to hear about the types of care provided, who are good candidates for this care, the differences between short and long-term care stays, and how Skilled Nursing services may be beneficial to you or your loved ones.

## **Recology: Our New Waste Management Provider**

**Thursday, February 12**

**9:00 a.m. in the Emerald Room**



## **The Good Life Book Club: Seniors Reading and Re-Reading the Classics**

**Thursday, February 12**

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

In February we are reading *The Air We Breathe*, by Glen Scrivener. The book demonstrates how Christianity has shaped our Western values so much that we do not even notice it. The March 2026 book selection is *To Kill a Mockingbird* followed by the film *To Kill a Mockingbird*, starring Gregory Peck. Books are selected by club members.

## **Focus on Fitness: Stretching: The How and Why**

**Thursday, February 12**

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

Belay will delve into the right and wrong ways to stretch, dispel some of the myths, and explain why stretching is so important for everyone, regardless of physical ability, medical conditions, or athleticism. Come with your questions and maybe ready to try some moves.

## **Virtual Reality Experience**

**Friday, February 13**

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

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

Explore new places and experiences from the comfort of your chair with Virtual Reality.

## **Valentine's Entertainment: Sugartime Trio**

**Friday, February 13**

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

Celebrate Valentine's Day with a musical performance by the *Sugartime Trio*. Enjoy romantic favorites and sweet melodies as we share an evening filled with music, love, and fun.

## **WACCRA: Legislative Session**

**Saturday, February 14**

**10:30 a.m. in the Pavilion**

The 2026 Washington State Legislative Session has begun, and bills have already been filed that could affect the lives of CCRC residents. Attend this WACCRA meeting to learn about the legislation and how to support it. The meeting is open to all Emerald Heights residents regardless of membership status.

## **The Bonsai Group**

**Monday, February 16**

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

Spring is on its way, and we're celebrating with the kickoff of our sixth season for the Bonsai Group. Discover the ancient art of bonsai—a relaxing, creative activity that offers both stress relief and a sense of accomplishment. Bring your imagination and creativity, and grow your own living masterpiece.





## **Anything Goes**

**Monday, February 16**

**3:00 p.m. in the Pavilion**

We have a great lineup to showcase the extraordinary talents of our residents and staff at Emerald Heights.



## **Sweety's Painting Class**

**Tuesday, February 17**

**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 and will guide you from start to finish.



## **Emergency Preparedness Volunteer Informational**

**Thursday, February 19**

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

Health Services is reviewing emergency preparedness and seeking residents with professional medical training to volunteer in a crisis. Past roles include MDs, RNs, LPNs, medical assistants, therapists, social workers, and mental health professionals. Volunteers to help coordinate others are also welcome. Join Jill Jones, Health Services Administrator, to learn about the vision, roles, and ways to support our licensed care settings.

## **Skill Share Informational Session**

**Friday, February 20**

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

Learn about *Skill Share*, a new program that brings residents and staff together to teach, learn, and connect. This info session will explain how Skill Share works, and what to expect, including how matches are made, how sessions are scheduled, and how group classes may form based on shared interests.



## **February Birthday Celebration: Greta Matassa**

**Friday, February 20**

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

Celebrate our February birthdays with a special performance by Greta Matassa, known for her rich jazz vocals and timeless standards, and a tasty birthday treat.

## **Thrift Shop Collection**

**Monday, February 23**

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



## **AARP: The Six Pillars of Brain Health**

**Wednesday, February 25**

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

It's never too late to take charge of your brain health. In this interactive session, you'll learn about the six pillars of a brain-healthy lifestyle, share your own brain-boosting habits, and gain inspiration from others. You'll leave with practical steps you can take right away, plus resources to continue learning.



## **Table Talks: Belonging and Identity**

**Thursday, February 26**

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

Come take a seat at Table Talks, where we will center our conversations on belonging as it relates to identity. Table groups are assigned at random, to connect you with new neighbors and perspectives. Enjoy snacks during a guided discussion. This is a welcoming space to discuss topics that impact our daily lives as we navigate an everchanging world.

## **Social Hour: Last Friday of the Month**

**Friday, February 27**

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

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



# What's Happening: Coming Attractions

## **The Northwest Kung Fu and Fitness: *Lion Dance Performance***

**Saturday, March 7**

**2:30 p.m. in the Pavilion**

David Leong's Northwest Kung Fu and Fitness will present a vibrant traditional Chinese Lion Dance performance in celebration of the Lunar New Year of the Horse. The performance will be conducted by his kung fu students, who combine martial arts training, rhythmic music, and colorful choreography to symbolize good fortune, strength, and prosperity for the year ahead. This lively cultural presentation offers residents an exciting and meaningful way to welcome the Lunar New Year together.

## **Readers' Theatre Spring Play: *Which Play's the Thing***

**Monday, March 9 at 2:00 p.m. and Friday, March 13 at 7:00 p.m.**

**In the Pavilion**

Emerald Heights' Readers Theater announces its spring play *Which Play's the Thing* written by residents [REDACTED]. It is directed by Karen Nelson, known to residents as the popular director of the Holiday Gala.

The play tells the story of a cast of actors trying to decide what to feature in the next play. Should it be Shakespeare, a comedy, a mystery, a musical or bits from an old British music hall? And will the Broadway producer who's supposed to be in the audience really show up?

## **Career Day: Recruitment**

**Monday, March 16**

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

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

We are seeking volunteers to serve as presenters for Career Day. Emerald Heights is home to residents with diverse careers—teaching, technology, homemaking, aviation, and journalism to name a few—and we want to hear your story. What did your career teach you? Why did you choose that path? Is there an accomplishment you still brag about?

**Please contact Kaitlynd Hewitt, Administrative Services Manager, at [kaitlyndh@emeraldheights.com](mailto:kaitlyndh@emeraldheights.com) or register on the Portal to share your story.**





# What's Happening: Trips

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

For wheelchair accommodations, contact Alex Clark, Wellness Programs Manager, at (425)556-8186

Leaderless trips are marked with an icon:



## Pickleball: Recreational Play

Register on the Portal [Here](#)

Mondays, February 2, 9, 16, & 23

Location: Redmond

Departure Time: 1:45 p.m. (Front Lobby)

Estimated Return Time: 3:30 p.m.

Cost: Court costs vary per session

Transportation: Free

Cancellation Deadline: Noon the day prior

Limit: 14

Contact: [REDACTED]

Pickleball continues on Mondays. New players welcome.

## UW Symphony: Healing Heart of Lushootseed

Register on the Portal [Here](#)

Friday, February 6

Location: Seattle

Departure Time: 6:30 p.m.

Estimated Return Time: 9:45 p.m.

Cost: Free

Transportation: \$11.02

Cancellation Deadline: Wed., February 4

Limit: 17

This performance blends music and storytelling to honor the Lushootseed language and its deep Indigenous cultural roots. Enjoy an afternoon filled with beautiful symphonic music.

## St. Jude, Knights of Columbus: Annual Crab Feed

Register on the Portal [Here](#)

Saturday, February 7

Location: Redmond

Departure Time: 5:30 p.m.

Estimated Return Time: 8:30 p.m.

Cost: \$45.00 per ticket + staff cost

Transportation: Free

Cancellation Deadline: Wed., February 4

Limit: 13

Plan on joining the fun at the St. Jude's annual Crab Feed, sponsored by the Knights of Columbus. The Dungeness crab is freshly caught in the Northwest, packed in ice and delivered the day that it is served. The meal includes all you can eat crab, drawn butter, cocktail sauce, rolls, salad bar, drink, and a slice of pumpkin pie.



## Lunch Bunch: Von's 1000 Spirits

Register on the Portal [Here](#)

Friday, February 20

Location: Woodinville

Departure Time: 1:00 p.m.

Estimated Return Time: 3:45 p.m.

Cost: Food/beverage on your own

Transportation: \$3.56

Cancellation Deadline: Wed., February 18

Limit: 14

Enjoy house-made pastas, wood-fired pizzas, and good company at this popular local spot.



**Monday, February 23****Location: Seattle****Departure Time: 8:45 a.m.****Estimated Return Time: 12:30 p.m.****Cost: Free****Transportation: \$12.08****Cancellation Deadline: Thurs., February 19****Limit: 14**

Seattle Historical Archives—where history comes to life through photographs, documents, and exhibits that tell the story of Seattle's past. This visit offers a chance to explore local history and rediscover familiar places and moments.

**Seattle Opera: *Fellow Travelers*****Register on the Portal [Here](#)****Wednesday, February 25****Location: Seattle****Departure Time: 6:15 p.m.****Estimated Return Time: 9:30 p.m.****Cost: Range between \$159 - \$209****Transportation: \$11.61****Cancellation Deadline: Fri., February 13****Limit: 6**

Set during the McCarthy era, it tells the story of love, loyalty, and courage as two men navigate secrecy and political challenges. Experience world-class voices, rich orchestration, and compelling storytelling in one of Seattle's premier performance venues.

**Lunch at a Local Pub: *Three Lions*****Register on the Portal [Here](#)****Friday, February 27****Location: Redmond****Departure Time: 1:00 p.m.****Estimated Return Time: 3:45 p.m.****Cost: Food/beverage on own + staff costs****Transportation: Free****Cancellation Deadline: Wed., February 25****Limit: 17**

Country-style pub grub plus a selection of English & Irish tap beers at a casual, homey neighborhood spot.

**Cirque Du Soleil: *ECHO*****Register on the Portal [Here](#)****Thursday, March 5****Location: Redmond****Departure Time: 6:45 p.m.****Estimated Return Time: 9:30 p.m.****Cost: ranging between \$70 - \$90****Transportation: Free****Cancellation Deadline: Fri., February 6****Limit: 14**

Step into the imaginative world of *ECHO*, where poetry, movement, and breathtaking acrobatics come together in a story of connection and creativity. This visually stunning show features awe-inspiring performances, powerful music, and beautifully designed staging. Reserve your seat and enjoy an unforgettable theatrical experience.



# 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, February 11

Departure: 2:00 p.m.

Estimated Return: 3:30 p.m.

Register on the Portal [Here](#)

Limit 12

### PCC Shopping Trip

Wednesday, February 18

Departure: 2:00 p.m.

Estimated Return: 3:30 p.m.

Register on the Portal [Here](#)

Limit 9

### Value Village Shopping Trip

Friday, February 13

Location: Woodinville

Departure: 1:00 p.m.

Estimated Return: 4:00 p.m.

Transportation Cost: \$3.63

Register on the Portal [Here](#)

Limit 12

### Costco Shopping Trip

Wednesday, February 25

Departure: 2:00 p.m.

Estimated Return: 3:45 p.m.

Register on the Portal [Here](#)

Limit 12

### Bellevue Square Shopping Trip

Monday, February 16

Departure: 1:00 p.m.

Estimated Return: 4:00 p.m.

Register on the Portal [Here](#)

Limit 12

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







EMERALD HEIGHTS  
REDMOND

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