


2023

(1) Events are on Channel 1981 unless otherwise noted (2) ♦ = events shown in Emerald Room but also shown on Channel 1981 (3) bold indicates an off-Campus event or special notice (4) Fitness Trifecta, 8:15 a.m. to 10:30 a.m. {8:15 a.m. Total Body Fitness; 9 a.m. Posture and Balance and 10 a.m. Seated Zumba Gold} (5) ABBOTMC = *Absolutely Best Book of the Month Club*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday						
<h1>November</h1> 			8:15 a.m. Fitness Trifecta 10 a.m. Garden Railroad, CAS 10:30 a.m. Special Programming 11:30 a.m. Community Prayer, Chapel 1 p.m. Mahjong, TAH 1 p.m. Osher lecture: <i>Impacts and Extinctions</i> 2 p.m. Cribbage, Atrium P3 2 p.m. Special Programming 4 p.m. Beginning Ballroom Dance, FS 5 p.m. Intermediate/Advance Ballroom Dance, FS 7 p.m. Pinochle, TAH 9 p.m. Special Programming	8:15 a.m. Fitness Trifecta 10 a.m. Thrift Shop 10 a.m. Depart: Grocery Shopping 10 a.m. Catholic Communion Service, AVR 10 a.m. Scrabble, TAH 10:30 a.m. Special Programming 1 p.m. Grant's Live Chat, EMR♦ 2 p.m. Special Programming 2:30 p.m. Hand & Foot Canasta, TAH 3:30 p.m. Education for Enjoyment: <i>History of Eastern Europe</i> , EMR 9 p.m. Special Programming	8:15 a.m. Fitness Trifecta 10:30 a.m. Depart: Seattle Rep Theatre, Islander, Seattle 10 a.m. Bible Study, Pastor Ruhlman, SAM 10:30 a.m. <i>Evergreen Speech & Hearing</i> , TAH 10:30 a.m. Special Programming 2 p.m. Special Programming 2 p.m. EH Ukulele Chorus, AVR 2 p.m. New Residents Orientation: Health Services, TAH 6:45 p.m. Movie: <i>Coco</i> 9 p.m. Special Programming	8:15 a.m. Fitness Trifecta 10:30 a.m. Special Programming 11 a.m. Livestream Bel Pres Worship SAM & AL GA 2 p.m. Special Programming 4 p.m. Worship with Chaplain Waltner, EMR 9 p.m. Special Programming	8:15 a.m. Fitness Trifecta 9 a.m. Monday Painters, CAS 10 a.m. New Residents Orientation: Residents' Association, TAH 10 a.m. Depart: Grocery Shopping 10:30 a.m. Special Programming 1 p.m. Documentary, <i>Animals of Thanksgiving</i> 1:30 p.m. Depart: Pickleball, Redmond 2 p.m. Special Programming 3 p.m. EH Chorale Rehearsal, EMR 6:45 p.m. Great Courses on 1981: <i>Sensation, Perception, and the Aging Process</i> 7 p.m. Duplicate Bridge, AVR 9 p.m. Special Programming	8:15 a.m. Fitness Trifecta 10:30 a.m. Keeping Our Spirits Up 1 p.m. Alzheimer's and Dementia Carepartner Support, SAM 1 p.m. Tuesday Crafters, CAS 1:30 p.m. Readers Theatre, TAH 2 p.m. Special Programming 3 p.m. Biographical Drama: <i>Loving Vincent</i> 7 p.m. Bunco Night, TAH 9 p.m. Special Programming	8:15 a.m. Fitness Trifecta 10 a.m. Garden Railroad, CAS 10 a.m. New Residents Orientation: Residents Services, TAH 10:30 a.m. Special Programming 11:30 a.m. Community Prayer, Chapel 1 p.m. Mahjong, TAH 2 p.m. Assisted Living Awareness, EMR♦ 2 p.m. Cribbage, Atrium P3 2 p.m. RPC EH Residents Gathering, AVR 7 p.m. Pinochle, TAH 9 p.m. Special Programming	8:15 a.m. Fitness Trifecta 10 a.m. Bible Study, Pastor Ruhlman, SAM 10:30 a.m. Special Programming 1:30 p.m. EH Quilters, CAS 2:15 p.m. Depart: Vets Day Assembly 2 p.m. <i>Focus on Fitness: Why Do We Stretch.</i> , EMR♦ 3 p.m. ABBOTMC: <i>A Fortunate Life</i> , AVR 4 p.m. Atrium P3 Party, Atrium P3 6:30 p.m. Depart: Masterworks Symphony 7 p.m. Poker, CAS 9 p.m. Special Programming	8:15 a.m. Fitness Trifecta 10 a.m. Depart: Grocery Shopping 10 a.m. Catholic Communion Service, AVR 10 a.m. Scrabble, TAH 10:30 a.m. Special Programming 2 p.m. Veterans Day Entertainment, EMR♦ 2:30 p.m. Hand & Foot Canasta, TAH 3:30 p.m. Education for Enjoyment: <i>History of Eastern Europe</i> , EMR 9 p.m. Special Programming	8:15 a.m. Fitness Trifecta 10:30 a.m. Special Programming 1 p.m. Depart: NW Fall Art & Fine Craft Show 2 p.m. Special Programming 2 p.m. Easy Cards & Games CAS 6:45 p.m. Movie: <i>Genius</i> 9 p.m. Special Programming
8:15 a.m. Fitness Trifecta 10:30 a.m. Special Prog 11 a.m. Livestream Bel Pres Worship SAM & AL GA 1 p.m. Seahawks vs. WA Commanders, Copper & Hook 2 p.m. Special Programming 4 p.m. Worship with Chaplain Waltner, EMR 7 p.m. Boeing Employee Choir Concert EMR 9 p.m. Special Program	8:15 a.m. Fitness Trifecta 9 a.m. Monday Painters, CAS 10 a.m. Depart: Grocery Shopping 10:30 a.m. Special Programming 1 p.m. Depart: Museum of Flight Redmond 2 p.m. Special Programming 3 p.m. EH Chorale Rehearsal, EMR 6:45 p.m. Great Courses on 1981: <i>Sensation, Perception, and the Aging Process</i> 7 p.m. Duplicate Bridge, AVR 9 p.m. Special Programming	8:15 a.m. Fitness Trifecta 9 a.m. KCLS Library To Go, TAH 10:30 a.m. Annual Residents' Association Meeting, EMR♦ 1 p.m. Tuesday Crafters, CAS 1:30 p.m. Trip & Events Mtg., TAH 2 p.m. Special Programming 3 p.m. Dr. David Smith: <i>Contemporary Ethics</i> , EMR 4 p.m. Atrium E Party, Atrium E 9 p.m. Special Programming	8:15 a.m. Fitness Trifecta 10 a.m. Garden Railroad, CAS 10:30 a.m. Special Programming 11:00 a.m. Survey Results Presentation Pavilion♦ 11:30 a.m. Community Prayer, Chapel 1 p.m. Mahjong, TAH 1:30 p.m. Parkinson's Carepartner Support, SAM 2 p.m. Depart: Costco Shopping, Redmond 2 p.m. Cribbage, Atrium P3 2 p.m. Special Programming 4 p.m. Beginning Ballroom Dance, FS 5 p.m. Interm/Advance Ballroom Dance, FS 7 p.m. Pinochle, TAH 9 p.m. Special Programming	8:15 a.m. Fitness Trifecta 9 a.m. Buildings & Grounds Mtg., BR 9 a.m.-1 p.m. Toy Show, EMR 9:30 a.m. <i>NuMotion Mobility</i> , TAH 10 a.m. Bible Study, Pastor Ruhlman, SAM 10:30 a.m. Special Programming 1 p.m. Osher lecture: <i>Anna King and Ghost Herd</i> 2 p.m. Special Programming 2 p.m. EH Ukulele Chorus, EMR 6:45 p.m. Movie: <i>What Dreams May Come</i> 9 p.m. Special Programming	8:15 a.m. Fitness Trifecta 10 a.m. Depart: Grocery Shopping 10 a.m. Catholic Communion Service, AVR 10 a.m. Scrabble, TAH 10:30 a.m. Special Programming 2 p.m. Special Programming 2:30 p.m. Hand & Foot Canasta, TAH 3:30 p.m. Education for Enjoyment: <i>History of Eastern Europe</i> , EMR 7:30 p.m. November Birthdays Celebration; featuring <i>Roadside Attraction</i> , EMR♦ 9 p.m. Special Programming	8:15 a.m. Fitness Trifecta 10:30 a.m. Special Programming 2 p.m. Special Programming 2 p.m. Mexican Train, CAS 9 p.m. Special Programming						

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

8:15 a.m. Fitness Trifecta **19**
 10:30 a.m. Special Programming
 11 a.m. Livestream Bel Pres
 Worship SAM & AL GA
 1 p.m. Seahawks vs. Los
 Angeles Rams Copper &
 Hook
 2 p.m. Special Programming
 4 p.m. Worship with Chaplain
 Waltner, EMR
 7 p.m. Lake Washington Singers,
 EMR♦
 9 p.m. Special Programming

8:15 a.m. Fitness Trifecta **20**
 9 a.m. Monday Painters, CAS
10 a.m. Depart: Grocery Shopping
 10:30 a.m. Special Programming
 1 p.m. Women's Carepartner
 Connect, SAM
**1 p.m. Depart: Bellevue Square
 Shopping**
**1:30 p.m. Depart: Pickleball,
 Redmond**
 2 p.m. Special Programming
 3 p.m. EH Chorale Rehearsal, EMR
 6:45 p.m. Great Courses on 1981:
*Sensation, Perception, and the
 Aging Process*
 7 p.m. Duplicate Bridge, AVR
 9 p.m. Special Programming

8:15 a.m. Fitness Trifecta **21**
 10 a.m. New Residents
 Orientation: Dining Services,
 Copper & Hook
 10 a.m. Sweety's Painting Class,
 SAM
 10:30 a.m. Special Programming
 1 p.m. Tuesday Crafters, CAS
 2 p.m. Special Programming
 3 p.m. Dr. David Smith:
Contemporary Ethics, EMR
 9 p.m. Special Programming

8:15 a.m. Fitness Trifecta **22**
 10 a.m. Garden Railroad, CAS
 10:30 a.m. Special Programming
 11:30 a.m. Community Prayer,
 Chapel
 1 p.m. Mahjong, TAH
 2 p.m. Cribbage, Atrium P3
 2 p.m. Special Programming
**6:30 p.m. Depart: Village Theater:
 Carol King**
 7 p.m. Pinochle, TAH
 9 p.m. Special Programming



8:15 a.m. Fitness Trifecta **23**
 10:30 a.m. Special Programming
 2 p.m. Special Programming
 9 p.m. Special Programming

8:15 a.m. Fitness Trifecta **24**
10 a.m. Depart: Grocery Shopping
 10 a.m. Catholic Mass, AVR
 10 a.m. Scrabble, TAH
 10:30 a.m. Special Programming
 11 a.m. Episcopal Service &
 Communion, Chapel
**1 p.m. Depart: Brew Pub Trip,
 Diamond Knot Brewing Co.**
 2 p.m. Special Programming
 2:30 p.m. Hand & Foot Canasta, TAH
 9 p.m. Special Programming

8:15 a.m. Fitness Trifecta **25**
 10:30 a.m. Special
 Programming
 2 p.m. Special Programming
 2 p.m. Easy Cards & Games
 CAS
 6:45 p.m. Movie: *Saving Mr. Banks*
 9 p.m. Special Programming

8:15 a.m. Fitness Trifecta
 10:30 a.m. Special Program **26**
 11 a.m. Livestream Bel Pres
 Worship SAM & AL GA
 2 p.m. Special Programming
 4 p.m. Worship with Chaplain
 Waltner, EMR
 9 p.m. Special Programming

8:15 a.m. Fitness Trifecta **27**
 9 a.m. Monday Painters, CAS
10 a.m. Depart: Grocery Shopping
 10:30 a.m. Special Programming
**1:30 p.m. Depart: Pickleball,
 Redmond**
 2 p.m. Christmas Musical Dress
 Rehearsal: *Sounds of the
 Season, EMR♦*
 2 p.m. DEI Committee Mtg., AVR
 4 p.m. Tree Lighting, Living Room
 6:45 p.m. Great Courses on 1981:
*Sensation, Perception, and the
 Aging Process*
 7 p.m. Puyallup Valley Brass:
Holiday Tunes EMR
 7 p.m. Duplicate Bridge, AVR
 9 p.m. Special Programming

8:15 a.m. Fitness Trifecta **28**
 10 a.m. Men's Carepartner
 Connect, SAM
 10 a.m. New Residents
 Orientation: Marketing, TAH
 10:30 a.m. Special Programming
 1 p.m. Tuesday Crafters, CAS
 2 p.m. Special Programming
 3 p.m. Dr. David Smith:
Contemporary Ethics, EMR
 7 p.m. Poker, CAS
 9 p.m. Special Programming

8:15 a.m. Fitness Trifecta **29**
 10 a.m. Garden Railroad, CAS
 10:30 a.m. 2024 Budget
 Presentation, EMR♦
 11:30 a.m. Community Prayer,
 Chapel
 1 p.m. Mahjong, TAH
 2 p.m. A Sacred Passing: *Death
 Midwifery and End-of-Life
 Care, EMR*
 2 p.m. Cribbage, Atrium P3
 2 p.m. Special Programming
 7 p.m. Dessert Theatre: *Murder at
 the Silver Spittoon Saloon,
 EMR*
 7 p.m. Pinochle, TAH
 9 p.m. Special Programming

8:15 a.m. Fitness Trifecta
 10 a.m. Bible Study, Pastor **30**
 Ruhlman, SAM
 10:30 a.m. Special Programming
 11 a.m. Table Talks: *Passages &
 Legacies, EMR*
 1 p.m. Knitwits, Atrium E
 2 p.m. Special Programming
 6:45 p.m. Movie: *Soul*
 9 p.m. Special Programming

EH Meeting Spaces and Room Key: Corwin Center
 EMR Emerald Room
 AVR Avondale Room
 SAM Sammamish Room
 PAV Pavilion
 CAS Creative Arts Studio
 TAH Tahoma Room
 BR Board Room
 CS Coffee Shop
 LR Living Room
 FS Fitness Studio
 AL GA AL Game Room
 AL TV AL TV Room
 GR Great Room, Corwin
 TBD = Location To Be Determined.
 Check for Daily Schedule and
 slides on Channel 1981 &
 Events Calendar on the Portal
 for the most current
 information.