


2023

(1.) Events are on Channel 370 unless otherwise noted; (2.) ♦ = events shown in Emerald Room but also shown on Channel 370; (3.) Bold indicates an off Campus event or special notice! (4.) Fitness Trifecta, 8:15 AM to 10:30 AM {8:15 AM Sunrise Fitness; 9 AM Posture and Balance and 10 AM Seated Zumba Gold}.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			8:15 AM Fitness Trifecta 10 AM Garden Railroad, CAS 11:30 AM Community Prayer, Chapel 1 PM Mahjong, TAH 2 PM <i>Seattle Opera</i> Presentation, AVR 2 PM Cribbage, Atrium P-3 2 PM Special Programming 7 PM Pinochle, TAH 9 PM Special Programming	8:15 AM Fitness Trifecta 10 AM Bible Study, AVR 10 AM EH Quilters, Boardroom 10:30 AM <i>Evergreen Speech & Hearing</i> , TAH 11 AM Sweetie's Painting Class, CAS 1 PM Furniture Preview, Furniture Rm. 2 PM EH Ukulele Chorus, EMR 2 PM Special Programming 2 PM New Residents Orientation: Health Services, TAH 7 PM Readers Theatre Rehearsal, EMR 9 PM Special Programming	8:15 AM Fitness Trifecta 9 AM Furniture Sale, Furniture room 10 AM Depart: Grocery Shopping Trip 10 AM Catholic Communion Service, AVR 10 AM to 3 PM Thrift Shop, Thrift Shop 10 AM Scrabble, TAH 1 PM Depart: UW Dept. of Biology Greenhouse, Seattle 1 PM Grant's Live Chat, EMR♦ 2 PM Special Programming 2:30 PM Hand & Foot Canasta, TAH 3 PM Education for Enjoyment: <i>Trails of Evidence...</i> , AVR 9 PM Special Programming	8:15 AM Fitness Trifecta 10 AM Furniture Sale & Pick Up, Furniture room 2 PM Special Programming 2 PM Mexican Train, CAS 6:45 PM Movie: <i>The Bucket List</i> 9 PM Special Programming
	8:15 AM Fitness Trifecta 10 AM Depart: Grocery Shopping Trip 10 AM New Residents Orientation: Residents Assn, TAH 1 PM Monday Painters, CAS 1:30 PM Pickleball Departs 1:30 PM Movie Matinee: <i>Top Gun, Maverick</i> , EMR♦ 2 PM Special Programming 4 PM Stations of Lent, AVR & SAM 7 PM Duplicate Bridge, AVR 9 PM Special Programming	8:15 AM Fitness Trifecta 10:30 AM <i>Keeping Our Spirits Up</i> 1 PM Tuesday Crafters, CAS 1 PM Alzheimer's & Dementia Support, SAM 1 PM <i>Beyond the Baton</i> 1:30 PM Readers' Theatre Group, TAH 2 PM Special Programming 9 PM Special Programming	8:15 AM Fitness Trifecta 10 AM Garden Railroad, CAS 10 AM New Residents Orientation: Resident Services, TAH 11:30 AM Community Prayer, Chapel 1 PM <i>The Ascent of Women: Civilization</i> 1 PM Mahjong, TAH 2 PM Cribbage, Atrium P-3 2 PM Special Programming 2 PM <i>Redmond Presbyterian Church</i> Monthly Gathering, AVR 6:15 PM Depart: Seattle Opera: A Thousand Splendid Suns, Seattle 7 PM Pinochle, TAH 9 PM Special Programming	8:15 AM Fitness Trifecta 10 AM Bible Study, AVR 10:30 AM <i>The Ascent of Women: Separation</i> 2 PM <i>Focus on Fitness: Benefits of Water Exercise</i> , EMR 2 PM Special Programming 3 PM The Absolutely Best Book of the Month Club: <i>A Dog Walks Into a Nursing Home</i> , AVR 4 PM Atrium P3 Party, Atrium P3 6:45 PM Movie: <i>Bridge of Spies</i> 7 PM Poker CAS 7 PM Readers Theatre Rehearsal, EMR 9 PM Special Programming	8:15 AM Fitness Trifecta 10 AM Catholic Communion Service, AVR 10 AM Depart: Grocery Shopping Trip 10 AM Scrabble, TAH 1 PM Depart: Cascadia Art Museum, George Tsutakawa Early Works on Paper, Edmonds 2 PM Special Programming 2:30 PM Hand & Foot Canasta, TAH 3 PM Education for Enjoyment: <i>Trails of Evidence ...</i> , AVR 9 PM Special Programming	8:15 AM Fitness Trifecta 2 PM Special Programming 2 PM Easy Cards & Games, CAS 9 PM Special Programming
	8:15 AM Fitness Trifecta 10 AM Depart: Grocery Shopping Trip 1 PM Monday Painters, CAS 1 PM Depart: Bellevue Square Shopping 1:30 PM Pickleball Departs 2 PM Special Programming 3 PM Lori Danielson, <i>Eastside Audubon: The Lives of Bald Eagles</i> EMR♦ 7 PM Duplicate Bridge, AVR 9 PM Special Programming	8:15 AM Fitness Trifecta 9:00 AM KCLS books arrive, TAH 10:30 AM IL Council Mtg., EMR♦, 1 PM Tuesday Crafters, CAS 1:30 PM Trips Committee Mtg., TAH 2 PM Special Programming 3 PM Dr. David Smith: <i>Wisdom</i> , EMR 4 PM Atrium E Party, Atrium E 7 PM Live Entertainment: <i>Cavort Scottish Sounds</i> , EMR♦ 9 PM Special Programming	8:15 AM Fitness Trifecta 10 AM, Garden Railroad, CAS 11:30 AM Community Prayer Service, Chapel 1 PM Parkinson's Carepartner Support, SAM 1 PM Mahjong, TAH 2 PM Cribbage, Atrium P-3 2 PM Special Programming 2:30 PM Depart: Costco Shopping 4 PM <i>Tara Academy of Irish Dance</i> , Live Performance EMR♦ 6:00 PM Depart: Redmond Library, Anti-Suffrage Monologue 7 PM Pinochle, TAH 9 PM Special Programming	8:15 AM Fitness Trifecta 8:30 AM Bldg. & Grounds Mtg., BR 10 AM Bible Study, AVR 1 PM Osher/UW lecture: <i>Into the Woods, Once Upon a Time with Stephen Sondheim</i> 2 PM Special Programming 2 PM EH Ukulele Chorus, EMR 7 PM Readers Theatre Rehearsal, EMR 9 PM Special Programming	8:15 AM Fitness Trifecta 10 AM Depart: Grocery Shopping Trip 10 AM Catholic Communion Service, AVR 10 AM Scrabble, TAH 2 PM Special Programming 2:30 PM Hand & Foot Canasta, TAH 3 PM Education for Enjoyment: <i>Trails of Evidence ...</i> , AVR 7:00 PM Depart: Seattle Pops, Gene Kelly, Benaroya Hall, Seattle 7:30 PM March Birthday Celebration: <i>The Six Feet Back Band</i> , EMR♦ 9 PM Special Programming	8:15 AM Fitness Trifecta 2 PM Special Programming 2 PM Mexican Train, CAS 6:45 PM Movie: <i>12 Mighty Orphans</i> 9 PM Special Programming

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																								
8:15 AM Fitness Trifecta 11 AM Livestream Bel Pres Worship Service, AVR & AL TV 1 PM Depart: <i>Edmonds Theatre: Spitfire Grill, Edmonds</i> 2 PM Special Programming 4 PM Worship Service with Chaplain Waltner, EMR 9 PM Special Programming	7 AM Grocery Pick Up 8:15 AM Fitness Trifecta 10 AM Depart: Grocery Shopping 10 AM Bonsai Group, EMR 10 AM EH Quilters, Boardroom 1 PM Women’s Carepartner Connect, SAM 1 PM Monday Painters, CAS 1:30 PM Pickleball Departs 2 PM Special Programming 2 PM Shamrock Bingo, EMR 7 PM Duplicate Bridge, AVR 9 PM Special Programming	8:15 AM Fitness Trifecta 10 AM New Residents Orientation: Dining, Copper & Hook 1 PM Tuesday Crafters, CAS 1 PM <i>The Ascent of Women: Capacity</i> 1:30 PM Readers’ Theatre Group, TAH 2 PM Special Programming 9 PM Special Programming	8:15 AM Fitness Trifecta 10 AM Garden Railroad, CAS 11:30 AM Community Prayer, Chapel 1 PM Mahjong, TAH 1 PM David Attenborough’s: <i>Tasmania, Weird & Wonderful</i> 2 PM Cribbage, Atrium P-3 2 PM Special Programming 7 PM Pinochle, TAH 9 PM Special Programming	8:15 AM Fitness Trifecta 10 AM New Residents Orientation, Accounting, TAH 10 AM Bible Study , AVR 1 PM Knitwits, Atrium E 1 PM Osher/UW: <i>How Beer Is Made</i> 2 PM Special Programming 6:30 PM Depart: <i>Seattle Symphony Masterworks: 3 Continents, Benaroya Hall, Seattle</i> 6:45 PM Movie: <i>All Is True</i> 7 PM Poker, CAS 7 PM Readers Theatre Rehearsal, EMR 9 PM Special Programming	8:15 AM Fitness Trifecta 10 AM Depart: Grocery Shopping Trip 10 AM Scrabble, TAH 10 AM Catholic Mass, AVR 11 AM Episcopal Service and Communion, Chapel 11:30 AM Depart: <i>Fall City Wallaby Ranch, Fall City</i> 2 PM Special Programming 2:30 PM Hand & Foot Canasta, TAH 3 PM Education for Enjoyment: <i>Trails of Evidence...</i> , AVR 9 PM Special Programming	8:15 AM Fitness Trifecta 2 PM Special Programming 2 PM Easy Cards & Games, CAS 9 PM Special Programming																								
8:15 AM Fitness Trifecta 11 AM Livestream Bel Pres Worship Service, AVR & AL TV 2 PM Special Programming 4 PM Worship Service with Chaplain Waltner, EMR 9 PM Special Programming	8:15 AM Fitness Trifecta 10 AM Depart: Grocery Shopping 1 PM Monday Painters, CAS 1:30 PM Pickleball Departs 2 PM Special Programming 2 PM <i>EH Readers Theatre Inaugural Performance of The Good Doctor</i> , EMR 7 PM Duplicate Bridge, AVR 9 PM Special Programming	8:15 AM Fitness Trifecta 10 AM Men’s Carepartner Connect, SAM 10 AM New Residents Orientation: Marketing, TAH 1 PM Tuesday Crafters, CAS 2 PM Special Programming 3 PM Dr. David Smith: <i>Wisdom</i> , EMR 7:00 PM <i>EH Readers Theatre Inaugural Performance of The Good Doctor</i> , EMR♦ 7:00 PM, Poker, CAS 9 PM Special Programming	8:15 AM Fitness Trifecta 10 AM Garden Railroad, CAS 11:30 AM Community Prayer, Chapel 1 PM Mahjong, TAH 2 PM Cribbage, Atrium P-3 2 PM Special Programming 3 PM Films to Think About: <i>Jesus of Nazareth</i> , EMR♦ 4:45 PM Depart: <i>The Dubliner Irish Pub & Café, Redmond</i> 7 PM Pinochle, TAH 9 PM Special Programming	8:15 AM Fitness Trifecta 10 AM Bible Study , AVR 1 PM <i>Super Senses</i> 2 PM Special Programming 9 PM Special Programming	8:15 AM Fitness Trifecta 10 AM Catholic Communion Service, AVR 10 AM Depart: Grocery Shopping Trip 10 AM Scrabble, TAH 1 PM Depart: Brew Pub Trip: <i>Cascadia Pizza & Bellevue Brewing, Bellevue</i> 2 PM Special Programming 2:30 PM Hand & Foot Canasta, TAH 3 PM Education for Enjoyment: <i>Trails of Evidence...</i> , AVR 4:45 PM Last Friday of the Month Social Hour, EMR 9 PM Special Programming	<div>EH Meeting Spaces and Room Key:<table><tr><td>Emerald Room</td><td>EMR</td></tr><tr><td>Avondale Room</td><td>AVR</td></tr><tr><td>Sammamish Room</td><td>SAM</td></tr><tr><td>Pavilion</td><td>PAV</td></tr><tr><td>Creative Arts Studio</td><td>CAS</td></tr><tr><td>Tahoma Room</td><td>TAH</td></tr><tr><td>Board Room</td><td>BR</td></tr><tr><td>Coffee Shop</td><td>CS</td></tr><tr><td>Living Room</td><td>LR</td></tr><tr><td>Fitness Studio</td><td>FS</td></tr><tr><td>AL TV Room</td><td>AL TV</td></tr><tr><td>Great Room, Corwin</td><td>GR</td></tr></table>TBD = Location To Be Determined. Check for Daily Schedule and slides on Channel 370 & Events Calendar on the Portal for the most current information.</div> <div></div>	Emerald Room	EMR	Avondale Room	AVR	Sammamish Room	SAM	Pavilion	PAV	Creative Arts Studio	CAS	Tahoma Room	TAH	Board Room	BR	Coffee Shop	CS	Living Room	LR	Fitness Studio	FS	AL TV Room	AL TV	Great Room, Corwin	GR
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