



The Donkey Sanctuary was magical

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 |

joanie@courtyardvillage.com
www.courtyardvillage.com

Portland, OR 97225
4875 SW 78th Avenue



HAPPY BIRTHDAY

- Anne Murphy 8/1
- Joel Scott Petersen 8/3
- Margot Jordan 8/4
- Nancy Lamb 8/9
- Marjorie LeBlanc 8/10
- Frank Simpson 8/12
- Candace Coleman 8/12
- Alice Corwin 8/13
- Versie Meyer 8/14
- Peggy Thomson 8/17
- Louise Hood 8/19
- Ellen Rubenstein 8/21
- Garry Wall 8/21
- Gerald Risberg 8/23
- Barbara King 8/28
- Henry Thibeault 8/29
- Beverly Ylvisaker 8/30

HAPPY ANNIVERSARY

- Frank & Mary Simpson 8/9
- Gerald & Marilyn Risberg 8/10
- Bill & Darlene McKenzie 8/10
- Ron & Pam Gross 8/11
- Carl & Linda Enzenberger 8/28



We are enjoying the weather outdoors on trips and at courtyard concerts!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>August</h1>		<p>10:00 Social Hour 1</p> <p>10:00 Rummage Sale</p> <p>1:00 Capturing Time</p> <p>2:00 Bible Study</p> <p>3:30 Trivia Tuesday</p> <p>4:00 Silent Meditation</p> <p>6:30 Movie: <u>Lucia Di Lammermoor</u></p>	<p>10:00 Social Hour 2</p> <p>12:00 Mt. Man Fruit & Nut Co.</p> <p>1:30 Sip & Study: Torah</p> <p>3:30 Book Club</p> <p>6:30 Bingo</p> <p>6:30 Poker</p>	<p>9:30 Mahjong 3</p> <p>10:00 Social Hour</p> <p>10:00 Washington Square</p> <p>1:00 Canasta</p> <p>1:30 One Day University</p> <p>1:30 Scenic Drive</p> <p>6:30 <u>America's National Parks: Voyageurs</u></p>	<p>10:00 Social Hour 4</p> <p>1:00 Courtyard Ambassadors Meeting</p> <p>3:30 Happy Hour</p> <p>6:00 <u>Temple Beth Israel Shabbat Service</u></p>	<p>1:00 Writer's Group</p> <p>2:00 Movie: <u>The King's Daughter</u></p> <p>6:30 Movie: <u>The King's Daughter</u></p>
<p>8:15 National Cathedral Church Stream 6</p> <p>10:00 Valley Community Presbyterian Stream</p> <p>2:00 August Birthday Party</p> <p>3:30 Mind Benders</p>	<p>10:00 Social Hour 7</p> <p>11:00 Cardio Drumming</p> <p>1:00 Meeting for Fun Fair Volunteers</p> <p>3:00 Beanbag Baseball Against the Staff!!</p> <p>6:30 Rumi Kub</p> <p>6:30 Kindness Cafe</p>	<p>10:00 Social Hour 8</p> <p>1:00 Pinochle</p> <p>1:00 Capturing Time</p> <p>2:00 Bible Study</p> <p>3:30 Trivia Tuesday</p> <p>4:00 Silent Meditation</p> <p>6:30 Courtyard Concert</p>	<p>10:00 Social Hour 9</p> <p>11:00 Your Speed Tech.</p> <p>1:30 The Seekers</p> <p>3:30 Life's big Questions</p> <p>6:30 Bingo</p> <p>6:30 Poker</p>	<p>9:30 Mahjong 10</p> <p>9:30 Oregon Electric Railway & Lunch</p> <p>10:00 Social Hour</p> <p>10:00 Able Hearing</p> <p>1:00 Canasta</p> <p>1:30 One Day University</p> <p>6:30 <u>Drive Through History: America: Columbus to the Constitution</u></p>	<p>10:00 Social Hour 11</p> <p>1:30 Reflections: Aging and Loving It</p> <p>3:30 Happy Hour</p> <p>6:00 <u>Temple Beth Israel Shabbat Streamed Service</u></p>	<p>1:00 Writer's Group 12</p> <p>2:00 Movie: Cancelled for today</p> <p>6:30 Movie: <u>Letters to God</u></p>
<p>8:15 National Cathedral Church Stream 13</p> <p>10:00 Valley Community Presbyterian Stream</p> <p>1:30 Bingo</p> <p>3:30 Mind Benders</p>	<p>10:00 Social Hour 14</p> <p>11:00 Cardio Drumming</p> <p>1:30 All Resident Meeting</p> <p>3:00 One Day University</p> <p>6:30 Rumi Kub</p>	<p>10:00 Social Hour 15</p> <p>1:00 Pinochle</p> <p>1:00 Capturing Time</p> <p>2:00 Bible Study</p> <p>3:30 Trivia Tuesday</p> <p>4:00 Silent Meditation</p> <p>6:30 Courtyard Concert</p>	<p>10:00 Social Hour 16</p> <p>1:30 Discussion Group</p> <p>3:30 Life's big Questions</p> <p>6:30 Bingo</p> <p>6:30 Poker</p>	<p>9:30 Mahjong 17</p> <p>10:00 Park Walk</p> <p>10:00 Social Hour</p> <p>1:00 Canasta</p> <p>1:00 Sauvie Island Drive and Farmer's Market</p> <p>1:30 One Day University</p> <p>6:30 <u>Drive Through History</u></p>	<p>10:00 Social Hour 18</p> <p>1:00 Valley Community Presbyterian Drama Camp Presentation</p> <p>3:30 Happy Hour</p> <p>6:00 <u>Temple Beth Israel Shabbat Streamed Service</u></p>	<p>1:00 Writer's Group 19</p> <p>2:00 Movie: <u>Maybe I Do</u></p> <p>6:30 Movie: <u>Maybe I Do</u></p>
<p>8:15 National Cathedral Church Stream 20</p> <p>10:00 Valley Community Presbyterian Stream</p> <p>1:30 Bingo</p> <p>3:30 Mind Benders</p>	<p>10:00 Social Hour 21</p> <p>11:00 Cardio Drumming</p> <p>1:30 Good Time Songs!!</p> <p>3:00 One Day University</p> <p>6:30 Rumi Kub</p> <p>6:30 Kindness Cafe</p>	<p>10:00 Social Hour 22</p> <p>1:00 Capturing Time</p> <p>1:00 Pinochle</p> <p>2:00 Bible Study</p> <p>3:30 Trivia Tuesday</p> <p>4:00 Silent Meditation</p> <p>6:30 Courtyard Concert</p>	<p>10:00 Social Hour 23</p> <p>11:00 Your Speed Tech.</p> <p>1:00 Bunco</p> <p>3:30 Life's big Questions</p> <p>6:30 Bingo</p> <p>6:30 Poker</p>	<p>9:30 Mahjong 24</p> <p>9:30 Woodburn Outlet Mall</p> <p>10:00 Social Hour</p> <p>1:00 Canasta</p> <p>2:00 Family Fun Fair</p> <p>6:30 <u>Drive Through History</u></p>	<p>8:00 Men's Breakfast 25</p> <p>10:00 Social Hour</p> <p>3:30 Happy Hour</p> <p>6:00 <u>Temple Beth Israel Shabbat Streamed Service</u></p>	<p>11:00 Beats of Bethany 26</p> <p>1:00 Writer's Group</p> <p>2:00 Movie: <u>Woman King</u></p> <p>6:30 Movie: <u>Woman King</u></p>
<p>8:15 National Cathedral Church Stream 27</p> <p>10:00 Valley Community Presbyterian Stream</p> <p>1:30 Bingo</p> <p>3:30 Mind Benders</p>	<p>10:00 Social Hour 28</p> <p>11:00 Cardio Drumming</p> <p>1:00 Understanding How Your Body Works</p> <p>2:00 Play Reading for Fun!</p> <p>6:30 Rumi Kub</p>	<p>10:00 Social Hour 29</p> <p>1:00 Capturing Time</p> <p>1:00 Pinochle</p> <p>2:00 Bible Study</p> <p>3:30 Trivia Tuesday</p> <p>4:00 Silent Meditation</p> <p>6:30 Movie: <u>A Night at the Opera</u></p>	<p>10:00 Social Hour 30</p> <p>2:00 Food Forum</p> <p>6:30 Bingo</p> <p>6:30 Poker</p>	<p>9:30 Mahjong 31</p> <p>9:30 Park Walk Picnic: Hood River</p> <p>10:00 Social Hour</p> <p>1:00 Canasta</p> <p>1:30 One Day University</p> <p>6:30 <u>Drive Through History</u></p>	<p>Color Chart</p> <p>Red Lettering = Outing</p> <p>Blue Lettering = Special Event</p>	<p>NEW BUS SCHEDULE!</p> <p>Be sure to check the new shopping schedule for Tuesday and Friday morning.</p>

Health Matters

What are some easy ways to drink more water during the day?

- Try drinking a glass of water when you get up in the morning, before you have coffee or tea.
- Keep a cup or water bottle by your desk, bed, or couch. Take several sips of water each hour.
- Set hydration alarms on your phone to remind you to hydrate.
- If you get tired of drinking plain water put a slice of lemon or lime.
- Set a daily water goal. The recommended daily goal is 8 cups per day. You can start at 4 cups per day and add one more cup per week until you have hit the recommended goal.



Happy Birthday July Celebrants!



Standing (from left to right): Wally Phillips, Linette Cash, Rita Crooke, Wally Owen, Pat Angove, Cecilia Dwigans, Juli Sakai

Seated (from left to right): Denny Kappos, Jim Cash, Donna Fischer, Marilyn Risberg, Judy Coons

Courtyard Snapshots



Steve Frederickson

Steve Fredrickson has been at Courtyard for a month. Before that, he lived at The Springs in Lake Oswego.

He was born in Hillsboro, a small town in central Texas, not the one in Oregon! . Steve grew up in Dallas and graduated from the University of North Texas with a degree in Accounting. He worked for one of the big eight accounting firms for five years after graduating. Later, after receiving his CPA license, he transitioned into sales, selling computer accounting systems. He also spent thirty years selling network security systems.

Steve lived in Colorado for 40 years., moving to Portland about six years ago. He has three children and 2 grandchildren. One daughter and the grandkids live in Lake Oswego. His son lives in Denver and his other daughter lives in Flagstaff, AZ.

One of his favorite pastimes is golf. He began golfing in high school and that continued into adulthood. He even had the opportunity to lose to professional Tom Kite in a junior tournament. Once he spent

eight days playing golf in Scotland on several of the most famous courses. He enjoys watching golf, The History Channel, Shark Tank, and car restoration shows. Steve is a huge supporter of the Colorado Buffaloes football team and is a big college football fan. He had Buff season tickets for 25 years.

Spending time in Europe with each of his daughters is one of his favorite memories. Their route took them through Scotland, France, and Italy.

One thing that you may not know about him is he ended up in the PNW when he was “dadrapped” in Oregon by his daughters and son during his coastline road trip.

Welcome New Resident #312 Lillie Buell

Tristan Smith is the smiling face at the Front Desk for many of the evenings at Courtyard. You could say he was born and raised in Atlanta, Georgia, except for one little detail. While his mother was pregnant with him, she went to Mississippi to visit her mother. At this time his heart stopped and they had to do an emergency delivery. One week later he and his mother were both back in Atlanta.

This young man has been gifted with many talents. He was an All American Wrestler, received scholarships for wrestling, was on the junior Olympic team, and traveled around the world. He has been to places such as Cuba and New Zealand.

He is also a very talented artist which he decided to nurture and develop a short time ago. If you pass by the Front Desk you may get a glimpse of a drawing. When Tristan first came to Portland he met the person who would become his mentor and friend, another tattoo artist. It has taken approximately 4 years for him to realize that tattooing is a passion. He currently works two jobs while still practicing his tattoo art. His short term goal is to be able drop his other job, at courtyard, and develop his portfolio.

He loves all the characters at Courtyard, he fits in beautifully.



Tristan Smith

Activities and Events

Event Programs at Courtyard:

- **Rummage Sale:** Tuesday, August 1st from 10:00am to 1:30pm in the Vista Room. You may reserve a table for items you wish to sell. We will also have a "free" table for items you wish to give away. Any items left from the sale will be taken to Goodwill.
- **August Birthday Party!** Everyone is welcome to come to the party to celebrate all the August Birthday People on Sunday, August 6th at 2:00pm! Sugar free dessert option is available.
- **Meeting for Fun Fair Volunteers:** This is specifically for those who are running the games.
- **Beanbag Baseball** is on hiatus for August. We will play one game on August 7th against the Courtyard Staff at 3:00pm, take a little break, and be back in September.
- **Discussion Group:** Join us for the topic: "Immigration Problem at Our Southern Borders" on Wednesday, August 16th.
- **Valley Presbyterian Drama Cass (8/18):** These kids will put on this 20 minute musical play, "How to Be A Pirate". It is always a good time and the kids are cute!! Come show your support.
- **Good Time Songs:** Susan Brenner, singer, and Joel Schipper, pianist, will be here the third Monday each month starting August 21st 1:30-2:30 pm in the Vista Room. Enjoy listening to the uplifting music! Each session will include some easy sing-a-long selections as well.
- **Beats of Bethany** is a group of young people who perform on a variety of instruments.
- **Food Forum:** Wednesday, August 30th at 2:00pm. Do you dine at the Courtyard at least 3 times a week? If so, we would love for you to come to our Food Forum and give us feedback on our meal program and service. What do you love about dining at Courtyard and what would you like to see us improve upon?

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

- **Thursday, August 3rd:** Volcanoes: Understanding the What, Where, & Why
- **Thursday, August 10th:** The History of Presidential Libraries: An Insiders Look
- **Tuesday, August 14th:** Past Future: One Hundred Years of Looking Forward
- **Thursday, August 17th:** The Trojan War: Fact, Fiction, Reality, & Myth
- **Tuesday, August 21st:** Our Future in Space: Billionaires, Rockets, & Gravity
- **Thursday, August 31st:** The Beach Boys: When the Good Vibrations Turned Bad.

Outings: Please sign up under Tab 1 of the Activity Book.

- **Thursday, August 10th depart at 10:00am:** Roy Bonn has worked/volunteered at the Oregon Electric Railway Museum for years. We will have a personal tour of the museum and ride one of the trolleys. Cost is \$8 per person and we will have lunch afterwards
- **Thursday, August 17th depart at 10:00am:** We are going to Gabrielle Park!
- **Thursday, August 17th depart at 1:00pm:** We will take a scenic drive to Sauvie's Island, and stop at one or two Farmer's Markets.
- **Thursday, August 24th at 9:30am:** Let's take a quick trip to the Woodburn Outlet Mall. We will be back by lunchtime.
- **Thursday, August 31st at 10:am:** We are taking a scenic drive to Hood River Water Front Park where we will stop and have a picnic lunch. If we have time, we will walk around the down town area.

Special Announcements

Bus Schedule: In short the Tuesday morning schedule and the Friday morning schedule have switched to become the following:

Tuesdays:

9:00am - Raleigh Hills Fred Meyer (Next door)

9:30am - Raleigh Hills Fred Meyer (Next door) New Seasons, Walgreens

1:00pm, 1st & 3rd: BiMart, Michael's, Kohl's, or Target

1pm, 2nd: Cedar Hills Crossing

1pm, 4th: Grocery Outlet, Target, Jo Ann Fabric

3:00pm - Post Office or Bank

Fridays:

10:00am, 1st & 3rd: Beaverton Fred Meyer, Trader Joe's, and Uwajimaya

10:00am, 2nd & 4th: Costco, WinCo, Wal Mart

1:00pm - Dollar Tree, Trader Joe's (Garden Home), Rite Aid, Albertsons

Family Fun Fair!! Thursday, August 24th from 2:00pm to 3:30pm we will have all sorts of booths from which you may choose to participate! Interactive games, photo booth, free snacks and beverages, balloon animals, and more!! Free for everyone!

Invite your whole family: kids grandkids and great-grand kids! Fun for everyone!!!

We want to make sure we prepare enough room, so stop by and let the Front Desk know how many family members are coming!

Courtyard Concerts

- **Tuesday, August 8th at 6:30pm:** Larry Wilder, the yodeler will perform in the Back Courtyard.
- **Tuesday, August 15th at 6:30pm:** Peggy Schwartz plays a variety of your favorite songs on the acoustic guitar in the Front Courtyard.
- **Tuesday, August 22nd at 6:30pm:** Let's have some Fiddlin' Fun!! Jon is a teacher and performer of the violin and other stringed instruments. He will be in the Back Courtyard.



It was special to celebrate our centenarians.





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 (SEATED)	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.

