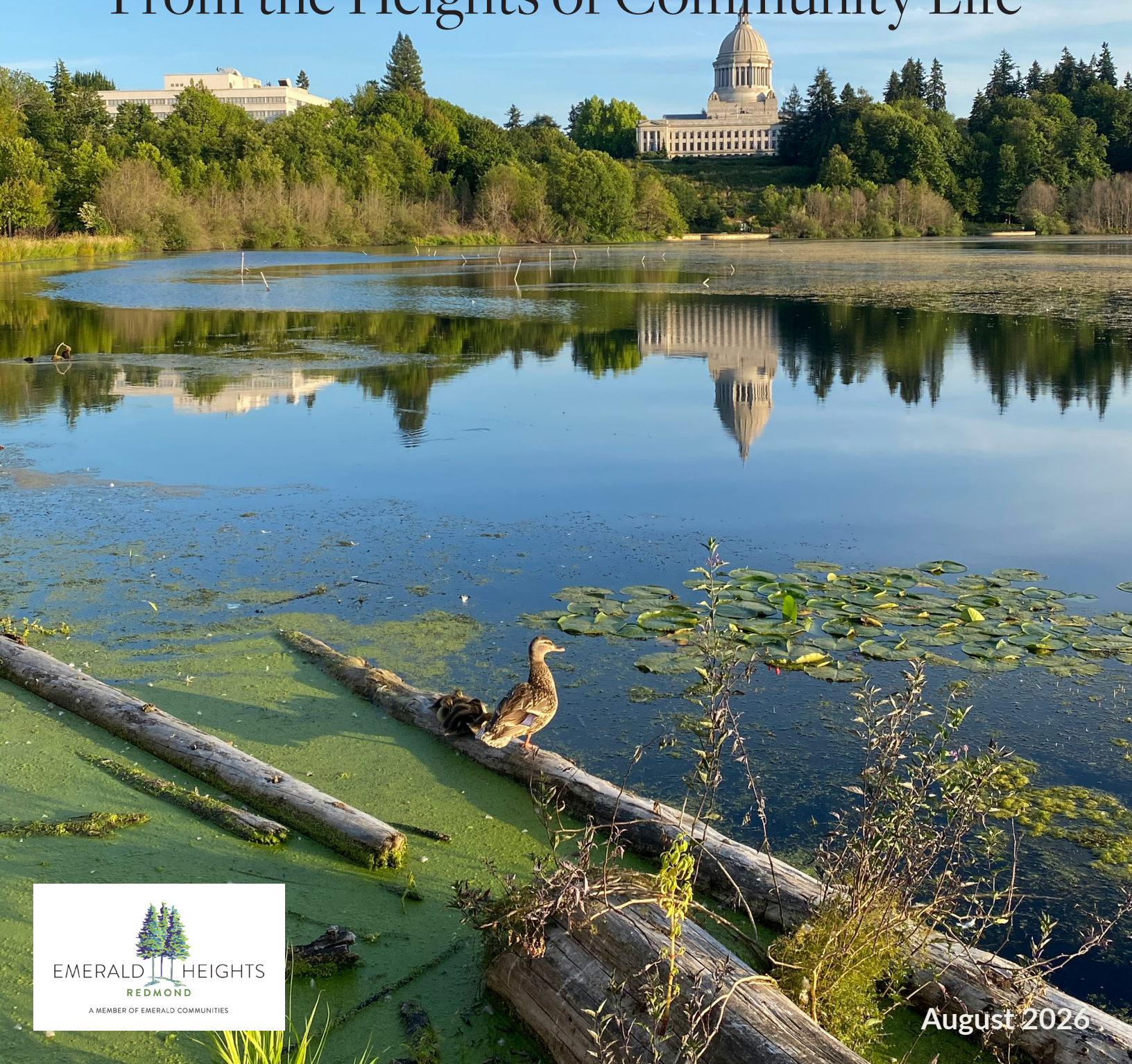


The View

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

- ◇ 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 Charles Lenhart on Unsplash in Olympia, Washington



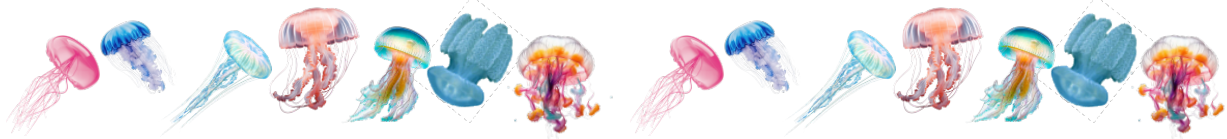
Staff Spotlight

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
Tuyen Khuu, Maintenance Tech II**



June Nominees:

Phuc Mai
Yvonne Soucoule

Magda Turcios
Merrilee Donaldson
Alex Clark

Tuyen Khuu
Tyler Grasser
Denmark Gabriel

Rosa Linares Chinchilla
Tristin McLaren
McKenna Bjorkelo

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
Stacie Baudo, Resident Care Manager**

“...Stacie plays a pivotal role in the admissions process, ensuring smooth, well-coordinated transitions for residents and their families. She works closely with interdisciplinary teams, providers, and external partners to gather critical information, anticipate needs, and create individualized care plans that support safe and successful outcomes from day one.... Stacie ensures that all team members are informed and aligned, which enhances continuity and quality of care. In addition, Stacie brings strong clinical insight and diligence to psychotropic medication reviews. She actively collaborates with providers and consultants to evaluate medication appropriateness, monitor resident responses, and advocate for person-centered, evidence-based approaches that prioritize resident’s well-being and quality of life. Stacie exemplifies excellence in resident-centered care and is a valued leader and team member. Her dedication and professionalism make a meaningful difference in the lives of those she serves.”



June Nominees:

Stacie Baudo
Kaitlynd Hewitt
John Waltner



Staff Spotlight

Get to Know: *Phill Jones, Social Services Coordinator*



What is your hometown? Tamworth in Staffordshire UK. Home of Robert Peel who created the idea for police. It also has a real castle.

What was your first job? Paperboy.

What three words would you use to describe yourself? Calm, friendly, silly.

What do you do for fun? Hang with my family, watch movies, enjoy day trips, video gaming with son.

Who inspires you? Resilient people. I'm inspired by people who choose a path and hold to it, even when it costs them. There is something powerful about doing the right thing just because it's right, no matter what you get out of it.

What do you like most about working at Emerald Heights? It's my other family, I enjoy the people I get to work with each day.

What movie, game, or book universe would you most like to live in? *Lord of the Rings*.... Love those books and movies. I'd like to be a wise Gandalf as I grow older.



If your life had a theme song, what would it be? "Through It All" by Andrae Crouch.

Introducing Vivian Rapacciuolo, Concierge



Hello! My name is Vivian and I am so excited to be joining the Emerald Heights team. I am coming to you after six years on the front desk at the Microsoft campus.

Before that, I grew up in Staten Island, New York and went to school at St. John's University where I got a degree in communications. In my spare time, I am all about being cozy. I love embroidery and crochet, listening to and making music, and watching movies with my darling little cat, Crow. I am crazy about movies, I go to the theaters just about every week.

I can't wait to get to know everyone!



Staff Spotlight

Introducing Bryce Abbott, Sales & Move-In Coordinator



Hello everyone, my name is Bryce Abbott, and I am excited to be joining the Emerald Heights team. I have two years of experience working as a marketing associate in the senior living industry, and I look forward to bringing my experience to the team.

A little about myself: I am 29 years old and have lived in the Snoqualmie Valley until I moved away to Missoula, Montana for 5 years following high school. I moved back to Washington in 2022 to finish my marketing degree at Bellevue College. I have a 6-year-old Siberian Husky named Harper who is extremely spoiled and very loved. During the winter, I spend most of my weekends skiing and spending time with my family. I also enjoy relaxing and playing video games with some of my buddies. I'm a huge sports fan, and I love watching football, soccer, and baseball.

I look forward to meeting everyone over the coming weeks!

Fun Fact: I have a blended family with a total of 14 siblings, including myself.

Your Security Team



Annamaria Bush



Raymond Gopher



Marcus Green



Tenzin Rangdol

You may have noticed several new Security Specialists around campus recently. As part of our commitment to maintaining a safe and welcoming community, these team members have joined the Emerald Heights Security team under the leadership of Kevin Baker, Director of Facilities. We hope you'll take a moment to say hello and help us give them a warm Emerald Heights welcome!



Memorial Displays

When we lose a member of our community, taking a moment to pause, remember, and honor their life. You have likely noticed the beautiful memorial displays placed near the Tahoma room in the Lodge, in Skilled Nursing, and in FirView.

These spaces of reflection feature the name and photograph of our recently passed neighbor, accompanied by a single red rose. It is a simple but meaningful tradition that is made possible by the Spiritual Life Committee, Concierge, and a dedicated group of resident volunteers. When a resident passes, our resident volunteers go to pick up a fresh red rose to place at the display. Occasionally, there is a minor delay in securing a fresh rose from the florist (such as when the store has to order them in). During these brief day-or-two windows, we place a high-quality silk rose in the display. We invite you to take a moment of reflection as you walk past these spaces.

We are grateful to the Spiritual Life Committee and our resident volunteers who dedicate their time to maintaining these areas of remembrance.

Changes to Friday Grocery Shopping Trips

Beginning Friday, August 7, we are making a small adjustment to our Friday Grocery Shopping trips to make the departure process smoother and easier for everyone. By splitting the shopping destinations into two distinct trips, we can arrange the right transportation ahead of time and eliminate the need to sort out who is going where while boarding. This means less waiting at the bus and a more organized start to your Friday mornings.

The New Friday Schedule:

Trip A: QFC and CVS

9:45 a.m. – Departs from the Evergreen Lodge Lobby

9:50 a.m. – Departs from FirView

Trip B: Trader Joe's and Local Banks (Wells Fargo, Chase Bank, Bank of Washington, Columbia Bank, U.S. Bank, and Washington Federal Bank)

10:00 a.m. – Departs from the Evergreen Lodge Lobby

10:05 a.m. – Departs from FirView

The sign-up process remains exactly the same. You will still sign up through the portal just like you do now, and both of these trips will be listed on the standard shopping trips page. Simply select the trip that includes the stops you need to make.



Hallway Quilts and Artwork

Beautiful, intricate quilts hang throughout our corridors on campus.

Although each quilt has an adjacent card crediting the owner, you may not be aware of the time, care, and personal effort that goes into these creations. Our resident quilters spend weeks, months, or even years carefully planning, piecing, and stitching the designs.

Unfortunately, we recently had a quilt go missing from one of our corridors. This is deeply disheartening, as these pieces are loaned to beautify our community. Many quilters are choosing to continue sharing their talents with us, and their hard work deserves to be respected.

We want to take this opportunity to reinforce the community guidelines regarding Hallway Artwork from the Resident Handbook:

- Any artwork displayed on common area walls must meet established design and quality standards and must be reviewed and approved by the Interior Design Committee.
- Before any approved piece is hung, the owner must sign a Release and Waiver of Liability provided by the Interior Design Committee.
- Please never hang your own art or move any art on the corridor walls. To keep everything properly tracked and handled, the Interior Design Committee manages the approved artwork installation, removal, and inventory records.
- The chair of the Interior Design committee is Phyllis Ross. The resident contact for quilt hangings is Sheila Wagner.

Please note that these hallway artwork guidelines apply to the hallway walls. For rules regarding pre-existing shelves and decor right outside your doorway, please consult the Apartment Entry Areas section of your Resident Handbook. If you have any information about the missing quilt, please reach out to the Director of Resident Services.

Picture of the missing quilt (right) that was on display in the 2nd floor corridor in building I, near apartment 2506.



Pavilion Hallway Closed for Maintenance

To complete repairs to the decorative wood flooring outside the Avondale Room, the Pavilion hallway will be **temporarily closed Monday, August 24, through Friday, August 28.**

Residents can expect louder construction noise from power sanding equipment during the first days of the project. Later in the week, there will be a noticeable odor associated with the staining and sealing process. To help minimize the impact, the hallway will be fully enclosed with protective plastic barriers, and industrial ventilation fans will be used throughout the project to promote airflow and reduce odors.

During the closure, we ask that residents use the outdoor Plaza as the primary alternate route. Directional signage will be posted throughout the area to help guide traffic. The Emerald Room and KHTS will remain accessible; however, the Avondale Room and Sammamish Room will have limited access that has been prearranged with the impacted groups. Most activities normally held in those spaces have been temporarily relocated for the week.

Access to the pool, Elements salon, fitness classes, and restrooms will remain available, with only a short detour through the outdoor Plaza required. Please remember to bring your prox card or fob with you to open exterior doors.

We appreciate your patience and understanding as we complete these repairs and restore this space. Thank you for helping us maintain our community!

Events on Summer Hiatus

Event	Hiatus Period	Resumes normal activity in...
Technology Committee	June–August (tentatively)	September
Bible Study	July–August	September
Friendly Neighbors	August	September
Ukulele Chorus	July–August	September
The Good Life Book Club	August	September



Atrium Socials

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

- ◇ Atrium E:
Tues., August 11
- ◇ Atrium P3:
Thurs., August 13
- ◇ Atrium H3:
Thurs., August 13
- ◇ Atrium H1:
Wed., August 19
- ◇ Trailside:
Wed., August 19
in the Avondale/
Sammamish Rooms
- ◇ Cloud 9:
Thurs., August 20
on the Pavilion
Plaza (Weather
permitting)
- ◇ Atrium P1:
Tuesday, August 25

Monthly or Bimonthly Activities

Mondays:

Woodshop Team: 10:00 a.m., 1st Mon., August 3, Woodshop Annex

Bonsai Group: 10:00 a.m., 3rd Mon., August 17, Sammamish Room

Tuesdays:

Readers' Theatre Group: 1:30 p.m., 1st & 3rd Tues., August 4 & 18, Tahoma Room

AI Interest Group: No meeting in August

Wednesdays:

Voices for Vision: No meeting in August

Thursdays:

EH Quilters: 1:30 p.m., 2nd Thurs., August 13, Creative Arts Studio

The Good Life Book Club: No meeting in August

Jazz Appreciation Night: 7:00 p.m., 2nd Thurs., August 13, Avondale Room

Texas Hold'em Poker: 6:30 p.m., 2nd & 4th Thurs., August 13 & 27, Creative Arts Studio

Knitwits: 1:00 p.m., 4th Thurs., August 27, Atrium E

Standing Committee Meetings*

Food Services Committee

1st Wed., August 5, 1:00 p.m.,
Fireside Dining Room

Fitness and Sports Committee

3rd Thurs., August 20, 3:00 p.m.,
Creative Arts Studio

Residents' Council Study Session

Thursday, August 6, 2:30 p.m.,
Board Room

Fund Development Committee

3rd Thurs., August 20, 3:00 p.m.,
Tahoma Room

Building and Grounds Committee

3rd Thurs., August 20, 9:00 a.m.,
Board Room

Health and Wellness Committee

4th Tues., August 25, 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

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

Shanghai Rummy: 6:30 p.m., Avondale Room
(Emerald Room on 8/26)

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 8/28)

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,
August 6, 2:00 p.m.

Residents' Association Orientation

1st Friday of the month,
August 7, 9:30 a.m.

Resident Services Orientation

2nd Wednesday of the month,
August 12, 10:00 a.m.

Dining Services Orientation

3rd Tuesday of the month,
August 18, 10:00 a.m.
Copper & Hook

Marketing Orientation

4th Tuesday of the month,
August 25, 10:00 a.m.

Accounting Orientation

4th Wednesday of the month,
August 26, 10:00 a.m.

Final Review with Executive Director

60 days after move-in



The Corwin/FirView Connection ~ August 2026

Monthly Highlights of Corwin & FirView Activities

Entertainment

- **Music with Dave & Lynn**
Saturday, August 1, 10:45 a.m.
Great Room
- **Jazz Corner**
Every Thursday, 4:00 p.m. (except 8/20)
Great Room

Special Events

Balloon Badminton:

The Summer Games taught us that balloon badminton was a lot of fun so we have added it to our regular activities in the Great Room.

Live Music with Jon Persson on Accordion, Ice Cream Social:

Friday, August 21, 3:30 p.m.
FirView Patio or Activity Room



Monthly Meetings

- **Dining Chat**
Thursday, August 20 2:00 p.m.
FirView Activity Room
- **Assisted Living Resident Council**
Thursday, August 27, 3:00 p.m.
FirView Activity Room
- **Skilled Nursing Resident Council**
Monday, August 31, 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, **August 6, 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 3 & 31 at 2:00 p.m., Avondale Room
- **Community Potluck – Page 19**
Friday, August 14 at 1:00 p.m., Emerald Room
- **Diversity, Equity, and Inclusion Committee Meeting**
Monday, August 17 at 2:00 p.m., Avondale Room
- **Table Talks: Life Journeys – Page 20**
Thursday, August 27 at 3:00 p.m., Emerald Room



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

To view the full year of activities and content, view the DEI Plan 2026 document on the Portal [Here](#) or under “Resources” > “DEI Committee” > “DEI Plan 2026.”

Table Talks: *Life Journeys*

Join us for a special edition of Table Talks as we reflect on the experiences, opportunities, and challenges that have shaped our lives through a fun, interactive game inspired by Opportunity Walks (example on Youtube [here](#)).

The version we will play will be fully seated, using tokens to represent “steps forward” and “steps back.”

Whether your journey has been filled with unexpected twists, remarkable opportunities, or both, we invite you to join the conversation.



Example questions may include:

1. Were you born in the United States of America?
2. Were you encouraged to attend college or pursue a higher education?
3. Have you felt welcome in most places you've lived or worked?
4. Have you been physically able to participate in activities you've enjoyed for most of your life?

Table Talks will be on Thursday, August 27 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 August 28 in the Emerald Room

Episcopal Service and Communion with Fr. McLaurin: Fourth Friday of the month, August 28, 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, August 2, 9, 16, 23, & 30

1:00 p.m. in the Sammamish Room

Come support one another. All are welcome.

Co-Ed Carepartner Connect

Monday, August 3 & 17

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, August 4

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, August 12

2:00 p.m. in the Sammamish 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: Guest Speakers from NW Parkinson's Foundation

Wednesday, August 19

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. This month we'll welcome Dr. Marci Nemhauser and Pam Reeve from the Northwest Parkinson's Foundation to update us on the work of the foundation and answer questions about Parkinson's.



What's Happening: Events

Enhancement Fund Drive

Wednesday, July 1–Saturday, August 15

We are a third of the way to our goal of \$350,000. Let the Fund Development Committee know if you have questions or need a donation card or just need assistance. We are happy to help. Questions? Contact Donna Kristaponis (425) 800-7070.

EH Perimeter Woods Walkers

Saturdays, August 1, 8, 15, 22, & 29 & Tuesdays, August 4, 11, 18, & 25

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.

Line Dancing

Sundays, August 2, 9, 16, 23, & 30

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.

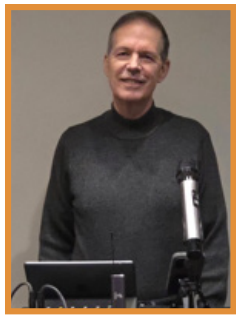
Readers' Theatre Group

Tuesdays, August 4 & 18

1:30 p.m. in the Tahoma Room

Uncommon Women and Others, written by Wendy Wasserstein will be the play Readers Theater will be reading in August. Set in the late 1970s, the play chronicles the lives, ambitions, and evolving relationships of a group of close-knit seniors at Mount Holyoke College as they reunite a few years after graduation to share how their feminist ideals clash with societal realities.





Summer Concert: DJ Bill

Tuesday, August 4

6:30 p.m. in the Pavilion Plaza

Spend a summer evening with DJ Bill as he fills the air with lively music perfect for dancing or simply unwinding outdoors. Grab a tasty summer treat and enjoy the August sunset on the Plaza.

Reflections of Our Lives: Writing Class

Wednesdays, August 5, 12, 19, & 26

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 (Emerald Room on 8/26);

Class C location TBD

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

Class A & B is writing focused; Class C uses prompts, conversation, and sensory activities to discuss treasured memories. You can share your stories through speaking, drawing, or other creative means.

Lunch and Learn: Assisted Living

Wednesday, August 5

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

Tech Help Hour

Thursdays, August 6, 13, 20, & 27

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, August 6–Saturday, August 8

Variable times in the Furniture Room on 4th Floor

Schedule:

Preview Day: Thurs., August 6, 1 p.m.–3 p.m.

Sale Day: Fri., August 7, 9 a.m.–1 p.m.

Half-Price Day: Sat., August 8, 10 a.m.–12 p.m.



Folk Dance for Everyone

Thursdays, August 6, 13, 20, & 27

7:00 p.m. in the Fitness Studio

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



New Resident Orientation: Residents' Council

Friday, August 7

9:30 a.m. in the Tahoma Room

If you are a new resident of Emerald Heights, come to the Resident Council Orientation with the Residents' Association VP, and take a private tour with a leader from The Shops at Emerald Heights. The tour includes a cup of coffee or tea at the Coffee Shop and a coupon from the Emerald Market. You'll see affordable small items at the *Hidden Treasures* and curated furniture at *Furniture on 4th*.

Hidden Treasures: Thrift Shop

Friday, August 7

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

Leadership Live Chat

Friday, August 7

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

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



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.

Emerald Communities: State of the Organization

Monday, August 10

10:00 a.m. in the Pavilion and on Channel 1981

This will be a great opportunity to hear directly from Emerald Communities' senior leadership about organizational updates, where we are today, and how we are planning for the future.



KCLS Library to Go

Tuesday, August 11

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.

Residents' Council Meeting

Tuesday, August 11

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

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

Sock Hop Dance Party

Tuesday, August 11

2:00 p.m. in the Pavilion

Break out your poodle skirts and saddle shoes for afternoon of rock 'n' roll, dancing, and nostalgic favorites from the fabulous '50s. Hit the dance floor or simply enjoy the music to celebrate the era with friends and relive a classic sock hop!

Garden Railroad: Thanks for Supporting our Wonderful Railroad

Wednesdays, August 12 & 26

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

The Railroad Committee thanks residents for their support over the years—we have a unique railroad that cannot be equaled by any other CCRC! Be sure to stop by.

Understanding Skilled Nursing Part III: Rehabilitation Services

Wednesday, August 12

2:00 p.m. in the Emerald Room

Ready to discover the benefits of specialized recovery? Join our Skilled Nursing leaders and the Consonus therapy team for a clear look at transitional care. We will discuss how frequent, targeted therapies—including Physical, Occupational, and Speech-Language support—bridge the gap between a hospital stay and a successful return to your home.

Focus on Fitness

Thursday, August 13

2:00 p.m. in the Emerald Room

Discover why strength training is one of the best ways to stay healthy as you age. Katharine Manter will cover the latest strength guidelines, the science behind safely progressing to build muscle and bone, and practical next steps whether you exercise at home, in the gym, or in a fitness class. Bring your questions.



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 small samples (think Costco sample-size) 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 brief story about your dish in the Notes section during Registration



Bonsai Group

Monday, August 17

10:00 a.m. in the Sammamish Room

Like any art, Bonsai can come in all shapes and sizes. Don't be discouraged by lack of patio space—a member of our group will show how to create a mini bonsai, a style called "Shohin." Come see an artist at work.

Redmond Police Department: Scam & Fraud Prevention

Monday, August 17

2:00 p.m. in the Emerald Room

Learn how to recognize and avoid today's most common scams during this informative presentation by the Redmond Police Department. Discover practical tips for avoiding phone, email, and financial fraud so you can feel confident in keeping your personal information safe.



End of Life Ready: An Intro to Advance Planning and your End-of-Life Options

Thursday, August 20

2:00 p.m. in the Emerald Room

Join a representative from *End of Life WA* for a 75-minute presentation and Q&A that will show you how to plan ahead for end-of-life. We will review how to prepare and complete an Advance Directive, how to choose a Health Care Agent if you can't speak for yourself, and the legal choices available in Washington State to ensure your end-of-life wishes are honored.

August Birthday Celebration: The Winds5 Wind Quintet

Friday, August 21

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

Celebrate our August birthdays with a birthday treat and an evening of live music. Seattle's award-winning *Winds5 Wind Quintet* will perform an engaging mix of classical favorites and contemporary selections.



Table Talks: Life Journeys

Thursday, August 27

3:00 p.m. in the Emerald Room

Join us for a special edition of Table Talks as we reflect on the experiences, opportunities, and challenges that have shaped our lives through an interactive game inspired by Opportunity Walks (example on Youtube [here](#)). Through guided conversation, we'll share stories, celebrate what makes each of us unique, and discover the common threads that connect us as a community.

Social Hour: Last Friday of the Month

Friday, August 28

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, August 31

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

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

Resident Engagement Survey Results Presentation

Monday, August 31

11:00 a.m. in the Pavilion and on Channel 1981

Join us as leadership reviews the results of the 2026 Holleran Engagement Survey and the Enhancement Plans developed based on the findings.

Coming Attractions

Summer Concert: Jaeden Luke

Tuesday, September 1

6:30 p.m. in the Pavilion Plaza

Known for his soulful voice and heartfelt performances, Jaeden Luke gained national attention on *The Voice* (Season 22) and will entertain with a blend of original songs and familiar favorites. A refreshing summer treat will be provided.

Community Fair

Tuesday, September 15

2:00 p.m.–4:00 p.m. in the Pavilion

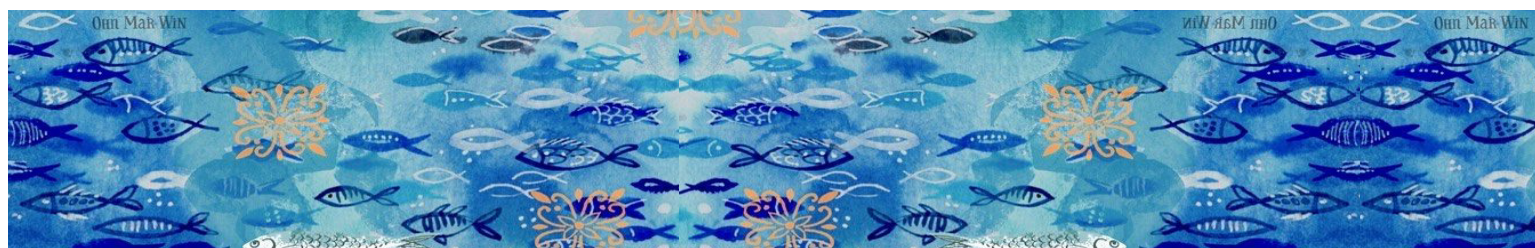
Explore, connect, and celebrate at the Community Fair. Learn and share about Emerald Heights activities and groups. More details will be shared in the September newsletter.

Chorale Sampler Sing-Along

Thursday, September 17

3:00 p.m. in the Emerald Room

Lift your voice at the “Chorale Sampler” Sing-Along—an opportunity to register for the Holiday Chorale.



What's Happening: Trips

PLEASE NOTE: Event registration on the Portal does not open until August 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, August 3, 10, 17, 24, & 31

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 Mike Mulroy (206)200-8282 to join. The group will be looking for opportunities to play outdoors as the weather improves.

MOHAI: Freedom Exhibit + Lunch

Register on the Portal [Here](#)

Monday, August 10

Location: Seattle

Departure Time: 12:30 p.m.

Estimated Return Time: 4:30 p.m.

Cost: \$15 + lunch & staff cost

Transportation: \$11.68

Cancellation Deadline: Tuesday, August 4
Limit: 32

Experience the *Freedom Plane National Tour: Documents That Forged a Nation* exhibit at MOHAI during its final stop before the exhibition concludes. View rare Founding-era documents—including the Declaration of Independence, Constitution, Bill of Rights, and Treaty of Paris—then have lunch together at the museum.

Walk: Green Lake

Register on the Portal [Here](#)

Friday, August 14

Location: Seattle

Departure Time: 10:00 a.m.

Estimated Return Time: 1:00 p.m.

Cost: None

Transportation: \$12.21

Cancellation Deadline: Wed., August 12
Limit: 13

This month we feature two of our favorite and famous Seattle locations. We will walk the Green Lake circle, paved and 2.9 miles roundtrip. Rated [II] for high traffic, bikes, strollers, roller blades. Great for people watching also. Dress in layers, pack snacks and water.

Heron's Key Tour & Lunch

Register on the Portal [Here](#)

Friday, August 21

Location: Gig Harbor

Departure Time: 9:30 a.m.

Estimated Return Time: 2:30 p.m.

Cost: Lunch expense

Transportation: \$39.60

Cancellation Deadline: Tuesday, August 4
Limit: 13

See the Emerald Communities Heron's Key property in Gig Harbor, on the west side of Puget Sound. We will be given a tour of the facility. Before departing, we will have lunch in their dining room.



Taproot: Joseph and the Amazing Technicolor Dreamcoat Register on the Portal [Here](#)

Saturday, August 22

Location: Seattle

Departure Time: 1:00 p.m.

Estimated Return Time: 4:30 p.m.

Cost: \$68-\$72 + staff cost

Transportation: \$13.26

Cancellation Deadline: Tuesday, August 4

Limit: 13

Andrew Lloyd Webber and Tim Rice's beloved musical brings the timeless Bible story of Joseph to life with songs, storytelling, and humor. Set against the backdrop of a summer camp, this family-friendly production celebrates faith, forgiveness, and hope through an blend of pop, gospel, calypso, and rock music.

Hike: Seward Park

Register on the Portal [Here](#)

Tuesday, August 25

Location: Seattle

Departure Time: 8:00 a.m.

Estimated Return Time: 2:00 p.m.

Cost: None

Transportation: \$15.51

Cancellation Deadline: Thurs., August 20

Limit: 13

This iconic Seattle location features a 2.4 miles roundtrip paved walkway with beautiful views of water, nature, and the Washington landscape. Rated [II] for distance and some potential bike traffic. Dress in layers and pack your water and snacks.

Evergreen State Fair 2026 Senior Day

Register on the Portal [Here](#)

Monday, August 31

Location: Seattle

Departure Time: 1:00 p.m.

Estimated Return Time: 6:30 p.m.

Cost: \$7 + staff cost

Transportation: \$12.93

Cancellation Deadline: Friday, August 21

Limit: 17

Celebrate Senior Day at the Evergreen State Fair with an afternoon of exhibits, entertainment, farm animals, shopping, fair food, and more. Enjoy the sights, sounds, and traditions of one of Washington's favorite annual events while exploring the fair at your own pace.



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

Friday Grocery Shopping: Trip B

Departure: 10:00 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, August 5

Departure: 2:00 p.m.

Estimated Return: 3:30 p.m.

Limit 12

Bellevue Square Shopping Trip

Monday, August 17

Departure: 1:00 p.m.

Estimated Return: 4:00 p.m.

Limit 17

H Mart and Mayuri Shopping Trip

Friday, August 7

Departure: 1:00 p.m.

Estimated Return: 3:30 p.m.

Limit 12

Costco Shopping Trip

Wednesday, August 19

Departure: 2:00 p.m.

Estimated Return: 3:30 p.m.

Limit 12

PCC Shopping Trip

Wednesday, August 12

Departure: 2:00 p.m.

Estimated Return: 3:30 p.m.

Limit 9

