



Our Kindness Café group worked diligently upon door handle décor for everyone at Courtyard.

Staff Team Members

General Manager
Marketing Director
Operations Manager
Life Enrichment Director

Joanie Ceballos
Jason Goodwill
Doris Kelleher
Michele Willemse

Kitchen Manager
Front Desk Supervisor
Lead Housekeeper
Maintenance Supervisor

Charley Boonkaw
Alex Whitehead
Olivia Varela
Alex Navarro

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Portland, OR 97225
4875 SW 78th Avenue

HAPPY BIRTHDAY

- Carolyn Hunnicut-Armijo 1/4
- Elizabeth Sannebeck 1/7
- Judy Jones 1/14
- Pat Ogden 1/15
- Lois Julifs 1/16
- Ron Gross 1/18
- Spencer Snow 1/18
- Linda Enzenberger 1/20
- Marjorie Carson 1/25
- Nancy Newell 1/27
- Carol Olpin 1/27




The holiday dinner was a hit!!

HAPPY ANNIVERSARY

- Spencer & Vivienne Snow 1/26



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>Color Chart</p> <p>Red Lettering = Outing</p> <p>Blue Lettering = Special Event</p>	<p>10:00 Social Hour</p> <p>11:00 Cardio Drumming</p> <p>12:30 Puppy Visit!!</p> <p>6:30 Rumi Kub</p> <p>6:00 Kindness Café</p> <p>HAPPY NEW YEAR</p>	<p>10:00 Social Hour</p> <p>11:00 Massage Presentation</p> <p>1:00 Pinochle</p> <p>2:00 Bible Study</p> <p>3:30 Bean Bag Baseball</p> <p>4:30 Silent Meditation</p> <p>6:30 <u>Movie: That's Entertainment I</u></p>	<p>10:00 Social Hour</p> <p>12:00 Mt. Man Fruit & Nut Co.</p> <p>1:00 Mexican Train</p> <p>3:30 Book Club</p> <p>6:30 Bingo</p> <p>6:30 Poker</p>	<p>10:00 Foot Massage</p> <p>10:00 Social Hour</p> <p>11:00 Cribbage</p> <p>1:00 Canasta</p> <p>1:30 St. Luke's Communion</p> <p>1:30 Washington Square</p> <p>6:15 Lakewood Theater</p> <p>6:30 <u>The Crown: Episode 1, 2</u></p>	<p>10:00 Social Hour</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 <u>Writer's Group</u></p> <p>2:00 <u>Movie: Gran Turismo</u></p> <p>6:30 <u>Movie: Gran Turismo</u></p>	
	<p>8:15 National Cathedral Church Stream</p> <p>10:00 Valley Community Presbyterian Stream</p> <p>11:30 Mahjong</p> <p>2:00 January Birthday Party</p> <p>1:30 Bingo</p> <p>3:30 Mind Benders</p>	<p>10:00 Social Hour</p> <p>11:00 Cardio Drumming</p> <p>1:30 All Resident Meeting</p> <p>3:30 Trivia Monday</p> <p>6:30 Rumi Kub</p>	<p>10:00 Social Hour</p> <p>1:00 Pinochle</p> <p>1:30 One Day University</p> <p>2:00 Bible Study</p> <p>3:30 Bean Bag Baseball</p> <p>4:30 Silent Meditation</p> <p>6:30 <u>Movie: That's Entertainment II</u></p>	<p>10:00 Social Hour</p> <p>11:00 Your Speed Tech.</p> <p>1:00 Mexican Train</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</p> <p>11:00 Cribbage</p> <p>11:00 Sushi Ki Ichi</p> <p>1:00 Canasta</p> <p>TBA Movie Outing: Boys in the Boat (if available)</p> <p>6:30 <u>The Crown: Episode 3</u></p>	<p>10:00 Social Hour</p> <p>2:00 Aging and Loving It with Rabbi Cohen</p> <p>3:30 Happy Hour</p> <p>6:00 <u>Temple Beth Israel Shabbat Streamed Service</u></p>	<p>1:00 <u>Writer's Group</u></p> <p>2:00 <u>Movie: My Big Fat Greek Wedding 3</u></p> <p>6:30 <u>Movie: My Big Fat Greek Wedding 3</u></p>
	<p>8:15 National Cathedral Church Stream</p> <p>11:30 Mahjong</p> <p>1:30 Bingo</p> <p>2:45 Panto Play: Sleeping Beauty & Dinner</p> <p>3:30 Mind Benders</p>	<p>10:00 Social Hour</p> <p>11:00 Cardio Drumming</p> <p>1:30 Good Time Sing-a-long</p> <p>3:30 Trivia Monday</p> <p>6:30 Rumi Kub</p> <p>6:00 Kindness Cafe</p>	<p>10:00 Social Hour</p> <p>10:00 Rummage Sale</p> <p>1:00 Pinochle</p> <p>2:00 Bible Study</p> <p>3:30 Bean Bag Baseball</p> <p>4:30 Silent Meditation</p> <p>6:30 <u>Movie: That's Entertainment III</u></p>	<p>10:00 Social Hour</p> <p>11:00 One Day University</p> <p>1:00 Mexican Train</p> <p>1:30 Discussion Group</p> <p>3:00 Root Beer Floats & Emergency Cards</p> <p>6:30 Bingo</p> <p>6:30 Poker</p>	<p>10:00 Social Hour</p> <p>10:00 Foot Massage</p> <p>11:00 Cribbage</p> <p>1:00 Canasta</p> <p>1:30 One Day University</p> <p>6:30 <u>The Crown: Episode 4</u></p>	<p>10:00 Social Hour</p> <p>3:30 Happy Hour</p> <p>6:15 <u>Nevah Shalom Service</u></p>	<p>1:00 <u>Writer's Group</u></p> <p>2:00 <u>Movie: Indiana Jones and the Kingdom of the Crystal Skull</u></p> <p>6:30 <u>Movie: Indiana Jones and the Kingdom of the Crystal Skull</u></p>
	<p>8:15 National Cathedral Church Stream</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</p> <p>11:00 Cardio Drumming</p> <p>1:00 Understanding Your Body</p> <p>3:30 Trivia Monday</p> <p>6:30 Rumi Kub</p>	<p>10:00 Social Hour</p> <p>11:00 Fall Prevention</p> <p>1:00 Pinochle</p> <p>2:00 Bible Study</p> <p>3:30 Bean Bag Baseball</p> <p>4:30 Silent Meditation</p> <p>6:30 <u>Movie: The Greatest Showman</u></p>	<p>10:00 Social Hour</p> <p>11:00 Your Speed Tech.</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>10:00 Social Hour</p> <p>11:00 Cribbage</p> <p>1:00 Canasta</p> <p>1:00 A Taste of Sichuan</p> <p>1:30 St. Luke's Communion</p> <p>6:30 <u>The Crown: Episode 5</u></p>	<p>10:00 Social Hour</p> <p>3:30 Happy Hour</p> <p>6:00 <u>Temple Beth Israel Shabbat Streamed Service</u></p>	<p>1:00 <u>Writer's Group</u></p> <p>2:00 <u>Movie: Leave the World Behind</u></p> <p>6:30 <u>Movie: Leave the World Behind</u></p>
	<p>8:15 National Cathedral Church Stream</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</p> <p>11:00 Cardio Drumming</p> <p>1:30 Play Reading For Fun</p> <p>3:30 Trivia Monday</p> <p>6:30 Rumi Kub</p> <p>6:30 Kindness Café: Celebration of Remembrance</p>	<p>10:00 Social Hour</p> <p>11:00 Fall Prevention</p> <p>1:00 Pinochle</p> <p>1:30 One Day University</p> <p>2:00 Bible Study</p> <p>3:30 Bean Bag Baseball</p> <p>4:30 Silent Meditation</p> <p>6:30 Kate and Jill Perform!!</p>	<p>10:00 Social Hour</p> <p>1:00 Mexican Train</p> <p>1:30 One Day University</p> <p>3:30 Stan Lasley</p> <p>6:30 Bingo</p> <p>6:30 Poker</p>	<h1>January</h1> 		

Health Matters

Sit less, move more!

A frequent New Year's saying is "new year, new me." If you want to incorporate a bit more exercise into your everyday routine, you can simply move a little more each day. Many studies have demonstrated that creating small, attainable goals are effective to create long term changes.

For example, going to the gym every day may not be a realistic goal if you haven't worked out in a long time. Doing too much too soon may lead you to burn out.



You can start by sitting less and moving more as a way to become more active. You can accomplish this by parking further away from the grocery store's entrance, taking the stairs instead of the elevator, and exercising while watching TV.

Any amount of physical activity provides health advantages, so if you only have a few minutes, try to exercise! If you have restricted mobility, learn how to exercise in a chair; there are many of videos available online.

You'll start to feel better as you get more physically active.

Happy Birthday December Celebrants!



Standing (from left to right): Pam Gross, Jan St. Denis, Margaret Ellis, Josephine Lindell, Joyce Reading, Wade Askew, Amy Furumasu, Rita Wayson

Seated (from left to right): Willa Reynolds, Viola Fitzwater, Barbara Sauer, Norma Rowe

Courtyard Snapshot



Jan Paris

Jan Paris has been a resident of Courtyard for two years. She was formerly residing in her condo in King City, Oregon.

Jan was born and raised in San Pedro, California. She met her husband, Dave in high school and married him in June 1964. Married for 59 years, they have a son, a daughter and two grandchildren.

Jan and Dave spent some time in Medford, Oregon, where they raised their children. They then moved to Portland in 1988 after spending six years there. Jan worked as a human relations/benefits consultant for Washington County for 20 years. She retired from Wash County, but proceeded to work with a small tech firm for 10 years before leaving after the company was sold and relocated to the East Coast.

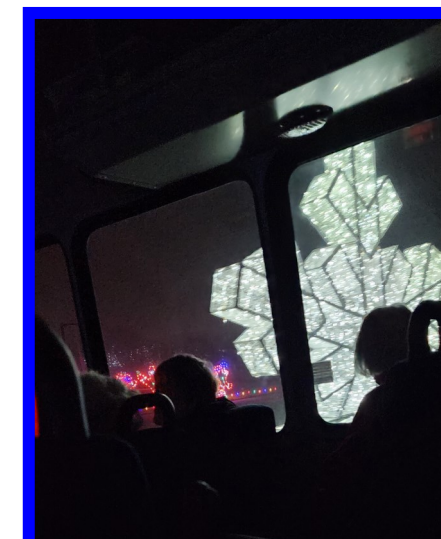
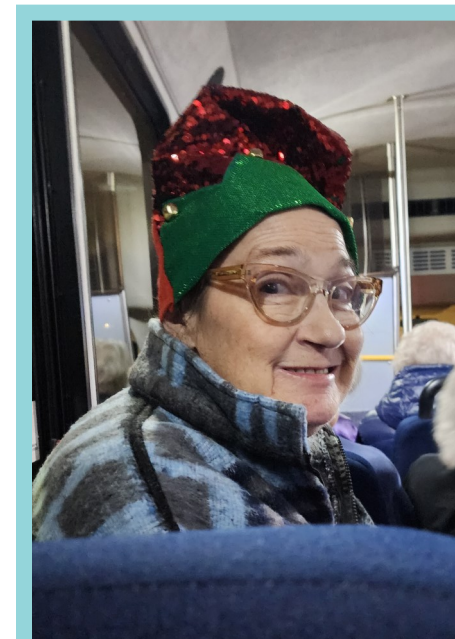
Jan enjoys collecting antiques from yard sales and thrift stores in her spare time. She collects salt dishes, cool signage, and Santas. She also enjoys gifting these goods to family members. Jan's

enthusiasm led her to open a small shop in Hillsboro's Le' Stuff Antique Mall and Tigard's Curiosities, which she recently closed. Writing and reading are two of her other interests.

Jan wants our Courtyard community to know that she is a cheerful and sociable person who enjoys making others happy.

Welcome New Resident

#116 Rosalee Frankel



Night Lights Drive



Activities and Events

Event Programs at Courtyard:

- **Puppy Visit 1/1:** Katie Paulosky from Beaver State Labradoodles will be here with puppies from Patty's dog, Tink. Come get some doggie cuddles in the Summit Room at 12:30pm
- **Massage Presentation 1/2:** Jane Crawford, licensed massage therapist is here today to enlighten us to the benefits of massage.
- **Foot Massage 1/4:** Be sure to contact Jane (503-453-0089) to schedule your foot massage.
- **January Birthday Party 1/7:** Let's celebrate our January Birthday Residents! Everyone is welcome!
- **Rummage Sale 1/16:** If you have items you wish to sell, see Michele for a table. If you have giveaways, we will also have a free table. Cleaning out your closet is a great start to the new year!
- **Discussion Group 1/17:** The topic for today is Respect.
- **Root Beer Float and Emergency Cards 1/17:** Come to the vista Room for a root beer float. While you are at it, update your emergency card (if you need). Questions? See Michele.
- **Fall Prevention, 1/23 and 1/30:** Falls are the leading cause of injuries in older adults. Why does this happen? What are the strategies we can develop to lower our fall risk Join Barbara King to discuss these questions.
- **Play Reading for Fun, 1/29:** We are reading The Man Who Came to Dinner
- **Kindness Café Celebration of Remembrance 1/29:** Join us as we honor those to whom we have had to say goodbye. Share tasty treats while sharing memories of how they have touched our lives.
- **Kate and Jill Perform 1/30:** Kate Sherbo (former employee of Courtyard) and her friend, Jill will be back with a beautiful repertoire of songs.
- **Stan Lasley 1/31:** Come enjoy his stories and music.

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

- **Tuesday, 1/9:** The Evolution of Irrationality
- **Wednesday, 1/17:** The Women Who Ruled the World (3500 Years Ago)
- **Thursday, 1/18:** A Jewish Founding Father? Alexander Hamilton's Hidden Life
- **Tuesday, 1:30:** Inventing Broadcasting: The Early History of Radio
- **Wednesday, 1/31:** P.T. Barnum: The Man, The Myth, The Legend

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

- **Lakewood Theater 1/4 at 6:15:** We have 15 free seats to see A Tomb With a View. In this comedy mystery thriller, the eccentric Tomb family gathers at the family estate after the death of their father. If we have more than 15 people signing up, we will draw names to see who goes.
- **Sushi Ki Ichi 1/11:** A casual Japanese sushi restaurant that welcomes customers with a family-like atmosphere and serves fresh, affordable, authentic, and traditional Japanese food.
- **Movie Outing 1/11 (time TBA):** We are planning to see Boys in the Boat.
- **Panto Play and Dinner Afterwards 1/14:** This year's Panto is Sleeping Beauty. In Panto, there is slap-stick, girls playing boys parts and boys playing girls parts, and humor designed for adults and children. If you like a laugh, join us! Cost is \$18. We will order pizza on the way home and have pizza and salad for dinner. We will split the cost between those who wish to have dinner together.
- **A Taste of Sichuan 1/25:** We will go have Chinese cuisine, leaving Courtyard at 12:50pm.



We had challenges and triumphs during the holidays. Thank you to everyone who pitched in to make our holidays bright!



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.