

## Staff Team Members

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



Fun at Courtyard!

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4875 SW 78<sup>th</sup> Avenue



## HAPPY BIRTHDAY

Linette Cash 7/1  
Judy Coons 7/1  
Marilyn Risberg 7/3  
Julie Sakai 7/6  
Mike White 7/6  
Cecilia Dwigans 7/8  
Dennis Palmer 7/10  
Rita Crooke 7/11  
Donna Fischer 7/11  
Jim Cash 7/14  
Pat Angove 7/14  
Wally Phillips 7/14  
Gwen Wildfong 7/23  
Wally Owen 7/26  
Lonnie Palm 7/26  
Denny Kappos 7/31

## HAPPY ANNIVERSARY

Arden & Lois Shenker 7/3  
Art & Nora Palm 7/16



The High Brow  
and Low Brow  
Concert was a  
success!





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15 National Cathedral Church Stream <sup>2</sup> 10:00 Valley Community Presbyterian Stream 2:00 July Birthday Party 3:30 Mind Benders 6:30 Opera:	10:00 Shopping* <sup>3</sup> 10:00 Social Hour 1:00 Visit with Finn, the Dog 1:00 Shopping* 3:00 Post Office & Banking 3:30 Beanbag Baseball 6:30 Rumi Kub 6:30 Kindness Cafe	10:00 Social Hour <sup>4</sup> 11:30 4th of July BBQ 2:00 Movie: <u>Music Man</u> 6:30 Movie: <u>Yankee Doodle Dandy</u>	9:00 Shredding Event <sup>5</sup> 10:00 Social Hour 12:00 Mt. Man Fruit & Nut Co. 1:00 Scrabble 1:30 Sip & Study: Torah 3:30 Book Club 6:30 Bingo 6:30 Poker	10:00 Social Hour <sup>6</sup> 10:00 Cannon Beach 10:00 Mahjong 1:00 Canasta 1:30 One Day University 6:30 Drive Through History	10:00 Social Hour <sup>7</sup> 1:00 Courtyard Ambassadors Meeting 1:30 Reflections: Aging and Loving It 3:30 Happy Hour 6:00 Temple Beth Israel Shabbat Service	1:00 Writer's Group <sup>1</sup> 2:00 Movie: <u>Ticket to Paradise</u> 6:30 Paradise 8 1:00 Writer's Group 2:00 Movie: <u>Devotion</u> 6:30 <u>Devotion</u>
8:15 National Cathedral Church Stream <sup>9</sup> 10:00 Valley Community Presbyterian Stream 1:30 Bingo 3:30 Mind Benders	10:00 Social Hour <sup>10</sup> 11:00 Cardio Drumming 1:30 All Resident Meeting 3:30 Beanbag Baseball 6:30 Rumi Kub	10:00 Social Hour <sup>11</sup> 1:00 Pinochle 1:00 Capturing Time 1:30 One Day University 2:00 Bible Study 3:30 Trivia Tuesday 4:00 Silent Meditation 6:30 Courtyard Concert	10:00 Social Hour <sup>12</sup> 11:00 Your Speed Tech. 1:00 Scrabble 1:30 The Seekers 3:30 Life's Big Questions 6:30 Bingo 6:30 Poker	10:00 Park Walk: Tryon Creek <sup>13</sup> 10:00 Social Hour 10:00 Mahjong 10:00 Able Hearing 1:30 Scenic Drive 1:00 Canasta 1:30 One Day University 6:30 Drive Through History	10:00 Social Hour <sup>14</sup> 1:30 Reflections: Aging and Loving It 3:30 Happy Hour 6:00 Temple Beth Israel Shabbat Streamed Service	1:00 Writer's Group <sup>15</sup> 2:00 Movie: <u>Flamin' Hot</u> 6:30 Movie: <u>Flamin' Hot</u>
8:15 National Cathedral Church Stream <sup>16</sup> 10:00 Valley Community Presbyterian Stream 1:30 Bingo 3:30 Mind Benders	10:00 Social Hour <sup>17</sup> 11:00 Cardio Drumming 1:00 Visit with Finn, the Dog 2:00 Play Reading for Fun! 3:30 Beanbag Baseball 6:30 Rumi Kub 6:30 Kindness Cafe	10:00 Social Hour <sup>18</sup> 1:00 Pinochle 1:00 Capturing Time 2:00 Bible Study 3:30 Trivia Tuesday 4:00 Silent Meditation 6:30 <u>Peter, Paul, &amp; Mary</u>	10:00 Social Hour <sup>19</sup> 1:00 Scrabble 1:30 Discussion Group 3:00 Let's Celebrate Our Centenarians! 6:30 Bingo 6:30 Poker	10:00 Social Hour <sup>20</sup> 10:00 Mahjong 10:30 Donkey Sanctuary 1:00 Canasta 1:30 One Day University 6:30 America's National Parks: Grand Teton	10:00 Social Hour <sup>21</sup> 1:30 Reflections: Aging and Loving It 3:30 Happy Hour 6:00 Temple Beth Israel Shabbat Streamed Service	1:00 Writer's Group <sup>22</sup> 2:00 Movie: <u>Chevalier</u> 6:30 Movie: <u>Chevalier</u>
8:15 National Cathedral Church Stream <sup>23</sup> 10:00 Valley Community Presbyterian Stream 1:30 Bingo 3:30 Mind Benders	10:00 Social Hour <sup>24</sup> 11:00 Cardio Drumming 1:00 Understanding How Your Body Works 3:30 Beanbag Baseball 6:30 Rumi Kub	10:00 Social Hour <sup>25</sup> 1:00 Capturing Time 1:00 Pinochle 2:00 Bible Study 3:30 Trivia Tuesday 4:00 Silent Meditation 6:30 Courtyard Concert	10:00 Social Hour <sup>26</sup> 11:00 Your Speed Tech. 1:00 Scrabble 1:00 Bunco 3:30 Life's Big Questions 6:30 Bingo 6:30 Poker	10:00 Park Walk Picnic <sup>27</sup> 10:00 Mahjong 10:00 Social Hour 1:00 Canasta 1:30 St. Luke's Communion 6:30 America's National Parks: Biscayne	8:00 Men's Breakfast <sup>28</sup> 10:00 Social Hour 1:30 Reflections: Aging and Loving It 3:30 Happy Hour 6:00 Temple Beth Israel Shabbat Streamed Service	1:00 Writer's Group <sup>29</sup> 2:00 Movie: <u>Book Club: The Next Chapter</u> 6:30 Movie: <u>Book Club: The Next Chapter</u>
8:15 National Cathedral Church Stream <sup>30</sup> 10:00 Valley Community Presbyterian Stream 1:30 Bingo 3:30 Mind Benders	10:00 Social Hour <sup>31</sup> 11:00 Cardio Drumming 3:30 Beanbag Baseball 6:30 Rumi Kub	<div style="background-color: #e0f0ff; padding: 10px; border: 1px solid black;"> <p><b>Color Chart</b></p> <p>Red Lettering = Outing</p> <p>Blue Lettering = Special Event</p> </div>		<h1 style="color: red; font-size: 4em; margin: 0;">July</h1>		<div style="background-color: #e0f0ff; padding: 10px; border: 1px solid black; text-align: center;"> <p>Please Check the Spring Fitness Sheet and the Transportation sheet for the latest schedules.</p> </div>



## Health Matters

### 5 tips to Stay Motivated to Exercise

#### 1. Start with what you can do and enjoy.

Go on a walk, ride a bike, take a fitness class.

#### 2. Track your progress.

You do not have to exercise for a long period of time; participating in 10-15 minutes a day can help improve your health. Then add 5 more minutes a week.

#### 3. Make it social.

It is easier to exercise and stay consistent if you exercise with companions. This does not only make it enjoyable; it can help you stay accountable.

#### 4. Build exercise into your day.

Take the stairs or park in the back of the parking lot.

#### 5. Schedule exercise into your day as if it were an appointment.

## Happy Birthday June Celebrants!



**Standing (from left to right):** Dorothy Lindstrom, Gene Farnstrom, Mark Rubin, Sheroll Rogers, Don Wienk, Jim Muir, John Carson, Betsy Thomas, Pat Bird

**Seated (from left to right):** Ellie Luba, Sonia Treblehorn, Nancy Goodall, Lynn Lertzman, Eileen Sautner

## Courtyard Snapshot



**Mary and Frank Simpson**

Mary and Frank Simpson have been here at Courtyard Village for three months.

They both grew up in Washington State. Mary received her undergraduate degree from Central Washington University before relocating to Oregon for work. After that, she took a break to enroll at Portland State University where she earned a master's in psychology and counseling. Frank attended Whitman College where he got his bachelor's degree, and later worked as a CPA.

Frank met while Mary while she was presenting at a discussion group. They hit it off and got married in 1975. This August, they will be celebrating 48 years of marriage. They have five children. Mary is described by Frank as being kind, caring, smart, and having a fantastic sense of humor. Mary describes Frank as her best friend, a wonderful man, and someone with an equally fantastic sense of humor.

Both enjoy traveling; they have visited over 60 countries and wish they could do it more often. They liked dancing and hiking before Covid and they had a lot of fun square and ballroom dancing. Jigsaw puzzles are a pastime they each take part in independently. Their favorite memory is from their three-month trip to Australia. They visited many botanical gardens. The local fauna and flora appealed to Mary.

## Welcome New Resident # 217 Candace Coleman



Just one more shot of Spencer and Nathaniel's concert!



## Activities and Events

**Shopping Schedule Change:** Due to the 4th of July we will do the shopping trips and the Post Office and Bank on Monday, July 3rd. The schedule is: 10am: Beaverton Fred Meyer, Trader Joe's, or Uwajimaya, 1:00pm: BiMart, Michael's, Kohl's, or Target, and 3:00pm: Post Office and Bank.

### Event Programs at Courtyard:

- **July Birthday Party!** Everyone is welcome to come to the party to celebrate all the July Birthday People on Sunday, July 2nd! Sugar free dessert option is available.
- **Fourth of July!!:** Be sure to sign up for the BBQ from 11:30am to 1:30pm. Sign up ends July 3rd.
- **Shredding Event:** Wednesday, July 5th from 9am to 10am we are collecting sensitive paper and will take it to a reliable center at 10am to be shredded.
- **Courtyard Concert:** Tuesday, July 11th at 6:30pm in the Front Courtyard. Shamus Hanlin's silky smooth songs bring us back to the styling of Frank Sinatra.
- **Discussion Group:** Wednesday, July 19th at 1:30pm, our topic is "Artificial Intelligence."
- **Celebrating our Centenarians:** Wednesday July 19th at 3:00pm, we have a lovely program to celebrate 9 of our residents who are or will be 100 years old within the year. Refreshments will be provided. Everyone is welcome.
- **Courtyard Concert:** Tuesday, July 25th. At 6:30pm in the Back Courtyard the Bridge City Blues Band will perform.

**One Day University:** These presentations are shown at 1:30pm in the Vista Room

- **Thursday, July 6th:** Women in the Civil War, How They Shaped America's Most Important War
- **Tuesday, July 11th:** Mental Health: What We Know Now & What We Don't
- **Thursday, July 13th:** The Mind of George Washington
- **Thursday, July 20th:** 12 Extraordinary Greek Gods & Goddesses
- **Tuesday, July 25th:** American Palaces: The Age of Opulence

**Outings:** Please sign up under Tab 1 of the Activity Book.

- **Thursday, July 6th depart at 10:00am:** We are heading out to Cannon Beach. There will be a pit stop before arriving to the beach. Where we drop you off is where we will pick you up. You have the opportunity to explore the area however you wish. Find a friend with whom to have lunch. Downtown is a block away and the beach is two blocks away. We will leave at 2:30pm. Wear good walking shoes.
- **Thursday, July 20th depart at 10:30am:** Oregon City Donkey Sanctuary is a forever home for special needs donkeys, each of whom has their own story. The sanctuary does take donations. We will go to The Wild Hare for Lunch.
- **Thursday, July 27 departure 10:00am:** Picnic and a park walk, how can it be any better?! We are going to Memorial Park in Wilsonville. You may bring your own sack lunch or order one from Courtyard when you sign up under Tab 1 of the Activity Book. Details will follow.

## The Night Desk:

If you are a night owl or an early riser you may have met either of these two people working the Front Desk.

Mags is 62 years old and has lived in Oregon since 1967 never wanting to leave the NW! She loves it here, all the greenery, the people, and mild weather.

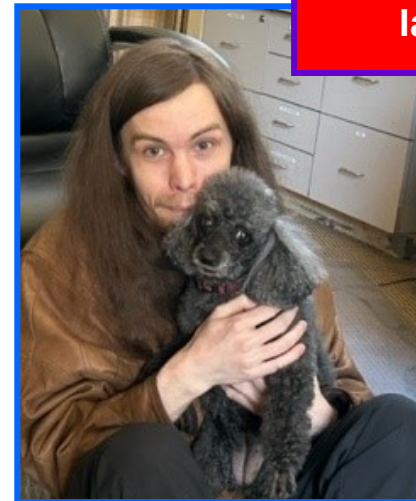
She has been married for 15 years, and has no children (actually, she has a dog that is her child!), in spite of coming from a large family (7 children). When she is not working the Front Desk at night, she is sometimes working as a senior caregiver. She worked for Providence for 23 years but this job is the best!

Why? She loves the hours, the solitude at night, the knowledge that she is serving and protecting some of the finest Seniors in the NW. Sometimes when she works a day shift, she is always asked if she is new!



Mags Benham

## Ian Lane



Ian has lived in many desert type places. Desert environments operate on a night schedule due to the day's intense heat so he loved the fact that in Las Vegas you could get anything at 2:00 in the morning. California was primarily his home which in his words he is "over California, it is not his vibe". Lucky for us Oregon is his vibe! He loves the rain and the overcast days. He literally slid into Portland on the very day we had the crippling ice storm in 2016. He had to sleep in a Walmart parking lot the night of his arrival, everything was shut down.

Animals are his love. He has two kitties, "L" and Grason. His mom kept his two Chiweenies (Chihuahua and Dachshund mix), Biscuit and Momo.

Here at Courtyard he has a special bond with many of the resident dogs. One dog in particular loves Ian, Mitzi's little poodle! Sadie adores Ian. She may even share him with you.

## Slight Price Increase for Beauty

Courtyard Village Styling Salon strives to deliver exceptional hair and nail services at competitive and reasonable prices. Residents certainly appreciate the convenience of the salon being right here inside our community. Effective August 1, 2023, prices will increase and will still remain quite competitive in comparison to other salons. Thank you in advance for your understanding of rising costs of products and labor for these hair and nail services.

## Shredding Event

9 am- 10am

Bring to the Front Desk Area.

This is not **RECYCLING**, but shredding of personal/financial information.

### Please:

No Magazines, Cards, sheet of address labels, etc.

No Plastic covers, binders, large clips

Note: Staples/rubber bands are fine to include

**Please take paper out of envelopes**



# Summer Fitness Schedule



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 AM	Jump Start: Stretch & Groove	Strength & Endurance	Balance & Flex	Strength & Endurance	Strength & Endurance	
9:30 AM	Jump Start: Stretch & Groove <b>(SEATED)</b>	Gentle Fit	Everyday Posture	Gentle Fit	Gentle Fit	
10:00 AM						Exercise Video
11:00 AM	Cardio Drumming					
3:30 PM	Bean Bag Baseball					

# Class Descriptions:

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

## **Jump Start: Stretch & Groove**

Get your day started with stretching and breathing, then get ready to raise your heartrate and groove to music.

## **Strength & Endurance**

A variety of total body conditioning that involves strength and cardio exercises.

## **Gentle Fit**

A chair based workout that includes strength, cardio, and flexibility exercises.

## **Balance & Flex**

This class combines exercises to challenge and improve your balance and flexibility.

## **Everyday Posture**

This class is suitable for everyone regardless of fitness level. Focus on exercises to help improve posture.

## **Bean Bag Baseball**

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

## **Fitness Equipment Orientation**

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

