

# 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 <b>5</b> 11 AM Livestream Bel Pres Worship Service, AVR & AL TV <b>1:15 PM Depart: Kirkland Performing Arts: Sound of Music, Kirkland</b> 2 PM Special Programming 4 PM Worship Service with Chaplain Waltner, EMR 9 PM Special Programming	8:15 AM Fitness Trifecta <b>6</b> <b>10 AM Depart: Grocery Shopping Trip</b> 10 AM New Residents Orientation: Residents Assn, TAH 1 PM Monday Painters, CAS <b>1:30 PM Pickleball Departs</b> 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 <b>7</b> 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 <b>8</b> 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 Monthly Gathering</i> , AVR <b>6:15 PM Depart: Seattle Opera: A Thousand Splendid Suns, Seattle</b> 7 PM Pinochle, TAH 9 PM Special Programming	8:15 AM Fitness Trifecta <b>9</b> 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 <b>10</b> 10 AM Catholic Communion Service, AVR <b>10 AM Depart: Grocery Shopping Trip</b> 10 AM Scrabble, TAH <b>1 PM Depart: Cascadia Art Museum, George Tsutakawa Early Works on Paper, Edmonds</b> 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 <b>11</b> 2 PM Special Programming 2 PM Easy Cards & Games, CAS 9 PM Special Programming
<b>12</b> 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 <b>13</b> <b>10 AM Depart: Grocery Shopping Trip</b> 1 PM Monday Painters, CAS <b>1 PM Depart: Bellevue Square Shopping</b> <b>1:30 PM Pickleball Departs</b> 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 <b>14</b> <b>9:00 AM KCLS books arrive, TAH</b> 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 <b>15</b> 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 <b>2:30 PM Depart: Costco Shopping</b> 4 PM <i>Tara Academy of Irish Dance</i> , Live Performance EMR♦ <b>6:00 PM Depart: Redmond Library, Anti-Suffrage Monologue</b> 7 PM Pinochle, TAH 9 PM Special Programming	8:15 AM Fitness Trifecta <b>16</b> 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 <b>17</b> <b>10 AM Depart: Grocery Shopping Trip</b> 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 <b>7:00 PM Depart: Seattle Pops, Gene Kelly, Benaroya Hall, Seattle</b> 7:30 PM March Birthday Celebration: <i>The Six Feet Back Band</i> , EMR♦ 9 PM Special Programming	8:15 AM Fitness Trifecta <b>18</b> 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 **19**  
 11 AM Livestream Bel  
 Pres Worship Service, AVR &  
 AL TV  
**1 PM Depart: Edmonds Theatre: Spitfire Grill, Edmonds**  
 2 PM Special Programming  
 4 PM Worship Service with  
 Chaplain Waltner, EMR  
 9 PM Special Programming

7 AM Grocery Pick Up **20**  
 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 **21**  
 10 AM New Residents  
 Orientation: Dining, Copper &  
 Hook  
 1 PM Tuesday Crafters, CAS  
 1 PM *The Ascent of Women: Capacity*  
 1:30 PM Readers' Theatre Group,  
 TAH  
 2 PM Special Programming  
 9 PM Special Programming

8:15 AM Fitness Trifecta **22**  
 10 AM Garden Railroad,  
 CAS  
 11:30 AM Community Prayer,  
 Chapel  
 1 PM Mahjong, TAH  
 1 PM David Attenborough's:  
*Tasmania, Weird & Wonderful*  
 2 PM Cribbage, Atrium P-3  
 2 PM Special Programming  
 7 PM Pinochle, TAH  
 9 PM Special Programming

8:15 AM Fitness Trifecta **23**  
 10 AM New Residents  
 Orientation, Accounting, TAH  
 10 AM Bible Study, AVR  
 1 PM Knitwits, Atrium E  
 1 PM Osher/UW: *How Beer Is Made*  
 2 PM Special Programming  
**6:30 PM Depart: Seattle Symphony Masterworks: 3 Continents, Benaroya Hall, Seattle**  
 6:45 PM Movie: *All Is True*  
 7 PM Poker, CAS  
 7 PM Readers Theatre Rehearsal,  
 EMR  
 9 PM Special Programming

8:15 AM Fitness Trifecta **24**  
**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: Fall City Wallaby Ranch, Fall City**  
 2 PM Special Programming  
 2:30 PM Hand & Foot Canasta, TAH  
 3 PM Education for Enjoyment: *Trails of Evidence...*, AVR  
 9 PM Special Programming

8:15 AM Fitness Trifecta **25**  
 2 PM Special Programming  
 2 PM Easy Cards & Games,  
 CAS  
 9 PM Special Programming

8:15 AM Fitness Trifecta **26**  
 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 **27**  
**10 AM Depart: Grocery Shopping**  
 1 PM Monday Painters, CAS  
**1:30 PM Pickleball Departs**  
 2 PM Special Programming  
 2 PM *EH Readers Theatre Inaugural Performance of The Good Doctor*, EMR  
 7 PM Duplicate Bridge, AVR  
 9 PM Special Programming

8:15 AM Fitness Trifecta **28**  
 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: *Wisdom*,  
 EMR  
 7:00 PM *EH Readers Theatre Inaugural Performance of The Good Doctor*, EMR♦  
 7:00 PM, Poker, CAS  
 9 PM Special Programming

8:15 AM Fitness Trifecta **29**  
 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: *Jesus of Nazareth*, EMR♦  
**4:45 PM Depart: The Dubliner Irish Pub & Café, Redmond**  
 7 PM Pinochle, TAH  
 9 PM Special Programming

8:15 AM Fitness Trifecta **30**  
 10 AM Bible Study, AVR  
 1 PM *Super Senses*  
 2 PM Special Programming  
 9 PM Special Programming

8:15 AM Fitness Trifecta **31**  
 10 AM Catholic Communion  
 Service, AVR  
**10 AM Depart: Grocery Shopping Trip**  
 10 AM Scrabble, TAH  
**1 PM Depart: Brew Pub Trip: Cascadia Pizza & Bellevue Brewing, Bellevue**  
 2 PM Special Programming  
 2:30 PM Hand & Foot Canasta, TAH  
 3 PM Education for Enjoyment: *Trails of Evidence...*, AVR  
 4:45 PM Last Friday of the Month Social  
 Hour, EMR  
 9 PM Special Programming

### EH Meeting Spaces and Room Key:

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
TBD = Location To Be Determined.	
Check for Daily Schedule and slides on Channel 370 & Events Calendar on the Portal for the most current information.	

