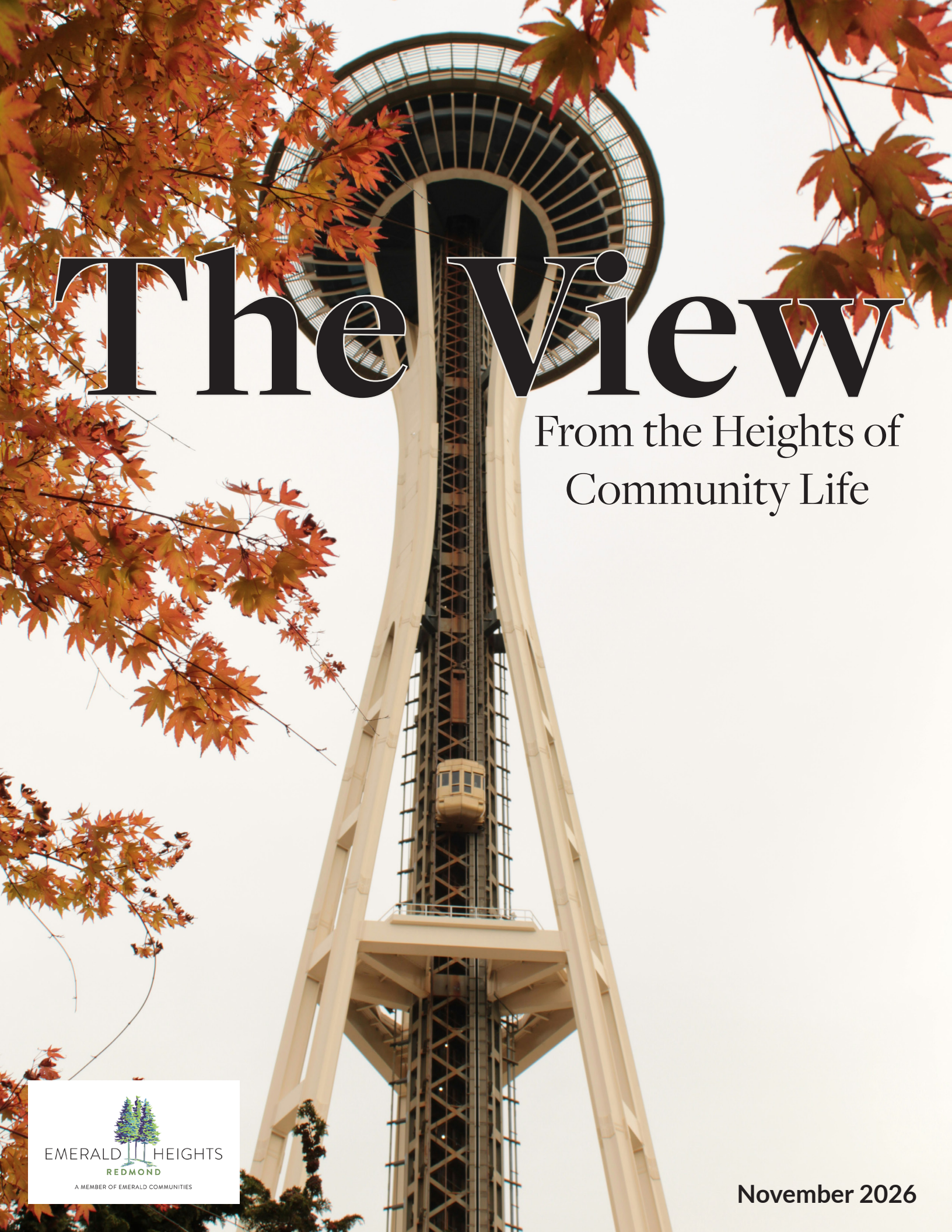




The View

From the Heights of
Community Life

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Cover Photo: Taken by Monica Miterko on Unsplash at Seattle Space Needle

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)556-8207

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
Tuesday
10 a.m.–4 p.m.

Reminders

- ◇ Medical transportation will be limited on Thursday, November 19
- ◇ 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
Daniel Peralta, Dining Room Supervisor**

Nominees:

Manuel Calderon
Tenzin Rangdol
Bryce Abbott (x2)

Tara Bell
Daniel Peralta (x2)
Kenneth Bonebrake
Vivian Rapacciuolo

Erman Chavez Estrella
Cindy Corbett
Rene Perez (x2)
Christian Rivera

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 winners for this month are
Sherra Grasser, Social Services Associate and
Tanaka Chitiyo, Lead Dietary Aide**

Sherra consistently goes above and beyond to ensure residents feel safe, valued, and cared for. Through her warm demeanor, thoughtful communication, and excellent conflict management skills, she brings compassion and professionalism to every interaction, turning challenging situations into opportunities to make residents feel heard, reassured, and supported.

Tanaka leads his team in creating a welcoming dining experience while keeping residents' well-being at the forefront. His attentiveness and composure were especially evident when he recognized a resident experiencing a medical emergency and promptly contacted the nurse, ensuring immediate care. His actions reflect his dedication to resident safety and the care that extends beyond his role.



Nominees:

Sherra Grasser
Tanaka Chitiyo
Magda Turcios

Congratulations Sherra and Tanaka!



Staff Spotlight

Kenneth Roberts is the new Facilities Manager



We are thrilled to announce that Kenneth Roberts has stepped into the role of Facilities Manager at Emerald Heights, supervising our Maintenance and Security teams, under the leadership of Kevin Baker. Many of you already know Ken from his time on our Transportation team, where he has been safely driving and supporting residents since January 2024. In his new capacity, Ken will lead day-to-day operations across maintenance and security to keep our campus safe, comfortable, and running smoothly.

Ken has shared the following message:

I want to express my sincere gratitude for the opportunity to step into the role of Facilities Manager. This is more than a new position for me—it is an opportunity to continue serving a community that means so much to me.

To our residents: thank you for welcoming me, sharing your stories, and allowing me to be part of your community. You are at the heart of everything we do. To my fellow staff members: thank you for your support and partnership. It takes true teamwork and dedication to ensure our community feels safe and like home, and I look forward to building on the strong foundation already in place.

Introducing Eric Mineart, Executive Director



Eric Mineart joined Emerald Heights as Executive Director on Wednesday, October 21, 2026.

Eric brings 18 years of experience in Life Plan Community operations. Most recently, he served as Interim Executive Director at Mirabella Seattle. He also served as Vice President of Strategy and Innovation for Pacific Retirement Services, where he led strategy development and execution across a portfolio of 12 Life Plan Communities. Earlier in his career, he oversaw marketing, communications, and customer experience.

“Emerald Heights has a wonderful reputation, and I immediately felt at home when I first visited. It’s a privilege to join the team, and I’m eager to get to know the people who live and work here,” Eric says.

Eric lives in Kirkland with his wife and four children. Outside of work, he enjoys cooking and spending time outdoors with his family.

Please welcome Eric to Emerald Heights.



Events on Winter Hiatus

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

Event	Hiatus Period	Resumes normal activity in...
Bonsai Group	November–January	February
Last Friday Social	November–December	January
Hidden Treasures: Thrift Shop	December–January	February
Hidden Treasures: Collection	November–December	January
Knitwits	December	January
Furniture on 4th	November–December	January (pending inventory)

Articles

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. To help ensure our spaces are available for active groups and events 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.

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

Calling All Holiday Decorators!

Do you love decorating for the holidays? Want to show off your festive flair and the cozy charm of your apartment?

We're looking for residents to showcase their beautifully decorated apartments during our Holiday Open House to Future Residents! It's a fun chance to spread holiday cheer, show off your style, and help welcome future neighbors to our community. All participants will receive a prize. The Holiday Open House is on Wednesday, December 2 from 2:00 p.m.-2:45 p.m.

Interested in participating? Sign up by emailing the marketing team at EHMarketing@emeraldheights.com no later than Friday, November 13.



Articles

Emergency Information Packet Update and Assistance

The Health and Wellness Volunteers will be assisting residents to Complete or Update

- POLST Form (Green). Needs MD, RNP or PA cosignatory
- Resident Emergency Information (REI) Form
- Hospital Discharge Communication
- Estate Executor Designee Form

Copies of Insurance cards, Photo ID, Med List (or included in above REI form), Healthcare Directive, POA Documents, Portion of Will/Trust noting Estate Executor

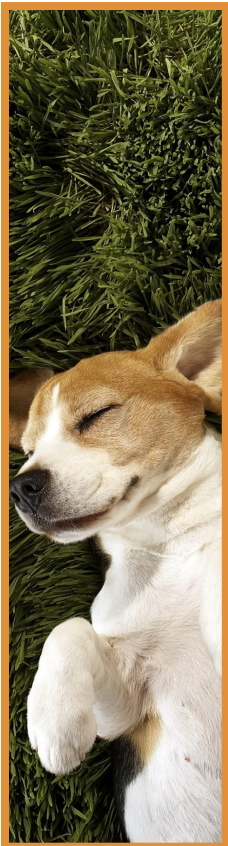
Dates: November 2, 4, 6, 10, and 12

Times: 11:30 a.m.– 1:30 p.m. and 5:00 a.m.– 7:00 p.m.

Location: Cascades Grab and Go

Residents are encouraged to take advantage of this opportunity to review and prepare these important documents. We look forward to assisting you!

Respectful Living in Our Community: *Pet Etiquette*



Many of our residents are pet owners, and we welcome your furry companions into the community. However, we must ensure that everyone can coexist harmoniously. Here are some essential guidelines for pet owners:

- **Leash and Control:** When outside your apartment, pets must be on a leash and under control at all times. Often times, residents or staff would like to say hello to your pet. If you and your pet are open to greeting friends, please walk your pet over to the person. Do not allow the leash to stretch out across a walking space, posing a tripping hazard.
- **Avoid Extendable Leashes:** We discourage the use of extendable leashes, as they can be a tripping hazard. Opt for a standard leash for safer walks with your pet.
- **Common Area Access:** Pets are not allowed in the dining rooms, Cascades, meeting rooms, the pool, or the fitness area.
- **Shared Living Room and Common Area Furniture:** When using these areas, please be considerate of others.

By adhering to these pet etiquette guidelines, we can ensure the safety and comfort of all residents while maintaining a pet-friendly environment. To read the full Pet Policy, please review Appendix M of the Resident Handbook, available on the Resident Portal and in the Evergreen Lodge Library.



Fall Into Routine: Small Habits That Help Your Brain



newdays

A brain-health note from NewDays, Emerald Heights' cognitive rehabilitation partner

Summer's over and the calendar is filling up again with classes, clubs, appointments and the first holiday plans. Fall is a good time to set up routines that make everyday thinking a little easier. Here are four to try this month:



- Give things a home. Keys, glasses and your phone go in the same spot every time. Fewer decisions leave more room for the things that matter.
- Use one calendar. Keep a single calendar or notebook for everything, and look at it at the same time each morning.
- Learn something new. A class, a language or a new route on your walk all give your brain fresh challenges. Familiar puzzles are fine too, but new is better.
- Keep your sleep steady. Going to bed and getting up at the same times supports memory and focus.

It's also worth noticing if routines that used to come easily start to slip, like missed appointments, repeated questions or losing your train of thought. That's when it can help to talk to someone.

NewDays offers virtual cognitive rehabilitation through MindWell, Emerald Heights' cognitive support program. It works like physical therapy for the brain: twice-monthly video sessions with a cognitive specialist, plus daily exercises at home. It's covered by Medicare for people with MCI, a dementia diagnosis or cognitive changes related to Parkinson's.

To learn more, talk with Danielle Epp, Wellness Coordinator, Nicole McCarthy, Director of Resident Services, or visit newdays.ai / call (206) 801-1621.



Articles

2027 Handbook Updates

The 2027 Resident Handbook will be available to view on the Resident Portal beginning December 1, 2026. You will be able to find the handbook on the Resident Portal by using your personal device or using the easy access computer at the concierge desk. A printed copy will also be available in the Evergreen Lodge Library. Residents may print their own copy or request one from Concierge.

A Transmittal Document outlining the specific handbook changes will also be available in the library and electronically on the Resident Portal.

The updated handbook policies and procedures will take effect on January 1, 2027. The handbook provides information about Emerald Heights' organization, services, and community expectations, including emergency procedures, forms for communicating with administration, and departmental services. Residents are encouraged to review the handbook and its appendices, which can answer many common questions.

The Search for a New Santa



If you're a jolly person with no shortage of holiday spirit, we would love to have you as the new Santa Claus on campus.

In previous years, the resident Santa has attended the variety of holiday events hosted on campus, spreading holiday cheer.

Interested? Contact Alex Clark at alexandrac@emeraldheights.com or (425) 556-8186

Ballot Drop-Off

We are providing transportation to Redmond City Hall for residents to drop off their ballots for the upcoming November election. Register on the Portal before noon on October 27.

Ballot Drop-Off

Wednesday, October 28

Depart: 2:30 p.m. | Return: 3:15 p.m.

Limit: 9

Register on the Portal [Here](#).





Share Your Community Story



Employees and residents: help us build engagement from the heart of our community.



Write an article for our blog or create a TikTok video.



If selected to be featured, you'll receive a **\$50** gift card.



Contest runs throughout the entire month of **November**. Every Tuesday will be TikTok Tuesday and a new video will be featured.



Submit your story or video for a chance to be featured.
Email: stories@emeraldheights.com



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:

- **Diversity, Equity, and Inclusion Planning Meeting**
Monday, November 2 at 2:00 p.m., Avondale Room
- **Table Talks: Cultural Belonging**
Thursday, November 19 at 3:00 p.m., Emerald Room
- **Diversity, Equity, and Inclusion Committee Meeting**
Monday, November 23 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: Cultural Belonging

Join us for Table Talks as we explore the cultures, traditions, and communities that have shaped our lives and given us a sense of 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 type of cultural identities are you familiar with?
2. Have your cultural connections or sense of cultural identity changed over the years? If so, how?
3. What cultural group or community gives you the strongest sense of belonging today?
4. What has being part of a cultural group or community added to your life?

Table Talks will be on Thursday, November 19 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 E:**
Tues., Nov. 10

◇ **Atrium P3:**
Thurs., Nov. 12

Monthly or Bimonthly Activities

Mondays:

Woodshop Team: 10:00 a.m., 1st Mon., November 2, Woodshop

Tuesdays:

Readers' Theatre Group: No sessions in November

AI Interest Group: 2:00 p.m., Tues., November 24, Sammamish Room

Wednesdays:

Voices for Vision: 3:00 p.m., Wed., November 25, Avondale Room

Thursdays:

Ukulele Chorus: 2:30 p.m., 1st & 3rd Thurs., November 5 & 19, AL Game Room

Jazz Appreciation Night: 7:00 p.m., 2nd Thurs., November 12, Avondale Room

EH Quilters: 1:30 p.m., 2nd Thurs., November 12, Creative Arts Studio

The Good Life Book Club: 1:00 p.m., 2nd Thurs., November 12, Chapel

Texas Hold'em Poker: 6:30 p.m., This month, November 12, Creative Arts Studio (No session 11/26)

Knitwits: 1:00 p.m., Thurs., November 19, Atrium E

Standing Committee Meetings*

Technology Committee

1st Tues., November 3, 11:00 a.m.,
Sammamish Room

Fitness and Sports Committee

3rd Thurs., November 19,
3:00 p.m., Creative Arts Studio

Food Services Committee

Wed., November 4, 1:00 p.m.,
Fireside Dining Room

Fund Development Committee

3rd Thurs., November 19,
3:00 p.m., Tahoma Room

Building and Grounds Committee

3rd Thurs., November 19, 9:00 a.m.,
Board Room

Health and Wellness Committee

4th Tues., November 24,
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:

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 (No session 11/11)

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

Thursdays:

Tech Help Hour: 1:00 p.m., Lodge Living Room (No session 11/26)

Fridays:

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

Education for Enjoyment: 3:00 p.m., Avondale & Sammamish Room (No session 11/20, Emerald Room on 11/27)

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,
November 5, 2:00 p.m.

Residents' Association Orientation

1st Friday of the month,
November 6, 9:30 a.m.

Resident Services Orientation

2nd Wednesday of the month,
November 11, 10:00 a.m.

Dining Services Orientation

3rd Tuesday of the month,
November 17, 10:00 a.m.
Copper & Hook

Marketing Orientation

4th Tuesday of the month,
November 24, 10:00 a.m.

Accounting Orientation

4th Wednesday of the month,
November 25, 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, November 11 from 11:00 a.m.– 12:30 p.m. in the Tahoma Room.

On-Campus Services

Audiology

Evergreen Speech and Hearing

Next Session:

Thursday, November 5 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, November 5, *by appointment only*,
in your own apartment.

Register for the **November session** on the Portal [Here](#) by **Oct. 29**. Registration for the **December session** opens Nov. 6.

Services:

After registering, OnSite will contact you to schedule an appointment. You may also call OnSite at the number below.

Appointments are for IL residents only and scheduling for the next session is not guaranteed. Residents living in AL/SN/MC 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.,
(No session 11/27)

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, November 1, 8, 15, 22, & 29

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. Membership open to anyone who wants to stop drinking. No cost to attend meetings.

Co-Ed Carepartner Connect

Mondays, November 2 & 16

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 support.

Alzheimer's/Dementia Caregiver Support

Tuesday, November 3

1:00 p.m. in the AL Game Room

If you are caring for someone with Alzheimer's disease or another form of dementia, this is a time to get together with others in similar situations. This is an Alzheimer's Association sponsored program. For information, contact Chaplain John Waltner (425) 556-8140.

Memory Matters

Wednesday, November 11

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 is a place to learn and support each other.

On Our Own Again

Tuesday, November 17

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, and the loneliness, that can come with this new stage of life.

Parkinson's Support

Wednesday, November 18

1:30 p.m. in the Sammamish Room

Whether you're living with Parkinson's Disease, living with someone who has Parkinson's, or are simply interested in learning more, this is a place for support and education.



Religious Services

Wednesdays:

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

Thursdays:

Bible Study: 10:30 a.m. in the Sammamish Room (No session 11/26)

Fridays:

Catholic Communion Service: 10:00 a.m. in the Emerald Room. Mass on November 27
(Note new location)

Episcopal Service and Communion with Fr. McLaurin: This month, November 20 (due to holiday), 11:15 a.m. in the Chapel

Sundays:

BelPres Church Livestream: 11:00 a.m. in the Sammamish/Avondale rooms, FirView Activity Room (No session 11/29)

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 at (425) 556-8140.

Corwin & FirView Connection

Fun & Entertainment

- **Music with Dave & Lynn**
Saturday, November 7, 10:45 a.m.
Great Room
- **“Sheep to Shawl” Presentation and Demo**
Tuesday, November 10, 10:30 a.m.
FirView Activity Room
- **Ukulele Chorus**
Thursday, November 12, 2:00 p.m.
Great Room
- **Musical Sing-Along with Trish Hatley**
Friday, November 13, 3:30 p.m.
FirView Activity Room
- **Nancy Quickstad & Friends**
Thursday, November 19, 4:00 p.m.
Great Room
- **Jazz Corner**
Thursdays, 4:00 p.m. (No session 11/19 & 11/26), Great Room

Monthly Meetings

- **Dining Chat**
Thursday, November 19, 2:00 p.m.
FirView Activity Room
- **Assisted Living Resident Council**
Thursday, November 19, 3:00 p.m.
FirView Activity Room
- **Skilled Nursing Resident Council**
Monday, November 30, 11:00 a.m.
Great Room



What's Happening: Events

Employee Appreciation Fund Drive

Sunday, November 1–Monday, November 30

Our employees do so much for us; the funds raised by our annual Employee Appreciation Fund Drive are our way of thanking and retaining our wonderful staff. Don't just tip your hat; tip your wallet! The drive runs through the entire month of November. A letter and a donation form with directions will arrive in your cubby on November 1. Thank you from your Fund Development Committee!

Line Dancing

Sundays, November 1, 8, 15, 22, & 29

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 Fall Play: Auditions

Monday, November 2

6:30 p.m. in the Emerald Room

If you are interested in acting in the upcoming fall play, please attend this audition. The show will be performed using a readers theater format, in which the actors perform with limited stage movement, props, or costumes.

Woods Walkers

Tuesdays, November 3, 10, 17, & 24 & Saturdays, November 7, 14, 21, & 28

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.

Reflections Of Our Lives: Writing Class

Wednesday, November 4, 11, 18, & 25

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 (Tahoma Room on 11/18)

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 gentle prompts, conversation, and sensory activities, you'll explore treasured memories and can share your stories through creative forms of expression.



Lunch and Learn: Assisted Living

Wednesday, November 4

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, November 4, 11, 18, & 25

3:30 p.m. in the Fitness Studio

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



Bible Study Special Presentation: *What the Heart Can Hold*

Thursday, November 5

10:30 a.m. in the Sammamish Room

Fr. Malcolm McLaurin, Rector of The Episcopal Church of the Holy Cross in Redmond, will share reflections from his recent mission trip to a displaced persons camp near Juba, South Sudan. Through personal stories and observations, he will explore how individuals and families affected by war and displacement preserve their dignity, joy, faith, and humanity amid profound hardship.

Tech Help Hour

Thursdays, November 5, 12, & 19 (No session 11/26)

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

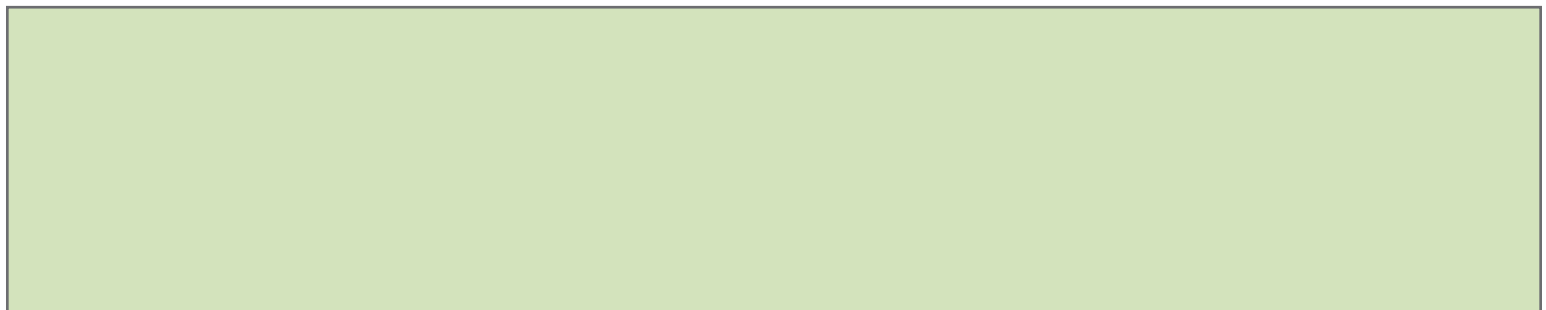
Resident volunteers are available to try to help with phones, tablets, and laptops.

Leadership Live Chat

Friday, November 6

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.





Hidden Treasures: Holiday Sale

Monday, November 9

10:00 a.m.–2:00 p.m. in the Avondale & Sammamish Room

It's the most wonderful time of the year! Stock up on holiday decor, gifts, and stocking stuffers before Hidden Treasures goes on hiatus for the holidays.

KCLS Library to Go

Tuesday, November 10

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.

Annual Residents' Association Business Meeting

Tuesday, November 10

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

Meet our new neighbors, recognize our milestone residents, and hear Administration reports. Please sign in outside the Pavilion so quorum can be met.

Silver Singers: Celebrate Our Veterans

Tuesday, November 10 at 3:00 p.m. & Wednesday, November 11 at 7:00 p.m. in the Pavilion

Help us show our appreciation and thanks to veterans by joining us at this performance. Songs are from the Civil War, World War I, World War II, and the Vietnam War. Plus some songs everyone can sing together. Join the Silver Singers and sing along!

Veteran's Day: White Table Display and Special Honors from the DAR

Wednesday, November 11

11:30 a.m. in the Evergreen Lodge and 12:00 p.m. in the FirView Living Room

The symbolic America's White Table will be on display all day in both the Lodge and FirView Living Rooms, to honor those who never returned. In addition, our local chapter of the Daughters of the American Revolution will be paying a visit with a signed poster of gratitude for our veterans. Veterans are invited to join us for a meet and greet and photo opportunity that will be in both locations--the Evergreen Lodge Living Room at 11:30 a.m. and the FirView Living Room at 12:00 p.m.

NewDays: Office Hours

Wednesday, November 11

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 13.



Understanding Skilled Nursing Pt. 4: Hospice Services

Wednesday, November 11

2:00 p.m. in the Emerald Room

Discover how hospice services bring comfort, dignity, and compassionate support to residents and their families. Join our Skilled Nursing leaders for a clear look at hospice care, including pain and symptom management, emotional and spiritual support, and care that honors each individual's wishes. We will discuss how hospice and skilled nursing teams work together to support quality of life and help families navigate end-of-life care.



Bible Study: Tom Ruhlman

Thursdays, November 12 & 19 (No session 11/26)

10:30 a.m. in the Sammamish Room

Pastor Tom Ruhlman, Tabernacle Baptist Church in Shoreline will lead two sessions of Bible Study on the Thursdays in November. No session on Thanksgiving day.

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

Thursday, November 12

1:00 p.m. in the Chapel

Our November book is *The Innocents Abroad* by Mark Twain, one of the most famous travel books ever written about Europe and the Holy Land. The book is a Classic, hilarious, a pleasure and pure joy to read. Books are chosen by club members. December book is *A Man called Ove* by Fredrik Backman.

Focus on Fitness: Staying Healthy and Active through the Holidays

Thursday, November 12

2:00 p.m. in the Emerald Room

The fitness team will present ideas on surviving the winter and holiday months with focus on exercising in the cold, doing classes instead of walking outside for safety, holiday stress, all the treats, and possible sleep disruption. Bring your questions.

Medic One: The Big Red Truck Presentation

Friday, November 13

2:30 p.m. in the Emerald Room

You've likely seen the Big Red Truck (Medic Unit) at Emerald Heights, but have you ever wondered what's inside? View a virtual tour and discover the lifesaving equipment and skills our first responders use during emergencies. Hear directly from paramedics, with an opportunity to ask questions and learn how our local Medic One system saves lives.



Sweety's Intergenerational Art Carnival

Sunday, November 15

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

Celebrate creativity across generations at this lively art carnival! Stroll through an art walk showcasing student artwork, get creative at a hands-on DIY station, and enjoy live instrumental music, singing, and four dance performances. Treat yourself to cotton candy and freshly popped popcorn while enjoying a wonderful celebration of art, music, and intergenerational connections.

Readers' Theatre Fall Play: *Ripcord* by David Lindsay-Abaire

Tuesday, November 17 at 2:00 p.m. and Thursday, November 19 at 7:00 p.m. in the Pavilion

Who will win the bet: Marilyn or Abby? Two roommates, one coveted bed by the window, and a wager that spirals into a battle of wits and outrageous antics. Find out how far these women will go to claim the prize in this comedy. Presented in the Readers' Theater format, the performance brings the story to life through expressive voices and imagination rather than elaborate sets, costumes, or movement, inspired by the radio plays of the 1930s and '40s.

Voices of the Tulalip Tribes

Tuesday, November 17

7:00 p.m. in the Pavilion

In honor of Native American Heritage Month, join us for a cultural experience with members of the Tulalip Tribes. Through the voices of storytellers, singers, dancers, and cultural knowledge keepers, experience the enduring spirit and rich cultural heritage of our Pacific Northwest neighbors.



Evolving Docent: *Abstract Landscapes Inspired by Etel Adnan*

Wednesday, November 18

10:00 a.m.– 12:30 p.m. in the Avondale Room

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

Welcome our new art instructor, Sarah Hauge. 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.

Friendly Neighbors

Wednesday, November 18

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.



Doctors Without Borders: A Mission Update with Stacy Payne

Wednesday, November 18

1:00 p.m. in the Emerald Room

Welcome Stacy Payne as she returns to Emerald Heights to share firsthand experiences from her latest humanitarian mission with Doctors Without Borders. Hear about the challenges, triumphs, and realities of providing critical healthcare to vulnerable communities around the world. Before heading off on her next assignment, Stacy will offer a fascinating behind-the-scenes look at her work and the impact of humanitarian aid.

Annual Woodshop Toy Show

Thursday, November 19

9:00 a.m.–12:00 p.m. in the Emerald Room

The Toy Makers of the Woodshop are back with their annual display of handcrafted toys. Visit the Emerald Room to admire their creations before the toys are donated to local charities for children to enjoy.



Table Talks: Cultural Belonging

Thursday, November 19

3:00 p.m. in the Emerald Room

Join us for Table Talks as we explore the cultures, traditions, and communities that have shaped our lives and given us a sense of belonging. Groups are assigned at random to connect you with new neighbors and perspectives. Enjoy snacks during a guided discussion in this welcoming environment.

Family Wealth & Legacy: Navigating Conversations Across Generations

Friday, November 20

1:00 p.m. in the Emerald Room

Talking about money, inheritance, and family expectations isn't always easy. Join John de Carvalho and Kyle Caouette, Founders of SIGIL Family Office, for an informative presentation on navigating sensitive conversations, preparing future generations, and avoiding common family conflicts. Discover practical ways to preserve both your family's financial legacy and the relationships that matter most.

2027 Budget Presentation

Friday, November 20

3:00 p.m. in the Pavilion and Channel 1981

The 2027 Budget Presentation is being held for residents who are interested in learning about the 2027 operating & capital budgets for Emerald Heights. The Executive Team will present the 2027 budget, including monthly service fees, operating expenses, and capital expenditures.



November Birthday Celebration: In The Mix Quartet

Friday, November 20

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

Celebrate our November birthdays with *In The Mix*, a talented a-cappella barbershop quartet bringing over 140 years of combined singing experience. Enjoy rich four-part harmonies featuring classic barbershop favorites, familiar popular melodies, and timeless tunes like *I Got Rhythm* and *You've Got a Friend in Me*. Following the performance, enjoy a special birthday treat as we honor our November birthday residents.



Voices for Vision

Wednesday, November 25

3:00 p.m. in the Avondale Room

Start the holiday season with a year-end review and celebration at Voices for Vision. We'll share our favorite new skills and tips, and enjoy holiday snacks together. Bring any new devices that you would like to show off to everyone.





Tree Lighting Ceremony

Monday, November 30

5:00 p.m. in the Evergreen Lodge Living Room & Harry Wilson Circle

Kickoff the holiday season at the Annual Emerald Heights Tree Lighting ceremony. Join Chaplain John, musical guests, staff, friends and neighbors. We'll begin in the Living Room and proceed to the Harry Wilson Circle for the official countdown and tree lighting at this Emerald Heights tradition.

What's Happening: Trips

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



Trips with a wheelchair icon have mobility accommodations available. Contact Rhi Mitchell, Trips & Event Coordinator, at (425)556-8204 for details.

Leaderless trips are marked with an icon:



Pickleball: Recreational Play

Register on the Portal [Here](#)

Mondays, November 2, 9, 16, 23, & 30

Location: Redmond

Departure Time: 1:45 p.m. (Front Lobby)

Estimated Return Time: 3:30 p.m.

New players welcome.

Cost: Court costs vary per session

Transportation: Free

**Cancellation Deadline: Noon the day prior
Limit: 14**



Lunch Bunch: The British Pantry



Register on the Portal [Here](#)

Friday, November 6

Location: Redmond

Departure Time: 1:00 p.m.

Estimated Return Time: 4:00 p.m.

Cost: Own Expense

Transportation: Free

**Cancellation Deadline: Tues., November 3
Limit: 14**

Enjoy a cozy afternoon at The British Pantry, a charming Redmond favorite known for traditional British comfort food, savory pies, tea, and delicious baked treats. After lunch, take some time to browse the adjoining British gift and grocery shop for unique finds and holiday goodies. A delightful way to spend a chilly November afternoon with friends.

Veterans Gourd Dance & Powwow 2026



Register on the Portal [Here](#)

Saturday, November 7

Location: Seattle

Departure Time: 11:00 a.m.

Estimated Return Time: 2:00 p.m.

Cost: Free

Transportation: \$15.31

**Cancellation Deadline: Tues., November 3
Limit: 13**

Daybreak Star Indian Cultural Center in Seattle's Discovery Park is honoring veterans through traditional Native American dancing, drumming, and cultural traditions. All are welcome to attend, and veterans are invited to be recognized and honored if they wish. Seating will be available, with priority given to elders.



Duwamish Longhouse & Cultural Center

Register on the Portal [Here](#)

Thursday, November 12

Location: Seattle

Departure Time: 11:00 a.m.

Estimated Return Time: 3:30 p.m.

Cost: Food on own & staff costs

Transportation: \$17.42

**Cancellation Deadline: Thurs., November 5
Limit: 13**

Delve into the rich history, culture, and traditions of the Duwamish Tribe during a 90-minute self-guided visit to the Duwamish Longhouse & Cultural Center. View exhibits and learn about the enduring heritage of Seattle's Indigenous people before enjoying lunch at *Off the Rez Café*, featuring delicious Native American-inspired cuisine.

Healing Cultural & Political Divides Through Community Music Therapy

Register on the Portal [Here](#)

Friday, November 13,

Location: Redmond

Departure Time: 10:30 a.m.

Estimated Return Time: 12:30 p.m.

Cost: Free

Transportation: Free

**Cancellation Deadline: Fri., November 6
Limit: 13**

Music therapist Katy Webber will host an interactive workshop at the Redmond Library celebrating the ways music brings people together. No matter what your background, explore how music can connect us. No musical experience required.



Happy Hour: Woodin Creek Taproom

Register on the Portal [Here](#)

Friday, November 13

Location: Woodinville

Departure Time: 3:30 p.m.

Estimated Return Time: 6:00 p.m.

Cost: Own Expense

Transportation: \$3.89

**Cancellation Deadline: Mon., November 9
Limit: 14**

Cheers to Happy Hour! Enjoy a relaxed afternoon at Woodin Creek Taproom, featuring a selection of craft brews, tasty pub favorites, and great company. Take advantage of \$2 off all appetizers and drinks during Happy Hour while unwinding with friends!

Seattle Aquarium

Register on the Portal [Here](#)

Monday, November 16

Location: Seattle

Departure Time: 10:30 a.m.

Estimated Return Time: 3:00 p.m.

Cost: \$85 + staff cost

Transportation: \$12.27

**Cancellation Deadline: Sun., November 8
Limit: 13**

Dive into the wonders of the Pacific Northwest's waters by learning about animal care, and hear about the Aquarium's efforts to protect our local waters. Hear from Aquarium staff and explore exhibits at a comfortable pace. See what there is to discover just below the surface.



Boehm's Candies Factory Tour & Shopping

Register on the Portal [Here](#)

Tuesday, November 17

Location: Issaquah

Departure Time: 9:45 a.m.

Estimated Return Time: 12:45 p.m.

Cost: \$8-11 + staff cost

Transportation: \$9.17

Cancellation Deadline: Mon., November 9

Limit: 5

Indulge your sweet tooth with a behind-the-scenes tour of Boehm's Candies in Issaquah. Explore the charming European-inspired grounds and learn about the art of chocolate making and the history of this beloved local chocolatier. After our guided tour, there will be time to browse the candy shop and pick up some delicious treats just in time for the holidays. **Please Note:** This approximately one-hour tour requires continuous standing and walking, including stairs and loose gravel. Allow an additional 30 minutes for shopping.

Daybreak Star Indian Cultural Center: Native Art Market

Register on the Portal [Here](#)

Saturday, November 21

Location: Seattle

Departure Time: 10:00 a.m.

Estimated Return Time: 2:00 p.m.

Cost: Own expenses

Transportation: \$15.31

Cancellation Deadline: Thurs., November 12

Limit: 13

Shop for handcrafted jewelry, artwork, and unique creations by Indigenous artists and vendors. Browse at your own pace, connect with local artisans, and discover one-of-a-kind treasures perfect for holiday gifting. **Please Note:** This is a self-guided outing with walking and standing involved. Residents can explore independently and take breaks as needed.

Seattle Aquarium

Register on the Portal [Here](#)

Monday, November 30

Location: Seattle

Departure Time: 10:30 a.m.

Estimated Return Time: 3:00 p.m.

Cost: \$85 + staff cost

Transportation: \$12.27

Cancellation Deadline: Sun., November 22

Limit: 13

Dive into the wonders of the Pacific Northwest's waters by learning about animal care, and hear about the Aquarium's efforts to protect our local waters. Hear from Aquarium staff and explore exhibits at a comfortable pace. See what there is to discover just below the surface.

Benaroya Holiday POPS: Megan Hilty

Register on the Portal [Here](#)

Friday, December 4

Location: Seattle

Departure Time: 7:00 p.m.

Estimated Return Time: 10:45 p.m.

Cost: \$60- \$100 + staff cost

Transportation: \$11.88

Cancellation Deadline: Sun., November 15

Limit: 9

Celebrate the magic of the season as Broadway and television star Megan Hilty returns to her hometown for a holiday performance with the Seattle Symphony. Enjoy beloved holiday classics, festive carols, and Broadway-style flair under the direction of conductor Enrico Lopez-Yañez. **Seating Requests:** When registering, please indicate any seating preferences or accessibility needs in the Notes section so we can best meet your needs.



Edmonds Driftwood Players: *A Christmas Carol*



Register on the Portal [Here](#)

Saturday, December 19

Location: Edmonds

Departure Time: 12:30 p.m.

Estimated Return Time: 5:00 p.m.

Cost: \$28

Transportation: \$14.12

Cancellation Deadline: Mon., November 30

Limit: 13

The classic story of Ebenezer Scrooge and his transformative Christmas Eve journey through the past, present, and future, presented in this musical adaptation by Edmonds Driftwood Players. The performance is approximately 90-minutes in an intimate community theatre setting.

The Lights of Christmas: *Holiday Walking Experience*



Register on the Portal [Here](#)

Saturday, December 19

Location: Stanwood

Departure Time: 3:30 p.m.

Estimated Return Time: 8:00 p.m.

Cost: \$30 + staff cost

Transportation: \$31.35

Cancellation Deadline: Sun., November 22

Limit: 13

Step into a winter wonderland filled with twinkling lights and dazzling holiday displays. Explore festivities at your own pace, featuring a Christmas market, live entertainment, seasonal treats, and charming holiday attractions across 15 acres. **Please Note:** This is an outdoor walking experience with varying distances and surfaces. Dress warmly, wear comfortable shoes, and bring mobility aids if needed. Residents may explore at their own pace and take breaks throughout the evening.



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

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, November 11

Departure: 2:00 p.m.

Estimated Return: 4:00 p.m.

Limit 12

PCC Shopping Trip

Wednesday, November 18

Departure: 2:00 p.m.

Estimated Return: 3:00 p.m.

Limit 9

Bellevue Square Shopping Trip

Monday, November 23

Departure: 1:00 p.m.

Estimated Return: 4:00 p.m.

Limit 12

Costco Shopping Trip

Wednesday, November 25

Departure: 2:00 p.m.

Estimated Return: 4:00 p.m.

Limit 12

Shopping Notices

No Trader Joe's Shopping Trip on November 26 (Thanksgiving Day)

