

The View

From the Heights of Community Life



June 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

Spruce
(425)605-3637

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

Hair by Lauren
Monday
9 a.m.–3 p.m.

Hairport
(425)556-8160

Hair by Addilynn
Tuesdays
10 a.m.–4 p.m.

Hair by Lauren
Thursdays
9 a.m.–3 p.m.

Elements
(425)556-8171

Hair by Addilynn
Mondays
10 a.m.–4 p.m.

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.

Reminders

- ◇ Personal transportation is available for a fee. Contact Jorge Cartagena at (425)556-8105 for more info.
- ◇ Always check the date on portal-generated trip cancellation emails.

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 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 Golden Spotlight winner for April is
Maha Altaweel, RN

April Nominees:	Rosa Linares	Natalie Swezey	Tyler Grasser
John Waltner (x13)	Chinchilla	Tuyen Khuu	Valentin Tuluca
Emma Geary	Francis Mwale	Jose Sanchez	Kevin Baker
Jorge Cartagena	Gabby Bates	Esther Reyna	Ken Bonebrake (x2)
Ken Roberts	Erman Chavez	Kayla Steilan	Hau Huynh
Heather Cox	Estrella	McKenna Bjorkelo	Phill Jones
Wanda Binette	Man Luong (x3)	Andres Valencia (x3)	George Fournarakis
Corwin NAC's	Azra Grcic	Robert Brown	Kennedy Furlan

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 April is
Andres Valencia, Maintenance Tech

“Andres recently demonstrated outstanding ownership and commitment to resident wellbeing during his shift. When responding to a resident concern, he acted quickly, remained calm under pressure, and took immediate steps to ensure the resident received assistance as fast as possible. He showed strong situational awareness, compassion, and professionalism while coordinating an urgent response and helping connect the resident with the appropriate care team. His ability to stay focused and take decisive action during a stressful situation reflects the high level of service we strive to provide every day. Andres consistently demonstrates that resident safety and care come first. His professionalism, responsiveness, and dedication to doing the right thing make him highly deserving of recognition”.



April Nominees:

Tyler Grasser
Mandy Cook
Cindy Corbett
Geoff Young
Ken Roberts
Heather Cox
Katie Dyson
Hellen Njuguna
Gabby Bates



Staff Spotlight

Get to Know: *Emma Geary, Communications Specialist*



What is your hometown?

Key West, Florida—Viva la Margaritaville, baby!

What was your first job?

I worked at Dairy Queen for three weeks. I put my weeks' notice in at the end of week two and got out of there.

What three words would you use to describe yourself?

Sesquipedalianistic, Magniloquent, Circumlocutionary.

What do you do for fun?

I love thrifting. I'm so serious about it that I have a whole process. I make a plan, create Pinterest boards, go in wearing leggings, a tank top, and sandals so I can try stuff on without a dressing room (looking at you, Value Village).

Headphones? On. Phone? Open to Pinterest. Coffee? Venti Iced Caramel Macchiato.

I go as soon as the doors open on weekdays so I can beat the trendy teenagers to the good stuff. It's like a five-hour process.

Who inspires you?

My mom is so cool. She knows everything and is super funny. I'm always so impressed by her ability to seemingly do it all. I call her for advice all the time—she's actually the one who suggested I accept the job offer from Emerald Heights. That was a good call on her end.

There is also a woman at my gym who is benching 200+ pounds so she's pretty cool also.

What do you enjoy most about working at Emerald Heights?

I love my coworkers. On days when work feels grueling, it's nice to know that I'm surrounded by people who are fun to talk to and that I can laugh with. Work will always be there but it's the people who make the difference and EH has a great batch of folks.

What's your favorite TV show or movie of all time?

Barbarella (1969). Don't get me wrong—it is far from peak cinema. It's an insane movie, but it's a fantastic time. It's one of those films that needs to be watched with friends. My comfort movie is *Pride and Prejudice* (2005) so that's probably my second go-to.



Articles

Danielle Epp Named 2026 ChangeMaker



We are incredibly proud to announce that our Wellness Coordinator, Danielle Epp, has been selected as the recipient of the 2026 ChangeMaker Catalyst for Change Award through LeadingAge Washington. This prestigious honor recognizes individuals who lead with heart, innovation, and a tireless commitment to improving the lives of seniors.

Danielle is often described as being “everywhere all at once”. But as those who work closely with her know, her busyness is always intentional. Whether she is remembering exactly how a resident takes their coffee or knowing the names of their grandchildren, Danielle sees the human being first and the “case file” second. Her signature greeting, “Hello Friend,” has become a daily reminder to our residents that they are seen, known, and cherished.

Danielle was chosen as a ChangeMaker not just for her kindness, but for her proactive, mission-driven approach to resident care. Her impact is felt most deeply during the quiet, often daunting “in-between” moments—those transitions that don’t show up on a calendar. As one nomination letter concluded: “Danielle doesn’t just work at Emerald Heights; she is the heart of Emerald Heights”.

With more than 10 letters of support reinforcing her impact, we couldn’t agree more. Please join us in celebrating Danielle for this well-deserved honor!

PS Salons Open House



Get ready to explore at the upcoming **PS Salon & Spa Open House on June 4**. From **10:00 a.m. to 2:00 p.m.**, residents are invited to visit all three locations (Elements, Hairport, and Spruce) to meet the styling team and discover the full range of available services.

To add a bit of friendly competition to the festivities, guests can participate in a special **Salon Bingo** game by **picking up a bingo card from any salon location**. Securing three stamps in a row earns you one raffle entry, while a “blackout” card earns three entries. Raffle tickets will be entered into a drawing for a **FREE service upgrade**, with the winner being announced at 2:00 p.m. in Hairport.

Whether you are a regular client or have never stepped foot in the salon, we encourage everyone to drop by. Please return your completed bingo cards to the Hairport by the time of the drawing to ensure your chance to win.



Holleran Participation

The results are in, and the numbers are nothing short of spectacular! Thanks to your incredible engagement, we achieved a level of community feedback that will truly shape the future of our community. Our Independent Living residents led the way with a staggering 94.2% participation rate, closely followed by Memory Care at 93.3% and Assisted Living at 92.3%. Even with the unique challenges of clinical transitions, our Skilled Nursing neighborhood reached a solid 62.7%. Thank you!

This wealth of data and feedback will provide us with a clear roadmap for the future. We anticipate administration receiving the results from Holleran by the beginning of June. Over the following weeks, our leadership team will carefully review every comment and meet with resident committees to identify key areas for enhancement. We are committed to transparency and growth, so stay tuned for a comprehensive community presentation later this year, where we will share the findings and the specific enhancement plans with all of you.

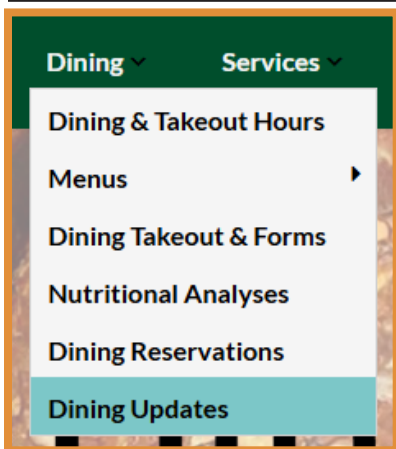
Now Let's Celebrate!

To honor this record-breaking achievement, we want to throw a celebration that is as legendary as your participation rates. We are planning a community event for September—once everyone has returned from summer travels—but we need your creative input one more time to decide on the theme.

Please complete and submit the poll on the last page of this newsletter to let us know what kind of celebration you'd like to have.

You can also access a digital version of the Poll on the front page of the Portal starting on June 1 or by clicking on the link [Here](#).

“Dining Updates” Portal Page Now Live



Keep up to-do-date with events and notices related to Dining Services.

To see the latest update, visit the Dining Updates page [Here](#) or navigate to “Dining Updates” through the “Dining” dropdown menu (see left). A link is also available on the front page of the Portal.

The latest update on Takeout Orders is currently posted.



Vacation Away Notices

If you live in Evergreen Lodge, Trailside, or Courtyard, and will be away for overnight stays or longer, please remember to complete an Away Notice through the Resident Portal or by filling out and returning the paper form to the concierge desk. Away Notices help us manage important details such as housekeeping preferences, pet-care visitors, mail holds or forwarding, and morning security check-ins.

Additionally, you can place a hold on packages delivered to the lockers through the Luxer website or mobile app. Our concierge team will be notified of the hold and we will keep your packages in our mail room for pick-up when you return.

Hopelink's End Summer Hunger Campaign



Join us for an information session on Wednesday, June 10 at 2:00 p.m. in the Emerald Room for an opportunity to hear from Hopelink's CEO, Meghan Altimore, as she reflects on this special partnership and shares an update on Hopelink's End Summer Hunger campaign.

For over 30 years, Emerald Heights residents and staff have partnered with Hopelink to support stability-building programs for people experiencing poverty in our shared community.

Hopelink serves North and East King County to equip people to exit poverty with programs including food, housing and energy assistance, Medicaid Dial-a-ride transit, English language for work, family development and financial literacy.

Vote for EH in Seattle Times Best in the PNW



We're honored to share that Emerald Heights has once again been nominated in The Seattle Times Best in the PNW People's Choice Awards. After earning Gold for Best Independent Living Community last year, we're excited to be recognized in two categories for 2026:

- Best Retirement Community
- Best Independent Living Community

Voting opens Monday, June 8 at 12 p.m. and runs through Friday, June 26 at 5 p.m.
Vote daily at: votethepnw.com/emeraldheights (Link will go live on June 8.)

You can cast one vote per day from each device during the voting period.



Thank you for your continued support of our community!

Articles

Renters Insurance

Please provide a copy of your renters insurance to Marketing.

Introducing the Therapy Team

Join us on Wednesday, July 1 at 2:00 p.m. in the Emerald Room for an introduction to the Consonus Healthcare Therapy Team.

We are pleased to introduce our dedicated Therapy Team, to support residents in maintaining independence, mobility, and quality of life. Our team includes professionals across Physical Therapy, Occupational Therapy, and Speech Therapy, each bringing specialized expertise and compassionate care.

- **Physical Therapy (PT):** Focuses on improving strength, balance, mobility, and recovery from injury or surgery.
- **Occupational Therapy (OT):** Helps residents with daily activities such as dressing, bathing, and maintaining independence at home.
- **Speech Therapy (ST):** Supports communication, cognition, and safe swallowing.

Our therapy team works closely with residents and families to create personalized care plans and help everyone live as actively and comfortably as possible. Please stop by with questions—we look forward to meeting you.

Events on Summer Hiatus

Do you run a group or committee that will be taking a hiatus for some or all of Summer? Please notify Emma Geary, Communications Specialist, to have room reservations and notifications updated accordingly: emmag@emeraldheights.com, (425) 556-8138.

Event	Hiatus Period	Resumes normal activity in...
Hidden Treasures: Thrift Shop	July–August	September
Furniture on 4th	July–August	September (pending inventory)
Technology Committee	June–August (tentatively)	September
Bible Study	July–August	September



Atrium Socials

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

- ◇ Atrium E:
Tuesday, June 9
- ◇ Atrium P3:
Thursday, June 11
- ◇ Atrium H3:
Thursday, June 11
- ◇ Atrium H1:
Wednesday, June 17
- ◇ Trailside:
Wednesday, June 17
Avondale &
Sammamish Rooms
- ◇ Cloud 9:
Thursday, June 18
Atrium P3 or Pavilion
Plaza (weather
permitting)
- ◇ Atrium P1:
Tuesday, June 23

Monthly or Bimonthly Activities

Mondays:

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

Bonsai Group: 10:00 a.m., 3rd Mon., June 15, Sammamish Room

Tuesdays:

Readers' Theatre Group: 1:30 p.m., 1st & 3rd Tues., June 2 & 16, Tahoma Room

AI Interest Group: No session in June

Wednesdays:

Voices for Vision: No session in June

Ukulele Chorus: 2:30 p.m., 1st & 3rd Thurs., June 4 & 18, AL Game Room

EH Quilters: 1:30 p.m., 2nd Thurs., June 11, Creative Arts Studio

The Good Life Book Club: 1:00 p.m., 2nd Thurs., June 11, Avondale Room

Jazz Appreciation Night: 7:00 p.m., 2nd Thurs., June 11, Avondale Room

Texas Hold'em Poker: 6:30 p.m., 2nd & 4th Thurs., June 11 & 25, Creative Arts Studio

Knitwits: 1:00 p.m., 4th Thurs., June 25, Atrium E

Standing Committee Meetings*

Technology Committee
As-called until September

Building and Grounds Committee
3rd Thurs., June 18, 9:00 a.m., Board Room

Fitness and Sports Committee
1st Wed., June 3, 11:30 a.m., Tahoma Room

Fund Development Committee
3rd Thurs., June 18, 3:00 p.m., Tahoma Room

Residents' Council Study Session
June 4, 2:30 p.m., Board Room

Health and Wellness Committee
4th Tues., June 23, 10:30 a.m., Avondale Room

Food Services Committee
1st Wed., June 3, 1:00 p.m.,
Fireside Dining Room

*All standing committee meetings are open for guests to attend



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 Room

Tuesdays:

Craft and Connect: 1:00 p.m., Creative Arts Studio

Wednesdays:

Garden Railroad: 10:00 a.m., Creative Arts Studio
Lawn Bowling: 10:00 a.m., Bowling Green
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: 6:30 p.m., Tahoma Room

Thursdays:

Tech Help Hour: 1:00 p.m., Lodge Living Room
Silver Singers Rehearsal: 12:30 p.m., AL Game Room

Fridays:

Hand and Foot Canasta: 2:30 p.m., Tahoma Room
Education for Enjoyment: 3:00 p.m., Avondale & Sammamish Room (No session 6/12)

Saturdays:

Lawn Bowling: 10:00 a.m., Bowling Green
Mexican Train, Easy Cards & Games: 2:00 p.m., Creative Arts Studio

Sundays:

Beginner Line Dancing: 2:30 p.m., Fitness Studio
Line Dancing: 3:00 p.m., Fitness 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,
June 4, 2:00 p.m.

Residents' Association Orientation

1st Friday of the month,
June 5, 9:30 a.m.

Resident Services Orientation

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

Dining Services Orientation

3rd Tuesday of the month,
June 16, 10:00 a.m.
Copper & Hook

Marketing Orientation

4th Tuesday of the month,
June 23, 10:00 a.m.

Accounting Orientation

4th Wednesday of the month,
June 24, 10:00 a.m.

Final Review with Grant Linacre,

Executive Director

60 days after move-in



The Corwin/FirView Connection ~ June 2026

Monthly Highlights of Corwin & FirView Activities

Entertainment

- **Music with Dave & Lynn**
Saturday, June 6, 10:45 a.m.
Great Room
- **Ukulele Chorus**
Thursday, June 11, 2:00 p.m.
Great Room
- **Live Music with Honky Tonk Sweethearts,
Wine & Cheese Social**
Friday, June 12, 3:30 p.m.
FirView Activity Room
- **[Redacted] & Friends**
Thursday, June 18, 4:00 p.m.
Great Room
- **Jazz Corner**
Every Thursday, 4:00 p.m.
Wild Flower Point

Special Events

- **Reflections Writing/Sharing Group**
**Wednesday, June 24 at 1:00 p.m. in the
FirView Private Dining Room**
A new Reflections Writing Group session will begin in FirView, using creative prompts to support personal storytelling. FirView residents receive priority signup, with remaining space opening to all residents. Sign up sheet located on the first floor of FirView.

- **Return of Rick with Maeby and Chance**
A volunteer will visit regularly with Golden Retrievers Maeby and Chance for friendly, informal social time. Visits typically take place in Corwin Center.

If you live in FirView and would like to meet the dogs, please let Life Enrichment know.

Monthly Meetings

- **Health Services Live Chat**
Moved to Quarterly
- **Dining Chat**
Thursday, June 18, 2:00 p.m.
FirView Activity Room
- **Assisted Living Resident Council**
Thursday, June 25, 3:00 p.m.
FirView Activity Room
- **Skilled Nursing Resident Council**
Monday, June 29, 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, **June 4, 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. We are 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 Dietitian 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.



Individual Belonging

The guiding theme for Emerald Heights in 2026 is Belonging. The theme for this quarter is Individual Belonging and recognizing the unique value of each person.

This Month's Activities:

- **Diversity, Equity, and Inclusion Planning Meeting**
Monday, June 1 at 2:00 p.m. in the Avondale Room
- **Reel Matters: A Secret Love – Page 18**
Tuesday, June 16 at 2:00 p.m. in the Emerald Room
- **Documentary: Juneteenth: Faith & Freedom – Page 19**
Friday, June 19 at 12:00 p.m. in the
- **Table Talks: *Belonging with Pride* – Page 21**
Thursday, June 25 at 3:00 p.m. in the Emerald Room
- **Pride Walk – Page 22**
Monday, June 29 at 1:00 p.m. meeting in the Lobby
- **Diversity, Equity, and Inclusion Committee Meeting**
Monday, June 29 at 2:00 p.m. in the Avondale 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 with Pride*

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



June Questions:

1. How familiar do you feel with the LGBTQIA+ community, or what comes to mind when you hear that term?
2. When do you remember first learning that people can have different sexual orientations or gender identities?
3. If you've known someone who is part of the LGBTQIA+ community, what are ways you've helped them feel welcomed or respected? If not, what are some ways you think you could help someone feel a sense of belonging?
4. Are there things you find confusing or are still learning about when it comes to the LGBTQIA+ community—such as language or pronouns?

Table Talks will occur on Thursday, June 25 at 3:00 p.m. in the Emerald Room.



Religious Services

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

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 June 26
Episcopal Service and Communion with Fr. McLaurin: Fourth Friday of the month,
June 26, 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

Alcoholics Anonymous (AA)

Sundays, June 7, 14, & 28 (No 6/21 Session)

1:00 p.m. in the Sammamish Room

Come support one another. All are welcome.

Alzheimer's/Dementia Caregiver

Support

Tuesday, June 2

1:00 p.m. in the Sammamish Room

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

Memory Matters

Wednesday, June 3

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.

Women's Caregiver Connect

Monday, June 15

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.

Parkinson's Support

Wednesday, June 17

1:30 p.m. in the Sammamish Room

This session offers support and education
for people living with Parkinson's disease,
care partners, and others seeking
information. Participants will watch a
presentation by Dr. Rebecca Gilbert, Chief
Mission Officer of the American Parkinson
Disease Association.

Men's Caregiver Connect

Wednesday, June 24

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: Events

New Fitness Class: Gentle Hatha Yoga

Mondays, Starting June 1

4:00 p.m.-4:30 p.m. in the Fitness Studio

Alex will lead the class through a half hour of certain gentle poses that promote balance, posture, breathing, and strength. This is a standing and lying-down class that may develop into a 45-minute class as interest indicates. Class is also open to staff.

Health & Wellness Presentation: Aquatic Exercise

Tuesday, June 2

3:00 p.m. in the Emerald Room

Exercise in the water meets many needs that exercise on land cannot. Jennifer Martyn, a physical therapist with 30 years of experience working water, will discuss the benefits of aquatic exercise. This presentation is done in conjunction with the Health & Wellness committee and is suitable for all fitness and ability levels.

Readers' Theatre Group

Tuesdays, June 2 & 16

1:30 p.m. in the Tahoma Room

Catch a Falling Star is a coming-home comedy where the concept of unconditional love is put to the test. Ginny Wakely wants to tell her parents before they see it in People Magazine that their perfect daughter is a recovering drug addict and an ex-adult movie star.

Reflections of Our Lives: Writing Class

Wednesdays, June 3, 10, 17, & 24

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

**Registration Open
5/25**

Nina leads the group with an emphasis on expressive writing and shared experiences.

Lunch and Learn: Assisted Living

Wednesday, June 3

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, June 3, 10, 17, & 24

3:30 p.m. in the Fitness Studio

Join resident folk dance for fun non-couple dances.

PS Salon & Spa: Open House and Bingo

Thursday, June 4

10:00 a.m.–2:00 p.m. in Elements, Hairport, & Spruce Salon

PS Salon & Spa is hosting an open house featuring a bingo game where residents can win a free service upgrade. For details, see Page 5.

Bible Study: Colleen Orrestad presents “The Lord’s Prayer”

Thursdays, June 4, 11, 18, & 25

10:30 a.m. in the Sammamish Room

Colleen continues and completes a study that began in May on The Lord’s Prayer.

Tech Help Hour

Thursdays, June 4, 11, 18, & 25

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

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

Hidden Treasures: Thrift Shop

Friday, June 5

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

Leadership Live Chat (Formerly Grant’s Live Chat)

Friday, June 5

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

The Leadership Team shares campus news and community updates in this monthly program.

Education for Enjoyment: Understanding the Marvels of Medieval Tech

Friday, June 5 (Series ends)

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

Line Dancing

Sundays, June 7, 14, 21, & 28

2:30 p.m. (beginner session) & 3:00 p.m. in the Fitness Studio

Join residents for Line Dancing. No partner needed. A beginner session starts at 2:30 p.m. followed by a more advanced session at 3:00 p.m.





KCLS Library to Go

Tuesday, June 9

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, June 9

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

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

Garden Railroad: Special Railroad Run

Wednesday, June 10

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

The Railroad will be running for practice for our newer engineers to ensure that the RR always runs safely and successfully. All are invited.



Hopelink Presentation: End Summer Hunger Campaign

Wednesday, June 10

2:00 p.m. in the Emerald Room and Channel 1981

See page 7 for details.

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

Thursday, June 11

1:00 p.m. in the Avondale Room

Our June book is the classic Hindu text *Bhagavad Gita*, translated by Stephen Mitchell. . It is the voice of an old intelligence which in another age and climate had pondered and disposed of the same questions which still exercise us. Our July book is J.R.R. Tolkien's *The Hobbit*. The books are selected by club members.



Focus on Fitness: How Classes Can be Modified for Inclusion

Thursday, June 11

2:00 p.m. in the Emerald Room

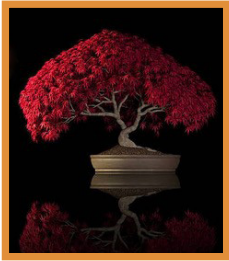
The Fitness Team will present and demonstrate how they modify and adapt classes to support participation for residents with varying physical needs. Bring your questions.

Medic One Foundation: CPR/AED Training

Friday, June 12

1:00 p.m. in the Pavilion

Learn lifesaving skills in this hands-on CPR and AED training session. Gain confidence and knowledge that can help you respond in emergency situations.



Bonsai Group

Monday, June 15

10:00 a.m. in the Sammamish Room

It's that time of year where the Bonsai Group spruces up (pun intended) their plants for the Annual Bonsai show on June 17 and 18. We hope to see you at both events.



David Lee Joyner: Juneteenth

Monday, June 15

2:30 p.m. in the Pavilion

Celebrate Juneteenth with a presentation that highlights its historical significance and cultural impact.





Janet & Clayton: Streets of Paris

Tuesday, June 16

5:00 p.m. in the Pavilion Plaza

Patio Dinner reservations made through Dining



Janet Rayer and Clayton Murray will perform an evening of Parisian-inspired music, featuring French classics and original pieces. The outdoor event takes place on the plaza with food, drinks, and a relaxed evening atmosphere. **Patio dinner reservations must be made through Dining, but drop-in seating will be available.**

Bonsai Group: Fourth-Annual Bonsai Show

Wednesday, June 17 & Thursday, June 18

10:00 a.m.-4:00 p.m. in the Emerald Room

One of the highlights of the year for the Bonsai Group is their annual show where members will display their bonsai handiwork.



Friendly Neighbors

Wednesday, June 17

10:30 a.m. in the Sammamish Room

Learn about upcoming opportunities to connect Corwin residents to events in the Evergreen Lodge or to participate in interesting activities taking place in Corwin and FirView.

Virtual Reality Experience

Thursday, June 18

11:00 a.m. in the Avondale Room

Register on the Portal [Here](#); Limit: 7

Take part in a virtual reality experience that allows you to explore places around the world.



Education for Enjoyment: *Why Insects Matter: Earth's Most Essential Species*

Fridays, June 19 & 26

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

Professor Scott Solomon explains the unique properties of insects, their communication behaviors and how they contribute to the economy.

June Birthday Celebration: *Kiss of Jazz*

Friday, June 19

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

Celebrate June birthdays with a birthday treat and *Kiss of Jazz*, a band known for their smooth jazz, swing, and classic favorites.

Garden Railroad: *Father's Day Open House & Railroad Run*

Sunday, June 21

11:30 a.m.-2:00 p.m. in the Railroad Garden

Come join the fun with coffee, cookies and fellowship at the Railroad Run. Learn how an organized push allowed residents to design, build and run the railroad.

Dancing Through the Decades

Tuesday, June 23

2:00 p.m. in the Pavilion

A dance hour will feature hits from the 1950s, 60s, and 70s, led by DJ Alex with line dances and classic favorites. Participants can dance, listen, or sing along in an informal setting.

Reflections of Our Lives: *Writing Class C*

Wednesday, June 24

1:00 p.m. in the FirView Private Dining Room

Register on the Portal [Here](#); Limit: TBD pending FirView resident registration

Reflections of Our Lives is expanding to include a new session in FirView with modifications to support a welcoming and accessible environment for all participants. Portal registration limit is determined by the number FirView resident sign-ups.



Quarterly Circle of Remembrance

Wednesday, June 24

3:00 p.m. in the Emerald Room & Channel 1981

We are transitioning from our twice-yearly Evenings of Remembrance to a quarterly cycle. During these times we remember and honor those members we've lost in our community during the previous months. All residents and staff are invited to take part in this time to remember and honor those people who were part of our Emerald Heights family.

 **Table Talks: *Belonging with Pride***

Thursday, June 25

3:00 p.m. in the Emerald Room

Take a seat at Table Talks as we talk Pride, belonging, and ways to help people feel respected, like using inclusive language. Groups are assigned at random to connect with new neighbors and perspectives. Enjoy snacks during a guided discussion in this welcoming environment.

Social Hour: Last Friday of the Month

Friday, June 26

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

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



Enhancement Fund Kick-Off: *Enhance Your Life and the Future*

Saturday, June 27

2:30 p.m. in the Pavilion and Channel 1981

The Fund Development Committee will host an afternoon of entertainment and information to launch this year's Enhancement Fund Drive. David Lee Joyner returns with a Cole Porter program featuring songs and stories, following a brief overview of how donations support initiatives including Forest Stewards, the Garden Railroad, Performing Arts, Educational Assistance, Benevolence Fund, and Emerald Lights. Donations benefit resident programs and services.

Hidden Treasures (Formerly Thrift Shop) Collection

Monday, June 29

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



Campus Circle Pride Walk

Monday, June 29

1:00 p.m. meeting in the Lobby

We will conclude Pride Month with our very own “Pride Parade”—Emerald Heights-style. We’ll dress up in rainbow colors to celebrate the spectrum of identities that make our community shine. We will meet in the Evergreen Lodge Lobby and walk clockwise around campus. Join us for all or part of the route or cheer us on from your balcony!



Coming Attractions

Consonus Healthcare: Introducing the Therapy Team

Wednesday, July 1

2:00 p.m. in the Emerald Room

See page 8 for details.

Reflections of Our Lives: Writing Class

Wednesdays, July 1, 8, 22, & 29

Class A: 9:30 a.m. | Class B: 11:00 a.m. | Class C: TBD

in the Avondale Room

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

Nina leads the group with an emphasis on expressive writing and sharing experiences.



Patriotic Sing-Along: America's 250th Anniversary

Wednesday, July 1

7:00 p.m. in the Pavilion & Channel 1981

Join us for an evening of patriotic songs with the Silver Singers as we celebrate together in honor of our nation's history.

Bingo: Red, White, & Blue

Thursday, July 2

2:00 p.m. in the Emerald Room

Enjoy a festive round of bingo with a patriotic twist. Win prizes while celebrating in a fun social environment.

Fourth of July: Stars, Stripes & Sweet Memories

Saturday, July 4

7:00 p.m. in the Pavilion

Celebrate Independence Day with an evening of music, community, and festive activities. A wonderful way to honor our country and create lasting memories together.

What's Happening: Trips

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

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

Leaderless trips are marked with an icon:



Pickleball: Recreational Play

Register on the Portal [Here](#)

Mondays, June 1, 8, 15, 22, & 29

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.

Operation School Bell: Volunteer Opportunity

Register on the Portal [Here](#)

Saturday, June 6

Location: Redmond

Departure Time: 7:15 a.m.

Estimated Return Time: 11:30 a.m.

Cost: Free

Transportation: Free

Cancellation Deadline: Tuesday, June 2

Limit: 13

**Registration Open
5/25**

Give back to the community by supporting runners at the Operation School Bell 5K. Volunteers will help create posters and cheer on participants in a fun, energetic environment. (Bring your lawn chairs!)



Walk: Bellesfield and Heritage Trails

Register on the Portal [Here](#)

Friday, June 12

Location: Bellevue

Departure Time: 10:00 a.m.

Estimated Return Time: 1:00 p.m.

Cost: None

Transportation: \$7.62

Cancellation Deadline: Wednesday, June 10

Limit: 13

This 2.5-mile round trip follows mostly flat terrain with gravel, a wood bridge, and uneven surfaces, passing blueberry fields and wildlife areas with interpretive signage. Rated Level II; dress in layers and bring water and snacks.



Lunch Bunch: Village Cafe

Register on the Portal [Here](#)

Friday, June 19

Location: Redmond

Departure Time: 1:00 p.m.

Estimated Return Time: 3:00 p.m.

Cost: Lunch expenses on your own

Transportation: Free

Cancellation Deadline: Sunday, June 14

Limit: 14

Enjoy a relaxed lunch outing at Village Café, known for its welcoming atmosphere and classic favorites. Great food and conversation await.



WA Wind Symphony: Blockbuster

Register on the Portal [Here](#)

Saturday, June 20

Location: Redmond

Departure Time: 1:15 p.m.

Estimated Return Time: 5:30 p.m.

Cost: \$15

Transportation: Free

Cancellation Deadline: Wednesday, June 10

Limit: 18

The Washington Wind Symphony invites you to *Blockbuster*—a concert experience dedicated to the iconic scores that have defined generations of cinema.

Hike: Discovery Park

Register on the Portal [Here](#)

Friday, June 26

Location: Seattle

Departure Time: 8:00 a.m.

Estimated Return Time: 2:00 p.m.

Cost: None

Transportation: \$13.95

Cancellation Deadline: Wednesday, June 24

Limit: 13

The Discovery Park Loop Trail is a 2.8-mile National Recreation Trail with 140 feet of elevation gain, passing through forest and open meadow terrain with scenic views. This Level II hike includes uneven surfaces; wear layers and bring water and snacks.



Lunch at a Brewery: Elliot Bay Brewing, Lake City

Register on the Portal [Here](#)

Friday, June 26

Location: Seattle

Departure Time: 1:00 p.m.

Estimated Return Time: 4:00 p.m.

Cost: Lunch expenses on your own

Transportation: \$14.12

Cancellation Deadline: Saturday, June 20

Limit: 14

Enjoy lunch at a local brewery offering a menu of hearty dishes and craft beverages.



Bellevue Botanical Garden: The Concert Truck

Register on the Portal [Here](#)

Sunday, June 28
Location: Bellevue
Departure Time: 4:30 p.m.
Estimated Return Time: 7:30 p.m.

Cost: Free
Transportation: \$7.82
Cancellation Deadline: Saturday, June 20
Limit: 17

Experience live music in an outdoor garden setting. This pop-up concert blends nature and performance for a relaxing afternoon. (Bring your lawn chairs, blankets, snacks, and drinks.)

Benaroya: Annual Star-Spangled Spectacular

Register on the Portal [Here](#)

Thursday, July 2
Location: Seattle
Departure Time: 6:15 p.m.
Estimated Return Time: 10:00 p.m.

Cost: Free
Transportation: \$11.94
Cancellation Deadline: Saturday, June 20
Limit: 17 (Potential for 2nd Bus)

Kick off Independence Day celebrations with a patriotic concert at Benaroya Hall.

Little Bit Riding Center Tour

Register on the Portal [Here](#)

Monday, July 6
Location: Redmond
Departure Time: 12:45 p.m.
Estimated Return Time: 3:30 p.m.

Cost: Free
Transportation: Free
Cancellation Deadline: Wednesday, July 1
Limit: 13

Visit Little Bit Therapeutic Riding Center and learn about their programs. Enjoy a behind-the-scenes look at how horses support healing and community.

AARP Mariners Day: Mariners vs. Cincinnati Reds

Register on the Portal [Here](#)

Wednesday, July 22
Location: Seattle
Departure Time: 12:00 p.m.
Estimated Return Time: 5:00 p.m.

Cost: \$75.00 + staff cost
Transportation: \$13.00
Cancellation Deadline: Wednesday, June 10
Limit: 17

See the Mariners in action with special AARP perks, including a Terrace Club Level seat and complimentary lunch.

Senior Day: Mariners vs. Detroit Tigers

Register on the Portal [Here](#)

Thursday, August 6
Location: Seattle
Departure Time: 12:00 p.m.
Estimated Return Time: 5:00 p.m.

Cost: \$75.00 + staff cost
Transportation: \$13.00
Cancellation Deadline: Thursday, June 18
Limit: 17

Enjoy Senior Day at the ballpark with great seating, community spirit, and an exciting match-up against the Tigers.



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

Monthly Shopping Trips: Register on the Portal [Here](#)

Costco Shopping Trip

Wednesday, June 10

Departure: 2:00 p.m.

Estimated Return: 3:30 p.m.

Limit 12

Uwajimaya Shopping Trip

Monday, June 22

Departure: 1:00 p.m.

Estimated Return: 3:30 p.m.

Limit 12

Bellevue Square Shopping Trip

Monday, June 15

Departure: 1:00 p.m.

Estimated Return: 4:00 p.m.

Limit 12

Costco Shopping Trip

Wednesday, June 24

Departure: 2:00 p.m.

Estimated Return: 3:30 p.m.

Limit 12

PCC Shopping Trip

Wednesday, June 17

Departure: 2:00 p.m.

Estimated Return: 3:30 p.m.

Limit 9

Alderwood Mall Shopping Trip

Monday, June 29

Departure: 1:00 p.m.

Estimated Return: 3:00 p.m.

Transportation: \$11.22

Limit 9

