

# The View

*From the Heights of Community Life*



**April 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 !**

- ◇ No Thrift Shop in April
- ◇ 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: Hope Frock on Unsplash, taken at Mount Vernon, WA**



# 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:  
Diana Bahena  
Congrats, Diana!**

### **February Nominees:**

Billy Migambi (x2)  
Tyler Grasser  
Sawsan Hared (x2)  
Luis Granados (x2)  
Mackenzie Cheever  
Ken Bonebrake  
Jorge Cartagena  
Geoff Young

Andres Valencia Farias  
Shivan Muzaki  
Kirk Soberon  
Vilma Lopez Orellana  
Man Luong  
Abbie Tyler  
Abella Vuolo  
Nga To  
Diana Bahena

Rosa Lopez  
Kevin Baker  
John Waltner  
Gabrielle Bates  
Bernadette Kamari  
Noah Parrington  
Marty Banel  
Magda Turcios  
Keum Na Yoon

Maha Altaweel (x2)  
Vui Pham  
Melissa Escalante  
Rodriguez (x2)  
Maria Chagolla  
Marco Nunez Gonzalez

## 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 February is  
Zander Cassinos!**

Zander was nominated by Steven Drevecky for: "Ownership & excellence. I've been working with Zander for over a year, and I have never seen him slow down. He strives to bring a platinum -level standard with him every day. He is a joy to work with and is a positive influence on the people around him."

**Congratulations, Zander!**

### **February Nominees:**

Erdin Grcic  
Pat Kivela  
Zander Cassinos





Your Experience Matters

# SHARE YOUR VOICE

*Online reviews help others discover what makes our community special*

.....  
We invite residents to share an honest Google review.

As a thank you for the community you help create, we're planning a **food truck celebration** withs spring when we reach our engagement milestone by **June 30th**.

Participation is always optional, and we truly appreciate your support in whatever way feels right to you.

**Our Spring Goal  
+75 Google reviews**

Please Scan  
or  
Visit Link:

[bit.ly/emeraldheightsreview](https://bit.ly/emeraldheightsreview)



## Volunteer Appreciation Celebration

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### How to Register:

1. Access the event on the Portal [Here](#). (Registration opens on April 1)
2. Click the link that takes you to the Volunteer Information form. You can also access the form directly [Here](#) or get a paper copy at concierge starting April 1.
3. Fill out the form with your volunteering information.  
Note: The Volunteer Information form does not register you for the Volunteer Appreciation event or replace your community outreach reporting. The information provided is used for event planning purposes.
4. Submit Volunteer Information form.
5. Register for the event as you usually would.



The residents of Emerald Heights volunteer thousands of hours a year, both on and off campus, to improve and enrich our community. As a token of our appreciation, Emerald Heights management and staff honor you at our annual Volunteer Appreciation Breakfast. This year, our theme is "Building Brighter Tomorrows," and attendees will hear from guest speakers representing the Assistance League of the Eastside.

Based right here in Redmond and supported by the volunteer efforts of a few of our residents, the Assistance League of the Eastside is an all-volunteer nonprofit dedicated to serving the immediate, unmet needs of children and adults challenged by hardship or violence. Their work is a testament to how dedicated individuals can strengthen a community by fostering dignity, confidence, and hope.

Through signature programs like Operation School Bell, which provides new school clothing to children in need, and Assault Survivor Kits, which offer comfort and essential items to survivors, the Assistance League transforms lives daily. Their "Starting Over Support" and "Help4Homeless" initiatives further embody our theme by providing the literal building blocks—from household essentials to basic necessities—that allow families to move toward a more stable and brighter future.

We are excited to speakers Karin Janik and Cathy Mulligan to our campus to share how their mission aligns with the generous spirit we see every day from our own residents.

**We will celebrate our volunteers on April 21 in the Pavilion. Doors open at 8:45 a.m. and the program begins at 9:00 a.m.**



## Resident Engagement Survey

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You will soon be invited to participate in a resident survey being conducted on behalf of Emerald Heights by Holleran, an independent research firm. This study is critical to our continuous improvement process and will provide a “benchmark” for future studies.

**The survey will be opened on April 13 and end May 4.** We recognize that an online survey poses challenges for some of our residents, and it is important to us that ALL residents participate in this survey. In order to support all residents:

- Instructions on how to access the online link will be posted on the Portal, Channel 1981, in the living room area, and placed in each resident's message center box. Residents will then be able to access the link from their own personal devices in an area of their choosing.
- A laptop will be made available in the living room at the desk with the resident phone. Additionally, residents may use the computer in the resident library. If using these options, residents should be mindful that these options are situated in public areas.
- Two events will be held where resident volunteers will be available to assist fellow residents in completing the survey online.
  - Thursday, April 16 4:30pm – 6:00pm in Avondale/Sammamish rooms
  - Tuesday, April 28 4:30pm – 6:00pm in Avondale/Sammamish rooms
- A paper copy of the survey will be available through the concierge desk. Residents can complete the paper copy and turn it in to a collection box at the concierge desk. Resident volunteers will take the completed paper surveys and enter the results online on your behalf.

The survey should take approximately 20 minutes to complete and responses will be submitted directly to Holleran. Holleran will provide their toll-free telephone number in the event you have any questions. Your participation is voluntary and your responses will be held in strict confidence by Holleran. A summary of the data will be returned in a report format for Emerald Heights to review. While individual surveys will not be shared with us, all comments will be reported. We encourage constructive feedback, but ask that you refrain from including any identifying information in your comments.

Our goal is to reach 85% resident participation. If we meet this goal, Emerald Heights will hold a special celebration event for all residents. We hope that you will share your voice and provide us with valuable feedback. Together, we can improve our community.

Nicole McCarthy, Director of Resident Services  
425-556-8112, nicolem@emeraldheights.com



## Your Voice in Action: Resident Engagement Survey Impact

Three years ago, you shared your perspective on life at Emerald Heights, and we listened. Your feedback from the previous Holleran survey directly shaped our community enhancement plans presented in the fall of 2023. Those insights helped us identify the strengths we needed to protect and the specific areas that required enhancement.

Because you spoke up, we took action. Here are just a few (but not all!) of the improvements implemented as a direct result of your feedback:

- **Communication & Connection:** We established Town Hall Meetings, introduced Resident Surveys in the newsletter, and created Assisted Living Lunch & Learns.
- **Dining & Health:** We returned to full-service, in-person dining 7 days a week, implemented menu improvements, and successfully reduced the use of agency nursing in Health Services to ensure more consistent care.
- **Amenities & Tech:** We added a blood pressure machine to the Fitness Center, introduced RendeVer Virtual Reality, and completed a series of Wi-Fi updates.
- **Our Campus:** We prioritized landscaping and irrigation improvements and refined procedures within housekeeping.

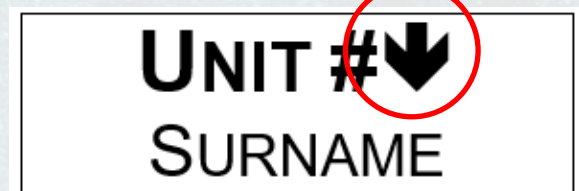
Now, we are looking toward the future. This year's survey is your opportunity to tell us how we're doing and where we should focus next. In the months following this survey, our leadership and department heads will review the results to create a new set of enhancement plans, which will once again be shared directly with the resident community.

**The Resident Engagement survey will be open from April 13th through May 4th.**

## Cubbies Notice

There have been some recent instances of residents taking items out of cubbies that aren't theirs, due to confusion about whether their cubby is the one above or below their label.

Labels are associated with the cubby directly **below** it. All labels have an arrow pointing downwards to indicate which cubby belongs to which apartment.



Please only take from your respective cubby.



Thank you!

## New Cardiovascular Equipment

In our ongoing effort to provide the best fitness experience for our residents, the Fitness Department is pleased to announce the arrival of three new cardiovascular machines, now available for resident use.

### 1. Recumbent Stepper

Replacing the previous stepper, it features a 360-degree swivel seat for effortless entry and adjustable handles to ensure a custom ergonomic fit.

### 2. Arm Ergometer

Designed for upper-body conditioning, but offers leg pedal option, this machine features a removable seat, making it fully accessible for those with wheelchairs.

### 3. Recumbent Elliptical

This offers expanded seat adjustments, greater range of motion, and provides a higher intensity workout.

We invite you to try these pieces of equipment. Feel free to ask any fitness specialist if you need an orientation on any machines.



## A New Delicious & Healthy Side Coming to Dining

Emerald Heights is introducing a new, healthier menu option: Crispy Carrot Fries. Made from fresh, flash-frozen carrots and lightly coated in a non-GMO gluten-free batter. They're vegan, crispy, and designed to deliver great flavor with better nutrition.

Compared with traditional French fries, Crispy Carrot Fries offer 40% fewer calories, 70% less fat, 45% less sodium, 20% fewer carbohydrates, and three times more fiber—making them a satisfying comfort-food alternative that supports healthy living.



French fries have been an American favorite since the early 1800s, but concerns about health and nutrition have grown over time. Crispy Carrot Fries reflect Emerald Heights' ongoing commitment to reimagining familiar favorites in healthier ways, with more nutritious options coming soon.

|                | Calories | Fat  | Sodium | Carbs | Fiber |
|----------------|----------|------|--------|-------|-------|
| Carrot Fries   | 90       | 2.5g | 95mg   | 16g   | 6g    |
| Sweet Potato   | 130      | 6g   | 105mg  | 25g   | 4g    |
| French Fries   | 156      | 8g   | 171mg  | 20g   | 2g    |
| Parmesan Fries | 310      | 16g  | 670mg  | 36g   | 3g    |



Hello, Ladies!

You are invited to enter our drawing to join Marty and Maria in the Fireside Dining Room for a complimentary

## Mother's Day Tea & Social

Saturday, May 2 | 2:00-3:30 p.m.

Enter your name and phone number with the Dining Room Host from Sunday, April 12 through Saturday, April 25  
*(for residents only, please)*

Eighteen resident names will be randomly selected on Sunday, April 26, and winners will be notified that day.

We look forward to enjoying tea, refreshments and fun with you during this special celebration of Mothers and Grandmothers.

## Atrium Socials

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

- ◇ **Atrium P3:**  
Thursday, April 9
- ◇ **Atrium H3:**  
Thursday, April 9
- ◇ **Atrium E:**  
Tuesday, April 14
- ◇ **Trailside:** Wednesday, April 15, Avondale & Sammamish Rooms
- ◇ **Atrium H1:**  
Wednesday, April 15
- ◇ **Cloud 9:** Thursday, April 16, Atrium P3
- ◇ **Courtyard:** Thursday, April 23, Avondale & Sammamish Rooms
- ◇ **Atrium P1:**  
Tuesday, April 28

## Monthly or Bimonthly Activities

### Mondays:

*Woodshop Team:* 10:00 a.m., 1st Mon., April 6, Woodshop Annex  
*The Bonsai Group:* 10:00 a.m., 3rd Mon., April 20, Emerald Room

### Tuesdays:

*Readers' Theatre Group:* 1:30 p.m., 1st & 3rd Tues., April 7 & 21, Tahoma Room  
*AI Interest Group:* No meeting in April

### Wednesdays:

*Voices for Vision:* No meeting in April  
*Ukulele Chorus:* 2:30 p.m., 1st Thurs. only this month, April 2, Avondale Room  
*EH Quilters:* 1:30 p.m., 2nd Thurs., April 9, Creative Arts Studio  
*The Good Life Book Club:* 1:00 p.m., 2nd Thurs., April 9, Avondale Room  
*Jazz Appreciation Night:* 7:00 p.m., 2nd Thurs., April 9, Avondale Room  
*Texas Hold'em Poker:* 6:30 p.m., 2nd & 4th Thurs., April 9 & 23, Creative Arts Studio  
*Knitwits:* 1:00 p.m., 4th Thurs., April 23, Atrium E

## **Standing Committee Meetings\***

### Fitness and Sports Committee

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

### Food Services Committee

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

### Technology Committee

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

### Communications Committee

Quarterly, 3rd Wed., April 15  
10:30 a.m., Avondale Room

### Building and Grounds Committee

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

### Resident Activities Committee

Quarterly, 3rd Thurs., April 16  
1:00 p.m., Sammamish Room



## Weekly Activities

### Mondays:

*Painters:* 9:00 a.m., Creative Arts Studio  
*Pickleball:* 1:45 p.m., Departs from Lobby  
*Duplicate Bridge:* 6:30 p.m., Avondale & Sammamish Rooms (Tahoma on 4/20)

### 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

### Sundays:

*Line Dancing:* 3:00 p.m., Fitness Studio

## **Standing Committee Meetings\***

### Fund Development Committee

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

### Health and Wellness Committee

4th Tues. of the month, April 28,  
10:30 a.m., Avondale Room

## 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,  
April 2, 2:00 p.m.

### Resident Services Orientation

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

### Residents' Association Orientation

3rd Wednesday of the month,  
April 15, 10:00 a.m.

### Dining Services Orientation

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

### Accounting Orientation

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

### Marketing Orientation

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

### Final Review with Grant Linacre, Executive Director

60 days after move-in



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

### Entertainment

- ◆ **Music with Dave & Lynn**  
Saturday, April 4, 10:45 a.m.  
Great Room
- ◆ **Ukulele Chorus**  
Thursday, April 9, 2:00 p.m.  
Great Room
- ◆ **[Redacted] & Friends**  
Thursday, April 16, 4:00 p.m.  
Great Room
- ◆ **Live Music with Jon Persson,  
Wine & Cheese Social**  
Friday, April 17, 3:30 p.m.  
FirView Activity Room
- ◆ **Jazz Corner**  
Every Thursday, 4:00 p.m.  
Wild Flower Point

### Special Events

- Spring Flower Painting Art Class**  
**Thursday, April 16**  
**3:00 p.m. in the FirView Activity Room**  
A brand new group to encourage creative expression. All materials provided.
- Readers' Theatre: *Which Play's the Thing?***  
**Friday, April 17**  
**2:00 p.m. in the FirView Activity Room**  
Emerald Heights Readers' Theatre with a special command performance.
- Book Club: *Absolution* by Alice McDermott**  
**Monday, April 20**  
**2:30 p.m. in the FirView Activity Room**  
We will pass out the next books to those in attendance. If you can't attend but would like to have the next book, please see Cathy Matey in Life Enrichment. Audio/digital versions can be obtained through the KCLS library, Audible, or the *Washington Talking Book and Braille Library* service.

### Monthly Meetings

- ◆ **Health Services Live Chat**  
Wednesday, April 8, 11:00 a.m.  
FirView Activity Room
- ◆ **Dining Chat**  
Thursday, April 16, 2:00 p.m.  
FirView Activity Room
- ◆ **Assisted Living Resident Council**  
Thursday, April 23, 3:00 p.m.  
FirView Activity Room
- ◆ **Skilled Nursing Resident Council**  
Monday, April 27, 11:00 a.m.  
Great Room



## Health Services

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

### On-Campus Services

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

First Thursday monthly, **April 2, at 10:30 a.m.**  
**Tahoma Room.**

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

If you have questions 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.**



## Individual Belonging

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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.

We are in Q2:

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

### This Month's Activities:

- ◆ **Table Talks: *Volunteering and Belonging*— Page 22**  
Thursday, April 23 at 3:00 p.m. in the Emerald Room
- ◆ **A Toast to Every Chapter: *A Belated Retirement Party for All* – Page 23**  
Wednesday, April 29 at 2:00 p.m. in the Emerald Room
- ◆ **Redmond Reads: Josh Tuininga – Page 25**  
Departs: Sunday, May 3 at 12:30 p.m. to Redmond
- ◆ **Turning Page Book Club: *We Are Not Strangers: A Graphic Novel by Josh Tuininga* – Page 23**  
Tuesday, May 5 at 10:00 a.m. in the Tahoma 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: Volunteering and Belonging

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



### April Questions:

1. What volunteer experiences have you had, and what have they meant to you personally?
2. Have you ever been on the receiving end of volunteer efforts? If so, how did that experience affect your sense of belonging? If not, how do you imagine it might affect someone?
3. What benefits and challenges, either experienced or perceived, come with volunteering or receiving volunteer support?
4. Overall, how have these experiences shaped your sense of belonging, connection, or community?

**Table Talks will occur on Thursday, April 23 at 3:00 p.m. in the Emerald Room.**



# Religious Services

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

## Mondays:

**Faith Focus:** 1st and 3rd Mondays, April 6 & 20, 2:00 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 April 24

**Episcopal Service and Communion with Fr. McLaurin:** Fourth Friday of the month, April 24, 11:00 a.m. in the Chapel

## Sundays:

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

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

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

# Support Groups

## Memory Matters

**Wednesday, April 1**

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

Mild Cognitive Impairment (MCI) is marked by changes in cognitive abilities beyond normal aging but aren't severe enough to disrupt daily life. If you or a loved one is experiencing memory challenges, this group is a space to learn and support each other.

## Alzheimer's/Dementia Caregiver

### Support

**Tuesday, April 7**

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

If you are caring for someone with Alzheimer's disease or dementia, gather with others in similar situations to share information, encouragement, and hope.

## Alcoholics Anonymous (AA)

**Sundays, April 12, 19, & 26**

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

Support one another. All are welcome.

## Parkinson's Support

**Wednesday, April 15**

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

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

## Women's Caregiver Connect

**Monday, April 20**

**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.

## Men's Caregiver Connect

**Wednesday, April 29**

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

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



# What's Happening: On Campus

## Lunch and Learn: Assisted Living

Wednesday, April 1

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

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

## Folk Dance for Everyone

Wednesdays, April 1, 8, 15, 22, & 29

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.

## Tech Help Hour

Thursdays, April 2, 9, 16, 23, & 30

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

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

## Furniture Sale

Thursday, April 2—Saturday, April 4

Variable times (see schedule on right)

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

All sales are final, no returns.

### Schedule:

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

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

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

## Grant's Live Chat

Friday, April 3

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

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

## Good Friday Service

Friday, April 3

3:00 p.m. in the Emerald Room

Holy Week and Easter mark the most significant observance in the Christian faith, centered on the crucifixion of Jesus as the moment of reconciliation between God and humanity and the promise of resurrection.

## Education for Enjoyment: Understanding the Marvels of Medieval Tech

Fridays, April 3, 10, 17, & 24

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

Engineering educator Stephen Ressler explores these breakthroughs in architecture, siegecraft, weapons, and labor-saving machines of monastic communities.



## Redmond High School Student Performance

**Saturday, April 4**

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

Students from Redmond High School present a special musical performance featuring vocal selections accompanied by piano.

## Garden Railroad: Back in Business for 2026

**Sunday, April 5**

**10:30 a.m.—2:00 p.m. in the Garden Railroad**

The Garden Railroad season starts on Easter. Find the scavenger hunt items listed in your new RR brochure! Come join the fun—and bring the grandkids for a real treat.

## Line Dancing

**Sundays, April 5, 12, 19, & 26**

**3:00 p.m. in the Fitness Studio**

Join residents [Redacted] and [Redacted] for Line Dancing. No partner needed.

## 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.



## Explorations in Philosophy: Dr. Darrell Hobson Presents West Meets East and a Brief Tour of Asia

**Tuesday, April 7 & Thursday, April 23**

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

Dr. Hobson offers a guided tour of major philosophical questions and traditions.

## Readers' Theatre Group

**Tuesday, April 7 & 21**

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

We will be reading *Four Old Broads* by Leslie Kimbell. The comedy describes how a group of sassy senior women—the “broads”—uncover a mystery involving a new nurse and suspicious pills. [Redacted] to reserve a script.

## Reflections of Our Lives: Writing Classes

**Wednesdays, April 8 & 29 in the Avondale Room**

**Wednesdays, April 15 & 22 in the Marketing Hospitality Room**

Class A:

Class B:

**9:30 a.m.–10:30 a.m. 11:00 a.m.–12:00 p.m.**

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



## **Performance: Jaeden Luke**

**Wednesday, April 8**

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

Washington-based singer-songwriter Jaeden Luke brings an afternoon of live music featuring original songs and favorite classics. Jaeden gained national attention on *The Voice* (Season 22) as a member of teams led by Blake Shelton and Camila Cabello.

## **Virtual Reality Experience**

**Thursday, April 9**

**12:00 p.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.

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

**Thursday, April 9**

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

Our April book is *One Day in the Life of Ivan Denisovich* by Alexander Solzhenitsyn—the story of the Soviet work camps and of one man's struggle to survive. Our May book is CS Lewis' *Chronicle of Narnia The Voyage of the Dawn Treader*. Books are selected by club members.

## **Focus on Fitness: All About the Fitness Assessments**

**Thursday, April 9**

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

Fitness Assessments are a simple series of tests designed to gauge mobility, endurance, strength, and overall fitness. The Fitness Team will explain what the assessments involve, why they're valuable, when testing will take place, and how to sign up.

## **Residents' Council Study Session**

**Thursday, April 9**

**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.

## **Alcoholics Anonymous Support Group**

**Sundays, April 12, 19, & 26**

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

Come support one another. All are welcome.

## **KCLS Library To Go**

**Tuesday, April 14**

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

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



## **Residents' Council Meeting**

**Tuesday, April 14**

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

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

## **Training to Stand with Our Immigrant Neighbors**

**Tuesday, April 14**

**2:00 p.m. in the Pavilion**

Heather Hedlund of the Seattle Christian Community Project presents ways individuals and communities can support immigrant neighbors through awareness, understanding, and practical training. This educational conversation is open to residents and staff.

## **Friendly Neighbors**

**Wednesday, April 15**

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

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.

## **Dementia Friends Discussion**

**Wednesday, April 15**

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

This Dementia Friends Information Session covers what dementia is, key messages, communication tips, brain health, ways to build dementia-friendly communities, and helpful resources. Learn more about Dementia Friends WA by visiting [dementiafriendswa.uw.edu](http://dementiafriendswa.uw.edu).

## **Bible Study: Presented by Tom Ruhlman**

**Thursdays, April 16, 23, & 30**

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

Pastor Tom Ruhlman from Tabernacle Baptist Church in Shoreline will be teaching the last three weeks of April.

## **Clean Air Task Force: Presented by Katie Bailey**

**Thursday, April 16**

**12:00 p.m. in the Emerald Room**

Katie will share insights into the organization's work advancing clean energy technologies and solutions aimed at reducing emissions and improving air quality worldwide.

## **Ukulele Chorus: Spring Sing-Along**

**Thursday, April 16**

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

Come and celebrate Spring with the Emerald Heights Ukulele Chorus. Sing your hearts out with old and new favorite songs, accompanied by our ukuleles and piano.



## Resident Engagement Survey Tech Support

Thursday, April 16 & Tuesday, April 28

4:30 p.m.-6:00 p.m. in the Avondale & Sammamish Rooms

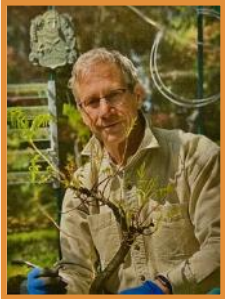
Assistance will be available at two drop-in events to help residents complete the Resident Engagement Survey online. Resident volunteers can provide support ranging from reading questions and entering responses to simply helping set up the survey.

## April Birthday Celebration: Issaquah Singers

Friday, April 17

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

Celebrate our April birthdays with Issaquah Singers and a birthday treat.



## The Bonsai Group: Guest Speaker, Grant Rauzi

Monday, April 20

10:00 a.m. in the Emerald Room

Special guest Grant Rauzi will do a live demo, creating a museum-quality bonsai from a Shimpaku Juniper. With 45 years of experience, Rauzi is often called the "king of junipers."

## Volunteer Appreciation Celebration: Building Brighter Tomorrows

Tuesday, April 21

Doors open at 8:45 a.m.; Program begins at 9:00 a.m. in the Pavilion

Register on the Portal [Here](#) before 4/14; Fill out volunteer information [Here](#)

For full details and registration information, see page 6.

## Rise and Dine Brunch: A Morning with KUOW

Wednesday, April 22

10:00 a.m. in the Pavilion

Register on the Portal [Here](#); Limit: 100; Cost: \$9.50/person

Presented by Tina Pamintuan, President and CEO of the KUOW Board of Directors, and Bill Radke, longtime local radio host and current KUOW-FM Week in Review moderator.

*If you are signed up but do not plan to attend, please cancel before April 12 to avoid incurring the registration fee of \$9.50.*



## **Garden Railroad: Open House & Practice Train Run**

**Wednesday, April 22**

**10:00 a.m. – 12:00 p.m. in the Garden Railroad**

Learn more about our railroad and how you can participate. The RR is run by residents, for residents! Have coffee and cookies while talking to RR aficionados and volunteers.



## **Table Talks: Volunteering and Belonging**

**Thursday, April 23**

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

Take a seat at Table Talks, where we'll discuss the way volunteering affects one's feeling of belonging. Groups are assigned at random to connect you with new neighbors and perspectives. Enjoy snacks during a guided discussion in this welcoming environment.

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

**Friday, April 24**

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

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



## **Suzuki Strings of Redmond: Spring Recital**

**Sunday, April 26**

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

These young musicians will perform a selection of classical and traditional pieces.

## **Thrift Shop Collection**

**Monday, April 27**

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

## **Preparing for an Emergency: Grab 'n Go Essentials**

**Monday, April 27**

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

Kevin Baker, Director of Facilities, will share and display what's in his "to go" bag.

## **Ducks in a Row: Advance Directives, People's Memorial**

**Monday, April 27**

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

Michelle Molan gives an overview of advance directives for health care, durable power of attorney, and POLST forms, with guidance to help you complete the process confidently.





## A Toast to Every Chapter: A Belated Retirement Party

Wednesday, April 29

2:00 p.m. in the Emerald Room

Register on the Portal [Here](#); Limit: 60

Let's toast to retirement—new, not-so-new, and everything in between. Share highlights from your working years, enjoy a few “then and now” stories, mingle with friends, and celebrate with light refreshments and non-alcoholic bubbles.

## Silver Singers Performance

Thursday, April 30

3:00 p.m. & 7:00 p.m. in the Pavilion

The program features selections from Godspell, “Joshua Fit the Battle of Jericho,” “When Memory Fades,” and more, plus a fun sing-along where everyone is welcome to participate.

## What's Happening: Coming Attractions



## Turning Page Book Club: We Are Not Strangers by Josh Tuininga

Tuesday, May 5

10:00 a.m. in the Tahoma Room

*We Are Not Strangers: A Graphic Novel* by Josh Tuininga explores the intertwined lives of Japanese and Jewish Americans in Seattle during WWII through the eyes of a Sephardic Jewish immigrant. Also see the Redmond Reads Keynote Event on May 3 (page 25).

## Anything Goes Recruitment: The Art of Storytelling

Friday, May 8

7:00 p.m. in the Pavilion

Register on the Portal [Here](#); Limit: 8-10 acts

How might you share the art of storytelling through poetry, music, textile arts, or family stories? Join us for a fun evening celebrating the many talents of Emerald Heights residents.

## What's Happening: Trips

PLEASE NOTE: Event registration on the Portal does not open until April 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, April 6, 13, 20, & 27

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.



## Skagit Valley Tulip Festival

Register on the Portal [Here](#)

Friday, April 10

Location: Mount Vernon

Departure Time: 9:00 a.m.

Estimated Return Time: 4:00 p.m.

Cost: \$23.00 + staff cost + personal spending

Transportation: \$38.94

Cancellation Deadline: Monday, April 6

Limit: 17

Explore the colorful fields, local gardens, and atmosphere that celebrates the arrival of spring.

## UW Greenhouse & Cherry Blossoms Docent Tour

Register on the Portal [Here](#)

Monday, April 13

Location: Seattle

Departure Time: 12:15 p.m.

Estimated Return Time: 4:15 p.m.

Transportation: \$10.56

Cost: Free

Cancellation Deadline: Tuesday, April 7

Limit: 17

UW's Botany Greenhouse features exotic plants from around the world, followed by a walk to view the cherry blossoms. Assisted walking devices are recommended as needed.

## Lunch Bunch: Dough Zone

Register on the Portal [Here](#)

Friday, April 17

Location: Redmond

Departure Time: 1:00 p.m.

Estimated Return Time: 4:00 p.m.

Cost: covering your own lunch expenses

Transportation: Free

Cancellation Deadline: Monday, April 13

Limit: 14

Dough Zone is known for its handmade dumplings, noodles, and Chinese comfort dishes.

## Ballard Elks Club: Jazz Band

Register on the Portal [Here](#)

Sunday, April 19

Location: Ballard

Departure Time: 12:15 p.m.

Estimated Return Time: 4:30 p.m.

Cost: \$20 cash cover charge,

food/beverage on own

Transportation: \$13.45

Cancellation Deadline: Thursday, April 16

Limit: 14

## Light Rail: Sound Transit Across Lake Washington

Register on the Portal [Here](#)

Monday, April 20

Location: Redmond to Seattle

Departure Time: 12:30 p.m.

Estimated Return Time: 4:30 p.m.

Cost: Rail fare + lunch expenses + staff cost

Transportation: Free

Cancellation Deadline: Monday, April 13

Limit: 13

Ride the region's new light rail connection across Lake Washington. The Link light rail 2 Line offers direct service from Redmond to Seattle's International District/Chinatown.

## Cappella Romana: The Tallis Scholars

Register on the Portal [Here](#)

Wednesday, April 22

Location: Seattle

Departure Time: 6:30 p.m.

Estimated Return Time: 10:15 p.m.

Cost: ranging from \$45-\$65 + staff cost

Transportation: \$11.88

Cancellation Deadline: Wednesday, April 8

Limit: 17



### Lunch at a Brewpub: Cascadia Pizza Co.

Register on the Portal [Here](#)

Friday, April 24  
Location: Bellevue  
Departure Time: 1:00 p.m.  
Estimated Return Time: 4:00 p.m.

Cost: Lunch expenses on own  
Transportation: \$5.34  
Cancellation Deadline: Monday, April 13  
Limit: 14

Enjoy a relaxed afternoon with great pizza and even greater company.

### Medic One: Pediatric Drill

Register on the Portal [Here](#)

Sunday, April 26  
Location: Redmond  
Departure Time: 9:00 a.m.  
Estimated Return Time: 11:30 a.m.

Cost: Free  
Transportation: Free  
Cancellation Deadline: Friday, April 17  
Limit: 17

See a pediatric emergency training drill hosted by the Medic One Program during a special behind-the-scenes visit. This unique experience offers insight into how first responders train to deliver lifesaving care for children in emergency situations.

### Redmond Center: H Mart & Mayuri International

Register on the Portal [Here](#)

Monday, April 27  
Location: Redmond  
Departure Time: 1:00 p.m.  
Estimated Return Time: 4:00 p.m.

Cost: All expenses on own  
Transportation: Free  
Cancellation Deadline: Wednesday, April 22  
Limit: 13

Shop for a wide variety of international foods, fresh produce, specialty ingredients, and unique items from around the world.



### Redmond Reads: Josh Tuininga

Register on the Portal [Here](#)

Sunday, May 3  
Location: Redmond  
Departure Time: 12:30 p.m.  
Estimated Return Time: 3:30 p.m.

Cost: Free  
Transportation: Free  
Cancellation Deadline: Thursday, April 30  
Limit: 17

Redmond Reads returns, honoring the graphic novel *We Are Not Strangers* by Josh Tuininga. The program features a slate of events exploring local history, the power of graphic novels, and the experiences of Jewish and Japanese communities in the region during the 1940s.

### 5th Avenue Theatre: Jesus Christ Superstar

Register on the Portal [Here](#)

Saturday, May 16  
Location: Redmond  
Departure Time: 12:15 p.m.  
Estimated Return Time: 4:30 p.m.

Cost: \$85-95 + staff cost  
Transportation: \$11.88  
Cancellation Deadline: Monday, April 13  
Limit: 17

This rock-opera by Andrew Lloyd Webber and Tim Rice reimagines the Passion story through a modern lens, blending in contemporary language and anachronisms.



# Village Theatre 2026–2027 Season Tickets

**REGISTRATION ON THE PORTAL IS REQUIRED** for all residents, including past season ticket holders, to reserve a seat on the bus. Theatre tickets may be purchased through Emerald Heights, or on your own.

Register on the Portal [Here](#).

**New participants: When signing up on the portal – select which series:**

- ◇ **SERIES 21** - Wednesday Evenings, departing at 6:30 p.m.
- ◇ **SERIES 41** - Wednesday Evenings, departing at 6:30 p.m.
- ◇ **SERIES 44** - Saturday Matinee, departing at 1:00 p.m.



Price breakdown: ticket price + staff cost + \$8.68 transportation

**Deadline to register is: Monday, May 18**

Questions? Rhiana (425) 556-8204 or [rhianam@emeraldheights.com](mailto:rhianam@emeraldheights.com)

**RAGTIME:** (Series #21, Wed. night - 9/23) (Series #41, Wed. night - 10/7) (Series #44, Saturday matinee - 10/10) Ragtime explores America at the turn of the 20th century through the intertwined stories of a Harlem pianist, a Jewish immigrant, and an affluent society woman navigating a changing world.

**Come From Away:** (Series #21, Wed. night - 11/18) (Series #41, Wed. night - 12/2) (Series #44, Saturday matinee - 12/5) On September 11, 2001, thousands of stranded airline passengers found unexpected refuge in Gander, Newfoundland, where local residents responded with extraordinary compassion, turning crisis into connection.

**And Then There Were None:** (Series #21, Wed. night - 1/20) (Series #41, Wed. night - 2/3) (Series #44, Saturday matinee - 2/6) Ten strangers stranded on a remote island are killed one by one, following a sinister nursery rhyme, as they race to uncover the murderer among them.

**Dear Evan Hansen:** (Series #21, Wed. night - 3/31) (Series #41, Wed. night - 3/14) (Series #44, Saturday matinee - 3/17) Evan Hansen, who has always felt invisible, finds a sense of belonging when a small lie spirals into something far bigger than he ever intended.

**Love is Dead:** (Series #21, Wed. night - 6/9) (Series #41, Wed. night - 6/23) (Series #44, Saturday matinee - 6/26) On Halloween weekend, heartbroken and newly single Jordan books a solo getaway only to discover her guest house is haunted by a mischievous ghost who delights in tormenting short-term renters. Sparks fly, souls collide, and things get delightfully weird.



# 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 Bank*

### Costco Shopping Trip

Wednesday, April 8

Departure: 2:00 p.m.

Estimated Return: 3:30 p.m.

Register on the Portal [Here](#)

Limit 12

### Bellevue Square Shopping Trip

Monday, April 20

Departure: 1:00 p.m.

Estimated Return: 4:00 p.m.

Register on the Portal [Here](#)

Limit 12

### PCC Shopping Trip

Wednesday, April 15

Departure: 2:00 p.m.

Estimated Return: 3:30 p.m.

Register on the Portal [Here](#)

Limit 9

### Costco Shopping Trip

Wednesday, April 22

Departure: 2:00 p.m.

Estimated Return: 3:30 p.m.

Register on the Portal [Here](#)

Limit 12

### Target Shopping Trip

Friday, April 17

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.





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