



**Happy 100th  
Birthday  
Bill Gorman!!**

**Staff Team Members**

- |                          |                  |                        |                 |
|--------------------------|------------------|------------------------|-----------------|
| General Manager          | Joanie Ceballos  | Kitchen Manager        | Charley Boonkaw |
| Marketing Director       | Jason Goodwill   | Front Desk Supervisor  | Alex Whitehead  |
| Operations Manager       | Doris Kelleher   | Lead Housekeeper       | Olivia Varela   |
| Life Enrichment Director | Michele Willemse | Maintenance Supervisor | Alex Navarro    |

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Portland, OR 97225  
4875 SW 78th Avenue



**HAPPY BIRTHDAY**



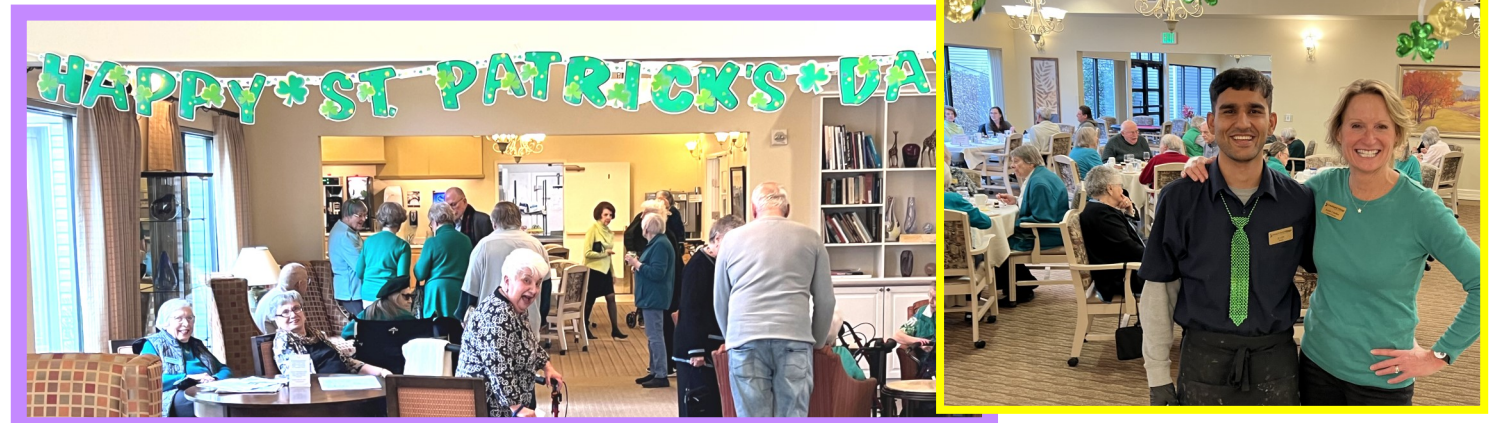
- Charles Peoples 4/3
- Jackie Christensen 4/3
- Betty Miller 4/4
- Sylvia Yules 4/4
- Eloise Zwald 4/6
- Ken Thompson 4/7
- Dorothy Lindstrom 4/14
- Kay Phillips 4/20
- Joan Graham 4/21
- Robert Bland 4/23
- Marlene Abrams 4/24
- Lou Owen 4/27
- Mary Deem 4/30





**HAPPY ANNIVERSARY**

**Arnie Panitch & Barbara King 4/11**

**Holidays, Outings, and good food.  
Can't do better than that!**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	April		<div style="border: 1px solid black; padding: 5px; background-color: white;"> <p><b>Color Chart</b></p> <p>Red Lettering = Outing</p> <p>Blue Lettering = Special Event</p> </div>	<div style="border: 1px solid black; padding: 5px; background-color: white;"> <p>Please Check the Spring Fitness Sheet and the Transportation sheet for the latest schedules.</p> </div>		<p>1:00 <u>Writer's Group</u></p> <p>2:00 <u>Movie: All Quiet on the Western Front</u></p> <p>6:30 <u>Movie: All Quiet on the Western Front</u></p>
<p>8:15 National Cathedral Church Streaming 2</p> <p>11:00 Lake Grove Presbyterian Church Streaming</p> <p>2:00 April Birthday Party</p> <p>3:30 Mind Benders</p> <p>6:30 Jesus of Nazareth Miniseries: part 1</p>	<p>10:00 Social Hour 3</p> <p>11:00 Cardio Drumming</p> <p>1:30 April Craft</p> <p>3:30 Beanbag Baseball</p> <p>6:30 Rumi Kub</p> <p>6:30 Kindness Cafe</p>	<p>10:00 Social Hour 4</p> <p>1:30 Music with Larry Wilder</p> <p>2:00 Bible Study</p> <p>3:30 Trivia Tuesday</p> <p>4:00 Silent Meditation</p> <p>6:30 <u>Movie: Duke Ellington/Lionel Hampton: Swing Era</u></p>	<p>10:00 Social Hour 5</p> <p>12:00 Mt. Man Fruit &amp; Nut Co.</p> <p>1:00 Scrabble or Mahjong</p> <p>1:30 Sip &amp; Study: Torah</p> <p>3:30 Book Club</p> <p>6:30 Bingo</p> <p>6:30 Poker</p> <p>PASSOVER BEGINS</p>	<p>10:00 Social Hour 6</p> <p>9:30 Park Walk</p> <p>10:15 Washington Square</p> <p>11:00 Your Speed Tech.</p> <p>1:00 Canasta</p> <p>1:30 Drive Through History</p> <p>1:30 Scenic Drive</p> <p>3:30 Rhythm Circle</p> <p>6:00 Second Seder</p>	<p>10:00 Social Hour 7</p> <p>1:00 Courtyard Ambassadors Meeting</p> <p>1:30 Reflections: Aging and Loving It</p> <p>3:30 Happy Hour</p> <p>6:00 Temple Beth Israel Shabbat Streamed Service</p>	<p>1:00 <u>Writer's Group</u></p> <p>2:00 <u>Movie: C'mon, C'mon</u></p> <p>6:30 <u>Movie: C'mon, C'mon</u></p>
<p>8:15 National Cathedral Church Streaming 9</p> <p>11:30 Easter Buffet Seatings</p> <p>12:30</p> <p>6:30 Jesus of Nazareth Miniseries: part 2</p> <p>HAPPY EASTER</p>	<p>10:00 Social Hour 10</p> <p>11:00 Cardio Drumming</p> <p>1:30 All Resident Meeting</p> <p>3:30 Beanbag Baseball</p> <p>6:30 Rumi Kub</p>	<p>10:00 Social Hour 11</p> <p>1:00 One Day University</p> <p>2:00 Bible Study</p> <p>3:30 Trivia Tuesday</p> <p>4:00 Silent Meditation</p> <p>6:30 <u>Movie: Paper Moon</u></p>	<p>10:00 Social Hour 12</p> <p>1:00 Scrabble or Mahjong</p> <p>1:30 The Seekers</p> <p>3:30 Life's Big Questions</p> <p>6:30 Bingo</p> <p>6:30 Poker</p>	<p>10:00 Social Hour 13</p> <p>10:00 Able Hearing</p> <p>10:00 Wooden Shoe Tulips</p> <p>1:00 Canasta</p> <p>1:30 Fall Prevention</p> <p>3:30 Rhythm Circle</p> <p>6:30 Drive Through History</p>	<p>10:00 Social Hour 14</p> <p>1:30 Reflections: Aging and Loving It</p> <p>3:30 Happy Hour</p> <p>6:00 Temple Beth Israel Shabbat Streamed Service</p>	<p>1:00 <u>Writer's Group</u></p> <p>2:00 <u>Movie: Avatar: The Way of Water</u></p> <p>6:30 <u>Movie: Avatar: The Way of Water</u></p>
<p>8:15 National Cathedral Church Streaming 16</p> <p>11:00 Lake Grove Presbyterian Church Streaming</p> <p>1:30 Bingo</p> <p>3:30 Mind Benders</p> <p>6:30 Jesus of Nazareth Miniseries: part 3</p>	<p>10:00 Social Hour 17</p> <p>10:00 Swap Day!</p> <p>11:00 Cardio Drumming</p> <p>1:00 Understanding How Your Body Works</p> <p>3:30 Beanbag Baseball</p> <p>6:30 Rumi Kub</p> <p>6:30 Kindness Cafe</p>	<p>10:00 Social Hour 18</p> <p>1:00 One Day University</p> <p>1:30 "Potting Party"</p> <p>2:00 Bible Study</p> <p>3:30 Trivia Tuesday</p> <p>4:00 Silent Meditation</p> <p>6:30 <u>Movie: What's Up Doc?</u></p>	<p>10:00 Social Hour 19</p> <p>11:00 Mahjong Refresher</p> <p>1:00 Scrabble or Mahjong</p> <p>1:30 Discussion Group</p> <p>3:30 Play Reading for Fun!</p> <p>6:30 Bingo</p> <p>6:30 Poker</p>	<p>9:30 Oregon Electric Railway &amp; Lunch at Route 99 20</p> <p>10:00 Social Hour</p> <p>11:00 Your Speed Tech.</p> <p>1:00 One Day University</p> <p>1:00 Canasta</p> <p>3:30 Rhythm Circle</p> <p>6:30 Drive Through History</p>	<p>10:00 Social Hour 21</p> <p>1:30 Reflections: Aging and Loving It</p> <p>3:30 Happy Hour</p> <p>6:00 Temple Beth Israel Shabbat Streamed Service</p>	<p>1:00 <u>Writer's Group</u></p> <p>2:00 <u>Movie: The Whale</u></p> <p>6:30 <u>Movie: The Whale</u></p>
<p>8:15 National Cathedral Church Streaming 23</p> <p>11:00 Lake Grove Presbyterian Church Streaming</p> <p>1:15 Oregon Symphony Classical B</p> <p>1:30 Bingo</p> <p>3:30 Mind Benders</p> <p>6:30 Jesus of Nazareth Miniseries: part 4</p>	<p>9:00 AARP Driver's Course 24</p> <p>10:00 Social Hour</p> <p>11:00 Cardio Drumming</p> <p>1:00 One Day University</p> <p>3:30 Beanbag Baseball</p> <p>6:30 Rumi Kub</p>	<p>9:00 AARP Driver's Course 25</p> <p>10:00 Social Hour</p> <p>1:00 One Day University</p> <p>2:00 Bible Study</p> <p>3:30 Trivia Tuesday</p> <p>4:00 Silent Meditation</p> <p>6:30 Insurance 101 w/ Lynn</p>	<p>10:00 Social Hour 26</p> <p>11:00 Mahjong Refresher</p> <p>1:00 Scrabble or Mahjong</p> <p>1:00 Bunco</p> <p>3:30 Life's Big Questions</p> <p>6:30 Bingo</p> <p>6:30 Poker</p>	<p>10:00 Social Hour 27</p> <p>1:00 Canasta</p> <p>1:30 St. Luke's Communion</p> <p>2:00 Gardener's Choice Nursery</p> <p>3:30 Rhythm Circle</p> <p>6:15 Lakewood Theater</p> <p>6:30 Drive Through History</p>	<p>8:00 Men's Breakfast 28</p> <p>10:00 Social Hour</p> <p>1:30 Reflections: Aging and Loving It</p> <p>3:30 Happy Hour</p> <p>6:00 Temple Beth Israel Shabbat Streamed Service</p>	<p>1:00 <u>Writer's Group</u></p> <p>2:00 <u>Movie: The Banshees of Inisherin</u></p> <p>6:30 <u>Movie: The Banshees of Inisherin</u></p>

# Happy Birthday March Celebrants!



**Standing (from left to right):** Phyllis Hunter, Marge Furukawa, Pat Hall, Judy Imdieke, Do Kang, Mary Mead

**Seated (from left to right):** Jocelynn Higgins, Marcia Director, Mitzi Cohn, Carolyn Owens

## Brain Health and Exercise!

Does exercise boost your brain? Research has focused on how exercise can strengthen the heart and promote artery health. It also improves blood flow to the brain, fights inflammation, and increases key chemicals that encourage new brain cell growth. Cardio exercise helps repair brain cells and make ones. It's also been associated with the larger hippocampus, the brain region that stores and retrieves memories.

## What can you do?

1. **Turn up the music at home and dance.** Make your moves on your living room floor, have fun!
2. **Take active breaks.** Break up your sedentary time with physical activity. You can squat or march in place between watching television programs.
3. **Add physical activity to your daily routine.** When shopping, park at the back of the parking lot and walk to the store. Inside the store, walk around the perimeter before getting what you need. Use the stairs instead of the elevator. If you already walk routinely, start carrying hand weights on your treks.
4. **Walk your dog.** Dogs are great walking companions and can help you have an active lifestyle.



## Health Matters

# Courtyard Snapshots



**Betty Miller**

Betty Miller has been here at Courtyard Village since November 2021. She was raised in Richland, Washington, and after high school came to Portland for nurse's training at Emanuel Hospital. After completing this program, she took an advanced training course to become a registered nurse anesthetist, practicing until retirement. Her second career began at Clark College, where she studied culinary arts and received a chef's certificate. She has two children, three grandchildren, and one great-grandson who are all the joy of her life.

Betty enjoys traveling, especially internationally. She has been to 126 countries, and her favorite to visit was China. She also enjoys writing and baking. If you see Betty walking around with her phone, chances are she may be playing Pokémon Go!

Her favorite memory is the birth of her first granddaughter. She was born via C section and Betty was able to be in the operating room with her.

## Welcome New Residents

**#133 Frank & Mary Simpson**

**#185 Gerry & Marilyn Risberg**

**#253 Susan Collins**

**#147 Barbara Sauer**

**#187 Elaine Strahle**

**#359 Llyle Chadwick**

Alex Whitehead is our Front Desk Supervisor and has been with Courtyard Village for a few months now.

He was born and raised here in the PNW but spent a brief time in Nevada.

He attended Portland State University and received a degree in Spanish. After college, Alex worked in the tech industry providing customer service before coming here.

He enjoys competitive card and video gaming. Soon, he will attend a Pokémon Tournament that he has been looking forward to. Some of his other interests are hiking, camping, watching horror films, and musical theater. His favorite show is Sweeny Todd.

Alex hopes to foster a supporting culture for all residents here at Courtyard!



**His human,  
Alex Whitehead**

**Chronos**

## Activities and Events

### Event Programs at Courtyard:

- **April Birthday Party:** Join us Sunday, April 2nd at 2:00pm to celebrate our April Birthday neighbors!
- **April Craft:** We have some fun Easter crafts on Monday, April 3rd at 1:30pm in the Zenith Room.
- **Music with Larry Wilder:** Larry “carries” the torch of Americana music. From yodeling to his guitar playing, his love for American music is evident. Want to be entertained? Come on down Tuesday, April 4th at 1:30pm, you won’t be disappointed!
- **Easter Buffet:** Sunday, April 9th, we will have two seatings for our Easter Brunch Buffet. We have a wonderful array of cuisines planned for Easter. Honey Baked Ham and Beef Brisket top the list with Mushroom Risotto and Roasted Potato O’Brien. The salad bar includes deviled eggs, assorted fruits, Ambrosia salad, and more. Champagne or sparkling cider will be served during dinner. Sign up and purchase your holiday ticket from the Front Desk. Tickets are \$20 for Residents and \$22 for guests.
- **Fall Prevention, How Not to End Up in the Hospital:** Thursday, April 13th at 1:30pm. If you're are interested in living a LONG and HEALTHY life, this workshop is for you!
- **Swap Day!!:** From 10:00am to 2:00pm on Monday, April 17th, you may sell, give away, or swap items you no longer need to other folks. What may be junk to you may be a treasure to someone else! If you need a table, please inform Michele so she may set one up for you. There will also be a “free table.” Anything left over on the tables will be taken to Goodwill by Michele.
- **Potting Party:** Do you need a space to replant or pot flowers/vegetables for the summer? Come to the Front Courtyard at 1:30pm on April 18th.
- **Discussion Group:** The topic on Wednesday, April 19th at 1:30pm is “Woke: Its Implications for Free Speech.”

### Outings:

**Thursday, April 6th depart at 9:30am:** We will be dropped off at Commonwealth Lake. Go your own pace, sit on a bench or get your steps in on a paved path. Pets are welcome!

**Thursday, April 13th depart at 10:00am:** The Wooden Shoe Tulip Farm is hosting their tulip festival. It is a great way to begin the spring. We will have lunch on our way home.

**Thursday, April 20th depart at 9:30am:** Roy Bonn has worked/volunteered at the Oregon Electric Railway Museum for years. We will have a personal tour of the museum and ride one of the trolleys. Cost is \$6 per person and we will have lunch afterwards at the Route 99 Café.

**Thursday, April 27th depart at 2:00pm:** Let’s buy plants at King City’s “Gardener’s Choice.”

**Thursday, April 27th depart at 6:15pm:** The Lakewood Theater is presenting Something Rotten. This is a free play for 15 residents, so please sign up under Tab 1 of the Activity Book. If we have more than 15 people we will draw names to see who goes.

**One Day University:** Informative one hour lecture by professors from various universities.

- **Tuesday April 11th:** Understanding Memory: How it Works and How to Improve It
- **Tuesday April 18th:** The Rise and Fall (and Rise) of Bread: A 6,000 Year History
- **Thursday April 20th:** The Age of Misinformation: Fake Science and Irrational Beliefs
- **Monday April 24th:** Presentation grab bag. We will see what is offered for this week and choose what we want to see.
- **Tuesday April 25th:** Great Wines of Napa Valley

## New Programs

**Jesus of Nazareth:** This 6 hour miniseries delivers a powerful adaptation of the Gospels in 1977’s “Jesus of Nazareth.” From the Nativity to the Crucifixion and Resurrection, the life of Jesus is presented with depth, gravity, and emotion. We will show this over a 4 week period on Sunday evenings at 6:30pm for the month of April.

**Mahjong Refresher:** Beginning Wednesday, April 19th at 11:00am. Volunteer, JoLynn is hosting a refresher class on Mahjong. We are ordering the new cards. This will be a short course of 4 weeks designed for those who already know how to play but haven’t played in years. This is also an opportunity for people to meet up and start a weekly Mahjong group.

**AARP Driver’s Course:** Complete this defensive driving course and you may earn a multiyear discount on your auto insurance. This is a two-day course, Monday April 24th and Tuesday, April 25th from 8:30am to 12:30pm. Cost for the course is \$25 for non-members and \$20 for AARP members. Cash or please make your check payable to AARP and bring it with you to class. (no credit cards). Be sure to sign up in the Activity Book under Tab 5.

### Drive Through History (video): Holy Land:

Each episode follows a particular subject with insightful commentary and fun facts scattered throughout. The last two episodes will be shown on Thursday, April 6th.

### Drive Through History (video): Ancient Christianity and the Birth of Western Civilization

- **Thursday, April 6th: Episode 11:** Hezekiah’s Tunnel, Pool of Bethesda, Kidron Valley, Mount of Olives, Garden of Gethsemane
- **Episode 12:** Prophecies, Caiaphas, Crucifixion, Resurrection, Church of the Holy Sepulcher
- **Thursday, April 13th: Ancient Christianity:** “Rome, If You Want To”
- **Friday, April 21st:** “Greece and the Word”
- **Friday, April 28th:** “Turkish Delight”

### Second Seder

#### Thursday, April 6th

You are invited to the Second Seder which takes place on Thursday, April 6th at 6:00pm.

This Seder is organized and run by the Jewish residents of Courtyard Village.

This does not include dinner, but some Passover food will be included.

If you wish to help, please contact Lynn Lertzman or Sari Pill.

If you wish to attend, please sign up under Tab 5 of the Activity book located next to the mailroom.

Donations are welcome!

**Your Speed Technology:** Royal and Chris are developing aids for people using iPads or iPhones. The insert of this news letter diagrams and lists the common terms used on iPhones. In the future they hope to have informational videos regarding your devices.



### April Calendar Continued...

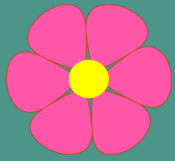
#### Sunday, April 30th

8:15 National Cathedral Church Streaming

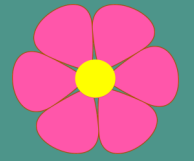
11:00 Lake Grove Presbyterian Church Streaming

1:30 Bingo

3:30 Mind Benders



# Spring Fitness Schedule



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 AM	Group Strength	Exercise Power w/ Juana	Exercise Power w/ Juana	Exercise Power w/ Juana	Exercise Power w/ Juana	
9:30 AM	Tai Chi W/ Michele Standing & Sitting	Exercise Mixture w/ Juana	Exercise Mixture w/ Juana	Exercise Mixture w/ Juana	Exercise Mixture w/ Juana	
10:00 AM						Exercise Video
11:00 AM	Cardio Drumming		Beach Volleyball			
3:30 PM	Bean Bag Baseball					

# Class Descriptions:

**All fitness classes are 30 minutes long & are designed with the support of a chair**

## **Group Strength:**

A group style workout with an emphasis on building strength.

## **Exercise Power & Mixture with Juana:**

These classes combine upper and lower body exercises to develop strength, balance, and flexibility to help improve functional strength.

## **Tai Chi with Michele:**

A gentle class that takes your body through a range of relaxed movements to develop a sense of harmony and improve balance, strength, mobility, and flexibility.

## **Bean Bag Baseball:**

A recreational game that is great for balance and cardio. It is a fun and competitive game designed for any ability. Come join the fun!

## **Fitness Equipment Orientation:**

Drop in, no need to sign up. This is an introduction to the equipment.

## **Beach Volleyball:**

A fun and competitive seated recreational game that is great for balance, coordination, and cardio.