

The View

From the Heights of Community Life

January 2026



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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 with Terry
Tues., Wed., Thurs.
9 a.m.–3 p.m.

Nails with Denise
Mondays
10 a.m.–4 p.m.

Hair with Debi
Friday
9 a.m.–3 p.m.

Nails with Mikaela
Wednesday
10 a.m.–4 p.m.

Hairport

Call (425)556-8160

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

Nails with Mikaela
Tuesday
10 a.m.–4 p.m.

Spruce

Call (425)605-3637

Hair with Lauren
Monday
9 a.m.–3 p.m.

Nails with Denise
Tuesday
10 a.m.–4 p.m.

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

PS
SALON & SPA

! Reminders !

- ◇ Furniture Sale will resume normal activity in February
- ◇ Thrift Shop will resume normal activity in February
- ◇ 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](#).



Staff Spotlight

Shining Star Shout-Outs



Shining Star winners are chosen from a pool of nominations 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 November is:
Belay Woldeselam**

Congrats, Belay!

November Nominees:

Belay Woldeselam (x2)
Abbie Tyler
Cindy Corbett
Tara Bell
Andres Valencia
Dominica Carrillo
Villian Mose

Noah Parrington
Mari Ann Jennings
Gabby Bates
Claire Nees
Natalie Swezey
Owen Corddry
Nicole McCarthy
Lillia Calderon

Lindsey Krassin
Josh Nash
Kayla Steilen
Maria Gonzalez
Erika Gomez
Valentin Tuluca
Maria de Carvalho
Tuyen Khuu (x2)

Ken Bonebrake
Jill Jones
Teresa Cooney
Vicky Neil
Heather Cox
Alexandra Clark (x2)

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 November is
Terra Keel, Health Information Coordinator!**

Terra has proven herself time and again to be a true person of Emerald Heights by promoting a culture of teamwork, possibility, and professional excellence; Terra exhibits strength while consistently speaking with positive intent, holding all of us to the highest standards of integrity and excellence; All these qualities makes Terra an ideal candidate to be recognized as with the Golden Spotlight Award;



November Nominees:

Magda Turcios
Maria Malafronte x2
Blanca Escalante
Abbie Tyler
Terra Keel

Congratulations, Terra!



Staff Spotlight

Get to Know: Ron Schaefer

Chief Executive Officer

What is your hometown? We moved a lot growing up, so I don't have a traditional hometown, but I consider the Santa Ynez Valley in California to be my hometown.

What was your first job? A summer day camp counselor at our church, followed by being a Counter Person at Carl's Jr (fast food).

What three words would you use to describe yourself? Approachable, passionate, and musical.

What do you do for fun? Boating, drumming, happy houring, and sometimes video gaming with my sons-in-law and grandson.

Who inspires you? So many people! As a child, Neil Armstrong; in High School, Neil Peart (rock drummer) and JRR Tolkien; as an adult, authors Roger Martin and Seth Godin. Historically, Abraham Lincoln and Winston Churchill.

What do you love about working at EC? It's early days, so I'm sure my love will grow to include many things I don't see yet, but so

far, it's our commitment to providing exceptional experiences and environments for our residents and team members.

What is the focus of your role at EC? My role has two primary focal points. The first is to ensure that the things we are already doing (e.g. Emerald Heights and Heron's Key) are living up to our mission/purpose and brand values. Secondly, it is to develop strategies with our Board and execute on those strategies in order to secure a stable and successful future for the organization.



New On-Call CDL Driver: *Tammy Jackson-Moreau*



Hi everyone! My name is Tammy Jackson-Moreau! I am excited to join this wonderful team in the Transportation Department.

I am originally from New Mexico, but have lived here in the state of Washington for the past 16 years with my husband John Moreau.

I worked for King County Metro as a driver for 12 years. I moved on to work for a Charter company the past four years as a driver, driving passengers from and to the Alaskan Cruise ships in Seattle.

When we have the opportunity we love to travel, go hiking, play on the water, and enjoy spending time with our families and friends!

I am looking forward to working with all of you and being a part of this wonderful community!



Staff Spotlight

Introducing Rhiana Mitchell, new Trips & Events Coordinator



Hi everyone! I'm excited to introduce myself as the new Trips and Events Coordinator starting January 2026. My name is Rhi, and I'm originally from Los Angeles County, California. I studied psychology at Humboldt State University, which shaped a lot of my passion for understanding people, communication, and what brings communities together.

Over the years, I've worn a few different hats—I've worked in Special Education with a focus on autism support, and later as a Federal Family Advocate in Education. Alongside that work, I've spent the last eight years building a portfolio in Film and Event Production. I love anything that

blends creativity, logistics, and the creation of memorable experiences for people.

During the pandemic, I moved to Salem, Oregon, while continuing to split my time in Los Angeles to produce a few films. More recently, life opened a new chapter for me when my partner and I moved to Washington. We were ready for a fresh start, a little more greenery, and a place that felt grounding. And Washington quickly became that for us.

Now, as I join the Emerald Heights community at the start of 2026, I'm genuinely looking forward to getting to know everyone. I'm excited to plan trips and events that help people connect, explore, laugh, and create new memories together. But most of all, I'm grateful for the chance to become part of a community that already feels so warm and welcoming.

I can't wait to meet you all and start this new journey together!

New Year, New Offices

With all the new staff joining us between this year and last, there has been some shuffling to ensure everyone has a space to work. The following staff have relocated offices as of January 2026. Not sure where someone is located? Ask Concierge (425)556-8100 for directions.



Emma Geary
Communications Specialist
Resident Services Suite
Second door on the left



Rhi Mitchell
Trips & Event Coordinator
Lower Lanes
Next to Life Enrichment



Nicole McCarthy
Director of Resident Services
Resident Services Suite
Directly ahead of suite entrance



Jorge Cartagena
Transportation Supervisor
Back in original office
Next to Elevator 3



Natalie Swezey-Hall
Director of EVS
On the D-Building Side of FirView
Skybridge, Second Floor



Marketing Department
All members of marketing are located back in the marketing suite after a period of construction.



Meet Dr. Darrell Hobson, Professor of Religion and Philosophy



Dr. Hobson taught at Northwest University for over forty years. His courses covered a broad range of biblical topics, and biblical languages. Due to changes to personnel and based on coursework in his degree programs, Dr. Hobson was assigned the course, Introduction to Philosophy. This led to further courses in philosophy and a major role in the re-development of the Religion and Philosophy curriculum at Northwest. As a result, Dr. Hobson developed the core curriculum in the History of Philosophy that served as the heart of the program.

Dr. Hobson describes himself as a generalist in philosophy, with a great passion for making philosophy accessible to the non-specialist. He describes his style of presentation as a “conversational lecture”—well structured, factual, but focused on encouraging participants to actively engage in the conversation.

Dr. Hobson will be teaching a new series of philosophy lectures at Emerald Heights starting on January 6. For more information, see page 17.

Share Your Stories with Us!

Each day, Emerald Heights is filled with moments of connection, joy, and community, and we know we cannot always capture every bit of that magic. That is why we have created a new email address where residents and team members can share stories, special moments, and photos: stories@emeraldheights.com.

When you send something in, please include a bit of context and the names of any individuals involved. If you share a photo, be sure to include confirmation that we have permission to use it. Your contributions help us highlight the vibrant life at Emerald Heights, whether in our newsletter, on social media, or in materials for future neighbors.

As we begin a new year, we also encourage you to stay connected with us online:

- ♦ **Facebook:** facebook.com/EmeraldHeightsRedmond
- ♦ **Google Reviews:** To leave a review, click the link [here](#) or open Google and search “Emerald Heights Redmond WA Google Reviews.” Then click **Write a review** on the right-hand panel.

Thank you for helping us tell the story of Emerald Heights!



New Shuffleboard Game in Lower Lanes

If you're looking for a new way to socialize, challenge your neighbors, and sharpen your aim, shuffleboard is the perfect activity. It's a classic, low-impact game that is easy to learn and incredibly fun to master. You can find this beautiful, full-size table and instructions in the Lower Lanes Sun Room. (Take the Chapel elevator down, turn right at the crossroads, follow to the end of the hall). Start a friendly tournament, form a regular group, or just enjoy a casual game whenever the mood strikes.



Channel 1981: *At-Home Recording*

Several residents have inquired about their ability to record at-home programs on Channel 1981 at home. We understand that many of you value the convenience of recording community events, meetings, or special announcements broadcast on this channel. We checked in with our Comcast technical support team to clarify the recording functionality of our system.

Here is what we learned:

Comcast advises that the ability to record content from our dedicated internal channel may have been a temporary, unintended function, and is not a feature the system was built to support. The equipment is designed so that recording should work only on standard broadcast television channels (like your regular network channels).

What This Means Going Forward:

While the technical configuration currently does not permit recording the internal channel, we recognize how useful this feature would be for our residents. We are continuing to consult with Comcast to see if there is any way we can modify the system or implement a solution that would allow for recording on the internal channel in the future.

If and when there are any updates or potential solutions discovered, we will share the news with the community. Thank you for your understanding and for bringing this to our attention.



2025 Community Grants

Emerald Heights gave \$305,000 to local nonprofits in 2025. These gifts went to organizations that do the kind of work we care about: supporting older adults, strengthening our communities, and creating ways for our residents and team members to give back. At Emerald Heights, community outreach is an essential part of our mission. We dedicate our time, talent, and resources to programs that support seniors and the future of aging, strengthen our community, encourage resident and staff volunteerism, and further our broader mission of service. The organizations below were selected because of the impact they have on seniors, families, and neighbors in our region.

2025's charitable recipients:

- ♦ [Medic One](#) – \$40,000
- ♦ [Assistance League of the Eastside](#) – \$30,000
- ♦ [Northwest Harvest](#) – \$30,000
- ♦ [South East Seattle Senior Center](#) – \$25,000
- ♦ Sound Generations [Meals on Wheels](#) and [Community Dining Programs](#) – \$25,000
- ♦ [Cascade PBS](#) – \$20,000
- ♦ [Evergreen Healthcare](#) – \$20,000
- ♦ [Hopelink](#) – \$20,000
- ♦ [Jubilee Reach](#) – \$20,000
- ♦ [Project Access Northwest](#) – \$20,000
- ♦ [Esperanza Apartments](#) – \$15,000
- ♦ [American Parkinson's Association](#) – \$10,000
- ♦ [KUOW](#) – \$10,000
- ♦ [Pacific Media KNKX](#) – \$10,000
- ♦ [Village Theater](#) – \$10,000

Thanks to each of you for the nominations and support!



Resident Handbook Updates



The Resident Handbook for 2026 has been officially updated. You can find the handbook on the Resident Portal by using your personal device or using the easy access computer at the concierge desk. In addition, there is a printed copy in the library. You may also print a copy yourself or request a copy from concierge.

The specific changes made to the Resident Handbook are listed in the Transmittal Document, which is also available in the library and electronically on the Resident Portal.

As a reminder, the 2026 Resident Handbook will go into effect on January 1, 2026. The handbook is designed to help you understand the organization and services of Emerald Heights and to provide policies, procedures, and information designed to build the spirit of community. It contains various topics of importance including emergency information, forms residents use to communicate with administration, descriptions of departments and services offered, and much more. Many resident questions can be answered by the Resident Handbook and the appendices.

Food & Beverage: *Quality Shrimp*



At Emerald Communities, we're committed to sourcing the finest ingredients to create memorable dining experiences.

This month, we're excited to spotlight a new addition we introduced last month: our exceptional shrimp! As advocates for quality, we've partnered with Chef's Warehouse to bring you their premium XW and XT shrimp.

Raised in pristine Southeast Asian ponds without antibiotics, hormones, or chemicals, these shrimps are harvested and flash-frozen within 90 minutes to lock in freshness and deliver a clean, naturally sweet flavor. Each shrimp is precisely sized within a 3-gram range for consistent, perfect cooking. Proudly 4-Star BAP certified—the highest and most rigorous standard in global aquaculture—this is truly the cleanest, highest-quality shrimp available. When you enjoy shrimp at Emerald Communities, you're tasting the very best we can source. That's our promise to you.

—Food & Beverage Department



Recology: *Waste Zero*



We want to share an important update regarding our community's utility services. Effective January 1, 2026, our waste management provider will transition to Recology.

While we are still finalizing the details of this transition, we want to ensure you are informed of the upcoming change. We understand that a new provider often brings questions regarding collection schedules and sorting guidelines.

Our Facilities team is currently working to coordinate an educational presentation with representatives from Recology. We hope to have them on-site soon to introduce their team, explain their processes, and answer any specific questions you may have.

We will share the date and time for this presentation as soon as it is confirmed. Thank you for your patience while we work to make this transition as smooth and informative as possible.

2025 Set-Aside Requirement Has Been Met

Thanks to your participation and support, Emerald Heights has met its required residency goals for the Set Aside program. By consistently maintaining 102 residents who meet specific income qualifications, we secure a property tax exemption from the City of Redmond. The most immediate impact of this tax-free status is our continued ability to keep monthly fees lower for our residents .

While we have met our current needs, the Set Aside program requires us to meet these qualifications consistently each year. Because resident circumstances can change, we are always looking ahead to ensure we remain compliant and protect our community's tax-exempt status.

We encourage you to reach out if you believe you might qualify, especially under the following circumstances:

- **Income Changes:** If you have "spent down" assets over the course of your residency.
- **Household Transitions:** If a couple is separating into two households, such as one partner moving to the Corwin Center.
- **Medical Deductions:** Remember that medical expenses exceeding 3% of your gross income can be used as deductions to help you qualify.

If you have questions or want to see if you qualify, please contact Cindy Leung, Director of Sales and Marketing, at 425-556-8168 or Cindyl@emeraldheights.com.



Atrium Socials

- ◇ **Atrium P3:** Thurs., Jan. 8, 4:00 p.m., Atrium P3
- ◇ **Atrium E:** Tues., Jan. 13, 4:00 p.m., Atrium E



Monthly or Bimonthly Activities

Tuesdays:

Readers..Theatre Group: 1:30 p.m., 1st & 3rd Tues., January 6 & 20, Tahoma Room

Al Interest Group: 2:00 p.m., January 27, Sammamish Room

Wednesdays:

Voices for Vision: 3:00 p.m., 4th Wed. Bimonthly, January 28, Avondale Room

Thursdays:

Uku @ Chorus: 2:00 p.m., This month, January 8 & 22, AL Game Room

EH Quilters: 1:30 p.m., 2nd Thurs., January 8, Creative Arts Studio

The Good Life Book Club: 1:00 p.m., 2nd Thurs., January 8, Sammamish Room

Knitwits: 1:00 p.m., 4th Thurs., January 22, Atrium E

Jazz Appreciation Night: 7:00 p.m., 2nd Thurs., January 8, Avondale Room

Texas Hold'em Poker: 6:30 p.m., 2nd & 4th Thurs., January 8 & 22, Creative Arts Studio



Standing Committee Meetings*

Technology Committee

1st Tues. of the month, January 6, 11:00 a.m., Sammamish Room

Food Services Committee

1st Wed. of the month, January 7, 11:00 a.m., Fireside Dining Room

Building and Grounds Committee

3rd Thurs. of the month, January 15, 9:00 a.m., Board Room

Fund Development Committee

3rd Thurs. of the month, January 15, 3:00 p.m., Tahoma Room

Resident Activities Committee

Quarterly, January 15, 1:00 p.m., Sammamish Room

*All standing committee meetings are open for guests to attend



Weekly Activities

Mondays:

Painters: 9:00 a.m., Creative Arts Studio
Pick@ba@: 1:30 p.m., Departs from Lobby
Dup@ate Bridge: 6:30 p.m., Avondale Room

Tuesdays:

Craft and Connect: 1:00 p.m., Creative Arts Studio
Si@er Singers Rehearsa@: 3:30 p.m., AL Game Room

Wednesdays:

Garden Rai@ad: 10:00 a.m., Creative Arts Studio
Mahjong: 1:00 p.m., Tahoma Room
Cribbage: 2:00 p.m., Atrium P3
Fo@Dance for Everyone: 3:30 p.m., Fitness Studio
Shanghai Rummy: 6:30 p.m., Avondale Room
(Sammamish Room on 1/14)
Pinoch@: 7:00 p.m., Tahoma Room

Thursdays:

Tech He@Hour: 1:00 p.m., Lodge Living Room
(No Session 1/1)

Fridays:

Hand ' Foot Canasta: 2:30 p.m., Tahoma Room
Educab@n for Enjoyment: 3:00 p.m., Avondale &
Sammamish Room (No session 1/2)

Saturdays:

Mexican Train@Easy Cards ' Games: 2:00 p.m.,
Creative Arts Studio

Standing Committee Meetings*

Communications Committee

Quarterly, January 21,
10:30 a.m., Avondale Room

Health and Wellness Committee

4th Tues. of the month, January 27,
10:30 a.m., Avondale Room

*All standing committee
meetings are open for
guests to attend

New Resident Orientations

*All@eetings are in the Tahoma Room
except where noted*

Facilities Orientation

7–10 days after move-in
In Resident Apartment

Health Services Orientation

No session in January

Resident Services Orientation

2nd Wednesday of the month,
January 14, 10:00 a.m.

Dining Services Orientation

3rd Tuesday of the month,
January 20, 10:00 a.m., *Copper ' Hook*

Residents' Association Orientation

3rd Wednesday of the month,
January 21, 10:00 a.m.

Marketing Orientation

4th Tuesday of the month,
January 27, 10:00 a.m.

Accounting Orientation

4th Wednesday of the month,
January 28, 10:00 a.m.

Final Review with Grant Linacre, Executive Director

60 days after move-in



The Corwin/FirView Connection ~ January 2026

Monthly Highlights of Corwin & FirView Activities

Entertainment

- ♦ **Music with Dave & Lynn**
Saturday, January 3, 10:45 a.m.
Great Room
- ♦ **Ukulele Chorus**
Thursday, January 8, 4:00 p.m.
Great Room
- ♦ **[Redacted] & Friends**
Thursday, January 22, 4:00 p.m.
Great Room
- ♦ **Live Music with Honky Tonk Sweethearts,
Wine & Cheese Social**
Friday, January 30, 3:30 p.m.
FirView Activity Room
- ♦ **Jazz Corner**
Every Thursday, 4:00 p.m.
Wild Flower Point

Special Events

- ♦ **Book Club**
Starts Tuesday, January 19 at 2:30 p.m.
FirView Activity Room
We will pass out books to those who wish to participate and set the meeting for the following month. Come and join us on this first meeting to set the tone for your club!
- ♦ **History of Simple Things**
Thursdays at 3:00 p.m.
FirView Activity Room
Each session will offer a couple mini-documentaries on how some of the most simple things in our world came to be. Segments are only about 8 or 9 minutes each and explain something we take for granted every day, such as charcoal or buttons.

Monthly Meetings

- ♦ **Health Services Live Chat**
Wednesday, January 14, 11:00 a.m.
FirView Activity Room
- ♦ **Dining Chat**
Thursday, January 15, 2:00 p.m.
FirView Activity Room
- ♦ **Skilled Nursing Resident Council**
Monday, January 26, 11:00 a.m.
Great Room
- ♦ **Assisted Living Resident Council**
Thursday, January 29, 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*

This month, **January 8, at 10:30 a.m. Tahoma Room.**

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

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

Dermatology: *OnSite Dermatology*

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

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

Mobility Services: *NuMobon*

Services are currently unavailable. We will notify residents when they 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.

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 *Be@nging*—a concept that goes to the heart of what it means to be a strong, caring community. We are committed to ensuring that all residents and staff feel truly welcomed, seen, and comfortable to be themselves.

Our work this year will unfold in four phases across four quarters:

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

Q2: Individual Belonging—Recognizing the unique value of each person

Q3: Community Belonging—Strengthen social connections and reduce isolation

Q4: Cultural Belonging—Honor and explore the diverse life experiences in this community

Fostering Belonging: This Month's Activities

◆ **Table Talks: *Beginning Conversations on Be@nging* — Page 21**

Wednesday, January 21 at 3:00 p.m. in the Emerald Room

◆ **Turning Page Book Club: *Be@nging by be@books* — Page 22**

Thursday, January 29 at 1:00 p.m. in the Tahoma Room

◆ **Northwest African American Museum: *Docent Tour* — Page 25**

Departs to Seattle on Friday, January 23 at 10:15 a.m.



Throughout this newsletter any event, meeting, or presentation marked with this symbol is specifically related to our theme of *be@nging*. 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: Beginning Conversations on Belonging



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

January Questions:

1. How would you describe the feeling of belonging?
2. Where do you most feel you belong?
3. How do you actively create a sense of belonging for others?
4. Are you the same person in every group, or do you adjust your behavior to belong in different places and with different people?



Table Talks will occur on Thursday, January 22 at 3:00 p.m. in the Emerald Room.

Religious Services and Support Groups

Mondays:

Bible Study: 1st and 3rd Mondays, January 5 & 19, 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

Fridays:

Catholic Communion Service: 10:00 a.m. in the Avondale Room. Mass on January 23 (Emerald Room on 1/2)

Episcopal Service and Communion with Fr. McLaurin: Fourth Friday of the month, January 23, 11:00 a.m. in the Chapel

Sundays:

BelPres Church Livestream: 11:00 a.m. in the Sammamish/Avondale rooms, FirView Activity Room (Emerald Room on 1/4)

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.

Support Groups

Questions? Contact Chaplain John Waltner at (425)556-8140

Alzheimer's/Dementia Caregiver Support

Tuesday, January 6

1:00 p.m. in the Sammamish Room

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

Memory Matters

Wednesday, January 7

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, January 19

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 other women to share support and encouragement.

Parkinson's Support

Wednesday, January 21

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, January 28

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

Sweety's Painting Class

Friday, January 2

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.



Vicky Neil's Retirement Send-Off

Monday, January 5

1:30 p.m. in the Emerald Room

Staff and residents alike can gather to wish happy retirement and bittersweet bon-voyage to the queen of decorating, maven of bingo, diva of details, and oh yes Trips & Events Coordinator, Vicky Neil. No gifts please—just the pleasure of your company!



Explorations in Philosophy: Dr. Darrell Hobson Presents

West Meets East and a Brief Tour of Asia

Tuesday, January 6 & 20

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. Participants are encouraged to engage and reflect, gaining new perspectives.

Readers' Theatre Group

Tuesdays, January 6 & 20

1:30 p.m. in the Tahoma Room

Readers Theater will be reading "Ripcord". The play tells the story of two older women who are forced to share a room in an assisted living facility. They make a bet to get rid of each other that lead to pranks and ultimately teaches them about life and finding connections.

Reflections of Our Lives: Writing Circles

Wednesdays, January 7 & 28 (No session on 1/14 or 1/21)

& Wednesdays, February 4, 11, 18, & 25

Class A:

9:30 a.m. – 10:30 a.m.

Class B:

11:00 a.m. – 12:00 p.m.

in the Avondale Room

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

In this six-session series, you will explore your life stories through fun and engaging prompts with the use of your five senses in a supportive atmosphere. Nina encourages and empowers you to enjoy writing and sharing personal life experiences.



Lunch and Learn: *Assisted Living*

Wednesday, January 7

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

My Life and Wishes: *The Missing Piece to a Complete Estate Plan*™

Wednesday, January 7

2:00 p.m. in the Emerald Room

Would your loved ones know how to access your financial accounts, important documents, and digital information if something happened to you? This presentation introduces The Legacy Vault, a tool designed to organize key details and ensure your wishes are clearly documented.



Folk Dance for Everyone

Wednesdays, January 7, 14, 21, & 28

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.

The Good Life Book Club: *James* by Percival Everett

Thursday, January 8

1:00 p.m. in the Sammamish Room

Our January book both interrogates and honors *Huckleberry Finn*, from the perspective of Jim. Everett's book is popular, clever, and full of righteous rage. His book is said by many to be a must read. Books are selected by club members. Our February book is *An Unfinished Love Story*, by Doris Kearns Goodwin.



Tech Help Hour

Thursdays, January 8, 15, 22, & 29 (No session 1/1)

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

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

Focus on Fitness: *Benefits of Exercise During Cancer ' Treatment*

Thursday, January 8

2:00 p.m. in the Emerald Room

Fitness Specialist Katharine Manter will explain what cancer is, how exercise can reduce risk and combat treatment-related fatigue, and support post-treatment recovery. She'll also cover exercise precautions during treatment and what an exercise prescription entails.



Residents' Council Study Session

Thursday, January 8

2:30 p.m. in the Board Room

Discuss 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.

Grant's Live Chat

Friday, January 9

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, January 9, 16, 23, & 30 (No session 1/2)

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

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

KCLS Library To Go

Tuesday, January 13

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.

Residents' Council Meeting

Tuesday, January 13

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

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



Meet and Greet: Rhiana Mitchell *Our New Trips' Events Coordinator*

Wednesday, January 14

10:00 a.m. in the Sammamish Room

Come for a cookie and coffee and give Rhiana an Emerald Heights welcome! With a new year, we start off with a new leader who will find adventures, speakers, entertainers, and social opportunities for us to enjoy.

Darlene's Artistic Haven: Pottery Bears Theme

Thursday, January 15

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

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

Open to all skill levels, and all supplies are provided so you leave with a finished piece.



Bible Study: Austin Ashenbrenner presents *Lives of Worship*

Thursdays, January 15, 22, & 29 (No Session on 1/1 and 1/8)

10:30 a.m. in the Sammamish Room

Austin Ashenbrenner, pastor of Redmond Presbyterian Church takes us into the new year with Lives of Worship. Romans 12 calls us to let our lives be an act of worship to God. We'll explore Romans 12 and additional passages of scripture to consider what it means to let our lives be a response to God's goodness and grace.

January Birthday Celebration: *Rear View Mirror*

Friday, January 16

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

Celebrate January birthdays with a rockin' show featuring music from the 60s to 80s. The resident MC will announce January birthdays, and a sweet treat will be served.

Virtual Reality Experience

Monday, January 19

10:30 a.m. in the Sammamish Room

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

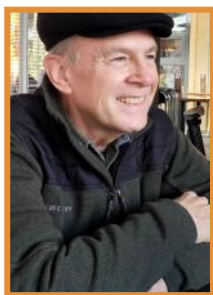
Explore new places and experiences from the comfort of your chair with Virtual Reality goggles that offer a 360° "being there" feel.

Readers' Theatre: *Spring Play Auditions*

Monday, January 19

1:00 p.m. in the Avondale Room and 6:00 p.m. in the Emerald Room

Readers' Theater will hold auditions for a spring play directed by Karen Nelson, with performances scheduled for March 9 and March 13. Contact [Redacted] with questions or if you're unable to attend either audition.



The Life and Music of George Gershwin: A Multimedia

Lecture and Live Performance by Dr. David Lee Joyner

Monday, January 19

2:00 p.m. in the Emerald Room

Dr. Joyner presents a lively, multimedia exploration of the life and music of George Gershwin, featuring live vocals and piano.

Your Clothing Solution

Wednesday, January 21

11:00 a.m.–2:00 p.m. in the Emerald Room

Shop for a fresh accessory or sweater at Your Clothing Solution, a traveling clothing boutique in the Emerald Room. Browse spring blouses, pants, jackets, and jewelry. Visa and MasterCard accepted.



The Forest Stewards: Speaker Tom O'Keefe presents *Three Rivers? Three Fates—Lessons from the Yangtze, Frank(10), and Klamath*

Wednesday, January 21

7:00 p.m. in the Emerald Room

Join kayaker Thomas O'Keefe for a presentation on global river conservation, featuring firsthand stories from the Yangtze, Franklin, and Klamath rivers. Through these journeys, he explores what was lost, saved, and restored, highlighting the impact of conservation.



Table Talks: Beginning Conversations on Belonging

Friday, January 22

3:00 p.m. in the Emerald Room

Come take a seat at Table Talks, where we will center our conversations on our understanding of *be@nging*. Table groups are assigned at random, to connect you with new neighbors and perspectives. Enjoy snacks while engaging in dialogue. This is a welcoming space to spark conversations about important topics as we navigate an everchanging world.

Thrift Shop Collection

Monday, January 26

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

Happy 2026 to all! Donation Days are resuming on the last Monday of each month. And please remember: If you wouldn't re-home your items to a loved one, don't bring them to us.



Shelly Glennon, Grief Educator: From Loss to Healing

Wednesday, January 28

2:00 p.m. in the Emerald Room

Grief is a universal experience, yet many feel isolated when navigating it. Shelly shares her personal journey after losing her husband and offers insight into why grief must be felt, not avoided, along with simple tools to support healing and compassion for yourself or others.



Voices for Vision

Wednesday, January 28

3:00 p.m. in the Avondale Room

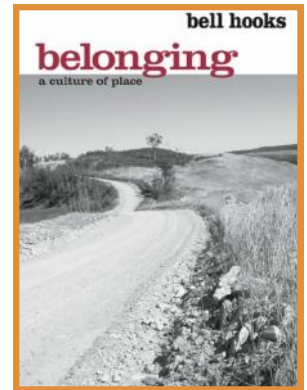
Residents experiencing changes in vision are invited to share tips, tools, and resources for staying independent and engaged in daily life. This peer-led discussion offers a chance to learn from one another and exchange practical strategies.

 **Turning Page Book Club: *Belonging: A Culture of Place* by bell hooks**

Thursday, January 29

1:00 p.m. in the Tahoma Room

What does it mean to call place home? Who is allowed to become a member of a community? When can we say that we truly belong? These are some of the questions of place and belonging that cultural critic bell hooks examines in her book. *Belonging* charts a cyclical journey in which hooks moves from place to place, from country to city and back again, only to end where she began—her old Kentucky home. With characteristic insight and honesty, *Belonging* offers a remarkable vision of a world where all people—wherever they may call home—can live fully and well, where everyone can belong.



To Catch a Phish: Phishing Presentation and Workshop

Thursday, January 29

2:00 p.m. in the Emerald Room

Register on the Portal [Here](#); Limit: 40

In collaboration with the Technology Committee and the Emerald Heights IT department, Emma Geary will go over the tell-tale signs of a phishing scam, how to handle it, and what to do if you fall victim to one. Afterwards, residents can participate in a workshop to practice catching and handling different phishes.



Social Hour: Last Friday of the Month

Friday, January 30

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

Anything Goes: ~~Talent~~ Recruitment

Monday, February 16

3:00 p.m. in the Pavilion

Register on the Portal [Here](#); Limit: Dependent on time constraints

The next “Anything Goes” Talent Show has a new twist—staff are encouraged to participate alongside residents. Acts may be solo or group performances; collaboration encouraged. From skits to music to poetry—anything goes! Contact [Redacted] with questions. There will be another show in May.

Simple guidelines for your act: 1.) Must be 8-minutes or less
2.) No AI

3.) No vulgarity or obscenities
4.) No politics

Career Day: Recruitment

Monday, March 16

1:00 p.m. in the Emerald Room

Register on the Portal [Here](#)

As part of our Belonging Initiative, we will be hosting a “Career Day” to celebrate the many paths and contributions of our community members. From executive leadership to homemaking, every life experience plays a meaningful role in shaping who we are and how we connect with one another. We are seeking volunteers to serve as presenters. By sharing your professional and life journey, you can help highlight how our varied experiences enrich our community and how those experiences have influenced your involvement at Emerald Heights—whether through volunteerism, social connections, or community engagement.

Please contact Kaitlynd Hewitt, Administrative Services Manager, at 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 January 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: *Recreabona*

Register on the Portal [Here](#)

Mondays, January 5, 12, 19, & 26
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 day prior
Limit: 14

Pickleball continues on Mondays. New players welcome.

Redmond High School: *Golden Hour Games*

Register on the Portal [Here](#)

Wednesday, January 7
Location: Redmond High School
Departure Time: 4:00 p.m.
Estimated Return Time: 6:15 p.m.

Cost: Free
Transportation: Free
Cancellation Deadline: Mon., January 5
Limit: 30

Redmond High School's Student Leadership class invites you to Golden Hour Games, a community game night for senior adults from 4:00–6:00 p.m. in the Redmond High School cafeteria. Enjoy games, bingo with prizes, crafts, a photo booth, and snacks, with bilingual students available to assist and help foster fun and new friendships.



Lunch Bunch: *Ixtapa Redmond Ridge*

Register on the Portal [Here](#)

Friday, January 16
Location: Redmond
Departure Time: 1:00 p.m.
Estimated Return Time: 3:30 p.m.

Cost: Lunch on your own
Transportation: Free
Cancellation Deadline: Wed., January 14
Limit: 14

Enjoy the bold, authentic flavors of Ixtapa Mexican Restaurant, featuring traditional favorites and modern dishes made with fresh ingredients.



Ballard Elks Club: *Ain't No Heaven Seven Jazz Band* Register on the Portal [Here](#)

Sunday, January 18
Location: Ballard
Departure Time: 12:15 p.m.
Estimated Return Time: 4:30 p.m.

Cost: \$20.00 cash cover charge, food/ beverage on own + staff costs
Transportation: \$13.45
Cancellation Deadline: Wed., January 14
Limit: 14

Jazz Lovers are up for a great afternoon of music, merriment, and lunch.





Snoqualmie Casino

Register on the Portal [Here](#)

Monday, January 19

Location: Snoqualmie

Departure Time: 9:30 a.m.

Estimated Return Time: 3:00 p.m.

Cost: All costs on own

Transportation: \$16.50

Cancellation Deadline: Fri., January 16

Limit: 9

Visit Snoqualmie Casino, featuring 1,700 slot machines and 59 gaming tables.



Northwest African American Museum

Register on the Portal [Here](#)

Docent Tour

Friday, January 23

Location: Seattle

Departure Time: 10:15 a.m.

Estimated Return Time: 1:30 p.m.

Cost: \$10.35–\$16.00 (entrance fee + docent fee divided among attendees) + staff costs

Transportation: \$13.00

Cancellation Deadline: Tues., January 20

Limit: 17

The Northwest African American Museum is a gathering place of hope, help, and healing for the entire Northwest region that is building intergenerational cultural wealth. To tell this story, the Museum's exhibitions and programs feature the visual arts, music, crafts, literature, and history of African Americans in the Northwest. NAAM focuses on African Americans whose route to the new world was through slavery as well as recent immigrants arriving from places such as Somalia, Sudan, and Ethiopia. We will have an 11:00 a.m. docent-led tour with time following to linger and absorb the vision of the museum.

Lunch at a Local Pub: Redmond's Bar 'n' Grill

Register on the Portal [Here](#)

Friday, January 30

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., January 28

Limit: 17

Redmond's Bar & Grill, located in the heart of downtown Redmond, has served classic and modern dishes by Chef Chris Nelson since 2011. Guests can also enjoy a full bar, craft cocktails, and 24 beers on tap featuring many local brews.



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

Be@vue Fred Meyer ' Safeway?Bank of
America?U.S. Bank ' Washington Federa⑉

Friday Grocery Shopping

Departure: 10:00 a.m.

Estimated Return: Noon

QFC?both new ' o⑉Trader Joe\$?CVS at Be⑉
Bottega?We⑉Fargo?Chase Bank?Bank of
Washington ' Co⑉mbia Bank

Costco Shopping Trip

Wednesday, January 7

Departure: 2:00 p.m.

Estimated Return: 3:45 p.m.

Register on the Portal [Here](#)

Limit 12

Costco Shopping Trip

Wednesday, January 21

Departure: 2:00 p.m.

Estimated Return: 3:45 p.m.

Register on the Portal [Here](#)

Limit 12

Be@vue Square Shopping Trip

Monday, January 12

Departure: 1:00 p.m.

Estimated Return: 4:00 p.m.

Register on the Portal [Here](#)

Limit 9

Totem Lake Shopping Trip

Friday, January 23

Departure: 1:00 p.m.

Estimated Return: 4:00 p.m.

Register on the Portal [Here](#)

Limit 12

PCCShopping Trip

Wednesday, January 14

Departure: 2:00 p.m.

Estimated Return: 3:30 p.m.

Register on the Portal [Here](#)

Limit 9

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



