

The View

*From the Heights of
Community Life*



March 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 by Terry
Tues., Wed., Thurs.
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 Lauren
Thursday
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: Jehyun Sung on Unsplash, taken at Mt. Rainier National Park



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 January is:
Rene Perez, Janitor**

Congrats, Rene!

January Nominees:

Hung Dinh
Jose Sanchez
Noah Parrington (x2)
Man Luong

Mari-Ann Jennings
Erika Gomez
Jose Sanchez
Tyler Grasser (x2)
Tuyen Khuu (x2)

Marty Banel
Rhi Mitchell
Thabitha Swisher
Oahn Nguyen
Ken Bonebrake (x2)

Cindy Corbett
Natalie Swezey
Mama Vu
Rudo Masarakufa

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 January is
Lyubov Kushner, NAC!**

Lyubov was nominated by her supervisor: *I had family comment on how wonderful Lyubov was.... Lyubov could see that the family was struggling to care for their loved one. Lyubov let the family member know that she was there and could help them. Lyubov told the family member "it's my job to take care of your loved one" and ... assured the family "we are here to take care of your loved one, this is what we do". Family felt the sincerity and wanted to be sure Lyubov was appreciated...for her kindness and care of their loved one. Lyubov has been at EH for many years and when asked to help, Lyubov is the first to step in without hesitation. Lyubov is one of the most hard working NAC's and always has a positive attitude.*

Congratulations, Lyubov!



January Nominees:

Ashley Horsefield
Wanda Bynum
Lydia Gabreel
Erika Castillo
Bernadette Kamari



Staff Spotlight

Get to Know: Craig Comfort

Assistant Controller



What is your hometown? Born in Portland, Oregon, and then lived in Renton for almost my entire childhood.

What was your first job? I was a children's sports referee for the parks department. Refereed flag football, basketball, and baseball.

What three words would you use to describe yourself?

Diligent, resourceful, determined.



What do you do for fun? Games, reading, puzzles, and spending time with my wife and our two cats.

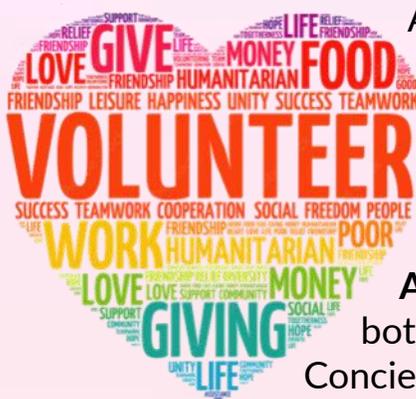
Who inspires you? My wife. I'm very lucky to have such a strong and dedicated partner. So much of my success has come from her support.

What do you love about working at EC? I'm very fortunate to be part of a great group of individuals who work to support meaningful lives for our residents. I see that the success in our work benefits so many people, and I'm happy to be able to play a small part in all of that.

What is the focus of your role at EC? I lead our great front-line Accounting staff, from everything to billing and paying our vendors and staff. I help ensure our day to day operations function smoothly so our communities can run smoothly.

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.



Partner Feature: *Finales Bakery (Lynnwood, WA)*



Emerald Communities is proud to highlight one of our newest local partners, Finales Bakery in Lynnwood, Washington. Their handcrafted baked goods are now featured on a rotating basis in both Cascades and our main dining rooms, and resident feedback has been overwhelmingly positive.

Finales specializes in small-batch artisan breads, signature bars and coffee cakes, and premium cheesecakes. Their commitment to premium ingredients and quality craftsmanship aligns closely with our food philosophy.

This partnership reflects our continued focus on sourcing from local producers who elevate the resident dining experience while supporting the Pacific Northwest artisan community. If you would like a tasting arranged or more information on how this partnership is performing, please let us know.

Best regards,
Your Food and Beverage Dept

Pets on the Natural Trail

We all share a deep appreciation for the beauty and tranquility that our nature trail offers. However, it has come to our attention that some pet owners might not be fully aware of the importance of keeping their dogs leashed during their adventures on our trail or picking up after their furry companions.

While we understand the joy of allowing our furry friends to roam freely and explore the great outdoors, it is crucial to consider the impact this can have on the environment, wildlife, and other trail users. Additionally, the guidelines for pet ownership on campus are clearly outlined in Appendix M of the Resident Handbook.

Pets must be leashed and under control at all times when outside the apartment and all animal waste is to be picked up and disposed of. Following these rules on the Nature Trail is crucial to the health and wellbeing of the trail, wildlife, and fellow residents that may be uncomfortable or fearful of unknown pets. Your cooperation ensures that everyone can enjoy the outdoors in a safe and harmonious manner.



Better Together: Building Our Support Ecosystem



While the acute stages of the COVID-19 pandemic may feel like a chapter from the past, the "long shadow" of those years of isolation is still being felt by many. At Emerald Heights, we see this not as a cause for alarm, but as an opportunity to lead the way in how we care for one another.

A National Trend Toward Awareness

A 2024 report highlighted by AARP shows a significant shift in how we approach mental well-being. By analyzing billions of healthcare records, researchers found that more older adults than ever are proactively seeking support. In fact, there was a 57.4% increase in mental health diagnoses for those age 65 and older between 2019 and 2023 (Agnvall, 2024).

This trend suggests that we are finally breaking the stigma. Mental health is just as vital as physical health, yet symptoms are often dismissed as "just a part of aging." They are not. According to the National Institute of Mental Health, it's important to stay mindful of:

- **Anxiety Signs:** Feeling "on-edge," persistent worry, difficulty concentrating, or sleep disturbances.
- **Depression Signs:** Lasting "empty" moods, a loss of interest in favorite hobbies, or feelings of hopelessness.

Our Community: A Growing "Ecosystem" of Support

To Resident Services, belonging means more than just sharing a campus; it means ensuring members of our community feel seen and supported.

With that in mind, we are currently reviewing our programs to ensure they form a proactive "ecosystem" of support. We want to make sure our programming evolves alongside your needs, but we aren't building this in a vacuum—we are building it with you.

In the coming months, I'll be reaching out to ask for your perspective. My goal is to ensure our programming isn't just something we offer, but something we build with you to ensure it truly reflects the resources and connections that matter most to our community.

Nicole McCarthy, Director of Resident Services

References

Agnvall, E. (2024, April 30). Older adults see biggest spike in mental health diagnoses. AARP. <https://www.aarp.org/health/healthy-living/info-2024/mental-health-diagnoses-spike.html>



Atrium Socials

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

- ◇ **Atrium E:** Tuesday, March 10
- ◇ **Atrium P3:** Thursday, March 12



Monthly or Bimonthly Activities

Mondays:

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

The Bonsai Group: 10:00 a.m., 3rd Mon., March 16, Sammamish Room

Tuesdays:

Readers' Theatre Group: 1:30 p.m., 3rd Tues. only this month, March 17, Tahoma Room

Al Interest Group: 2:00 p.m., 4th Tues. bimonthly, March 24, Avondale Room

Wednesdays:

Voices for Vision: 3:00 p.m., 4th Wed., March 25, Avondale Room

Thursdays:

Ukulele Chorus: 2:30 p.m., 1st & 3rd Thurs., March 5 & 19, Avondale Room

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

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

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

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

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

Standing Committee Meetings*

Technology Committee

No Meeting in March

Fitness and Sports Committee

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

Food Services Committee

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

Building and Grounds Committee

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

Fund Development Committee

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

Health and Wellness Committee

4th Tues. of the month, March 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: 1:45 p.m., Departs from Lobby
Duplicate Bridge: 6:30 p.m., Avondale & Sammamish Rooms (Tahoma Room on 3/16)

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 (no meeting 3/4)
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,
March 5, 2:00 p.m.

Resident Services Orientation

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

Dining Services Orientation

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

Residents' Association Orientation

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

Marketing Orientation

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

Accounting Orientation

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

Final Review with Grant Linacre,

Executive Director

60 days after move-in



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

Entertainment

- ◆ **Music with Dave & Lynn**
Saturday, March 7, 10:45 a.m.
Great Room
- ◆ **Ukulele Chorus**
Thursday, March 12, 2:00 p.m.
Great Room
- ◆ **[Redacted] & Friends**
Thursday, March 19, 4:00 p.m.
Great Room
- ◆ **Live Music with Bob Cerelli,
Wine & Cheese Social**
Friday, March 20, 3:30 p.m.
FirView Activity Room
- ◆ **Jazz Corner**
Every Thursday, 4:00 p.m.
Wild Flower Point
(Not on 3/19)

Special Events

- ◆ **Letters of Light: Redmond High Pen Pals**
Thursday, March 12
3:30 p.m. in the FirView Activity Room
- ◆ **Scottish Bagpiper: Neil Hubbard**
Monday, March 16
1:00 p.m. in the Pavilion &
Channel 1981
- ◆ **Performance: Tara Academy of Irish Dance**
Monday, March 16
6:00 p.m. in the Pavilion &
Channel 1981



Monthly Meetings

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

Providers of Clinical Services

Located Off-Campus

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

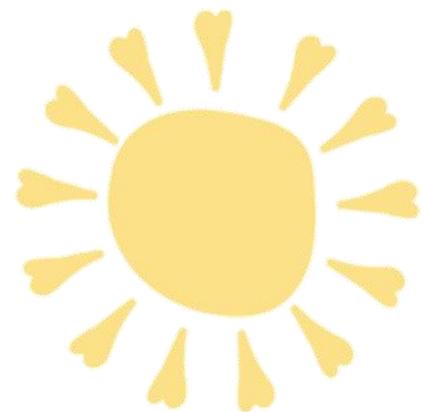
Podiatry Services: Podiatry Associates
NW (206)420-3119
<https://www.podiatryassociatesnw.com>

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.

Our project 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

This Month's Activities:

- ◆ **Community Art Project: All About Me Mosaics – Page 21**
Friday, March 20 at 1:00 p.m. in the Emerald Room
- ◆ **Table Talks: *Belonging After Retirement* – Page 22**
Thursday, March 26 at 3:00 p.m. in the Emerald Room

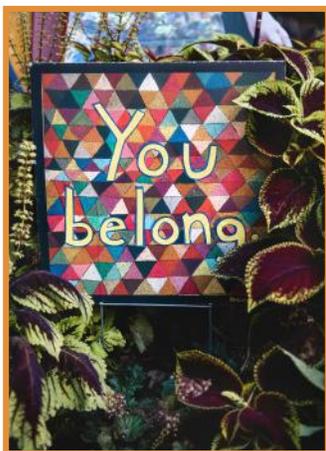


Throughout this newsletter any event, meeting, or presentation marked with this symbol is specifically related to our theme of *belonging*. These are great opportunities to connect, share your story, and help us strengthen our community ties.

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!



March Questions:

1. If you have stepped away from your primary life's work—whether a paid career, volunteering, or homemaking—how has retirement changed the way you view your skills, identity, or sense of purpose?
2. Do you miss certain aspects of the work you've done, such as mentoring, problem-solving, or teamwork?
3. What types of activities help you feel engaged and connected rather than simply busy?
4. What do you hope others here understand about the work you did in your life—at home, in your career, or in service to others?



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

Religious Services and Support Groups

Mondays:

Bible Study: 1st and 3rd Mondays, March 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

Fridays:

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

Episcopal Service and Communion with Fr. McLaurin: Fourth Friday of the month, March 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

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, March 3

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, March 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, March 16

1:00 p.m. in the Chapel

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, March 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, March 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

Registration
Open Now!

SilverKite Community Arts: Intergenerational Activity

Part 1: Meet & Greet Eastside Catholic High School Students

Monday, March 2

9:30 a.m. in the Emerald Room

Register on the Portal [Here](#) (You will be registered for both sessions)

NOTE: To participate, you need to be able to attend both sessions.

Cancellation Deadline: Sunday, March 1

Limit: 11

A Silverkite Representative will introduce the program's goals of fostering communication and empathy between generations. Chat with Eastside Catholic students.

Part 2: Field Trip to Eastside Catholic High School

Thursday, March 26

Depart: 12:30 p.m. Return Time: 5:00 p.m.

Cost: Free Transportation: \$6.40

Reunite with the high school students you met, as they present you with a handmade Memory Box, reflecting the life adventures you shared during the meet and greet.



Explorations in Philosophy: Dr. Darrell Hobson Presents

West Meets East and a Brief Tour of Asia

Tuesdays, March 3 & 17

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.

Con Brio Treble Choir Performance

Tuesday, March 3

7:30 p.m. in the Emerald Room

Welcome the Con Brio Treble Choir, from the Columbia Choirs of Metropolitan Seattle, for a delightful evening of music. Known for their expressive harmonies and uplifting repertoire, this talented ensemble brings warmth, artistry, and joy to every performance. We invite all to come, relax, and enjoy a beautiful musical experience in the comfort of our community.



Reflections of Our Lives: Writing Classes

Wednesdays, March 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 four-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, March 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

Bingo: Oscars Theme

Wednesday, March 4

1:00 p.m. in the Emerald Room

Enjoy a glamorous afternoon of Oscar-themed Bingo as we celebrate awards season in true Hollywood style. Whether you're a classic film fan or just feeling lucky, come enjoy the fun, prizes, and a touch of red-carpet sparkle.

Folk Dance for Everyone

Wednesdays, March 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.

Bible Study: Jeff Reed presents “New Creation”

Thursday, March 5

10:30 a.m. in the Sammamish 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, March 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, March 5—Saturday, March 7

Variable times (see schedule on right)

Furniture Room on 4th Floor

All sales are final, no returns.

Schedule:

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

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

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

Residents' Council Study Session

Thursday, March 5

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.

Thrift Shop

Friday, March 6

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

Grant's Live Chat

Friday, March 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: *Understanding the Marvels of Medieval Tech*

Fridays, March 6, 13, 20, & 27

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

Engineering educator Stephen Ressler explores these breakthroughs in farming, architecture, warfare, transportation, and learning using demonstrations and 3D models.

David Leong's Northwest Kung Fu: *Lion Dance Performance*

Saturday, March 7

2:30 p.m. in the Pavilion

David Leong's Northwest Kung Fu presents a traditional Chinese Lion Dance performance in celebration of the Lunar New Year of the Horse. Conducted by his kung fu students, the performance symbolizes good fortune, strength, and prosperity for the year.

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

The troupe at Emerald Heights' Readers Theater can't decide what to do for their spring 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? Written by residents [Redacted] and [Redacted]. Directed by Karen Nelson, the director of the Holiday Gala.



KCLS Library To Go

Tuesday, March 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.

Sweety's Painting Class

Tuesday, March 10

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.

Residents' Council Meeting

Tuesday, March 10

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

Meet our new neighbors, recognize our milestone residents, and hear Administration reports.

Emerald Heights Garden Railroad: Information Session

Wednesday, March 11

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

Learn about volunteer positions in the Railroad, including driving trains, gardening, engineering, tinkering, and having fun. The Railroad's first run of the year is on Easter (April 5). Open to all residents.



Bible Study: Austin Ashenbrenner presents "Walking with God"

Thursdays, March 12, 19, & 26

10:30 a.m. in the Sammamish Room

During Lent we follow Jesus as he walked throughout his ministry and traveled ultimately toward Jerusalem and the cross. We'll explore how Jesus' ministry of walking from place to place taught us a great deal about God's love that pursues us and continues to teach how we ought to walk through this world.



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

Thursday, March 12

1:00 p.m. in the Avondale Room

Our March book is *To Kill a Mockingbird* by Harper Lee, followed later by the Oscar winning film starring Gregory Peck. The book (March 12) and film are classic explorations of a wrongly accused Black man in the segregated South. Our April book is Alexander Solzhenitsyn's *One Day in the Life of Ivan Denisovich*. Books are selected by club members.

Focus on Fitness: Hikes and Walks for the Season

Thursday, March 12

2:00 p.m. in the Emerald Room

The Fitness Team will present all the destinations, dates, and pertinent information for our upcoming season of hikes and walks. A handout will be provided and we can answer any questions you may have.

DPOA: Choice Versus Chance

Friday, March 13

10:00 a.m. in the Emerald Room

This Friday the 13th, leave chance behind and embrace your opportunity to make informed choices for your future. Learn why you should have power of attorney in place, understand some of the choices you have when crafting them, and experience the peace of mind which comes from knowing you won't have to deal with this amid unforeseen crises.

The Bonsai Group

Monday, March 16

10:00 a.m. in the Sammamish Room

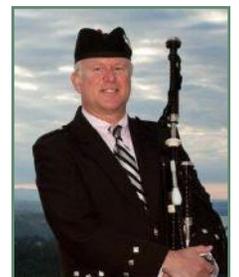
The Bonsai Group members will have a workshop to fashion recently selected plants by pruning, shaping, wiring, and top dressing their new materials. If you have an interest in seeing how it's done, please join us!

Scottish Bagpiper: Neil Hubbard

Monday, March 16

1:00 p.m. in the Pavilion

Bagpiper Neil Hubbard has been providing high quality bagpipe performances in Seattle since 1990.



Performance: Tara Academy of Irish Dance

Monday, March 16

6:00 p.m. in the Pavilion

Founded in 1994 by Julie Raney and Sara Raney Williams, the academy has achieved competitive and performance success locally and internationally.



Readers' Theatre Group

Tuesday, March 17

1:30 p.m. in the Tahoma Room

We will be reading *The Play That Goes Wrong* by Henry Lewis, Jonathan Sayer and Henry Shields. We follow a performance of a murder mystery, where the ill-fated theatre company encounters numerous mishaps.

Friendly Neighbors

Wednesday, March 18

10:30 a.m. in the Sammamish Room

Join the Friendly Neighbors volunteers to learn about upcoming opportunities to escort Corwin residents to events in the Emerald Room or to participate in interesting activities taking place in Corwin and FirView.

Emerald Heights Garden Railroad: "How to Run a Railroad" Seminar

Wednesday, March 18

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

This short seminar will include an introduction to all the moving parts that makes the Garden Railroad an Emerald Heights highlight. Open to all residents.

Karaoke Crooning: Keep the Irish Eyes Smiling!

Wednesday, March 18

3:00 p.m. in Copper & Hook

Whether you're feeling lucky, a little mischievous, or simply inspired by a good Irish tune, this is your chance to sing your heart out. Come sing a classic Irish tune, others from a playlist, or one of your favorites. Grab the mic and let the luck of the Irish carry a tune or two! Sláinte!

Spring Evening of Remembrance

Wednesday, March 18

7:00 p.m. in the Emerald Room & Channel 1981

Reflect on the seasons of life as we honor community members lost during Autumn and Winter. Remember and celebrate those who have been a cherished part of Emerald Heights.



Kruse's Exploration of Antarctica by Kayak

Thursday, March 19

7:00 p.m. in the Emerald Room

Emerald Heights resident couple [Redacted] and [Redacted] share photos and stories from their kayaking adventure in Antarctica. Hear what it was like to paddle among towering icebergs, penguins, and icy landscapes in one of the most remote places on Earth.



Virtual Reality Experience

Friday, March 20

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.

Community Art Project: All About Me Mosaics

Friday, March 20

1:00 p.m. in the Emerald Room

Residents are invited to create abstract, person-shaped collages that represent what makes them unique—their interests, experiences, values, and passions. These self-portraits focus on identity beyond appearance. Finished collages will be displayed on the gallery wall through April. Supplies provided but feel free to bring your own, if desired.



March Birthday Celebration: Puyallup Valley Brass

Friday, March 20

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

Celebrate our March birthdays with Puyallup Valley Brass and a birthday treat.



Darlene's Artistic Haven: Spring Theme

Tuesday, March 24

11:00 a.m. in the Creative Arts Studio

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

Open to all skill levels. Supplies will be provided so you leave with a finished piece.



TheKey: The Gift of Friendship: Why Social Circles Matter More as We Age

Wednesday, March 25

2:00 p.m. in the Emerald Room

Discover why relationships are one of the strongest predictors of longevity and emotional well-being. Learn to maintain and rebuild connections through mobility and health changes.

Voices for Vision: Speaker Dana Marmion presents “Let Your Smartphone do the Looking”

Wednesday, March 25

3:00 p.m. in the Avondale Room

Dana Marmion, a retired Bellevue resident who has been legally blind for the past 40 years, still lives at home, cooks and cleans, and walks her dog around the neighborhood. She does all of this with help from some free smartphone apps that can read text and recognize objects in the environment. She'll demonstrate how the apps work and show some of the other devices that assist her.

Table Talks: Belonging After Retirement

Thursday, March 26

3:00 p.m. in the Emerald Room

Take a seat at Table Talks, where we'll center our conversations on the way retirement affects one's feeling of belonging. 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 a changing world.

Social Hour: Last Friday of the Month

Friday, March 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.



Thrift Shop Collection

Monday, March 30

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



What's Happening: Coming Attractions

Jukebox Jam: Top Hits Through the Decades Party

Monday, April 6

2:00-4:00 p.m. in the Pavilion

Picture yourself in a 50s diner listening to Top Hits from a jukebox, socializing, watching, singing along, or dancing. Includes five performances and Alex Clark as MC.

Jewish Passover Seder Meal

Tuesday, April 7

3:45 p.m. in the Fireside Dining Room

Register on the Portal [Here](#); Limit: 28; Cost: \$15

The primary ritual of Passover is a festive meal at which the story is recounted and foods symbolic of the various elements of the story are eaten around the table. The Seder will be facilitated by our Jewish neighbors at Emerald Heights. This event is limited to residents only. *If you are signed up but do not plan to attend, please cancel before March 31 to avoid incurring the registration fee of \$15.*

Rise and Dine Brunch: A Morning with KUOW

Wednesday, April 22

10:00 a.m. in the Pavilion

Registration opens on April 1

The presenters at the upcoming Rise and Dine Brunch will be representatives of our local broadcasting station, KUOW—*Independent Local News in Service of Our Community*. Some seating will be available for residents who want to attend, excluding brunch.

What's Happening: Trips

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

For wheelchair accommodations, contact Rhi Mitchell, Trips & Events Coordinator, at (425)556-8204

Leaderless trips are marked with an icon:



Pickleball: Recreational Play

Register on the Portal [Here](#)

Mondays, March 2, 9, 16, 23, & 30

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: Mike Mulroy (206)200-8282

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



Sky Performing Arts: Steel Magnolias

Register on the Portal [Here](#)

Sunday, March 8
Location: Monroe
Departure Time: 1:00 p.m.
Estimated Return Time: 4:45 p.m.

Cost: \$15 + staff costs
Transportation: \$12.02
Cancellation Deadline: Tuesday, March 3
Limit: 17

Alex Clark, Emerald Heights Wellness Programs Manager, will be performing in this production—come support her and enjoy a story of friendship, resilience, and humor.
Note: Bathrooms are only accessible by stairway (8 steps)



Snoqualmie Casino

Register on the Portal [Here](#)

Monday, March 9
Location: Snoqualmie
Departure Time: 10:30 a.m.
Estimated Return Time: 3:30 p.m.

Cost: All costs on own
Transportation: \$16.50
Cancellation Deadline: Sunday, March 8
Limit: 9

Quilters Anonymous: 44th Annual Quilt Show

Register on the Portal [Here](#)

Friday, March 13
Location: Monroe
Departure Time: 9:30 a.m.
Estimated Return Time: 1:00 p.m.

Cost: \$12.00 + staff costs
Transportation: \$13.02
Cancellation Deadline: Sunday, March 8
Limit: 13

See *Surrounded by Color*, a showcase of quilts, intricate designs, and exceptional craftsmanship from artists across the region—including some Emerald Heights residents!



Lunch Bunch: Royal Kitchen

Register on the Portal [Here](#)

Friday, March 13
Location: Bellevue
Departure Time: 1:00 p.m.
Estimated Return Time: 3:45 p.m.

Cost: Food/beverage on your own
Transportation: \$5.15
Cancellation Deadline: Sunday, March 8
Limit: 14

If you like Chinese cuisine, then *Royal Kitchen* is the place you need to try.



Ballard Elks Club: Hot Lovin' Jazz Babies Band

Register on the Portal [Here](#)

Sunday, March 15
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
Transportation: \$13.45
Cancellation Deadline: Wednesday, March 11
Limit: 14

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



Factoria / T&T Supermarket Shopping Trip

Register on the Portal [Here](#)

Friday, March 20
Location: Bellevue
Departure Time: 1:00 p.m.
Estimated Return Time: 3:30 p.m.

Cost: All personal shopping expenses
Transportation: \$9.24
Cancellation Deadline: Monday, March 16
Limit: 13

Browse a wide variety of shops including T&T Supermarket, Target, and many other specialty stores and foodie favorites.

Lunch at a Local Pub: JJ Mahoney's

Register on the Portal [Here](#)

Friday, March 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: Monday, March 23
Limit: 17

Savor classic pub fare, catch up with friends, and soak in the warm, welcoming atmosphere of this neighborhood gem.

Ballet of Lights: Sleeping Beauty

Register on the Portal [Here](#)

Saturday, March 28
Location: Renton
Departure Time: 5:15 p.m.
Estimated Return Time: 9:30 p.m.

Cost: Between \$40-\$70 + staff costs
Transportation: \$13.20
Cancellation Deadline: Friday, March 6
Limit: 14

Experience the magic of dance with Ballet of Light as they perform Sleeping Beauty at the Renton Carco Theatre.

Washington Wind Symphony

Register on the Portal [Here](#)

Sunday, March 29
Location: Redmond High School
Departure Time: 1:15 p.m.
Estimated Return Time: 5:30 p.m.

Cost: \$15
Transportation: Free
Cancellation Deadline: Tuesday, March 10
Limit: 18

The program features a mix of fanfares, suites, and powerful arrangements from composers like Richard Strauss, Tchaikovsky, Bach, and David Maslanka.

Shen Yun

Register on the Portal [Here](#)

Thursday, April 2
Location: Seattle, McCaw Hall
Departure Time: 1:00 p.m.
Estimated Return Time: 5:00 p.m.

Cost: Between \$80-\$100 + staff costs
Transportation: \$11.67
Cancellation Deadline: Friday, March 6
Limit: 17

See *Shen Yun* Performing Arts in Seattle. The internationally acclaimed production features classical Chinese dance, vibrant costumes, and a live orchestra.



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

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, U.S. Bank & Washington Federal

Costco Shopping Trip

Wednesday, March 11

Departure: 2:00 p.m.

Estimated Return: 3:30 p.m.

Register on the Portal [Here](#)

Limit 12

Value Village Shopping Trip

Monday, March 23

Location: Woodinville

Departure: 1:00 p.m.

Estimated Return: 4:00 p.m.

Transportation Cost: \$3.63

Register on the Portal [Here](#)

Limit 12

Bellevue Square Shopping Trip

Monday, March 16

Departure: 1:00 p.m.

Estimated Return: 4:00 p.m.

Register on the Portal [Here](#)

Limit 12

Costco Shopping Trip

Wednesday, March 25

Departure: 2:00 p.m.

Estimated Return: 3:30 p.m.

Register on the Portal [Here](#)

Limit 12

PCC Shopping Trip

Wednesday, March 18

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 info.





EMERALD HEIGHTS
REDMOND

A MEMBER OF EMERALD COMMUNITIES