

The View

From the Heights of Community Life

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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

PS
SALON & SPA

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
On Vacation
until Aug. 13
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.

Hair by Farzane
Wednesdays
July 15, 29 & Aug. 5, 12
9 a.m.–3 p.m.

Massage by Nita
Weds & Thurs
10 a.m.–4 p.m.

Hair by Lauren
Fridays
July 17, 22, 31 & Aug. 7
9 a.m.–3 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 Monday, September 7 (Labor Day)
- ◇ No Medical Transportation on Tuesday, September 8
- ◇ Please remember to wear your name tag whenever you're out and about on campus.
 - ◇ Personal transportation is available for a fee. Contact Jorge Cartagena at (425)556-8105 for more info.

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 Leon Wu on Unsplash at Mt. Rainier National Park



Staff Spotlight

Shining Star Shout-Outs



Shining Star winners are chosen from a pool of nominees from residents and staff. When you see 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 this month is
Erman Chavez, Janitor**

Nominees:

Tyler Grasser

Tuyen Khuu

Valentin Tuluca

Erman Chavez (x3)

Isabel Noble

Rosa Linares

Susana Rincon Pamplona

Bertha Duran

Luis Granados

Magda Turcios (x2)

Man Luong

Maria de Carvalho

Marty Banel

Tristin McLaren

Katie Dyson

Heather Cox

Jorge Cartagena

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 this month is
Merrilee Dollmeyer, EVS Technician**

Merrilee was nominated by two different people:

“Only if the world could be like Merrilee, she shines. She is passionate, sweet, hard working. Her personality is what sets her apart! She goes above and beyond her position and we appreciate her gifts and talents she brings to EH - check out the bird house she made for the front desk!”

“Merrilee is a housekeeper...in the courtyard building. This week I have run into so many residents telling me what a wonderful job she does. Merrilee is always so kind, conscientious, and patient with residents. She is such a warm presence that does a fabulous job again and again. We are so lucky to have her!”



Staff Spotlight

Introducing Joe Saphiloff, Senior IT Manager



With Scott's departure last month, we would like to introduce a new leader on the IT team who is temporarily backfilling the role. Joe Saphiloff will be leading as our Senior IT Manager to assist in our daily IT operations as we look to recruit and hire for the long-term role. Joe will be working from the office on the 3rd floor, formerly used by Scott and Alan. He will be providing support for both communities.

Joe has shared the following introduction:

"I carry over 15 years of experience leading people and organizations in growth, through the strategic planning and implementation of technology. I have served with executive leadership, owned multi-million-dollar budgets supporting operations in over 100 countries.

I thoroughly enjoy working with people to develop and achieve their goals, it is one of the most satisfying things I think one can do.

I am very much looking forward to understanding the strategic goals of Emerald Communities. I feel very fortunate for the opportunity to be involved with an organization whose focus is the care of people."

Please welcome Joe to our organization!

Articles

Updating Your Door Nameplate

Following the loss of a spouse, deciding when or if to make changes to your living space is a completely personal choice.

If you would like to update the name tag outside your apartment, please know that our team is here to assist you whenever you choose. There is never any rush or expectation and changes are made at your convenience and comfort level.

If you would like to request a new door plate, reach out to the Marketing team, and we will gladly take care of the details for you.



Renew your Room Reservations for 2027

As we approach the last few months of the year, it's time to reconfirm any meeting space reservations you'd like to continue into 2027. Because meeting rooms are in high demand, all existing recurring reservations must be renewed with Emma Geary by the end of the year to remain on the calendar.

This annual renewal helps ensure our spaces are available for active groups and events. Reservations not confirmed by the end of the year will be released for community use in the new year.

To reserve your space, contact Emma Geary, Communications Specialist at (425)556-8138 or emmag@emeraldheights.com to renew your reservation.

Recycling Right

Please help us keep our campus clean, odor-free, and free of pests by following these simple recycling guidelines:

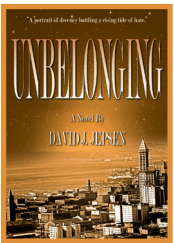
- Rinse food and beverage containers before placing them in the blue recycling bins located in most resident laundry rooms.
- Take compost to the collection areas behind the pool or at Cascades Grab & Go.
- Break down and flatten cardboard boxes before recycling them.

Each week, EVS collects recycling from more than 20 trash rooms across campus. Following these steps makes collection safer, cleaner, and more efficient for our team.

Thank you for helping our campus recycling program run smoothly!

Unbelonging: *Author Discussion and Book Club*

On Wednesday, October 21, David J. Jepsen will be presenting about his book, *Unbelonging*, at 2:00 p.m. in the Emerald Room. Jepsen will read four passages from the book and will follow the reading with group input and discussion.



About the Book: Seattle, 1945. The war is ending-but for many, the hardest battles are just beginning. In a city transformed by global conflict, four families struggle to find their place amid rising tensions, buried prejudice, and shifting identities. Victory overseas has brought hope, but at home, fear, suspicion, and inequality continue to shape everyday life.

About the Author: Never one to ignore the pull of a dream, David J. Jepsen left a thirty-year career in journalism and corporate communications to pursue his lifelong passion for history. Today, he teaches history at Tacoma Community College, where he brings the past to life for his students.



KHTS Studio Maintenance

Our A/V integrator, BSI, will be onsite performing upgrades to the KHTS system 9/7–9/11. This work will take the Emerald, Avondale, and Sammamish rooms offline for technology use for 1 full week due to the replacement of the central audio processing hardware, in addition to other smaller tasks and changes. Most of the physical work will be in the studio, but the full space will be utilized extensively for audio tuning tests. BSI will prioritize keeping the 1981 channel operational during that week, but there will be small outages as they move power and upload programming changes.

All impacted events and activities in those rooms have been moved, rescheduled, or notified. The Quarterly Residents Association meeting will still be held on Tuesday, September 8 at 10:30 a.m. and will require the use of the portable sound system. It will not be possible to live stream this meeting on Channel 1981, so please plan to attend in person.

Here are the key items being worked on:

- Add 4 wireless mics and charging docs to the Avondale and Sammamish rooms
- Audio processor replacement (Biamp to QSYS), requires re-commissioning audio throughout the system
- Backup battery replacement to improve system stability during short outages or power spikes
- Projector power cycle control (avoid ladder use)
- Wall mount the KHTS studio 1981 preview display, allowing better access to lighting controls on the wall
- Test and document full system power up sequence and troubleshooting steps (recover from long power outages)
- Confirm DVD playback functioning
- Test to confirm if USB feed working per existing system design (camera and audio to laptop for recording or broadcast via Zoom/etc.)

Thank you for your understanding and flexibility during this time.

Memorial Book Keeper Needed

Since 2012 Emerald Heights residents who have “graduated” from our community have been memorialized in the books displayed in the Chapel. Our current faithful keeper has retired from the project and we are looking for one, or several residents who would continue the tradition by placing a picture, memorial program and/or obituary in the current book. If interested, contact Chaplain John Waltner at (425) 556-8140.



Atrium Socials

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

- ◇ Atrium E:
Tues., September 8
- ◇ Atrium P3:
Thurs., September 10

Monthly or Bimonthly Activities

Mondays:

Woodshop Team: 10:00 a.m., 1st Mon., September 7, Woodshop Annex

Bonsai Group: 10:00 a.m., 3rd Mon., September 21, Sammamish Room

Tuesdays:

Readers' Theatre Group: 1:30 p.m., 1st Tues. only this month, September 1, Tahoma Room

AI Interest Group: 2:00 p.m., September 22, Sammamish Room

Wednesdays:

Voices for Vision: 3:00 p.m., September 23, Avondale Room

Thursdays:

Ukulele Chorus: 2:30 p.m., 1st Thurs. only this month, September 3, AL Game Room

Jazz Appreciation Night: 7:00 p.m., this month only, September 3, Avondale Room

EH Quilters: 1:30 p.m., 2nd Thurs., September 10, Creative Arts Studio

The Good Life Book Club: 1:00 p.m., this month only, September 17, Avondale Room

Texas Hold'em Poker: 6:30 p.m., 2nd & 4th Thurs., September 10 & 24, Creative Arts Studio

Knitwits: 1:00 p.m., 4th Thurs., September 24, Atrium E

Standing Committee Meetings*

Technology Committee

1st Tues., September 1, 11:00 a.m.,
Sammamish Room

Fitness and Sports Committee

3rd Thurs., September 17, 3:00 p.m.,
Creative Arts Studio

Food Services Committee

1st Wed., September 2, 1:00 p.m.,
Fireside Dining Room

Fund Development Committee

3rd Thurs., September 17, 3:00 p.m.,
Tahoma Room

Building and Grounds Committee

3rd Thurs., September 17, 9:00 a.m.,
Board Room

Health and Wellness Committee

4th Tues., September 22, 10:30 a.m.,
Emerald 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
(Tahoma Room on 9/14)

Tuesdays:

Woods Walkers: 10:00 a.m., CY Building Entrance

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

Lawn Bowling: 10:00 a.m., Bowling Green

Mahjong: 1:00 p.m., Tahoma Room

Cribbage: 2:00 p.m., Atrium P3

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

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 9/11)

Saturdays:

Woods Walkers: 10:00 a.m., CY 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,
September 3, 2:00 p.m.

Residents' Association Orientation

1st Friday of the month,
September 4, 9:30 a.m.

Resident Services Orientation

2nd Wednesday of the month,
September 9, 10:00 a.m.

Dining Services Orientation

3rd Tuesday of the month,
September 15, 10:00 a.m.
Copper & Hook

Marketing Orientation

4th Tuesday of the month,
September 22, 10:00 a.m.

Accounting Orientation

4th Wednesday of the month,
September 23, 10:00 a.m.

Final Review with Executive Director

60 days after move-in



The Corwin/FirView Connection ~ September 2026

Monthly Highlights of Corwin & FirView Activities

Entertainment

- **Music with Dave & Lynn**
Saturday, September 5, 10:45 a.m.
Great Room
- **[Redacted] & Friends**
Thursday, September 17, 4:00 p.m.
Great Room
- **Live Music with Carol Hendrickson**
Friday, September 25, 4:00 p.m.
FirView Patio or Activity Room (weather dependent)
- **Jazz Corner**
Every Thursday, 4:00 p.m. (except 9/17)
Great Room

Special Events

- **Grandparent's Day**
Sunday, September 13
- **Assisted Living Week: *Shining Through the Years***
Sun., September 13–Sat., September 19
Watch for special programming.

Monthly Meetings

- **Dining Chat**
Thursday, September 17, 2:00 p.m.
FirView Activity Room
- **Assisted Living Resident Council**
Thursday, September 24, 3:00 p.m.
FirView Activity Room
- **Skilled Nursing Resident Council**
Monday, September 28, 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, **September 3**, 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, August 31 at 2:00 p.m., Avondale Room
- **Speed Friending – Page 19**
Tuesday, September 22 at 1:00 p.m., Emerald Room
- **Table Talks: Ageism's Effects on Belonging – Page 20**
Thursday, September 24 at 3:00 p.m., Emerald Room
- **Diversity, Equity, and Inclusion Committee Meeting**
Monday, September 28 at 2:00 p.m., 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: Ageism's Effects on Belonging

Take a seat at Table Talks as we talk ageism, the stereotyping, prejudice, and discrimination against people based on their chronological age, and its effects on belonging. Groups are assigned at random to connect you with new neighbors and perspectives. Enjoy snacks during a guided discussion in this welcoming environment.



Example questions may include:

1. What is ageism, and what are some examples of it in everyday life?
2. Can ageism affect people of all ages? In what ways?
3. Have you ever experienced age-based assumptions or stereotypes?
How did it impact you?
4. Have you ever caught yourself making assumptions about someone based on their age? What helped you recognize it?
5. What are some common stereotypes about younger and older adults that you'd like to challenge?



Table Talks will be on Thursday, September 24 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
(AL Game Room on 9/10)

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

Fridays:

Catholic Communion Service: 10:00 a.m. in the Avondale Room. Mass on
September 25 in the Avondale Room

Episcopal Service and Communion with Fr. McLaurin: Fourth Friday of the month,
September 25, 11:15 a.m. in the Chapel (Note new time)

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

Support Groups

Alzheimer's/Dementia Caregiver

Support

Tuesday, September 1

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.

Alcoholics Anonymous (AA)

Sundays, September 6, 13, 20, & 27

1:00 p.m. in the Sammamish Room

Come support one another. All are welcome.

Co-Ed Carepartner Connect

Monday, September 21

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.

Memory Matters

Wednesday, September 9

2:00 p.m. in the AL Game Room

If you are experiencing changes in cognition,
memory or language that are affecting
your normal activities, it can be helpful
to connect with others experiencing
similar challenges. 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, September 16

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

Fall Pool Tournament: Registration

Monday, August 24–Friday, September 11

Register on the Portal [Here](#)

**Registration Open
Now!**

The Fall Pool Tournament will start on September 14. Sign-up is starting now. All pool players from beginners to experts are welcome. The tournament will use the double-elimination format.

New Fitness Class: Tai Chi Yang Style

Tuesdays, starting September 1

9:00 a.m. in the Fitness Studio

We are bringing back Tai Chi Yang Style 24 Short Form. This is the most practiced Tai Chi style form around the world due to its many benefits including mobility, balance, and strength, as well as mental focus and flow. All levels are welcome and no experience is necessary.

EH Perimeter Woods Walkers

Tuesdays, September 1, 8, 15, 22, & 29 & Saturdays, September 5, 12, 19, & 26

10:00 a.m. at Courtyard Building Entrance

This is an open group, so invite any walker you know to join us to walk the EH trail.

Readers' Theatre Group

Tuesday, September 1

1:30 p.m. in the Tahoma Room

The Salonkeeper's Daughter by Jack Sharkey and Dave Reiner is an interactive melodrama that lets the audience cheer for the hero, hiss and boo the villain, and enjoy a silly, lighthearted plot. We'll continue the script in October.

NewDays: Cognitive Health Presentation

Tuesday, September 1

2:00 p.m. in the Emerald Room

Emerald Heights residents and their care partners are invited to learn about NewDays, a science-backed program designed to support brain health and independence for people living with mild cognitive impairment or dementia. The presentation will explain how NewDays uses a physical-therapy-inspired approach to keep the mind active and confident at any stage. Attendees can ask questions of the program's founder and lead user researcher and learn how to sign up for a free consultation with an expert clinician. NewDays is Medicare-covered, neurologist-recommended, and available from the comfort of home.





Summer Concert: Jaeden Luke

Tuesday, September 1

6:30 p.m. in the Pavilion Plaza (Weather Permitting)

Welcome back Jaeden Luke, a singer-songwriter and former contestant on *The Voice*, for an evening of acoustic pop, soulful originals, and familiar favorites. Canopies and seating will be available on the Plaza, with room to dance. A summer dessert will be served during the concert. In the event of poor weather, the performance will move indoors to the Emerald Room.

Reflections of Our Lives: Writing Class

Wednesdays, September 2, 9, 16, 23, & 30

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 (Marketing Hospitality Suite on 9/2 & 9/9);

Class C in the FirView 3rd Floor Lounge

Register on the Portal [Here](#); Limit: 10 for Class A and B, 7 for Class C

Classes A & B offer a traditional writing-focused experience, using prompts and discussion to help you reflect on memories and shape your personal stories.

Class C offers a modified, conversation-based approach for residents who may find writing challenging. Through prompts, conversation, and sensory activities, you'll share your stories through creative forms of expression.

**Registration Open
Now!**

Lunch and Learn: Assisted Living

Wednesday, September 2

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

Bible Study: "Love is a Many-Splendored Thing: Reflections on the Glory of Love"

Thursday, September 3, 10, 17, & 24

10:30 a.m. in the Sammamish Room (AL Game Room on 9/10)

Pastor Jeff Reed of Highland Covenant Church in Bellevue will lead a series on love. The concept of "love" is often trivialized in its popularity, and this study dives deep into the transformational power of loving like Jesus.

Hosting Heron's Key Residents for Tour of Community

Thursday, September 3

12:00 p.m. in Copper & Hook Dining Room

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

Following their morning tour with our Marketing team, we are inviting residents to join our Heron's Key guests for lunch at 12:00 p.m. in Cooper & Hook. Lunch would be at your own cost. Meet fellow residents, and share what you enjoy about our community.

**Registration Open
Now!**



Tech Help Hour

Thursdays, September 3, 10, 17, & 24

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

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

Furniture on 4th: Furniture Sale

Thursday, September 3–Saturday, September 5

Variable times in the Furniture Room on 4th Floor

Schedule:

Preview Day: Thurs., September 3, 1 p.m.–3 p.m.

Sale Day: Fri., September 4, 9 a.m.–1 p.m.

Half-Price Day: Sat., September 5, 10 a.m.–12 p.m.



Folk Dance for Everyone

Thursdays, September 3, 10, 17, & 24

7:00 p.m. in the Fitness Studio

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

Hidden Treasures: Thrift Shop

Friday, September 4

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



Leadership Live Chat

Friday, September 4

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

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

Woodland Park Zoo Lecture

Friday, September 4

3:00 p.m. in the Emerald Room

Learn from a Woodland Park Zoo representatives about animals, conservation, and the work being done to protect wildlife and their habitats. Discover more about the zoo's conservation efforts and the important work taking place both at the zoo and beyond. We will be taking a trip to the Woodland Park Zoo on September 18 (more info on page 24 & 25).

Education for Enjoyment

Fridays, September 4, 18, & 25 (No session 9/11) (Series ends 9/25)

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





WSU Apple Cup Rally

Saturday, September 5

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

WSU Alumni and spouses are invited to attend an Apple Cup Rally prior to the game on Sunday. Dress up in your finest Cougar apparel and be sure to wear your name tag. Bring your own beverage and a hearty appetizer to share.

Line Dancing

Sundays, September 6, 13, 20, & 27

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, September 8

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.

Quarterly Residents' Association Meeting

Tuesday, September 8

10:30 a.m. in the Pavilion

Meet our new neighbors, recognize our milestone residents, and hear Administration reports. Please sign in outside the Pavilion so quorum can be met. Note: Due to BSI maintenance, this meeting will not be streamed live.

Summer Concert: Puyallup Brass Band

Tuesday, September 8

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

Listen to big-band classics, marches, familiar favorites, and concert band music performed by the Puyallup Valley Community Band. Canopies and seating will be available on the Plaza, and a sweet summer dessert will be served during the performance. In the event of poor weather, the concert will move indoors to the Emerald Room.

Garden Railroad: Trains are Running

Wednesday, September 9

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



Community Fair

Tuesday, September 15

2:00 p.m.–4:00 p.m. in the Pavilion

Residents and guests can explore displays showcasing campus activities and volunteer opportunities. Play games, win raffle prizes, enjoy refreshments, and join in on a scavenger hunt. Prospective residents will also be invited to experience the warmth and vibrancy of Emerald Heights firsthand. Don't miss this community celebration!

Clothing Boutique & Fall Fashion Show

Wednesday, September 16

10:00 a.m.–1:00 p.m. in the Emerald Room; Fashion Show at 12:00 p.m.

Want to model? Register on the Portal [Here](#); Limit: 10

Shop at a visiting clothing boutique right here at Emerald Heights, followed by a Fall Fashion Show at noon featuring residents on the runway! Interested in modeling? Register on the Portal—10 resident models are needed. Come browse, shop, cheer on your neighbors, and get inspired for the fall season.

Friendly Neighbors

Wednesday, September 16

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.

Therapeutic Riding: Empowering People Through Horses

Wednesday, September 16

2:00 p.m. in the Emerald Room

Little Bit Therapeutic Riding Center is celebrating its 50th anniversary this year! Executive Director Paula J. Del Giudice will share photos from throughout Little Bit's history, information about the 50th anniversary celebrations, and updates on new programming that has been added since Little Bit's last visit to Emerald Heights. Paula will also introduce a new approach to unmounted programming specifically designed for seniors with disabilities, including 30-minute sessions for one or two participants.

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

Thursday, September 17

1:00 p.m. in the Avondale Room

Our September book is the very popular *Theo of Golden* by Allen Levi. The book has a unique and somewhat strange plot, with the 86-year old Theo buying 92 portraits off a coffee shop wall and meeting up with each person while collecting their stories. It encourages human connection, and literature, art, music and the eternal values of the Liberal Arts. It is perhaps already a modern classic. The October book is *12 Rules for Life* by Jordan Peterson.



Chorale Sampler Sing-Along

Thursday, September 17

3:00 p.m. in the Emerald Room

The Emerald Heights Holiday Chorale invites you to sing with us. Whether you used to sing professionally or only sing in the shower, this event is for everyone. Chorale Director Karen Nelson will lead us through easy songs, fun vocal activities, and a chance to discover the joy of singing together. No auditions or experience required. If you are interested in singing with the Chorale, this is an opportunity to sign up.

David Lee Joyner: *Sinatra in Vegas*

Thursday, September 17

6:30 p.m. in the Pavilion

David Lee Joyner presents an exploration of Frank Sinatra's Las Vegas years through live performance and commentary. Listen to Sinatra favorites while learning about the music, stories, and history surrounding this iconic era of entertainment.

Focus on Fitness: *Fall Should Only Be a Season*

Friday, September 18

2:00 p.m. in the Emerald Room

In a continuing endeavor to keep our residents safe and strong, we will conduct our annual Berg Balance Testing in October. Please attend this presentation to learn what it entails, what it tells you, and why it is such a valuable yearly event for everyone! Bring questions.

September Birthday Celebration: *Debra Nielson*

Friday, September 18

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

Celebrate September birthdays with vocalist Debra Nielsen and her band, performing an evening of jazz, blues, and classic standards. A resident will MC the celebration, and birthday cake will be served following the performance.



Bonsai Group: *Ikebana Workshop*

Monday, September 21

10:00 a.m. in the Sammamish Room

Register on the Portal [Here](#); Limit: 20

Last year's Ikebana meeting was one of the Bonsai Group's most popular activities so we're bringing it back. Participants will create their own Ikebana arrangements in this workshop. All supplies will be provided. The flowers made available for their use will be quality artificial materials.



Movie Matinee

Monday, September 21

1:00 p.m. in the Emerald Room

Popcorn, snacks, and drinks will be served during the movie.

Abstract Watercolor Painting: Four-Week Series

Tuesdays, September 22 & 29, October 6 & 13

9:30 a.m.–12:30 p.m. in the Creative Arts Studio

Register on the Portal [Here](#); Limit: 6

Learn the basics of abstract watercolor painting with a resident artist. This four-week, hands-on series will introduce color, shape, line, texture and composition through guided painting and experimentation. Beginners and experienced artists of all abilities are welcome. Starter paints, watercolor paper, brushes and shared tools will be provided for this introductory series.



Speed Friending

Tuesday, September 22

2:00 p.m. in the Emerald Room

Looking for a fun way to meet new people in the community? Try Speed Friending, a social event inspired by speed dating, but focused entirely on friendship. During this event, participants will rotate through a series of short, one-on-one conversations with fellow residents. You'll have just a few minutes to chat before moving on to meet someone new. Along the way, you'll answer icebreaker questions, share stories, discover common interests, enjoy some light refreshments, and maybe make a few new friends. Whether you're new to Emerald Heights, hoping to expand your social circle, or simply enjoy meeting interesting people, Speed Friending is an opportunity to connect with neighbors you may not have met.

Garden Railroad: Open House and Train Run

Wednesday, September 23

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

Come celebrate a wonderful train running season and a successful funding program via the Enhancement fund. Join our celebratory Open House with coffee, cookies, and conversation. All residents, staff, and friends are invited. After all, the Railroad belongs to all of us!

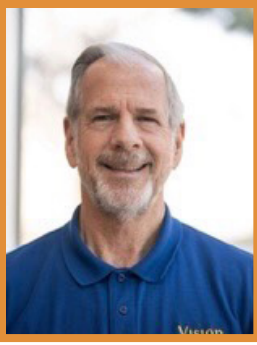
Quarterly Circle of Remembrance

Wednesday, September 23

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

Join us for a time of remembering and honoring those from our community we have lost in death through the past three months. Perhaps their families chose not to have a memorial service here, or you were unable to attend, or you would simply like to commemorate all those who have been part of our lives. All residents and staff are invited to attend.





Voices for Vision: Guest Speaker, Dennis Foster

Wednesday, September 23

3:00 p.m. in the Avondale Room

If you have low vision or you're just curious, come to this meeting to learn about ways to make that frustratingly tiny text more readable. Our guest speaker, Dennis Foster from Vision Matters, will offer hands on demos of a variety of magnifiers, including some that read text out loud.

On Our Own Again

Thursday, September 24

1:00 p.m. in the Chapel

This new group is for anyone who would like to discuss the challenges that come with being "on our own again" after the loss of a spouse or partner. The group will focus on ideas and support for dealing with the changes and responsibilities, as well as the loneliness, that can come with this new stage of life. If interested, please come to this introductory meeting.



Table Talks: Ageism's Effects on Belonging

Thursday, September 24

3:00 p.m. in the Emerald Room

Take a seat at Table Talks as we talk ageism, the stereotyping, prejudice, and discrimination against people based on their age, and its effects on 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, September 25

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.

Hidden Treasures (Formerly Thrift Shop) Collection

Monday, September 28

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

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



Holleran Survey Celebration: Garden Party Soiree

Tuesday, September 29

2:00 p.m. in the Pavilion

We owe a huge thank you to everyone who filled out our recent Resident Satisfaction Survey. Your feedback directly shapes our community, so we want to raise a glass to you with a Garden Party Soirée. This festive afternoon will be a chance to connect and socialize with neighbors while enjoying a selection of tray-passed hors d'oeuvres, alongside handcrafted cocktails and mocktails. Feel free to wear your favorite floral prints or garden-party attire. We can't wait to see you there!

Film for Thought:

Wednesday, September 30

1:00 p.m. in the Emerald Room; Discussion begins at ~2:45 p.m.

Afterwards watching, we will discuss elements of the film.

Coming Attractions

Autumn Lotería Bingo

Thursday, October 1

1:00 p.m. in the Emerald Room

Celebrate Hispanic Heritage Month with an afternoon of Lotería led by our Transportation Coordinator, Jorge! Play this traditional Mexican game, featuring colorful pictures and Spanish words. Mexican cookies and candies will be awarded as prizes and pan dulce (Mexican sweet bread) will be served during the game.



Bavarian Bash: Oktoberfest

Saturday, October 3

6:30 p.m.–8:30 p.m. in the Pavilion

Monroe Bavarian Dance Band begins playing at 7:00 p.m.

Raise your stein and celebrate Oktoberfest! Join us at 6:30 p.m. for a festive evening featuring traditional German-inspired snacks and drinks, including beer, pretzels, apple strudel and more. At 7:00 p.m., the Monroe Bavarian Dance Band will fill the Pavilion with traditional German folk and instrumental music. The dance floor will be down, so you're welcome to dance or simply sit back and enjoy the music and festivities. Bring your stein, your dancing shoes and your Oktoberfest spirit!



Watercolor Fundamentals: Fall Classes

Fridays, October 9 & 23, and November 6 & 20

8:30 a.m.–11:30 a.m. in the Creative Arts Studio

Register by contacting [Redacted] before Saturday, Sept. 5; Limit: 4 per class

Learn how to paint with watercolor. For the full course description and list of supplies, contact the instructor. Then register directly with [Redacted] before Saturday, Sept. 5. You must be able to attend all four sessions listed above. Can't attend all the Fall sessions? There will be Winter sessions beginning in January—stay tuned!

The WA Court System: Ted Watts and Bill Kinzel

Fridays, October 9 and 16

1:00 p.m. in the Emerald Room

Tedd Watts will outline the history and the status of the Washington State Constitution at the October 9 presentation. On October 16, Bill Kinzel will outline the four levels of courts including the District Courts, Superior Courts, Courts of Appeal and The Supreme court. Emphasis will focus on the structure of the Supreme Court Constitution.



Unbelonging: Author Presentation and Discussion

Wednesday, October 21

2:00 p.m. in the Emerald Room

This is advanced notice for those who may want to read the novel beforehand. David J. Jepsen will be visiting our community to discuss his book *Unbelonging* with us. Jepsen will read four passages from the book and will follow the reading with group input and discussion. For more details about the author, the book, and the presentation, see page 5.



What's Happening: Trips

PLEASE NOTE: Event registration on the Portal does not open until September 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, September 7, 14, 21, & 28

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. The group will be looking for opportunities to play outdoors as the weather improves. Carpooling on 9/7.

Ballard Locks Guided Tour & Lunch

Register on the Portal [Here](#)

Tuesday, September 8

Location: Ballard

Departure Time: 11:00 a.m.

Estimated Return Time: 3:30 p.m.

Cost: Free Tour + Lunch and Staff Cost

Transportation: \$13.79

Cancellation Deadline: Fri., September 4
Limit: 13

Explore the Ballard Locks on a one-hour guided tour covering its history, how the locks operate, and the fish ladder and salmon life cycle. The tour begins with 15–20 minutes of seated discussion, followed by a stroll to the locks and fish ladder. Tour is fully accessible for walkers and wheelchairs. Lunch will follow at a nearby restaurant.

Walk: Farrell-McWhirter Park

Register on the Portal [Here](#)

Friday, September 11

Location: Redmond

Departure Time: 10:00 a.m.

Estimated Return Time: 1:00 p.m.

Cost: Free

Transportation: Free

Cancellation Deadline: Wed., September 9
Limit: 13

A local gem, just up the hill! This park has a 2.2 mile round trip on a flat, but unpaved surface. If you aren't into walking, there are also picnic spots and lots of animals in their farm area. Dress in layers, pack snacks, and water. For more information: <https://www.redmond.gov/facilities/facility/details/FarrelMcWhirter-Park-61>

Issaquah Quilt Show: Expressions in Fabric

Register on the Portal [Here](#)

Friday, September 11

Location: Issaquah

Departure Time: 1:00 p.m.

Estimated Return Time: 8:30 p.m.

Cost: \$10 + staff cost

Transportation: \$9.57

Cancellation Deadline: Fri., September 4
Limit: 13

Explore 200+ quilts at the Expressions in Fabric Quilt Show at the Issaquah Community Center, featuring traditional, modern, and art quilts along with vendors and a quilters' boutique. The Community Center accommodates accessibility needs.



Museum of Flight

Register on the Portal [Here](#)

Monday, September 14

Location: Seattle

Departure Time: 11:00 a.m.

Estimated Return Time: 3:30 p.m.

Cost: \$23 + Staff Cost + Lunch on own

Transportation: \$17.62

Cancellation Deadline: Fri., September 4

Limit: 13

Explore aviation history during a one-hour guided tour of The Museum of Flight, followed by time to discover the museum's exhibits at your own pace. The museum is fully accessible, with wheelchairs available on-site if needed. Bring your own lunch or plan to purchase lunch from the museum café during our visit.

Woodland Park Zoo

Register on the Portal [Here](#)

Friday, September 18

Location: Seattle

Departure Time: 9:00 a.m.

Estimated Return Time: 2:30 p.m.

Cost: \$25 + Staff Cost and Lunch

Transportation: \$12.14

Cancellation Deadline: Fri., September 11

Limit: 13

You heard about the zoo at our September 3 presentation—now it's time to experience it! This visit begins with a one-hour guided walking tour, followed by two hours to enjoy lunch and explore independently. Expect considerable outdoor walking; wear comfortable shoes and dress for the weather. Bring your own lunch or purchase food at the zoo.

Seattle Mariners v. Houston Astros

Register on the Portal [Here](#)

Tuesday, September 22

Location: Seattle

Departure Time: 4:45 p.m.

Estimated Return Time: 10:30 p.m.

Cost: \$50-\$70 + staff cost

Transportation: \$13.02

Cancellation Deadline: Mon., September 7

Limit: 13

Cheer on the Seattle Mariners as they take on the Houston Astros at T-Mobile Park! Our group will be seated in the Terrace Club, offering a more comfortable game-day experience with access to indoor concessions and amenities. When registering, please mention if your preference is an aisle, no stairs, walkers needed to be considered in the Notes section during registration so seats can be selected accordingly within the Terrace Club.

Seattle Sounders vs. Real Salt Lake

Register on the Portal [Here](#)

Wednesday, September 23

Location: Seattle

Departure Time: 5:15 p.m.

Estimated Return Time: 9:30 p.m.

Cost: \$55 - \$75 + staff cost

Transportation: \$13.02

Cancellation Deadline: Mon., September 7

Limit: 13

Cheer on the Seattle Sounders as they take on Real Salt Lake at Lumen Field! Expect stadium crowds, security screening, and walking from bus drop-off to our seats. Wear comfortable shoes and dress for the weather in Sounders colors, and please specify any mobility or accessible-seating needs in the Notes section when registering. Food and beverages will be available for purchase inside the stadium.



Edmonds Driftwood: A Murder Is Announced

Register on the Portal [Here](#)

Thursday, September 24

Location: Edmonds

Departure Time: 6:30 p.m.

Estimated Return Time: 10:30 p.m.

Cost: \$24 + staff cost

Transportation: \$14.12

Cancellation Deadline: Mon., September 7

Limit: 13

When a local paper announces that a murder will take place on Friday, October 29 at Little Paddocks at 6:30 p.m., the villagers of Chipping Cleghorn are agog with curiosity. A practical joke? A hoax? A warning? Sleuth Jane Marple seeks to find out in this adaptation of Agatha Christie's classic murder mystery. Please note mobility or seating considerations in the Notes section when registering.

Hike: Franklin Falls

Register on the Portal [Here](#)

Friday, September 25

Location: North Bend

Departure Time: 8:00 a.m.

Estimated Return Time: 2:00 p.m.

Cost: Free

Transportation: \$31.08

Cancellation Deadline: Wed., September 23

Limit: 13

The last hike of the season is a moderately tricky one with a two-mile round trip, 400 elevation gain, and uneven dirt and rock paths. Beautiful falls at the half-way mark. Rated [III] for distance and uneven, rocky trails. Dress in layers and pack your water and snacks. For more information: <https://www.wta.org/go-hiking/hikes/franklin-falls>



Lunch at a Brew Pub: Magnuson Café & Brewery

Register on the Portal [Here](#)

Friday, September 25

Location: Seattle

Departure Time: 1:00 p.m.

Estimated Return Time: 4:00 p.m.

Cost: Lunch on own

Transportation: \$12.80

Cancellation Deadline: Tues., September 22

Limit: 14

Choose from a menu of pub favorites at this neighborhood brewery located in Magnuson Park. Lounge with a pint alongside views of Lake WA.

Woodland Park Zoo: Accessible Tour

Register on the Portal [Here](#)

Friday, October 2

Location: Seattle

Departure Time: 9:00 a.m.

Estimated Return Time: 2:30 p.m.

Cost: \$25 + Staff Cost

Transportation: \$12.14

Cancellation Deadline: Fri., September 25

Limit: 10

Designed for residents with limited mobility, this guided zoo experience will use cart transportation and paved routes to reduce the amount of walking required. Please note that residents must be able to step up and down into the carts, which do not have seatbelts, and some walking and balance will still be necessary to access certain animal viewing areas. Following the guided experience, residents will have time for lunch and independent zoo exploration. Two wheelchair spaces are available on our bus + 2 leads, and a limited number of power chairs may also be reserved through the zoo for independent exploration. Bring your own lunch or plan to purchase food at the zoo.



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: Trip A

Departure: 9:45 a.m.

Estimated Return: Noon

QFC and CVS

**No Grocery Shopping on Monday,
September 7 (Labor Day)**

Please note updated Friday Grocery
Shopping: Trip B departure time.

Friday Grocery Shopping: Trip B

Departure: 10:15 a.m.

Estimated Return: Noon

*Trader Joe's, 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, September 9

Departure: 2:00 p.m.

Estimated Return: 3:30 p.m.

Limit 12

Target Shopping Trip

Friday, September 18

Departure: 1:00 p.m.

Estimated Return: 3:30 p.m.

Limit 9

PCC Shopping Trip

Wednesday, September 16

Departure: 2:00 p.m.

Estimated Return: 3:30 p.m.

Limit 9

Costco Shopping Trip

Wednesday, September 23

Departure: 2:00 p.m.

Estimated Return: 3:30 p.m.

Limit 12

Bellevue Square Shopping Trip

Monday, September 21

Departure: 1:00 p.m.

Estimated Return: 4:00 p.m.

Limit 12

