

The View

From the Heights of Community Life

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Cover Photo: Taken by Toan Chu on Unsplash at Mount Baker National Park

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
Tues., Wed., Thurs.
9 a.m.–1 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
Friday
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](#).



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
Sherra Grasser**

Nominees:

Andres Valencia (x2)
Pablo 'Rene' Perez
Sherra Grasser (x8)
Man Luong (x2)
Emilio Calderon

Kenneth Bonebrake
Rosa Linares Chinchilla
Ma Susana Rincon
Pamplona
Magda Turcios
Bryce Abbott

Keziah Kamatu
Cathy Matey
Peter Shea
Katie Dyson
Daniel Peralta (x2)
Rhiana Mitchell

Dominic Chauls
Tara Bell
Vanessa Silva-Avelar

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
Miki Bishop, Community Associate**

"Miki consistently goes above and beyond Emerald Heights cultural promise of collaboration, customer service, and excellence. Since joining Emerald Heights, she has become an integral part of the FirView team, working seamlessly with residents, nursing, social services, and the management team. Miki readily steps up to take on new tasks and finds creative solutions. She brings a positive approach to everything she does and is willing to lend a helping hand. Miki has also used her artistic talents to make a meaningful impact on the FirView environment. She helped design a resident reference book and has elevated the appearance and presentation of wall postings throughout FirView and Corwin Center. Her creativity, initiative, and dedication contribute not only to the team's success but also to the experience of our residents and staff. Miki is an invaluable member of the FirView team!"



Nominees:

Sammi Puhl
Domenica Carrillo Gomez
Nick Yovin
Miki Bishop



Congratulations, Miki!

Staff Spotlight

Introducing Shay Callahan, Trips & Event Associate



I have dedicated my career to senior living and have always known that serving older adults was my calling. I attended Central Washington University, where I earned my bachelor's degree in Gerontology, further deepening my passion for supporting the geriatric population. I am thrilled to be part of the Emerald Heights family and look forward to making a positive impact on the lives of our residents.

Outside of work, I enjoy spending time with my twin and nephews, traveling, attending concerts, going to the movies, trying new restaurants, and participating in a book club. I also volunteer with the Alzheimer's Association and the UW Memory Hub.

Articles

Is Your Resident Photo Current?

Current photos help staff quickly identify residents during emergencies, wellness checks, and medical incidents. Updated photos also appear in the Resident Message Center photo album, helping residents and staff get to know one another.

To update your photo:

- Email a recent headshot photo to Kaitlynd Hewitt, Administrative Services Manager, at kaitlyndh@emeraldheights.com with your name, unit number, and whether you want the photo to replace your photo on the Portal.
- Drop off a labeled photo at the Concierge Desk. Printed photos will be returned after scanning.

Thank you for your help in keeping us all up-to-date.

Guess the Weight of the Pumpkin

From Monday, October 21 until Wednesday, October 28, a pumpkin will be available in the Pavilion Hallway along with paper slips. Size it up, make your best guess, and submit your slip.

The resident who makes the guess that is closest to the pumpkin's actual weight will win a prize at the Annual Employee Costume Content in the Pavilion on Wednesday, October 28 at 1:00 p.m.



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.

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

Can You Help Us Repair Instead of Replace?

As part of our "Waste Is Scary" employee event on October 30, we're encouraging staff to repair and reuse items rather than send them to the landfill.

We're looking for residents who can share their repair know-how, whether that means sewing a button, mending clothing, fixing a clock or small appliance, sharpening tools, troubleshooting mechanical items, or tackling another small repair. You might offer advice, demonstrate a skill, or help restore a well-loved item. No matter your specialty, your knowledge can help staff learn that sometimes repairing is better than replacing.

Please contact Kaitlynd Hewitt, Administrative Services Manager, at 425-556-8125 or kaitlyndh@emeraldheights.com if you are interested in participating.

Together, we can reduce waste, save resources, and share practical skills across generations.

Creative Connections: Art in the Corwin Center

Corwin Center Skilled Nursing residents can now enjoy more hands-on creativity through a new "Access to Art" grant.

The grant supports three art sessions each month, led by guest instructors with all supplies provided for up to 10 participants per session. The program will continue through June 2029.

Art offers a chance to relax, explore creativity, share memories, and connect with neighbors and guest artists in a welcoming group setting. Our goal is simple: to create meaningful experiences that brighten residents' days, nurture creativity, and enrich daily life.



Articles

New Dinex Carts Enhance In-Room Dining for Corwin Residents

Emerald Heights is improving in-room dining for Corwin Skilled Nursing residents with two new Dinex meal delivery carts. Designed to keep hot and cold foods at the proper temperatures on the same tray, each cart holds up to 20 meal trays, helping ensure meals arrive fresh and ready to enjoy.

One cart was generously donated in memory of Eldon Hill, late father of an Emerald Heights resident. Eldon appreciated good food and the joy of sharing a meal. In honor of Eldon's memory, Emerald Heights matched the donation by purchasing a second cart, expanding our ability to provide high-quality meal service to residents.

Ribbon Cutting Ceremony: Friday, October 2 at 2:15 p.m. in Cascades

See the new carts, learn how they work, and celebrate the generosity behind this meaningful addition to resident dining. Following the ceremony, one cart will remain on display in Cascades for the following week for residents to explore.

Emerald Heights' Campus Walk to End Alzheimer's

Join residents and staff for the Emerald Heights Walk to End Alzheimer's on **Friday, October 23 at 10:00 a.m.** as we come together to raise awareness, honor those affected by Alzheimer's, and support the search for a cure.

To accommodate all abilities, participants may choose from two walking routes:

- A shorter route along the paved sidewalks around campus
- A longer route that travels through the nature trail



Interested in supporting the cause? Consider making a donation to our team through the Alzheimer's Association using the [Emerald Heights Team Donation Page](#).

As a thank you, residents who make a minimum \$50 donation and provide proof of their donation to Marketing will receive a special Emerald Heights Walk to End Alzheimer's T-shirt while supplies last.

EVS Phone Number Change

The phone number to contact EVS has changed. You can reach the EVS department by calling the EVS Supervisor at (425) 556-8207, the EVS Director at (425) 556-8181, or by emailing Cindyc@emeraldheights.com and Natalies@emeraldheights.com.





A COGNITIVE SUPPORT ECOSYSTEM

MINDWELL

AT EMERALD HEIGHTS

01 | VIRTUAL SUPPORT

NewDays

Virtual Cognitive Rehabilitation

Think of it as physical therapy for the brain. NewDays provides virtual cognitive rehabilitation from the comfort of a resident's home. Participants work with a dedicated cognitive specialist and complete guided exercises designed to support cognitive function and independence.

02 | ON-CAMPUS SUPPORT

DayHaven

Memory Support in Partnership with Elderwise

A weekly, on-campus program centered on what each person can do. In a small, supportive group, residents enjoy conversation, music, lunch, watercolor painting and meaningful companionship. DayHaven also provides caregiving spouses with a four-hour window for rest and respite.

03 | SMALL-GROUP THERAPY

Cognitive Stimulation Therapy

Engaging the Mind Through Connection

Cognitive Stimulation Therapy, or CST, is an evidence-based approach for people experiencing mild-to-moderate cognitive changes. Small-group sessions use conversation, music, word activities, movement and other engaging experiences to stimulate thinking while building confidence and social connection. New group starting in Wild Flower Point soon.

04 | COMING IN 2027

Memory Café

Connection Without Stigma

Our monthly Memory Café will bring residents, spouses and friends together in a welcoming, relaxed environment for conversation, creative activities and friendship. It is designed to normalize cognitive changes and help residents and families stay connected to one another and the broader Emerald Heights community.



Diversity, Equity, and Inclusion Committee

Cultural Belonging

The guiding theme for Emerald Heights in 2026 is Belonging. The theme for this quarter is Cultural Belonging, with activities focused around celebrating the cultural backgrounds that shape the community.

This Month's Activities:

- **Autumn Lotería Bingo**
Thursday, October 1 at 1:00 p.m. in the Emerald Room
- **Diversity, Equity, and Inclusion Planning Meeting**
Monday, October 5 at 2:00 p.m., Avondale Room
- **Unbelonging Author Discussion – Sponsored by the Turning Page Book Club**
Wednesday, October 21 at 2:00 p.m. in the Emerald Room
- **Table Talks: *Family History***
Thursday, October 22 at 3:00 p.m., Emerald Room
- **Diversity, Equity, and Inclusion Committee Meeting**
Monday, October 26 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, see the DEI Plan 2026 document on the Portal [Here](#) or under “Resources” > “DEI Committee” > “DEI Plan 2026.”

Table Talks: *Family History*

Take a seat at Table Talks as we celebrate Family History Month through stories, traditions, and memories passed down through generations. Groups are assigned at random to connect you with new neighbors and perspectives. Snacks provided.



Example questions may include:

1. Have you ever explored your family history? What inspired you to do so, or what has kept you from pursuing it?
2. Are there any family stories that helped you better understand where you come from?
3. Are there any family traditions that have been passed down through multiple generations? If so, which ones are most meaningful to you?
4. What piece of family history, tradition, or story would you most like to preserve?
5. What wisdom, values, or life lessons would you most like to pass along to future generations?

Table Talks will be on Thursday, October 22 at 3:00 p.m. in the Emerald Room.



Atrium Socials

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

- ◇ **Atrium P3:**
Thurs., Oct. 8
- ◇ **Atrium H3:**
Thurs., Oct. 8
- ◇ **Atrium E:**
Tues., Oct. 13
- ◇ **Cloud 9:**
Thurs., Oct. 15
Atrium P3
- ◇ **Atrium H1:**
Wed., Oct. 21
- ◇ **Trailside:**
Wed., Oct 21
Avondale & Sammamish Rooms
- ◇ **Atrium P1:**
Tues., Oct. 27

Monthly or Bimonthly Activities

Mondays:

Woodshop Team: 10:00 a.m., 1st Mon., October 5, Woodshop
Bonsai Group: 10:00 a.m., 3rd Mon., October 19, Sammamish Room

Tuesdays:

Readers' Theatre Group: 1:30 p.m., 1st & 3rd Tues., October 6 & 20, Tahoma Room

Thursdays:

Ukulele Chorus: 2:30 p.m., 1st & 3rd Thurs., October 1 & 15, AL Game Room

Jazz Appreciation Night: 7:00 p.m., 2nd Thurs. October 8, Avondale Room

EH Quilters: 1:30 p.m., 2nd Thurs., October 8, Creative Arts Studio

The Good Life Book Club: 1:00 p.m., 2nd Thurs., October 8, Chapel

Texas Hold'em Poker: 6:30 p.m., 2nd & 4th Thurs., October 8 & 22, Creative Arts Studio

Knitwits: 1:00 p.m., 4th Thurs., October 22, Atrium E

Standing Committee Meetings*

Technology Committee

1st Tues., October 6, 11:00 a.m., Sammamish Room

Food Services Committee

Wed., October 7, 1:00 p.m., Fireside Dining Room

Residents' Council Study Session

Thursday, October 8, 2:30 p.m., Board Room

Building and Grounds Committee

3rd Thurs., October 15, 9:00 a.m., Board Room

Resident Activities Committee

Thurs., October 15, 1:00 p.m., Sammamish Room

Fitness and Sports Committee

3rd Thurs., October 15, 3:00 p.m., Creative Arts Studio

Fund Development Committee

3rd Thurs., October 15, 3:00 p.m., Tahoma Room

Communications Committee

Wed., October 21, 10:30 a.m., Emerald Room

Health and Wellness Committee

4th Tues., October 27, 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:

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

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

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

Folk Dance for Everyone: 3:30 p.m., Fitness Studio

Shanghai Rummy: 6:30 p.m., Avondale Room

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

Thursdays:

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

Fridays:

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

Education for Enjoyment: 3:00 p.m., Avondale &
Sammamish Room (No session 10/30)

Saturdays:

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

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,
October 1, 2:00 p.m.

Residents' Association Orientation

1st Friday of the month,
October 2, 9:30 a.m.

Resident Services Orientation

2nd Wednesday of the month,
October 14, 10:00 a.m.

Dining Services Orientation

3rd Tuesday of the month,
October 20, 10:00 a.m.
Copper & Hook

Marketing Orientation

4th Tuesday of the month,
October 27, 10:00 a.m.

Accounting Orientation

4th Wednesday of the month,
October 28, 10:00 a.m.

Final Review with Executive Director

60 days after move-in



NewDays

✓ Covered by Medicare ✓ Neurologist Recommended ✓ Delivered Virtually

About:

NewDays provides a Medicare-covered cognitive rehabilitation program for people living with dementia or mild cognitive impairment.



BLENDED SOLUTION:

Telehealth sessions two times a month with a cognitive specialist and daily brain exercises, from the comfort of home.



BACKED BY SCIENCE:

Just like physical therapy helps you recover after an injury, cognitive rehabilitation teaches your brain new pathways for memory and thinking.



MEANINGFUL TIME PRESERVED:

Dementia patients gained roughly 1.5 years of cognitive function and most patients saw stable or improved symptoms of depression and anxiety.

NewDays will be back on campus for office hours on Wednesday, October 14 from 11:00 a.m. – 12:30 p.m. in the Tahoma Room.

On-Campus Services

Audiology

Evergreen Speech and Hearing

Next Session:

Thursday, October 1, 10:30 a.m.,
Tahoma Room.

Appointment not necessary.

Services:

- Clean hearing aids
- Replace batteries
- Provide hearing aid checks

Contact:

Kristen Compton (425) 899-5050

OnSite Dermatology

Next Session:

Thursday, October 1, *by appointment only*, in your own apartment.

Register for the October session on the Portal [Here](#) by **Sept. 28**. Registration for the November session opens Oct. 2.

Services:

After registering, OnSite will contact you directly to schedule an appointment. You also may call them directly at the number below. Appointments are for IL residents only and are not guaranteed. Corwin Center residents should schedule with Corwin Center staff.

Contact:

OnSite Dermatology 1-877-345-5300



DayHaven: A Memory Support Program in Partnership with Elderwise

About: Rooted in the renowned Elderwise philosophy, DayHaven is an on-campus gathering designed to offer meaningful connection, purposeful activity, and creative expression for residents experiencing mild memory loss or cognitive changes—while providing a reliable four-hour window of respite for spouses and family care partners. Guided weekly by Danielle Epp, Sherra Grasser, and resident volunteers, our small circle focuses on relaxed, failure-free engagement. More details can be found on the Portal [Here](#).

When: Every Friday from 10:00 a.m.–2:00 p.m., beginning October 2

Where: Avondale & Sammamish Rooms

Group Size: Limited to 9 enrolled participants

Cost: \$50 per session (lunch, refreshments, and program materials included)

Complimentary first visit:

Prospective participants are invited to attend their first session free to experience the group firsthand.

No formal clinical diagnosis or assessment is required to participate.

Interested in enrolling or volunteering as a peer participant? Contact us!

Nicole McCarthy, nicolem@emeraldheights.com

Danielle Epp, daniellee@emeraldheights.com

Nutritional Counseling

Hours:

Monday–Friday, 9:00 a.m.–5:00 p.m.

Contact:

Kat Spottswood (425) 556-8190,
kats@emeraldheights.com



AgeRight Therapy (Formerly Consonus)

Outpatient Rehab Services

Hours:

Monday–Friday, 9:00 a.m.–4:00 p.m.
Corwin Center, *by appointment only*

Services:

- Physical Therapy: Orthopedic injuries, neurological impairments, vestibular disorders, & pain management
- Occupational Therapy: Get back to doing functional day-to-day activities
- Speech Language Pathology: Assist in speech difficulty, swallowing, or cognitive skills

Contact:

While Juie is out of office, contact Komal Maru at kkmaru@agerighttherapy.com



Support Groups

Alcoholics Anonymous (AA)

Sundays, October 4, 11, 18, & 25

1:00 p.m. in the Sammamish Room

Alcoholics Anonymous (A.A.) is a fellowship of individuals who come together to solve their drinking problem, with membership open to anyone who wants to stop drinking and no cost to attend meetings. Come support one another.

Co-Ed Carepartner Connect

Mondays, October 5 & 19

1:00 p.m. in the Sammamish Room
(Avondale Room on 10/5)

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 support.

Alzheimer's/Dementia Caregiver Support

Tuesday, October 6

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, October 14

2:00 p.m. in the Sammamish 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.

On Our Own Again

Tuesday, October 20

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.

Parkinson's Support

Wednesday, October 21

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.



Religious Services

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

Wednesdays:

Community Prayer: 11:30 a.m. in the Chapel

Thursdays:

Bible Study: 10:30 a.m. in the Sammamish Room

Fridays:

Catholic Communion Service: 10:00 a.m. in the Emerald Room. Mass on October 23
(Note new location)

Episcopal Service and Communion with Fr. McLaurin: Fourth Friday of the month,
October 23, 11:15 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.

Corwin & FirView Connection

Fun & Entertainment

- **Music with Dave & Lynn**
Saturday, October 3, 10:45 a.m.
Great Room
- **Nancy Quickstad & Friends**
Thursday, October 15, 4:00 p.m.
Great Room
- **Live Music with Guitar Gil**
Friday, October 23, 4:00 p.m.
FirView Activity Room
- **Jazz Corner**
Thursdays, 4:00 p.m. (except 10/15)
Great Room

Monthly Meetings

- **Dining Chat**
Thursday, October 15, 2:00 p.m.
FirView Activity Room
- **Assisted Living Resident Council**
Thursday, October 29, 3:00 p.m.
FirView Activity Room
- **Skilled Nursing Resident Council**
Monday, October 26, 11:00 a.m.
Great Room



What's Happening: Events

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 Supervisor, 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.

Furniture on 4th: Furniture Sale

Thursday, October 1–Saturday, October 3

Variable times in the Furniture Room on 4th Floor

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

Sale Day: Fri., October 2, 9 a.m.–1 p.m.

Half-Price Day: Sat., October 3, 10 a.m.–12 p.m.



Tech Help Hour

Thursdays, October 1, 8, 15, 22, & 29

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

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

Hidden Treasures: Thrift Shop

Friday, October 2

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

Leadership Live Chat

Friday, October 2

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

The Leadership Team shares campus news, updates, and answers resident questions during this monthly program. Stay informed about what's happening around the community and hear about upcoming initiatives. Following the Live Chat, Dining Services will host a special ribbon-cutting celebration for the new Dinex carts in Cascades at 2:15 p.m.



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.



Line Dancing

Sundays, October 4, 11, 18, & 25

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.

Woods Walkers

Tuesdays, October 6, 13, 20, & 27 & Saturdays, October 3, 10, 17, 24, & 31

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.

Presentation: OnSite Dermatology

Tuesday, October 6

1:00 p.m. in the Emerald Room

We're pleased to welcome OnSite Dermatology to Emerald Heights for a presentation about convenient, on-site dermatology care. Their team of board-certified dermatologists and trained practitioners provides care for a variety of skin, hair, and nail conditions, including skin cancer screenings, sun damage, aging skin, and common skin conditions. With on-site visits, residents can receive dermatology care right here in our community.

Readers' Theatre Group

Tuesdays, October 6 & 20

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.



Reflections of Our Lives: Writing Class

Wednesdays, October 7, 14, 21, & 28

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 on 10/14 & 10/21, Marketing Hospitality Suite on 10/7 & 10/28

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.

Lunch and Learn: Assisted Living

Wednesday, October 7

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

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

Folk Dance for Everyone

Wednesdays, October 7, 14, 21, & 28

3:30 p.m. in the Fitness Studio

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

Bible Study: When He Comes Back: A Study of 1 Thessalonians

Thursdays, October 8, 15, 22, & 29 (No Session 10/1)

10:30 a.m. in the Sammamish Room

Pastor Dick Sleight, emeritus Seattle Pacific University will lead a series on 1st Thessalonians.

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

Thursday, October 8

1:00 p.m. in the Chapel (Note new location)

Our October book is the very popular and relevant *12 Rules for Life: An Antidote to Chaos* by Jordan Peterson. His interdisciplinary emphasis on psychology, science, politics and comparative religion asks deep questions about life and thought, suggesting ways to improve both. Peterson's most important and ancient antidote is to seek and tell the truth. Our November book is *The Innocent's Abroad* by Mark Twain.



Ted Watts: *The WA Court System*

Friday, October 9

1:00 p.m. in the Emerald Room

This presentation will outline the history and the status of the Washington State Constitution prior to the November election. A Q&A will follow the presentation. Charles (Ted) Watts graduated from UW Law in 1965 after earlier undergrad at Whitman College.

KCLS Library to Go

Tuesday, October 13

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, October 13

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

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

Jazz Jam

Tuesday, October 13

7:00 p.m. in the Emerald Room

Residents will do a jam performance of jazz and popular standards.

Focus on Fitness: *Berg Balance Testing*

Wednesday, October 14 & Thursday, October 15

8:00 a.m.–3:00 p.m. in the Fitness Studio

Please sign up in the Fitness Hallway for this annual event of the 14-point Berg Balance Test. It takes 15-20 minutes and helps you to identify your personal fall risk and areas of strength or weakness in balance. The fitness team will be on hand to manage what we hope are large numbers of attendees. No fitness classes those two days with the exception of Body & Brain Tai Chi, Brain Games, and Folk Dance.



Evolving Docent: Kandinsky-Inspired Watercolor

Wednesday, October 14

10:00 a.m. to 1:00 p.m. in the Sammamish Room

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

Welcome our new art instructor, Sarah Hauge, with a colorful introduction to abstract art inspired by Wassily Kandinsky and his unique connection between music, color, and shape. With music setting the mood, participants will use everyday objects, geometric forms, acrylic paint, and watercolor to create their own layered abstract composition—no prior art experience necessary. Supplies provided.

NewDays: Office Hours

Wednesday, October 14

11:00 a.m. to 12:30 p.m. in the Tahoma Room

NewDays staff will be back on campus to offer personalized onboarding support, consultation scheduling, and walk-in Q&A. Learn more about NewDays on page 11.

Navigating Medicare Open Enrollment with SHIBA

Wednesday, October 14

1:00 p.m. in the Emerald Room

Medicare Open Enrollment runs October 15 through December 7. Join Statewide Health Insurance Benefits Advisors (SHIBA) for a presentation on choosing or changing Medicare plans, available coverage options, and ways to get help paying for Medicare. SHIBA provides free, unbiased, and confidential assistance with Medicare decisions.

Bill Kinzel: The WA Court System

Friday, October 16

1:00 p.m. in the Emerald Room

This presentation 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 prior to the November election. A Q&A will follow the presentation. Kinzel is a Seattle native who received both his BA degree and Juris Doctor degree at the University of Washington.

October Birthday Celebration: River Winds Flute Choir

Friday, October 16

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

Celebrate our October birthdays with the River Winds Flute Choir, featuring the harmonies and rich range of a full flute ensemble. Following the performance, a resident emcee will read the list of birthdays and a special birthday treat will be served.



Legislative Candidate Forum: Presented by WACCRA

Saturday, October 17

10:00 a.m. in the Pavilion

Legislative candidates will be here to present their qualifications and policy positions. Questions will be taken. These candidates have confirmed: State Senator Manka Dhingra, Representative Roger Goodman and Legislative Candidate Vanessa Kritzer. Come listen and be a well informed voter.

Bonsai Group

Monday, October 19

10:00 a.m. in the Sammamish Room

Learn about two new styles of Bonsai: Kokedama, a Japanese art form that creates bonsai-like plants using moss-covered soil balls, and Kusamono, the art of creating small succulent and plant arrangements to complement bonsai.



Vaccine Clinic: Flu, Covid, RSV, and Pneumococcal Vaccines

Tuesday, October 20 & Wednesday, October 21

in Lower Lanes (by appointment)

A letter containing more information about the IL clinic was distributed into resident cubbies. Residents living in AL, MC, and SN will receive info from the Health Services team.



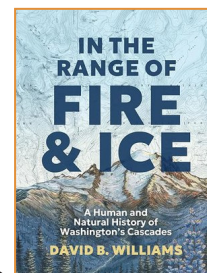
Rise and Dine Brunch: *In the Range of Fire and Ice*, presented by David B. Williams

Tuesday, October 20

10:00 a.m. in the Pavilion

Register on the Portal [Here](#); Limit: 60; Cost: \$9.50/person

Author and naturalist David B. Williams explores the human and natural history of Washington's Cascade Range, drawing on research and conversations with scientists, park rangers, and others who know the landscape. Through stories of fire, ice, and environmental change, Williams invites us to see the Cascades as a dynamic, living landscape and consider how its past shapes its future. **If you are signed up but do not plan to attend, please cancel before October 6 to avoid incurring the registration fee of \$9.50.**



New Support Group: On Our Own Again

Tuesday, October 20

1:00 p.m. in the Chapel

See details on page 11.

Friendly Neighbors

Wednesday, October 21

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.



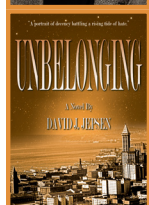
Unbelonging: Author Presentation and Discussion



Wednesday, October 21

2:00 p.m. in the Emerald Room

Join us for an engaging afternoon with local author David J. Jepsen as he discusses his new novel *Unbelonging*. Set in Seattle at the end of World War II, the book explores themes of identity, prejudice, and the search for belonging through the lives of four families navigating a changing world. Jepsen will share passages from the novel and invite attendees to discuss. Copies of the book may be raffled off to participants. Tune in for the Book Trailer playing on Channel 1981 at noon and



6:00 p.m. daily. **Sponsored by Turning Page Book Club.**



Table Talks: Family History

Thursday, October 22

3:00 p.m. in the Emerald Room

Join us for Table Talks as we celebrate Family History Month through stories, traditions, and memories passed down through generations. Groups are assigned at random to connect you with new neighbors and perspectives. Enjoy snacks during a guided discussion in this welcoming environment.

Emerald Heights: Walk to End Alzheimer's

Friday, October 23

10:00 a.m., meet in the Evergreen Lodge Living Room to walk the Campus loop

For information about the event, donations, and how to get a T-Shirt, see page 6.

Social Hour: 4th Friday of the Month

Friday, October 23

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

Swing by for this fun social event. Sponsored by the Residents' Association. Note that the event falls on the 4th Friday this month due to Halloween festivities.



Suzuki Strings: Fall Recital

Saturday, October 24

2:30 p.m. in the Emerald Room

Suzuki Strings of Redmond presents a fall cello recital featuring ten young musicians, ages 5–16, performing solo selections ranging from the Baroque to the Contemporary era. Come support these talented students as they proudly share the music and skills they have been working hard to develop.

Hidden Treasures (Formerly Thrift Shop) Collection

Monday, October 26

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

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

Judicial Candidate Forum

Monday, October 26

10:00 a.m. in the Pavilion

In preparation for the upcoming general election, all ten candidates for State Supreme Court Justice have been invited to participate in an election forum on campus. This is a particularly significant election, with an unusually large number of seats being decided this year. The forum will offer an opportunity to hear directly from the candidates, learn about their backgrounds, and participate in a live Q&A before casting your vote.

Annual Employee Costume Contest

Wednesday, October 28

1:00 p.m. in the Pavilion

Head to the Pavilion for our annual staff costume contest. Enjoy refreshments, cheer on the contestants, and cast your votes for solo and team entries after the event. We'll also reveal the winner of the Guess the Weight of the Pumpkin contest, running from October 21–28. The costumed staff will parade through all three Health Services areas—so watch for the fun in your hallways if you can't attend.



Last Leaf Productions: *The Dispatch*

Wednesday, October 28

4:00 p.m. in the Pavilion

In July 1776, with the British Army preparing to attack New York City, a printer receives a copy of the Declaration of Independence from the Continental Congress and must decide whether to risk printing and distributing it. This one-act play explores the personal stakes behind a pivotal moment in American history and celebrates the 250th anniversary of the Declaration. Live performance runs approximately 48 minutes, followed by a meet-and-greet with the cast.

Halloween Monster Mash-Up

Friday, October 30

6:30 p.m. in the Pavilion

Something spooky is stirring in the Pavilion! The Silver Singers will awaken the evening with Monster Mash songs and Halloween favorites, followed by Geoff Young, bringing plenty of laughs with a brief comedy act. Then, Bob Bailey III will tempt fate with a juggling performance full of tricks, skill, and surprises. Come dressed in your Halloween best and enjoy a frightfully fun evening of live entertainment, treats, and a little Halloween mischief with friends and neighbors!



What's Happening: Trips

PLEASE NOTE: Event registration on the Portal does not open until October 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, October 5, 12, 19, & 26

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.

KUOW: Studio Tour & Lunch

Register on the Portal [Here](#)

Friday, October 9

Location: Seattle

Departure Time: 10:15 a.m.

Estimated Return Time: 2:30 p.m.

**Registration Open
Now!**

Cost: Lunch + Staff Costs

Transportation: \$10.89

Cancellation Deadline: Saturday, October 3
Limit: 7

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. ADA friendly.

Argosy Sailing Cruise: UW Huskies vs. Iowa Hawkeyes Register on the Portal [Here](#)

Friday, October 9

Location: Kirkland

Departure Time: 2:30 p.m.

Estimated Return Time: 6:00 p.m.

**Registration Open
Now!**

Cost: \$75 + staff cost + own food/beverage

Transportation: \$7.06

Cancellation Deadline: Saturday, October 3
Limit: 13

Ever tailgated on a sailboat? Get excited for the UW vs. UI college football game with an afternoon sailing, snacks, and team spirit while taking in the Autumn scenery on the way. The Argosy cruise will depart from Carillon Point in Kirkland to the Husky Stadium. Residents will be picked up from the Husky stadium and brought back to Emerald Heights prior to the game starting. This trip *does not* include stadium tickets. The game will be streamed in Copper & Hook. Note: Attendees must be able to independently ascend stairs to board and navigate the boat.



Lunch Bunch: Hakka House Chinese Cuisine

Register on the Portal [Here](#)

Friday, October 16

Location: Redmond

Departure Time: 1:00 p.m.

Estimated Return Time: 3:30 p.m.

**Registration Open
Now!**

Cost: Own Expense

Transportation: Free

Cancellation Deadline: Friday, October 2
Limit: 14

Hakka cuisine emphasizes the original flavor, retains the charm and characteristics of traditional folk food and cultural heritage. Whether you're gathering with friends or exploring new flavors on your own, Hakka House offers a welcoming dining experience.

Kubota Garden Fall Color Tour

Register on the Portal [Here](#)

Saturday, October 17

Location: Seattle

Departure Time: 9:00 a.m.

Estimated Return Time: 1:00 p.m.

Cost: Free

Transportation: \$17.88

Cancellation Deadline: Friday, October 9
Limit: 13

Explore Kubota Garden's beautiful fall foliage on a 1.5–2-hour guided walk covering approximately 1.5 miles of winding, hard-packed gravel paths with scenic grade changes. While portions of the garden are ADA accessible, the tour includes hills, slopes, bridges, and uneven terrain that may be challenging for some mobility devices. Extended walking and standing are required, and comfortable, sturdy footwear is strongly recommended.



Meany Hall: World-Class Pianist Bruce Liu

Register on the Portal [Here](#)

Tuesday, October 20

Location: Seattle

Departure Time: 6:30 p.m.

Estimated Return Time: 10:00 p.m.

Cost: \$63-\$81 + staff cost

Transportation: \$10.29

Cancellation Deadline: Monday, October 5

Limit: 13

Bruce Liu, award-winning pianist, will perform classics ranging from Ligeti, Beethoven, Chopin, and Liszt. Meany Hall offers ADA-accessible entrances, elevator access, wheelchair seating, accessible restrooms, and assistive listening devices. If you require accommodation, please enter it into the "Notes" section when registering on the Portal so arrangements can be made in advance.



Lunch at a Brewery: Spring District Brewpub

Register on the Portal [Here](#)

Friday, October 23

Location: Bellevue

Departure Time: 1:00 p.m.

Estimated Return Time: 4:00 p.m.

Cost: Own Expense

Transportation: \$5.80

Cancellation Deadline: Friday, October 16

Limit: 14

Enjoy award-winning craft beer, fine wines, cocktails and pub fare at Bellevue Brewing's urban oasis in the Spring District.

Vocalpoint!: Listen to the Music

Register on the Portal [Here](#)

Sunday, October 25

Location: Seattle

Departure Time: 1:30 p.m.

Estimated Return Time: 5:00 p.m.

Cost: \$20+ staff cost

Transportation: \$10.82

Cancellation Deadline: Monday, October 12

Limit: 17

The Northwest Boychoir and Vocalpoint! Seattle bring together choral tradition and contemporary music. If you require accommodation, please enter it into the "Notes" section when registering on the Portal so arrangements can be made.

Seattle Opera: Salome

Register on the Portal [Here](#)

Wednesday, October 28

Location: Seattle

Departure Time: 6:30 p.m.

Estimated Return Time: 10:00 p.m.

Cost: \$80

Transportation: \$11.61

Cancellation Deadline: Wednesday, October 14

Limit: 5

A lecherous king, a willful princess, and an unyielding prophet, all set to Strauss's iconic music and you have Salome, a one-act opera adapted from the Oscar Wilde play of the same name and based on the biblical story. McCaw Hall is ADA accessible with wheelchair seating available on every level, and services for guests with hearing or visual needs.



Remlinger Farms: Fall Harvest Festival

Register on the Portal [Here](#)

Friday, October 30

Location: Carnation

Departure Time: 10:30 a.m.

Estimated Return Time: 1:30 p.m.

Cost: \$31.95 + staff cost

Transportation: \$8.84

Cancellation Deadline: Wednesday, October 14

Limit: 13

With seasonal scenery, a steam train, tractor hayride, farm animals, Pumpkin Village, fall treats, and time to browse the Farm Market, Autumn-Lovers are sure to find something to enjoy. The festival is spread across an outdoor farm setting and requires walking between attractions; residents should expect some natural or uneven surfaces and bring their own wheelchair or mobility device if needed. Activities can be enjoyed at your own pace.

Redmond Tech Orchestra: Origins of Modern Music

Register on the Portal [Here](#)

Sunday, November 1

Location: Bellevue

Departure Time: 2:45 p.m.

Estimated Return Time: 6:30 p.m.

Cost: Free

Transportation: \$6.86

Cancellation Deadline: Friday, October 16

Limit: 13

Redmond Tech Orchestra will explore how early 20th-century classical works connect to today's cinematic and orchestral soundscapes. The venue is ADA accessible with a ramp entrance; please note that the bus drop-off area is on a sloped hill, which residents will need to navigate when arriving and departing.

Vox Luminis: Monteverdi's Vespers

Register on the Portal [Here](#)

Friday, November 20

Location: Seattle

Departure Time: 6:00 p.m.

Estimated Return Time: 10:00 p.m.

Cost: \$60-\$80

Transportation: \$12.14

Cancellation Deadline: Friday, October 23

Limit: 13

Considered one of the first great masterpieces of Baroque sacred music, *Monteverdi's Vespers* shows how traditional church music could be combined with the emotional expressiveness and dramatic flair of opera. If you require accommodation, please enter it into the "Notes" section when registering on the Portal so arrangements can be made.

Ballet of Lights: Sleeping Beauty

Register on the Portal [Here](#)

Saturday, December 19

Location: Renton

Departure Time: 3:00 p.m.

Estimated Return Time: 6:30 p.m.

Cost: \$60 + staff cost

Transportation: \$15.64

Cancellation Deadline: Friday, October 23

Limit: 13

Experience *Sleeping Beauty* reimagined through ballet, illuminated costumes, and glowing visual effects in an intimate theatrical performance. The show runs approximately 60 minutes with no intermission, so plan to remain seated for the full performance. If you require accommodation, please enter it into the "Notes" section when registering on the Portal so arrangements can be made in advance.



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

Limit: 12

NEW! Trader Joe's Shopping Trip

Departure: Thursdays at 2:00 p.m.

Estimated Return: 3:15 p.m.

Limit: 9

Friday Grocery Shopping

Departure: 10:00 a.m.

Estimated Return: Noon

QFC and CVS, Wells Fargo, Chase Bank, Bank of Washington & Columbia Bank, U.S. Bank & Washington Federal Bank

Limit: 18

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

Costco Shopping Trip

Wednesday, October 7

Departure: 2:00 p.m.

Estimated Return: 4:00 p.m.

Limit 12

Bellevue Square Shopping Trip

Monday, October 12

Departure: 1:00 p.m.

Estimated Return: 4:00 p.m.

Limit 12

PCC Shopping Trip

Wednesday, October 14

Departure: 2:00 p.m.

Estimated Return: 3:00 p.m.

Limit 9

Costco Shopping Trip

Wednesday, October 21

Departure: 2:00 p.m.

Estimated Return: 4:00 p.m.

Limit 12

T&T Shopping Trip

Monday, October 26

Departure: 1:00 p.m.

Estimated Return: 4:00 p.m.

Limit 12



September Poll Results

Last month, we asked you for your favorite song--whether an all-time favorite or something new you've been liking--and we received quite a few responses.

As part of the question, we asked people *why* the song they listed was their favorite. Below is a word cloud of the key words from all wonderful reasons people gave. The larger the words, the more frequently it appeared in people's responses:



It's interesting to see the variety of music tastes, even within our own community. There are songs from 50 years ago and songs from newer artists, songs from operas and musicals, hymns and party anthems, and from every genre in-between.

Below is a YouTube playlist with all the favorite songs (and a few more recommendations) provided by responders to this poll. Perhaps you'll find something new that you enjoy!

<https://youtube.com/playlist?list=PLfoPckNWEUpM&si=4U7PCanDpPSe2yg5>

You can also find a link to Resident Favorites on the Portal homepage under Announcements from October 1 until October 15

