

**Planes, Trains, and Automobiles:
Private Pilot Col. Scott Powell, Retired
Friday, January 13th
1:30 pm in the Party Room**



Every summer, thousands of people flood the Hillsboro Airport for the annual Air Show. But what is it really like to fly into combat as a pilot?

Join us for a behind the scenes' look of a military pilot's life on **Friday, January 13th, at 1:30 pm in the Party Room** as Retired

Colonel Scott Powell describes his flying career.

Col. Powell's presentation will cover his life-long pursuit of airplanes, from serving as a US Air Force pilot in Vietnam, to piloting classic planes for the Hillsboro Classic Aircraft Museum and finally as an international Air Ambulance Pilot. He will mix slideshows with history lessons, memorabilia with little-known interesting facts, and anecdotes from 40 years of flying great aircraft.

During his 30 year history in the armed forces, Col. Powell accumulated over 5,500 flying hours in 8 different aircraft. His 650 combat flying hours span 301 combat missions in Southeast Asia during 1971-72, including Vietnam and Okinawa, as well as a distinguished 24-year career in the Oregon Air National Guard.

He currently runs a 300 acre farm in the Willamette Valley, flies in the Northwest Air Shows each year in a variety of retired "Warbirds," and pilots international Air Ambulance Lear Jet missions.

**"How Music Can Help our
Brains as We Age"
With Dr. Larry Sherman, OHSU
Friday, January 6th
1:30 pm in the Party Room**

We have all heard that listening to Mozart while studying makes children smarter. But what effect does music have on older brains? Join OHSU neuroscientist Dr. Larry Sherman on **Friday, January 6th, at 1:30 pm in the Party Room** as he explores this fascinating topic.

In his multi-media musical presentation, Dr. Sherman discusses the origins of music, how the brain perceives music, and exciting new research on how playing music can improve brain function and healthy brain aging. This incredibly popular presentation has delighted and educated audiences at the Venetian, OMSI Science Pub, and other local and national venues.

Dr. Sherman is a Professor in the Department of Cell and Developmental Biology and the Neuroscience Graduate Program at OHSU and is also a Senior Scientist at the Oregon National Primate Research Center.



He has over 80 publications, serves on numerous national and international scientific panels, and gives lectures throughout the globe on both his own studies, related to finding ways to repair the damaged nervous system, as well as other topics in neuroscience ranging from music to love. He has played piano since the age of 4.

Please join us for this exciting presentation!

CORNELL ESTATES MANAGEMENT TEAM

EXECUTIVE DIRECTOR

Debbie Van Dyne, RN

MARKETING DIRECTOR

Landa Carlson

DIRECTOR OF

HEALTH SERVICES

Charlene Torrey

DIRECTOR OF

PERSONAL INDEPENDENT PROGRAM

Tina Rogers, RN

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DIETARY MANAGER

Ron Gifford

MAINTENANCE COORDINATOR

Mike Janeway

HOUSEKEEPING SUPERVISOR

Rosa Vargas

BOOKKEEPER

Tim Helling

Staff Birthdays



Genovena A.	1/2
Penny V.	1/8
Charlene T.	1/18
Taylor S. F.	1/30
Melissa K.	1/28
Felicity F.	1/28



January Birthdays

Connie Sheets	1/2	Raymond Frewing	1/20
Esther Chalmers	1/3	Joyce Hallowell	1/24
Jane Doherty	1/17	Barbara Ives	1/28
Susie Kinney	1/20		

**Birthday celebration on Wednesday, January 11th,
at 1:30 pm in the Party Room**

Thank you!

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

Lunch Hostess: **June Ranf**. Welcome Baskets: **June Ranf, Ava Hill,** and **David Small**. Welcome Buddies: **Janet Kaetterhenry**. Donation of mahjong game: **RJ Uffen**. Wrapping presents for DHS Foster Children: **David Small, Vanda Shriner, Bess Loos, Ellen Mann, Lois Minson, Theresa Burns, Kylee and Kennedy Taube, Mackenzie Sandberg**. Holiday Trivia: **Connie Sheets & Catharine Lair**. Evening Current Events: **Donna Detrick**. **Bobbie Quillin** for Bingo with Bobbie.

A special thank you to all our residents and friends who supported the Bake Sale in November and to everyone who donated gifts and wrapping paper for the DHS Foster Kids' Christmas gifts program.

New! Hearing Assistance System for the Party Room

Cornell Estates is excited to offer an improved sound system for events in the party room. The system will come with 4 units for residents to borrow while attending travelogues, lectures, music, etc. The 4 units will be lent on a first come/request basis at each event.

There will be a sign up sheet at the Front Desk if you are interested in purchasing your own receiver and earphone that is compatible with the system. There will also be a "headset" fitting session with Bob Kuest to determine the type and model that will work best for you to purchase.

Contact Debbie Van Dyne for more information.

Voter Assistance Available for the January Special Election Friday, January 20th 1:00 - 4:00 pm in the Party Room

The Washington County Voter Assistance Team will come to Cornell to assist registered voters on **Friday, January 20th from 1:00 - 4:00 pm in the Cascade Room**. This special election is a primary for the New Congressional Representative for District 1.

Continuing Education

Educational Travelogue:

The Gulf Coast

Friday, January 20th

1:30 pm in the Party Room

If you were to hear someone say, “I took a road trip across America,” chances are that images of RVs, gas stations, and long stretches of empty highway would spring to mind. Join Bob Kuest on **Friday, January 20th at 1:30 pm in the Party Room** as he shares his road trip experiences to the Gulf Coast and Midwest.



Our unusual journey begins at the National Churchill Museum (as in Winston Churchill), located in Fulton, Missouri.

The museum is housed in a 12th century church that was relocated from London to honor the location where Churchill gave his famous “Iron Curtain” speech.

Walk alongside Bob as he take us through a world-class collection of Churchill memorabilia through pictures and stories.

Next, let’s travel on to Lake Peigneur near New Iberia, Louisiana. On the morning of November 21st, 1980, this 1300 acre lake was only 11 feet deep. Somehow, a Texaco drilling mine accidentally struck a salt mine shaft below, and in the course of 3 hours, the entire lake drained into the salt mines beneath it.

Bob will re-tell the tale of the salt miners’ harrowing escape, and how the Gulf of Mexico refilled the empty basin, completely changing the landscape and ecology of the area.

Unlike our first two destinations, our final visit is to a very famous landmark: Carlsbad Caverns. Marvel at Bob’s beautiful pictures of columns, pillars, stalagmites, and stalactites.



In his own words, the main Carlsbad cavern is “bigger than the Rose Garden!” It’s also home to several species of bats, and the wildlife area surrounding the caverns are crawling with interesting wildlife.

AARP Driver Safety Program

Wednesday, January 11th

&

Thursday, January 12th

8:45 am - 12:00 pm in the Party Room

In mid-January, Cornell Estates will once again host the AARP’s Driver Safety Program. This 6 - hour driver safety workshop for drivers age 50 and older will be held over two days: **Wednesday, January 11th and Thursday, January 12th, from 8:45am – 12:00 pm each day in the Party Room.**

Why take a driver safety refresher course? Cars have changed -- so have traffic rules, driving conditions, and the roads we drive on every day. This course is an excellent way to brush up on driving skills to stay safe!

The AARP Driver Safety Program has offered this classroom course in communities around the country since 1979. It is the nation's first and largest course for drivers age 50 and older. The program has helped millions of drivers protect their safety on today's roads.

This workshop is open to the public. There is a \$12 registration fee for AARP members, and \$14 for non-members. Most auto insurance companies provide discounts for completing this course, so check with your insurance company.

Continuing Education



**Expose Yourself
to the Arts:
Print-Making
Tuesday, January 17th
10:00 am
Arts Center**

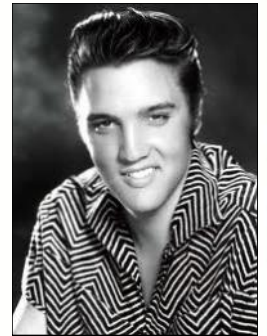
We are excited to launch a new series in January: Expose Yourself to the Arts! Our first event will be print-making on **Tuesday, January 17th, at 10:00 am in the Arts Center!**

Inspired by Japanese Printmaking art seen during the Portland Art Museum trip, we will do our own simple but effective printmaking project. Our focus will be getting an early start on making valentines cards using printmaking tools. No experience is necessary!

**Music Matters:
The History of Elvis
Wednesday, January 18th
1:30 pm in the Party Room**

Kick off those “Blue Suede Shoes” to beat the winter blues! Head to the Party Room at **1:30 pm on Wednesday, January 18th**, to learn all about Elvis!

In honor of Elvis’ Birthday, Gordon Neal Herman will tell us all about the King of Rock and Roll and his music. If “You’ve Lost That Lovin’ Feeling”, then you’ve “Got A Lot O’ Living to Do”, so “Doncha Think its Time” to celebrate Elvis!



Upcoming Cornell Estates Lecture Series

Artist @ Cornell

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

Behind the Scenes

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

A Healthier You!

Educational health seminars with healthful and helpful tips. Next presentation: February.

Music Matters

Interactive programs demonstrating the powerful connection between music, our brains, and healthy aging. Next presentation: April.

Planes Trains and Automobiles

All things vehicular! Next presentation: April.

Sports Corner!

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

Travelogues

Interesting travels by local individuals presented each month. Next presentation: Australia & the Iron Ore Mines on Friday, February 17th, at 1:30 pm.

Get Fit

New Series: Beat the Winter Blues . . . Together!

January through March, we are finding ways to Beat the Winter Blues together! Think of how sunshine, friendship, and helping others will get us through the gray days as we look forward to springtime.

“Romance in the Old Folks Home” Tuesday, January 10th 1:30 pm in the Party Room

Join Dr. Joanne Nelson King Brown on **Tuesday, January 10th, at 1:30 pm in the Party Room** as she shares her own personal stories with wit and wisdom. She'll make you laugh and bring tears to your eyes as she recounts lessons learned and life lived as written in her book, Romance in the Old Folks Home.

Hawaiian Escape Wednesday, January 25th 2:00 pm in the Party Room

Come meet your neighbors and enjoy authentic hula dancer Lisa Chang on **Wednesday, January 25th, at 2:00 pm in the Party Room**. She will entertain and educate us, while we enjoy a taste of the tropics!



Modified Sports: Beach Volleyball! Thursday, January 26th 9:15 am in the Party Room



Use your imagination...and your upper body for some fun, easy exercise! We need a team, so come one, come all for lighter than air volleyball at **9:15 am on Thursday, January 26th, in the Party Room**. You can almost smell the coco butter and feel the sand between your toes!

Lecture: Preventing Falling Down and Falling Injuries Tuesday, January 17th 3:00 pm in the Party Room

As our population grows older statistics are indicating that the rate of both fatal falls and fall hospitalizations increase with age. Falls are the leading cause of hip fractures and traumatic brain injuries among Oregon seniors.

On **Tuesday, January 17th, at 3:00 pm in the Party Room**, Bruce Montgomery, a representative from the Hillsboro Fire Rescue's Community Education Division, will address the important topic of "Preventing Falling Down and Falling Injuries." The lecture is free and open to the public.



Hillsboro Fire & Rescue
240 S First Ave
Hillsboro, OR 97123
503-681-6166
www.ci.hillsboro.or.us/fire
An Accredited Agency Since 2010

Falls are often due to hazards that are easy to overlook but also easy to fix. Montgomery will cover the Hillsboro Fire and Rescue's fall prevention program which offers six tips that can help keep you safely on your feet.

The goal of this program is to make seniors more aware of these hazards and help reduce them. The most frequently noted type of fall resulting in hospitalization among Oregon seniors was slipping or tripping on a level surface; an average of 2,400 falls of this type occurred each year.

Bruce Montgomery presents fire and life safety education to various segments of the Hillsboro community. He also serves as back up Public Information Officer which entails communicating fire and emergency response information to the media and public as dynamic emergency situations arise. He also serves as a Chaplain, providing support for our community who have been impacted by traumatic events.

Grand Days Out

Portland Art Museum
Thursday, January 5th
Bus leaves at 1:30 pm
Exhibition Tickets: \$12



Join us for a special trip to the Portland Art Museum on **Thursday, January 5th**! We will be viewing one of the museum's many exhibitions entitled "The Artist's Touch, The Craftsman's Hand: Three Centuries of Japanese Prints."

Featured will be a selection of 250 of the most historically important and visually compelling prints, nearly half of which are unique or extremely rare. The exhibition will be accompanied by a fully illustrated catalogue, featuring scholarly essays and a complete catalogue of the prints.

Don't miss this opportunity! Tickets are \$12 and the bus leaves at 1:30 pm - sign up at the Font Desk!

Spirit Mountain Casino
Thursday, January 26th
Bus leaves at 9:00 am

Are you ready for a day of great food, good company, and lots of fun? Then hop aboard the Cornell bus on Thursday, January 26th, at 9:00 am for our monthly trip to Spirit Mountain Casino!

This popular monthly trip is a great opportunity to drive through scenic Oregon countryside on our way to the casino. Step off the bus and into a world of blackjack, craps, poker, slot machines, and more!

Sign up at the Front Desk to reserve your spot!

Hale's & Movies on TV Highway
Thursday, January 12th
Bus leaves at 10:45 am
Lunch Price: \$7.00 - \$10.00 per person
Matinee Movie Tickets: \$7.25

Join us for dinner and a movie on **Thursday, January 12th**! The bus will leave at 10:45 am and our first stop will be Hale's to fill up on some wonderful food in a friendly, local spot.

Then, we'll head over to the Cinema on TV Highway where you'll have your choice of a few films. We'll keep you posted on the movie choices as the date gets a little bit closer. Matinee tickets are \$7.25 for seniors.

Sign up at the Front Desk to enjoy this fun outing!

Tour Hillsboro Fire Station #1
Thursday, January 19th
Bus leaves at 1:30 pm

Curious to know what happens behind the scenes at a Fire Station? The hop aboard the Cornell bus on Thursday, January 19th, we will visit Hillsboro's Fire Station #1 – the Main Station in Downtown Hillsboro.



Station One houses Engine 1, Brush Rig 1, the surface water rescue boat (Boat 1) and Tender 1, all staffed as needed by four personnel. The Fire Chief, Operations Chief, Administrative Chief, and the

Public Information/Education Officer are also assigned to this location.

Our residents will get a tour, including a demonstration of a firefighter utilizing the fire pole. Many thanks to Chaplain Bruce Montgomery for facilitating this wonderful opportunity!

Sign up at the Front Desk to reserve your spot on this great tour!

Replenish the Soul



National Day of Service Community Projects Monday, January 16th

January 16th is Martin Luther King, Jr. Day and National Service Day! As in the years past, residents and staff can do their part here at Cornell Estates in a few different ways.

Here is how you can help this year:

Donate!

There will be bins outside of the Party Room throughout the first half of the month to collect warm winter clothing, blankets, gloves, hats, scarves, and toiletries for Lacey's House, an organization that assists homeless veterans.

Coordinate!

On January 16th at 2:30 pm in the Party Room, we will be putting together bundles of winter clothing and toiletries for homeless veterans, and warm blankets and flip-flops for the Hillsboro Firefighters Chaplaincy Program to hand out at the scene of a fire.

Write!

Also on January 16th at 2:30 pm in the Party Room, stop by and write a letter to a veteran who will be receiving your donations, or write to a local foster child in the Washington County Department of Human Services, Child Welfare.

Writing tools and assistance will be available. If you have made a quilt for a foster child and would like to write a letter to go along with it, please do so!

If you have any questions about ways you can help, please feel free to ask Michele or Melissa. Or, simply stop by the Party Room on the 16th and we'll let you know how you can lend a hand!

Simple Pleasures

Share, Prayer, and Care Wednesday, January 11th 10:00 am in the Cascade Room

The Hillsboro United Methodist Women of Cornell Estates will be getting together for a share, prayer, and care time the 2nd Wednesday each month at 10:00 am. Everyone is welcome!

Join us on **Wednesday, January 11th, at 10:00 am in the Cascade Room** for our second gathering for friendship and fun. Come! Let's have some good fellowship together.



White Elephant Gift Exchange Wednesday, January 4th 2:30 pm in the Party Room

Do you have something left over from Christmas that you are just waiting to find a good home for? The White Elephant Exchange is the place! Wrap up a gift you have already - it could be something funny, something useful, or something you're just dying to get rid of!



Bring your gift to the Party Room on Wednesday, **January 4th, at 2:30 pm** and we'll teach you how to play! You might go home with something you've been looking for!

Reminder: Audio Books Available!

Did you know that we have an extensive library of audio books on tape? Well, it's true!

Over the years, many people have donated audio books on tape. Enjoying one is as easy as heading down to the Arts Center and borrowing it from our library. Happy listening!



Encore Opportunities

Monthly Veterans Talk with the VFW Saturday, January 21st 10:00 am in the Main Living Room

George Anderson and other volunteers from the Veterans of Foreign Wars (VFW) will be visiting on the 3rd Saturday of every month at 10:00 am to bring together Cornell Estates Veterans for a monthly friendly gathering and camaraderie.

The VFW volunteers will be celebrating Veterans' birthdays each month, so if you are a Veteran and are enjoying a birthday in January, make sure to join this friendly group of volunteers in the **Main Living Room on Saturday, January 21st, at 10:00 am** for some appreciation and good cheer.

Mooberry After-School Homework Club Tuesdays, starting January 10th Bus leaves at 2:30 pm

Miss Schott and Miss Powers at Mooberry Elementary are seeking volunteers to help with the Mooberry after-school Homework Club on **Tuesday afternoons from 2:45 - 3:45pm, starting January 10th**. Special bus transportation for Cornell volunteers will be provided to and from the school, and the bus leaves 2:30 pm.

This year, the Homework Club will be focusing on reading, so if you would like to help an elementary school child with their reading homework, please sign up at the Front Desk.

Thank You, Cornell Pen Pals!

Attention Cornell Pen Pals! Thanks for your holiday letters for your Pen Pals over at Mooberry Elementary. Pen Pal responses will be making their way back from Miss Mito's 3rd Graders in mid-January.

Thank you to our 2011-2012 Cornell Pen Pals: Ellen Mann, Bess Loos, Anne Matthes, Peg Owens, David Small, Betty Telhed, Shirley Bogar, Shirley Davis, Elaine Smedstad, Lois Minson, and Agnes Leistico. Your contributions are helping these students develop their writing skills!

Computer Lab with Mackenzie Tuesdays & Thursdays 4:00 - 5:00 pm in the Columbia Room

Our new Encore Partner, Mackenzie Sandberg, will be offering one-on-one computer lessons for residents on **Tuesday and Thursday afternoons, from 4:00 - 5:00 pm, in the Columbia Room** computer lab.

Mackenzie is a high-school student at Glencoe High. She began volunteering at Cornell Estates during her Christmas vacation so you may already have crossed paths with her cheery self! Mackenzie can help with your basic and intermediate computer requests.

Sign up at the Front Desk and indicate what type of computer skills you want to work on.

Girl Scout Troop #43119 Wednesday, January 18th 2:15 pm in the Columbia Room

Cornell Estates has partnered with Deborah Grimshaw and Girl Scout Troop #43119 to help them earn their badges! They came and made pies with us in November, and we are looking forward to an ongoing relationship as we get together on **January 18th at 2:15 in the Columbia Room** to rev up some Girl Power!

Aural Rehabilitation Lecture Series: "The Brain & Cognitive Re-Training" Wednesday, January 18th 10:00 am in the Cascade Room

Each month, Cornell has invited a hearing specialist to educate our community on aural rehabilitation. This month, on **Wednesday, January 18th, at 10:00 am in the Party Room**, we will learn about retraining the cognitive centers of our brain after a hearing loss.

This series will be held on the 3rd Wednesday of every month until May. Arrive at 9:30 am for the Hearing Aid Clinic, including battery checks and hearing aid cleanings.

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.

A big shout out to our Encore Partners for contributing more than 1000 hours to our Cornell Estates community between April and December of 2011!

Now, that's amazing!

Thank You!

To our current Encore Partners:

Theresa Burns - Quilts for foster kids, Adelante & Mooberry classroom materials, Everything Yarn

Evelo Carlisle - Bingo, Adelante Mujeres, Librarians on Wheels

June Carpenter - Book Club

Peggy Day - Sewing Center

Donna Detrick - Friendly Visiting, Current Events Evening Edition

Jan Hale - "The Card Lady"

Kelly McCormick, Willoughby Hearing - 2nd Monday Hearing Services

Becky Palfenier - Pretty Nails

Debbie Pearson - Adelante & Mooberry classroom materials, Cornell College

Bobbie Quillin - Wednesday evening games

Josefina Salazar - Friendly Visiting

Mackenzie Sandberg - Computer Lab

Sierra Smith, age 12 - teaching piano

Gail Stinnet - Parents' Day Brunch and Peonies

Tracy Wahlberg - Friendly Visiting

Grant Wahlberg, age 10 - Friendly Visiting, teaching drawing

Ryan Wahlberg, age 7 - Friendly Visiting

Jan Whittaker - Sing along with Jan, Cornell Choir

Andrea Zdarantan - assisting Arden in the Garden

Julian Zdarantan, age 6 - assisting Arden in the Garden

Pacific University Pharmacy Students join our community every 2 weeks

Three 1st year Pharmacy students from Pacific University will be shadowing staff and residents every second Tuesday again this semester to learn about life in a Retirement & Assisted Living community.

If you would like to meet the students, visit one-on-one with them, or join us in group discussions, let Michele or Melissa know in Community Programs.

Pacific University Dental Clinic Resumes January 17th

The Pacific University students are back providing weekly preventative dental treatment at reduced rates for residents and staff at the Dental Clinic. Ask them for a free screening or the latest tips on brushing, flossing, or dentures. The students are a great resource for everything Oral Health!

Drop by for a cleaning or just some information. They would love to see you, each Tuesday, from 1:00 - 5:00 pm, starting January 17th. Sign up at the Front Desk for a free consultation!

SMART Readers at Mooberry Elementary Resume January 3rd

The Cornell SMART Readers will be heading back to Mooberry Elementary each Tuesday morning starting January 3rd to help Kindergarten students practice their reading. Thanks to David Small, C.J. Gulstrom, Bessie Hodson, Anne Matthes, Peg Owens, and Irene Wolfe for your continued support of this Oregon state wide reading program.

New residents, if you are interested in becoming a SMART Reader, sign up at the Front Desk or let Michele or Melissa know in Community Programs.



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

Last Fridays

3:00 pm

Books and other goodies delivered door-to-door to Assisted Living residents. This month: Friday, Jan. 27th.

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, January 24th

10:00 am (PR)

Assemble classroom materials to assist elementary school teachers and students.

Homework Club

Tuesdays starting January 10th

bus leaves at 2:30 pm

Residents assist students with their reading homework in this after-school homework club.

PACIFIC UNIVERSITY

Weekly Dental Clinic

Tuesdays beginning Jan. 17th

1:00 - 5:00 pm (Dental Clinic)

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

5th Tuesday, January 31st

10:00 am (PR)

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

Monthly visits to Adelante Mujeres

2nd Wed., January 11th

bus leaves at 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 | Fridays | 3:00 pm (ML) |
| Residents share their favorite blessings and inspirations in an uplifting roundtable discussion. | | |
| Book Club | Monday, January 23rd | 3:00 pm (3FA) |
| Residents who share a love of reading gather to discuss the books they are enjoying. | | |
| Boost Your Memory | Tuesdays, January 24th and 31st | 3:00 pm (CR) |
| Residents gather to tickle the brain cells with fun and stimulating memory exercises and games. | | |
| Cell Phones 101 | Tuesday, January 3rd | 10:00 am (CR) |
| Residents gather to learn about their cell phones and ask questions of a staff member. | | |
| Conversational French | Wednesdays | 3:00 pm (CR) |
| Resident Thais Sanders leads residents in a fun and friendly conversational French class. | | |
| Cornell Choir | Wednesday, January 18th | 3:00 (PR) |
| Residents share their love of singing and vocal talents in this fun and friendly Cornell choir. | | |
| Cornell College | Mondays through January 9th | 10:00 am (CR) |
| Residents meet once a week to watch a half hour college lecture followed by a discussion.
Next Session begins in February. | | |
| 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, January 10^h | 10:00 am (ELR) |
| Residents who enjoy knitting, crocheting, and other yarn crafts gather to work on projects. | | |
| Hearing Education Group | Wednesday, January 18th | 10:00 am (CR) |
| Residents share information with each other and with others about life with hearing loss. | | |
| Introduction to Spanish | Fridays, January 6th & 20th | 3:00 pm (CR) |
| Residents work with local instructors to master basic conversational Spanish. | | |
| Poetry Out Loud | Wednesdays, January 11th & 25th | 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, January 12th & 26th | 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 am (CR) |
| Local author Morgan Brown facilitates a writers' group for residents | | |
| Yum Yum Group | on break in January | |
| Residents who love food, recipes, cooking, and restaurants get together to discuss these delicious things. | | |

Magic Moments @ Cornell



**Top Left: Mooberry Classroom
Materials Preparation**

**Top Right: Jewell Elk Wildlife
Refuge**



**Left: Wrapping Christmas gifts for
Foster Kids in Washington County**

**Bottom: Annual Fundraiser raises
\$3,308 for the Hillsboro Firefighters**

