



Gabrielle Bennett received a birthday card from the King and Queen of England.

**Staff Team Members**

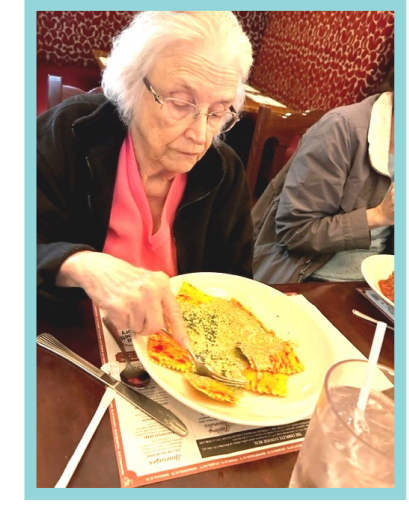
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|--------------------------|------------------|
| General Manager          | Joanie Ceballos  |
| Marketing Director       | Jason Goodwill   |
| Operations Manager       | Doris Kelleher   |
| Life Enrichment Director | Michele Willemse |
| Kitchen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

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Portland, OR 97225  
4875 SW 78<sup>th</sup> Avenue

**HAPPY BIRTHDAY**

- Roy Bonn 12/2
- Joyce Reading 12/7
- Viola Fitzwater 12/10
- Cay Kershner 12/10
- Barbara Sauer 12/12
- Susan Collins 12/12
- Willa Reynolds 12/13
- Margaret Ellis 12/13
- Josephine Lindell 12/16
- Jan St. Denis 12/17
- Wade Askew 12/18
- Roz Schecter 12/18
- Pam Gross 12/19
- Duane Schroeder 12/19
- Tom Graham 12/22
- Nils Morich 12/22
- Noelle Allen 12/23
- David Skiles 12/24
- Mary Simpson 12/24
- Norma Rowe 12/29
- Rita Wayson 12/29



We had a merry time at Sleigh Bells and Old Spaghetti Factory!





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Color Chart</b></p> <p>Red Lettering = Outing</p> <p>Blue Lettering = Special Event</p>	<p><u>Food Services</u></p> <p>Sign up by 2:30pm for Dinner</p> <p><u>Meal Prices</u></p> <p>Breakfast 8:00 to 9:30am \$6.00</p> <p>Weekend Brunch 10:00am to 1:30pm \$8.00</p> <p>Lunch 11:30 to 1:30pm \$8.00</p> <p>Dinner 4:30 to 6:30pm \$10.00</p>				<p>10:00 Social Hour <sup>1</sup></p> <p>10:00 Donna's Xmas Sale</p> <p>1:00 Courtyard Ambassadors Meeting</p> <p>3:30 Happy Hour</p> <p>6:15 <u>Nevah Shalom Service</u></p>	<p>1:00 Writer's Group <sup>2</sup></p> <p>2:00 Movie: <u>All the Light We Cannot See</u></p> <p>6:30 Movie: <u>All the Light We Cannot See</u></p>
<p>8:15 National Cathedral Church Stream <sup>3</sup></p> <p>10:00 Valley Community Presbyterian Stream</p> <p>11:30 Mahjong</p> <p>1:15 <b>Oregon Symphony: Classical A</b></p> <p>1:30 Bingo</p> <p>3:30 Mind Benders</p>	<p>10:00 Social Hour <sup>4</sup></p> <p>11:00 Cardio Drumming</p> <p>1:30 <b>All Resident Meeting</b></p> <p>3:30 Trivia Monday</p> <p>6:30 Rumi Kub</p> <p>6:00 Kindness Cafe</p>	<p>10:00 Social Hour <sup>5</sup></p> <p>10:00 <b>Holiday Craft</b></p> <p>12:30 <b>Decorate for Hanukkah</b></p> <p>1:00 Pinochle</p> <p>1:30 <b>Christmas Sing-a-long</b></p> <p>2:00 Bible Study</p> <p>3:30 Bean Bag Baseball</p> <p>4:00 Silent Meditation</p>	<p>10:00 Social Hour <sup>6</sup></p> <p>12:00 <b>Mt. Man Fruit &amp; Nut Co.</b></p> <p>1:30 Sip &amp; Study: Torah</p> <p>2:00 Mexican Train</p> <p>3:30 Book Club</p> <p>6:30 <b>Portland Symphonic Girlchoir</b></p> <p>6:30 Poker</p>	<p>9:30 Mahjong <sup>7</sup></p> <p>9:45 <b>Pittock Mansion</b></p> <p>10:00 <b>Foot Massage</b></p> <p>10:00 Social Hour</p> <p>11:00 <b>Cribbage</b></p> <p>1:00 Canasta</p> <p>1:30 <b>One Day University</b></p> <p>1:30 <b>Washington Square</b></p> <p>4:30 <b>Lighting of the Menorah</b></p>	<p>10:00 Social Hour <sup>8</sup></p> <p>3:30 Happy Hour</p> <p>6:00 <u>Temple Beth Israel Shabbat Streamed Service</u></p>	<p>1:00 Writer's Group <sup>9</sup></p> <p>2:00 Movie: <u>Oppenheimer</u></p> <p>6:30 Movie: <u>Oppenheimer</u></p>
<p>8:15 National Cathedral Church Stream <sup>10</sup></p> <p>11:30 Mahjong</p> <p>2:00 <b>December Birthday Party</b></p> <p>3:30 Mind Benders</p> <p>6:30 <b>Neighborhood Christmas Lights Walk</b></p>	<p>10:00 Social Hour <sup>11</sup></p> <p>11:00 Cardio Drumming</p> <p>1:30 <b>Sing-a-long at Rose Schnitzer and Latkes</b></p> <p>3:30 Trivia Monday</p> <p>4:40 <b>Lighttopia: Lights Drive</b></p> <p>6:30 Rumi Kub</p>	<p>10:00 Social Hour <sup>12</sup></p> <p>1:00 Pinochle</p> <p>1:00 <b>Columbia Sportswear</b></p> <p>2:00 Bible Study</p> <p>3:30 Bean Bag Baseball</p> <p>4:00 Silent Meditation</p> <p>6:30 <b>Rabbi Mishulavin Hannukah</b></p>	<p>10:00 Social Hour <sup>13</sup></p> <p>11:00 <b>Your Speed Tech.</b></p> <p>12:00 <b>Sue's Honey &amp; Gifts</b></p> <p>12:00 <b>Versie's Nuts</b></p> <p>1:00 Mexican Train</p> <p>1:30 <b>The Seekers</b></p> <p>3:30 Life's Big Questions</p> <p>6:30 Poker</p> <p>7:00 <b>West Side Singers</b></p>	<p>9:30 Mahjong <sup>14</sup></p> <p>10:00 Social Hour</p> <p>11:00 <b>Cribbage</b></p> <p>3:30 Happy Hour</p> <p>4:30 <b>All Holiday Party</b></p>	<p>10:00 Social Hour <sup>15</sup></p> <p>2:00 <b>Reflections: Aging and Loving It with Rabbi</b></p> <p>3:30 Happy Hour</p> <p>6:15 <u>Nevah Shalom Service</u></p>	<p>1:00 Writer's Group <sup>16</sup></p> <p>2:00 Movie: <u>Nyad</u></p> <p>6:30 Movie: <u>Nyad</u></p>
<p>8:15 National Cathedral Church Stream <sup>17</sup></p> <p>10:00 Valley Community Presbyterian Stream</p> <p>11:30 Mahjong</p> <p>1:30 Bingo</p> <p>3:30 Mind Benders</p>	<p>10:00 Social Hour <sup>18</sup></p> <p>11:00 Cardio Drumming</p> <p>1:30 <b>Good Time Sing-a-long</b></p> <p>2:30 <b>Holiday Sing-a-long</b></p> <p>3:30 Trivia Monday</p> <p>6:30 Rumi Kub</p> <p>6:00 Kindness Cafe</p>	<p>10:00 Social Hour <sup>19</sup></p> <p>10:00 <b>Covid and Shingle Shot Clinic</b></p> <p>1:00 Pinochle</p> <p>2:00 Bible Study</p> <p>3:30 Bean Bag Baseball</p> <p>4:00 Silent Meditation</p> <p>6:30 <b>Shaymus Sings!!</b></p>	<p>10:00 Social Hour <sup>20</sup></p> <p>11:00 <b>One Day University</b></p> <p>1:00 Mexican Train</p> <p>1:30 <b>Discussion Group</b></p> <p>6:30 Bingo</p> <p>6:30 Poker</p>	<p>9:30 Mahjong <sup>21</sup></p> <p>10:00 <b>Foot Massage</b></p> <p>10:00 Social Hour</p> <p>11:00 <b>Cribbage</b></p> <p>1:00 Canasta</p> <p>1:00 <b>Home Goods</b></p> <p>3:00 <b>Happy Hour at Stockpot</b></p> <p>6:30 <b>Neighborhood Drive</b></p> <p>6:30 <u>Nature: Treasures of the Caribbean</u></p>	<p>10:00 Social Hour <sup>22</sup></p> <p>3:30 Happy Hour</p> <p>6:00 <u>Temple Beth Israel Shabbat Streamed Service</u></p>	<p>1:00 Writer's Group <sup>23</sup></p> <p>2:00 Movie: <u>Maestro</u></p> <p>6:30 Movie: <u>Maestro</u></p>
<p>8:15 National Cathedral Church Stream <sup>24</sup></p> <p>10:00 Valley Community Presbyterian Stream</p> <p>11:30 Mahjong</p> <p>1:30 Bingo</p> <p>3:30 Mind Benders</p> <p><b>Dec. 31st, New Years Eve schedule, see "Special Announcements"</b></p>	<p>1:00 <b>Christmas Day Potluck</b> <sup>25</sup></p> <p>3:30 <b>Holiday Inn</b></p> <p>6:30 <b>White Christmas</b></p> <p><b>MERRY CHRISTMAS</b></p>	<p>10:00 Social Hour <sup>26</sup></p> <p>1:00 Pinochle</p> <p>1:30 <b>One Day University</b></p> <p>2:00 Bible Study</p> <p>3:30 Bean Bag Baseball</p> <p>4:00 Silent Meditation</p> <p>6:30 <u>Movie: The Hope: The Rebirth of Israel</u></p>	<p>10:00 Social Hour <sup>27</sup></p> <p>11:00 <b>Your Speed Tech.</b></p> <p>1:00 Mexican Train</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>9:30 Mahjong <sup>28</sup></p> <p>10:00 Social Hour</p> <p>1:00 Canasta</p> <p>1:30 <b>St. Luke's Communion</b></p> <p>2:30 <b>Cribbage Tournament</b></p> <p>6:30 <u>Nature: Soul of the Ocean</u></p>	<p>8:00 <b>Men's Breakfast</b> <sup>29</sup></p> <p>10:00 Social Hour 3:30 Happy Hour</p> <p>6:00 <u>Temple Beth Israel Shabbat Streamed Service</u></p>	<p>1:00 Writer's Group <sup>30</sup></p> <p>2:00 Movie: <u>American Symphony</u></p> <p>6:30 Movie: <u>American Symphony</u></p>



## Health Matters

### Ingredients

- 3 cups all-purpose flour
- 4 teaspoons baking powder
- 2 teaspoons ground cinnamon
- 2 teaspoons ground ginger
- 1/2 teaspoon freshly grated nutmeg
- 1/2 teaspoon salt
- 4 large eggs
- 2/3 cup packed dark brown sugar
- 1 cup canned pumpkin puree
- 1 1/4 cups milk
- 1/2 cup molasses
- 1/2 cup (1 stick) melted butter, plus some to butter the iron

Optional: Syrup, whipped cream or fresh fruits for topping

### Directions

Special equipment: Waffle iron

Preheat waffle iron.

1. In a large bowl combine flour, baking powder, cinnamon, ginger, nutmeg and salt.
2. In a medium bowl, beat eggs and brown sugar until fluffy, then beat in pumpkin, milk, molasses and melted butter.
3. Stir the wet into dry until just moist. Do not over stir the waffle batter.
4. Brush the iron with a little melted butter and 4 waffles.
5. Serve with toppings of choice.



## Welcome New Residents

#316 Judith Bennett

## Happy Birthday November Celebrants!



**Standing (from left to right):** Suzanne Gwynn, Gerry Brabenac, Jerry Froimson, Dottie Kasules

**Seated (from left to right):** Gabrielle Bennett, Jackie Young, Carol Thomas, Nikki Erickson

## Courtyard Snapshot

Florence Halpern has been here at Courtyard Village since September moving here after spending some time at Rose Schnitzer in Portland. Her hometown is Brooklyn, New York where she was born and raised. Florence was the youngest of three, having one brother and one sister. Her father was a hardworking man who ran a house slipper business, and her mom stayed at home tending to her home and family.

Florence finished high school in 1947. She did not continue her education because pursuing higher education was not encouraged at the time. She began her career by working in a bank inside the Empire State Building.

After she married her husband Philip, the couple had two sons. Phillip sadly passed away in 2002. Up until she relocated to the west coast, Florence lived in the same apartment that her parents had given them.

Living by the harbor, Florence enjoyed taking 4-day cruises as one of her favorite pastimes. In addition to traveling, she likes to read, play mahjong, and eat delicious food. In 2007, she traveled to Israel with other people her age, where she worked with the Israeli military for three weeks.

Her favorite childhood memory is of her grandfather kissing their foreheads. She now does the same thing for her grandchildren.



Florence Halpern



Casey Cooksey

Casey has been working at Courtyard Village for three months. She is currently our medical driver in addition to being a member of the Front Desk team!

She was raised in Diamond, Indiana after being born in the tiny town of Terre Haute. She is the only girl and the youngest of the three children. She received a Tech Honors Diploma from River-ton Parke Jr./Sr. High in 2017. In 2019, Casey decided that she needed change and packed everything she could into her car and made her way to Oregon.

Her hobbies include drawing, singing, and playing the ukulele (though she admits she is not very good at it yet). In her spare time, she enjoys going out and exploring, but she hasn't come across anything interesting yet. She likes to write stories as well.

Casey's favorite memory is from camping with her parents when she was younger and waking up to scrambled eggs and sausage cooked over the fire.



## Activities and Events

### Event Programs at Courtyard:

- **Donna's Xmas Sale:** Donna will sell her Xmas wares December 1st from 10am to 1:30pm.
- **Holiday Craft:** Tuesday, 12/5 from 10:00am to 12:00pm. Would you like to make a snow globe or holiday paper house? Come check us out. We might even have materials to make a holiday card.
- **Decorate for Hanukkah:** Tuesday, 12/5 at 12:30pm come to the vista Room if you wish to help decorate for Hanukkah.
- **Portland Symphonic Girlchoir:** These lovely girls come every holiday season to perform for us!
- **December Birthday Party!:** Everyone is welcome to come to the party to celebrate all the December Birthday People on Sunday, December 10th at 2:00pm! Sugar free dessert option is available.
- **Lighting of the First Candle:** On Thursday, 12/7 at 4:30pm, we are lighting the first candle for Hanukkah. We will have refreshments and a couple of residents will bless and light the candle. Everyone is welcome to come.
- **Aging and Loving It** is on Friday, December 8th at 2:00PM. **Just for this month.**
- **Neighborhood Christmas Lights Walk:** If it is a nice night join us for a walk in our neighborhood. We will have warm refreshments when we get back.
- **Rabbi Mishulavin Hannukah:** Celebrate Hanukkah with Rabbi and his family.
- **Sue's Honey & Gifts:** Wed., 12/13 from noon to 2pm. She is back with her home-made goodies.
- **Mexican Train:** Beginning December 6th we will play Mexican Train in the Zenith Room. Just for the 6th we play at 2pm (due to a conflict). Normally we will play at 1:00pm.
- **West Side Singers:** Come take a listen to this local talent's holiday music!
- **Shaymus Sings!:** Tuesday, 12/19 at 6:30pm. Our favorite guy is here to sing holiday tunes!
- **Cribbage & Cribbage Tournament:** If you enjoy cribbage, come and play Thursdays at 11:00am. The last Thursday of December we will have a fun little tournament with prizes. More info to come.

### One Day University:

 Informative one hour lectures by professors from various universities.

- **Thursday, 12/7:** The Origins of Walt Disney
- **Wednesday, 12/20:** to be announced on that day.
- **Tuesday, 12/26:** Norman Rockwell: Painting America's Stories

### Outings:

 Please sign up under Tab 1 of the Activity Book.

- **Oregon Symphony:** Sunday, December 3rd, departure at 1:15pm: Oregon Symphony
- **Pittock Christmas:** Thursday, December 7th, departure at 9:45am: We are going to a "Pittock Christmas".
- **Sing-a-long at Rose Schnitzer and have some Latkes:** Monday, 11/11 departure at 1:30pm: we are heading over to celebrate Hanukkah with the residents at Rose Schnitzer.
- **Lightopia:** Monday, 11/11 departure at 4:40pm: This is a free drive-through lights display in Hillsboro.
- **Columbia Sportswear:** Tuesday, 11/12 departure at 1:00pm. This shopping trip is added to the Cedar Hills shopping outing.
- **Home Goods:** Thursday, 12/21 departure at 1:00pm: They have an array of gifts and home goods at a decent price.
- **Happy Hour at Stockpot:** Thursday, 12/21 departure at 3:00pm.
- **Neighborhood Night Lights Drive:** Thursday, 12/21 departure at 6:30pm: We are "chasing" lights this evening, we might find a good neighborhood.

## Special Announcements

### Covid Shot Clinic:

**Tuesday, December 19th  
from 10am to noon**

A nurse will be here to administer the Moderna Covid vaccination. Pfizer is unavailable at this time.

If you are receiving your second shingles shot, you **do not** need to sign up. Just show up any time between 10 and noon.

Please sign up for the Moderna vaccination on the clipboard next to the Activity sign-up book near the mailroom.

**All Holiday Party:** Courtyard is preparing a special evening to celebrate the season and the residents of Courtyard. We begin with Happy Hour in the Summit and Zenith rooms from 3:30pm to 5pm. There will be appetizers and other little goodies!

A special dinner is then planned for you. The entrees are beef medallions topped with scallops and a cream sherry sauce or a crab-stuffed halibut. A chocolate hazelnut pie will top off the evening. During the evening, door prizes will be given out.

Sign-ups at the Front Desk will run from November 27th until December 11th at 2:00pm. This dinner will be for residents only and will cost \$10.

Grill & Deli will not be served this night.

**Christmas Day Potluck:** Please join us for our traditional Christmas Day Potluck from noon to 1:30pm. Courtyard provides the turkey and ham; diners provide the rest (potatoes, gravy, side dishes, desserts, etc.). Everyone is welcome! No meal ticket necessary, but please contribute if you can. The sign-up will be located on a clipboard next to the mailroom on Monday, November 27th. Any questions? See Michele.

**New Years Eve:** At 6:30pm we are setting up a comedy night. If you have any jokes, see John Paddock or Michele. Afterwards we will watch New York drop the New Year's ball!

There will be refreshments.

**8:15 National Cathedral Church Stream**  
**10:00 Valley Community Presbyterian Stream**  
**1:30 Bingo**  
**3:30 Mind Benders**  
**7:00 Drop the Ball and Drop the Mic on New Year's Eve**

**New Years Eve Dec 31st**

### NEW!! Bus Shopping Schedule:

#### Tuesdays:

**10:00am, 1st & 3rd:** Beaverton Fred Meyer, Trader Joe's, and Uwajimaya

**10:00am, 2nd & 4th:** Costco, WinCo, WalMart

**1:00pm, 1st & 3rd:** BiMart, Michael's, Kohl's, or Target

**1pm, 2nd:** Cedar Hills Crossing

**1pm, 4th:** Grocery Outlet, Target, Hobby Lobby

#### Fridays:

**8:30am** - Raleigh Hills Fred Meyer (Next Door)

**9:00am** - Raleigh Hills Fred Meyer (Next Door)

**9:30am** - Raleigh Hills Fred Meyer (Next Door)  
New Seasons, Walgreens

**11:00am** - Post Office or Bank

**1:00pm** - Dollar Tree, Trader Joe's (Garden Home), Rite Aid, Albertsons



# Fall/Winter Fitness Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 AM	Group Strength	Strength & Endurance	Balance & Flex	Strength & Endurance	Strength & Endurance	
9:30 AM	Breathing & Tai Chi	Gentle Fit	Strength & 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**

## **Cardio Drumming:**

Cardio drumming is a creative and fun aerobic workout. It helps build strength and cardiovascular fitness leaving you smiling and feeling great.

## **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.

## **Breathing & Tai Chi**

An easy, low-intensity class that focuses on breathing along with slow motions and poses to help improve balance.

## **Balance & Flex**

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

## **Strength & Posture**

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

## **Group Strength:**

A group style workout with an emphasis on building strength.

## **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.