

Everyone was resourceful when the power was out. There were "on-the-spot" parties through out the building!! Thank you for pulling together and being the awesome people you are !!

Staff Team Members

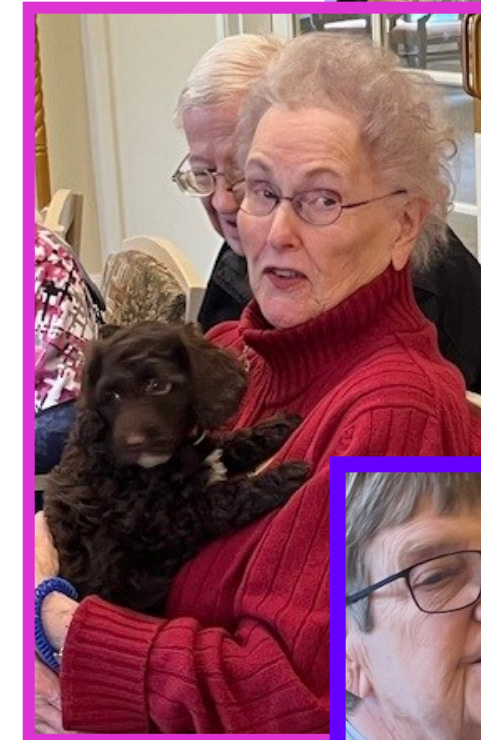
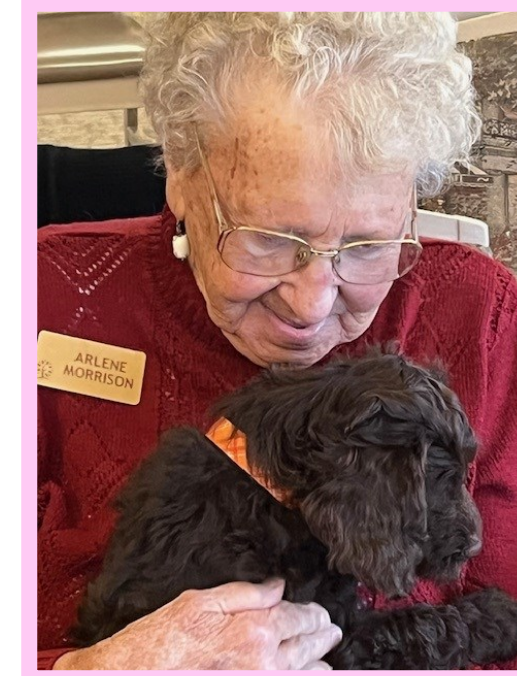
General Manager	Joanie Ceballos
Marketing Director	Jason Goodwill
Operations Manager	Doris Kelleher
Life Enrichment Director	Michele Willemse
Kitchen Manager	Charley Boonkaw
Front Desk Supervisor	Alex Whitehead
Lead Housekeeper	Olivia Varela
Maintenance Supervisor	Alex Navarro



Play Cribbage with Us!!

HAPPY BIRTHDAY

- Darlene McKenzie 2/2**
- Laura Haggi 2/5**
- Dennis McGovern 2/8**
- Luci Wakefield 2/9**
- Ken Schechter 2/11**
- Lois Thibeault 2/12**
- Nora Palm 2/14**
- Leila Rosenblatt 2/18**
- Sue Friedman 2/19**
- Barbara Thompson 2/19**
- Margrethe Farnstrom 2/22**
- Bonnie Moreno 2/23**
- Helen Youngelson-Neal 2/23**
- Sue Sadis 2/26**



Puppy Loving!



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4875 SW 78th Avenue

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Color Chart</p> <p>Red Lettering = Outing</p> <p>Blue Lettering = Special Event</p>	<h1>February</h1>			<p>10:00 Foot Massage ¹</p> <p>10:00 Social Hour</p> <p>10:00 Rummage Sale</p> <p>11:00 Cribbage (Courtlandia)</p> <p>1:00 Canasta</p> <p>1:30 One Day University</p> <p>1:30 Washington Square</p> <p>6:30 <u>The Crown: Episode 6</u></p>	<p>2 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 style="text-align: center;"><u>GROUNDHOG'S DAY</u></p>	<p>3 1:00 Writer's Group</p> <p>2:00 Movie: <u>Groundhog's Day</u></p> <p>6:30 Movie: <u>Groundhog's Day</u></p>
<p>4 8:15 National Cathedral Church Stream</p> <p>10:00 Lakegrove Presbyterian Stream</p> <p>10:30 Mahjong</p> <p>2:00 February B-day Party</p> <p>3:30 Mind Benders</p> <p>Knife Sharpening Drop-off</p>	<p>5 10:00 Social Hour</p> <p>11:00 Cardio Drumming</p> <p>1:00 Understanding Your Body</p> <p>3:00 Sharp Knife pick-up</p> <p>3:30 Trivia Monday</p> <p>6:30 Rumi Kub</p> <p>6:00 Kindness Café</p>	<p>6 10:00 Social Hour</p> <p>11:30 Meet Your Neighbor 1</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 Movie: <u>Show Boat</u></p>	<p>7 10:00 Social Hour</p> <p>12:00 Mt. Man Fruit & Nut Co.</p> <p>1:00 Mexican Train</p> <p>1:30 Sip & Study (Torah)</p> <p>3:30 Book Club</p> <p>6:30 Bingo</p> <p>6:30 Poker</p>	<p>8 10:00 Social Hour</p> <p>11:00 Cribbage</p> <p>1:00 Canasta</p> <p>1:00 Scenic Drive</p> <p>3:30 Drone Flying</p> <p>6:30 <u>The Crown: Episode 7</u></p>	<p>9 10:00 Social Hour</p> <p>1:30 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>10 1:00 Writer's Group</p> <p>2:00 Movie: <u>Society of the Snow</u></p> <p>6:30 Movie: <u>Society of the Snow</u></p>
<p>11 8:15 National Cathedral Church Stream</p> <p>10:00 Valley Community Presbyterian Stream</p> <p>10:30 Mahjong</p> <p>1:15 Oregon Symphony: Beethoven's 5th Symphony</p> <p>1:30 Bingo</p> <p>3:30 Super Bowl Party!!</p>	<p>12 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>13 10:00 Social Hour</p> <p>11:30 Meet Your Neighbor 2</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 Movie: <u>Kiss Me Kate</u></p>	<p>14 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 Valentine Happy Hour</p> <p>6:30 Bingo</p> <p>6:30 Poker</p> <p style="text-align: center;"><u>HAPPY VALENTINE'S DAY!</u></p>	<p>15 10:00 Social Hour</p> <p>10:00 Foot Massage</p> <p>11:00 Cribbage</p> <p>11:00 Top Burmese</p> <p>1:00 Canasta</p> <p>1:30 One Day University</p> <p>6:30 <u>The Crown: Episode 8</u></p>	<p>16 10:00 Social Hour</p> <p>1:30 One Day University</p> <p>3:30 Happy Hour</p> <p>6:15 <u>Nevah Shalom Service</u></p>	<p>17 1:00 Writer's Group</p> <p>2:00 Movie: <u>American Symphony</u></p> <p>6:30 Movie: <u>American Symphony</u></p>
<p>18 8:15 National Cathedral Church Stream</p> <p>10:00 Valley Community Presbyterian Stream</p> <p>10:30 Mahjong</p> <p>1:30 Bingo</p> <p>3:30 Mind Benders</p>	<p>19 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 Café</p> <p style="text-align: center;"><u>PRESIDENTS' DAY</u></p>	<p>20 10:00 Social Hour</p> <p>11:30 Meet Your Neighbor 3</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 Movie: <u>Annie Get Your Gun</u></p>	<p>21 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>3:30 Volunteer Appreciation</p> <p>6:30 Bingo</p> <p>6:30 Poker</p>	<p>22 10:00 Social Hour</p> <p>10:00 Evergreen Aviation Museum</p> <p>11:00 Cribbage</p> <p>1:00 Canasta</p> <p>1:30 Holy Communion</p> <p>6:30 <u>The Crown: Episode 9</u></p>	<p>23 8:00 Men's Breakfast</p> <p>10:00 Social Hour</p> <p>1:30 One Day University</p> <p>3:30 Happy Hour</p> <p>6:00 <u>Temple Beth Israel Shabbat Streamed Service</u></p>	<p>24 1:00 Writer's Group</p> <p>2:00 Movie: <u>Yogi Berra: It Ain't Over</u></p> <p>6:30 Movie: <u>Yogi Berra: It Ain't Over</u></p>
<p>25 8:15 National Cathedral Church Stream</p> <p>10:00 Valley Community Presbyterian Stream</p> <p>10:30 Mahjong</p> <p>1:30 Bingo</p> <p>3:30 Mind Benders</p>	<p>26 10:00 Social Hour</p> <p>1000 Able Hearing</p> <p>11:00 Cardio Drumming</p> <p>3:30 Trivia Monday</p> <p>6:30 Rumi Kub</p>	<p>27 10:00 Social Hour</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 Movie: <u>Seven Brides...</u></p>	<p>28 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>29 10:00 Social Hour</p> <p>11:00 Cribbage</p> <p>1:00 Canasta</p> <p>1:30 One Day University</p> <p>2:00 Scenic Drive</p> <p>6:15 Lakewood Theater</p> <p>6:30 <u>The Crown: Episode 10</u></p>	<p>Meal Prices</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>	

Health Matters

Tips to keep your brain healthy

1) Exercise regularly.

Numerous studies have shown that those who participate in regular physical activity have a lesser chance of developing Alzheimer's disease and a decline in their mental function.

Try to get 30 to 60 minutes of activity several times a week. You can take a fitness class or go on a walk, or do any activity that increases your heart rate.

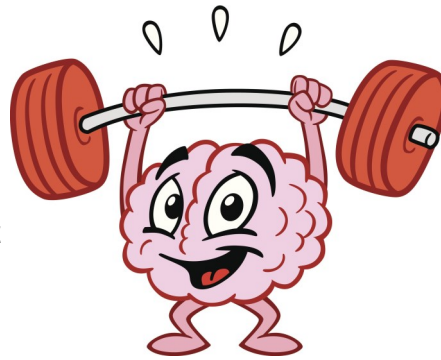
2) Continue to engage in social activities.

Social interaction with others helps ward off depression and stress, which can exacerbate memory loss. Try to seek out opportunities to interact with friends, family, and other people. Research shows that isolation has the negative effect on brain health.

3) Stay mentally active.

Like our muscle, your brain needs to be used or you'll lose it. There are many things you can do to challenge your brain. You can play cards, do Sudoku or crossword puzzles, or many other activities can help exercise your mind.

For more tips visit <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/5-tips-to-keep-your-brain-healthy>



Courtyard Snapshots



Lahoma Lane

Coming this Saturday, January 27th Lahoma Lane will have been living at Courtyard for a complete two weeks. Even through the power outage she thinks Courtyard is a wonderful place!

Lahoma grew up in Muskogee, Oklahoma with her brother and parents who owned a trailer park. She met her husband, Mike, when he came to build a house with her step father. It turns out that Mike also liked to build stock cars and Lahoma took up Powder Puff Derby stock car driving! They have three sons, Michael, James, and Shane.

The family moved to Freeforks, Montana where her husband worked as a train engineer. Following his job, they moved to Milwaukie Oregon where their boys went to school. The family made another move to Montana but this time their two oldest sons stayed in Oregon for college while the youngest son came with them to Montana to graduate high school.

Gardening is her passion and she has also enjoyed painting ceramics. In May she is taking a cruise to Alaska with friends she previously met on a cruise to Mexico. Coincidentally there is a resident here at Courtyard who is going on the exact same cruise!

Happy Birthday January Celebrants!



Standing (from left to right): Carol Olpin, Spencer Snow, Pat Ogden

Seated (from left to right): Lois Juilfs, Marjorie Carson, Linda Enzenberger, Elizabeth Sannebeck

Welcome New Residents

#361 Judy David-Hope

#183 Gloria Yarne

Reyna is one of our wonderful housekeepers, and she has been with us for five years.

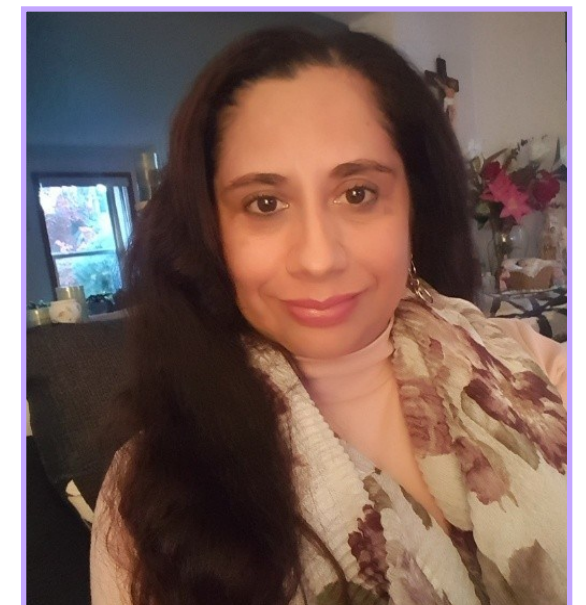
She was born in Belen Santa Rosa de Lima, Guatemala. Reyna made the decision to relocate to the US in 1998, and in 2022 she obtained US citizenship.

She has two beautiful children, a boy and a girl. Brianna is her youngest, while Christian is her oldest.

In her spare time, she enjoys doing things around the house. She also loves watching sports, particularly soccer.

Reyna is a thoughtful person who enjoys helping others.

It is also told that she has a beautiful singing voice.



Reyna Lara Solares

Activities and Events

Event Programs at Courtyard:

- **Drone Flying:** During this month on Thursdays at 3:30pm we are learning to fly our drone. You are more than welcome to try. When the weather is good we will go to the back courtyard to fly the drone.
- **Rummage Sale:** We are going to try the Rummage sale again. If you have items you wish to sell, inform Michele and bring your items down before 10am on Thursday, February 1st. You are responsible for selling your own items. There will be a "free table" for items to give-away
- **February Birthday Party:** Everyone is welcome to attend! Dennis McGovern has a little slide presentation of his dogs and art pictures.
- **Understanding Your Body:** Time For Your Yearly Exams: What Do You Expect This Year?
- **Sip & Study:** Rabbi Posen is back from her hiatus!! Come study the Torah with us!
- **Superbowl Party:** The Vista Room will be our "Tailgating" area!!! Join us to cheer or jeer your chosen teams!!! Kick-off is at 3:30pm.
- **Valentine Happy Hour:** At 3:30pm on the 14th we will serve wine and chocolates. To celebrate Valentine's Day, Michele is collecting your favorite scenes from romantic movies and will show vignettes while you enjoy your goodies.
- **Kelly and Ken Sing!!:** Monday, February 26th our duo is back to sing for us!!

One Day University:

Informative one-hour lectures by professors from various universities.

- **Thursday, 2/1:** What We Can Learn From Ancient Philosophers
- **Thursday, 2/15:** The Bronze Age: Rise of Civilization
- **Friday, 2/16:** Thurgood Marshall: His Leadership and Legacy
- **Friday, 2/23:** Arthur Ash: A Hard Road to Glory
- **Thursday, 2/29:** Richard Allen: The Black Founding Father



Outings:

Please sign up under Tab 1 of the Activity Book.

- **Mystery Drive:** Join us for a mystery drive on Thursday, February 8th at 1pm. On our way back we will stop for a treat.
- **Oregon Symphony:** Beethoven's 5th Symphony will be performed. This is for season ticket holders. If you wish to purchase tickets for this performance, call 503-416-6361 and inform Michele if you will be taking the Courtyard Bus.
- **Top Burmese Bistro Royale:** This restaurant has an "Indian-influenced" menu. Robots help serve food at the restaurant. This is a little more spendy. Menus available with Michele.
- **Evergreen Aviation Museum:** Let's go visit the Spruce Goose and other aviation and space wonders. We will start with the aviation museum and break for lunch at the café. Afterwards we will head towards the space museum and check it out. Cost is \$18. Pay Michel by February 7th. More details to follow.
- **Lakewood Theater 12/29 departure at 6:15:** We have 15 free seats to see A Few Good Men. A U.S. soldier is dead, and military lawyers want to know why. Accused are two Marines stationed at Guantanamo Bay, but who is really to blame?

Services at Courtyard This month

Knife Sharpening: Colin from **Edgemaster** will be here Monday morning on February 5th to sharpen your knives. A detailed description of the process to get your knives/scissors sharpened will be on the mailroom counter. Basically wrap you items in a towel and put it in a bag or sack with your name, phone number, and a check in it. It is \$5 per item and make checks payable to "Edgemastser".

Drop off your sack of items at Michele's office on Sunday, February 4th. Pick up will be Monday, February 5th after 3pm. Questions? See Michele.

Able Hearing: Able Hearing is back at Courtyard!!! James Forehand will be here the fourth Monday of every month from 10am to 11am. No appointments necessary - just show up!

Upcoming Courtyard Service

Optometrists: There is a group of Optometrist who are planning to come to Courtyard on a quarterly basis to clean and do simple repairs to your glasses. Stay tuned for further details.



Riddle Me This:

1. How many 3 cent stamps are in a dozen?

2. How can a woman living in Canada legally marry three men without ever getting a divorce, being widowed, or legally separated?

Volunteer Appreciation

Monday, February 21st at 3:30pm, we will celebrate everyone here at Courtyard who helps us in so many ways. If you volunteer, please come.

Meet Your Neighbor Lunches

This is your opportunity to meet and have lunch with someone from your floor you don't know or would like to know better. We will take over the Vista Room where you will have lunch with your "floor mates". We will serve fun drinks with lunch. Each lunch will take place on a Tuesday from 11:30am to 1:30pm. Sign up on the sheets attached to the clipboard by the mailroom. Be sure to bring a lunch ticket. February 6th is for the First Floor residents, February 13th is for the second floor residents and February 20th is for the third floor residents.

"Riddle Me This" Answers

1. 12
2. She is a justice of the peace



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.