



The journals shown here were created by our talented residents. We had a little party celebrating all the hard work that went into their creative journals.



Staff Team Members

General Manager
Marketing Director
Operations Manager
Life Enrichment Director

Joanie Ceballos
Jason Goodwill
Doris Kelleher
Michele Willemse

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Front Desk Supervisor
Lead Housekeeper
Maintenance Supervisor

Charley Boonkaw
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Courtyard Village

RALEIGH HILLS

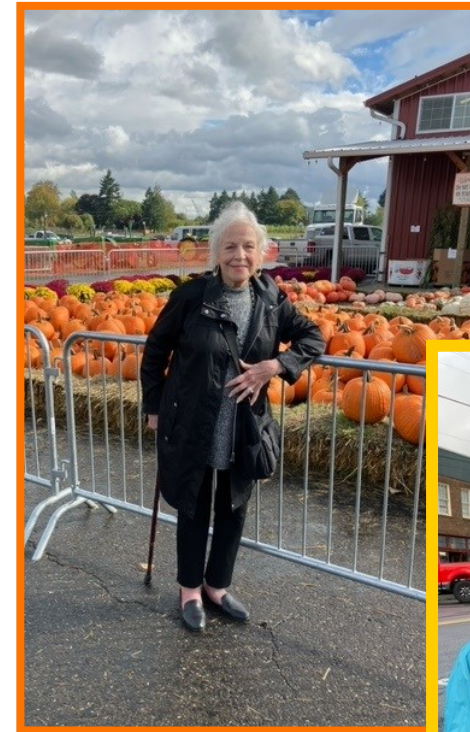
Good Times

November 2023



HAPPY BIRTHDAY

- Jackie Young 11/4
- Dottie Kasules 11/8
- Faye Swain 11/9
- Joan Miller 11/10
- Carol Thomas 11/10
- Nikki Erickson 11/13
- Vernon Freel 11/14
- Geraldine Brabenac 11/15
- Kimiko Skiles 11/19
- Marvin Rippee 11/20
- Shari Stover 11/22
- Betty Walkiewicz 11/23
- Kitty Kuhn 11/26
- Jerry Froimson 11/27
- Gabrielle Bennett 11/28
- Richard Gallehr 11/28

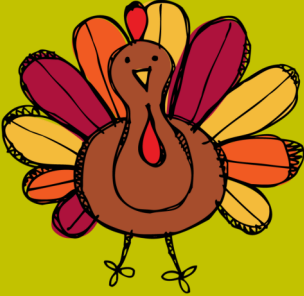


HAPPY ANNIVERSARY

- Jack & Pat Fried 11/3
- Marvin & Noretta Rippee 11/8
- Jim & Linette Cash 11/28



While the weather is good, getting out as much as we can is our top priority!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>November</h1>			10:00 Social Hour 1 11:00 One Day University 12:00 Mt. Man Fruit & Nut Co. 12:00 Sue's Honey & Gifts 1:30 Sip & Study: Torah 3:30 Book Club 6:30 Bingo 6:30 Poker	9:30 Mahjong 2 10:00 Foot Massage 10:00 Social Hour 10:00 Scenic Drive 1:00 Canasta 1:30 One Day University 1:00 Washington Square 6:30 Movie: <u>Whose Land Is It? Jewish and Arab Claims to Israel</u>	10:00 Social Hour 3 1:00 Courtyard Ambassadors Meeting 3:30 Happy Hour 6:15 <u>Nevah Shalom Service</u>	1:00 Writer's Group 4 2:00 Movie: <u>Who's Afraid of Virginia Wolf?</u> 6:30 Movie: <u>Who's Afraid of Virginia Wolf?</u>
8:15 National Cathedral Church Stream 5 10:00 Valley Community Presbyterian Stream 2:00 November Birthday Party 3:30 Mind Benders Daylight Savings Time Ends	10:00 Social Hour 6 11:00 Cardio Drumming 1:30 All Resident Meeting 3:30 Trivia Monday 6:30 Rumi Kub 6:30 Kindness Cafe	10:00 Social Hour 7 1:00 Pinochle 2:00 Bible Study 3:30 Bean Bag Baseball 4:00 Silent Meditation 6:30 Movie: <u>Die Fledermaus</u>	9:00 Document Shredding 8 10:00 Social Hour 11:00 Your Speed Tech. 1:30 The Seekers 3:30 Life's Big Questions 6:30 Bingo 6:30 Poker	9:30 Mahjong 9 10:00 Social Hour 10:00 Able Hearing 1:00 Canasta 1:30 One Day University 3:00 Happy Hour at 6:15 Lakewood Theater 6:30 PBS Nature: <u>The Platypus Garden</u>	10:00 Social Hour 10 1:30 Reflections: Aging and Loving It w/Rabbi Cohen 3:30 Happy Hour 4:30 Veteran's Day Dinner 6:00 <u>Temple Beth Israel Shabbat Streamed Service</u>	10:00 Patty's Pre-Order Bake Sale 11 1:00 Writer's Group 2:00 Movie: <u>Hacksaw Ridge</u> 6:30 Movie: <u>Hacksaw Ridge</u> HAPPY VETERAN'S DAY
8:15 National Cathedral Church Stream 12 10:00 Valley Community Presbyterian Stream 1:30 Bingo 3:30 Mind Benders End of Food Drive	10:00 Social Hour 13 11:00 Cardio Drumming 11:00 Debbie's Holiday Gifts 1:00 Medicare 1 on 1, Q&A 1:30 Using DNA Research to Learn About Your Family History 3:30 Trivia Monday	10:00 Social Hour 14 1:00 Pinochle 2:00 Bible Study 3:30 Bean Bag Baseball 4:00 Silent Meditation 6:30 Movie: <u>Greatest Showman</u>	10:00 Social Hour 15 11:00 One Day University 1:30 Discussion Group 3:00 Volunteer Appreciation 6:30 Bingo 6:30 Poker	9:30 Mahjong 16 10:00 Foot Massage 10:00 Sleigh Bells & Lunch 10:00 Social Hour 1:00 Canasta 1:30 One Day University 6:30 PBS Nature: <u>Attenborough's Wonder of Song</u>	10:00 Social Hour 17 11:00 "Engage Your Core" Workshop 3:30 Happy Hour 6:15 <u>Nevah Shalom Service</u>	1:00 Writer's Group 18 2:00 Movie: <u>Splendor in the Grass</u> 6:30 Movie: <u>Splendor in the Grass</u>
8:15 National Cathedral Church Stream 19 10:00 Valley Community Presbyterian Stream 1:15 Oregon Symphony: Classical A 1:30 Bingo 3:30 Mind Benders	10:00 Social Hour 20 11:00 Cardio Drumming 1:30 Good Time Sing-a-long 3:30 Trivia Monday 6:30 Rumi Kub 6:30 Kindness Cafe	10:00 Social Hour 21 1:00 Pinochle 1:30 One Day University 2:00 Bible Study 3:30 Bean Bag Baseball 4:00 Silent Meditation 6:30 Movie: <u>Barbra: The Music, The Memories, The Magic!</u>	10:00 Social Hour 22 11:00 Your Speed Tech. 1:00 Bunco 3:30 Life's Big Questions 6:30 Bingo 6:30 Poker	1:00 Thanksgiving Dinner 23 3:30 One Day University 6:30 PBS Nature: <u>The Hummingbird Effect</u> HAPPY THANKSGIVING	8:00 Men's Breakfast 24 10:00 Social Hour 3:30 Happy Hour 6:00 <u>Temple Beth Israel Shabbat Streamed Service</u>	1:00 Writer's Group 25 2:00 Movie: <u>Barbie</u> 6:30 Movie: <u>Barbie</u>
8:15 National Cathedral Church Stream 26 10:00 Valley Community Presbyterian Stream 1:30 Bingo 3:30 Mind Benders	10:00 Social Hour 27 11:00 Cardio Drumming 1:00 Understanding How Your Body Works 1:30 Stan Lasley MGM Musicals 3:30 Trivia Monday 6:30 Rumi Kub	10:00 Social Hour 28 1:00 Pinochle 1:30 One Day University 2:00 Bible Study 3:30 Bean Bag Baseball 4:00 Silent Meditation 6:30 Movie: <u>Gentlemen Prefer Blondes</u>	10:00 Social Hour 3:30 Play Reading For Fun 6:30 Bingo 6:30 Poker	9:30 Mahjong 10:00 Ilani 10:00 Social Hour 1:00 Canasta 1:30 One Day University 6:30 PBS Nature: <u>Niagara Falls</u>	Color Chart Red Lettering = Outing Blue Lettering = Special Event	Food Services Sign up by 2:30pm for Dinner Meal Prices 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

Welcome New Residents

#133 Dianne Dougherty

#225 Suzanne Gwynn

#183 Butch Ogilvy

Food Bank Donations

From October 29th until noon on November 13th, we are collecting non-perishable food items for the St. Vincent DePaul Scappoose Area Food Bank. **Our Theme is THANKSGIVING!** Canned pumpkin, stuffing, cake mixes, canned cranberry sauce, cranberry juice, or apple cider are some ideas.

KGW Great Toy Drive

We are a donation site this year. Details will follow. Keep on the look out!

Courtyard Snapshot

Lyle Chadwick has been at Courtyard Village for six months. He was born in Grand Junction, Colorado and attended the University of Colorado after high school for a degree in accounting. Later he joined the Air Force as an Air Traffic Controller and was assigned to Adair Air Force Station in Corvallis, Oregon. While stationed there, Lyle met his wife Sue on July 4th, 1965, and they were married that December. They share three daughters and seven grandkids. Sue passed away in 2004. In 2005, Lyle remarried Judy, who later passed in 2021.

Lyle enjoys watching police television dramas. Some of his favorites are Law and Order, Blue Blood, and 911. He also enjoys listening to traditional pop and easy listening jazz. One of his favorite artists is Michael Bublé; and loves listening to Reba McEntire.

Lyle has always enjoyed traveling with his family. They have travelled to California, Florida, and Canada. He also liked traveling with Judy to see family in Arizona.

Something we do not know about Lyle is that he has an interest in cars. For 24 years he cared for a 1998 black convertible mustang and has recently transferred it to his son in law. He also owned a jeep for 19 years that went to another son in law.



Lyle Chadwick



Happy Birthday October Celebrants!

Standing, Back Row (from left to right): Ralph Vranizan, Carl Enzenberger, Louise Prescott, Pat Wilder, Susie Belknap, Joan Peres, Ann Kruss, Maureen Rinella, Fude Kagawa

Seated Middle Row (from left to right): Judy Liggett, Lynn Gelber, Phylliss Keller, Darrell Mathews, Claudia Askew

Seated Front Row: Jan Paris, Kelly Christenson, Arden Shenker

Health Matters

Are you Engaging your Core Muscles?

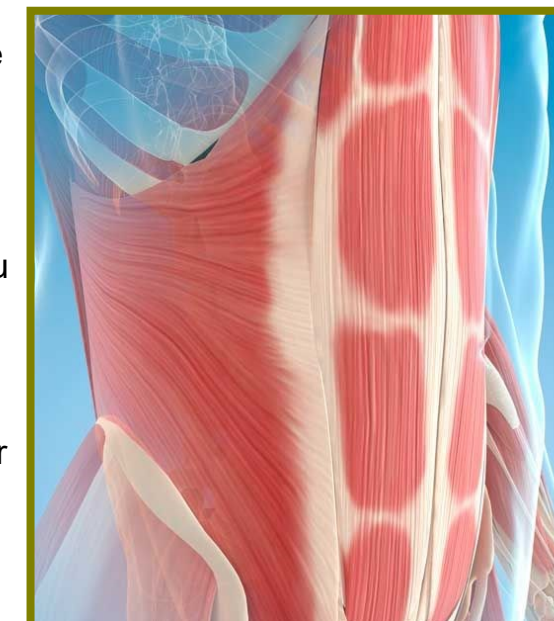
Knowing how to engage your core muscles can help reduce the risk of lower back injuries.

Here is an example of poor core engagement:

Imagine you are lifting a heavy object overhead. As you lift the object you begin to feel how heavy it is. This makes you begin to arch your lower back. Arching your lower back can strain your muscles which can then lead to injury.

If you are interested in learning cues on how to engage your core, join us November 17th at 11:00am in the Summit Room for an "Engage Your Core Workshop". Space is limited to 15.

Questions? See Juana in the Activity Office.



Activities and Events

Event Programs at Courtyard:

- **Sue's Honey & Gifts:** Wednesday, November 1st from noon to 2pm.
- **November Birthday Party!** Everyone is welcome to come to the party to celebrate all the November Birthday People on Sunday, November 5th at 2:00pm! Sugar free dessert option is available.
- **Patty's Pre-Order Bake Sale:** Proceeds goes to Tonni's Green Thumb Mission.
- **Debbie's Holiday Gifts:** Monday, November 13th from 11:00am to 4:00pm.
- **Using DNA Research to Learn About Your Family History:** Curious about how you can use DNA testing to meet new branches of your family? You are invited to attend a presentation by Amy Mitchell, a family history enthusiast, on using DNA research in genealogy. Mon., Nov. 13th, 1:30pm.
- **Document Shredding:** Wednesday, November 8th from 9am to 10am we will collect your sensitive data at the Front Desk. Michele will take it to a secure site for shredding.
- **Your Speed Technology:** Wednesday, November 8th at 11am. The topic is "Simple Tips for Enjoying Your iPhone."
- **Discussion Group:** The topic is "How to add gratitude to your life."
- **Volunteer Appreciation:** Wednesday, November 15th at 3:00pm.. Watch for informational flyers!
- **Your Speed Technology:** Wednesday, November 21st at 11am. The topic is "5 Ways to Avoid Online Scams."
- **Stan Lasley on Piano:** Monday, November 27th at 1:30pm. Stan will play MGM musical songs and inform us about their history.

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

- **Wednesday, November 1st:** Secrets of A Dog's Nose: How Their Sense of Smell is 100,000 times Better Than a Human.
- **Thursday, November 2nd:** Five Beautiful Buildings that Changed Architecture
- **Thursday, November 9th:** Uncle Sam Wants You! American Soldiers in the Great War
- **Wednesday, November 15th:** The Extraordinary History and Legacy of the White House
- **Thursday, November 16th:** Where Did Modern Art Come From? Radical Thinking Artists and World-Changing Ideas
- **Tuesday, November 21st:** The Panama Canal: How It Was Built and Why It Matters
- **Thursday, November 23rd:** Johannes Brahms: His Life and Music
- **Tuesday, November 28th:** Poetry: The Great Romantics and Victorians

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

- **Thursday, November 9th at 3:00pm:** Join us as we head out to have Happy Hour at McMenamin's.
- **Thursday, November 9th at 6:15pm:** Lakewood Theater is allowing us 15 free seats for Holiday Inn. Please sign up under Tab 1 of the Activity Book located by the mailroom. If there are more than 15 people signed up, we will draw names to see who goes.
- **Thursday, November 16th at 10:00am:** Let's go to Sleigh Bells for holiday spirit. Afterwards we will stop at The Old Spaghetti Factory in Sherwood.
- **Sunday, November 19th at 2:15pm:** Mendelssohn's A Midsummer Night's Dream, Classical A

Special Announcements

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. For any questions, or if you would like to make an appointment, please call or text 503-453-0089.

Veteran's Day Dinner: Join us for a special dinner to honor our Veterans on Friday, November 10th from 4:30pm to 6:30pm. You may choose from two entrees: a garnish of asparagus and crab atop Filet Oscar with Béarnaise Sauce, or Baked Salmon with lemon and dill. The dessert is a scrumptious German Chocolate Pie. Sign up and purchase special tickets from the Front Desk. Courtyard Veterans may have the meal free as thanks for their service. Please bring ID if you have not signed up in the previous year. Courtyard Veterans please sign up for a seating time and receive your special complementary dinner ticket.

Thanksgiving Day Dinner

Chef Charlie is planning a fabulous meal for Thanksgiving. The starter is a harvest salad with home-made rolls. We will serve turkey and ham with mashed potatoes, dressing, and gravy. The side dishes include candied carrots, green bean casserole, and cranberry sauce. To top off the meal, there will be a choice of pumpkin or pecan pie.

Everyone, including Dinner Meal pass holders, need to sign up at the Front Desk and receive a Special Ticket for this event. We will start selling tickets Nov. 13th. Tickets are \$15 for residents and \$18 for guests. Sorry no comp tickets or room service for this meal.

Dinner entrees will not be served this evening. Order a "sack dinner" at the Front Desk.

Veterans' Board of Honor: Enclosed in the newsletter you will see a form for you to fill out if you are a veteran or if you have a loved one you wish to be recognized. Michele is constructing an "Honor Board" of Courtyard Veterans and Veterans of our friends and loved ones. Please fill out this form and return it to the Front Desk or Michele. If you have previously done so, check with Michele. It may still be on file.
** If you have a picture of the person in uniform, we would love to include this as well.

NEW!! Bus Shopping Schedule: In short, the Tuesday morning schedule and the Friday morning schedule have switched back to become the following:

Tuesdays:

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

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

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

1pm, 2nd: Cedar Hills Crossing

1pm, 4th: Grocery Outlet, Target, Hobby Lobby

Fridays:

10:00am - Raleigh Hills Fred Meyer (Next Door)

10:30am - Raleigh Hills Fred Meyer (Next Door) New Seasons, Walgreens

11:00am - Post Office or Bank

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



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.