

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

Hairdresser

Oanh Pham - Monday 206-859-3177
Shirley Barlow - Wednesday 206-355-5844

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Transportation Phone 425-606-7493

Doctors' Appointments:

Monday, Tuesday, Thursday 9:00 am – 1:00 pm
Sign-up sheets for Doctors' Appointments
are at the front desk.
Sign-up sheets for outings
are in the Activity Room binder.

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Front Desk 425-455-4333



October 2026

Resident Birthdays

Fran C.	10/1
Katherine S.	10/4
Yen Ping	10/10
Anita P.	10/11
Theresa L.	10/17
Judy J.	10/25

Flannel Fashions

People of all ages are likely to have a flannel shirt hanging in their closet, at the ready with soft, cozy comfort.

Flannel was invented in 17th-century Wales, known for its cold, drizzly winters. Wanting a fabric that was comfortable, but offered protection from the elements, weavers applied a new process called carding to their wool yarns, making them thinner and softer, yet still strong and durable.

The new woven fabric spread to the rest of Europe and was brought to the U.S. in the 1800s. Throughout the Industrial Revolution and into the 20th century, flannel shirts, jackets and undergarments were popular with men who labored at jobs such as railroad building, logging and construction. A collared flannel shirt, often in a plaid pattern, emerged as the unofficial uniform of the rugged working man.

Flannel shirts with buttoned chest pockets were issued to soldiers during both world wars, and they remained popular with returning veterans. By the 1950s, the gray flannel suit became the standard attire for many businessmen, combining comfort and elegance.

Flannel also became a staple fabric for women's fashions, pajamas and bedding.

Evergreen Court

October 2026

- Exercises

Bingo

Groups

Outings

Socials
- Games

Meetings

Educational

Crafts

Music
- Spiritual

Music Event

Outing

Library

Sign Up

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:15 Video Exercises 10:00 Current Events & Coffee 1:00 Rebecca Wu Bell Choir 2:00 Craft w/ Katherine (Pumpkin Door Hanger) 3:00 Men's Group	2 9:15 Video Exercises 10:00 Outing - Issaquah Salmon Hatchery 1:00 Resident spotlight 1:00 Resident Store Open 2:00 Tech help w/ Katherine	3 9:15 Video Exercises 10:00 Noodle Ball 1:00 BINGO 2:00 Walking Group (Elev) 3:00 Crossword Puzzles
4 9:15 Video Exercise 10:00 Chicken Soup for the Soul 1:00 Pictionary 2:00 Craft w/ Heidi (Decoupage Leaf Bowl)	5 9:15 Video Exercises 10:00 Gab a-Lot Gals 1:00 Yahtzee 2:00 Activities Planning Meeting 3:00 Who/ What am I w/ Heidi	6 9:15 Video Exercises 10:00 Bring your craft 1:00 BINGO 2:00 Drama Club w/ Heidi	7 9:15 Video Exercises 10:00 Shopping at Fred Meyer 1:00 Resident Store Open 1:30 Exercises w/ Nancy 2:00 Trivia w/ Katherine 2:30 Jake Bean Accordion	8 9:15 Video Exercises 10:00 Current Events & Coffee 1:00 BINGO 2:00 Sing along 3:00 Men's Group	9 9:15 Video Exercises 10:00 Outing - Autumn foliage drive 1:00 Resident spotlight 1:00 Resident Store Open 2:30 Cowboy Bob	10 9:15 Video Exercises 10:00 Noodle Ball 1:00 BINGO 2:00 Walking Group (Elev) 2:30 Issaquah Singers
11 9:15 Video Exercise 10:00 Chicken Soup for the Soul 1:00 Pictionary 2:00 Craft w/ Heidi (watercolor spider web)	12 Columbus Day 9:15 Video Exercises 10:00 Catholic Communion Library 10:00 Gab a-Lot Gals 1:00 Yahtzee 2:00 Indoor Volleyball 3:00 Who/ What am I w/ Heidi 7:00 Route 66 Band	13 9:15 Video Exercises 10:00 Bring your craft 1:00 BINGO 2:00 Drama Club w/ Heidi	14 9:15 Video Exercises 10:00 Shopping at Safeway 1:00 Resident Store Open 1:30 Exercises w/ Nancy 2:00 Trivia w/ Katherine	15 9:15 Video Exercises 10:00 Current Events & Coffee 1:00 BINGO 3:00 Rob Rose International Fund- Nepal	16 9:15 Video Exercises 10:00 Lunch Outing - 1:00 Resident spotlight 1:00 Resident Store Open 2:30 Erik Classical Piano	17 9:15 Video Exercises 10:00 Noodle Ball 1:00 BINGO 2:00 Walking Group (Elev) 3:00 Crossword Puzzles 3:30 Hymn Sing
18 9:15 Video Exercise 10:00 Chicken Soup for the Soul 1:00 Pictionary 2:00 Craft w/ Heidi (Leaf painting)	19 9:15 Video Exercises 10:00 Gab a-Lot Gals 10:00 Woodland Park Zoo 1:00 Yahtzee 2:00 Indoor Volleyball 3:00 Who/ What am I w/ Heidi 7:00 Route 66 Band	20 9:15 Video Exercises 10:00 Bring your craft 12:00 Vaccination Clinic 1:00 BINGO 2:00 Drama Club w/ Heidi	21 9:15 Video Exercises 10:00 Shopping at Fred Meyer 11:00 Birthday Lunch 1:00 Resident Store Open 1:30 Exercises w/ Nancy 2:00 Jeopardy w/ Katherine	22 9:15 Video Exercises 10:00 Current Events & Coffee 1:00 BINGO 2:00 Rouge 3:00 Men's Group	23 9:15 Video Exercises 10:00 Outing - Remlinger Farms 1:00 Resident spotlight 1:00 Resident Store Open 2:00 Tech help w/ Katherine	24 9:15 Video Exercises 10:00 Noodle Ball 1:00 BINGO 2:00 Walking Group (Elev) 3:00 Crossword Puzzles
25 9:15 Video Exercise 10:00 Chicken Soup for the Soul 1:00 Pictionary 2:00 Craft w/ Heidi (pumpkin carving)	26 9:00 KCLS Traveling Library 9:15 Video Exercises 10:00 Catholic Communion Library 10:00 Gab a-Lot Gals 1:00 Yahtzee 2:00 Indoor Volleyball 3:00 Who/ What am I w/ Heidi 7:00 Route 66 Band	27 9:15 Video Exercises 10:00 Bring your craft 1:00 Res. Mgr. Meeting 2:00 Drama Club w/ Heidi 2:30 Jon Pressman	28 9:15 Video Exercises 10:00 Shopping at Dollar Tree 10:00 Shopping at Target (Factoria) 1:00 Resident Store Open 1:30 Exercises w/ Nancy 2:00 I should have Known that w/ Katherine 3:15 Robbie Spanish Guitar	29 9:15 Video Exercises 10:00 Current Events & Coffee 1:00 BINGO 2:00 Karaoke 3:00 Men's Group	30 9:15 Video Exercises 1:00 Resident spotlight 1:00 Resident Store Open	31 9:15 Video Exercises 10:00 Noodle Ball 1:00 BINGO 2:00 Walking Group (Elev) 3:00 Halloween Party



Digging in the Past

Celebrate National Fossil Day—the Wednesday of the second full week in October—with a prehistoric peek at some significant fossil discoveries.

Year(s)	Fossil Findings
1676	An English professor finds a giant femur. Later, it's determined it belonged to the Megalosaurus—the first dinosaur discovered and named.
1835	Biologist Louis Agassiz first describes the megalodon shark. Their gigantic fossilized teeth are triple the size of a great white shark.
1861	The skeleton of a feathered dinosaur, Archaeopteryx, is found, establishing a link between dinosaurs and modern birds.
1909	The Burgess Shale fossil site is uncovered in the Canadian Rockies. It contains numerous examples of early arthropods, mollusks and other creatures.
1938	Thought to have gone extinct 66 million years ago, an alive and well coelacanth fish—dubbed a “living fossil”—is found off the coast of South Africa.
1990	The most complete Tyrannosaurus rex skeleton is unearthed in South Dakota. “Sue” is now on display at Chicago’s Field Museum of Natural History.
2010	Siberian hunters come across the Yuka Mammoth. The 39,000-year-old animal is the best-preserved woolly mammoth in history.

“This Month In History” OCTOBER

- 1901:** The Executive Mansion is officially renamed the White House by President Theodore Roosevelt.
- 1940:** Considered America’s first superhighway, the Pennsylvania Turnpike opens to traffic. The 160-mile four-lane roadway was called an engineering marvel.
- 1956:** In a match known as “game of the century,” 13-year-old chess prodigy Bobby Fischer defeats international master Donald Byrne.

1962: “Dr. No,” the first in the movie franchise about fictional British spy James Bond, premieres in London.

1974: Former MVP Frank Robinson is named the MLB’s first Black manager when he’s chosen to lead the league’s Cleveland team.

1984: During a mission on the space shuttle Challenger, astronaut Kathryn Sullivan becomes the first American woman to walk in space.

2008: The popular music, podcast and video streaming service Spotify launches in its home country of Sweden.

2019: After winning five medals at the world championships in Germany, Simone Biles breaks records to become the most-decorated gymnast in the annual competition’s history.