



# 2022

(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 1<br>10:30 AM Keeping Our Spirits Up, SAM<br>1 PM Tuesday Crafters,CAS<br>1 PM Alzheimers & Dementia Support Group, SAM<br>1:30 PM Readers’ Theatre Group, TAH<br>2 PM Special Programming<br>2:30 PM Movie Matinee, <i>Elvis</i> , EMR<br>9 PM Special Programming   | 8:15 AM Fitness Trifecta 2<br>10 AM Garden Railroad, CAS<br>10:30 AM <i>The Milk System</i><br>11:30 AM Community Prayer, Chapel<br>1 PM Mahjong, TAH<br>2 PM Cribbage, Atrium P-3<br>2 PM Special Programming<br>2 PM AARP Speakers Bureau: <i>Vigilance Against Cybercrime</i> , EMR♦<br>7 PM Pinochle, TAH<br>9 PM Special Programming   | 8:15 AM Fitness Trifecta 3<br>10 AM Bible Study, SAM & AVO<br>10:30 AM <i>Evergreen Speech &amp; Hearing</i> , TAH<br>10:30 AM <i>Eat Me (Or Try Not To): The Supply Chain</i><br>2 PM Special Programming<br>2 PM Ukulele Chorus Sing-A-Long, LR<br>2 PM New Residents Orientation: Health Services, TAH<br>6:45 PM Movie: <i>Music of the Heart</i><br>9 PM Special Programming  | 8:15 AM Fitness Trifecta 4<br>10 AM Depart: <b>Grocery Shopping Trip</b><br>10 AM Catholic Communion Service, EMR<br>10 AM Scrabble, TAH<br>10 AM Thrift Shop Sale, Thrift Shop<br>1 PM DEPART: <b>Wing Luke Museum of the Pacific American Experience</b><br>1 PM Grant’s Live Chat, EMR♦<br>2 PM Special Programming<br>2:30 PM Hand & Foot Canasta, TAH<br>3 PM Education for Enjoyment: <i>Symphony</i> , EMR<br>3 PM Happy Hour, Copper & Hook<br>9 PM Special Programming | 8:15 AM Fitness Trifecta 5<br>2 PM Special Programming<br>2 PM Mexican Train, CAS<br>9 PM Special Programming   |  |
|  | 8:15 AM Fitness Trifecta 6<br>11 AM Livestream Bel Pres Worship Service, EMR & AL TV<br>1 PM Seahawks vs. Saints, Copper & Hook<br>1:30 PM DEPART: <b>Washington Wind Symphony: Magic Moments Concert</b><br>2 PM Special Programming<br>4 PM Worship Service with Chaplain Waltner, EMR<br>9 PM Special Programming | 8:15 AM Fitness Trifecta 7<br>10 AM Depart: <b>Grocery Shopping Trip</b><br>10:30 AM Medical Resident Social Hour EMR<br>1 PM Monday Painters, CAS<br>1:30 PM <b>Pickleball</b><br>2 PM Special Programming<br>2 PM Helping Hopelink BINGO, EMR<br>7 PM Duplicate Bridge, Copper & Hook<br>9 PM Special Programming  | 8:15 AM Fitness Trifecta 8<br>9:00 AM <b>KCLS books arrive, TAH</b><br>10:30 AM IL Residents’ Association Annual Meeting, EMR♦<br>1 PM Tuesday Crafters, CAS<br>1:30 PM Trips and Events Committee Meeting, TAH<br>2 PM Special Programming<br>3 PM Dr. Smith: <i>Mormonism</i> , EMR<br>4 PM <b>Atrium E Party, E Atrium</b><br>4 PM <b>Atrium P3 Party, P3 Atrium</b><br>9 PM Special Programming | 8:15 AM Fitness Trifecta 9<br>10 AM New Residents Orientation: Resident Services, TAH<br>10 AM Garden Railroad, CAS<br>11:30 AM Community Prayer, Chapel<br>1 PM Mahjong, TAH<br>1 PM Osher UW: <i>Civil Conversation in an Angry age</i><br>2 PM Cribbage, Atrium P-3<br>2 PM Special Programming<br>7 PM Pinochle, TAH<br>9 PM Special Programming   | 8:15 AM Fitness Trifecta 10<br>9 AM Emerald Heights Annual Toy Show, EMR<br>10 AM Bible Study, SAM<br>2 PM Special Programming<br>2:15 PM DEPART: <b>Einstein Elementary School: Veterans Day Assembly</b><br>3 PM Spiritual Life Committee Book of the Month Club, Chapel<br>6:30 PM DEPART <b>Seattle Symphony Tan Don Buddha</b><br>7 PM Poker CAS<br>9 PM Special Programming   | 8:15 AM Fitness Trifecta 11<br>10 AM Catholic Communion Service, EMR<br>10 AM Depart: <b>Grocery Shopping Trip</b><br>10 AM Scrabble, TAH<br>1 PM Depart: <b>The Museum of Flight</b><br>2 PM Special Programming<br>2:30 PM Hand & Foot Canasta, TAH<br>3 PM Education for Enjoyment: <i>Symphony</i> , EMR<br>3 PM Happy Hour, Copper & Hook<br>9 PM Special Programming  | 8:15 AM Fitness Trifecta 12<br>2 PM Special Programming<br>2 PM Easy Cards & Games, CAS<br>6:45 PM Movie: <i>Hidden Figures</i><br>7 PM Veteran’s Day Entertainment: <i>Sentimental Journey, Songs from WWII</i> , EMR<br>9 PM Special Programming |
|  | 8:15 AM Fitness Trifecta 13<br>11 AM Livestream Bel Pres Worship Service, EMR & AL TV<br>2 PM Special Programming<br>4 PM Worship Service with Chaplain Waltner, EMR<br>9 PM Special Programming   | 8:15 AM Fitness Trifecta 14<br>10 AM Depart: <b>Grocery Shopping Trip</b><br>10:15 AM DEPART: <b>National Weather Services Docent Tour</b><br>10:30 AM EH Quilters, Atrium H-3<br>1 PM Monday Painters, CAS<br>1 PM Depart: <b>Alderwood Mall Shopping</b><br>1:30 <b>Pickleball</b><br>2 PM Special Programming<br>3 PM Films to Think About: <i>The Secret of Kells</i> , EMR♦<br>7 PM Duplicate Bridge, Copper & Hook<br>9 PM Special Programming | 8:15 AM Fitness Trifecta 15<br>10 AM New Residents Orientation: Dining, Copper & Hook<br>10:30 AM Computer Open Forum: Q & A, SAM<br>1 PM Tuesday Crafters, CAS<br>1:30 PM Readers’ Theatre Group, TAH<br>2 PM Special Programming<br>3:30 PM Let’s Line Dance!, FS<br>9 PM Special Programming   | 8:15 AM Fitness Trifecta 16<br>10 AM, Garden Railroad, CAS<br>11:30 AM Community Prayer Service, Chapel<br>1 PM Parkinson’s Carepartner Support, SAM<br>1 PM Osher UW Lecture: <i>Frankenstein: A Revisionist History</i><br>1 PM Mahjong, TAH<br>2 PM Cribbage, Atrium P-3<br>2 PM Special Programming<br>2 PM Depart: <b>Costco Shopping</b><br>3:45 DEPART: <b>Bella Bladucci’s Mediterranean Cuisine</b><br>7 PM Pinochle, TAH<br>9 PM Special Programming | 8:15 AM Fitness Trifecta 17<br>10 AM Bible Study, SAM & AVO<br>10:30 AM Power of Plants: <i>Escaping Predators and the Elements</i><br>11 AM Sweety’s Painting Class, CAS<br>11 AM Rehab Presentation: <i>The Relationship Between Hearing Loss and Cognition</i> , EMR<br>2 PM Ukulele Chorus Rehearsal, EMR<br>2 PM Special Programming<br>6:45 PM Movie: <i>From here to Eternity</i><br>9 PM Special Programming  | 8:15 AM Fitness Trifecta 18<br>10 AM Depart: <b>Grocery Shopping Trip</b><br>10 AM Catholic Communion Service, EMR<br>10 AM Scrabble, TAH<br>1 PM DEPART: <b>Brew Pub Trip: Pint and Pie Public House</b><br>1 PM Grant’s Live Chat, EMR♦<br>2 PM Special Programming<br>2 PM Advance Care Planning Workshop, BR<br>2:30 PM Hand & Foot Canasta, TAH<br>3 PM Education for Enjoyment: <i>Symphony</i> , EMR<br>3 PM Happy Hour, Copper & Hook<br>7:30 PM November Birthday Celebration: <i>Vocal Vintage</i> , EMR♦<br>9 PM Special Programming | 8:15 AM Fitness Trifecta 19<br>2 PM Special Programming<br>2 PM Mexican Train, CAS<br>6:15 PM DEPART: <b>Good Day Sunshine Performing The Beatles’ Revolver Album</b><br>9 PM Special Programming  |

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|--|---|---|--|---|--|---|
| <div>8:15 AM Fitness Trifecta<br/>11 AM Livestream Bel Pres Worship Service, EMR &amp; AL TV<br/>2 PM Special Programming<br/>4 PM Worship Service with Chaplain Waltner, EMR<br/>9 PM Special Programming</div> <div>20</div>   | <div>8:15 AM Fitness Trifecta<br/><b>10 AM Depart: Grocery Shopping</b><br/>1 PM Monday Painters, CAS<br/>1 PM Women's Carepartner Connect, SAM<br/>1 PM King Charles III: <i>A Modern Monarch</i><br/><b>1:30 PM Pickleball</b><br/>2 PM Special Programming<br/>7 PM Duplicate Bridge, Copper &amp; Hook<br/>9 PM Special Programming</div> <div>21</div> | <div>8:15 AM Fitness Trifecta<br/>10 AM New Residents Orientation: Marketing, TAH<br/>1 PM Tuesday Crafters, CAS<br/>2 PM Special Programming<br/>3 PM Dr. Smith: <i>Mormonism</i>, EMR<br/>9 PM Special Programming</div> <div>22</div>  | <div>8:15 AM Fitness Trifecta<br/>10 AM Garden Railroad, CAS<br/>11:30 AM Community Prayer, Chapel<br/>1 PM Mahjong, TAH<br/>2 PM Cribbage, Atrium P-3<br/>2 PM Special Programming<br/><b>6:30 PM Depart: Village Theater: Cinderella</b><br/>7 PM Pinochle, TAH<br/>9 PM Special Programming</div> <div>23</div> | <div><br/>8:15 AM Fitness Trifecta<br/>1 PM Knitwits, Atrium E<br/>2 PM Special Programming<br/>7 PM Poker, CAS<br/>9 PM Special Programming</div> <div>24</div> | <div>8:15 AM Fitness Trifecta<br/><b>10 AM Depart: Grocery Shopping Trip</b><br/>10 AM Scrabble, TAH<br/>10 AM Catholic Mass, EMR<br/>11 AM Episcopal Service and Communion, Chapel<br/>2 PM Special Programming<br/>2:30 PM Hand &amp; Foot Canasta, TAH<br/>9 PM Special Programming</div> <div>25</div> | <div>8:15 AM Fitness Trifecta<br/>2 PM Special Programming<br/>2 PM Easy Cards &amp; Games, CAS<br/>6:45 PM Movie: <i>Around the World in 80 Days</i><br/>9 PM Special Programming</div> <div>26</div> <div>Note: Apple Cup Football Game—Time and Location TBD</div> |
| <div>8:15 AM Fitness Trifecta<br/>11 AM Livestream Bel Pres Worship Service, EMR &amp; AL TV<br/>1 PM Seahawks vs. LA Chargers, Copper &amp; Hook<br/>2 PM Special Programming<br/>4 PM Worship Service with Chaplain Waltner, EMR<br/>9 PM Special Programming</div> <div>27</div>  | <div>8:15 AM Fitness Trifecta<br/><b>10 AM Depart: Grocery Shopping Trip</b><br/>1 PM Monday Painters, CAS<br/><b>1:30 PM Pickleball</b><br/>2 PM Special Programming<br/>4 PM Holiday Tree Lighting, LR, Harry Wilson Circle, &amp; Channel 370<br/>7 PM Duplicate Bridge, Copper &amp; Hook<br/>9 PM Special Programming</div> <div>28</div>              | <div>8:15 AM Fitness Trifecta<br/>10 AM Men's Carepartner Connect, SAM<br/>1 PM Tuesday Crafters, CAS<br/>1:30 PM Emerald Heights Chorale and Ukulele Chorus - Dress Rehearsal: The Sound of Music, EMR<br/>2 PM Special Programming<br/><b>6:30 PM DEPART: UW School of Music: Concert and Campus Bands</b><br/>7:00 PM, Poker, CAS<br/>9 PM Special Programming</div> <div>29</div> | <div>8:15 AM Fitness Trifecta<br/>10 AM Garden Railroad, CAS<br/>11:30 AM Community Prayer, Chapel<br/>1 PM Mahjong, TAH<br/>2 PM Cribbage, Atrium P-3<br/>2 PM Special Programming<br/>3 PM Braver Angels: <i>Reuniting America</i>, EMR♦<br/>7 PM Pinochle, TAH<br/>9 PM Special Programming</div> <div>30</div> |   |  |   |
| <div><div><div>EH Meeting Spaces and Room Key:</div><div><div><div>Emerald RoomEMR</div><div>Avondale RoomAVO</div><div>Sammamish RoomSAM</div><div>PavilionPAV</div><div>Creative Arts StudioCAS</div><div>Tahoma RoomTAH</div><div>Board RoomBR</div><div>Coffee ShopCS</div><div>Living RoomLR</div></div><div><div>Fitness Studio</div><div>AL TV Room</div><div>TBD = Location To Be Determined. Check for Daily Schedule and slides on Channel 370 &amp; Events Calendar on the Portal for the most current information.</div></div><div><div>FS</div><div>AL TV</div></div></div></div></div> |   |   |  |   |  |   |