

# FOR THE FULLNESS OF LIFE...

## Simple Pleasures @ Cornell

- Card & Board Games
- Bingo
- Play Pool
- Movies
- Facials
- Manicures & Pedicures
- Resident Meetups



## Grand Days Out @ Cornell

- Tulip/Iris/Dahlia Gardens
- Spirit Mountain
- Museums
- Columbia Gorge
- Picnics
- Mystery Rides
- Hillsboro Symphony
- Celebrate Hillsboro



## Partnerships

- Hillsboro Symphony Orchestra
- Hillsboro Community Arts
- Adelante Mujeres
- Hillsboro Fire Fighters Union
- St. Matthew's Catholic Church
- Mooberry Elementary School
- Portland Rose Festival
- Portland Community College
- Pacific University
- Helvetia Church
- United Methodist Church
- Friends Church
- Get a Flu Shot.com
- Washington County Dept. of Human Services
- Hillsboro Chamber of Commerce
- Hillsboro Youth Choir
- Girl Scouts
- OASIS

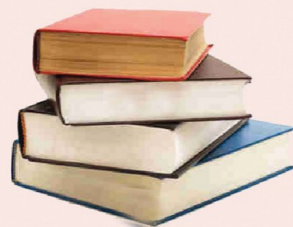
Cornell Estates is committed to the health and well being of all seniors and boomers. Research has shown that keeping our mind, body, and soul active and engaged enhances the quality of life at every age. Providing our residents with art, education, and musical opportunities as well as creating community partnerships has proven to be the right approach in fulfilling this goal for a healthy and happy lifestyle. Partnerships with area businesses, schools and churches are an integral part of our success in inspiring meaningful moments in the daily lives of our residents, their families and the greater community.

This page is a snapshot of the many opportunities that Cornell Estates' staff, residents, families, and partners have achieved toward a new paradigm of shared community living that we call the "Fullness of Life!"

- Debbie Van Dyne, RN  
Executive Director

## Continuing Education @ Cornell

- Cornell College
- Poetry Out Loud
- Boost Your Memory
- Current Events
- Water Color
- Travelogues
- Educational Lectures
- Write Your Life Story



## That's Entertainment!!

- Artists @ Cornell
- Hillsboro Symphony Performers
- Hillsboro Community Arts
- Intel Choir
- Cornell Choir
- Senior Serenaders
- Piano Concerts
- Various entertainers
- Accordion Dinner Music



## Encore Opportunities @ Cornell

- Quilts for Foster Kids
- Friendly Visitors
- Pen Pals
- SMART
- Librarians on Wheels
- Adelante Mujeres
- Pacific University Student Projects



## Replenish the Soul @ Cornell

- Bible Studies
- Prayer Meeting
- Sunday Service
- Catholic Communion
- National Day of Prayer Celebration
- Veteran's Day



## Get Fit @ Cornell

- Balance & Mobility Class
- Stretch, Flex & Energize
- Walking Club
- Dance 4 Health Class
- Green Thumb Club
- Hearing Education
- Podiatry Services
- Pet Therapy
- Hearing Aid Service
- Exercise Room
- Art Therapy



## This Month's Highlights

- Mondays: Cornell College Great Courses: "Islam"
- Saturday, February 4<sup>th</sup>: Free Concert: "Hillsboro to the MAX"
- Saturday, February 4<sup>th</sup>: Comedy Show at the Venetian Theatre
- Thursday, February 9<sup>th</sup>: Trip: Portland Audubon Wildlife Center
- Friday, February 10<sup>th</sup>: Presentation: "The Birds of Jamaica"
- Tuesday, Feb. 14<sup>th</sup>: "Acoustic Amour: A Valentine's Day Concert"
- Thursday, February 16<sup>th</sup>: Trip: Oregon Food Bank
- Friday, February 17<sup>th</sup>: Educational Travelogue: Australia
- Wednesday, February 22<sup>nd</sup>: Town Hall with Abraham Lincoln
- Friday, February 24<sup>th</sup>: Origami Class
- Wednesday, February 29<sup>th</sup>: Cornell Choir Rehearsal