

The View

From the Heights of
Community Life



July 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

Hairport
(425)556-8160

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

Nails by Stella
Fridays
9 a.m.–3 p.m.

Elements
(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.

Spruce
(425)605-3637

Hair by Lauren
Monday
9 a.m.–3 p.m.

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

Reminders

- ◇ No Grocery Shopping on Friday, July 3 due to observed holiday.
- ◇ 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](#).

Cover Photo: Taken by Derek S. Moore on Unplash; Cannon Beach, Oregon



Staff Spotlight

Shining Star Shout-Outs



Shining Star winners are chosen from a pool of nominees from residents and staff. When you see staff members 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 June is
Maria de Carvalho, Waitperson**

June Nominees:	Man Luong	Kayhan Kholdinasab	Hau Huynh (x2)
Rhiana Mitchell	Kaitlynd Hewitt	Scott Milbrodt	Valentin Tuluca
Geoff Young	Daniel Gordon	Nick Yovin	Andres Valencia (x2)
Alex Clark	Mari-Ann Jennings (x2)	Layne Young	Kayla Steilen
Tara Bell	Denmark Gabriel (x2)	Tuyen Khuu (x3)	Sandra Cook
Christian Rivera (x2)	Maria de Carvalho (x3)	Josh Nash (x2)	Stacie Baudo
Erman Chavez Estrella	Vanessa Avelar	Ken Bonebrake	Terra Keel

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 June is
Abbie Tyler, Community Associate Coordinator**

“Abbie embodies the definition of dedication, versatility, and positivity within our organization. No matter how heavy the workload, she answers every single call to assist with a genuine smile and a seamless, can-do attitude. Abbie is the operational backbone of our team, balancing an extraordinary number of critical responsibilities. She serves as our CA Manager, Supplies Manager, Staffing Coordinator, and Executive Assistant. Managing any one of these positions is a demanding, full-time commitment. Managing all four simultaneously requires a level of collaboration and organizational mastery. She wears these many hats, ensuring that our daily operations run smoothly... Her proactive approach to learning and development fosters a culture of excellence across the entire organization.”



June Nominees:
Estela Alfaro
Tara Bell
John Waltner



Staff Spotlight

Introducing Tristin McLaren, Fitness Specialist



Join us in welcoming Tristin McLaren, our newest Fitness Specialist. Tristin McLaren brings energy, expertise, and a genuine passion for helping people stay active and confident. She focuses on helping residents find joy in movement and keep their bodies moving well throughout all stages of life.

With a background in anthropology from the University of Washington, Tristin combines her understanding of the human body with multiple fitness certifications, including Personal Training (NASM), Group Fitness and Running Coach (ISSA), and Barre Instruction (IBBFA). She takes a personalized approach to fitness, grounded in biomechanics and lifelong mobility.

Tristin finds the greatest reward in seeing people build confidence through fitness classes and continue doing the activities they love. Outside of work, she enjoys trail running, paddle boarding, hiking, gardening, and raising chickens—activities that reflect her love of staying active and connected to nature.

Katharine Manter Earns *Obesity Care Exercise Specialist* Certification



Katharine Manter has successfully earned her Obesity Care Exercise Specialist certification.

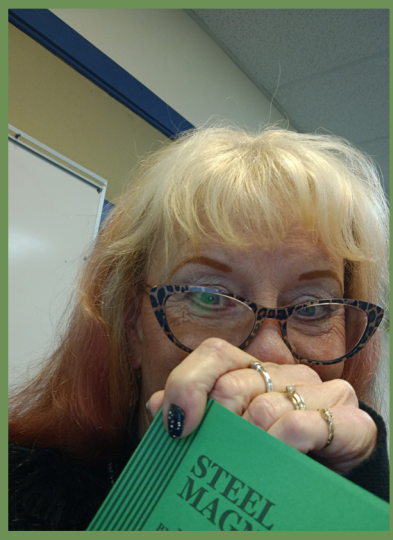
This certification equips Katharine with an understanding of obesity as a complex disease, moving beyond the misconception that weight management is solely a matter of diet and exercise. With this training, Katharine designs tailored exercise prescriptions that integrate with clinical weight loss programs.

She is prepared to support clients, providing personalized fitness guidance and connecting them with the broader medical resources necessary for long-term success.



Staff Spotlight

Get to Know: *Alex Clark, Wellness Programs Manager*



What is your hometown?

Los Angeles, CA

What was your first job?

Fast food, Carl's Jr.

What three words would you use to describe yourself?

Energetic, outgoing, engaged

What do you do for fun?

Theatre, sewing, yoga, camping

Who inspires you?

It used to be my parents as they were amazing, loving, and supportive to me. Now I have to say it is the residents who do so much here to start new events and activities, run things, and work in the background to keep things humming.

What do you enjoy most about working at Emerald Heights?

The connections (both staff and residents,) making a difference, helping someone getting through a difficult time, and watching people enjoy full lives.

What movie, game, or book universe would you most like to live in?

A Chorus Line.

What topic could you give a 20-minute presentation on with no preparation?

Theatre, just ask me anything.

If your life had a theme song, what would it be?

Fame (from the movie of the same name).

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

M*A*S*H for TV

Silent Running for movie



Lights, Camera, Emerald Heights!

On July 28 and 29, a professional photography and videography team will be on campus capturing updated images and video for future marketing materials.

During their visit, they will photograph shared spaces throughout the community and conduct a small number of resident interviews. There may be brief interruptions or minor adjustments to activities and schedules as filming takes place. We apologize for any inconvenience and appreciate your patience and understanding.

We're also looking for resident volunteers to participate in select photo and video shoots. This may include joining an activity, dining with friends, or helping bring our community spaces to life. No interviews or speaking roles are required.

Interested in participating? Please contact Jaimisa Gourley, Director of Communications and Branding, at jaimisag@emeraldcommunities.com.

Thank you for helping us share the spirit of Emerald Heights with future residents and families!

Grant Linacre's Farewell Drop-In Session



Stop by the Pavilion on Thursday, July 9 between 10:00 a.m. and 11:00 a.m. to say goodbye and good luck to Grant Linacre.

For the last ten years, Grant Linacre has been a dedicated leader, trusted colleague, and champion of the Emerald Heights community. Throughout his tenure, he has helped guide Emerald Heights through significant growth and change while remaining deeply committed to our residents, team members, and mission. His leadership, compassion, and steady presence have left a lasting impact on all of us, and our community is stronger because of his care and dedication.

Unfortunately for us, Grant's last day with Emerald Heights will be Friday, July 10. Grant is leaving Emerald Heights to become the CEO of Heritage Community of Kalamazoo. This is an exciting and well-deserved opportunity for Grant, one that will also bring him and his young family closer to their extended family. Join us in celebrating this next chapter and wishing him every success.

We are thankful to Grant for his decade of service, leadership, and commitment to Emerald Heights and all he has done for our community. We wish him and his family nothing but happiness and continued success in the years ahead.



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
Furniture on 4th	July–August	September (pending inventory)
Technology Committee	June–August (tentatively)	September
Bible Study	July–August	September
Residents' Council	July	August
Ukulele Chorus	July–August	September
The Good Life Book Club	August	September

Summer Games 2026



The Fitness Department is bringing the nostalgia of summer camp to life with a week of high-spirited games, friendly competition, and plenty of laughs! We will kick off the adventure with the Opening Ceremony on Monday, July 13 at 10:00 a.m., where we will explain the upcoming challenges and how residents and staff can join in the fun.

From Pool Noodleball and a Trail Scavenger Hunt to Virtual Reality Balloon Popping and Ping-Pong, there is something for everyone. You may even catch a glimpse of the Station 17 Firefighters dropping in on an event or two.

The week concludes with our traditional Closing Ceremony on Friday, July 17 at 1:00 p.m., complete with awards and a special video capturing all of the funniest antics and triumphs.

No sign-ups are required—just check the upcoming posters, slides, or the Summer Games Schedule on the following page. All regularly scheduled Fitness classes except Body & Brain Tai Chi will be canceled during this week.



Summer Games Schedule

Time	Event	Location
Monday, July 13		
Available starting 8:00 a.m.	Brain Games (due 7/16)	Fitness Center
10:00-11:00 a.m.	Opening Ceremony	Pavilion & Channel 1981
1:30-2:30 p.m.	Corn hole	FirView Activity Room
2:00-3:00 p.m.	Balloon Badminton	Great Room
2:00-4:00 p.m.	Shot Put/Discus/Javelin	Pavilion Plaza
Tuesday, July 14		
9:30-10:30 a.m.	Putting	Putting Green
10:00-11:00 a.m.	Tissue Box Air Hockey	FirView Activity Room
10:00-11:00 a.m.	Balloon Badminton	Great Room
1:00-2:00 p.m.	Noodleball	Pool
2:00-3:00 p.m.	Staff Noodleball	Pool
Wednesday, July 15		
9:00-11:00 a.m.	Trail Scavenger Hunt	Start at Fitness Center
10:00 a.m.-12:00 p.m.	Lawn Bowling	Lawn Bowling Green
10:00-11:00 a.m.	Tissue Box Air Hockey	Wild Flower Point
12:00-1:00 p.m.	Giant Jenga, Ladder Ball, Corn hole	Pavilion Plaza or Emerald Room (weather dependent)
1:00-3:00 p.m.	Timed Jigsaw Puzzle	Fitness Studio
2:00-3:30 p.m.	Cribbage	Avondale Room
Thursday, July 16		
9:00 a.m.-12:00 p.m.	Team Corn hole	Lawn Bowling Green
10:30 a.m.-12:00 p.m.	VR Balloon Popper	FirView Activity Room
10:30 a.m.-12:00 p.m.	Team Water Balloon Toss	Pavilion Plaza
1:00-3:00 p.m.	Staff/Resident Ping Pong	Emerald Room
1:30-2:30 p.m.	Indoor Corn hole	Wild Flower Point
Friday, July 17		
9:30-11:30 a.m.	Dog & Human Agility Course	Pavilion Plaza
1:00-3:00 p.m.	Closing Ceremony	Pavilion & Channel 1981

Atrium Socials

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

- ◇ **Atrium P3:**
Thursday, July 9
- ◇ **Atrium E:**
Tuesday, July 14



Monthly or Bimonthly Activities

Mondays:

Woodshop Team: 10:00 a.m., 1st Mon., July 6, Woodshop Annex

Bonsai Group: 10:00 a.m., 3rd Mon., July 20, Sammamish Room

Tuesdays:

Readers' Theatre Group: 1:30 p.m., 1st & 3rd Tues., July 7 & 21, Tahoma Room

Al Interest Group: 2:00 p.m., July 28, Sammamish Room

Wednesdays:

Voices for Vision: 3:00 p.m., July 22, Avondale Room

Thursdays:

EH Quilters: 1:30 p.m., 2nd Thurs., July 9, Creative Arts Studio

The Good Life Book Club: 1:00 p.m., 2nd Thurs., July 9, Avondale Room

Jazz Appreciation Night: 7:00 p.m., 2nd Thurs., July 9, Avondale Room

Texas Hold'em Poker: 6:30 p.m., 2nd & 4th Thurs., July 9 & 23, Creative Arts Studio

Knitwits: 1:00 p.m., 4th Thurs., July 23, Atrium E

Standing Committee Meetings*

Fitness and Sports Committee

1st Wed., July 1, 11:30 a.m., Tahoma Room

Communications Committee

Quarterly, July 15, 10:30 a.m., Avondale Room

Residents' Council Study Session

No Session in July

Residents Activities Meeting

Quarterly, July 16, 1:00 p.m., Sammamish Room

Food Services Committee

1st Wed., July 1, 1:00 p.m., Fireside Dining Room

Fund Development Committee

3rd Thurs., July 16, 3:00 p.m., Tahoma Room

Building and Grounds Committee

3rd Thurs., July 16, 9:00 a.m., Board Room

Health and Wellness Committee

4th Tues., July 28, 10:30 a.m., Avondale 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

Silver Singers Rehearsal: 3:30 p.m., AL Game Room

EH Perimeter Woods Walkers: 10:00 a.m.,
Courtyard Building Entrance

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 (Avondale Room
on 7/15)

Shanghai Rummy: 6:30 p.m., Avondale Room (AL
Game Room on 7/1)

Pinochle: 6:30 p.m., Tahoma Room

Thursdays:

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

Folk Dance for Everyone: 7:00 p.m., Fitness Studio

Fridays:

Hand and Foot Canasta: 2:30 p.m., Tahoma Room

Education for Enjoyment: 3:00 p.m., Avondale &
Sammamish Room (No session 7/17)

Saturdays:

EH Perimeter Woods Walkers: 10:00 a.m.,
Courtyard Building Entrance

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,
July 2, 2:00 p.m.

Residents' Association Orientation

1st Friday of the month,
July 3, 9:30 a.m.

Resident Services Orientation

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

Dining Services Orientation

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

Accounting Orientation

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

Marketing Orientation

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

Final Review with Executive Director

60 days after move-in



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

Entertainment

- **Music with Dave & Lynn**
Saturday, July 4, 10:45 a.m.
Great Room
- **Nancy Quickstad & Friends**
Thursday, July 16, 4:00 p.m.
Great Room
- **Live Music with Bob Cerelli,
Wine & Cheese Social**
Friday, July 17, 3:30 p.m.
FirView Patio or Activity Room
- **Jazz Corner**
Every Thursday, 4:00 p.m.
Great Room



Special Events

- **Avoiding Online Scams**
Thursday, July 9
3:00 p.m. in the FirView Activity Room
A student presenter will discuss how to identify and avoid text-based scam messages, using real examples that often target seniors. The session includes a slideshow, handouts, and priority seating for FirView residents with space available for others.
- **Summer Games**
Monday, July 13 through Friday, July 17
Join the fun, cheer on your neighbors!
Opening Ceremony on Monday, July 13 at 10:00 a.m. in the Pavilion. Closing Ceremony on Friday, July 17 at 1:00 p.m. in the Pavilion.

Monthly Meetings

- **Health Services Live Chat**
Moved to Quarterly
- **Dining Chat**
Thursday, July 16, 2:00 p.m.
FirView Activity Room
- **Skilled Nursing Resident Council**
Monday, July 27, 11:00 a.m.
Great Room
- **Assisted Living Resident Council**
Thursday, July 30, 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. Click [Here](#) for more disposal sites.

On-Campus Services

Audiology: *Evergreen Speech and Hearing*

First Thursday monthly, **July 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.

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.

Consonus: Outpatient Rehab Services

Emerald Heights residents are welcome to visit the on-site Therapy Department for outpatient rehabilitation.

Services Include:

- Physical Therapy: Orthopedic injuries, neurological impairments, vestibular disorders, & pain management
- Occupational Therapy: OTs specialize in helping people get back to doing the functional activities which occupied their day
- Speech Language Pathology: SLPs work with clients having difficulty with speech, swallowing, or cognitive skills

Therapy sessions are by appointment only and available at Emerald Heights from Monday to Friday, 9:00 a.m. to 4:00 p.m. in the Corwin Center. Please contact Juie Mesvani, Rehabilitation Director at (425)556-8241 or jrmesvani@consonushealth.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.



Community Belonging

The guiding theme for Emerald Heights in 2026 is Belonging. The theme for this quarter is Community Belonging, with activities focused around strengthening social connections and reducing isolation within the community.

This Month's Activities:

- **Diversity, Equity, and Inclusion Planning Meeting**
Monday, July 6 at 2:00 p.m. in the Avondale Room
- **Reel Matters: Super/Man: The Christopher Reeve Story – Page 17**
Wednesday, July 8 at 1:00 p.m. in the Emerald Room
- **Table Talks: *Belonging without Barriers* – Page 20**
Thursday, July 23 at 3:00 p.m. in the Emerald Room
- **Turning Page Book Club: *Together: The Healing Power of Human Connection in a Sometimes Lonely World* by Vivek H. Murthy M.D. – Page 21**
Thursday, July 30 at 1:00 p.m. in the Tahoma Room
- **Diversity, Equity, and Inclusion Committee Meeting**
Monday, July 27 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 without Barriers*

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



July Questions:

1. How do you think society defines disability? Where do “invisible” disabilities fit into that?
2. What experiences have shaped your understanding of disability?
3. How do assistive devices help people with disabilities—and all of us—stay independent as we age? What beliefs or biases can make these devices harder for people to use?
4. What are some ways disability advocacy has created benefits for everyone (not just disabled people)?

Table Talks will occur on Thursday, July 23 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: On Hiatus for Summer

Fridays:

Catholic Communion Service: 10:00 a.m. in the Avondale Room. Mass on July 24
Episcopal Service and Communion with Fr. McLaurin: Fourth Friday of the month,
July 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

Alcoholics Anonymous (AA)

Sundays, July 5, 12, 19, & 26

1:00 p.m. in the Sammamish Room

Come support one another. All are welcome.

Co-Ed Carepartner Connect

Monday, July 6

1:00 p.m. in the Sammamish Room

Caregivers can connect with others who support a spouse, partner, or friend facing health challenges in this peer discussion group. This group offers space to share experiences, encouragement, and practical support.

Alzheimer's/Dementia Caregiver

Support

Tuesday, July 7

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, July 8

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.

Parkinson's Support

Wednesday, July 15

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 education.



What's Happening: Events

Reflections of Our Lives: Writing Class

Wednesdays, July 1, 8, 22, & 29 (No Session 7/15)

Class A: 9:30 a.m. | Class B: 11:00 a.m. | Class C: 1:00 p.m.

Class A and B in the Avondale Room; Class C in FirView Dining Room

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

Class A & B is writing focused, whereas Class C uses prompts, conversation, and sensory activities to discuss treasured memories.

Registration Open
Now!

Lunch and Learn: Assisted Living

Wednesday, July 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

Patriotic Sing-Along: America's 250th Anniversary

Wednesday, July 1

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

Join the sing-along and listen to special songs by the Silver Singers. 'Tis the season, so Yankee Doodle, America, the Beautiful, and You're a Grand Old Flag are on the program along with other favorites. Let's celebrate our 250th birthday and imagine 250 years more.

Tech Help Hour

Thursdays, July 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.

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 in this social environment.



Folk Dance for Everyone

Thursdays, July 2, 9, 16, 23, & 30 (Note day of week and time changes)

7:00 p.m. in the Fitness Studio

Join resident folk dance teachers for fun non-couple dances.

EH Perimeter Woods Walkers

Saturdays, July 4, 11, 18, & 25 & Tuesdays, July 7, 14, 21, & 28

10:00 a.m. at Courtyard Building Entrance

We'll have lots of fun getting fresh air, exercise, socializing. This is an open group, so invite any walker you know to join us to walk the EH woods perimeter trail. We leave promptly at 10:00 a.m., rain or shine.

Garden Railroad: *Fourth of July Celebration*

Saturday, July 4

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

Come join the fun at the Railroad, meet the railroad engineers, decorators, tinkerers and gardeners who keep this resident's facility in top-notch shape.

Fourth of July Celebration: *Stars, Stripes & Sweet Memories*

Saturday, July 4

7:00 p.m. in the Pavilion

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



Line Dancing

Sundays, July 5, 12, 19, & 26

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.

New Class: *Barré with Tristin McLaren*

Mondays, Starting July 6

10:30 a.m.-11:15 a.m. in the Fitness Studio

Barré is a combination of ballet, Pilates, and yoga intended to build strength, stability, and mobility with body weight and small hand weights if desired. Benefits of Barré class include strength and endurance in postural and core muscles, improved balance, and coordination.

Readers' Theatre Group

Tuesdays, July 7 & 21

1:30 p.m. in the Tahoma Room

Ghostly actors and a skeptical cemetery cat are in store for Readers Theater this July. We'll be reading "The Edgar Allan Poe Afterlife Radio Show" by Jason Pizzarello and Patrick Greene, where Edgar Allan Poe hosts a supernatural radio show from beyond the grave.

Friendly Neighbors

Wednesday, July 8

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.





Grant's Farewell Drop-In

Thursday, July 9

10:00 a.m.-11:00 a.m. in the Pavilion

See details on page 6.

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

Thursday, July 9

1:00 p.m. in the Avondale Room

Our July book is J.R.R. Tolkien's *The Hobbit*, the prelude to Tolkien's "The Lord of the Rings." In this delightful tale Tolkien first created the fantasy world of Middle-Earth, and those charming Hobbits, whose adventures are continued in "The Lord of the Rings". These stories are among the most popular of the 20th century. Books are selected by club members. Next meeting will be September 10 where we will discuss Allen Levi's *Theo of Golden*.

Avoiding Online Scams

Thursday, July 9

3:00 p.m. in the FirView Activity Room

A student presenter will discuss how to identify and avoid text-based scam messages, using real examples that often target seniors. The session includes a slideshow, handouts, and priority seating for FirView residents with space available for others.

Leadership Live Chat

Friday, July 10

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

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



Summer Games: Opening Ceremony

Monday, July 13

10:00 a.m. in the Pavilion

Join us for muffins and coffee, entertainment, and surprise guests. Get an overview of the week and your Camp Card. Have fun all week competing, watching, cheering on games all over campus. For a detailed schedule of activities, see page 8.

KCLS Library to Go

Tuesday, July 14

9:00 a.m.-10:30 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.



Garden Railroad: *Special Railroad Runs*

Wednesdays, July 15 & 29

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

In these special runs, engineers perfect their trade in running trains. Peek over the shoulder of an engineer to see how they handle the train!



Summer Games: *Closing Ceremony*

Friday, July 17

1:00 p.m. in the Pavilion

Wind down from the Summer Games with a great closing ceremony. We'll honor the participants and winners and watch the highlight reel with a sweet treat!

July Birthday Celebration: *Best for Last*

Friday, July 17

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

Best for Last, the duo of Cheri Adams and Dave Albert, bring a mix of timeless favorites from the 50s to 80s to the stage.

Bonsai Group

Monday, July 20

10:00 a.m. in the Sammamish Room

Our members are making our own ceramic bonsai pots at this meeting. The pots will be glazed and fired. Come join the fun.



Ducks in a Row: *Funeral Options 2.0* presented by People's Memorial

Monday, July 20

1:30 p.m. in the Emerald Room

Rachel LeBlanc from the People's Memorial Association will describe body disposition options in Washington State, including cremation, burial, aquamation, natural organic reduction, and full body donation. The session covers costs, required decisions and paperwork, and how to align funeral planning with personal values and resources.



New Options for Aging Well: The GUIDE Program Explained

Wednesday, July 22

2:00 p.m. in the Emerald Room

Join *Executive Home Care* for a helpful introduction to the Medicare GUIDE Program, a new national model designed to support individuals living with dementia and the caregivers who love them. We will explore how GUIDE brings clarity, relief, and peace of mind throughout the dementia journey.

Voices for Vision

Wednesday, July 22

3:00 p.m. in the Avondale Room

If you have low vision or you're just curious, this is the group for you. Spend an hour with people who understand what it's like to live with low vision. We'll talk about new skills, tools and devices that we have found to help with daily life. The meeting is open to all residents and staff.

Shakespeare on the Plaza: As You Like It

Wednesday, July 22

7:00 p.m. in the Pavilion Plaza (Weather permitting)

Join us for an evening of theatre as *Shakespeare on the Plaza* presents William Shakespeare's comedy, *As You Like It*. Hosted by Alex Clark, our Wellness Programs Manager.

Table Talks: Belonging without Barriers

Thursday, July 23

3:00 p.m. in the Emerald Room

Take a seat at Table Talks as we explore disability, assistive devices, and advocacy. Groups are assigned at random to connect you with new neighbors and perspectives. Participate in a guided discussion in this welcoming environment. Snacks included.

Karaoke Crooning

Thursday, July 23

3:00 p.m. in the Copper & Hook

Grab the mic and show off your favorite tunes—choose a song from our playlist or just enjoy the show, sing along, and cheer on your neighbors and our stellar staff!

Want to perform?

Submit your song choice by 5:00 p.m. on Wednesday, July 22, to guarantee your spot in the spotlight and on the playlist.



Hidden Treasures (Formerly Thrift Shop) Collection

Monday, July 27

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

Drop off Thrift Shop donations on the last Monday of each month.

Bob, Harry, and Zahra Jazz Jam

Tuesday, July 28

7:00 p.m. in the Emerald Room

Residents [Redacted] (tenor sax) and [Redacted] (piano) and concierge, Zahra Ahmed (vocals), will do a jam performance of jazz and popular standards. Tunes will range from a *Willow Weeping* ballad, to toe-tapping *Letting Us Fall in Love*, to *Feverish* pop.



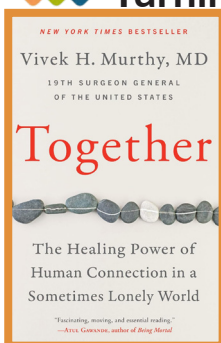
Turning Page Book Club: *Together: The Healing Power of Human Connection*

in a Sometimes-Lonely World by Vivek H. Murthy M.D.

Thursday, July 30

1:00 p.m. in the Tahoma Room

This staff and resident combined book club will meet to discuss *Together* by the former American Surgeon General Vivek H. Murthy. Murthy explores loneliness as a hidden public health crisis and that connection is essential to our physical and mental well-being.



Woodshop Open House and BBQ

Friday, July 31

11:00 a.m.-1:00 p.m. in the Woodshop Annex

Meet the Woodshop team for a tour of the Woodshop while enjoying a hamburger or hotdog. A silent auction will be held at 12:30 p.m. for small items made by our members.



Social Hour: Last Friday of the Month

Friday, July 31

4:45 p.m.–6:00 p.m. in the Pavilion Plaza (Weather permitting)

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

Coming Attractions

Joshua Pielemeier's Piano Performance

Friday, August 7

7:00 p.m. in the Pavilion

We are delighted to welcome back Joshua: a gifted pianist whose artistry blends technical mastery with heartfelt expression.



Potluck: Recipes & Roots

Friday, August 14

12:00 p.m. in the Emerald Room

Register on the Portal [Here](#); Limit: 30 attendees

Join us for a community potluck where food becomes a way to connect and celebrate. Bring a dish that serves 30–50 small samples (think Costco sample-sized) and is meaningful to you. We invite you to share your recipe so others can re-create and enjoy it. Recipes will be included in the Emerald Heights Cookbook, a special joint project with the Life Enrichment team. Staff will create place cards with the name of your dish, your name, and your recipe.

Please note:

- Registration is required to attend and to bring food
- When registering, indicate any electricity needs in the Notes section (e.g., outlet for a Crockpot or warming tray)
- Let us know if you're interested in sharing a short story about your dish in the Notes section during Registration

What's Happening: Trips

PLEASE NOTE: Event registration on the Portal does not open until July 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:



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

Registration Open Now!

Visit Little Bit Therapeutic Riding Center to learn about their programs on this tour.



Pickleball: Recreational Play

Register on the Portal [Here](#)

Mondays, July 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

New players welcome—call [Redacted] to join. The group will be looking for opportunities to play outdoors as the weather improves.

Walk: Beaver Lake Preserve

Register on the Portal [Here](#)

Friday, July 10
Location: Sammamish
Departure Time: 10:00 a.m.
Estimated Return Time: 1:00 p.m.

Cost: None
Transportation: \$8.44
Cancellation Deadline: Wednesday, July 8
Limit: 13

The dirt trail is 1.2 miles roundtrip. The loop trail passes through moist forest with a lot of very large trees, both deciduous and coniferous. A few well-weathered stumps hint at the size of trees earlier loggers harvested here. Dress in layers, pack snacks and water.

Redmond Tech Orchestra: All The World's a Song

Register on the Portal [Here](#)

Thursday, July 16
Location: Redmond
Departure Time: 6:00 p.m.
Estimated Return Time: 9:30 p.m.

Cost: Free
Transportation: Free
Cancellation Deadline: Friday, July 10
Limit: 17

Experience Shakespeare's greatest stories told through the power of a full orchestra and live acting featuring Technically Thespians—a collective of tech professionals in the Redmond area passionate about theatre—to give a blend of spoken word and staged scenes.

The Shop Club and Derby Restaurant

Register on the Portal [Here](#)

Monday, July 20
Location: Seattle
Departure Time: 12:00 p.m.
Estimated Return Time: 4:30 p.m.

Cost: Lunch on your own + staff costs
Transportation: \$13.02
Cancellation Deadline: Monday, July 13
Limit: 14

Tour *The Shop Club*, Seattle's premier social club for automotive enthusiasts, followed by lunch at Derby, its renowned in-house restaurant.

Sound Transit Across Lake Washington to Waterfront

Register on the Portal [Here](#)

Thursday, July 23
Location: Seattle
Departure Time: 10:00 a.m.
Estimated Return Time: 3:30 p.m.

Cost: Lunch + Staff & Guide Expense
Transportation: \$6.07
Cancellation Deadline: Friday, July 17
Limit: 13

Beginning at the bus stop outside our community, we'll ride across Lake Washington on the floating bridge and continue via the free waterfront shuttle to the pier for lunch.



Hike: Coal Creek Falls

Register on the Portal [Here](#)

Friday, July 24

Location: Factoria

Departure Time: 8:00 a.m.

Estimated Return Time: 2:00 p.m.

Cost: None

Transportation: \$10.89

Cancellation Deadline: Wednesday, July 22

Limit: 13

This 5.1-mile roundtrip has 567 feet elevation gain and a dirt surface. It's a well-maintained trail meanders beneath a thick canopy and a dense understory. We rated this one a level III for elevation gains and uneven surfaces. Dress in layers and pack water and snacks.

Bellevue Arts Fair

Register on the Portal [Here](#)

Friday, July 24

Location: Bellevue

Departure Time: 12:30 p.m.

Estimated Return Time: 5:00 p.m.

Cost: Your own purchases

Transportation: \$7.59

Cancellation Deadline: Friday, July 17

Limit: 13

An annual summer event that brings together over 300 local and national artists showcasing fine art, crafts, jewelry, photography alongside live music and a food vendors in Bellevue.

Redmond Derby Days: Redmond Fire Pancake Breakfast & Derby Parade

Register on the Portal [Here](#)

Saturday, July 25

Location: Redmond

Departure Time: 9:30 a.m.

Estimated Return Time: 12:30 p.m.

Cost: \$5 cash donation recommended

Transportation: Free

Cancellation Deadline: Saturday, July 18

Limit: 17

Kick off your morning with the Redmond Fire Department Pancake Breakfast at Fire Station 11. Then, enjoy the Grand Parade filled with music, floats, and community spirit.

KUOW: Studio Tour & Lunch

Register on the Portal [Here](#)

Friday, July 31

Location: Seattle

Departure Time: 10:15 a.m.

Estimated Return Time: 2:30 p.m.

Cost: Lunch + Staff Costs

Transportation: \$10.89

Cancellation Deadline: Friday, July 24

Limit: 17

Visit KUOW for a behind-the-scenes studio tour, complete with lunch while watching Bill Radke record *Week in Review* live. A unique peek into how public radio comes together, live.

Boeing SeaFair Blue Angels Air Show Viewing Cruise

Register on the Portal [Here](#)

Saturday, August 1

Location: Kirkland

Departure Time: 12:30 p.m.

Estimated Return Time: 6:00 p.m.

Cost: \$150 + Staff costs

Transportation: \$7.06

Cancellation Deadline: Friday, July 10

Limit: 17

Sail from Kirkland to watch the Blue Angels and stunt pilots perform from the best seat on the water. Enjoy onboard snacks, refreshing drinks, and panoramic views.



Rockin' On The River: Chicago Transit

Register on the Portal [Here](#)

Wednesday, August 5

Location: Redmond

Departure Time: 5:00 p.m.

Estimated Return Time: 8:30 p.m.

Cost: Free

Transportation: Free

Cancellation Deadline: Friday, July 31

Limit: 17

A free outdoor summer concert featuring *Chicago Transit*, delivering classic horn-driven rock and soulful melodies on the Great Lawn in Redmond. Bring a blanket or lawn chair to sit on.

Rockin' On The River: Laurel Canyon Legacy

Register on the Portal [Here](#)

Wednesday, August 12

Location: Redmond

Departure Time: 5:00 p.m.

Estimated Return Time: 8:30 p.m.

Cost: Free

Transportation: Free

Cancellation Deadline: Friday, August 7

Limit: 17

Experience the magic of '60s and '70s folk-rock with *Laurel Canyon Legacy* in this free outdoor concert. Bring a blanket or lawn chair to sit on.

Chateau Ste. Michelle: Grand Estate Tour & Tasting

Register on the Portal [Here](#)

Friday, August 14

Location: Woodinville

Departure Time: 12:30 p.m.

Estimated Return Time: 4:00 p.m.

Cost: \$55 + Staff & Own lunch expenses

Transportation: \$3.10

Cancellation Deadline: Friday, July 10

Limit: 17

This guided walking tour of Washington's most iconic winery takes you through lush gardens, historic architecture, and wine making spaces while trying curated tasting of four limited-release wines, each paired with artisanal small bites followed by lunch onsite.

Rockin' On The River: Prom Date Mix Tape

Register on the Portal [Here](#)

Wednesday, August 19

Location: Redmond

Departure Time: 5:00 p.m.

Estimated Return Time: 8:30 p.m.

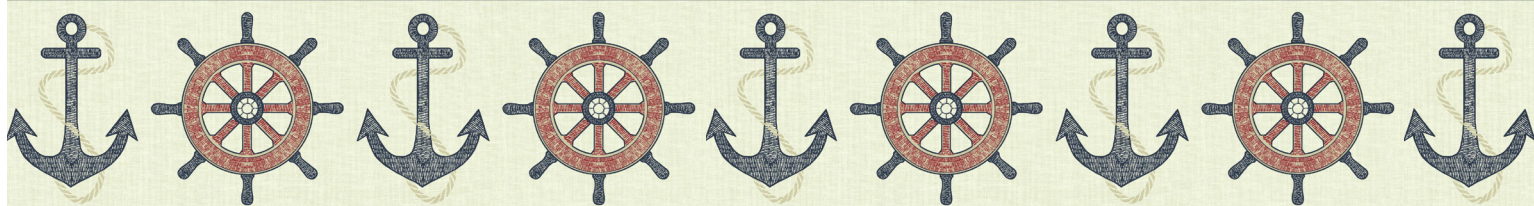
Cost: Free

Transportation: Free

Cancellation Deadline: Friday, August 14

Limit: 17

Another free outdoor summer concert featuring energetic renditions of your favorite decade-defining new wave, pop, and rock tunes. You'll rock to the authentic sound of the 80s and be transported back to the time of MTV. Bring a blanket or lawn chair to sit on.



Leavenworth Overnight Getaway & *The Sound of Music*

Thursday, August 27 through Friday, August 28
Departure: 9:00 a.m. on Thursday, August 27
Estimated Return: 5:00 p.m. on Friday, August 28
Estimated Cost: \$300–\$325 (Including ticket and staff cost for ticket + group meal)

Transportation Fee: \$68.64
Cancellation Deadline: Friday, July 17
Limit: 17
Register on the Portal [Here](#)

Experience the Magic

Pack an overnight bag and join us for a getaway to the charming Bavarian village of Leavenworth! Our overnight adventure includes time to explore the town, a stay at the beautiful Bavarian Lodge, and an evening under the stars at the Ski Hill Amphitheater for a performance of *The Sound of Music*.

Thursday, August 27

We will depart the community at 9:00 a.m. and travel to Leavenworth, arriving in time for lunch.

Following lunch, the afternoon is yours to enjoy as you wish. Residents are welcome to explore downtown Leavenworth, browse the shops, visit local attractions, or simply relax and rest at their own pace. There are no scheduled group activities during the afternoon, allowing everyone the freedom to create their own experience.

After checking into the Bavarian Lodge, we will gather in the hotel lobby at 7:00 p.m. and travel together to the Ski Hill Amphitheater for the 8:00 p.m. performance of *The Sound of Music*. Set against the backdrop of the Cascade Mountains, this beloved musical offers a truly magical evening in one of Washington's unique outdoor venues.

Friday, August 28

Enjoy a leisurely morning before hotel checkout is at 11:00 a.m. There will be time for any last-minute shopping, sightseeing, or simply taking in the beauty of Leavenworth before we begin our journey home.

We may enjoy lunch in Leavenworth or stop along the way before returning to the community. Our estimated arrival time is approximately 5:00 p.m.

Accommodations

Our group will stay at the Bavarian Lodge. A variety of room configurations are available. When registering, please indicate any preferences in the notes section, including:

- Seating preferences for the amphitheater (See Ski Hill seating chart [here](#))
- King bed or double beds
- ADA-accessible room needs
- Requests to share a room with another resident attending the trip



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, July 8

Departure: 2:00 p.m.

Estimated Return: 3:30 p.m.

Limit 12

Target Shopping Trip

Friday, July 17

Departure: 1:00 p.m.

Estimated Return: 3:30 p.m.

Limit 12

Bellevue Square Shopping Trip

Monday, July 13

Departure: 1:00 p.m.

Estimated Return: 4:00 p.m.

Limit 12

Costco Shopping Trip

Wednesday, July 22

Departure: 2:00 p.m.

Estimated Return: 3:30 p.m.

Limit 9

PCC Shopping Trip

Wednesday, July 15

Departure: 2:00 p.m.

Estimated Return: 3:30 p.m.

Limit 9

When registering for Grocery Shopping trips, please note which stores you want to visit in the notes section.

Shopping Trip Notices

No Grocery Shopping on Friday, July 3

