

We lit the lights,
said the blessing,
and had some
wonderful
Hanukkah treats.



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 | Erik Smith |
| Lead Housekeeper | Olivia Varela |
| Maintenance Supervisor | Alex Navarro |



HAPPY BIRTHDAY



Good Times

January 2023

Carolyn Hunnicut-Armijo 1/4

Joyce Erland 1/5

Mary Lile 1/6

Luci Wakefield 1/9

Ellen Tarab 1/10

Judy Jones 1/14

Pat Ogden 1/15

Lois Juilfs 1/16

Spencer Snow 1/18

Ron Gross 1/18

Nancy Newell 1/27

Carol Olpin 1/27



HAPPY ANNIVERSARY

Spencer & Vivienne Snow 1/26



The holiday
dinner was
festive and fun.
Everyone was
ready
for a party!



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Portland, OR 97225
4875 SW 78th Avenue



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
8:30 National Cathedral Church Streaming 1 11:00 Lake Grove Presbyterian Church Streaming 1:30 Bingo 3:30 Mind Benders	10:00 Social Hour 2 10:00 Ukulele Class 1:00 One Day University 3:30 Beanbag Baseball 6:30 Rumi Kub	10:00 Social Hour 3 9:30 Order Covid Test Kit 12:30 Order Covid Test Kit 1:00 One Day University 2:00 Bible Study 3:30 Trivia Tuesday 4:00 Silent Meditation 6:30 Spencer Snow Concert	10:00 Social Hour 4 12:00 Mt. Man Fruit & Nut Co. 1:00 Scrabble or Mahjong 1:30 Sip & Study: Torah 3:30 One Day University 6:30 Bingo 6:30 Poker	10:00 Social Hour 5 11:00 Your Speed Tech. 1:00 Canasta 1:00 One Day University 11:15 Lunch at Ki-ichi 3:30 Rhythm Circle 6:15 Lake Grove Theater 6:30 Classic Movie: <u>Miracle</u>	10:00 Social Hour 6 1:30 Reflections: Aging and Loss Support Group 3:30 Happy Hour 6:30 Drive Through History: <u>A Final Journey to Rome</u>	1:00 Writer's Group 7 1:00 The Knit Wits 2:00 Movie: <u>Top Gun: Maverick</u> 6:30 Movie: <u>Top Gun: Maverick</u>	
8:30 National Cathedral Church Streaming 8 11:00 Lake Grove Presbyterian Church Streaming 2:00 Birthday Party Music w/ Larry Wilder 3:30 Mind Benders	10:00 Social Hour 9 10:00 Ukulele Class 11:00 Cardio Drumming 1:30 All Resident Meeting 3:30 Beanbag Baseball 6:30 Rumi Kub 6:30 Film: <u>Profiles in Living & Dying</u> (& discussion)	10:00 Social Hour 10 1:30 Book Club 2:00 Bible Study 3:30 Trivia Tuesday 4:00 Silent Meditation 6:30 Sig Unander Presentation	10:00 Social Hour 11 1:00 Scrabble or Mahjong 1:30 The Seekers 3:30 Life's Big Questions 6:30 Bingo 6:30 Poker	10:00 Social Hour 12 10:00 Washington Square 10:00 Able Hearing 1:00 Canasta 1:00 One Day University 1:00 Scenic Tour 3:30 Rhythm Circle 6:30 Classic Movie: <u>Murphy's Romance</u>	10:00 Social Hour 13 1:30 Reflections: Aging and Loss Support Group 3:30 Happy Hour 6:30 Drive Through History: <u>the Martyrdom of Paul & Peter</u>	1:00 Writer's Group 14 1:00 The Knit Wits 2:00 Movie: <u>Elvis</u> 6:30 Movie: <u>Elvis</u>	
8:30 National Cathedral Church Streaming 15 11:00 Lake Grove Presbyterian Church Streaming 1:30 Bingo 3:30 Mind Benders	10:00 Social Hour 16 10:00 Ukulele Class 11:00 Cardio Drumming 1:00 Back in the Swing of Things 3:30 Beanbag Baseball 6:30 Rumi Kub 6:30 Film: <u>Profiles in Living & Dying</u> (& discussion)	10:00 Social Hour 17 1:00 One Day University 2:00 Bible Study 3:30 Trivia Tuesday 4:00 Silent Meditation 6:30 Kate Sherbo Sings	10:00 Social Hour 18 1:00 Scrabble or Mahjong 1:30 Discussion Group 3:30 Play Reading for Fun! 6:30 Bingo 6:30 Poker	10:00 Social Hour 19 11:00 Your Speed Tech. 1:00 Canasta 1:00 One Day University TBA Oregon Historical Society or Movie Outing 3:30 Rhythm Circle 6:30 Classic Movie: <u>Lilies of the Field</u>	10:00 Social Hour 20 1:30 Reflections: Aging and Loss Support Group 3:30 Happy Hour 6:30 Drive Through History: <u>John and the Island of Patmos</u>	1:00 Writer's Group 21 1:00 The Knit Wits 2:00 Movie: <u>Dog</u> 6:30 Movie: <u>Dog</u>	
8:30 National Cathedral Church Streaming 22 11:00 Lake Grove Presbyterian Church Streaming 1:30 Bingo 3:30 Mind Benders	10:00 Social Hour 23 10:00 Ukulele Class 1:30 Rose City Singers 3:30 Beanbag Baseball 6:30 Rumi Kub 6:30 Film: <u>Profiles in Living & Dying</u> (& discussion)	10:00 Social Hour 24 1:00 One Day University 2:00 Bible Study 3:30 Trivia Tuesday 4:00 Silent Meditation 6:30 Movie: <u>The Gay Divorce</u>	10:00 Social Hour 25 1:00 Scrabble or Mahjong 1:00 Bunco 3:30 Life's Big Questions 6:30 Bingo 6:30 Poker	10:00 Social Hour 26 10:30 Scenic Drive 1:00 Canasta 12:30 Taste of Sichuan Lunch 1:30 St. Luke's Communion 3:30 Rhythm Circle 6:30 Classic Movie: <u>The Horse Whisperer</u>	8:00 Men's Breakfast 27 10:00 Social Hour 1:30 Reflections: Aging and Loss Support Group 3:30 Happy Hour 6:30 WWII Documentary: <u>The Search For Kennedy's PT 109</u>	1:00 Writer's Group 28 1:00 The Knit Wits 2:00 Movie: <u>Tesla</u> 6:30 Movie: <u>Tesla</u>	
8:30 National Cathedral Church Streaming 29 11:00 Lake Grove Presbyterian Church Streaming 1:15 Oregon Symphony: Classical A: Tchaikovsky 1:30 Bingo 3:30 Mind Benders	10:00 Social Hour 30 10:00 Ukulele Class 1:00 One Day University 3:30 Beanbag Baseball 6:30 Rumi Kub 6:30 Film: <u>Profiles in Living & Dying</u> (& discussion)	10:00 Social Hour 31 1:00 One Day University 2:00 Bible Study 3:30 Trivia Tuesday 4:00 Silent Meditation 6:30 Movie: <u>The Producers (1968)</u>	Please Check the Winter Fitness Sheet and the Transportation sheet for the latest schedules.		<h1>January</h1>		Color Chart Red Lettering = Outing Blue Lettering = Special Event

New Exercise to Try: Wall Push-Ups

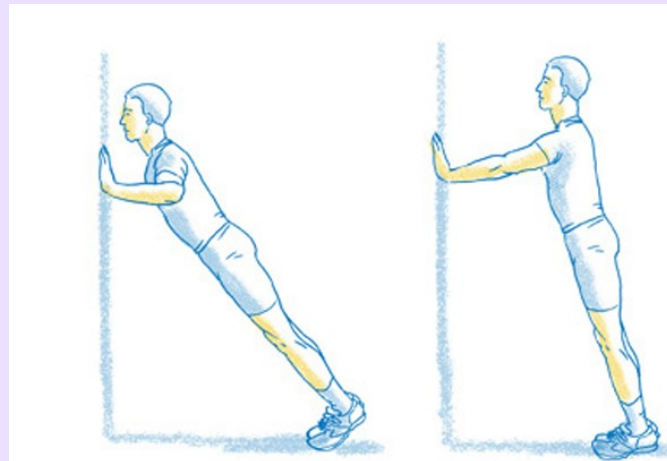
Don't worry if you can't get on the floor anymore to do push-ups — wall push-ups work fine!

Pushups are one of the most effective bodyweight exercises you can incorporate into your routine. Targeting your arms, chest, back, and shoulders.

Using a wall removes some of the load, allowing you to strengthen your muscles.

To perform a wall pushup, all you'll need is a wall.

1. Stand around an arm's length from the wall with your feet hip-width apart.
2. Place both palms on the wall at around shoulder-level height and shoulder-width apart, with your fingers pointed toward the ceiling. If you feel like you're reaching too far, move your feet closer to the wall.
3. Slowly bend your elbows and begin to lean your body toward the wall until your nose almost touches it. Keep your back straight and elbows bending at around a 45-degree angle (instead of straight to the sides).
4. Slowly push back to the starting position.



Health Matters

Courtyard Snapshots



Jackie Young

Jackie is new to Courtyard Village, she has only been here for about a month.

She was born in Philadelphia, Pennsylvania. After high school, she attended Bob Jones University where she met her husband. They married in 1954 and had four children – two boys and a set of twin girls. Jackie and her husband were part of the One Mission Society which allowed Jackie and her family to travel; they visited five countries and spent four years living in Paris, France.

Jackie enjoys being creative with her hands. She likes to knit and crochet, but her current hobby is coloring adult coloring books.

Something that is very important to Jackie is her family. She has enjoyed watching them grow up and reach milestones in their lives. Her favorite memories are with family. One is of vacationing with her husband and children, and the other is of a recent family reunion with all of her kids and grandchildren.

Help us welcome Jackie to Courtyard Village!

Welcome New Residents

#142 Greg Corkum

#190 Ellin Loveless

#251 Jan St. Denis

#333 George "Dave" Cole

Happy Birthday December Celebrants!

Standing (from left to right): Roy Bonn, Cay Kershner, Nils Morich, David Skiles, Wade Askew

Seated (from left to right): Amy Furumasu, Pam Gross, Willa Reynolds, Norma Rowe



Irma Cach is part of our housekeeping staff. She has been an employee of Courtyard for 13 years.

Irma is from Yucatan, Mexico. She has been married for 26 years and shares four kids with her husband –three boys and one girl, some of who are a set of twins.

Her favorite pastime is exercising, riding bikes, and spending time at the coast during the summer. On her days off Irma enjoys spending time with her family, cooking delicious meals, and cleaning her house.

Her favorite memory is of her childhood enjoying spending time with her parents, brothers and sisters.



Irma Cach

Activities and Events

Event Programs at Courtyard:

- Debbie T. is here Tuesday, 1/3 from 9:30am to 11:30am and 12:30pm to 1:30pm to help you order free Covid test kits.
- Spencer Snow and his grandson are back 1/3 at 6:30pm to delight us with their folk tunes. Their theme for tonight is "For Auld Lang Syne, Singing in the New Year with Musical Favorites."
- Larry Wilder will be here at 2:15pm (during the Birthday party) on January 8th to liven up our party
- Sig Unander will present on Tuesday, 1/10 at 6:30pm Home Front Heroines: The Women Who Built America's Arsenal of Democracy.
- Jill and Kate are back to do the performance they cancelled. They will still do a "Falliday" Concert on Tuesday, January 17th at 6:30pm. Wear your favorite fall colors.
- The Rose City Singers are here Monday, January 23rd at 1:30pm to perform for you.

Outings:

- **Thursday, January 5th at 11:15 am:** Join us for lunch at Ki-Ichi, Japanese cuisine.
- **Thursday, January 5th departure at 6:15pm:** Lake Grove Theater presents The Ghost of David Belasco. We have 15 free seats available to us. Sign up in the Activity Book under Tab 1. If there are more than 15 people, we will draw names to see who goes. The play is about a haunted theatre in 1927, and a group of interesting characters who hire a famous medium to contact the long dead theatre impresario David Belasco.
- **Thursday, January 19th:** You get to choose whether we go to a movie or the OHS Museum.
- **Thursday, January 26th at 12:30pm:** We are going to A Taste of Sichuan, for celebrate the Chinese New Year.
- **Sunday, January 29th departure at 1:15pm:** Oregon Symphony, Classical A: Tchaikovsky

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

- **Monday, January 2nd:** The Remarkable Life of Teddy Roosevelt
- **Tuesday, January 3rd:** Much Ado About Shakespeare: Why Three Great Comedies Still Matter Today
- **Wednesday, January 4th:** The Sensational Trial of Lizzie Borden
- **Thursday, January 5th:** Ernest Hemingway: One True Sentence
- **Thursday, January 12th:** Inside the Score of Broadway's "Hamilton"
- **Tuesday, January 17th:** New Class/new images: The Remarkable James Webb Space Telescope
- **Tuesday, January 24th:** All That Glitters: The History of The California Gold Rush
- **Thursday, January 19th:** Paul Cezanne: the Father of Modern Art
- **Monday, January 30th:** Autism: What We know and What We Don't Know
- **Tuesday, January 31st:** Catskill Culture: A Story Told Through Resorts

Drive Through History (video): Acts to Revelation

is a fast-paced, content-rich history show. Each episode follows a particular subject with insightful commentary and fun facts scattered throughout. This is an 18 part series, 1/2 hour each. We will show a segment every Friday at 6:30pm.

- **Jan. 6th:** A Final Journey to Rome
- **Jan. 13th:** the Martyrdom of Paul & Peter
- **Jan. 20th:** John and the Island of Patmos



**Panto Plays,
Bell ringers,
Girl Choir, and
a lot of
holiday fun.**



NEW ROOM SERVICE PROGRAM

We will implement a new Room Service Program mid January 2023.

**Come to the resident meeting,
Monday, January 9th, to find out
the details!**



New Programs

Life's Big Questions: Are you curious? Have a desire to explore? Come discuss open-ended questions like what is Truth? How do we know Beauty? How do we approach our own Mortality? We meet as a small group in the Apex Room.

Movie: Into the Night: Portraits of Life and Death

Join us beginning Monday, January 9th at 6:30pm for this series which creates a safe place to discuss a subject of universal importance: how do we live with death in our eye? The movie will be shown in four segments with each segment followed by a discussion.



Winter Fitness Schedule



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 AM	Group Strength	Exercise Power w/ Juana	Exercise Power w/ Juana	Exercise Power w/ Juana	Exercise Power w/ Juana	
9:30 AM	Tai Chi W/ Michele Standing & Sitting	Exercise Mixture w/ Juana	Exercise Mixture w/ Juana	Exercise Mixture w/ Juana	Exercise Mixture w/ Juana	
10:00 AM						Exercise Video
11:00 AM	Cardio Drumming	Pilates Video		Yoga Video		
3:30 PM	Bean Bag Baseball					

Class Descriptions:

All fitness classes are 30 minutes long & are designed with the support of a chair

Group Strength:

A group style workout with an emphasis on building strength.

Exercise Power & Mixture with Juan:

These classes combine upper and lower body exercises to develop strength, balance, and flexibility to help improve functional strength.

Tai Chi with Michele:

A gentle class that takes your body through a range of relaxed movements to develop a sense of harmony and improve balance, strength, mobility, and flexibility.

Bean Bag Baseball:

A recreational game that is great for balance and cardio. It is a fun and competitive game designed for any ability. Come join the fun!

Fitness Equipment Orientation:

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

Pilates Video:

All moves are low impact and are great for improving posture, cardio fitness, mobility and flexibility.