



It was a beautiful, relaxing day at The Gorge.



### 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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# Courtyard Village

RALEIGH HILLS

## Good Times

October 2023

### HAPPY BIRTHDAY

- Lynn Gelber 10/4
- Muriel Westermann 10/5
- Ann Kruss 10/7
- Joan McLaughlin 10/7
- Diana Penselin 10/8
- Margaret Wade 10/10
- Fude Kagawa 10/12
- Maureen Rinella 10/12
- Carl Enzenberger 10/13
- Louise Prescott 10/14
- Susie Belknap 10/15
- Kelly Christenson 10/17
- Phyliss Keller 10/20
- Bill McKenzie 10/20
- Jan Paris 10/20
- Pat Wilder 10/23
- Ralph Vranizan 10/25
- Pat Abdalla 10/26
- Art Palm 10/26
- Darrell Mathews 10/26
- Judy Liggett 10/27
- Claudia Askew 10/28
- Arden Shenker 10/28



We had a grand time at the Anniversary party!!



### HAPPY ANNIVERSARY

- Robert & Margaret Bland 10/1
- Joan & Tom Graham 10/4



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
8:15 National Cathedral Church Stream 1 10:00 Valley Community Presbyterian Stream 1:15 Oregon Symphony: Classical A 2:00 October Birthday Party 3:30 Mind Benders	10:00 Social Hour 2 11:00 Cardio Drumming 1:30 Medicare Ice Cream Social 3:30 Bean Bag Baseball 6:30 Rumi Kub 6:30 Kindness Cafe	10:00 Social Hour 3 1:00 Pinochle 2:00 Bible Study 3:30 Trivia Tuesday 4:00 Silent Meditation 6:30 Shaymus Hanlin Sings!	10:00 Social Hour 4 11:00 One Day University 12:00 Mt. Man Fruit & Nut Co. 1:30 Sip & Study: Torah 3:30 Book Club 6:30 Bingo 6:30 Poker	9:30 Mahjong 5 10:00 Foot Massage 10:00 Social Hour 10:00 Scenic Drive 1:00 Canasta 1:30 Washington Square 2:00 Food Forum 6:30 Drive Through History: America's Founders	10:00 Social Hour 6 1:00 Courtyard Ambassadors Meeting 3:30 Happy Hour 6:15 Nevah Shalom Service	1:00 Writer's Group 7 2:00 Movie: <u>My Big Fat Greek Wedding 2</u> 6:30 Movie: <u>My Big Fat Greek Wedding 2</u>	
8:15 National Cathedral Church Stream 8 10:00 Valley Community Presbyterian Stream 1:30 Bingo 3:30 Mind Benders	10:00 Social Hour 9 11:00 Cardio Drumming 1:30 All Resident Meeting 3:30 Bean Bag Baseball 6:30 Rumi Kub	10:00 Social Hour 10 1:00 Pinochle 2:00 Bible Study 3:30 Trivia Tuesday 4:00 Silent Meditation 6:30 Movie: <u>Anything Goes</u>	10:00 Social Hour 11 10:00 St. Helens Halloween Town 11:00 Your Speed Tech. Passwords & Security 1:30 The Seekers 3:30 Life's Big Questions 6:30 Bingo 6:30 Poker	8:30 Flu Clinic 12 9:30 Mahjong 10:00 Social Hour 10:00 Able Hearing 1:00 Canasta 3:30 One Day University 6:30 Drive Through History America's Founders	10:00 Social Hour 13 1:30 Reflections: Aging and Loving It with Rabbi Cohen 3:30 Happy Hour 6:00 Temple Beth Israel Shabbat Streamed Service	1:00 Writer's Group 14 2:00 Movie: <u>Love Again</u> 6:30 Movie: <u>Love Again</u>	
8:15 National Cathedral Church Stream 15 10:00 Valley Community Presbyterian Stream 11:00 Boy Scout Fundraiser 1:30 Bingo 3:30 Mind Benders	10:00 Social Hour 16 11:00 Cardio Drumming 1:30 Sing-a-long with Susan 2:30 One Day University 3:30 Bean Bag Baseball 6:30 Rumi Kub 6:30 Kindness Cafe	10:00 Social Hour 17 1:00 Pinochle 2:00 Bible Study 3:30 Trivia Tuesday 4:00 Silent Meditation 6:30 Movie: <u>Vienna Philharmonic Summer Night Concert 2023</u>	10:00 Social Hour 18 11:00 One Day University 1:30 Discussion Group 6:30 Bingo 6:30 Poker	9:30 Mahjong 19 10:00 Foot Massage 10:00 Woodburn Outlet Mall 10:00 Social Hour 1:00 Canasta 1:30 One Day University 6:30 Drive Through History America's Founders	10:00 Social Hour 20 3:30 Happy Hour 6:15 Nevah Shalom Service	1:00 Writer's Group 21 2:00 Movie: <u>Bombshell</u> 6:30 Movie: <u>Bombshell</u>	
8:15 National Cathedral Church Stream 22 10:00 Valley Community Presbyterian Stream 1:30 Bingo 3:30 Mind Benders	10:00 Social Hour 23 11:00 Cardio Drumming 1:00 Understanding How Your Body Works 3:30 Bean Bag Baseball 6:30 Rumi Kub	10:00 Social Hour 24 1:00 Pinochle 2:00 Bible Study 3:30 Trivia Tuesday 4:00 Silent Meditation 6:30 Movie: <u>Copellia</u>	10:00 Social Hour 25 11:00 Your Speed Tech. iPhone Basics 1:00 Bunco 3:30 Life's Big Questions 6:30 Bingo 6:30 Poker	9:30 Mahjong 26 9:30 Ilani Casino 10:00 Social Hour 1:00 Canasta 1:30 St. Luke's Communion 6:30 Movie: <u>Jaws</u>	8:00 Men's Breakfast 27 10:00 Social Hour 3:30 Happy Hour 6:00 Temple Beth Israel Shabbat Streamed Service	1:00 Writer's Group 28 1:00 Trick or Treat Preview 3:00 Old Fashioned Halloween 6:30 Movie: <u>Race</u>	
8:15 National Cathedral Church Stream 29 10:00 Valley Community Presbyterian Stream 1:30 Bingo 3:30 Mind Benders	10:00 Social Hour 30 11:00 Cardio Drumming 1:30 Play Reading for Fun! 3:30 Bean Bag Baseball 6:30 Rumi Kub	10:00 Social Hour 31 1:00 Pinochle 2:00 Bible Study 3:30 Trivia Tuesday 4:00 Silent Meditation 6:30 No Talent – Talent Show  <b>HAPPY HALLOWEEN</b>				<b>Color Chart</b> Red Lettering = Outing Blue Lettering = Special Event	<b>Food Services</b> Sign up by 2:30pm for Dinner <b>Meal Prices</b> Breakfast 8:00 to 9:30am \$6.00 Weekend Brunch 10:00am to 1:30pm \$8.00 Lunch 11:30 to 1:30pm \$8.00 Dinner 4:30 to 6:30pm \$10.00

## Health Matters

**Breath Counting** is a meditation technique which focuses on drawing mental attention to breathing by counting numerically inhalation and exhalation.

How to breath count:

- Start by sitting in an upright position with a neutral spine either in a chair or on the floor.
- Begin to **INHALE** through your nose as you mentally count to five.
- Next, **EXHALE** though your nose and match it to the same five counts of your inhale.
- Be sure to initiate your breathing through your diaphragm and visualize the breath flowing above and below the diaphragm, filling your entire torso.
- As you get better and become more comfortable, you can add a second until you reach 10 seconds!



## Courtyard Snapshots



**Lynn Gelber**

Lynn Gelber has been a resident here at Courtyard Village since April this year. Before moving here, she was living in her own home with her husband, Charlie. She was born in San Antonio, Texas to a military family. They settled in New Jersey to be close to family in New Jersey and then moved to New York after her dad retired from the military. After 32 years, she moved to Portland, Oregon in 1997. In 1997, Lynn connected with Charlie through a Jewish dating website. They were wed in 1999. Charlie helped Lynn raise her two kids and treated them like his own. When they first met back in 1997, Lynn said she immediately knew he was the one. They were together until Charlie passed away in 2020. Her trips with Charlie are where Lynn finds her favorite memories.

Lynn made the decision to return to college with Charlie's support and encouragement receiving a degree in education with honors from Concordia University. Before getting a job in insurance, she worked as a substitute teacher in the local area.

She currently plays Mahjong with the ladies of Courtyard as one of her hobbies. Lynn is a gregarious person who likes to say hello to people and enjoys any opportunity to laugh.

## Happy Birthday September Celebrants!

**Standing (from left to right):**

Bonnie Polin, Chuck Stamps

**Seated (from left to right):**

Mike Ellis, Pat Stewart

**Below:** Bonnie Bonn (formerly known as Lavonne Treat)



## Welcome New Residents

**#114 Florence Halpern**

**#350 Joan Peres**

**#139 Jeannette Murray**

Rusty Rozmankhel is the lead server here at Courtyard Village. He enjoys assisting residents and providing excellent service to ensure their satisfaction.

Rusty is of Persian descent and was born in Afghanistan along with his two brothers and one sister. He moved here in 2011 and attended Hillsboro's Liberty High School, where he graduated in 2018. He is currently a business student at Portland Community College. After completing his coursework at PCC, he intends to transfer to Portland State University.

He loves soccer and his favorite player is Lionel Messi. He hopes to be able to see him play in person soon. Rusty currently participates in both indoor and outdoor soccer. He enjoys listening to rap music. Drake and Kendrick Lamar are two of his favorite musicians. Rusty has a drive to learn about e-commerce, marketing, internet sales, and the stock market. He enjoys spending time with his family and his high school sweetheart, Viviana, to whom he is engaged. Rusty's favorite memory is going camping with his friends in Tillamook. They had finished everything and were on their way home when they discovered they had left their friend at the campsite!



**Rusty Rozmankhel**

## Activities and Events

### Event Programs at Courtyard:

- **Beanbag Baseball is back!!** Mondays at 3:30pm we are resuming Beanbag baseball. You do not need to know how to play. It is a lot of fun and we laugh a lot!!
- **Thursdays, October 5th, 12th, and 19th:** Drive Through History presents: America's Founders series. Episode one is The Adams Family, episode two is It's All About The Benjamins and episode three is Other Revolutionary Heroes.
- **October Birthday Party!** Everyone is welcome to come to the party to celebrate all the October Birthday People on Sunday, October 1st at 2:00pm! Sugar free dessert option is available.
- **Monday, October 2nd at 1:30pm:** Chuck Mally, who helps us with Medicare questions, will be here with ice cream and the latest about Medicare coverage for the open season October 11th.
- **Tuesday, October 3rd at 6:30pm:** Shaymus Hanlin will sing for us!
- **Food Forum: Thursday, October 5th at 2pm:** 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 and what would you like to see us improve?
- **Your Speed Technology:** Wednesday, October 11th presentation is Passwords & Security.
- **Sunday, October 15th from 11:00am to 1:00pm:** Wally and Lu Owen's great-grandson is taking orders for wreaths and other holiday decoration as a Boy Scout fundraiser.
- **Monday, October 16th at 1:30pm:** Sing-a-long with Susan Brenner and Joel Schipper.
- **Your Speed Technology:** Royal will be here Wednesday, October 18th with the presentation: IPhone Basics: Notes, Apps.

### One Day University:

 Informative one hour lectures by professors from various universities.

- **Wednesday, October 4th:** The Notorious RBG: Champion of Equality and Voice of Dissent
- **Thursday, October 12th:** Spooky, Scary Cinema: Celebrating Halloween Movies
- **Monday, October 16th:** Mount Everest: The Highest Highs and the Lowest Lows
- **Wednesday, October 18th:** Autism: What We Know and What We Don't Know
- **Thursday, October 19th:** Secrets of a Dog's Nose: How Their Sense of Smell is 100,000 times Better Than Humans

### Outings:

 Please sign up under Tab 1 of the Activity Book.

- **Sunday, October 1st departure at 1:15pm:** This is our first Oregon symphony performance of the Season, for folks who already have their tickets. Our bus is going to the Sunday Matinee Classical Series A: Mahler's First Symphony. If you do not have tickets and want to go, please see Michele.
- **Thursday, October 5th:** We are flipping the schedule. We will first take a scenic drive at 10am and in the afternoon we will go to Washington Square at 1:00pm.
- **Wednesday, October 11th departure at 10:00am:** We will head out to St. Helens (Oregon) where they have created a Halloween Town. We will have fun exploring the old part of this Columbia River city. Lunch will be at the local Chinese restaurant.
- **Thursday, October 19th departure at 10:00am:** Spend the day with us at the Mall. You can get a head start on your holiday shopping. If you wish to have lunch outside of the mall we will shuttle you there and then back to the mall to finish up your shopping. This is an all day outing.
- **Thursday, October 26th departure at 9:30am:** Are you lucky? We are off to Ilani Casino in Washington State. Lunch is on your own.

### Shot Clinic

Thursday, October 12th  
from 8:30 to 12:30pm

#### Available:

- 1st Shingle Shot
- Flu Shot
- High Dosage Flu Shot

Sign up on the clipboard for a time slot.

More details to follow. Questions?  
See Michele.

### Foot Massage:

We will have foot massages on a regular basis at Courtyard Village. Jane Crawford will come the first and third Thursday of the month. The sessions are at 10am, 11am, noon, and 1pm. Cost is \$60 per session.

She has a studio near Cedar Mills and will take clients there as well.

Any questions or would like to make an appointment, please call or text 503-453-0089.

### Halloween Fun!!!

#### Halloween Trick or Treating

We are hosting Trick or Treating on Saturday, October 28th from 1pm to 3pm.

Everyone is welcome to trick or treat as long as they have a costume and knock at the resident doors which have a Courtyard sponsored poster. (If you wish to give out candy, get your poster from Michele).

INVITE YOUR KIDS, GRANDKIDS,  
AND GREAT GRANDKIDS!!!

Any questions, see Michele

#### Halloween No Talent - Talent Show

Sign up to participate in our show on Halloween Night at 6:30pm

We love jokesters, singers, skits, or any little bit of fun you can muster up!!!

We will also have prizes for the funniest, scariest, and "head scratchingest" costumes!

Old Fashioned Halloween: After trick or treating at the apartments, we will have a party with refreshments in the Vista Room for everyone at 3:00pm!!



# Fall/Winter Fitness Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 AM	Group Strength	Strength & Endurance	Balance & Flex	Strength & Endurance	Strength & Endurance	
9:30 AM	Breathing & Tai Chi	Gentle Fit	Strength & 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**

### **Cardio Drumming:**

Cardio drumming is a creative and fun aerobic workout. It helps build strength and cardiovascular fitness leaving you smiling and feeling great.

### **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.

### **Breathing & Tai Chi**

An easy, low-intensity class that focuses on breathing along with slow motions and poses to help improve balance.

### **Balance & Flex**

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

### **Strength & Posture**

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

### **Group Strength:**

A group style workout with an emphasis on building strength.

### **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.