



You're invited to
**YOUR SPEED TECHNOLOGY
 TRAINING**
 February 2nd & 16th @
 11:00am

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 |

joaniec@courtyardvillage.com
 www.courtyardvillage.com

Portland, OR 97225
 4875 SW 78th Avenue






HAPPY BIRTHDAY

- Barbara Cone 2/6
- Dennis McGovern 2/8
- 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
- Helen Youngelson 2/23
- Bonnie Moreno 2/23
- Shirlee Hansen 2/25
- Sue Sadis 2/26



Music!!
 Fun, laughter
 and songs we
 know and love!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <h1>February</h1>			10:00 Social Hour 12:00 Mt. Man Fruit & Nut Co. 1:00 Scrabble or Mahjong 1:30 Sip & Study: Torah 3:30 One Day University Workshop 6:30 Bingo 6:30 Poker	10:00 Social Hour 11:00 Exercise Social! 1:30 The Seekers 3:30 Life's Big Questions 6:30 Bingo 6:30 Poker	10:00 Social Hour 11:00 Your Speed Tech. 1:00 Canasta 1:30 Scenic Tour 1:00 One Day University 3:30 Rhythm Circle 6:30 Classic Movie: <u>Wallstreet</u>	10:00 Social Hour 1:30 Reflections: Aging and Loving It 3:30 Happy Hour 6:30 <u>Drive Through History: The Book Closes on The New Testament</u>	1:00 Writer's Group 1:00 The Knit Wits 2:00 Movie: <u>Mr. Malcolm's List</u> 6:30 Movie: <u>Mr. Malcolm's List</u>
8:15 National Cathedral Church Streaming 11:00 Lake Grove Presbyterian Church Streaming 2:00 Birthday Party Music w/ Stan Lasley 3:30 Mind Benders	10:00 Social Hour 1:30 Emergency Preparedness 3:30 Beanbag Baseball 6:30 Rumi Kub	10:00 Knife Sharpening 10:00 Social Hour 1:00 One Day University 2:00 Bible Study 3:30 Trivia Tuesday 4:00 Silent Meditation 6:30 Movie: <u>My Dream is Yours</u>	10:00 Social Hour 1:00 Scrabble or Mahjong 11:00 Exercise Social! 1:30 The Seekers 3:30 Life's Big Questions 6:30 Bingo 6:30 Poker	9:30 Spirit Mountain 10:00 Social Hour 10:00 Able Hearing 11:00 Clothing Solutions 1:00 Canasta 6:30 Classic Movie: <u>The Usual Suspects</u>	10:00 Social Hour 1:30 Reflections: Aging and Loving It 3:30 Happy Hour 6:30 <u>WWII Documentary: The Search For Kennedy's PT 109</u>	1:00 Writer's Group 1:00 The Knit Wits 2:00 Movie: <u>TAR</u> 6:30 Movie: <u>TAR</u>	
8:15 National Cathedral Church Streaming 11:00 Lake Grove Presbyterian Church Streaming 1:30 Bingo 3:30 Super Bowl Party	10:00 Social Hour 11:00 Cardio Drumming 1:30 All Resident Meeting 3:30 Beanbag Baseball 6:30 Rumi Kub	10:00 Social Hour 2:00 Valentine Ice Cream Party 2:00 Bible Study 4:00 Silent Meditation 6:30 Music w/ Kelly & Ken	10:00 Social Hour 1:00 Scrabble or Mahjong 2:00 Discussion Group 3:30 Book Club 6:30 Bingo 6:30 Poker	10:00 Social Hour 10:30 Scenic Drive 11:00 Your Speed Tech. 1:00 Canasta 12:45 Old Spaghetti Factory 1:00 One Day University 3:30 Rhythm Circle 6:30 Classic Movie: <u>The Sting</u>	10:00 Social Hour 1:30 Reflections: Aging and Loving It 3:30 Happy Hour 6:30 <u>WWII Documentary: Pearl Harbor: Legacy of Attack</u>	1:00 Writer's Group 1:00 The Knit Wits 2:00 Movie: <u>Dog Gone</u> 6:30 Movie: <u>Dog Gone</u>	
8:15 National Cathedral Church Streaming 11:00 Lake Grove Presbyterian Church Streaming 1:30 Bingo 3:30 Mind Benders	10:00 Social Hour 11:00 Cardio Drumming 1:00 Back in the Swing of Things 3:30 Beanbag Baseball 6:30 Rumi Kub	10:00 Social Hour 1:30 Stronger Memory Presentation 2:00 Bible Study 3:30 Trivia Tuesday 4:00 Silent Meditation 6:30 Movie: <u>That's Entertainment 1</u>	10:00 Social Hour 1:00 Scrabble or Mahjong 1:00 Bunco 3:30 Life's Big Questions 6:30 Bingo 6:30 Poker	10:00 Social Hour 10:00 Oregon Historical Society 1:00 Canasta 12:45 Benihana 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 10:00 Social Hour 1:30 Reflections: Aging and Loving It 3:30 Happy Hour 6:30 <u>WWII Documentary: The Battle For Midway</u>	1:00 Writer's Group 1:00 The Knit Wits 2:00 Movie: <u>Glass Onion: A Knives Out Mystery</u> 6:30 Movie: <u>Glass Onion: A Knives Out Mystery</u>	
8:15 National Cathedral Church Streaming 11:00 Lake Grove Presbyterian Church Streaming 1:15 Oregon Symphony Classical B: Carmina 1:30 Bingo 3:30 Mind Benders	10:00 Social Hour 1:30 Melo Macs 3:30 Beanbag Baseball 6:30 Rumi Kub	10:00 Social Hour 1:30 Play Reading for Fun! 2:00 Bible Study 3:30 Trivia Tuesday 4:00 Silent Meditation 6:30 Movie: <u>Appalachia Journey: Yo-Yo Ma & Edgar Meyer</u>	Please Check the Winter Fitness Sheet and the Transportation sheet for the latest schedules.			Color Chart Red Lettering = Outing Blue Lettering = Special Event	

Exercise Social

Health Matters

Join us for a special exercise social. Come learn about our fitness equipment—it is all in order and functioning! If you already know how to use the equipment still join us! This is a great opportunity to get to know other residents and our equipment.

There will be healthy snacks and drinks available to enjoy, and door prizes! Staff will be around to answer any questions you may have regarding our fitness room.



Welcome New Residents

Dianne Marr #334

Lynn Gelber #335

Happy Birthday January Celebrants!

Standing (from left to right):

Ron Gross, Spencer Snow

Seated (from left to right):

Pat Ogden, Lois Juilfs,
Carol Olpin



Courtyard Snapshots

Rita Wayson has been at Courtyard Village for two months. Before coming here, she was living in the area.

She was born in Detroit, Michigan, and moved to Oregon in 1970 after she married her husband. They have two children together, one lives in San Francisco and the other in Boston.

Rita worked 28 years in retail management at Washington Square where she managed overall store operations. She enjoyed that each day was different and she was constantly on the move.

Due to her move here she currently does not have time for activities but hopes to soon join Courtyard activities.

Her favorite memory comes from a trip she took with her son and her son's best friend to London and Venice.



Rita Wayson



Tim Burt

Tim Burt is our Pastry Chef here at Courtyard Village. He has been with the company for three years.

His interests include landscape and townscape photography. He picked this up when he was 16 years old when his dad bought him a camera. Tim also enjoys traveling. His favorite place he has visited is Ireland. He actually spent about seven years living in North Ireland.

Tim's favorite memory comes from a camping trip he took with his family in Scotland. This was the farthest he had traveled with his family.

When asked what he enjoys the most about his job he says he enjoys the variety of his work and the freedom to create his own menu. Tiramisu is his favorite thing to bake.

Activities and Events

Event Programs at Courtyard:

- **Secret Valentine:** Starts Tuesday, 2/7 and finishes on Valentines Day. If you would like to be a secret Valentine and receive secret Valentine goodies, please sign up by February 1st. You will draw your Secret Valentine on Thursday February 2nd. During the week of February 7th to the 14th it is up to you how you want to celebrate your person, riddles, clues of who you are, home-made goodies, funny signs or quotes, etc. may be given to your selected person. On Valentines Day, you must reveal yourself to your "secret valentine".
- **One Day University Access Workshop:** One of the perks of having One Day University is you may access Courtyard's login and watch a lecture on your own computer. On 2/1 at 3:30pm in the Vista Room Michele will give you the information you need and will "tour" you through the website to find the programs which interest you.
- **February Birthday Party:** Everyone is welcome to celebrate the February birthday people on Sunday, 2/5 at 2:00pm in the Vista Room.
- **Knife Sharpening:** Edge Masters is here to sharpen your knives or scissors. Flyers with details information will be posted and will be on the mailroom counter. Questions, see Michele.
- **Emergency Preparedness:** Michele will have helpful handouts and resources on Monday, February 6th at 1:30pm in the Vista Room.
- **Exercise Social:** Wednesday, Feb. 8th from 11:00am to noon, see "Health Matters" for details.
- **Clothing Solutions:** Pam will bring a traveling clothing boutique to the Vista Room on 2/9 from 11am to 2pm. There will be a fashion show in the dining area/s during lunchtime starting at noon. If you would like to be a model see Michele.
- **Superbowl Party:** Let's have a party, Sunday, 2/12 starting at 3:30pm. We will have nachos and many other delights including beer and soda. There will also be some games and trivia while we watch the Superbowl.
- **Discussion Group:** 2/15 at 2:00pm will be: Coping with The Challenge of Disinformation.
- **Stronger Memory Presentation:** On Tuesday, 2/21 at 1:30pm Wendy Liebreich will discuss how she was diagnosed with early onset dementia and how her son came up with a program to help her. Stronger Memory is a brain health program that encourages participants to spend just 20 to 30 minutes a day reading aloud, writing by hand, and quickly completing simple math problems. Stronger Memory provides a no-cost curriculum designed to stimulate the brain's prefrontal cortex, which governs our ability to retrieve memories. Through consistent use of the exercises many participants noted an improvement in their ability to focus, find misplaced items and remember conversations. Wendy has made this program available to us. If you would like to know more or would like to participate, please come to her presentation.
- **Melo Macs:** This group is here to perform for us on Monday 2/27 at 1:30pm in the Vista Room.

Outings:

- **Thursday, February 9th at 9:30 am:** We depart for Spirit Mountain to have some fun for the day. We will be back in time for dinner.
- **Thursday, February 16th at 10:30am:** We will take a scenic drive over some of Portland's Bridges.
- **Thursday, February 16th at 12:45pm:** Let's go to the Spaghetti Factory for lunch!!
- **Thursday, February 23rd at 10:00am:** We will drop you off at the Oregon Historical Society to explore on your own. At noon, you will be picked up.
- **Thursday, February 23rd at 12:45pm:** We are headed to Benihana's for lunch!!!
- **Sunday, February 26th departure at 1:15pm:** Oregon Symphony, Classical B: Carmina

Valentines Day!!

We have a day planned for you!!

Banana Split Party Caricatures & Balloon Twists

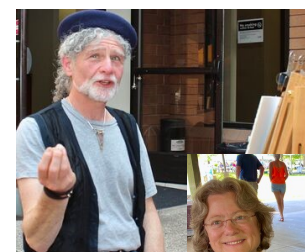
2pm to 4pm Vista Room

Sign-up Tab 5, Activity Book



We will have all sorts of fixings for your banana split!

We will also have sugar free options and fresh fruit!



There will be a sign-up sheet under Tab 5 of the Activity Book. Please sign up for your time, this helps us to spread out the service so you receive better service. During this 2 hour time period we have hired Allen Schmertzler, a caricaturist who will do couples or single folk caricatures. We will hold a lottery for each 1/2 hour.



Tuxedo Jimmy will roam the room making fun balloon twists for everyone!!

Evening Music with Kelly and Ken 6:30pm

Our Valentines Day finishes with a concert!

Kelly and Ken sings some of your favorite songs.



Friday Movies (6:30pm)

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.

- **February 3rd:** This is the last episode of this series. The Book Closes on The New Testament
- **Starting March:** We will begin another Drive Through History Series entitled Holy Land
- **February 10th, 17th, and 24th:** WWII Documentaries

One Day University: Informative one hour lecture by professors from various universities. Their website has changed. Michele will discuss this when she presents how to access this service from your device.

We will show One Day University on these dates: Wednesday, 2/1, Thursday, 2/2, Tuesday, 2/7, Thursday, 2/16, Tuesday, 2/28. The topics are to be announced later.



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 Juana:

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.