



Happy  
100th  
Birthday!

**Arlene Morrison!!**

**Selma Moss!!**

**Staff Team Members**

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

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



June 2023



- HAPPY BIRTHDAY**
- Nancy Clark 6/1
  - Judy Coons 6/1
  - Jim Muir 6/1
  - Lynn Lertzman 6/2
  - Pat Bird 6/6
  - Betsy Thomas 6/7
  - Don Wienk 6/7
  - Gail McMurchie 6/9
  - Nancy Goodall 6/10
  - Sonia Trebelhorn 6/11
  - Mark Rubin 6/14
  - Dorothy Lindstrom 6/14
  - John Carson 6/19
  - Larry Rinella 6/19
  - Sheroll Rogers 6/20
  - Jacob Fried 6/21
  - Ellie Luba 6/24
  - Eileen Sautner 6/25
  - Eugene Farnstrom 6/26
  - Margaret Bland 6/30



**We are ready to party!!**

- HAPPY ANNIVERSARY**
- Frederick & Penelope Greb 6/4
  - David & Jan Paris 6/4
  - Claudia & Wade Askew 6/10
  - John & Marjorie Carson 6/11
  - Gene & Margrethe Farnstrom 6/18
  - Ken & Roz Schechter 6/19
  - Duane & Pat Hall 6/23





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<h1>June</h1>					
				10:00 Social Hour 1:00 Canasta 1:30 One Day University TBA Movie Outing 6:30 <u>Drive Through History</u>	10:00 Social Hour 1:00 Courtyard Ambassadors Meeting 1:30 Reflections: Aging and Loving It 3:30 Happy Hour 6:00 <u>Temple Beth Israel Shabbat Service</u>	1:00 Writer's Group 2:00 Movie: <u>The Truffle Hunters</u> 6:30 Movie: <u>The Truffle Hunters</u>
8:15 National Cathedral Church Stream 10:00 Valley Community Presbyterian Stream 2:00 June Birthday Party 3:30 Mind Benders	10:00 Social Hour 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 1:00 Pinochle 1:30 One Day University 2:00 Bible Study 3:30 Trivia Tuesday 4:00 Silent Meditation 6:30 Movie: <u>Dream Girls</u>	10:00 Social Hour 11:00 Your Speed Tech. 12:00 Mt. Man Fruit & Nut Co. 1:00 Scrabble 1:00 Mahjong 1:30 Sip & Study: Torah 3:30 Book Club 6:30 Bingo 6:30 Poker	10:00 Park Walk 10:00 Social Hour 10:00 Able Hearing 1:00 Canasta 1:30 One Day University 1:30 Scenic Drive 6:30 <u>Drive Through History</u>	10:00 Social Hour 1:30 Reflections: Aging and Loving It 3:30 Happy Hour 6:00 <u>Temple Beth Israel Shabbat Streamed Service</u>	1:00 Writer's Group 2:00 Movie: <u>The Grand Seduction</u> 6:30 Movie: <u>The Grand Seduction</u>
8:15 National Cathedral Church Stream 10:00 Valley Community Presbyterian Stream 1:15 Oregon Symphony Classical A	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 1:00 Pinochle 1:30 One Day University 2:00 Bible Study 3:30 Trivia Tuesday 4:00 Silent Meditation 6:30 Willemse Stained Glass Presentation	10:00 Social Hour 1:00 Mahjong 1:00 Scrabble 1:30 The Seekers 3:30 Meet Your Neighbor Happy Hour 1st Floor 6:30 Bingo 6:30 Poker	10:00 Social Hour 10:00 Washington Square 1:00 Canasta 1:30 One Day University 1:30 Mystery Drive 1:00 Classic Movie: 6:30 <u>Drive Through History</u>	10:00 Social Hour 1:30 Reflections: Aging and Loving It 3:30 Happy Hour 4:30 First seating for Father's Day Dinner 6:00 <u>Temple Beth Israel Shabbat Streamed Service</u>	1:00 Writer's Group 2:00 Movie: <u>Misbehaviour</u> 6:30 Movie: <u>Misbehaviour</u>
8:15 National Cathedral Church Stream 10:00 Valley Community Presbyterian Stream 1:30 Bingo 3:30 Mind Benders  HAPPY FATHER'S DAY	10:00 Social Hour 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 1:00 Pinochle 1:00 Capturing Time 2:00 Bible Study 3:30 Trivia Tuesday 4:00 Silent Meditation 6:30 <u>Michael Bubl� Meets Madison Square Garden</u>	10:00 Social Hour 11:00 Your Speed Tech. 1:00 Scrabble 1:00 Mahjong 1:30 Discussion Group 3:30 Meet Your Neighbor Happy Hour 2nd Floor 6:30 Bingo 6:30 Poker	10:00 Park Walk 10:00 Social Hour 1:00 Canasta 1:30 St. Luke's Communion 3:15 Happy Hour at Oswego Grill 6:30 <u>Drive Through History</u>	10:00 Social Hour 1:30 Reflections: Aging and Loving It 3:30 Happy Hour 6:00 <u>Temple Beth Israel Shabbat Streamed Service</u>	1:00 Writer's Group 2:00 Movie: <u>Mac &amp; Rita</u> 6:30 Movie: <u>Mac &amp; Rita</u>
8:15 National Cathedral Church Stream 10:00 Valley Community Presbyterian Stream 1:30 Bingo 3:30 Mind Benders 6:30 Spencer Snow and Nathaniel Concert	10:00 Social Hour 11:00 Cardio Drumming 1:00 Understanding How Your Body Works 2:00 Play Reading for Fun! 3:30 Beanbag Baseball 6:30 Rumi Kub	10:00 Social Hour 1:00 Capturing Time 1:00 Pinochle 2:00 Bible Study 3:30 Trivia Tuesday 4:00 Silent Meditation 6:30 Movie: <u>Lucia Di Lammermoor: Donizetti: Australia</u>	10:00 Social Hour 1:00 Mahjong 1:00 Scrabble 1:00 Bunco 3:30 Meet Your Neighbor Happy Hour 3rd Floor 6:30 Bingo 6:30 Poker	9:45 Stoller's Wine Tasting 10:00 Social Hour 1:00 Canasta 1:30 One Day University 6:30 <u>Drive Through History</u>	8:00 Men's Breakfast 10:00 Social Hour 1:30 Reflections: Aging and Loving It 3:30 Happy Hour 6:00 <u>Temple Beth Israel Shabbat Streamed Service</u>	<div style="border: 1px solid black; padding: 5px;"> <p><b>Color Chart</b></p> <p>Red Lettering = Outing</p> <p>Blue Lettering = Special Event</p> </div>



# Happy Birthday May Celebrants!



**Standing (from left to right):** Annette Selmer, Dave Wilder, Andre Farajpanahi, Jo Saad, Penny Russo, Sue Alquist, Jackie Brajavich, Ellin Loveless, Marilyn Tuffs  
**Seated (from left to right):** Julia Hall, Selma Moss, Arlene Morrison, Arnie Panitch, Susan Wright

## Welcome New Residents

- |                                       |                             |
|---------------------------------------|-----------------------------|
| <b>#187 Steve Fredrickson</b>         | <b>#260 Diane Tindolph</b>  |
| <b>#207 Scott Petersen</b>            | <b>#292 Louise Prescott</b> |
| <b>#229 Carol Thomas</b>              | <b>#362 Alice Corwin</b>    |
| <b>#256 Mike &amp; Margaret Ellis</b> |                             |

## Health Matters

Hello Courtyard Residents!! We have changed our fitness schedule for summer and have added new classes! Check the Fitness Schedule for times.

### New Classes

- Jump Start: Stretch & Groove
- Balance & Flex
- Everyday Posture

We have also changed the names of our previous classes.

- **Exercise Power w/ Juana** is now **Strength & Endurance**.
- **Exercise Mixture w/ Juana** is now **Gentle Fit**.

Each and everyone of our fitness classes are suitable for everyone. Come on down and check us out!

# Courtyard Floor Representatives



What is a Courtyard Floor Representative? A floor representative is a fellow resident that resides on the same floor as you. A floor rep will help welcome you to Courtyard Village by showing you around our community, spending time with you, and introducing you to other residents. They also answer questions or concerns you may have regarding your floor!

Examples of frequent concerns: laundry room etiquette, proper disposal of garbage/recycling, use of decks/balconies for storage, and anything else you feel like you should know!

The goal of your floor representatives is to be helpful, available, and receptive to concerns presented by fellow residents. Feel free to call, stop by, or leave a note to communicate with any Floor Representative when you have questions, suggestions or comments to share!

### 1st Floor

**Gwen Wildfong**

Apt 102

503-246-2756

gwenwildfong@gmail.com

**Kay Phillips**

Apt 130

503-292-8345

wallyph@comcast.net

### 2nd Floor

**Dorothy Lindstrom**

Apt 205

503-292-6514

magamdor5@gmail.com

**Fude Kagawa**

Apt 209

503-469-8190

kagawahf@yahoo.com

### 3rd Floor

**Joe Saad**

Apt 323

971-371-6512

jnsaad43@gmail.com

**Bonnie Moreno**

Apt 358

503-915-5180

morenobo@gmail.com



## Activities and Events

### Event Programs at Courtyard:

- **June Birthday Party!** Everyone is welcome to come to the party to celebrate all the June Birthday People! Sugar free dessert option is available.
- **Father's Day Happy Hour:** Friday, June 16th we will have a special happy hour featuring 3 well drinks: gin and tonic, screwdriver, and 7&7. This is a great precursor to dinner!
- **Father's Day Dinner:** Friday, June 16th Chef Charlie will prepare a delicious meal, featuring prime rib or sturgeon. There will be two seatings at 4:30pm and 5:15pm. Cost is \$15 for residents and \$17 for guests.
- **Meet Your Neighbor Happy Hour:** Would you like to get to know your neighbors on your floor a little better? We are hosting a happy hour with goodies just for your floor! A refreshing (spiked or not) punch will also be served. First floor will meet June 14th, second floor will meet June 21st, and third floor will meet June 28th at 1:00pm in the Vista Room. If there is someone new on your floor, please invite and encourage that person to come.
- **Special Concert:** Spencer Snow and Nathaniel Sessions (one of our servers!) are sharing the spotlight with an evening concert.

### One Day University:

Informative one hour lecture by professors from various universities.

- **Thursday, June 1st:** Three Timeless Comedies from Almost 100 Years Ago—Redux (for anyone who missed it!)
- **Tuesday, June 6th:** Frida Kahlo: Love, Pain, and Painting
- **Thursday, June 9th:** Neuroscience and the Paradox of Free Will
- **Tuesday, June 13th:** Edgar Allan Poe: His Life and five of His Greatest Tales
- **Thursday, June 15th:** Charles Lindberg: The Complicated Story of an Infamous Life
- **Thursday, June 29th:** "Grab Bag" (choice from 5 features programs)

### Outings:

Please sign up under Tab 1 of the Activity Book.

- **Thursday, June 1st depart at 1:00pm:** We are going to the movies. The week of May 28th we will announce what we will see and what time. Some of the possible options are: The Little Mermaid, Book Club, or About My Father. We will inform you as soon as it is listed.
- **Thursday, June 8th depart at 10:00am:** The Park Walk today is "dog friendly" Cook Park..
- **Thursday, June 8th depart at 1:00pm:** The scenic drive today through Wilsonville..
- **Sunday, June 11th depart at 1:15pm:** Ticket holders' are going to Classical A series: Mahler.
- **Thursday, June 15th depart at 10:00am:** Washington Square and we go home at 1:00pm.
- **Thursday, June 15th depart at 1:30pm:** Mystery Drive, come for the fun!!
- **Thursday, June 22nd depart at 10:00am:** The Park Walk is at Evelyn Schiffler Memorial Park.
- **Thursday, June 22nd depart at 2:30pm:** Let's go to Oswego Grill for Happy Hour.
- **Thursday, June 29th depart at 9:45am:** We are visiting the Stoller Family Estate Vineyard and Winery located in the Dundee Hills. Join us for the beautiful views, wine tasting and lunch. Wine tasting is \$25 for samples of Pinot Noir, Chardonnay and other wines. The wine tasting fee is waived for a purchase of two bottles of wine. Lunch will run about \$12 to \$15 dollars. Space is limited to 10.

## New Programs

**Mahjong:** Wednesdays from 1:00pm to 3:00pm in the Haven Room. Have you ever played Mahjong and would like to start up again? Come join us! We are looking into starting an introduction to Mahjong class. Stay tuned for information.

**Pinochle:** Tuesdays from 1:00pm to 3:00pm in the Apex Room.

**Cribbage Tournament:** We are planning a cribbage tournament with prizes in June. All levels of play are welcome! Stay tuned for details.



### Capturing Time: Journaling your Journey

Dive deep into your travel experiences, documenting and illustrating your insights into the history, culture, religion, and 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 beginning June 20th.**
- **Sponsored by the Geezer Gallery. Sign up under Tab 7 of the Activity Book.**

## Courtyard Village Styling Salon

Services:	Cost:
Men's Hair Cut	\$12-\$22
Women's Shampoo, Cut, & Style	\$45
Shampoo Set or Blow Dry	\$22 & up
Shampoo Only	\$5
Perm, Cut, & Style	\$75 & up
Color & Style	\$55
Color, Cut, & Style	\$75
Manicure	\$18 & up
Pedicure with Color	\$35
Pedicure only	\$25

### Hours of Operation:

Monday	9:30am - 3:30pm (Kay)
	9:30am - 2:00pm (Pham)
Tuesday	9:30am - 2:00pm (Pham)
Wednesday	9:15am - 3:30pm (Kay)
Thursday	9:30am - 2:00pm (Pham)
Friday	9:00am - 3:30pm (Kay)
Saturday	9:00am - 3:30pm (Kay)
Sunday	CLOSED

**Kay Hampton: 971-222-4124** (Call during her hours of operation. Call at night to cancel an appt)

**Pham Chao: 971-533-9311**



# Summer Fitness Schedule



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 AM	Jump Start: Stretch & Groove	Strength & Endurance	Balance & Flex	Strength & Endurance	Strength & Endurance	
9:30 AM	Jump Start: Stretch & Groove <b>(SEATED)</b>	Gentle Fit	Everyday 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**

## **Jump Start: Stretch & Groove**

Get your day started with stretching and breathing, then get ready to raise your heartrate and groove to music.

## **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.

## **Balance & Flex**

This class combines exercises to challenge and improve your balance and flexibility.

## **Everyday Posture**

This class is suitable for everyone regardless of fitness level. Focus on exercises to help improve posture.

## **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.

