

Evergreen Court

900 124th Avenue NE • Bellevue, WA 98005 • 425-455-4333

Department Directors

Executive Director James Kamau
Business Office Manager Jessica Nichols
Community Relations Director Mary Blakey
Resident Care Director Amanda Sundah
Food Services Director Brad Powell
Activity Director Katherine Monroe
Maintenance Director Tym Swain



Important Phone Numbers

Oanh Pham - Hairdresser
Monday 206-859-3177
Shirley Barlow - Hairdresser
Wednesday 206-355-5844
Transportation Phone 425-606-7493
Doctors' Appointments:
Monday, Tuesday, Thursday
9:00 a.m.–1:00 p.m.
Sign-up sheets for Doctors' Appointments
are at the front desk.
Sign-up sheets for outings are
in the Activity Room binder.
Resident Store open Wednesdays & Fridays
1:00-2:00
Front Desk 425-455-4333

August 2026



Spread Sunshine

"Those who bring sunshine into the lives of others
cannot keep it from themselves."
—James Matthew Barrie

August Birthdays

Anne G.	8/16
Shirley K.	8/22
Karley J.	8/22
James W.	8/23
Lois A.	8/28
Meredith C.	8/28

A Cool Head

Baseball caps and visors can shade your eyes from
the sun, but for the best protection, choose a hat with a
wide brim that covers your face, neck and ears. Beach
hats, bucket hats and fedoras are stylish options. You
can also find hats made of materials that block UV rays.

Evergreen Court August 2026

- Exercises

Bingo

Groups

Outings

Socials

Games

Meetings

Crafts

Music

IN2L

✝ Spiritual

🎵 Music Event

🗺 Outing

★ Sign Up

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 9:15 Video Exercises 10:00 Chicken Soup for the Soul 11:30 Lunch time “Hang man” 1:00 BINGO 2:30 Craft w/ Heidi	31 9:15 Video Exercises 10:00 Gab a-Lot Gals 11:30 Lunch time Wordle 2:30 Who/ What am I w/ Heidi 7:00 Route 66 Band🎵					1 9:15 Video Exercises 10:00 Longfellow: Persuasion in Poetry 11:30 Word Wipe 1:00 Paper Airplane Contest 2:00 Walking Group 3:00 Crossword Puzzles
2 9:15 Video Exercise 10:00 Chicken Soup for the Soul 11:30 Lunch time “Hang man” 1:00 Bingo 2:30 Craft w/ Heidi (Painting rocks)	3 9:15 Video Exercises 10:00 Gab a-Lot Gals 11:30 Lunch time Wordle 1:00 Donna B. -Glasses workshop 2:30 Activities Planning Meeting 7:00 Route 66 Band🎵	4 9:15 Video Exercises 10:00 Busy Body (Bring your craft) 11:30 Lunch Time Word Wheel 12:45 Farmer's Market★ 1:00 Drama Club 2:30 Bible Study w/ Katherine✝ 2:30 Giant Connect Four	5 9:15 Video Exercises 10:00 Shopping at Fred Meyer★ 11:30 Lunch Time Spin to solve 1:00 Resident Store Open 1:30 Exercises w/ Nancy 2:00 Trivia w/ Katherine	6 9:15 Video Exercises 10:00 Current Events & Coffee 11:30 Lunch Time List It 1:00 Rebecca Wu Bell Choir 2:30 Craft w/ Katherine (Lavender Wands)	7 9:15 Video Exercises 10:00 Outing - Snoqualmie Railway Museum🚆 11:30 Lunch time Crossword 1:00 Resident Store Open 2:30 Res. Run Bingo	8 9:15 Video Exercises 10:00 Noodle Ball 11:30 Word Wipe 1:00 Table Top Bowling 2:00 Walking Group 3:00 Crossword Puzzles
9 9:15 Video Exercise 10:00 Chicken Soup for the Soul 11:30 Lunch time “Hang man” 1:00 Bingo 2:30 Craft w/ Heidi (Sandscapes)	10 9:15 Video Exercises 10:00 Catholic Communion Library✝ 10:00 Gab a-Lot Gals 11:30 Lunch time Wordle 2:30 Who/ What am I w/ Heidi 7:00 Route 66 Band🎵	11 9:15 Video Exercises 10:00 Busy Body (Bring your craft) 11:30 Lunch Time Word Wheel 12:45 Farmer's Market★ 1:00 Drama Club 2:30 Bible Study w/ Katherine✝ 2:30 Giant Connect Four	12 9:15 Video Exercises 10:00 Shopping at Safeway★ 11:00 Birthday Lunch★ 1:00 Resident Store Open 1:30 Exercises w/ Nancy 2:30 Jake Bean Accordion🎵	13 9:15 Video Exercises 10:00 Current Events & Coffee 11:30 Lunch Time List It 1:00 Guy Talk Res. Run 2:30 Learn a new game w/ Katherine	14 9:15 Video Exercises 10:00 Outing - Alki Beach🚶 11:30 Lunch time Crossword 1:00 Resident Store Open 2:30 Cowboy Bob🎵 2:30 Rootbeer Floats	15 9:15 Video Exercises 10:00 Noodle Ball 11:30 Word Wipe 1:00 Ring Toss 2:00 Walking Group 3:00 Crossword Puzzles 3:30 Hymn Sing ✝
16 9:15 Video Exercise 10:00 Chicken Soup for the Soul 11:30 Lunch time “Hang man” 1:00 Bingo 2:30 Craft w/ Heidi (greeting cards)	17 9:15 Video Exercises 10:00 Gab a-Lot Gals 11:30 Lunch time Wordle 2:30 Who/ What am I w/ Heidi 7:00 Route 66 Band🎵	18 9:15 Video Exercises 10:00 Busy Body (Bring your craft) 11:30 Lunch Time Word Wheel 12:45 Farmer's Market★ 1:00 Drama Club 2:30 Bible Study w/ Katherine✝ 2:30 Giant Connect Four	19 9:15 Video Exercises 10:00 Shopping at Thrift Store★ 11:30 Lunch Time Spin to solve 1:00 Resident Store Open 1:30 Exercises w/ Nancy 2:00 Jeopardy w/ Katherine	20 9:15 Video Exercises 10:00 Current Events & Coffee 11:30 Lunch Time List It 1:00 Walk through the Everglades (AR)	21 9:15 Video Exercises 10:00 Lunch Outing - IHOP🚶 11:30 Lunch time Crossword 1:00 Resident Store Open 2:30 Erik Classical Piano🎵	22 9:15 Video Exercises 10:00 Noodle Ball 11:30 Word Wipe 1:00 Bean bag Tic-Tac-Toe 2:00 Walking Group 3:00 Crossword Puzzles
23 9:15 Video Exercise 10:00 Chicken Soup for the Soul 11:30 Lunch time “Hang man” 1:00 Bingo 2:30 Craft w/ Heidi (Balloon-Stamped Poppies)	24 9:00 KCLS Traveling Library 12:00 Regular Activities will occur too much fun for a small rectangle	25 9:15 Video Exercises 10:00 Busy Body 11:30 Lunch Time Word Wheel 1:00 Res. Mgr. Meeting 2:30 Bible Study w/ Katherine✝ 2:30 Drama Club 3:00 Robbie Spanish Guitar 🎵	26 9:15 Video Exercises 10:00 Shopping at Target (Factoria)★ 11:30 Lunch Time Spin to solve 1:00 Resident Store Open 1:30 Exercises w/ Nancy 2:00 I should have Known that w/ Katherine	27 9:15 Video Exercises 10:00 Current Events & Coffee 11:30 Lunch Time List It 1:00 Rouge🎵 2:30 Tech help w/ Katherine	28 9:15 Video Exercises 11:30 Lunch time Crossword 1:00 Resident Store Open 1:45 Arts in the Garden★	29 9:15 Video Exercises 10:00 Noodle Ball 11:30 Word Wipe 1:00 Seated Golf 2:00 Walking Group 3:00 Crossword Puzzles
30 12:00 Regular Activities will occur too much fun for a small rectangle	31 12:00 Regular Activities will occur too much fun for a small rectangle					



In the Swim

Each year, Swimming World magazine honors the athletes who have made the biggest splash in the sport. Here's a roster of a few of the men and women who have been named World Swimmer of the Year.

<u>Year</u>	<u>Male Winner</u>	<u>Female Winner</u>
1967	Mark Spitz	Debbie Meyer
1978	Jesse Vassallo	Tracy Caulkins
1981	Alex Baumann	Mary T. Meagher
1990	Mike Barrowman	Janet Evans
2002	Ian Thorpe	Natalie Coughlin
2016	Michael Phelps	Katie Ledecky
2025	Leon Marchand	Summer McIntosh

"This Month In History" AUGUST

1926: 19-year-old Gertrude Ederle becomes the first woman to successfully swim the English Channel. Her time of 14 hours and 31 minutes beat the existing men's world record by nearly two hours.

1938: Hollywood dance duo Fred Astaire and Ginger Rogers are featured on the cover of Life magazine.

1964: "A Hard Day's Night," the Beatles first feature movie, debuts in the U.S.

1962: Little Eva travels to the top of the pop music chart with the hit song "Loco-Motion" and inspires a dance craze.

1975: The first nighttime match is played under lights at the U.S. Open tennis tournament in New York City.

1990: The largest and best-preserved Tyrannosaurus rex skeleton ever found is discovered in South Dakota. The 65 million-year-old dinosaur specimen is on display at Chicago's Field Museum.

2015: Facebook hits a milestone, reporting that 1 billion people logged on to the social networking website in a single day. As of August 2025, more than 2 billion people use Facebook daily.