

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 1 8:30 AM Depart: Marymoor Park & French Bakery, Redmond 10 AM Depart: Grocery Shopping Trip 10 AM New Residents Orientation: Residents Assn, TAH 1 PM Monday Painters, CAS 1:30 PM Depart: Pickleball, Redmond 2 PM Special Programming 7 PM Duplicate Bridge, AVR 9 PM Special Programming	8:15 AM Fitness Trifecta 2 10:30 AM <i>Keeping Our Spirits Up</i> 1 PM <i>How Seattle Changed the World</i> 1 PM Tuesday Crafters, CAS 1 PM Alzheimer's & Dementia Support, SAM 1:30 PM Readers' Theatre Group, TAH 2 PM Special Programming 9 PM Special Programming	8:15 AM Fitness Trifecta 3 10 AM Garden Railroad Practice Runs until Noon 10 AM Lawn Bowling, Lawn Bowling Court 11:30 AM Community Prayer, Chapel 1 PM Depart: SilverKite trip to Eastside Catholic, Sammamish 1 PM Mahjong, TAH 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 4 10 AM EH Quilters, Boardroom 10:30 AM <i>Evergreen Speech & Hearing</i> , TAH 1 PM <i>Osher/UW: How To Be an Ally For Your Gender Diverse Family</i> 1 PM <i>Furniture Sale Preview, Furniture Room</i> 2 PM Special Programming 2 PM EH Ukulele Chorus, EMR 2 PM New Residents Orientation: Health Services, TAH 6:45 PM Movie: <i>Miss Potter</i> 9 PM Special Programming	8:15 AM Fitness Trifecta 5 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: Stonington Art Gallery & Umbria Coffee, 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 6 10 AM Lawn Bowling, Lawn Bowling Court 10 AM Furniture Sale/Pick-up 1 PM Croquet, Croquet Court 2 PM Special Programming 2 PM Mexican Train, CAS 9 PM Special Programming
8:15 AM Fitness Trifecta 7 11 AM Livestream Bel Pres Worship Service, AVR & AL GA 2 PM Special Programming 4 PM Worship Service with Chaplain Waltner, EMR 9 PM Special Programming	8:15 AM Fitness Trifecta 8 10 AM Depart: Grocery Shopping Trip 11 AM Depart: The Lodge @ St. Edwards Park, Kenmore 1 PM Monday Painters, CAS 1:30 PM Depart: Pickleball, Redmond 2 PM <i>Emergency Notification System (ENS) and YOU!</i> , EMR♦ 2 PM Special Programming 7 PM Duplicate Bridge, AVR 9 PM Special Programming	8:15 AM Fitness Trifecta 9 9:00 AM KCLS books arrive, TAH 10:30 AM IL Quarterly Assn. Mtg., PAV♦, 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 9 PM Special Programming	7:30 AM Fitness Assessments, FS 8:15 AM Fitness Trifecta 10 10 AM Lawn Bowling, Lawn Bowling Court 10 AM Garden Railroad, CAS 10 AM New Residents Orientation: Resident Services, TAH 11 AM <i>Your Clothing Solution</i> , EMR 11:30 AM Community Prayer, Chapel 1 PM Mahjong, TAH 2 PM Depart: Costco Shopping, Redmond 2 PM Cribbage, Atrium P-3 2 PM Special Programming 2 PM RPC Monthly Gathering of EH Residents, AVR 4 PM Violin Performance by Jack Glatzer, EMR 6:15 PM Depart: La Traviata, Seattle Opera 7 PM Pinochle, TAH 9 PM Special Programming	7:30 AM Fitness Assessments, FS 8:15 AM Fitness Trifecta 11 10 AM Bible Study, AVR 11 AM <i>Holy Family Youth Bell Choir</i> , EMR 1 PM Fitness Assessments, AL GA 2 PM Special Programming 3 PM The Absolutely Best Book of the Month Club: <i>The Elephant Company</i> , AVR 4 PM Atrium P3 Party, Atrium P3 7 PM Poker CAS 9 PM Special Programming	8 AM Depart: Hike for Fitness, Twin Falls, North Bend 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 9 PM Special Programming	8:15 AM Fitness Trifecta 13 9 AM Depart: BonsaiFEST!, Pacific Bonsai Museum, Federal Way 10 AM Lawn Bowling, Lawn Bowling Court 1 PM Croquet, Croquet Court 2 PM Special Programming 2 PM Easy Cards & Games, CAS 6:45 PM Movie: <i>Casablanca</i> 9 PM Special Programming
8:15 AM Fitness Trifecta 14 11 AM Livestream Bel Pres Worship Service, AVR & AL GA 11 AM to 1 PM Garden Railroad Running 2 PM Special Programming 4 PM Worship Service with Chaplain Waltner, EMR	8:15 AM Fitness Trifecta 15 10 AM Depart: Grocery Shopping Trip 10 AM Bonsai Group, EMR 10 AM EH Quilters, Boardroom 1 PM Women's Carepartner Connect, SAM 1 PM Depart: Bellevue Square Mall Shopping, Bellevue 1 PM Monday Painters, CAS 1:30 PM Depart: Pickleball, Redmond 2 PM Special Programming 6:30 PM Depart: Author, Louise Penny, SAL, Benaroya Hall, Seattle 7 PM Duplicate Bridge, AVR 9 PM Special Programming	8:15 AM Fitness Trifecta 16 10 AM New Residents Orientation: Dining, Copper & Hook 1 PM Tuesday Crafters, CAS 1:30 PM Readers' Theatre Group, TAH 2 PM Special Programming 3 PM Lori Danielson on <i>The Lives of Bald Eagles</i> , EMR♦ 9 PM Special Programming	8:15 AM Fitness Trifecta 17 10 AM, Garden Railroad, CAS 10 AM Lawn Bowling, Lawn Bowling Court 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 3 PM <i>Faiths in Our Neighborhood: Islam</i> , EMR 5:30 PM Depart: Roadside Attraction Big Band @ Aurora Borealis Event Ctr., Seattle 7 PM Pinochle, TAH 9 PM Special Programming	8:15 AM Fitness Trifecta 18 8:30 AM Buildings & Grounds Committee Mtg., BR 9:30 AM <i>NuMotion</i> Mobility Services, TAH 10 AM Bible Study, AVR 11 AM Rehab Presentation: It's More Than Just Talk, EMR 2 PM Special Programming 2 PM Singalong with our EH Ukulele Chorus, LR 4:45 PM Depart: Sno-Isle Culinary Tech School, Everett 6:45 PM Movie: <i>Secondhand Lions</i>	8:15 AM Fitness Trifecta 19 10 AM Depart: Grocery Shopping Trip 10 AM Catholic Communion Service, AVR 10 AM Scrabble, TAH 12:30 PM <i>An Overview of Medicare and Its' Future</i> , EMR 1:30 PM Depart: Corwin: Scenic Drive, Redmond 2 PM Special Programming 2:30 PM Hand & Foot Canasta, TAH 3 PM Education for Enjoyment: <i>Trails of Evidence ...</i> , AVR 7:30 PM May Birthday Celebration: <i>River Winds Flute Choir</i> , EMR♦ 9 PM Special Programming	8:15 AM Fitness Trifecta 20 10 AM Lawn Bowling, Lawn Bowling Court 1 PM Croquet, Croquet Court 1 PM Depart: Woodinville Art Alliance, Woodinville 2 PM Special Programming 2 PM Mexican Train, CAS 9 PM Special Programming



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

8:15 AM Fitness Trifecta **21**
 11 AM Livestream Bel
 Pres Worship Service, AVR &
 AL GA
**1:30 PM Depart: WA Wind
 Symphony, Redmond High
 School**
 2 PM Special Programming
 4 PM Worship Service with
 Chaplain Waltner, EMR
 9 PM Special Programming

8 AM Grocery Pick Up **22**
 8:15 AM Fitness Trifecta
**10 AM Depart: Grocery
 Shopping**
 1 PM Monday Painters, CAS
**1 PM Depart: Recompose Tour,
 Seattle**
**1:30 PM Depart: Pickleball,
 Redmond**
 2 PM Special Programming
 7 PM Duplicate Bridge, AVR
 9 PM Special Programming

8:15 AM Fitness Trifecta **23**
 10 AM New Residents
 Orientation: Marketing, TAH
 1 PM Tuesday Crafters, CAS
**1 PM Depart: Jeeves Takes A
 Bow @ Taproot Theatre, Seattle**
 2 PM Special Programming
 3 PM Dr. David Smith: *Wisdom*,
 EMR
 9 PM Special Programming

8:15 AM Fitness Trifecta **24**
 10 AM Garden Railroad,
 CAS
 10 AM Lawn Bowling, Lawn
 Bowling Court
 11:30 AM Community Prayer,
 Chapel
 1 PM Mahjong, TAH
 2 PM Cribbage, Atrium P-3
 2 PM Special Programming
**6:30 PM Depart: Maverick, Orca
 Concert Series, The Good
 Shepherd Center, Seattle**
 7 PM Pinochle, TAH
 9 PM Special Programming

8:15 AM Fitness Trifecta **25**
 10 AM Bible Study, AVR
 10 AM New Residents Orientation:
 Accounting, TAH
**1 PM Depart: Ikat, World of
 Compelling Cloth @ SAM,
 Seattle**
 1 PM Knitwits, Fireside Room!
 2 PM Special Programming
 7:00 PM, Poker, CAS
 9 PM Special Programming

8:15 AM Fitness Trifecta **26**
10 AM Depart: Grocery Shopping Trip
 10 AM Scrabble, TAH
 10 AM Catholic Mass, AVR
 11 AM Episcopal Service & Communion,
 Chapel
**1 PM Depart: Brew Pub Trip: Formula
 Brewing, Issaquah**
 2 PM Special Programming
 2:30 PM Hand & Foot Canasta, TAH
 3 PM Education for Enjoyment: *Trails of
 Evidence...*, AVR
 4:45 PM Social Hour: Last Friday of the
 month, EMR
 9 PM Special Programming

8:15 AM Fitness Trifecta **27**
 10 AM Lawn Bowling, Lawn
 Bowling Court
 1 PM Croquet, Croquet Court
 2 PM Special Programming
 2 PM Easy Cards & Games,
 CAS
 6:45 PM Movie: *The Monuments
 Men*
 9 PM Special Programming

8:15 AM Fitness Trifecta **28**
 11 AM Livestream Bel
 Pres Worship Service, AVR &
 AL GA
 2 PM Special Programming
 4 PM Worship Service with
 Chaplain Waltner, EMR
 9 PM Special Programming



29
 8:15 AM Fitness Trifecta
**10 AM Depart: Memorial Day
 Service @ Floral Hills Cemetery,
 Lynnwood**
**11 AM to 1 PM Garden Railroad
 Running**
 1 PM Monday Painters, CAS
 2 PM Special Programming
 7 PM Duplicate Bridge, AVR
 9 PM Special Programming

Memorial Day Holiday

- No Grocery Shopping Trip
- No Pickleball Transportation
- And no Medical Transportation on Tuesday, May 30th

8:15 AM Fitness Trifecta **30**
 10 AM Men's Carepartner
 Connect, SAM
**11:30 AM Depart: Woomadang
 Korean BBQ Restaurant,
 Redmond**
 1 PM Tuesday Crafters, CAS
 2 PM Special Programming
 7:00 PM, Poker, CAS
 9 PM Special Programming

8:15 AM Fitness Trifecta **31**
 10 AM Garden Railroad,
 CAS
 10 AM Lawn Bowling, Lawn
 Bowling Court
 11:30 AM Community Prayer,
 Chapel
 1 PM Osher/UW Lecture: Ikat A
 World of Compelling Cloth
 1 PM Mahjong, TAH
 2 PM Cribbage, Atrium P-3
 2 PM Special Programming
 3 PM EH *Employee Graduates and
 New Citizens Celebration*, PAV♦
**6:30 PM Depart: Hello Dolly! @
 Village Theatre, Issaquah**
 7 PM Pinochle, TAH
 9 PM Special Programming



EH Meeting Spaces and

Room Key:

Emerald Room	EMR	AL TV Room	AL TV
Avondale Room	AVR	AL Game Room	AL GA
Samamish Room	SAM	Great Room, Corwin	GR
Pavilion	PAV	TBD = Location To Be	
Creative Arts Studio	CAS	Determined. Check for Daily	
Tahoma Room	TAH	Schedule and slides on	
Board Room	BR	Channel 370 & Events	
Coffee Shop	CS	Calendar on the Portal for the	
Living Room	LR	most current information.	
Fitness Studio	FS		