



Staff Team Members

- | | |
|--------------------------|------------------|
| General Manager | Joanie Ceballos |
| Marketing Director | Jason Goodwill |
| Operations Manager | Doris Kelleher |
| Kitchen Manager | Charley Boonkaw |
| Maintenance Supervisor | Alex Navarro |
| Life Enrichment Director | Michele Willemse |



Great day to be outside and enjoy a fabulous walk!

HAPPY BIRTHDAY

- Dean English 4/1
- Charles Peoples 4/3
- Jackie Christensen 4/3
- Betty Miller 4/4
- Eloise Zwald 4/6
- Kay Phillips 4/20
- Joan Graham 4/21
- Robert Bland 4/23
- Marlene Abrams 4/24
- Lou Owen 4/27
- Mary Deem 4/30



HAPPY ANNIVERSARY

Mike & Margaret Ellis 4/1/1961



joaniec@courtyardvillage.com

www.courtyardvillage.com



Portland, OR 97225
4875 SW 78th Avenue

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>Color Chart</p> <p>Red Lettering = Outing</p> <p>Blue Lettering = Special Event</p>	<p>10:00 Social Hour</p> <p>10:00 Tot's Tattoo Parlor</p> <p>11:00 Cardio Drumming</p> <p>1:00 Understanding Your Body</p> <p>3:30 Trivia Monday</p> <p>6:30 Rumi Kub</p> <p>6:00 Kindness Café</p> <p>HAPPY APRIL FOOL'S DAY</p>	<p>10:00 Social Hour</p> <p>1:00 Pinochle</p> <p>1:30 Wisdom of The Mothers</p> <p>2:00 Bible Study</p> <p>3:30 Bean Bag Baseball</p> <p>4:30 Silent Meditation</p> <p>6:30 Movie: <u>Discovering: Clark Gable</u></p>	<p>10:00 Social Hour</p> <p>12:00 Mt. Man Fruit & Nut Co.</p> <p>1:00 Mexican Train</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>10:00 Foot Massage</p> <p>10:00 Social Hour</p> <p>11:00 China Delight</p> <p>1:00 Canasta</p> <p>1:00 RHBA Outreach</p> <p>1:30 Washington Square</p> <p>6:30 <u>All Creatures Great & Small: season 1 epi. 5</u></p>	<p>10:00 Social Hour</p> <p>11:00 Cribbage</p> <p>1:00 Courtyard Ambassadors Meeting</p> <p>3:30 Happy Hour</p>	<p>10:00 The Needlers</p> <p>1:00 Writer's Group</p> <p>2:00 Curiosity U.</p> <p>6:30 Movie: <u>Golda</u></p>	
	<p>8:15 National Cathedral Church Stream</p> <p>10:00 Lake grove Presbyterian Stream</p> <p>10:30 Mahjong</p> <p>1:00 Glasses Repair</p> <p>2:00 April B-day Party</p> <p>3:30 Mind Benders</p>	<p>10:00 Social Hour</p> <p>11:00 Cardio Drumming</p> <p>1:30 All Resident Meeting</p> <p>3:30 Trivia Monday</p> <p>6:30 Rumi Kub</p>	<p>10:00 Social Hour</p> <p>1:00 Pinochle</p> <p>2:00 Bible Study</p> <p>3:30 Bean Bag Baseball</p> <p>4:30 Silent Meditation</p> <p>6:30 Movie: <u>Discovering: James Stewart</u></p>	<p>10:00 Social Hour</p> <p>11:00 Your Speed Tech.</p> <p>1:00 Mexican Train</p> <p>1:00 Doo-Hickies for CYV Emergencies or Disasters</p> <p>3:30 Life's Big Questions</p> <p>6:30 Bingo</p> <p>6:30 Poker</p>	<p>10:00 Social Hour</p> <p>1:00 Canasta</p> <p>2:00 Food Forum</p> <p>6:30 <u>All Creatures Great & Small: season 1 epi. 6</u></p>	<p>10:00 Social Hour</p> <p>11:00 Cribbage</p> <p>1:30 Curiosity U.</p> <p>3:30 Happy Hour</p> <p>6:30 Broadway Rose: Sha-Boom</p>	<p>10:00 The Needlers</p> <p>1:00 Writer's Group</p> <p>2:00 Curiosity U.</p> <p>6:30 Movie: <u>The Producers (1968)</u></p>
	<p>8:15 National Cathedral Church Stream</p> <p>10:00 Valley Community Presbyterian Stream</p> <p>10:30 Mahjong</p> <p>1:30 Bingo</p> <p>3:30 Mind Benders</p>	<p>10:00 Social Hour</p> <p>11:00 Cardio Drumming</p> <p>1:00 Summer Activity Plans</p> <p>3:30 Trivia Monday</p> <p>6:30 Rumi Kub</p> <p>6:00 Kindness Café</p>	<p>10:00 Social Hour</p> <p>10:00 Collage Project</p> <p>1:00 Pinochle</p> <p>2:00 Bible Study</p> <p>3:30 Bean Bag Baseball</p> <p>4:30 Silent Meditation</p> <p>6:30 Movie: <u>Discovering: Audrey Hepburn</u></p>	<p>10:00 Social Hour</p> <p>1:00 Mexican Train</p> <p>1:30 Discussion Group</p> <p>6:30 Bingo</p> <p>6:30 Poker</p>	<p>9:45 Cannon Beach</p> <p>10:00 Social Hour</p> <p>1:00 Canasta</p> <p>6:30 <u>All Creatures Great & Small: season 1 epi. 7</u></p>	<p>10:00 Social Hour</p> <p>11:00 Cribbage</p> <p>1:30 Curiosity U.</p> <p>2:00 Document Shredding Collection</p> <p>3:30 Happy Hour</p>	<p>10:00 The Needlers</p> <p>1:00 Writer's Group</p> <p>2:00 Curiosity U.</p> <p>6:30 Movie: <u>The Miracle Club</u></p>
	<p>8:15 National Cathedral Church Stream</p> <p>10:00 Valley Community Presbyterian Stream</p> <p>10:30 Mahjong</p> <p>1:30 Bingo</p> <p>3:30 Mind Benders</p>	<p>10:00 Social Hour</p> <p>10:00 Able Hearing</p> <p>11:00 Cardio Drumming</p> <p>1:00 Butterfly Origami 1</p> <p>3:30 Trivia Monday</p> <p>6:30 Rumi Kub</p> <p>EARTH DAY</p>	<p>10:00 Social Hour</p> <p>10:00 Butterfly Origami 2</p> <p>1:00 Pinochle</p> <p>1:00 Emergency "Go Bags"</p> <p>2:00 Bible Study</p> <p>3:30 Bean Bag Baseball</p> <p>4:30 Silent Meditation</p> <p>6:30 <u>Discovering: Cary Grant</u></p>	<p>10:00 Social Hour</p> <p>11:00 Your Speed Tech.</p> <p>1:00 Mexican Train</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>10:00 Social Hour</p> <p>10:00 I-5 Connection Concert</p> <p>12:00 Wong's Garden Restaurant & Chrystal Spring Rhododendron Gardens</p> <p>1:00 Canasta</p> <p>1:30 Holy Communion</p> <p>6:15 Lakewood Theater</p> <p>6:30 <u>All Creatures Great & Small: season 2 epi. 1</u></p>	<p>8:00 Men's Breakfast</p> <p>10:00 Social Hour</p> <p>11:00 Cribbage</p> <p>1:30 Curiosity U.</p> <p>3:30 Happy Hour</p>	<p>10:00 The Needlers</p> <p>1:00 Writer's Group</p> <p>2:00 Curiosity U.</p> <p>6:30 Movie: <u>Mending The Line</u></p>
	<p>8:15 National Cathedral Church Stream</p> <p>10:00 Valley Community Presbyterian Stream</p> <p>10:30 Mahjong</p> <p>1:30 Bingo</p> <p>3:30 Mind Benders</p>	<p>10:00 Social Hour</p> <p>11:00 Cardio Drumming</p> <p>1:30 Play Reading For Fun</p> <p>3:30 Trivia Monday</p> <p>6:30 Rumi Kub</p>	<p>10:00 Social Hour</p> <p>1:00 Pinochle</p> <p>2:00 Bible Study</p> <p>3:30 Bean Bag Baseball</p> <p>4:30 Silent Meditation</p> <p>6:30 Movie: <u>Discovering: Marilyn Monroe</u></p>	<p>Meal Prices</p> <p>Breakfast 8:00 to 9:30am \$6.00</p> <p>Weekend Brunch 10:00am to 1:30pm \$8.00</p> <p>Lunch 11:30 to 1:30pm \$8.00</p> <p>Dinner 4:30 to 6:30pm \$10.00</p>	<p>Check your Fitness Schedule and Bus Schedule.</p>	<h1>April</h1>	

Health Matters

Stay Active Against Arthritis

If you have aching arthritic joints, exercising may be the last thing you want to do. You may even avoid exercising for the fear of exacerbating the pain or damaging your joints. However physical activity is beneficial to your health and joints. If you stay sedentary, you are at risk of losing muscle strength and endurance.

When it comes to arthritis, moving is medication, and motion is lotion for the body. Having a complete workout regimen while suffering from arthritis improves joint mobility and muscle strength.

Most experts suggest the following two recommendations:

- Engage in moderate-intensity exercise for 20-30 minutes at least five days a week.
- Perform eight to ten strength-training exercises, focusing on key muscular groups.



Welcome New Residents

Apt # 181 Jim & Patti Helander

Apt #308 Frank & Sue Watkins

Happy Birthday March Celebrants!

Standing (from left to right):

Marge Furukawa,
Mary Mead,
Phyllis Hunter,
Diane Dougherty,
Marcia Director

Seated (from left to right):
Do Kang,
Judy Imdieke,
Jocelyn Higgins



Courtyard Snapshots



Brenda Fulle

Brenda Fulle is new to Courtyard Village, having moved in last month and quickly made it her home. Originally, she resided in Lake Oswego.

After high school, she earned an undergraduate degree in music from Crane School of Music, followed by master's degrees in education from the University of Vermont and Portland State University. Brenda has vast experience working with dyslexic children, including developing programs for them in private schools and tutoring. She later worked at a public high school, assisting children with learning disabilities. During one of her trips to Thailand she taught English to adults and children and served on a board, which she enjoyed tremendously.

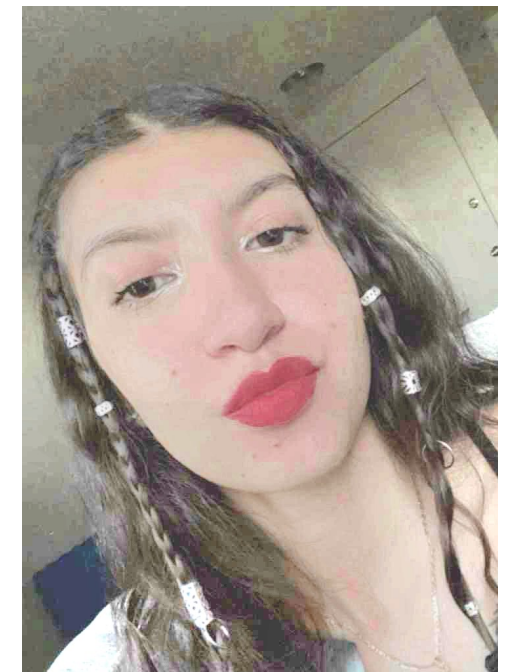
Brenda's current hobbies include cooking, and she has culinary training. She enjoys playing games like Rummikub and Mexican Train. She is now relearning Canasta. She is a friendly and inquisitive person who loves to learn new things.

Something that we do not know about her is that in her 20s she sang in the choir for the D' Oyle Crate Opera Company.

Yareli is new to our Courtyard team and is a member of our fantastic serving staff. She enjoys helping with meal preparation and serving residents who visit the Courtyard Café.

She was born in Chicago but moved to Mexico at a very young age. She recently made her move back to the US and ended up in beautiful Oregon. Yareli enjoys traveling and spending time with friends and family. She loves seeing landscapes in her small town in Mexico, and she intends to do so soon in Oregon.

Her favorite memory is a beach trip with her family where she enjoyed spending time with all of her siblings before moving to Oregon.



Yareli Castellanos

Activities and Events

Event Programs at Courtyard:

- **Meet the Author:** By request, Lois Shenker will speak about her book, "Pirkei Imahot: The Wisdom of the Mothers, The voices of Women". Tuesday, April 2nd at 1:30pm. Books are available for purchase.
- **Raleigh Hills Business Association Outreach:** Thursday, April 4th at 1:00pm. Bev from RHBA will be here to speak about their organization and upcoming events happening in our neighborhood.
- **Glasses Repair:** Sunday, April 7th from 1pm to 3pm. They will do simple repairs and cleaning for free.
- **Doo-Hickies for CYV Emergencies or Disasters:** Wednesday, April 10th at 1pm. Debbie is here to speak about the top 3 Emergency Doo-Hickeys which are possible solutions for keeping your home lit, keeping you warm and toasty, and keeping you connected with your friends and loved ones.
- **Food Forum:** We want your Feedback! Please attend and provide valuable feedback about our meal program and service. We want to hear what you like or prefer, what are your favorite entrees, and what improvements or changes you would like to see. Thursday, April 11th at 2pm.
- **Collage Project:** Susan Shank will instruct you how to create a unique work of art using recycled paper. You will have a piece of art at the end of the class. Tuesday, April 16th from 10am to noon.
- **Discussion Group:** The topic is "Increasing hate in America for Wednesday, April 17th at 1:30pm.
- **Butterfly Origami:** Monday, April 22nd at 1pm and Tuesday, April 23rd at 10:00am
- **Emergency "to-go" bags:** Gloria from Neighbors Ready will present how to make your own to-go bag in case of an emergency. Tuesday, April 23rd at 1pm.
- **I-5 Connection Concert:** We have a choir coming!! Thursday, April 25th at 10am

Curiosity University: Informative one-hour lectures by professors from various universities.

- **Saturday, April 6th:** Ada Lovelace: The Making of a Computer Scientist
- **Friday, April 12th:** 1841: The Year of Three Presidents
- **Saturday, April 13th:** Julius Caesar: What's Fact and What's Fiction
- **Friday, April 19th:** The Art of Architecture: The Most Amazing Bridges
- **Saturday, April 20th:** Must See Barcelona: A Virtual Tour of Top Ten Highlights
- **Friday, April 26th:** First Ladies: Behind the Scenes with six Powerful women
- **Saturday, April 27th:** London Underground: The Story of the World's First Subway System

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

- **Tot's Tattoo Parlor:** Come with us and get a tattoo! Monday, April 1st at 1pm.
- **China Delight:** Depart at 11am Thursday, April 4th for an early Chinese style lunch.
- **Broadway Rose Theater:** The performance is Sha Boom. Friday, April 12th departure at 6:30pm.
- **Cannon Beach:** Depart at 9:45am, Thursday, April 18th
- **Wong's Garden Restaurant & Chrystal Spring Rhododendron Gardens:** We will eat first and then we will head over to the Chrystal Springs Rhododendron Gardens. Admission is \$5. Pay as you enter.
- **Lakewood Theater:** "9 to 5", Thursday April 25th. If we have more than 15 people we will draw names to see who will go.

What is New This Month?

Document Shredding: The Shredding Event takes place: Saturday April 20th

Courtyard will collect your documents FRIDAY, APRIL 19TH, 2PM at the FRONT DESK!

We will also collect non-perishable food items for Neighborhood House. Collection boxes will be by elevator one and two.

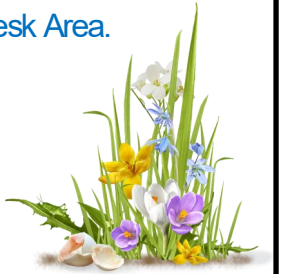
Michele will take the documents and a canned food donations Saturday morning to the designated drop off.

This is not **RECYCLING**, but shredding of personal/financial information. Bring to the Front Desk Area.

Please: No Magazines, Cards, sheet of address labels, etc.

No Plastic covers, binders, large clips, etc.

Note: Staples/rubber bands are fine to include. Please take paper out of envelopes.



Starting up some crafts this month!!

The Needlers are an informal group meeting in the Fireplace area. Bring a project on which to work or to share. This includes, knitting, embroidery, cross-stitch, crocheting, and any other needle work. In the future we may bring in someone to do a presentation.

Collage Project: Make a complete art project in just 2 hours!! Tuesday, April 16th from 10am to noon, Susan Shank is here to guide you in creating a landscape. Materials are provided.

Butterfly Origami: Join us on April 22nd or 23rd to make butterfly origami. We will have all the supplies. We also have a way to display your creations.

Pillow Project: Are you interested in helping us finish up these soft pillows which we will give away once they are completed? If so, See Michele.



Planning for the spring and summer activities.



Summer will be upon us quicker than you know.

Would you like walking groups this spring and summer?

Would you like Summer concerts in the courtyards?

We will meet up Monday April 15th at 1pm to discuss what you would like to do.