



Family Fun fair was fabulous from the Kisses booth to the pinata!!



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 |

joaniec@courtyardvillage.com
www.courtyardvillage.com

Portland, OR 97225
4875 SW 78th Avenue

RALEIGH HILLS
Courtyard Village



HAPPY BIRTHDAY

- Mike Ellis 9/3
- LaVonne Treat 9/9
- Bonnie Polin 9/23
- Kathy Hefflin 9/26
- Pat Stewart 9/30

HAPPY ANNIVERSARY

- Dave & Pat Wilder 9/3
- Kay & Wally Phillips 9/16
- Henry & Lois Thibeault 9/20
- Larry & Maureen Rinella 9/22



Football Throw, Ducky Pond, balloon creations and much more at the Fun Fair!!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Color Chart Red Lettering = Outing Blue Lettering = Special Event</p>					<p>10:00 Social Hour ¹ 1:00 Courtyard Ambassadors Meeting 3:30 Happy Hour 6:00 <u>Temple Beth Israel Shabbat Service</u></p>	<p>1:00 Writer's Group ² 2:00 Movie: Dog Days 6:30 Movie: Dog Days</p>
<p>9:00 Drop Off You Knives to Activity Office Any Time Today ³ 8:15 National Cathedral Church Stream 10:00 Valley Community Presbyterian Stream 2:00 September Birthday Party</p>	<p>10:00 Social Hour ⁴ 11:00 Cardio Drumming 11:00 Labor Day BBQ Lunch 1:00 Pick Up You Knives from Activity Office 1:30 Good Time Songs!! 6:30 Rumi Kub 6:30 Kindness Cafe</p>	<p>10:00 Social Hour ⁵ 1:00 Capturing Time 2:00 Stan Lasley on Piano 2:00 Bible Study 3:30 Trivia Tuesday 4:00 Silent Meditation 6:30 Movie: La Bohem</p>	<p>10:00 Social Hour ⁶ 12:00 Mt. Man Fruit & Nut Co. 1:30 Sip & Study: Torah 3:30 Book Club 6:30 Bingo 6:30 Poker</p>	<p>9:30 Mahjong ⁷ 10:00 Social Hour 1:00 Canasta 1:30 One Day University 1:30 Washington Square 6:15 Lakewood Theater 6:30 Drive Through History: America: Columbus to the Constitution</p>	<p>10:00 Social Hour ⁸ 1:30 Reflections: Aging and Loving It 3:30 Happy Hour 6:00 <u>Temple Beth Israel Shabbat Streamed Service</u></p>	<p>10:00 Gismos and Gadgets For your Home ⁹ 1:00 Writer's Group 2:00 Movie: Three Thousand Years of Longing 6:30 Movie: Three Thousand Years of Longing</p>
<p>8:15 National Cathedral Church Stream ¹⁰ 10:00 Valley Community Presbyterian Stream 1:30 Bingo 3:30 Mind Benders</p>	<p>10:00 Social Hour ¹¹ 11:00 Cardio Drumming 1:30 All Resident Meeting 3:00 One Day University 6:30 Rumi Kub</p>	<p>10:00 Social Hour ¹² 1:00 Pinochle 2:00 Bible Study 3:30 Trivia Tuesday 4:00 Silent Meditation 6:30 Movie: Billie Joel: Live at Yankee Stadium</p>	<p>10:00 Social Hour ¹³ 11:00 Your Speed Tech. 1:30 The Seekers 3:30 Life's Big Questions 6:30 Bingo 6:30 Poker</p>	<p>9:30 Mahjong ¹⁴ 9:30 Hood river Fruit Loop 10:00 Social Hour 10:00 Able Hearing 1:00 Canasta 1:30 One Day University 6:30 Drive Through History: America: Columbus to the Constitution</p>	<p>10:00 Social Hour ¹⁵ 3:30 Happy Hour 6:00 <u>Temple Beth Israel Shabbat Streamed Service</u></p>	<p>1:00 Writer's Group ¹⁶ 2:00 Movie: The Big Year 6:30 Movie: The Big Year HAPPY ROSH HASHANA</p>
<p>8:15 National Cathedral Church Stream ¹⁷ 10:00 Valley Community Presbyterian Stream 1:30 Bingo 3:30 Mind Benders TBA Blowing of the Shofar</p>	<p>10:00 Social Hour ¹⁸ 11:00 Cardio Drumming 2:00 Mazel Tones Rose Schnitzer 2:45 Apples and Honey!! 6:30 Rumi Kub 6:30 Kindness Cafe</p>	<p>10:00 Social Hour ¹⁹ 1:00 Pinochle 2:00 Bible Study 3:30 Trivia Tuesday 4:00 Silent Meditation 6:30 Movie: Follies in Concert</p>	<p>10:00 Social Hour ²⁰ 1:00 Oktoberfest Anniversary Party!! 6:30 Oktoberfest Bingo 6:30 Poker</p>	<p>9:30 Mahjong ²¹ 10:00 Early Scenic Drive 10:00 Social Hour 1:00 Canasta 12:30 Claim Jumper Lunch 1:30 Discussion Group 6:30 Movie: Picnic (1955)</p>	<p>10:00 Social Hour ²² 3:30 Happy Hour 6:00 <u>Temple Beth Israel Shabbat Streamed Service</u></p>	<p>1:00 Writer's Group ²³ 2:00 Movie: The Intern 6:30 Movie: the Intern</p>
<p>8:15 National Cathedral Church Stream ²⁴ 10:00 Valley Community Presbyterian Stream 1:30 Bingo 3:30 Mind Benders</p>	<p>10:00 Social Hour ²⁵ 11:00 Cardio Drumming 1:00 Understanding How Your Body Works 3:00 Play Reading for Fun! 6:30 Rumi Kub</p>	<p>10:00 Social Hour ²⁶ 1:30 Capturing Time Celebration 1:00 Pinochle 2:00 Bible Study 3:30 Trivia Tuesday 4:00 Silent Meditation 6:30 Movie: The Wiz</p>	<p>10:00 Social Hour ²⁷ 11:00 Your Speed Tech. 1:00 Bunco 3:30 Life's Big Questions 6:30 Bingo 6:30 Poker</p>	<p>9:30 Mahjong ²⁸ 9:30 Chinook Winds Casino Or Mo's Lunch/ Ocean/ Outlet Mall 10:00 Social Hour 1:00 Canasta 1:30 One Day University 6:30 Movie: A League of Their Own</p>	<p>8:00 Men's Breakfast ²⁹ 10:00 Social Hour 3:30 Happy Hour 6:00 <u>Temple Beth Israel Shabbat Streamed Service</u></p>	<p>1:00 Writer's Group ³⁰ 2:00 Movie: Happiness for Beginners 6:30 Movie: Happiness for Beginners</p>

Health Matters

Ingredients

- 1/2 cup old-fashioned oats*
- 1/2 cup milk, whichever type you prefer
- 1/2 teaspoon pure maple syrup
- 1/4 teaspoon pure vanilla extract

For serving, optional: fresh fruit, sliced or slivered almonds, other nuts or nut butters, etc.

Instructions

- Combine oats, milk, maple syrup and vanilla in a mason jar or bowl. Seal with a lid and shake to mix or stir if using a bowl. (If making a larger batch, you can stir the ingredients together in a bowl.)
- Refrigerate overnight or at least 6 hours and up to 4 days. Stir and add toppings right before serving
- Before serving stir and add any preferred toppings such as peanut butter, chia seeds, blueberries, yogurt, dried fruit, honey, almonds, banana, nuts, etc.

Overnight Oats



Courtyard Snapshots



Candace Coleman

Candace Coleman is new to Courtyard Village and she has been here for about a month. She was born in Rhode Island and moved to Portland, Oregon at the age of five. She has two younger sisters and recalls a quiet simple childhood. Candace dropped out of college after one year and worked odd-jobs finally landing on bookkeeping. She worked as an independent bookkeeper for 45 years, mostly with small restaurant businesses. She married and acquired three lovely step children. For the past nine years she has been her ex-husband's primary caregiver. Currently her family came together as a team to take her place as the primary caregivers. Candace enjoys spending time with her family and her two granddaughters, as well as with friends. She enjoys reading, exercising, cooking and sharing food, and gardening. When she is not with her family, you can find her working on her art. She is a fiber art artist who works with textiles such as fabric, yarn, and natural and synthetic fiber. Working on her art allows her to check in with herself, relax, and self-express. She has been a student of Buddhism for 40 years and practices mindfulness.

Welcome New Residents

#133 Chuck Stamps

#232 Donna Metz

#263 Elizabeth Sannebeck

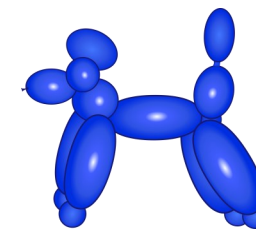
Happy Birthday August Celebrants!

Standing (from left to right):

Gerald Risberg, Frank Simpson, Louise Hood, Barbara King, Henry Thibeault, Candace Coleman

Seated (from left to right):

Beverly Ylvisaker, Peggy Thomson, Versie Meyer



If you would like a digital copy of a photo from the Family Fun Fair see Alex at the Front Desk.

Activities and Events

Event Programs at Courtyard:

- **September Birthday Party!** Everyone is welcome to come to the party to celebrate all the September Birthday People on Sunday, September 3rd at 2:00pm! Sugar free dessert available.
- **Monday, September 4th at 1:30pm:** Susan Brenner, singer, and Joel Schipper, pianist, will be here on Labor Day to do a sing-a-long.
- **Tuesday, September 5th at 2:00pm:** Stan Lasley will entertain us with his stories about musical history and his skill on the piano.
- **Saturday, September 9th at 10:00am:** Debbie Tschirgi will demonstrate five easy-to-use solutions for your Courtyard Village home that are quick to install, convenient and purposeful! She'll answer your questions and share information about purchasing them. Bring information about your favorite "gizmos and gadgets," too!
- **Rosh Hashanah:** the Jewish New Year begins Friday night, September 15th. Join us Sunday, September 17th at approximately 4:30pm for the blowing of the Shofar. Everyone is welcome.
- **Monday, September 18th at 2:00pm:** The Mazeltones, formerly known as the Rose Schnitzer Choir, will delight you with some fun songs. Afterwards we will have refreshments which will include apples and honey, keeping in celebrating Rosh Hashanah.
- **Discussion Group** will meet **Thursday, September 21st, 1:00pm** due to the Anniversary Party on Wednesday, September 20th. The topic is The Impact of Oregon Decriminalizing Hard Drugs (measure 101).
- **Capturing Time Celebration:** Please join us as we celebrate the completion of residents' crafted journal. It is a fascinating product and 12 week process. There will be refreshments.

One Day University:

Informative one hour lectures by professors from various universities.

- **Thursday, September 7th:** Volcanoes: Understanding the What, Where, & Why (repeat)
- **Monday, September 11th:** Marc Chagall: An Artful Life
- **Thursday, September 14th:** A History of Chocolate: From the Aztec's Favorite Drink to America's Favorite Candy bar. September 15th is Hershey's birthday.
- **Thursday, September 28th:** What's So Great About Rome?

Outings:

Please sign up under Tab 1 of the Activity Book.

- **Thursday, September 7th depart at 6:15pm:** Lakewood Theater offers us 15 free seats during their Dress Rehearsal. The performance will be "Arsenic and Old Lace." Sign up under Tab 1 in the book. If we have more than 15 people, we will draw name to see who goes. We will post who is going Tuesday before the performance.
- **Thursday, September 14th, departure at 9:30am:** We will take a beautiful drive where we will stop along the "Fruit Loop" of Hood River, stopping at Kiyokawa Family Orchards and Packer Orchards and Bakery. We will have lunch at The Gorge White House Fruit Stand and Winery. Menu upon request.
- **Thursday, September 21st, departure at 12:30pm:** Let's have lunch at the Claim Jumper!!
- **Thursday, September 28th at 9:30am:** We are going to Lincoln City for the day. First we will drop off those wishing to go to Chinook Winds where we will pick up from the Casino around 3:00pm. The second group will go to Moe's for lunch and a possible beach walk. Once we are done with lunch, we will take a quick stop at the Outlet Mall and then proceed to pick up the group at Chinook Winds.

Knife Sharpening

He is now able to do serrated knives.

Wrap your items to be sharpened in a towel. \$5 per item. This is to protect you from the sharpness of your items. Please put the towel in a bag with your name, phone number, and a check with the amount you need for the number of items you have. Make checks out to "Edgemaster".

Have your Item's in the Activity office by Sunday evening, September 3rd.

Labor Day BBQ

Enjoy a lunchtime BBQ!
BBQ Chicken or Pulled Pork
Purchase your special ticket at the regular lunch price at the Front Desk!
Details to follow. Watch for the flyer!

If you desire an evening meal, sign up with the Front Desk for a sack dinner.

Special Announcements

Courtyard Anniversary Party

Courtyard Village is turning 24 years old!! We will celebrate a little differently this year with a theme! Oktoberfest!!

Wednesday, September 20th we will enjoy an Oktoberfest buffet beginning at 1pm. Seatings are 1:00pm, 1:30pm and 2:15pm for no more than groups of 5. This special meal is for residents only. Buy your special ticket from the **Front Desk** for \$15.

The meal includes items such as bratwurst, chicken schnitzel, potato pancakes, German potato salad and German chocolate cake. Beer will be served. (Wine is available upon request).

If you desire an evening meal, sign up with the Front Desk for a sack dinner.



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.

