

The View

From the Heights of Community Life

EMERALD HEIGHTS
REDMOND
A MEMBER OF EMERALD COMMUNITIES

December 2026

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Useful Contacts

Concierge: (425)556-8100 **Corwin: (425)556-8150** **FirView: (425)605-3770**

Security:
(425)556-8184

Cascades Take-Out:
(425)556-8117

Chaplain:
(425)556-8140

Housekeeping:
(425)556-8207

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

◊ Special holiday events are marked with a snowflake:

◊ 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
Man Luong, EVS

Nominees:
Blanca Villarta de Escalante
Emma Geary
Kaitlynd Hewitt
Camille Wilder
Anita Cross (x2)
Bella Coli Sanchez
Margaret Mwafongo
Alexandra Clark
Man Luong
Bertha Duran
Jorge Christian Rivera Segura
Manuel Calderon
Lan Vu
Emilio Calderon
Ma Susana Rincon Pamplona
Helen McCarty
Kenneth Bonebrake
Andres Valencia Farias
John Ginez
Jeovany Zapata
Cindy Corbett
Marty Banel
Rene Perez
Maria De Carvalho
Joselyn Guzman
Amina Khalil

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 is
Katie Dyson, Life Enrichment Associate



Katie went above and beyond by coming in on one of her days off when we were down a person. She jumped right into activities that she had not done before, even taking charge of the wine-and-cheese social, despite that being very new to her. When I was able to go join her, she had already set everything up well, only needed a little help finishing up details, having taken care of the bulk of preparations on her own. She was willing, capable, independent, and did a fantastic job of making sure everything went smoothly

Congratulations, Katie!

Nominees:
Katie Dyson
Bryce Abbott
Gabby Bates

Staff Spotlight

Natalie Swezey returns to HK as Director of Resident Services



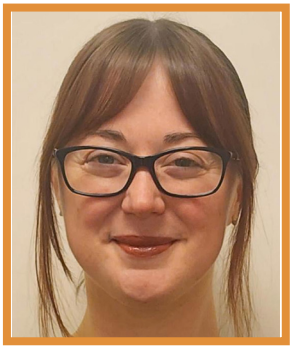
Natalie Swezey, our Environmental Services Director, will be leaving Emerald Heights to become the Resident Services Director at Heron's Key, our sister community in Gig Harbor. Her last day with us will be Monday, November 30.

We are incredibly grateful for all that Natalie has contributed to our community, residents, and staff during her time at Emerald Heights. Although we will miss seeing her here each day, Natalie will remain part of the Emerald Communities family, and we look forward to seeing her continue to grow in her new role at Heron's Key.

We invite you to congratulate Natalie on her new role at a farewell drop-in on Monday, November 23, at 12:00 p.m. in the Emerald Room.

Please join us in thanking Natalie for her many contributions to Emerald Heights and wishing her all the best in her next chapter.

Introducing Taralee Ballif, Facilities Support Specialist



Taralee Ballif joined us in November as the new Facilities Support Specialist.

About Taralee:
"I grew up in Discovery Bay, California, a small delta town where I spent my childhood surrounded by water, I was constantly swimming, wakeboarding, or tubing. In fact, I spent so much time in the water that one of my friends was convinced I would sprout a mermaid tail!

Other hobbies I enjoyed then were skateboarding and snowboarding, but these days I spend my time crocheting, reading, or playing pool. I'm part of a weekly pool league and had the opportunity to go to Las Vegas to compete in the APA 8-Ball World Championship in 2024."

Be sure to swing by the Facilities office to give Taralee a warm welcome.

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)
Food Services Committee	December	January
Health & Wellness Committee	December	January
New Resident Orientation: Marketing & Dining Services	December	January
Table Talks	December	January
Focus on Fitness	December	January
Film for Thought	December	January
Ukulele Chorus	December	January

Articles

Community Benefit Grant Celebration

Our annual Community Benefit Grant Presentation (formerly known as the Social Accountability Grants), traditionally held in December, will take place on Wednesday, January 13, from 10:00–11:30 a.m.

We hope you'll join us for this special event as we recognize this year's grant recipients, hear about the meaningful work they're doing in our broader community, and celebrate the positive impact we're helping make together through Emerald Heights' Community Benefit Program.

Articles

An Update on Great Courses

Great Courses streaming on Channel 1981 will end December 28, 2026, due to licensing restrictions. This Monday program will not continue in 2027.

This change does not affect Education for Enjoyment. Because those videos are shown live, the Friday program will continue as scheduled at 3:00 p.m. in the Avondale and Sammamish Room. Only the Monday streamed program is affected.

Thank you to [Resident], her predecessor [Resident], and their team for bringing Great Courses to residents over the past several years.

Hopelink Fund Drive: *Lend a Hoping Hand*

Twice a year for one-week, Emerald Heights collects donations to support Hopelink. Hopelink helps those in need on the Eastside by offering assistance with food, housing, transportation for medical appointments and dial-a-ride transit, family support and development and ready to work programs. We think of the Eastside as a prosperous area but the recent annual report provides clear evidence of need. From June 2025 to June 2026:

- 72,200 people used Hopelink services;
- 57% of Hopelink households have incomes below $20,000 annually.
- Almost 70,000 pounds of food was distributed and there were 210,217 visits to Hopelink Markets.
- *From Hopelink 2026 Impact and Annual Report.*

From Sunday, December 6 to Sunday, December 13, there will be a Hopelink box near the Concierge Desk for your donations. At the end of November, a note in your cubby with a contribution envelope will be a reminder of the dates and details. You don't have to write a check; you can go to hopelink.org if you prefer to use a credit card or to make a Qualified Minimum Distribution from your IRA. We give the sealed envelopes to Hopelink to keep your contribution private.

Thank you for lending a "hoping" hand and best wishes for the holidays.

Articles

Can’t Help Falling in Love with Elfis

It wouldn’t be December at Emerald Heights without a little mischief from Elfis Presley! Our resident Elf on the Shelf returns December 14–18, ready for five more mornings of silly situations, tricky clues and unexpected hiding places.

Elfis has built up quite a history around Emerald Heights. Over the years, he’s exercised, played games, tangled himself in decorations and generally caused enough holiday mayhem to fill his own adventure book.

If you’re new to the Elfis tradition, or just want a refresher before the hunt begins, visit the Concierge desk to read Elfis Adventures and The Elf on the Shelf starting December 1st. Then, beginning December 14, watch for the daily photo and clue, posted on Channel 1981, the portal, and the Concierge desk at 10:30 a.m., and see if you can be the first to track down our mischievous little celebrity.

To claim your win, take the winning ticket from Elfis and deliver to the person listed on the card, or call them directly. Further instructions will be included on the tag.

We’d love to capture photos of each day’s winners with Elfis to share with the community. Please remember: the magic of the season means no touching Elfis.

2027 Resident Handbook Updated

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.

Articles

FirView Evacuation Drill

As part of our ongoing commitment to resident safety and emergency preparedness, FirView will be conducting a planned evacuation drill. Additional information and instructions will be provided directly to residents and responsible parties through a formal communication prior to the drill.

Volunteer Guitarist/Ukulele Player Wanted!

DayHaven is looking for a resident volunteer to join us on Fridays to play guitar or ukulele during the last 15 minutes of our program (1:45–2:00 p.m.). We love closing our time together with familiar songs and a little singing! Music has a wonderful way of bringing smiles, sparking fond memories, and creating moments of connection for our participants. If this is something that interests you, please contact Danielle Epp at (425) 556-8221 or daniellee@emeraldheights.com .

Holiday Spirit Week



Holiday Spirit Week begins Monday, December 7 and ends Friday, December 11. Get into the festive spirit alongside staff and fellow residents by following the daily themes.

Merry Monday (12/7): Break out those elf hats, reindeer ears, and fun socks.

Twinkle Tuesday (12/8): Wear your favorite light-up accessories or shiny clothes, from sequins and sparkles to light-up headbands and jewelry.

Winter Wednesday (12/9): Celebrate the season by wearing white, blue, or silver.

Thankful Thursday (12/10): In honor of the Fund Development Committee's Employee Appreciation Celebration, we ask that you wear your best attire and attend the celebration at 3:00 p.m. in the Pavilion.

Festive Friday (12/11): On Friday wear a fun and festive sweater!

Lanyards

As the seasons change, so do our wardrobes! At Emerald Heights, it is highly encouraged to wear your name tags while out and about in the community. With bulky sweaters and puffy jackets making their way back out of the closet, we know it can be challenging to keep your name tag in place when the magnet doesn't stick!

To help with this, we have ordered colorful lanyards that can be used as a necklace for your name tag! Stop by the Marketing office to pick out your favorite color.

We can't wait to see your fun new "necklaces" around the community!

Last Call: 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 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.

NewDays: What the Holidays Reveal About Memory

What's normal, what's not, and how to keep the season calm.

newdays

Wednesday, December 9 at 1:00 p.m.
in the Emerald Room

The holidays bring us together, and sometimes they show us changes we didn't expect, in someone we love or in ourselves. Join us for an honest, practical conversation.

What we'll cover:

01 **How to tell normal aging from something more**
02 **Simple ways to keep gatherings calm and connected**
03 **What new research says beyond "wait and see"**

Presented by NewDays Co-founder Daniel Kelly, with Susan Motte from the NewDays team.
Plenty of time for questions, asked aloud or anonymously.
Learn more about the research behind our 2025 clinical results, presented at three international neurology conferences, at newdays.ai.

Keep the conversation going!
Book a free one-on-one chat with a NewDays clinician right after the talk.

Holiday Atrium Parties 2026

Atrium	Date	Time
Cottages	Thursday, December 3	5:00 p.m.
Cloud 9	Monday, December 7	5:00 p.m.
Atrium E	Tuesday, December 8	12:00 p.m.
Atrium P3	Wednesday, December 9	5:00 p.m.
Courtyard	Friday, December 11	4:30 p.m.
Atrium P1	Tuesday, December 15	4:00 p.m.
Trailside	Wednesday, December 16	4:00 p.m.
Atrium H1 & H3	Thursday, December 17	11:30 a.m.

All parties are held in Copper & Hook

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, December 7 at 2:00 p.m., Avondale Room
- **Diversity, Equity, and Inclusion Committee Meeting**
  Monday, December 21 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."

Campus Life

Resident contacts for activities can be found Here and on the Portal under "News & Social" > "Activities, Games & Sports"

Atrium Holiday Socials

All Atrium Holiday socials are held in Copper & Hook

- **Cottages:** Thurs., Dec. 3 at 5:00 p.m.
- **Cloud 9:** Mon., Dec. 7 at 5:00 p.m.
- **Atrium E:** Tues., Dec. 8 at 12:00 p.m.
- **Atrium P3:** Wed., Dec. 9 at 5:00 p.m.
- **Courtyard:** Fri., Dec. 11 at 4:30 p.m.
- **Atrium P1:** Tues., Dec. 15 at 4:00 p.m.
- **Trailside:** Wed., Dec. 16 at 4:00 p.m.
- **Atrium H1 & H3:** Thurs., Dec. 17 at 11:30 a.m.

Monthly or Bimonthly Activities

Mondays:

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

Tuesdays:

Readers' Theatre Group: 1:30 p.m., December 8, Tahoma Room

AI Interest Group: No session in December

Wednesdays:

Voices for Vision: No session in December

Thursdays:

Jazz Appreciation Night: 7:00 p.m., 2nd Thurs., December 10, Avondale Room

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

The Good Life Book Club: 1:00 p.m., 2nd Thurs., December 10, Chapel

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

Standing Committee Meetings*

Technology Committee
1st Tues., December 1, 10:30 a.m., Sammamish Room

Food Services Committee
No session in December

Building and Grounds Committee
3rd Thurs., December 17, 9:00 a.m., Board Room

Fitness and Sports Committee
3rd Thurs., December 17, 3:00 p.m., Creative Arts Studio

Fund Development Committee
3rd Thurs., December 17, 3:00 p.m., Tahoma Room

Health and Wellness Committee
No session in December

*All standing committee meetings are open for guests to attend

Campus Life

Resident contacts for activities can be found Here and on the Portal under "News & Social" > "Activities, Games & Sports"

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 (Creative Arts Studio on 12/2)
Pinochle: 6:30 p.m., Tahoma Room

Thursdays:
Tech Help Hour: 1:00 p.m., Lodge Living Room (No session 12/24 or 12/31)
Pickup Pool: 2:00 p.m., Atrium P1 (No session 12/24)

Fridays:
Hand and Foot Canasta: 2:30 p.m., Tahoma Room (No session 12/25)
Education for Enjoyment: 3:00 p.m., Avondale & Sammamish Room (Only one session, 12/11)

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,
December 3, 2:00 p.m.

Residents' Association Orientation
1st Friday of the month,
December 4, 9:30 a.m.

Resident Services Orientation
2nd Wednesday of the month,
December 9, 10:00 a.m.

Dining Services Orientation
No session in December

Marketing Orientation
No session in December

Accounting Orientation
4th Wednesday of the month,
December 23, 10:00 a.m.

Final Review with Executive Director
60 days after move-in

Campus Life

Health Services information can be found Here and on the Portal under "Resources" > "Healthcare Information"

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, December 9 from 11:00 a.m.–12:30 p.m. in the Tahoma Room.

On-Campus Services

Audiology

Evergreen Speech and Hearing

Next Session:
Thursday, December 10, 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, December 3, *by appointment only*, in your own apartment.

Register for the **December session** on the Portal Here by **Nov. 26**. Registration for the **January session** opens Dec. 4.

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 and Newdays information can be found Here and on the Portal under "Resources" > "Healthcare Information"

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 12/25)

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, December 6, 13, 20, & 27
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, December 7 & 21
1:00 p.m. in the Sammamish Room
Caregivers can connect with others who support a spouse, partner, or friend facing health challenges in this peer discussion group. This group offers space to share experiences, encouragement, and support.

Alzheimer's/Dementia Caregiver Support

Tuesday, December 1
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, December 9
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, December 15
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, December 16
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

The Upper Room is a daily devotional delivered bi-monthly to your cubby. If interested, contact Chaplain John 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 (No session 12/24 & 12/31)

Fridays:

Catholic Communion Service: 10:00 a.m. in the Emerald Room. Mass on December 25.

Episcopal Service and Communion with Fr. McLaurin: This month, December 18 (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

Vespers Worship Service: 4:00 p.m. in the Emerald Room with Chaplain John Waltner

Corwin & FirView Connection

Fun & Entertainment

- **Music with Dave & Lynn**
  Saturday, December 5, 10:45 a.m.
  Great Room

- **Ukulele Chorus**
  Thursday, December 10, 2:00 p.m.
  Great Room

- **[Resident] & Friends**
  Thursday, December 17, 4:00 p.m.
  Great Room

- **Jazz Corner**
  Thursdays, 4:00 p.m. (No session 12/17),
  Great Room



Trips

Festival of the Nativity
Friday, December 11
Depart: 1:00 p.m. from FirView
Estimated Return: 3:30 p.m.
Cost: Free
Transportation: $6.60
Cancellation Deadline: Wednesday, December 9 at 4:00 p.m.

Monthly Meetings

- **Dining Chat**
  Thursday, December 17, 2:00 p.m.
  FirView Activity Room

- **Assisted Living Resident Council**
  Thursday, December 17, 3:00 p.m.
  FirView Activity Room

- **Skilled Nursing Resident Council**
  Monday, December 28, 11:00 a.m.
  Great Room

What's Happening: Events

Toys for Tots Drive

Now until Thursday, December 3
in the Evergreen Lodge, FirView, and Corwin

Emerald Heights will once again participate in the Toys for Tots campaign, collecting new, unwrapped toys for children in need during the holiday season. If you wish to participate, drop items off in one of the three donation bins across campus (Lodge Living Room, FirView Living Room, and near the Corwin reception desk) before Thursday, December 3.



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.

Holiday Pastry: *Larsen's Danish Kringle Pastry*

Place order between Tuesday, December 1 and Thursday, December 3
Deadline: Thursday, December 3 at 4:00 p.m.
Pick Up: Monday, December 7, between 2:00–4:00 p.m. in the Lobby
Order on the Portal Here ($21.00/box, Maximum 5 boxes per customer)

This Danish Pastry is made and packaged by Larsen's Bakery in Ballard. The Larsen's Kringle is made in the original Danish way, with layers of flaky, buttery crust that encloses a filling of almost paste and raisins, topped with sugar and sliced almonds and twisted into a prezel shape. Call Rhiana for assistance, (425) 556-8204.

Woods Walkers

Tuesdays, December 1, 8, 15, 22, & 29 and Saturdays, December 5, 12, 19, & 26
10:00 a.m. at Courtyard Building Entrance

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

Annual Holiday Gala: *Night of Wonder*

Tuesday, December 1 at 3:00 p.m. and Friday, December 4 at 7:30 p.m.
in the Pavilion

Listen to the 41-member Holiday Chorale, a festive singalong with the Ukulele Orchestra, Santa and Buddy the Elf, and a Reader's Theater presentation of excerpts from Dylan Thomas's *A Child's Christmas* in Wales.



Collaborative Youth Musicians Community Outreach Concert

Tuesday, December 1
7:00 p.m. in the Emerald Room
The Collaborative Musicians' Project Youth Ensemble Program trains strong-intermediate to advanced young musicians across the Puget Sound region in all aspects of classical performance. This concert features students playing wind and string instruments in various ensembles, performing classical works and holiday selections.

Reflections Of Our Lives: *Writing Class*

Wednesday, December 2, 9, 16, & 23 (No session 12/30)
Class A: 9:30 a.m. | Class B: 11:00 a.m. | Class C: 1:00 p.m.
Class A and B in the Avondale Room
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, December 2
11:30 a.m. in the Rainier dining room in FirView
Curious about Assisted Living? Join our lunch with Sherra Grasser or Sharon Cruse. Space limited to 5. **To register, contact Sherra at (425)556-8151 or sherrag@emeraldheights.com**

Folk Dance for Everyone

Wednesdays, December 2, 9, 16, 23, & 30
3:30 p.m. in the Fitness Studio
Join resident folk dance teachers for fun non-couple dances.

Song of Seattle: *A Capella Holiday Performance*

Wednesday, December 2
6:30 p.m. in the Pavilion
Song of Seattle is a women's a cappella group from Bellevue, Washington, known for their theatrical style and performances spanning barbershop classics, contemporary pop, and seasonal music.

Bible Study: *The Carols we Carry*
Thursdays, December 3, 10, & 17 (No session 12/24 & 12/31)
10:30 a.m. in the Sammamish Room
Pastor Austin Ashenbrenner from Redmond Presbyterian Church will be leading a study of "The Carols We Carry and will be exploring several classic Christmas hymns and the scriptures that go along with them. The hope is that we grow in our appreciation for these stories and our place within them.

Tech Help Hour
Thursdays, December 3, 10, & 17 (No session 12/24 and 12/31)
1:00 p.m. in the Evergreen Lodge Living Room
Resident volunteers are available to try to help with phones, tablets, and laptops.

Pickup Pool
Thursdays, December 3, 10, 17, & 31 (No session 12/24)
2:00 p.m. in Atrium P1
Calling all Pool players! This is a friendly match for all. No referees, just fun and community. Depending on number of attendees, it may be singles or doubles or if enough players, it may overflow to the table in H atrium. If you've been curious about the game this is a great chance to check it out. Observe a game, ask questions or participate. All are welcome, come join in the fun!

Rouge Music: *Holiday Special*
Thursday, December 3
2:00 p.m. in the Emerald Room
Take a musical trip to France, featuring three-octave vocalist Janet "Elle" Rayor and pianist Clayton Murray. This duo blends Parisian classics and playful musical comedy for an afternoon of festive cheer and warm interaction.

Leadership Live Chat
Friday, December 4
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.

Suzuki Strings: *Winter Recital*
Saturday, December 5
6:00 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.

Hopelink Fund Drive: *Lend a Hoping Hand*
Sunday, December 6–Sunday, December 13
Donation box at Concierge
See details on page 6.

Line Dancing
Sundays, December 6, 13, 20, & 27
2:30 p.m. (beginner session) & 3:00 p.m. in the Fitness Studio
Join residents for Line Dancing. No partner needed. A beginner session starts at 2:30 p.m. followed by a more advanced session at 3:00 p.m.

Holiday Spirit Week
Monday, December 7 through Friday, December 11
Residents and staff are encouraged to join in on the fun for our holiday spirit week.
Merry Monday: Break out those elf hats, reindeer ears, and funky socks.
Twinkle Tuesday: Wear your favorite light-up accessories or sparkly outfit.
Winter Wednesday: Celebrate the season by wearing white, blue, or silver.
Thankful Thursday: Don your best attire in honor of the Employee Appreciation Celebration.
Festive Friday: Wear a fun sweater!

KCLS Library to Go
Tuesday, December 8
9:00 a.m.-10:30 a.m. in the Tahoma Room
Access KCLS library books. Pick up holds, browse shelves, and return books by 7 p.m. Monday in the library, or Tuesday morning in the Tahoma Room. Bring your own bag.

Management Council: *Cocoa & Candy Cane Corner*

Tuesday, December 8

10:30 a.m. – 12:00 p.m. in the Evergreen Lodge Living Room

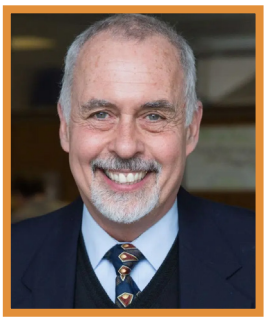
Stop by the Living Room for hot cocoa, candy canes, and conversation with members of Management Council. It's also Twinkle Tuesday, so join in the Holiday Spirit Week fun by wearing something that sparkles, shines, or lights up!

Readers' Theatre Group

Tuesday, December 8

1:30 p.m. in the Tahoma Room

We will be reading a one act, comedic Christmas play, "A Christmas Chaos." When a theatre company gets stranded, it's up to the locals to throw together their own version of *A Christmas Carol*. Contact [Resident] to request a script or for any questions.



Greg Asimakoupoulos: *"It's a Wonderful Movie: The Story Behind the Classic"*

Tuesday, December 8

2:00 p.m. in the Pavilion

Greg Asimakoupoulos is a retired chaplain, author and newspaper columnist living on Mercer Island. His presentation will highlight backstories from the movie "It's a Wonderful Life" that celebrates its 80th anniversary this year.

Chanukah Celebration

Tuesday, December 8

4:00 p.m. in the Evergreen Lodge Living Room

Chanukah (also spelled Hanukkah) is the eight-day Jewish celebration which commemorates the re-dedication of the Temple in Jerusalem following the Jewish victory of the Syrian-Greeks in 165 B.C.E This year, Hanukkah begins at sundown on December 5 and ends at sundown on December 12. We'll mark the festival by hearing the story of Hanukkah, lighting the menorah, and reciting traditional prayers and songs.

Con Brio Treble Choir

Tuesday, December 8

7:30 p.m. in the Pavilion

Con Brio Treble Choir is a multi-generational ensemble from Columbia Choirs of Metropolitan Seattle. Directed by Dori Baunsgard, this group of treble voices will perform a blend of classical masterpieces, Broadway favorites, world music, and festive holiday selections designed to inspire and delight.



Evolving Docent: *Exploring Paul Klee*
Wednesday, December 9
10:00 a.m.–12:30 p.m. in the Sammamish Room
Register on the Portal Here; Limit: 10
Inspired by Swiss-German artist Paul Klee, participants will experiment with this unique artistic process while creating their own Klee-inspired oil transfer or watercolor artwork. All skill levels are welcome.

NewDays: *Office Hours*
Wednesday, December 9
11:00 a.m. to 12:30 p.m in the Tahoma Room
Have questions about NewDays or cognitive health? Stop by during NewDays Office Hours to meet with a member of the NewDays team, ask questions, learn more about their Medicare-covered cognitive rehabilitation program, or get help with next steps. No appointment is necessary.

NewDays: *What the Holidays Reveal About Memory*
Wednesday, December 9
1:00 p.m. in the Emerald Room
The holidays bring us together, but they can also make changes in memory more noticeable, whether in ourselves or someone we love. Join NewDays co-founder Daniel Kelly and Susan Motte for an honest and practical conversation about what's part of normal aging, when changes may be something more, and simple ways to keep holiday gatherings calm and connected. There will be time for questions, and families are encouraged to attend.

Redmond High School: *Student Performance*
Wednesday, December 9
6:00 p.m. in the Emerald Room
Come out and support talented student vocalists and pianists from Redmond High School, led by choir and piano director Joseph Fitzgerald. These young musicians perform at a competitive level throughout the region and are bringing a program of festive holiday numbers to Emerald Heights.

The Good Life Book Club: ***Seniors Reading and Re-Reading the Classics***
Thursday, December 10
1:00 p.m. in the Chapel
Our December book draft selection is *A Man called Ove* by Fredrik Backman. The book is wonderfully balances humor with very serious themes like death, grief and love. Our January 2027 book is Charles Dickens *A Tale of Two Cities*.

Employee Appreciation Celebration

Thursday, December 10
3:00 p.m. in the Pavilion

Join with residents and staff in the joyous celebration for Employee Appreciation. If you've never attended before, you can't imagine how excited and happy the staff are. If you have attended, you know the room is filled with electricity. Staff values that we value them. You have shown your thanks with your donation; please continue to show it with your presence.

Bathsheba Marcus: *Student Piano Recital*

Saturday, December 12
2:00 p.m. in the Emerald Room

Enjoy an afternoon of music as piano students of local instructor Bathsheba Marcus perform a variety of solo selections in a special 75-minute recital. A reception with lemonade and cookies will follow for residents and guests.

The Memphis Belles: *Winter Wonderland*

Monday, December 14
1:00 p.m. in the Emerald Room

The Memphis Belles is a vintage vocal trio inspired by the iconic Andrews Sisters. Dressed in retro holiday style, they bring three-part harmonies and lively choreography to a special Winter Wonderland show filled with seasonal favorites and swing-era classics.



Elf on the Shelf Adventure: *Find Elfis*

Monday, December 14–Friday, December 18
10:30 a.m. in a hidden location on campus

Elfis Presley returns with daily photos of his mischievous hiding spots posted at 10:30 a.m. at the Concierge desk, the portal, and Channel 1981. Be the first to locate Elfis to claim a prize (one prize per person). And remember: no touching! Look for photos of the daily winners shared with the community.



Staff Gingerbread House Display

Monday, December 14 at 11:00 a.m.–Wednesday, December 16 at 10:00 a.m.
in the Pavilion Hallway
Take a look at the gingerbread houses created by EH staff.

Ukulele Chorus: *Community Christmas Sing-Along*

Tuesday, December 15
3:00 p.m. in the Pavilion
Come one, come all to sing your favorite Christmas tunes, from *Santa Claus is Coming to Town* and *Joy To The World*, to *White Christmas* and *Winter Wonderland*. Fun for all with the Ukulele Chorus!

Friendly Neighbors

Wednesday, December 16
10:30 a.m. in the Sammamish Room
Learn about upcoming opportunities to connect Corwin residents to events in the Evergreen Lodge or to participate in interesting activities taking place in Corwin and FirView.



Kayla Steilen: *You are an Ironman*

Wednesday, December 16
2:00 p.m. in the Emerald Room
On October 18th, 2026, Kayla Steilen raced in Ironman California. A triathlon consisting of a 2.4-mile swim, 112-mile bike and a 26.2-mile run. Join us in the Emerald Room to hear about the race and all that the day entailed.

Cocktails and Candy Canes

Thursday, December 17
4:00 p.m. in the Pavilion
All residents are welcome to join us to celebrate our great community and share a small moment together. Enjoy a holiday signature cocktail, mocktails, house wine, and appetizers. Please note: This is a resident-only event, and guests will not be accommodated. The Dining Room will be closed from 2:00 p.m. to 6:00 p.m. Happy hour will be canceled for the evening. Takeout service will be available until 6:00 p.m. and will resume at 7:00 p.m. Cascades will remain open all day.



December Birthday Celebration: *Holiday Happenings*

Friday, December 18
3:00 p.m. in the Pavilion & Channel 1981 (note the earlier time)

Celebrate our December birthdays with an early afternoon holiday show led by a resident MC, featuring classic seasonal songs by staff members Peter Shea and Terra Keel followed by a festive performance from PMC Moving LLC with a special appearance by Santa. Following the show, enjoy sweet birthday treats as we recognize and celebrate our December birthday residents.

Christmas with our Railroad

Monday, December 21–Wednesday, December 23
in the Evergreen Lodge Living Room

Enjoy the Emerald Heights Garden Railroad all the month of December in the Display Cases and on the dates below in the Evergreen Lodge Living Room.

Schedule:
Monday, December 21: Noon–1:00 p.m. & 4:30 p.m.–5:30 p.m.
Tuesday, December 22: Noon–1:00 p.m. & 4:30 p.m.–5:30 p.m.
Wednesday, December 23: Noon–1:00 p.m.

Christmas Eve Service

Thursday, December 24
4:00 p.m. in the Emerald Room

Come to sing carols, hear the Christmas story, and celebrate the birth of Jesus.

Holiday Strolling Carolers: Christmas Harmony

Sunday, December 27
5:00 – 6:00 p.m. in FirView, Corwin, and Copper & Hook Dining Rooms

Dressed in authentic 1840s Victorian attire, the Christmas Harmony carolers will roam our community to greet residents and fill the evening with rich, four-part holiday melodies. Their festive route begins at FirView, travels through Corwin, and concludes with a joyful finale in the *Copper & Hook* Dining Room.

New Year's Eve: *Midnight in the Caribbean*

Thursday, December 31
6:30 p.m. in the Pavilion

Escape to paradise this New Year's Eve as the Pavilion transforms into a tropical celebration with palm trees, golden accents, and beach-inspired décor! Enjoy appetizers, sweet treats, festive refreshments, and dancing with DJ Drew Hubson. At 8 p.m., we'll raise our glasses to welcome 2027 alongside our fellow Americans in Puerto Rico and the U.S. Virgin Islands! Wear your favorite Hawaiian shirt, tropical attire, or festive evening wear and join us for a night of music, dancing, and celebration. Ring in the New Year, island style!

Coming Attractions

Watercolor Fundamentals

Tuesdays, January 26, February 9, February 23, & March 9
8:30 a.m.–11:30 a.m. in the Creative Arts Studio
Register by contacting [Resident] by Sunday, December 13; Limit; 4 per class

Learn how to paint with watercolor in this series of four hands-on sessions. For the full course description and list of supplies, contact the instructor, Emerald Heights resident [Resident] to join. Register directly with [Resident] by Sunday, December 13. You must be able to attend all four sessions. If you are interested in the class but can't attend this series, let [Resident] know so she can assess the demand for a future class.

What's Happening: Trips

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

For information about what accessibility accommodations available, 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, December 7, 14, 21, & 28
Location: Redmond
Departure Time: 12:45 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: 12

New players welcome. We are now playing at the brand-new Velocity Pickleball Club near the Bella Bottega shopping center.

Bellevue Festival of the Nativity

Register on the Portal Here

Friday, December 11
Location: Bellevue
Departure Time: 1:00 p.m.
Estimated Return Time: 4:00 p.m.
Cost: Free
Transportation: $6.60
Cancellation Deadline: Wed., December 9
Limit: 30

Discover more than 500 nativity scenes from around the world at this beautiful indoor Christmas display. Browse thoughtfully arranged exhibits, listen to live music, and take in the peaceful atmosphere at your own pace. Wear comfortable walking shoes.

Bellevue Botanical Garden d'Lights

Register on the Portal Here

Friday, December 11
Location: Bellevue
Departure Time: 6:00 p.m.
Estimated Return Time: 9:00 p.m.

Registration Open Now!

Cost: $10 + staff cost
Transportation: $7.31
Cancellation Deadline: Mon., November 30
Limit: 17

Experience over half a million sparkling lights illuminating whimsical flowers, animals, and waterfalls. A longtime resident volunteer who helps create the displays will serve as our guide. The ¾-mile route includes ADA-compliant gravel paths, gentle slopes, and some uneven terrain, with paved viewing areas available. Dress for the weather.

Duvall Performing Arts: The Nutcracker

Register on the Portal Here

Saturday, December 12
Location: Duvall
Departure Time: 11:45 a.m.
Estimated Return Time: 4:00 p.m.

Registration Open Now!

Cost: $35.18 + Staff Cost
Transportation: $7.19
Cancellation Deadline: Mon., November 30
Limit: 17

Follow Clara on a magical journey through the Land of Sweets in this beloved holiday tradition. Please indicate any seating preferences or accessibility needs, including aisle seating, limited stairs, or wheelchair accommodations, in the Notes section when registering on the Portal.

Seattle Men's Chorus: Prance and Be Merry

Register on the Portal Here

Sunday, December 13
Location: Seattle
Departure Time: 12:30 p.m.
Estimated Return Time: 5:00 p.m.

Registration Open Now!

Cost: $37 + staff cost
Transportation: $11.88
Cancellation Deadline: Mon., November 30
Limit: 17

The Seattle Men's Chorus brings one of the Pacific Northwest's favorite holiday traditions to the stage with festive music, Christmas comedy, and a spirited holiday sing-along. This lively seasonal celebration promises plenty of music and laughter. Please indicate any seating preferences or accessibility needs in the Notes section when registering on the Portal.

Holiday Lights Scenic Drive

Register on the Portal Here

Monday, December 14
Location: Redmond
Departure Time: 5:30 p.m.
Estimated Return Time: 7:30 p.m.

Cost: Free
Transportation: Free
Cancellation Deadline: Mon., December 7
Limit: 17

Sit back, relax, and enjoy the magic of the holiday season as our Emerald Heights drivers take you through the beautifully decorated neighborhoods of Redmond and Bellevue. Admire sparkling Christmas lights, festive displays, and creative holiday decorations from the warmth and comfort of our bus. This outing is ideal for residents of all mobility levels, with no walking required beyond boarding and exiting the bus.

KUOW Live Recording: End-of-the-Year Review

Register on the Portal Here

Wednesday, December 16
Location: Seattle
Departure Time: 5:45 p.m.
Estimated Return Time: 9:45 p.m.

Cost: Own Expense
Transportation: $11.94
Cancellation Deadline: Fri., December 4
Limit: 17

KUOW host Bill Radke takes the stage for a special live recording reflecting on the headlines, memorable moments, and conversations that shaped 2026. This engaging evening of discussion is offered with complimentary admission courtesy of KUOW. Town Hall Seattle provides wheelchair-accessible seating, elevators, accessible restrooms, and complimentary assistive listening devices.

Happy Hour: Pumphouse Bar & Grill

Register on the Portal Here

Friday, December 18
Location: Bellevue
Departure Time: 4:00 p.m.
Estimated Return Time: 6:00 p.m.

Cost: Own Expense
Transportation: $7.19
Cancellation Deadline: Friday, December 11
Limit: 14

Gather with friends at Bellevue's Pumphouse Bar & Grill, a neighborhood favorite serving classic pub fare in a relaxed atmosphere. Seasonal beers, refreshing cocktails, and tasty bites make for a festive outing filled with good conversation.

Pacific Northwest Ballet: The Nutcracker

Register on the Portal Here

Sunday, December 20
Location: Seattle
Departure Time: 11:00 a.m.
Estimated Return Time: 3:30 p.m.

Cost: $125
Transportation: $11.61
Cancellation Deadline: Friday, December 4
Limit: 17

Pacific Northwest Ballet presents George Balanchine's The Nutcracker, a beloved holiday tradition featuring Tchaikovsky's timeless score, breathtaking choreography, dazzling costumes, and enchanting scenery by illustrator Ian Falconer. This spectacular production brings holiday magic to audiences of all ages.

Bronn Journey: *Holiday Concert*

Register on the Portal Here

Monday, December 21
Location: Kenmore
Departure Time: 6:00 p.m.
Estimated Return Time: 9:30 p.m.

Cost: $40 + staff expense
Transportation: $5.61
Cancellation Deadline: Friday, December 4
Limit: 17

The Journeys and special guest *Breath of Aire*, a Pacific Northwest choir known for its uplifting music and rich vocal harmonies, present an evening of festive melodies and beloved Christmas favorites.

Shopping Trips

Register on Portal for all Shopping Trips **Here**
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. (except 12/10 & 12/24)
Estimated Return: 3:15 p.m.
Limit: 9

Friday Grocery Shopping
Departure: 10:00 a.m.
(12/25 rescheduled to 12/24. 1/1 rescheduled to 12/31)
Estimated Return: Noon
QFC and CVS, Wells Fargo, Chase Bank, Bank of Washington & Columbia Bank, U.S. Bank & Washington Federal Bank
Limit: 12

Monthly Shopping Trips:

Costco Shopping Trip
Wednesday, December 9
Departure: 2:00 p.m.
Estimated Return: 4:00 p.m.
Limit 12

Whole Foods Shopping Trip
Wednesday, December 16
Departure: 2:00 p.m.
Estimated Return: 3:00 p.m.
Limit 12

Alderwood Mall Shopping Trip
Monday, December 14
Departure: 1:00 p.m.
Estimated Return: 4:30 p.m.
Transportation Cost: $10.56
Limit 18

Costco Shopping Trip
Wednesday, December 23
Departure: 10:00 a.m.
Estimated Return: 12:00 p.m.
Limit 12

Shopping Notices

Due to the holidays, Friday Grocery Shopping on 12/25 and 1/1 have been rescheduled to 12/24 & 12/31, respectively. Trader Joe's shopping will not be a separate trip on 12/24; If you wish to go to Trader Joe's on 12/24, please sign up for the 12/24 grocery trip and notify the driver the day of. The 12/23 Costco Trip has been moved to 10 a.m. to avoid some last-minute holiday rushes in the afternoon.