



Chocolate, wine and our favorite romantic movie scenes, you cannot go wrong!

**Staff Team Members**

General Manager  
Marketing Director  
Operations Manager

Joanie Ceballos  
Jason Goodwill  
Doris Kelleher

Kitchen Manager  
Maintenance Supervisor  
Life Enrichment Director

Charley Boonkaw  
Alex Navarro  
Michele Willemse

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**HAPPY BIRTHDAY**

- Margaret Garver 3/2
- Stephen Meyer 3/6
- George Nandor 3/7
- Mary Mead 3/13
- Phyllis Hunter 3/14
- Sari Pill 3/15
- Jean Mays 3/16
- Pat Fried 3/17
- Mitzi Cohn 3/20
- Jocelyn Higgins 3/20
- Judy Imdieke 3/28
- Marcia Director 3/30
- Marge Furukawa 3/30
- Roberta Steinmetz 3/30
- Do Kang 3/31
- Noreta Rippee 3/31



**HAPPY ANNIVERSARY**

George & Holly Nandor 3/13



Portland, OR 97225  
4875 SW 78th Avenue

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>March</h1>						
			Check your Fitness Schedule and Bus Schedule for new changes.	<b>Color Chart</b> Red Lettering = Outing Blue Lettering = Special Event	10:00 Social Hour <sup>1</sup> 11:00 Cribbage 1:00 Courtyard Ambassadors Meeting 3:30 Happy Hour 6:15 <u>Neveh Shalom Service</u>	1:00 Writer's Group <sup>2</sup> 2:00 Curiosity U. 6:30 Movie: <u>Moonstruck</u>
8:15 National Cathedral Church Stream <sup>3</sup> 10:00 Lakegrove Presbyterian Stream 10:30 Mahjong 2:00 <u>March B-day Party</u> 3:30 Mind Benders	10:00 Social Hour <sup>4</sup> 11:00 Cardio Drumming 1:00 <u>Understanding Your Body</u> 3:30 Trivia Monday 6:30 Rumi Kub 6:00 <u>Kindness Café</u>	10:00 Social Hour <sup>5</sup> 1:00 Pinochle 2:00 Bible Study 3:30 Bean Bag Baseball 4:30 Silent Meditation 6:30 Movie: <u>Discovering: Robin Williams</u>	10:00 Social Hour <sup>6</sup> 11:00 <u>Drone Flying</u> 12:00 Mt. Man Fruit & Nut Co. 1:00 Mexican Train 1:30 <u>Sip &amp; Study (Torah)</u> 3:30 Book Club 6:30 Bingo 6:30 Poker	9:45 <u>PDX Art Museum</u> <sup>7</sup> 10:00 <u>Foot Massage</u> 10:00 Social Hour 1:00 Canasta 1:30 <u>Washington Square</u> 3:30 <u>Stan Lasley: Past Oscar Nominated Songs</u> 6:30 <u>All Things Great and Small: season 1 epi. 1</u>	10:00 Social Hour <sup>8</sup> 11:00 Cribbage 1:30 <u>Aging and Loving It with Rabbi Cohen</u> 3:30 Happy Hour 6:00 <u>Temple Beth Israel Shabbat Streamed Service</u>	1:00 Writer's Group <sup>9</sup> 2:00 Curiosity U. 6:30 Movie: <u>From Here to Eternity</u>
8:15 National Cathedral Church Stream <sup>10</sup> 10:00 Valley Community Presbyterian Stream 10:30 Mahjong 1:30 Bingo 3:30 Mind Benders	10:00 Social Hour <sup>11</sup> 11:00 Cardio Drumming 1:30 <u>All Resident Meeting</u> 3:30 Trivia Monday 6:30 Rumi Kub	10:00 Social Hour <sup>12</sup> 1:00 Pinochle 2:00 Bible Study 3:30 Bean Bag Baseball 4:30 Silent Meditation 6:30 Movie: <u>Discovering: Ingrid Bergman</u>	10:00 Social Hour <sup>13</sup> 11:00 <u>Your Speed Tech.</u> 1:00 Mexican Train 1:30 <u>The Seekers</u> 3:30 Life's Big Questions 6:30 Bingo 6:30 Poker	10:00 Social Hour <sup>14</sup> 1:00 Canasta 1:00 <u>Birds &amp; Brew: Commonwealth Lake</u> 6:30 <u>All Things Great and Small: season 1 epi. 2</u>	10:00 Social Hour <sup>15</sup> 11:00 Cribbage 1:30 Curiosity U. 3:30 <u>Happy Hour - "Paddy's Pub"</u> 6:15 <u>Neveh Shalom Service</u>	1:00 Writer's Group <sup>16</sup> 2:00 Curiosity U. 6:30 Movie: <u>Casablanca</u>
8:15 National Cathedral Church Stream <sup>17</sup> 10:00 Valley Community Presbyterian Stream 10:30 Mahjong 1:30 Bingo 3:30 Mind Benders <u>Happy St. Patrick's Day</u>	10:00 Social Hour <sup>18</sup> 11:00 Cardio Drumming 1:30 <u>Good Time Sing-a-long</u> 3:30 Trivia Monday 6:30 Rumi Kub 6:00 <u>Kindness Café</u> 7:00 <u>Melo Macs</u>	10:00 Social Hour <sup>19</sup> 1:00 Pinochle 2:00 Bible Study 3:30 Bean Bag Baseball 4:30 Silent Meditation 6:30 Movie: <u>Discovering: Gene Wilder</u>	10:00 Social Hour <sup>20</sup> 11:00 <u>Drone Flying</u> 1:00 Mexican Train 1:30 <u>Discussion Group</u> 6:30 Bingo 6:30 Poker	10:00 Social Hour <sup>21</sup> 10:00 <u>Burlington Coat Fac.</u> 1:00 Canasta 1:00 <u>Scenic Drive and Pie</u> 6:30 <u>All Things Great and Small: season 1 epi. 3</u>	10:00 Social Hour <sup>22</sup> 11:00 Cribbage 1:30 Curiosity U. 3:30 Happy Hour 6:00 <u>Temple Beth Israel Shabbat Streamed Service</u>	1:00 Writer's Group <sup>23</sup> 2:00 Curiosity U. 6:30 Movie: <u>My Fair Lady</u>
8:15 National Cathedral Church Stream <sup>24</sup> 10:00 Valley Community Presbyterian Stream 10:30 Mahjong 1:30 Bingo 3:30 Mind Benders <u>See Center Page for March 31st Activities</u>	10:00 Social Hour <sup>25</sup> 10:00 <u>Able Hearing</u> 11:00 Cardio Drumming 1:30 <u>Have a Hamentoshen</u> 1:30 <u>Play Reading For Fun</u> 3:30 Trivia Monday 6:30 Rumi Kub	10:00 Social Hour <sup>26</sup> 1:00 Pinochle 2:00 Bible Study 3:30 Bean Bag Baseball 4:30 Silent Meditation 6:30 Movie: <u>Discovering: Cary Grant</u>	10:00 Social Hour <sup>27</sup> 11:00 <u>Your Speed Tech.</u> 1:00 Mexican Train 1:00 <u>Bunco</u> 3:30 Life's Big Questions 6:30 Bingo 6:30 Poker	10:00 Social Hour <sup>28</sup> 10:00 <u>Easter Egg Hunt</u> 11:00 <u>Spring Flower Posies</u> 1:00 Canasta 1:30 <u>Holy Communion</u> 3:30 <u>Volunteer Appreciation</u> 6:30 <u>All Things Great and Small: season 1 epi. 4</u>	8:00 <u>Men's Breakfast</u> <sup>29</sup> 10:00 Social Hour 11:00 Cribbage 1:30 Curiosity U. 3:30 Happy Hour 6:15 <u>Neveh Shalom Service</u>	1:00 Writer's Group <sup>30</sup> 2:00 Curiosity U. 6:30 Movie: <u>When Harry Met Sally</u>

## Health Matters

### Ingredients

- 2 cups unbleached all-purpose flour
- 2 teaspoons baking powder
- ¼ teaspoon baking soda
- ¼ cup granulated sugar
- ½ teaspoon kosher salt
- 1 stick cold unsalted butter
- ½ cup dried currants
- 2 teaspoons caraway seeds
- 1 Cup cold buttermilk
- 1 cup confectioners' sugar
- 2 tablespoons whole milk
- ¼ teaspoon grated orange zest

### Directions

- Preheat the oven to 425 degrees. Mix together the flour, baking powder, baking soda, granulated sugar, and salt.
- Cut the butter into small pieces and incorporate into the flour mixture with your fingertips or a pastry cutter until the dough resembles coarse meal. Combine currants, caraway seeds, and buttermilk; whisk until just combined.
- Scoop 1/3 cup-sized mounds of dough on a parchment-lined baking sheet, 3 inches apart. Bake for 15–20 minutes, or until the bottoms are brown. Let cool completely on the sheet.
- Meanwhile, mix the confectioners' sugar, milk, and orange zest. Drizzle over scones and serve.

## Irish Soda Scones



PHOTO: RAYMOND HOM

## Courtyard Snapshots



**Dianne Dougherty**

Dianne Dougherty has lived at Courtyard for 4 months. Before relocating here, she resided in Raleigh Hills in a house she recently sold. She is an Oregon native who was born in North Bend, also known as Oregon's Adventure Coast. After spending some time here, her father and mother chose to return to Junction City, where her family had first established in 1856. Dianne moved to Portland at the age of 18 and enrolled in the Providence School of Nursing. After finishing the program and becoming an RN, she went on to Linfield University and obtained her Bachelors degree. She worked in various areas of medicine for 35 years before ending her career as a case manager for the last 20 of those years. Dianne did this line of work until she retired at the age of 62. Dianne has had a very fortunate life with two different life partners. She met her first partner in college. They share two children a son and a daughter. Around 1990, she met her second life partner through a neighbor. She gained two step daughters, and now has many grandchildren. After retiring she traveled extensively. Dianne loves gardening and food. She brought some pots to plant herbs and flowers in the Spring. Dianne enjoys Bridge and exercise classes at Courtyard and hopes to participate in more activities soon.

## Happy Birthday February Celebrants!



**Insert:  
Laura Haggi**

**Standing (from left to right):** Dennis McGovern, Margrethe Farnstrom, Helen Youngelson-Neal, Barbara Thompson

**Seated (from left to right):** Sue Sadis, Lois Thibeault, Leila Rosenblatt, Sue Friedman

## Welcome New Residents

**#135 Barbara Gallant**

**#212 Brenda Fulle**

**#143 Anna McBreen**

**#331 Sharon Rugg**



**Good luck Barbara!! We love you!!**

## Activities and Events

### Event Programs at Courtyard:

- **Drone Flying:** We will now fly drones on the 1st and 3rd Wednesdays of the month at 11:00am.
- **Thursday Movie Series:** We will watch the PBS Masterpiece series - "All Creatures Great and Small", the story of a Scottish vet practicing in the English Dales.
- **Tuesday Movie Series;** This series, "Discovering..." is an hour-long biography of Hollywood Stars. We will show Robin Williams, Ingrid Bergman, Gene Wilder, and Cary Grant documentaries.
- **Understanding How Your Body Works:** The topic is "Neuropathy: Why me? What is it? How to cope".
- **Stan Lasley on piano:** Thursday, March 7th at 3:30pm, he will play past Oscar nominated songs.
- **The Seekers:** Rabii Cohen is leaving the Portland area for a new position. Join us as we say congratulations and good bye.
- **"Paddy's Pub: Friday, March 15th.** We are going to have some fun!! We are bringing "Pub Crawl" to your table at the regular happy hour on Friday. Green beer and other goodies will be brought around to your table and by the end of the happy hour we will play a couple of crazy games.
- **PDX Girl Choir:** The gals who come every Christmas have a spring concert for you on Saturday, March 16th at 2pm.
- **Good Time Sing-a-long:** It will be all sing-a-long songs, no performance pieces.
- **Discussion Group:** March 20th at 1:30pm. The topic is "What is new AI: Is it good or bad?"
- **Have a Hamantaschen:** We will have hamantaschen cookies out in the same area as play reading.
- **Easter Egg Hunt:** March 28th at 10:00am. We are hiding eggs in the Front Courtyard.
- **Spring Flowers:** March 28th at 11:00pm. Make a vase of fresh flowers just for fun!

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

- **Saturday, March 2nd:** The Olympics Past, and Future
- **Saturday, March 9th:** Jackie Kennedy: Her Life, Image and Legacy
- **Friday, March 15th:** Alchemy, Astrology, and Magic: The Occult Origins of Science
- **Saturday, March 16th:** A Brief History of South Africa: 1652 - 2023
- **Friday, March 22nd:** Inside the Supreme Court: How They Decide (we think)
- **Saturday, March 23rd:** Mozart's Many Mysteries
- **Friday, March 29th:** The Lost City of Petra: Unlocking Its Hidden Mysteries
- **Saturday, March 30th:** Dogs and Humans: Why Has This Bond Been so Long-Lasting?

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

- **Portland Art Museum:** First Thursday is free admission for the day. We depart at 9:45am on March 7th. We will be back in time for lunch at Courtyard.
- **Birds and Brew:** Thursday, March 14th at 1pm we depart for Commonwealth Lake for birdwatching. Afterwards we will hit a brew pub for lunch.
- **Burlington Coat Factory Shopping Area:** Thursday March 21st at 10am.

## What is different this month?

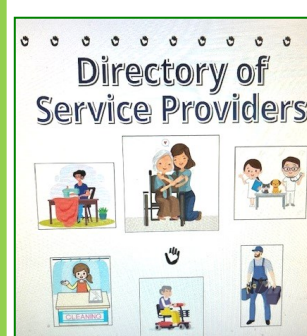
This month we will celebrate the holidays before the official holiday so you may spend the true holiday with friends and/or family. We will have a fun Paddy's happy hour on Friday March 15th for St. Patrick's day. For Easter we will have an Easter egg Hunt in the Front Courtyard and flower arranging in the Zenith Room on Thursday, March 28th at 10am and 11am respectfully.

**Saturday Movies:** Starting March we will show a Curiosity U. (formerly known as One Day University) at 2pm. The 6:30pm movies for this month have been previously Oscar nominated.

**One Day University is now known as Curiosity University:** These lectures will be shown on Friday and Saturdays this month. We are also considering if we will continue Curiosity University. It may not be up to the standards of One Day University. Please give your feedback to Michele.

**Post Office and Bank:** We will go on Tuesdays at 2:30pm in the afternoon.

**Cribbage:** We will now play on Fridays at 11am in the Vista Room.



### Directory of Service Providers Compiled by the Kindness Cafe

- The Directory is a resource binder with information on services you may find helpful like Dry Cleaners, Caregivers, Handymen, and many more.
- If you want to have the information for yourself, take the **Directory** to the Front Desk, and they will make a copy of that page for **FREE**. Small papers are provided for notes.
- The Directory **WILL REMAIN** on the coffee table in Courtlandia except when copies are made. It is for the use of everyone in Courtyard Village.
- Feel free to add any Business Cards from people with whom you do business. Add the cards yourself in the pages in the front.
- There are **no recommendations or endorsements** made by Courtyard Village nor by the Kindness Cafe. Call the numbers, ask questions, and do the same investigating you would do for any new business or service you use.
- Please enjoy the use of The Directory of Service Providers, and contact the Kindness Cafe if you wish to add any new information or service

### Volunteer Appreciation

Thursday, March 28th at 3:30pm we will celebrate everyone here at Courtyard who helps us in so many ways. We encourage all Volunteers (you know who you are) to come to this event.

# VOLUNTEER



### Monday, March 31st HAPPY EASTER

- 8:15 National Cathedral Church Stream
- 10:00 Valley Community Presbyterian Stream
- 10:30 Mahjong
- 1:30 Bingo
- 3:30 Mind Benders



# Spring Fitness Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 AM	Move & Groove	Strength: Upper Body	Balance	Strength: Lower Body	Strength: Full Body & Cardio	
9:30 AM	Breathing & Tai Chi	Gentle Fit	Strength & Posture	Gentle Fit	Gentle Fit	
10:00 AM			Balance: Assisted			Exercise Video
10:15 AM		Group Walking				
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: Lower/Upper/ Full Body**

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 & Balance Assisted**

This class combines exercises to challenge and improve your balance.

## **Strength & Posture**

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

## **Bean Bag Baseball**

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

## **Group Walking**

Don't want to walk alone? Join us! This group is targeted to those who are avid walkers. We will walk in the neighborhood near by. Weather permitting.

## **Move & Groove**

Start your morning off right with a combination of cardio and strength exercises.

## **Fitness Equipment Orientation**

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