

What a grand time we had with the Balloon Artist who created beautiful objects for us!

**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     |

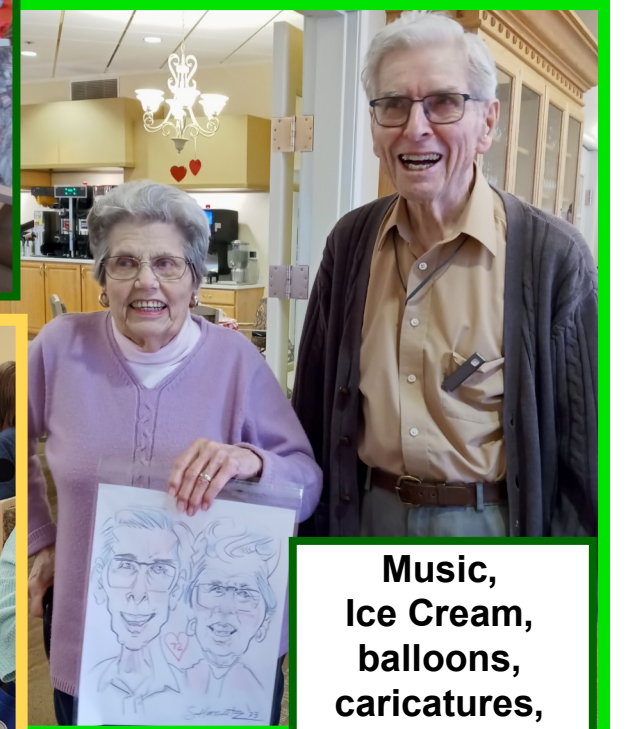
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**HAPPY BIRTHDAY**



**Courtyard Village**  
RALEIGH HILLS  
**Good Times**  
March 2023

- Pat Hall 3/5
- Barbara Nesbitt 3/5
- Stephen Meyer 3/6
- Bill Gorman 3/7
- George Nandor 3/7
- Carolyn Owens 3/7
- Mary Mead 3/13
- David Paris 3/14
- Sari Pill 3/15
- Jean Mays 3/16
- Jocelyn Higgins 3/20
- Mitzi Cohn 3/20
- Judy Imdieke 3/28
- Marge Furukawa 3/30
- Marcia Director 3/30
- Roberta Steinmetz 3/30
- Norita Rippee 3/31
- Do Kang 3/31



Music, Ice Cream, balloons, caricatures, Valentine's day was filled with treats



Portland, OR 97225  
4875 SW 78th Avenue





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>March</h1>		Please Check the Spring Fitness Sheet and the Transportation sheet for the latest schedules.	10:00 Social Hour 1 12:00 Mt. Man Fruit & Nut Co. 2 1:00 Scrabble or Mahjong 1:30 Sip & Study: Torah 3:30 Stronger Memory 6:30 Bingo 6:30 Poker	9:00 Document Shredding 2 10:00 Social Hour 11:00 Your Speed Tech. 1:00 Canasta 1:30 Drive Through History 1:30 Scenic Drive 3:30 Rhythm Circle 6:15 Lakewood Theater	10:00 Social Hour 3 1:30 Reflections: Aging and Loving It 3:30 Happy Hour 6:00 Temple Beth Israel Shabbat Streamed Service	1:00 Writer's Group 4 1:00 The Knit Wits 1:00 March Craft! 2:00 Documentary: Trafficked 6:30 Documentary: Trafficked
8:15 National Cathedral Church Streaming 5 11:00 Lake Grove Presbyterian Church Streaming 2:00 March Birthday Party 3:30 Mind Benders	10:00 Social Hour 6 11:00 Cardio Drumming 1:00 One Day University 3:30 Beanbag Baseball 6:30 Rumi Kub 6:30 Kindness Cafe	10:00 Social Hour 7 11:00 Heart Pillows 1:30 Purim Fun and Hamantaschen Cookies 2:00 Bible Study 3:30 Trivia Tuesday 4:00 Silent Meditation 6:30 Movie: Chicago	10:00 Social Hour 8 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 9 10:00 Able Hearing 9:40 Oregon Historical Soc. TBA Movie Outing 1:00 Canasta 1:30 Drive Through History 3:30 Rhythm Circle	10:00 Social Hour 10 1:30 Reflections: Aging and Loving It 3:30 Happy Hour 6:00 Temple Beth Israel Shabbat Streamed Service	1:00 Writer's Group 11 1:00 The Knit Wits 2:00 Movie: The Fabelmans 6:30 Movie: The Fabelmans
8:15 National Cathedral Church Streaming 12 11:00 Lake Grove Church Streaming 1:15 Oregon Symphony Classical A 3:30 Mind Benders 6:30 Bingo <i>Daylight Savings time Begins</i>	10:00 Social Hour 13 11:00 Cardio Drumming 1:30 All Resident Meeting 3:30 Beanbag Baseball 6:30 Rumi Kub	10:00 Social Hour (Pi Day) 14 1:00 One Day University 2:00 Bible Study 3:30 Trivia Tuesday 4:00 Silent Meditation 6:30 Movie: The Bucket List	10:00 Social Hour 15 1:00 Scrabble or Mahjong 2:00 Discussion Group 3:30 Book Club 6:30 Bingo 6:30 Poker	9:00 Ilani Casino 16 10:00 Social Hour 11:00 Your Speed Tech. 1:00 One Day University 1:00 Canasta 3:30 Rhythm Circle 6:30 Spencer Snow Concert!	10:00 Social Hour 17 1:30 Drive Through History 1:30 Reflections: Aging and Loving It 3:30 Happy Hour 6:00 Temple Beth Israel Shabbat Streamed Service	1:00 Writer's Group 18 1:00 The Knit Wits 2:00 Movie: The Last Vermeer 6:30 Movie: The Last Vermeer
8:15 National Cathedral Church Streaming 19 11:00 Lake Grove Presbyterian Church Streaming 1:30 Bingo 3:30 Mind Benders	10:00 Social Hour 20 11:00 Cardio Drumming 1:00 Back in the Swing of Things 3:30 Beanbag Baseball 6:30 Rumi Kub 6:30 Kindness Cafe	10:00 Social Hour 21 11:00 Heart Pillows 1:00 One Day University 2:00 Bible Study 3:30 Trivia Tuesday 4:00 Silent Meditation 6:30 Movie: Hello Dolly	10:00 Social Hour 22 1:00 Scrabble or Mahjong 1:00 Bunco 3:30 Life's Big Questions 6:30 Bingo 6:30 Poker	10:00 Social Hour 23 10:00 Washington Square 11:10 Chart House 1:00 Canasta 1:30 St. Luke's Communion 3:30 Rhythm Circle	10:00 Social Hour 24 1:30 Drive Through History 1:30 Reflections: Aging and Loving It 3:30 Happy Hour 6:00 Temple Beth Israel Shabbat Streamed Service	1:00 Writer's Group 25 1:00 The Knit Wits 2:00 Movie: Living 6:30 Movie: Living
8:15 National Cathedral Church Streaming 26 11:00 Lake Grove Presbyterian Church Streaming 1:30 Bingo 3:30 Mind Benders	10:00 Social Hour 27 11:00 Cardio Drumming 1:00 Beanbag Baseball 3:30 Elder Financial Abuse Presentation 6:30 Rumi Kub	10:00 Social Hour 28 1:30 Play Reading for Fun! 2:00 Bible Study 3:30 Trivia Tuesday 4:00 Silent Meditation 6:30 Kelly and Ken Sing!	10:00 Social Hour 29 1:00 One Day University 1:00 Scrabble or Mahjong 6:30 Bingo 6:30 Poker	10:00 Social Hour 30 11:45 Benihana's 1:00 Canasta 1:30 Drive Through History 3:30 Rhythm Circle	8:00 Men's Breakfast 31 10:00 Social Hour 1:30 Reflections: Aging and Loving It 3:30 Happy Hour 6:00 Temple Beth Israel Shabbat Streamed Service	<b>Color Chart</b> Red Lettering = Outing Blue Lettering = Special Event



# Happy Birthday February Celebrants!

## Standing (from left to right):

Lois Thibeault,  
Dennis McGovern,  
Shirlee Hansen,  
Sue Friedman



## Seated (from left to right):

Sue Sadis,  
Margrethe Farnstrom,  
Darlene McKenzie,  
Barbara Thompson

# Courtyard Snapshots



**Teddy Burell**

Teddy Burell is our Lead Server at Courtyard Village. He has officially been with us for two months as of February 14th!

From a family of six, Teddy has two older brothers and sisters. He was born and raised here in Portland but, also spent some time in Seattle. After attending James Madison High School, he received his AA in Food and Beverage from PCC. Then he attended Bradford, where he got his degree in Hospitality and Tourism. He has worked in the industry for 37 years and enjoys providing wonderful service.

His favorite memory is of winning a trip to Disney through Teens Ambition. He won it by demonstrating his great work ethic.

Something that we did not know about Teddy is that he used to be a competitive figure skater, and belonged to the same skating group as Tanya Harding. Though he no longer skates, this is still Teddy's favorite pastime. He would like to do some judging at a higher level some day.

Help us welcome Teddy to our team!



## Health Matters

### Apple Pie Overnight Oats

- ½ cup rolled oats
- ½ cup milk of choice
- ¼ cup non-fat Greek yogurt
- 1 tablespoon chia seeds
- ¼ teaspoon vanilla extract
- ¼ cup diced apples
- 1 tablespoon pecans chopped
- 2 teaspoons maple syrup
- ¼ teaspoon cinnamon

### Instructions

- Place ingredients into container
- Cover with lid or plastic
- Place in fridge overnight
- Uncover and enjoy



## Welcome New Residents

**#107 Margaret Garver**

**#140 Diana Penselin**

**#334 Dianne Marr**

**#335 Lynn Gelber**

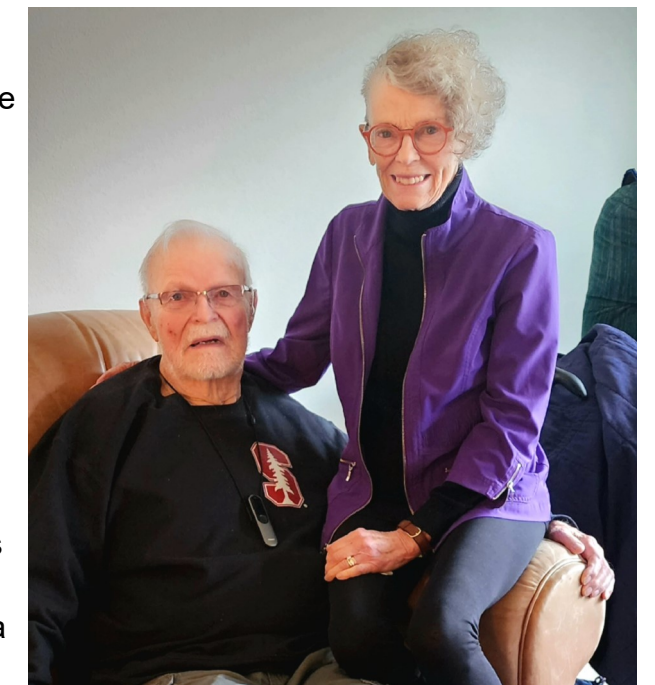
Darlene and Bill McKenzie have been with Courtyard Village for three months.

Darlene, born in Stanwood, Washington, attended Seattle University (BA), UCSF (MSN), and University of Portland (PhD—Urban Studies). Bill was born in Bellingham, Washington. He was an ordained priest before taking a leave of absence, and received a PhD (History) from Stanford.

Bill and Darlene met while he was helping at a summer vacation bible school. In 1969, they married, and had four children.

He enjoys going on walks, taking photos, reading history and art books, and collects wrist watches. Darlene enjoys gardening, sewing, and thrifting. Together they like going out to restaurants, their favorite place to go is La Moule, a French - inspired bistro.

Welcome the McKenzie's to Courtyard!



**Bill & Darlene McKenzie**



## Activities and Events

### Event Programs at Courtyard:

- **Document Shredding:** From 9am to 10am on Thursday, March 2nd, we will take your sensitive data at the Front Desk. At 10am Michele will drive your documents to a secure shredding facility.
- **March Craft:** Have some fun making St. Patty's day crafts. Craft time is at 1:00pm on Saturday, March 4th, so come to the Zenith room right after you have brunch. Guests are welcome!
- **Birthday Party:** The March birthday party (Sun. the 5th at 2:00pm) welcomes everyone to attend!
- **Purim Fun:** Hamantaschen cookies will be served after our rendition of the Purim play on Tuesday, March 7th at 1:30pm. We will make some noise!!
- **Daylight Savings Time:** Be sure to set your time forward one hour on Sunday, March 12th.
- **Pi Day!:** Tuesday, 3/14 celebrates the mathematical number of pi with pie! Come to Social hour for a slice of heaven. We will also have some fun math games.
- **Discussion Group:** The topic today (1:30pm March 15th) is "Suicide Among Veterans".
- **Spencer Snow Concert:** Spencer is back with his wonderful folk songs. March 16th at 6:30pm.
- **St. Patrick's Day:** Friday, March 17th, lunch and dinner will have an Irish theme. No special sign up or special tickets. Green beer will be served at Happy Hour.
- **Elder Financial Abuse:** Tabitha Alkire from the Washington county's Sheriff's Office and Elder Safe Program will be here inform us about the latest scams and to take your questions.
- **Kelly & Ken sing!:** They are back with songs from the 50s and 60s, The Mama and the Papas, John Denver and much more!! Come to the Vista room Tuesday night at 6:30 on March 28th.
- **Mindfulness and Aging (Aging and Loving it):** Matthew Shenker, the mindfulness councilor, will be here to speak with us on March 31st at 1:30pm.

### Outings:

- **Thursday, March 2nd at 6:15:** We are going to see the drama, Doubt, A Parable. This is free for 15 people, if more than 15 people sign up, we will draw names to see who goes.
- **Thursday, March 9th at 9:40 am:** Oregon Historical Society: \$8 for seniors. We depart at 9:40am for a self-guided tour on March 9th. Prepay Michele by Friday, March 3rd.
- **Thursday, March 9th Departure is TBA:** What movie do you want to go see? If you have an idea of which movie to see, inform Michele.
- **Sunday, March 12th departure at 1:15pm:** Oregon Symphony, Classical A: Carmina.
- **Thursday, March 16th at 9:00am:** Let's go to Ilani Casino. We will get back by dinner time.
- **Thursday, March 23rd at 10:00am:** Washington Square
- **Thursday, March 23rd at 11:10am:** We depart for lunch at The Chart House.
- **Thursday, March 30th at 11:45am:** Let's have lunch at Benihanas.

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

- **Thursday March 6th:** Kissinger at 99: Influence and Controversy
- **Tuesday, March 14th:** Image and the Gerald Ford Presidency
- **Thursday March 16th:** Martha Washington: Her Life and Legacy
- **Tuesday, March 21st:** Aretha 101: Celebrating the Queen of Soul
- **Wednesday, March 29th:** The Origins of Walk Disney

**Beachball Volleyball:** A fun way to get your heart rate up! We use a beachball which is light and easy to hit. We utilize chairs but it is still a full body workout. When we have enough people on each team, it is a blast! Bring a friend, give it a try, and you won't be disappointed.



## New Programs

**Shabat Service Streamed from Temple Beth Israel:** Beginning Friday, March 3rd at 6:00pm, we will stream the Shabat Service from Temple Beth Israel.

Everyone is welcome.

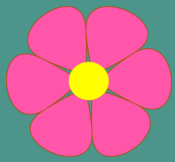
**Stronger Memory:** This meeting is for the people who wish to commit to a half hour each day to do the exercises which may improve your brain health. On Wednesday, March 1st at 3:30pm, we will form groups, hand out materials, and give you a list of materials that we may want to purchase. Michele will go over the routine, then each group will decide what day is best for their people to meet on a weekly basis and discuss what works best for each person in the group to be successful in doing the exercises each day.

**Drive Through History (video):** Holy Land 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 two episodes once a week at 1:30pm.

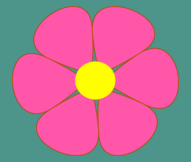
- **Thursday, March 2nd:**  
Episode 1: The Patriarchs, Beersheba, & Lachish  
Episode 2: Arad, The Dead Sea, & Masada
- **Thursday, March 9th:**  
Episode 3: King David, Elah, & Qumran  
Episode 4: History of Israel, Jericho
- **Friday, March 17th:**  
Episode 5: Samaria, Shechem, Shiloh  
Episode 6: Tel Dan, Jezreel, & Megiddo
- **Friday, March 24th:**  
Episode 7: Christmas and the Camel, Prophecies of the Messiah, and Bethlehem  
Episode 8: Nazareth, Sea of Galilee, Capernaum, the House of Peter, and Tabgha
- **Thursday, March 30th:**  
Episode 9: Caesarea Philippi and Caesarea Maritima  
Episode 10: Mont Moriah, Temple Mount, Dome of the Rock, Western Wall

**Heart Pillows:** Courtyard Village makes heart pillows for Doernbecher Children's Hospital. As a group, we will meet on Tuesday, March 21st at 11:00am in the Zenith Room to stuff pillows. Individually you may volunteer to sew the heart shapes (if you have a machine) or hand sew the pillow for completion. See Michele if you are interested in helping or if you would like to be the lead on this project.





# Spring 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		Beach Volleyball			
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.

## **Beach Volleyball:**

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