



Annual Benefit for the Hillsboro Firefighter's Toy & Joy Program



11th Annual Christmas Bazaar
Saturday, November 19th
9:00 am - 3:00 pm

It's never too early to get started on your Christmas shopping! That's why we're teaming up with Hillsboro Firefighter's Random Acts campaign for our 11th annual Christmas Marketplace Bazaar on **Saturday, November 19th, from 9:00 am to 3:00 pm.**

Now in its 11th year, the annual Christmas bazaar is a fundraiser for the Hillsboro Fire Fighters Toy & Joy program. Over thirty local crafters, artists, seamstresses and other vendors will be on hand with their handcrafted gifts, holiday décor, home-sewn items, jewelry, floral arrangements, and more.

Enjoy wonderful holiday harp music from 11:00 am to 1:00 pm by Oregon Symphony Harpist Jenny Linder. What a great way to support the Hillsboro Fire Fighters Toy & Joy Program and complete your Christmas shopping at the same time!

5th Annual Bake Sale
Tuesday, November 29th
10:00 am-12:00 pm
Main Lobby

Members of the Hillsboro Firefighters Random Acts and their spouses will also join Cornell Staff on **Tuesday, November 29th, from 10:00 am to 12:00 pm** in Cornell's main lobby for a bake sale. Fill your tummies with delicious baked goods while you fill a deserving charity with love.

The Random Acts program was created by dedicated Hillsboro firefighters and other city employees who believe their commitment to their local community goes beyond their daily jobs.

Invite your friends, family, and neighbors to join us on Saturday, November 19th, for the Christmas Bazaar and Tuesday, November 29th at the Bake Sale.

twitter



Follow @CornellEstates on **Twitter** through the month of November for up-to-the-minute reports as we countdown to this community fundraiser!

We need your help to exceed our goal of donating \$3000 for children in the Hillsboro area and to kick start this holiday season with the spirit of giving and friendship!



**CORNELL ESTATES
MANAGEMENT TEAM**

EXECUTIVE DIRECTOR
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MARKETING DIRECTOR
Landa Carlson

DIRECTOR OF
HEALTH SERVICES
Charlene Torrey

DIRECTOR OF
PERSONAL INDEPENDENT PROGRAM
Tina Rogers, RN

COMMUNITY EVENTS COORDINATOR
Michele Fritzler

DIETARY MANAGER
Ron Gifford

MAINTENANCE COORDINATOR
Mike Janeway

HOUSEKEEPING SUPERVISOR
Rosa Vargas

BOOKKEEPER
Tim Helling

Staff Birthdays



Theresa B.	11/3
Alicia R.	11/8
Millie T.	11/9
Ron G.	11/14
Michele F.	11/30

Cornell Estates Welcomes...

Lou Mackenzie #107	Lloyd & Deloris Larsen #128
Carol Voelz #140	Jean Mapes #111
Fay Robinson #208	Dale & Agnes Leistico #328

November Birthdays

Shirley Bogar 11/1	Bessie Hodson 11/12
Alice Etwiler 11/2	Bill Sidall 11/14
Betty Palin 11/2	Verlin Clark 11/14
George Reynolds 11/5	Walter Self 11/15
Lloyd Larsen 11/9	Erma McMackin 11/16
Ruth Chave 11/10	Mabel Harris 11/20
Edith Roediger 11/11	Shirley Davis 11/24
John Crockett 11/12	Deloris Larsen 11/25
	Sarah Mackay 11/29

Birthday celebration on Wednesday, November 9th,
at 1:30 pm in the Party Room

Thank you!

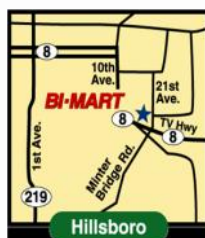
We could not have done it without you! Thank you to:

Welcome Baskets: **June Ranf** and **Ava Hill**. Lunch Tour Hostess: **June Ranf**. Encore Celebration Program Distributors: **Betty Schuepback** and **Eddie Peterson**; Newsletter folders: **Regina Miner**, **Shirley Fortin**, **Florence Prosa**, and **Ruth Brink**; **Poetry Out Loud** for their gracious welcome for Paulann Petersen; **Gunny Gilliam** for helping on the pumpkin patch trip; **Thais Sanders** for teaching our very first dance lessons; **Eva Beeman** for helping with Holiday Crafts and exercise; **Ray Frewing** for helping put away tables; **Rose Boyd** for Saturday Matinees; **Jackie Cofell** for helping with Catholic Communion; **Amy Slatta** for playing piano and helping lead exercise; **Arden Sheets** for garden consultation; Sunday Service: **Doris Lindorff** and **Bob Brooks**; the staff at **Vivi's Vietnamese** for treating our Yum Yum group to delectable sampling of appetizers and entrees.

Celebrate Hillsboro!

BI-MART

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A pioneer in membership, discount shopping in the Northwest, offering maximum savings and selection on the things you need and use every day.

Continuing Education

Travelogue: New Zealand
“A Short Trip Through the Land
of the Long White Cloud”
Friday, November 4th
1:30 pm in the Party Room



Aotearoa, the land of the long white cloud - otherwise known as New Zealand - is an amazing country filled with exotic Polynesian cultures and breathtaking scenic vistas. Join Tom Besson, Woody Besson's son and a permanent resident of New Zealand, for an expedition to the Kiwi country on **Friday, November 4th, at 1:30 pm in the Party Room.**

Our journey begins with a brief formal welcome speech in Maori, one of New Zealand's three official languages. With Tom as our guide, we will explore New Zealand's past and current culture and rituals, as well as explore the country's rich flora and fauna.

Most impressive, however, is our final destination: a virtual trip throughout all of New Zealand. From the top of the North Island, where the Pacific Ocean and Tasman Sea crash together, to the bottom of the South Island, where on a clear day you can almost see Antarctica, a New Zealand adventure as seen through Tom's eyes and his wife Ann's camera lens is waiting for us!

An international educator with thirteen circumnavigations of the planet under his belt, Tom brings with him a vast knowledge of the world and its treasures. Tom is 'chuffed', as the Kiwis would say, to share it with our residents and Hillsboro community members at large.

Please join us on Friday, November 4th, for this remarkable armchair travel opportunity!

A Healthier You Series presents:
Small Steps to Profound Change
Wednesday, November 16th
1:30 pm in the Party Room

We have all experienced that feeling of being stuck, of not knowing how, why or where to move forward. That's why we invited Kathie England to give her "Small Steps to Profound Change" presentation on **Wednesday, November 16th, at 1:30 pm. In the Party Room.**

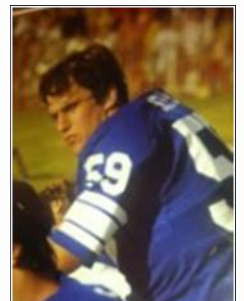
Kathie will examine what happens in our brain when we get stuck and will explore how small steps can help us. The key is to refrain how we approach problems, big or small, and to use small steps or "kaizen" to make profound changes. She will introduce this concept and why it works. The audience will leave the presentation with a small step to use the next time they encounter an issue.

Kathie is the president of Time for Success, Inc. a professional organizing company launched in 2002. A certified professional organizer, she specializes in organizing executives and small business owners who want to better manage their time and space.

She also helps people who are ready to de-clutter their homes or downsize. Her role is to ask the questions that help you discover your own solutions.

Sports Corner Presents:
The College Football Days of Sid Smith
Monday, November 28th
1:30 in the Party Room

Calling all football fans! Sid Smith, the son of former resident Julian Smith, will join us as part of the 2011 football season on **Monday, November 28th, at 1:30 pm.** Sid will share the evolution of his sports journey from his high school days to playing college football at Brigham Young University in Utah.



Continuing Education

**Artist @ Cornell presents:
A Reception for Mary Kelley Stupfel,
Watercolor Artist
Saturday, November 5th
1:30 pm in the Party Room**

Cornell Estates is pleased to present an artist reception to honor the lifetime body of work of Native Oregonian and Watercolor artist Mary Kelley Stupfel. Her family has gathered her watercolor paintings and graphite drawings from private collections as well as her extensive artist collection of recently signed paintings for this public showing of her lifetime art achievements. The reception will be held at Cornell Estates on **Saturday, November 5th, at 1:30 pm in the Party Room.**



Mary was in her sixties when her daughter encouraged her to try watercolor painting. These reflect her sheer joy of painting. Time stood still while she let her imagination explore the abstract possibilities unfolding in every painting. Many of her still life works depict her love of family history as she incorporated her antiques into them.

She studied graphite drawing and watercolor painting of still life and landscape subjects at Marylhurst College. Her landscape paintings of the Oregon Coast were often painted plein aire. Mary studied with many prominent Northwest artists. She took watercolor classes with Zoltan Szabo, Christopher Schink, Jerry Stitt, DeAnne Lemley, Carol Orr, Michael Schlicting, Chuck Webster, Michael Friegang, and Frank Webb.

Mary was greatly influenced by her extensive studies with Barbara Nechis and Gloria Heisley Webber. It was then she discovered her passion to paint flowers in abstract patterns.



For the past 10 years, Mary has also shown her work at the Maya Muse Gallery in Nehalem, Oregon. She has paintings in private collections throughout the Northwest, Montana, California, Florida and New York.

**Music Matters presents:
All About Flutes
Wednesday, November 30th
1:30 pm in the Party Room**

Everyone's familiar with a flute and a piccolo. But did you know there are actually over a dozen different kinds of flutes, including a contrabass? Join Morgan Brown, from the Hillsboro Symphony Orchestra, on **Wednesday, November 30th, at 1:30 pm in the Party Room** to explore the fascinating world of flutes!

Morgan will bring her exciting collection of historical and eclectic flutes to share with us. She will entertain and educate us with the various instruments, their sounds and applications for different compositions.

This presentation is in preparation for the Rose City Flute Choir, who will be performing at Cornell on Saturday, December 10th, at 1:30 pm. With about 20 musicians, the Rose City Flute Choir is certainly a treat to watch! And with Morgan's information about the different kinds of flutes, it will be an extra treat!

Morgan Brown is a friend to Cornell Estates and also leads our Writer's Workshop.

Continuing Education

Voter Assistance Available For the November Special Election Wednesday, November 2nd

9:00 - 12:00 pm in the Cascade Room



The Washington County Elections Division supports the rights of Washington County voters by providing alternative methods of voting which ensure privacy, independence, and the right to a secret ballot.

The Voter Assistance Team will come to Cornell Estates to assist registered voters on **Wednesday, November 2nd, at 9:00 am in the Cascade Room**. Each team is comprised of two registered voters with different political affiliations.

The Voter Assistance Team helps the voter by: reading the ballot and/or Voters' Pamphlet; helping update the voter's signature; and helps the voter mark his/her choice.

Assistance provided will not include making voting decisions for the voter. Residents should bring the ballot package at the time assistance is provided.

The November 8th election is a special election for registered members of the Democratic and Republican parties to vote for their party's candidate for the 2012 election to replace Senator David Wu. Only registered members of the Democratic and Republican parties will be allowed to vote for a candidate for the 2012 Senate race.



Upcoming Cornell Estates Lecture Series

Artist @ Cornell

Educational presentations by local artists in a wide variety of mediums. Next presentation: February 2012.

Gadgets & Gizmos

A glimpse into the many gadgets and devices in our modern world, how they work, and how they are made. Next presentation: January 2012.

A Healthier You!

Educational health seminars with healthful and helpful tips. Next presentation: Eating Healthy During the Holidays on Friday, December 2nd, at 1:30 pm.

Messy Jobs

Behind-the-scenes look at some of the messy jobs in and around Washington County.
Next presentation: Spring of 2012.

Music Matters

Interactive programs demonstrating the powerful connection between music, our brains, and healthy aging.
Next presentation: History of Elvis on Sunday, January 8th, at 1:30 pm.

Planes Trains and Automobiles

All things vehicular! Next presentation: Flying private jets with pilot Scott Powell in January.

Sports Corner!

For all the sports buffs at Cornell Estates, seasonal offerings on what's happening in the world of sports.
Next presentation: February 2012.

Travelogues

Interesting travels by local individuals presented each month. Next presentation: Rwanda in December.

Get Fit

Greyhound Pet Therapy

Tuesday, November 1st

10:00 am in the Party Room

Meet Anne Soeder and her furry companions Annie and Cher on **Tuesday, November 1st, at 10:00 am in the Party Room!**

Annie and Cher represent Greyhound Pet Adoption Northwest. This organization's mission is to find responsible loving homes for the wonderful Greyhounds, which fail to qualify or no longer qualify for the racetrack. Annie and Cher will wag their tails in appreciation of your friendly visit with them. Find out more about at www.gpa-nw.org.

Dance 4 Health

Thursday, Nov. 3rd & 17th

3:00 pm in the Party Room

Think you can't dance? Think you can? We need both! Come and learn basic dance steps from Linda Anderson, founder of Element Dance Studio, on **Thursday, November 3rd and 17th, at 3:00 pm in the Party Room.**

Linda will start with the basics, but before you know it, you'll be dancing the Foxtrot, Waltz, Latin dance, and more! Dancing is great for the body, mind and heart. Beginners, this is your chance to learn; those of you who have experience can help the beginners, and everyone will have fun!

Replenish the Soul

Cornell Estates Veterans Day Salute Featuring: Colonel Matthew Schuster

Friday, November 11th

1:30 pm in the Party Room



On **Friday, November 11th, at 1:30 pm** we will be hosting our annual Veterans Day salute for all residents who have served in the armed forces. The ceremony will include guest speaker Air Force Colonel Matthew Schuster.

Colonel Schuster is the commander of the 142nd Maintenance Group, Oregon Air National Guard, in Portland. In this capacity he leads 460 personnel in providing mission ready F-15 aircraft and support personnel to execute the Air Sovereignty Alert Mission in defense of the Pacific Northwest, as well as any worldwide tasking in support of national objectives.

Colonel Schuster a Command Pilot with over 2700 total flying hours and a recipient of 15 major awards and decorations including Meritorious Service Medal, Air Force Commendation Medal, and Air Force Outstanding Unit Award.

Also in attendance will be Air Force Colonel Scott Powell, Michael Ferrara QMC NRS, Army Sgt. Eric Bororr, and American Legion Post #2. Representatives from the Daughters of the American Revolution will donate U.S. flag pins for our veterans. The Boy Scout Troop 855 will act as our honor guard.



**School of
Dental
Health Science**



Dental Smile Of the Month:

*Rinse with water after eating
if you are too tired to brush.*



Residents' Hearing
Education Group
**This month's
Hearing Reminder**

*When communicating with a person
with hearing loss, get the person's
attention before you speak.*

Grand Days Out

Washington Square Shopping

&

Lunch at Red Lobster

Thursday, November 3rd

Bus leaves at 10:30 am



Start your Christmas shopping, or finish it if you're super organized on **Thursday, November 3rd, at 10:30 am** with a trip to Washington Square mall

and lunch at Red Lobster.

We'll start with a delicious lunch at Red Lobster, then work off our meal by shopping at the mall. All your favorite stores are there: Macy's, Nordstrom, JC Penney's, Sears and many more!

This is your perfect chance to get a head start on your shopping! After all, it's never too early to start checking your Christmas lists!



Bowling at Park Lanes

&

Lunch at Shari's

Thursday, November 10th

Bus leaves at 10:45 am

Are you overdue for a delicious lunch at Shari's? Then hop aboard the Cornell bus on **Thursday, November 10th, at 10:45 am** for a lunch trip to Shari's!

Famous for their pie and 24-hour breakfast menus, and senior discount cards, Shari's is both delicious and affordable. Afterwards, we'll head to nearby Park Lanes for some afternoon bowling!



Bumpers and ramps will be available to keep bowling safe and enjoyable for everyone. Wheelchairs and walkers are welcome!

Tongue Twisters

Eleven benevolent elephants.

Sheena leads, Sheila needs.

I wish to wish the wish you wish to wish, but if you wish the wish the witch wishes, I won't wish the wish you wish to wish.

How many boards could the Mongols hoard if the Mongol hordes got bored?

Can you can a can as a canner can can a can?

There was a fisherman named Fisher
who fished for some fish in a fissure.

Till a fish with a grin,
pulled the fisherman in.

Now they're fishing the fissure for Fisher.

YOU'LL NEVER GUESS WHO:



Which staff member's father helped build the Thai-Burmese bridge?



Which Assisted Living resident performed a ballet in a tutu in their 50's?



Which Retirement resident worked as a laborer on the Luxor Hotel in Las Vegas?

Join us at the November 2nd Residents' Meeting for these answers and interesting anecdotes!!

That's Entertainment

Joyful Noise Singers
Thursday, November 3rd
1:45 pm in the Party Room



Come, let us be joyful together on **Thursday, November 3rd, at 1:45 pm in the Party Room** for a celebration of music with twenty very special local children who comprise the Joyful Noise Singers.

Coordinated by Marjorie Hegeman, the children will perform a full spectrum of Thanksgiving songs that will tap your toes and warm your heart.

The teaching approach for this musical chorus is based on the inspiration of Zoltán Kodály (1882-1967). Kodály, a prominent Hungarian composer and musician, understood that having access to good music was necessary for healthy human development.

His teaching methods encourage and inspire the teacher to instill "instill in the child the instinctive love for singing and playing, to realize the changing of our moods through the songs, our feelings, our experiences -- in other words, to bring about the miracle of music."

Be sure to arrive early to receive an individual song booklet prepared especially for you by the children!

Percussion Workshop
Friday, November 25th
1:15 pm in the Party Room

Interested in making music with your neighbors? Then head to the **Party Room on Friday, November 25th, at 1:15 pm** for our first ever percussion workshop!

We will make our own joyful noise with various types of percussion instruments. You'll learn basic rhythms as we play with sounds to beat the winter blues!

Simple Pleasures

Car Talk
Saturday, November 12th
10:00 - 11:00 am in the Main Lobby

Join neighbors Ian and Dale in the **Main Lobby on the 2nd Saturday** of every month to listen and have a laugh with the "Car Talk" radio show from NPR.

You will enjoy listening to callers phone in for car advice, tips, troubleshooting, and answers to their car questions. The hosts of the radio show are mechanics from Boston and they are a hoot!

Games with Bobbie
Wednesdays
6:15 pm in the Party Room

Bingo, Bunco, and Board Games, Oh my! Bobbie Quillin will host a game each **Wednesday night at 6:15 pm in the Party Room** starting in November. Let Bobbie know your favorite games, and she'll bring some of her favorites too!



New! Evening Current Events
Tuesdays & Thursdays
6:30 pm in the Main Lobby



Do you enjoy Current Events? Want to keep up on what's going on in the world? Join Donna Detrick and other residents in the Main Lobby after supper on **Tuesday and Thursday evenings at 6:30 pm** to enjoy your cup of coffee and daily dose of news.

Anything from sports to entertainment to politics and more - bring any topics or articles you would like to share and discuss!

Celebrating Our Encore Partners

Encore Partners are wonderful contributors from our surrounding community who participate alongside Cornell Estates residents in our many Encore Opportunities @ Cornell.

Thank You!

To our current Encore Partners:

- Evelo Carlisle** - Bingo, Adelante Mujeres, Librarians on Wheels
- June Carpenter** - Book Club
- Peggy Day** - Sewing Center
- Donna Detrick** - Friendly Visiting
- Francis Ford** - All About Horses, All About American Bulldogs
- Jan Hale** - "The Card Lady"
- Kelly McCormick**, Willoughby Hearing - 2nd Monday Hearing Services
- Becky Palfenier** - Pretty Nails
- Debbie Pearson** - Classroom Materials for Adelante Mujeres and Mooberry Elementary
- Bobbie Quillin** - Wednesday evening games
- Josefina Salazar** - Friendly Visiting
- Sierra Smith**, age 12 - Open Computer Lab, teaching piano
- Gail Stinnet** - Parents' Day Brunch and Peonies
- Tracy Wahlberg** - Friendly Visiting
- Ryan Wahlberg**, age 7 - Friendly Visiting
- Grant Wahlberg**, age 10 - Friendly Visiting, teaching drawing
- Jan Whittaker** - Sing along with Jan, Cornell Choir
- Andrea Zdarantan** - assisting Arden in the Garden
- Julian Zdarantan**, age 6 - assisting Arden in the Garden

Encore Partner of the Month:

Jan Whittaker



Meet Jan, our special piano maestro behind "Music Sing-along with Jan" every 2nd Thursday at 3:00 pm. Jan also serves as accompanist for the

Cornell Choir and provided entertainment for our Encore Recognition Celebration in September.

Jan's love of piano and music were inspired by her Aunt Betty. Over the years, Jan has performed for churches and banquets, but mostly it has been a hobby. Her brother, a professional pianist, credits Jan with "teaching me everything I know."

Since retiring from Hillsboro Gastroenterology, Jan has been busy with her parents, 3 children, and 8 grandchildren. Jan's husband and son run Sierra Glass in Hillsboro. Just 2 years ago, after a 30-year hiatus, Jan re-discovered her gift for music and her desire to share it.

Delighted by the warm response of residents and staff to her music, Jan says playing piano at Cornell has become a labor of love. She is so happy to be a part of the lives of the wonderful residents here.

Open Computer Lab

Mondays and Wednesdays

4:00 – 5:00 pm in the Columbia Room



Our Encore Partner Sierra Smith will be providing one-on-one computer lessons each **Monday and Wednesday from 4:00 - 5:00 pm in the Computer Lab in the Columbia Room.**

Sign up at the Front Desk for your 1/2-hour private lesson! Be sure to include information on which computer skills you would like to work on.



Encore Opportunities @ Cornell

Engaging with each other is good for our health ... at every age!

Cornell Resident Projects

FRIENDLY VISITING

Fridays

3:00 pm

Cornell Estates residents visit other Cornell Estates residents for a ½ hour of neighborly cheer. Sign up at the Front Desk.

LIBRARIANS ON WHEELS mobile library

2nd Tuesdays

3:00 pm

Books and other goodies delivered door-to-door to Assisted Living residents. This month: Tues., Nov. 8th.

WELCOME BUDDIES

Current residents mentor new residents at Cornell Estates. Sign up at the Front Desk.

WELCOME BASKETS

Residents prepare and deliver welcome baskets to new residents.

FRIENDLY READERS

Thursdays

2:00 pm

Cornell Estates' residents invite other residents to read selected materials. Sign up at the Front Desk if you would like to have a Reader or if you would like to be a Reader.

Cornell Partnership Projects

MOOBERRY ELEMENTARY

SMART Reading Program

Tuesdays

bus leaves at 8:35 am

Read with Kindergarten children for 1 hour a week for the school year. Sign up at the Front Desk.

Pen Pals with 3rd Graders

ongoing throughout the school year

Exchange monthly Pen Pal letters with 3rd graders in Miss Mito's class! Sign up at Front Desk.

Classroom Materials

4th Tuesday, November 22nd

10:00 am (PR)

Assemble classroom materials to assist elementary school teachers and students.

PACIFIC UNIVERSITY

Weekly Dental Clinic

Tuesdays

1:00 - 5:00 pm

On-site dental clinic provided by senior dentistry students for preventative dental treatment (e.g. teeth cleaning) at a reduced rate. Sign up at the Front Desk.

Pharmacy Students

Every 2nd Tuesday

Students shadowing staff and residents learn about life in a Retirement & Assisted Living community

ADELANTE MUJERES "Champions for Early Childhood Education"

Classroom Materials

3rd Tuesday, November 15th

10:00 am (PR)

Help teachers and assemble crafts for the preschool children to use at school.

Monthly visits to Adelante Mujeres

2nd Wednesday, November 9th

9:15 am

One-hour visit each month to Adelante Mujeres pre-school to converse with mothers and help children with reading and crafts. Sign up at the Front Desk.

KIDS IN FOSTER CARE, Washington County Department of Human Services Child Welfare

Residents are invited to make and donate quilts for children and teens in foster care in our County.

Meetups @ Cornell

*Opportunities for residents with shared interests
to meet and participate together*

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- | | | |
|------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|-----------------------------|
| Afternoon Gratitudes | Tuesdays | 3:00 pm (ML) |
| Residents share their favorite blessings and inspirations in an uplifting roundtable discussion. | | |
| Book Club | Monday, November 28th | 3:00 pm (3FA) |
| Residents who share a love of reading gather to discuss the books they are enjoying. | | |
| Boost Your Memory | Tuesdays, November 1st, 22nd, & 29th | 3:00 pm (CR) |
| Residents gather to tickle the brain cells with fun and stimulating memory exercises and games. | | |
| Car Talk | Saturday, November 12th | 10:00 am (ML) |
| Residents listen to, and have a laugh with, the “Car Talk” radio show from NPR. | | |
| Conversational French | Wednesdays | 3:00 pm (CR) |
| Resident Thais Sanders leads residents in a fun and friendly conversational French class. | | |
| Cornell Choir | Nov. 2nd at 2:30 pm & Nov. 7th at 2:15 pm (PR); Fri., Nov. 18th at 2:00 pm (ML) | |
| Residents share their love of singing and vocal talents in this fun and friendly Cornell choir. | | |
| Cornell College | Mondays | 10:00 am (CR) |
| Residents meet once a week to watch a half hour college lecture followed by a discussion. | | |
| Current Events | Mon, Wed, Fri at 10:00 am (ELR); Tues & Thurs at 6:30 pm (ML) | |
| Residents share news and opinions on current events every week. | | |
| Everything Yarn! | Tuesday, November 8th | 10:00 am (ELR) |
| Residents who enjoy knitting, crocheting, and other yarn crafts gather to work on projects. | | |
| Games Galore: Wheel of Fortune | Thursday, November 17th | 10:00 am (ML) |
| Residents who love words and games come together for games adapted for group play. | | |
| Hearing Education Group | Wednesday, November 16th | 10:00 am (CR) |
| Residents share information with each other and with others about life with hearing loss. | | |
| Introduction to Spanish | Mondays | 3:00 pm (CR) |
| Residents work with local instructors to master basic conversational Spanish. | | |
| Poetry Out Loud | Wednesdays, November 9th & 23rd | 3:00 pm (3FA) |
| Residents share their favorite poems through live readings and discussions. | | |
| Green Thumb Community Garden | on break until spring | |
| Residents have created a garden together with assistance from master gardeners. | | |
| Sing-a-long with Jan | Thursday, November 10th | 3:00 pm (ML) |
| Residents join Jan at the Grand Piano in the Main Lobby to sing their favorite songs! | | |
| Write Your Life Story | Tuesdays | 9:00 - 11:00 am (CR) |
| Local author Morgan Brown facilitates a writers’ group for residents | | |
| Yum Yum Group | coming in December: free tasting at Noodles & Co. | |
| Residents who love food, recipes, cooking, and restaurants get together to discuss these delicious things. | | |

Magic Moments @ Cornell



Columbia Foundry Brass Quintet performs Oktoberfest favorites

Oregon Poet Laureate Paulann Petersen



Live Laugh Love Glass Studio



Pacific University Dental Clinic Grand Opening Visiting the Alpaca farm!

