



Our newly formed "Needlers" group got together to share their projects!




# Courtyard Village

RALEIGH HILLS

## Good Times

May 2024

### HAPPY BIRTHDAY

- Gretchen Paulsen 5/2
- Ellin Loveless 5/7
- Lyle Chadwick 5/7
- Lois Shenker 5/8
- Jackie Brajavich 5/10
- Julia Hall 5/14
- Susan Ahlquist 5/16
- Andre Farajpanahi 5/18
- Marilyn Tuffs 5/18
- Penny Russo 5/20
- Dave Wilder 5/20
- Edith Bokemeier 5/22
- Arlene Morrison 5/23
- Jeannette Murray 5/25
- Joe Saad 5/26
- Susan Wright 5/27
- Hedda Conkley 5/29
- Charlotte Wilkerson 5/30
- Annette Selmer 5/31



We love our volunteers!

### Staff Team Members

- |                    |                 |                          |                  |
|--------------------|-----------------|--------------------------|------------------|
| General Manager    | Joanie Ceballos | Kitchen Manager          | Charley Boonkaw  |
| Marketing Director | Jason Goodwill  | Maintenance Supervisor   | Alex Navarro     |
| Operations Manager | Doris Kelleher  | Life Enrichment Director | Michele Willemse |

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### HAPPY ANNIVERSARY

- David & Kimiko Skiles 5/3
- Dan & Judy Jones 5/28



Portland, OR 97225  
4875 SW 78th Avenue



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		 <p><b>Color Chart</b> Red Lettering = Outing Blue Lettering = Special Event</p>	10:00 Social Hour 12:00 Mt. Man Fruit & Nut Co. 1:00 Mexican Train 1:30 Sip & Study (Torah) 3:30 Book Club 6:30 Bingo 6:30 Poker	10:00 Social Hour 9:45 Crystal Springs Rhododendron Gardens 1:00 Canasta 1:30 Washington Square 6:30 All Creatures Great & Small: season 2 epi. 2	10:00 Social Hour 11:00 Cribbage 1:00 Courtyard Ambassadors Meeting 3:30 Happy Hour 6:30 Netflix Docu Series: Testament: The Story of Moses: The Prophet	10:00 The Needlers 1:00 Writer's Group 2:00 Curiosity U. 6:30 Movie: <u>The Beautiful Game</u>
8:15 National Cathedral Church Stream 10:00 Lake grove Presbyterian Stream 10:30 Mahjong 1:00 Eye Clinic 2:00 May B-day Party 3:30 Mind Benders	10:00 Social Hour 10:00 "Satin Hands" 11:00 Cardio Drumming 1:00 Understanding Your Body 1:00 The Voices of Women 3:30 Trivia Monday 6:30 Rummikub 6:00 Kindness Café	10:00 Social Hour 10:00 Park Walks 10:00 Ink Brush Painting 1:00 Pinochle 2:00 Bible Study 3:30 Bean Bag Baseball 4:30 Silent Meditation 6:30 Kelly & Ken Sing!	10:00 Social Hour 11:00 Your Speed Tech. 1:00 Mexican Train 1:30 Potting Party 3:30 Life's Big Questions 6:30 Bingo 6:30 Poker	10:00 Voter's Assistance 10:00 Social Hour 10:30 Cornell Farms Nursery 12:30 Olive Garden 1:00 Canasta 6:30 All Creatures Great & Small: season 2 epi. 3	10:00 Social Hour 10:00 Ladies Social and Music with Stan Lasley 11:00 Cribbage 1:30 Curiosity U. 3:30 Happy Hour 6:30 Netflix Docu Series: Testament: The Story of Moses: The Plagues	10:00 The Needlers 1:00 Writer's Group 2:00 Curiosity U. 6:30 Movie: <u>Shirley</u>
8:15 National Cathedral Church Stream 10:00 Valley Community Presbyterian Stream 10:30 Mahjong 1:30 Bingo 3:30 Mind Benders  HAPPY MOTHER'S DAY	10:00 Social Hour 10:00 Coloring and Coffee 11:00 Cardio Drumming 1:00 The Voices of Women 1:30 All Resident Meeting 3:30 Trivia Monday 6:30 Rummikub	10:00 Social Hour 10:00 Park Walks 10:00 Ink Brush Painting 1:00 Pinochle 2:00 Bible Study 3:30 Bean Bag Baseball 4:30 Silent Meditation 6:30 African Cruise Adventure with Helen	10:00 Social Hour 1:00 Mexican Train 1:30 Discussion Group 3:30 Play Reading for Fun!! 6:30 Bingo 6:30 Poker	10:00 Japanese Gardens & Lunch at Hunan Pearl 10:00 Social Hour 1:00 Canasta 6:30 All Creatures Great & Small: season 2 epi. 4	10:00 Social Hour 11:00 Cribbage 1:30 Curiosity U. 3:30 Happy Hour 6:30 Netflix Docu Series: Testament: The Story of Moses: The Promised Land	10:00 The Needlers 1:00 Writer's Group 2:00 Curiosity U. 6:30 Movie: <u>Scoop</u>
8:15 National Cathedral Church Stream 10:00 Valley Community Presbyterian Stream 10:30 Mahjong 1:30 Bingo 3:30 Mind Benders	10:00 Social Hour 10:00 Coloring and Coffee 11:00 Cardio Drumming 1:00 The Voices of Women 3:30 Trivia Monday 6:00 Kindness Café 6:30 Rummikub	10:00 Social Hour 10:00 Park Walks 1:00 Pinochle 2:00 Bible Study 3:30 Bean Bag Baseball 4:30 Silent Meditation 6:30 Movie: <u>Discovering: Grace Kelly</u>	10:00 Social Hour 11:00 Your Speed Tech. 1:00 Mexican Train 1:00 Bunco 3:30 Life's Big Questions 6:30 Poker 6:30 West Side Singers	10:00 Social Hour 10:00 Stoller Winery 1:00 Canasta 1:30 Holy Communion 6:30 All Creatures Great & Small: season 2 epi. 5	8:00 Men's Breakfast 10:00 Social Hour 11:00 Cribbage 1:30 Curiosity U. 3:30 Happy Hour	10:00 The Needlers 1:00 Writer's Group 2:00 Curiosity U. 6:30 Movie: <u>Frybread Face and Me</u>
8:15 National Cathedral Church Stream 10:00 Valley Community Presbyterian Stream 10:30 Mahjong 1:30 Bingo 3:30 Mind Benders	10:00 Social Hour 10:00 Coloring and Coffee 10:00 Able Hearing 11:00 Cardio Drumming 11:30 Memorial Day BBQ 1:00 The Voices of Women 3:30 Trivia Monday 6:30 Rummikub  HAPPY MEMORIAL DAY	10:00 Social Hour 10:00 Park Walks 1:00 Pinochle 2:00 Bible Study 3:30 Bean Bag Baseball 4:30 Silent Meditation 6:30 <u>Discovering: Elizabeth Taylor</u>	10:00 Social Hour 1:00 Mexican Train 3:30 Life's Big Questions 6:30 Bingo 6:30 Poker	TBA Banks to Vernonia 10:00 Social Hour 1:00 Canasta 6:30 All Creatures Great & Small: season 2 epi. 6	10:00 Social Hour 11:00 Cribbage 1:30 Curiosity U. 3:30 Happy Hour	

## Health Matters

### Asparagus, Citrus Salad

Servings: 4      Prep time: 15 minutes

- 1 1/2 pounds fresh asparagus
- 4 oranges, preferably blood oranges
- 4 tablespoons chopped walnuts or slivered almonds

#### Vinaigrette Preparation -

1. In a small bowl, combine shallots with the vinegar. Let stand at least 20 minutes.
2. Meanwhile, zest one of the oranges, avoiding the white pith. Finely chop zest and add to the vinegar.
3. Squeeze 1/3 cup of juice from zested orange and add to the bowl. Slowly whisk in the olive oil and season with salt and pepper. Set aside.

#### Salad Preparation -

1. Cut asparagus spears in half or in fourths. Steam for 4 to 5 minutes until crisp-tender and bright green, then remove from pot and drain to cool. Toss the cooled asparagus with the vinaigrette.
2. Cut the ends of the remaining oranges and peel them by cutting down the fruit vertically, following the contours of the fruit. Use your fingers to remove the peel.
3. Slice the peeled oranges horizontally into 1/2-inch-thick slices.
4. Arrange the orange slices and asparagus spears on salad plates and season to taste with additional salt and pepper.
5. Top each serving with 1 tablespoon chopped (optionally toasted) nuts.

#### Vinaigrette

- 2 tablespoons Balsamic vinegar (or 1 tablespoon sherry vinegar plus 1 tablespoon Balsamic)
- 1 shallot, finely diced
- Zest and juice from 1 orange
- 2 to 3 tablespoons extra-virgin olive oil
- Salt and pepper, to taste



## Happy Birthday April Celebrants!

#### Standing (from left to right):

Betty Miller,  
Kay Owen

#### Seated (from left to right):

Joan Graham,  
Jackie Christenson,  
Marlene Abrams,  
Mary Deem



## Courtyard Snapshots



Laura Haggi

Laura Haggi has been here at Courtyard since August of last year. An Oregon native, Laura comes from a traditional Italian family and is the youngest of two children.

She graduated from Wilson High School, now known as Ida B. Wells High School. After graduating high school, she began working for the City of Portland where she began as a Typist clerk and ended her career as an administrative assistant. After 32 years with the City of Portland, she retired. She has five kids and a granddaughter named Madison.

About a year ago, Laura suffered a heart attack and spent 10 days in the hospital. This event caused her life to change forever, she stopped smoking and does not miss it. It also had a negative effect which caused a fear of returning to her home where it happened, leading Laura to find Courtyard. Here she found her people and the community she needed to overcome her fear.

Laura enjoys Bean Bag Baseball and is part of the Emergency Preparedness Group. If you have attended Cardio Drumming, you may have seen her bust a move. She just recently joined the Needlers.

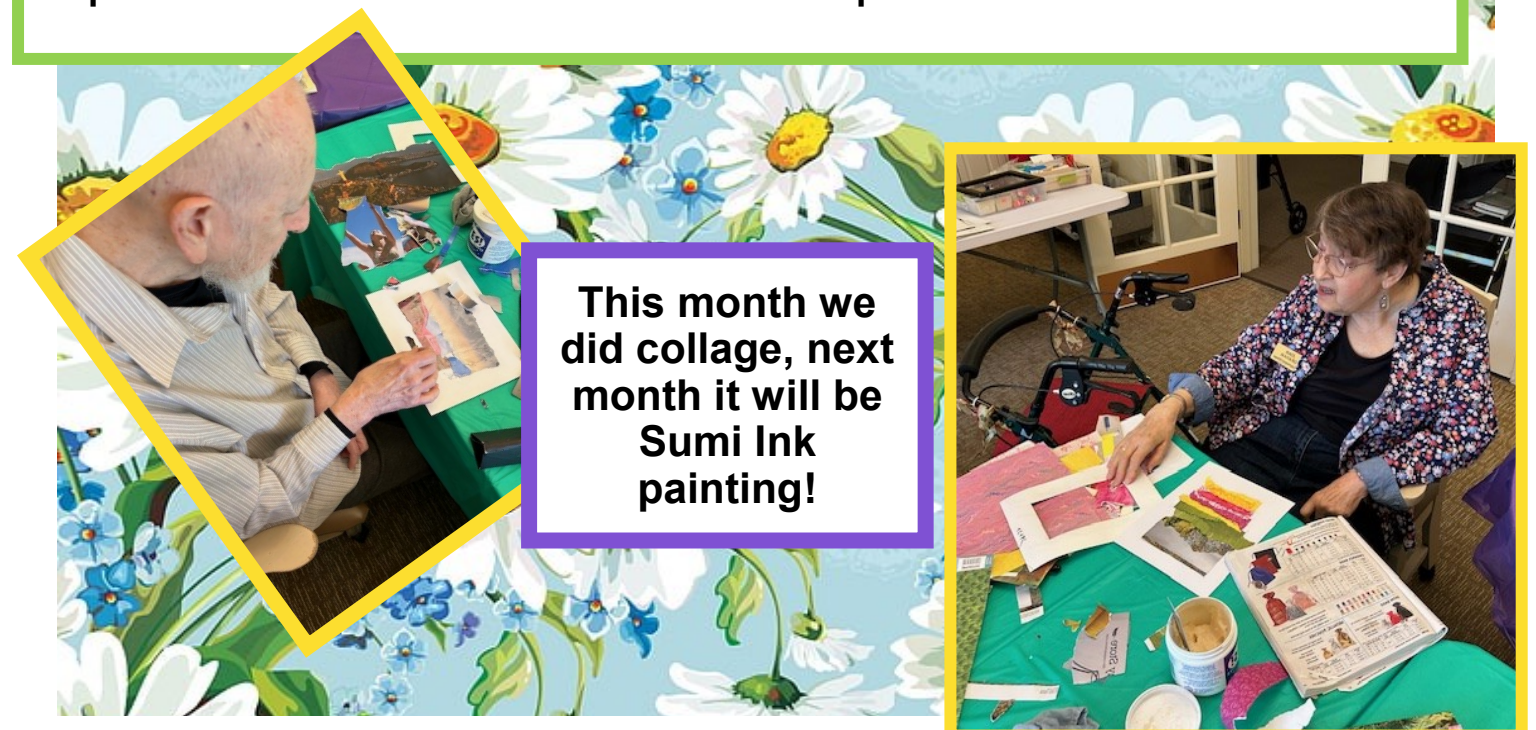
## Welcome New Residents

Apt #139 Jackie Magner

Apt #225 Dave Taft

Apt #285 Tom Biniak

Apt #345 Arvis Frank



This month we did collage, next month it will be Sumi Ink painting!

## Activities and Events

### Event Programs at Courtyard:

- **Sumi Ink Painting:** Nancy Klos from the Oregon Society of Artists will conduct an ink brush painting class on Tuesday, May 7th and 14th from 10:00am to noon. Sign up will be under Tab 5 of the Activity Book located near the mailroom. No experience needed.
- **Mother's Day:** Satin Hands: Monday May 6th from 10:00am to noon.  
Ladies Social: Friday, May 10th from 10:00am to noon.
- **Kelly & Ken:** Let's have a fun evening of singing, Tuesday, May 7th at 6:30pm.
- **Potting Party:** Grab your pot/s and flowers and come to the Front Courtyard. We provide the tables and soil.
- **Voter's Assistance:** Washington County volunteers will be here, Thursday, May 9th from 10:00am to 1:00pm.
- **The Voices of Women:** Mondays at 1pm, a group of people would like to have a discussion group about the Book "Pirkei Imahot: The Wisdom of Mothers, The Voices of Women" We will discuss a chapter each week. Michele has 2 library copies for whomever would like to borrow the book.
- **African Cruise Adventure with Helen Youngelson-Neal:** Come to Helen's visual journey of her 72 day cruise around Africa in the fall of 2023.
- **Discussion Group:** The topic is "Benefits of Open Borders" for May 16th at 1:30pm.

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

- **Saturday, May 4th:** Our Future in Space: Billionaires, Rockets, and Gravity
- **Friday, May 10th:** Albert Camus and the Human Condition
- **Saturday, May 11th:** Over My Dead Body: Unearthing the Hidden History of America's Cemeteries
- **Friday, May 17th:** The Genius of Darwin: What He got Right, and What He Got Wrong
- **Saturday, May 18th:** Rediscovering the Genius of Picasso
- **Friday, May 24th:** Other Worlds: Discovering Planets Beyond our Solar System
- **Saturday, May 25th:** Georgia O'Keeffe: Mother of American Modernism
- **Friday, May 31st:** Women in Comedy: A Subversive History

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

- **Crystal Springs Rhododendron Gardens:** Thursday, May 2nd at 9:45am we will depart for the gardens. Wear good walking shoes. There is a slope down to enter the gardens and then, of course and incline to get back to the bus. Admission is \$5. We will be back in time for Lunch.
- **Cornell Farms Nursery:** Departure at 10:30am. Here is your chance to buy summertime plants.
- **Japanese Gardens and Hunan Pearl:** Thursday, May 16th departure at 10am. Enjoy the morning in this beautiful garden. Admission is approximately \$19, or \$17 if we get 15 people to go. Pay Michele ASAP so we may reserve our time slot. After the garden we will have lunch at Hunan Pearl.
- **Stoller Winery:** We are visiting the Stoller Family Estate Vineyard and Winery located in the Dundee Hills. Join us for the beautiful views, wine tasting and lunch. Wine tasting is \$25 for samples of Pinot Noir, Chardonnay and other wines. Lunch will run about \$12 to \$15 dollars. If you can pay with cash, please do so.
- **Historical Banks:** We are going on an adventure towards Banks and Vernonia. Details to come stay tuned!! We are checking out the restaurants, museum, and state park along the way.

## What is New This Month?

- **The Voices of Women:** Mondays at 1pm, a group of people would like to have a discussion group about the Book "Pirkei Imahot: The Wisdom of Mothers, The Voices of Women" We will discuss a chapter each week. Michele has 2 library copies for whomever would like to borrow the book.
- **Tuesday Morning Walks:** Every Tuesday Morning at 10:00am, the bus will take us to a park which provides paved paths. You may walk whatever speed you wish. If you wish to walk to the nearest bench and take in the atmosphere, that works too. The park will be listed on the activity update and whether it is dog friendly or not. Your pet pooch is more than welcome to come as long as the park permits it. No sign-up necessary, show up 10 minutes before departure time.
- **Washington County Voter's Assistance:** Thursday, May 9th from 10:00am to 1:00pm: a group of volunteers will bring a ballot box and will assist you in whatever you need concerning voting in Washington County.
- **Memorial Day BBQ:** Join us for a special BBQ of chicken or ribs. Sign-up and purchase at the Front Desk for your seating choice and special ticket!!

## Let's Recognize, Pamper, & Celebrate Mothers!

**"Satin Hands"** - Monday, May 6th at 10:00am, Jane (foot massage therapist) will bring Mary Kay products for a "spa day" for 15 people where you will try products for free. Refreshments will be served. Please sign up under Tab 5 in the Activity Book located next to the mailroom.

**Ladies Social and Music with Stan Lasley** - Friday, May 10th, the ladies of Courtyard may come to the Vista Room any time between 10:00am and noon. Stan will play from 10:30am to 11:30am. We will have a "glamour shot" booth so you can show off your beautiful self. There will also be an array of goodies and tea from which to choose.

## Summer Bus Transportation Schedule

**Tuesdays:** 10:00am: Park Walks

1:00pm, 1st & 3rd: Costco, WinCo, Walmart

1:00pm, 2nd: BiMart, Uwajimaya, Kohl's or Target

1:00pm, 4th: Beaverton Fred Meyer, Uwajimaya

**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

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



# 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					

