



Happy  
**100th**  
Birthday!

**Sylvia Yules!!**

**Staff Team Members**

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

**HAPPY BIRTHDAY**



**Courtyard Village**  
RALEIGH HILLS  
**Good Times**

May 2023

- Gretchen Paulsen 5/2
- Sally Gram 5/5
- Ellin Loveless 5/7
- Lois Shenker 5/8
- Jackie Brajavich 5/10
- Susan Ahlquist 5/16
- Selma Moss 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
- Arnold Panitch 5/24
- Joe Saad 5/26
- Susan Wright 5/27
- Hedda Conkley 5/29
- Charlotte Wilkerson 5/30
- Annette Selmer 5/31



**Roy Bonn and his friends were our guides to the electric train museum**

joaniec@courtyardvillage.com  
www.courtyardvillage.com

Portland, OR 97225  
4875 SW 78<sup>th</sup> Avenue



**HAPPY ANNIVERSARY**

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





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<div style="border: 1px solid black; padding: 5px; background-color: #e0f0e0;"> <b>Color Chart</b>            Red Lettering =            Outing             Blue Lettering =            Special Event         </div>	10:00 Social Hour 1 11:00 Cardio Drumming 1:00 Visit with Finn, the Dog 3:30 Beanbag Baseball 6:30 Rumi Kub 6:30 Kindness Cafe	10:00 Social Hour 2 1:30 Book Club 2:00 Bible Study 3:30 Trivia Tuesday 4:00 Silent Meditation 6:30 Movie: <u>Duke Ellington/ Lionel Hampton: Swing Era</u>	10:00 Social Hour 3 10:00 Mahjong Refresher 12:00 Mt. Man Fruit & Nut Co. 1:00 Scrabble or Mahjong 1:30 Sip & Study: Torah 6:30 Bingo 6:30 Poker	10:00 Social Hour 4 10:15 Washington Square 1:00 Canasta 1:30 One Day University 1:30 Scenic Drive 3:45 Rhythm Circle 6:30 Drive Through History: East Meets West	10:00 Social Hour 5 1:00 Courtyard Ambassadors Meeting 1:30 Reflections: Aging and Loving It 3:30 Cinco de Mayo Happy Hour 6:00 Temple Beth Israel Shabbat Service	1:00 Writer's Group 6 2:00 Movie: <u>Avatar: The Way of the Water</u> 6:30 Movie: <u>Avatar: The Way of the Water</u>	
8:15 National Cathedral Church Streaming 7 11:00 Lake Grove Presbyterian Church Streaming 2:00 May Birthday Party With Dover Weinberg at 2:15pm 3:30 Mind Benders	10:00 Social Hour 8 11:00 Cardio Drumming 1:30 All Resident Meeting 3:30 Beanbag Baseball 6:30 Rumi Kub	10:00 Social Hour 9 1:30 One Day University 2:00 Bible Study 3:30 Trivia Tuesday 4:00 Silent Meditation 6:30 Movie: <u>Carmen</u>	10:00 Social Hour 10 10:00 Mahjong Refresher 11:00 Your Speed Tech. 1:00 Scrabble or Mahjong 1:30 The Seekers 3:30 Life's Big Questions 6:30 Poker 7:00 Westside Singers	10:00 Park Walk 11 10:00 Social Hour 10:00 Able Hearing 1:00 Canasta 1:30 One Day University 1:00 Goodwill & Assistance League 3:45 Rhythm Circle	10:00 Social Hour 12 1:30 Reflections: Aging and Loving It 3:30 Happy Hour 6:00 Temple Beth Israel Shabbat Service	1:00 Writer's Group 13 2:00 Movie: <u>My Octopus Teacher</u> 6:30 Movie: <u>My Octopus Teacher</u>	
8:15 National Cathedral Church Streaming 14 11:00 Lake Grove Presbyterian Church Streaming 11:30 Mother's Day Buffet begins seating 1:15 Oregon Symphony Classical A  HAPPY MOTHER'S DAY	10:00 Social Hour 15 11:00 Cardio Drumming 1:00 Visit with Finn, the Dog 3:30 Beanbag Baseball 6:30 Rumi Kub 6:30 Kindness Cafe	10:00 Social Hour 16 1:30 One Day University 2:00 Bible Study 3:30 Trivia Tuesday 4:00 Silent Meditation 6:30 Movie: <u>Funny Face</u>	9:00 Sing Old Time Hymns 17 10:00 Social Hour 1:00 Scrabble or Mahjong 1:30 Discussion Group 6:30 Bingo 6:30 Poker	10:00 Social Hour 18 10:00 Rhododendron Gardens & Chinese Restaurant 1:00 Canasta 1:30 One Day University 3:45 Rhythm Circle	10:00 Social Hour 19 1:30 Reflections: Aging and Loving It 3:30 Happy Hour 6:00 Temple Beth Israel Shabbat Service	1:00 Writer's Group 20 2:00 Movie: <u>Mrs. Harris Goes to Paris</u> 6:30 Movie: <u>Mrs. Harris Goes to Paris</u>	
8:15 National Cathedral Church Streaming 21 11:00 Lake Grove Presbyterian Church Streaming 1:30 Bingo 3:30 Mind Benders	10:00 Social Hour 22 11:00 Cardio Drumming 1:00 Understanding How Your Body Works 2:00 Root Beer Floats and Emergency Cards! 3:30 Beanbag Baseball 6:30 Rumi Kub	10:00 Social Hour 23 1:00 Capturing Time 2:00 Bible Study 3:30 Trivia Tuesday 4:00 Silent Meditation 6:30 Music w/ Shaymus Hanlin	10:00 Social Hour 24 11:00 Your Speed Tech. 1:00 Scrabble or Mahjong 1:00 Bunco 3:30 Life's Big Questions 6:30 Bingo 6:30 Poker	10:00 Park Walk 25 10:00 Social Hour 1:00 Canasta 1:30 St. Luke's Communion 3:15 Happy Hour at Thai Bloom! 3:45 Rhythm Circle	8:00 Men's Breakfast 26 10:00 Social Hour 1:30 Reflections: Aging and Loving It 3:30 Happy Hour 6:00 Temple Beth Israel Shabbat Service	1:00 Writer's Group 27 2:00 Movie: <u>80 for Brady</u> 6:30 Movie: <u>80 for Brady</u>	
8:15 National Cathedral Church Streaming 28 11:00 Lake Grove Presbyterian Church Streaming 1:15 Oregon Symphony Classical B 1:30 Bingo 3:30 Mind Benders	10:00 Social Hour 29 11:00 Cardio Drumming 11:30 Memorial Day BBQ 3:30 Beanbag Baseball 6:30 Rumi Kub  HAPPY MEMORIAL DAY	10:00 Social Hour 30 1:00 Capturing Time 2:00 Bible Study 3:30 Trivia Tuesday 4:00 Silent Meditation 6:30 Movie: <u>Hello Dolly</u>	10:00 Social Hour 31 1:00 Scrabble or Mahjong 3:30 Play Reading for Fun! 6:30 Bingo 6:30 Poker	<div style="border: 1px solid black; padding: 10px; background-color: #e0f0e0; display: inline-block;">           Please Check the Spring Fitness Sheet and the Transportation sheet for the latest schedules.         </div>		May	



# Happy Birthday April Celebrants!



**Standing (from left to right):** Lu Owen, Kay Phillips, Eloise Zwald, Betty Miller, Jackie Christensen, Mary Deem

**Seated (from left to right):** Sylvia Yules, Joan Graham, Marlene Abrams

## Welcome New Residents

**#149 Arleen Slive**

**#239 Laura Haggi**

**#320 Darrell Mathews**

## Health Matters

Are you interested in learning about your upper body strength?

Let's do a strength test and find out!

Strong muscles help enhance your quality of life and improve your ability to do everyday activities.

Come by the Activities Office in the month of May to learn more.

Juana will be available to answer your questions.



# Courtyard Snapshots

Ellin Loveless has been at Courtyard Village since December 2022. Before moving here she was living in sunny Southern California.

She was born and raised in Indiana. She attended Monmouth College in Illinois, where she met her husband, Mark, and received her degree in Biology. Ellin ran a successful hearing aid business for 34 years and was an active member of her community while serving on her town council. She also served as a planning commissioner for the town and as a director for the local hospital district.

Ellin and her husband married in 1963 and had 2 sons: Chris, who passed away in 2013, and Tim, who lives here in Oregon with his wife Julie and their three kids.

Her current hobbies include playing Words with Friends and dabbling with technology. She takes part in many CYV activities like the book club and Stronger Memory. She is a proud member of the INMATES! (You may have heard them plotting!)

Ellin would like y'all to know that her dog Sophie is 15 years old, and is partially blind. Sophie likes to mind her business, but is easily distracted by others causing her to bark. If you see them, wave to Ellin and try to ignore Sophie.



**Ellin Loveless**



Randy McCollam has been part of our staff as a Dishwasher here at Courtyard Village for 10 years. He describes himself as an excellent worker and enjoys interacting with and getting to know our residents.

He was born in Oregon and raised in Salem where he attended and graduated from McNary High School before moving to Southeast Portland.

Randy's enjoys spending time with his fiancé Rhonda, their cat Spike, and their dog Mojo. He and his cat like to playfully tussle, though Spike sometimes leaves battle scars on Randy's hands. When not at home he enjoys getting out in nature to get some clarity, and likes the boost in energy and happiness. He enjoys reading books that help him understand his pets.

His favorite memory is of an Easter Sunday where he and his family played football.



**Randy McCollam**



## Activities and Events

### Event Programs at Courtyard:

- **Your Speed Technology:** Royal will now come the 2nd and 4th **Wednesday** of the month.
- **Cinco de Mayo:** Let's have a little fun Friday, May 5th starting with a Margarita Happy Hour. We will serve chips and salsa (maybe have a little music as well). Dinner will have a Mexican flair with Mela's Posole Soup and chicken tamales or beef enchiladas. Regular dinner ticket needed.
- **May Birthday Party:** Join us Sunday, May 7th at 2:00pm to celebrate our May Birthday neighbors! Everyone is welcome! Dover Weinberg of the Robert Cray Band will entertain on the piano.
- **West Side Singers:** Wednesday, May 10th at 7:00pm They are here to perform for us. Afterwards, there will be refreshments.
- **Shaymus Hanlin:** Tuesday, May 23rd at 6:30pm one of our favorite singers will be here to perform some of our favorite songs from the 40s and 50s.
- **Sing Old Time Hymns:** Wednesday, May 17th at 9:00am, Katie and Ray Turner (friends of Jocelynn Higgins) will lead us in a sing-a-long of old favorite hymns.
- **Discussion Group:** Wednesday, May 17th at 1:30pm. The Topic is "The Rise of Hate Crimes."
- **Root Beer Floats and Emergency Cards:** Monday, May 22nd at 2:00pm. Come enjoy an ice cream favorite. We will also have emergency cards if you need to update your information or if you have never filled one out before.
- **Memorial Day BBQ:** Monday May 29th, seatings at 11:30pm and 12:30pm. Chef Charlie is whipping up finger-licking BBQ chicken and spare ribs. Please sign up and purchase your special ticket at the Front Desk. Dinner will not be served this evening. Sign up for a sack dinner if you wish.

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

- **Thursday, May 4th:** "The Wisdom of Don Quixote: Rethinking the World's First Novel"
- **Tuesday, May 9th:** "Victor Hugo: The Man Behind Les Misérables"
- **Thursday, May 11th:** "Alzheimer's and Dementia: What We Know Now"
- **Tuesday, May 16th:** "Covering America: Journalism from the American Revolution to the Digital Revolution"
- **Thursday, May 18th:** "Three Timeless Comedies From Almost 100 Years Ago"

### Outings:

- **Thursday, May 11th depart at 10:00am:** Park walk to Commonwealth Lake. Dogs welcomed.
- **Thursday, May 11th depart at 1:00pm:** Do you like bargains? We will drop you off at either Good Will or the Assistance League Boutique to find treasures.
- **Sunday, May 14th at 1:15pm:** The bus will take you to The Oregon Symphony, Classical A program: Gershwin.
- **Thursday, May 18th depart at 10:00am:** Rhododendron Gardens and Chinese Restaurant afterwards.
- **Thursday, May 25th depart at 10:00am:** Park walk to Tualatin Wildlife Refuge. Sorry, no dogs.
- **Thursday, May 25th, depart at 3:15pm:** Happy Hour at Thai Bloom!
- **Sunday, May 28th at 1:15pm:** The bus will take you to The Oregon Symphony, Classical B program: Tchaikovsky's Swan Lake.

## New Programs

**Park Walks:** For the spring and summer, the 2nd and 4th Thursdays at 10:00am we will take a walk in different local parks. Go your own pace, sit on a bench or get your steps in on a paved path. Pets are welcome to specific parks.

**Visits with Finn the Dog:** We have the opportunity to sign up for a visit with Finn, a registered therapy dog who will come to your apartment. Finn will visit Monday the 1st and 15th starting at 1pm. Please sign up under Tab 5 of the Activity Book.

### Capturing Time: Journaling your Journey

Dive deep into your travel experiences, documenting and illustrating your insights into the history, culture, religion, politics of your destination. Guest writers and artists will accompany you on this project, sharing inspiration, tools, and techniques.

- **NO writing or artistic talent required. All materials provided.**
- **Guided 12 week program designed to capture unique experiences.**
- **Create an original personal bound book to share with others & future generations.**
- **We will meet every Tuesday Afternoon from 1:00pm to 3:00pm.**
- **Sponsored by the Geezer Gallery. Sign up under Tab 7 of the Activity Book.**

## Courtyard Styling Salon

**Kay Hampton** Cell phone: 971-222-4124

Please call when she is in the building.

Call at night to cancel an appointment.

<b>Days:</b> Mondays	9:30am to 3:30pm
Wednesdays	9:15am to 3:30pm
Fridays	9:00am to 3:30pm
Saturdays	9:00am to 3:30pm



### Help us choose a new Beauty Shop Operator!

Men and women, look to sign-up for a shampoo, cut, and style on May 8<sup>th</sup> and May 9<sup>th</sup> and meet Pham Chao, our potential stylist. \$5 off your service! Sign-ups will be located on the clipboard next to the mailroom.

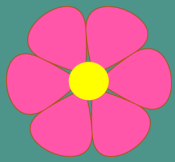
**Mother's Day Buffet:** Sunday May 14th. Seatings at 11:30am, 12:15pm, and 1:00pm.

We will have a special buffet menu which includes: crab stuffed halibut, London broil with peppercorn sauce, scalloped potatoes, and a beautiful salad bar. Please sign up at the Front Desk and purchase your special ticket. \$20 residents, \$22 guests.

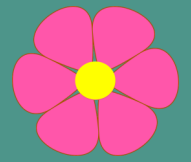


**Wade & Claudia Askew received \$500 off their May rent for referring in a new resident, Lyle Chadwick.**

**'Sponsor a Friend' forms are available at the Front Desk. Questions? See Jason or Joanie.**



# 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.