National Day of Service
Monday, January 19th
1:30 pm in the Party Room

Every year on Martin Luther King Jr. Day, individuals and organizations around the United States celebrate Dr. King’s birthday through a National Day of Service project. This year, Cornell Estates invites you to join our residents to create welcome boxes for foster kids!

This will be Cornell Estate’s second year assembling welcome boxes for children entering foster care. They will receive the boxes while waiting in the Department of Human Services Office. Most kids have a few items in a plastic garbage bag, but often times these kids have absolutely nothing to call their own. The hope is that the contents of the welcome box will provide joy and comfort as the children transition to a new home.

Volunteers will assemble the boxes, add a note of encouragement, and then send them on their way to DHS Child Welfare where they will be distributed to each child. We encourage you to serve our community alongside us on the National Day of Service.

Donations will be greatly appreciated for this project. Look on the next page to see what you can donate!

We encourage you to serve our community alongside us on Monday, January 19th, at 1:30 pm in the Party Room for our National Day of Service!

Monthly Health Lecture:
Macular Degeneration With Harvey Petty
Friday, January 9th
1:30pm in the Party Room

Did you know macular degeneration is a leading cause of vision loss among people age 50 and older? That is why Cornell Estates chose macular degeneration for the next lecture in their monthly health lecture series.

In this educational lecture, Harvey Petty will give a presentation that will be beneficial to those looking to learn more about vision loss and how to prevent it. He is also bringing in Low Vision equipment for demonstration and a hands on experience.

Harvey Petty works with Low Vision Support Groups and provides advice and information for those learning more about low vision. He is knowledgeable on the direction of new technology for low vision, the importance of taking vitamins for your eyes and new studies and research. Cornell Estates is excited to have Harvey Petty come and share his knowledge about Macular Degeneration and low vision.

As always, look for our next lecture in the monthly health lecture series at Cornell Estates. We will be offering a health lecture on Friday, February 6th at 1:30 pm, so stay tuned to what our next topic will be.
### Cornell Estates Management Team

**EXECUTIVE DIRECTOR**  
Charlene Torrey

**MARKETING DIRECTOR**  
Cindy Lovell

**RESIDENT CARE COORDINATOR**  
Clarise Brannon

**ON-SITE REGISTERED NURSE**  
Anna Koning

**COMMUNITY PROGRAMS DIRECTOR**  
Amanda Bigus

**DIETARY MANAGER**  
Ron Gifford

**MAINTENANCE COORDINATOR**  
David De La Torre

**HOUSEKEEPING SUPERVISOR**  
Rosa Vargas

**BOOKKEEPER**  
Tim Helling

### Staff Birthdays

<table>
<thead>
<tr>
<th>Name</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Genovena A.</td>
<td>1/2</td>
</tr>
<tr>
<td>Charlene T.</td>
<td>1/18</td>
</tr>
<tr>
<td>Julie V.</td>
<td>1/21</td>
</tr>
</tbody>
</table>

### Cornell Estates Welcomes...

Mary Bretthauer  
Apt. 174

### January Birthdays

<table>
<thead>
<tr>
<th>Name</th>
<th>Date</th>
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</thead>
<tbody>
<tr>
<td>Connie Sheets</td>
<td>1/2</td>
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<tr>
<td>Esther Chalmers</td>
<td>1/3</td>
</tr>
<tr>
<td>Stella Casey</td>
<td>1/4</td>
</tr>
<tr>
<td>Lois Sprecher</td>
<td>1/5</td>
</tr>
<tr>
<td>Jane Doherty</td>
<td>1/17</td>
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<tr>
<td>Elden Keller</td>
<td>1/20</td>
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<tr>
<td>Susie Kinney</td>
<td>1/20</td>
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<tr>
<td>Genevieve Morgan</td>
<td>1/25</td>
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<tr>
<td>Julie Waibel</td>
<td>1/27</td>
</tr>
<tr>
<td>Barbara Ives</td>
<td>1/28</td>
</tr>
<tr>
<td>Herb Snook</td>
<td>1/28</td>
</tr>
<tr>
<td>Alma Dobra</td>
<td>1/30</td>
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</tbody>
</table>

Birthday Party with the Senior Serenaders on Wednesday, January 14th at 1:30 pm in the Party Room

### Thank you!

We could not have done the following without you:

**Welcome Bags:** June Ranf

**Newsletter Folding:** Dorothy Carson, Margaret Anderson, Sue Colly, Lois Minson, Eva Beeman, Bess Loos

**Special Thank You to all who helped contribute to the Toy & Joy Program!**

**Assisting with Church:** Bob Brooks

**Assisting with Exercise:** Eva Beeman

**Library Maintenance:** Anne Matthes

**Door Decoration Judge:** Victoria Shepard

**Special Thank You to the Applan Family for calling Bingo on Christmas Day.**
### Coming Events

#### Beat the Winter Blues: Luau Party  
with Dom Franco  
Friday, January 23rd  
1:30 pm in the Party Room

What better way to beat the winter blues than to have a Luau Party in January? Join us for a tropical escape in the middle of winter. The luau will be at **1:30 in the Party Room on January 23rd**.

This will be a great opportunity for you to enjoy the Hawaiian sunshine indoors while it’s cold and stormy outside. We will also have an amazing musician performing for us.

Our musician this year is Dom Franco and he is an expert singer, songwriter, and he plays the steel guitar! The steel guitar is a very prominent instrument in the beautiful music played in Hawaii. Dom Franco has been singing and performing since the age of 6, so with all of his experience, this will be a performance you won’t want to miss! So come hear what it’s all about!

The Dom Franco music group will carry you away as you indulge in fresh pineapple and other Hawaiian treats. Participate in fun Luau games or just relax and enjoy the scene. Wear a lei or your favorite Hawaiian shirt to help get in the spirit!

#### Recalling the 1960’s with Lonnie Wiig  
Friday, January 16th  
2:00 pm in the Party Room

Can you imagine having actually been there when Dr. King first gave his “I Have a Dream” speech? Lonnie Wiig was actually there and heard it as Dr. King delivered it live!

You are invited to enjoy this unique presentation as we remember the 1960’s and hear about Lonnie’s experiences through this era. We will learn how Lonnie found himself to be in the right place and time to hear this memorable speech. What better way to remember Dr. King than to learn more about what he stood for and dreamed to come true.

Lonnie Wiig is a member of Toastmasters for Speaking Professionals and has given numerous presentations to groups of adults and groups of young people variously titled: “Our Toad Suck Summer” and “Kids Discuss 1960’s Racial Segregation & Dr. King’s Dream.” Come hear Lonnie for yourself on **Friday, January 16th at 2:00 pm in the Party Room.**

#### Donations to the Day of Service Project  
Monday, January 19th  
1:30 pm in the Party Room

In order to make the welcome boxes for the Foster Children, we will need donations of:

- Markers or Crayons  
- Coloring/Activity Books  
- Stuffed Animals  
- Children’s toothbrushes  
- Toothpaste

Donations can be given to Diana or Kati in Community Programs. Thank you for your contribution!

#### 2015 Brain Storm  
Friday, January 2nd  
1:30 pm in the Cascade Room

Hey Cornell residents! We want to hear what you would like to do! This is an opportunity to brainstorm with us to help come up with new trips or craft ideas that you would like to have happen on the Cornell calendar. We want your participation in planning the best 2015 that we can give you! So come help us at the brain storm on **Friday, January 2nd at 1:30 in the Cascade Room.**
Continuing Education

Computer and Cell Phone Consultations
Friday, January 9th
3:00 pm - 4:00 pm

Do you have a problem with your computer, cell phone, printer or other device? With an abundance of technology available these days, it’s easy for something to go wrong.

Or maybe there is something you want to learn how to do on the computer or on your cell phone and you want someone to teach you.

Each month you will have a chance to sign up for a consultation with Diana or Kati from Community Programs. Sign up at the front desk for a 15 minute consultation between 3:00 and 4:00 on Friday, January 9th. You can have them come to your apartment or meet them in the Columbia Room.

If you have an urgent problem and would like help before or after January 9th, please do not hesitate to ask and we will arrange for someone to help you.

Dr. Roy Torley Presents:
Planetarium
Wednesday, January 21st
1:30 pm in the Party Room

Did you ever think that you could go to space without even leaving your seat? Dr. Roy Torley will leave you so enchanted with his knowledge of the Solar System that you will feel as though you just took a trip through the cosmos!

Cornell Estates welcomes back Dr. Roy Torley, Gentleman Scientist, for another of his spectacular lectures. In this talk, Dr. Roy Torley will take you on a trip into outer space to orbit the Earth, see its magnetic field, see the Northern and Southern lights, and the planets and moons of our solar system. Our trip will even fly us by the volcanic eruption of Jupiter’s moon, named Io. Dr. Torley will share with you a powerful program designed to teach and put the wonder back into astronomy and the cosmos!

Roy Torley has an extensive science background including the study of volcanoes, Oregon geology and the Northern Lights. He has a Ph.D. in geology from the University of Oregon, and was instrumental in developing the first wind-energy technology program on the west coast at Columbia Gorge Community College in The Dalles.

Arm Chair Travel
Thursday, January 1st
3:00 pm in the Cascade Room

Have you ever been to China? Here is a great opportunity for you to travel without even leaving the comfort of your own chair! Join us on January 1st to learn about China and its Great Wall. We will learn about when it was built, what it was built for, and about that era of China's history. You will even learn how long the Great Wall is, and it will surely surprise you! This is one place in the world you will definitely want to travel to with us!

If you have been to China or the Great Wall, feel free to join us and tell the rest of us about your travels! So come join your neighbors on Thursday, January 1st at 3:00 pm in the Cascade Room.

The More You Know
Friday, January 16th
3:00 pm in the Cascade Room

This month in The More You Know, we will be learning about lightning. We will look into the fascinating aspects of how it’s created, how it strikes, and the damage it can cause when it touches the ground.

Find out more on Friday, January 16th at 3:00pm in the Cascade Room.
### That’s Entertainment

<table>
<thead>
<tr>
<th>Events</th>
<th>Details</th>
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<tbody>
<tr>
<td><strong>Cornell Choir is on Break</strong></td>
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<tr>
<td>The Cornell Choir did a fantastic job at their Christmas Concert!</td>
<td>We hope you were all able to come and enjoy their wonderful singing.</td>
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<tr>
<td>For the month of January, the Cornell Choir will be</td>
<td>on break until the first week of February. It’s the perfect time to let your voices rest up for our</td>
</tr>
<tr>
<td>the Cornell Choir Meeting the first Monday in February.</td>
<td>next concert in the Spring!</td>
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<tr>
<td>Look for our Cornell Choir Meeting the first</td>
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<tr>
<td><strong>Music with Matthew Casey</strong></td>
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<tr>
<td><strong>Monday, January 26th</strong></td>
<td><strong>3:00 pm in the Main Living Room</strong></td>
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<tr>
<td>Your favorite crooner is back at Cornell Estates and he is ready</td>
<td>to serenade you once again!</td>
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<tr>
<td>to come and enjoy their wonderful singing.</td>
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</tr>
<tr>
<td>Come to the <strong>Main Living Room</strong> on <strong>Monday, January 26th at 1:30 pm</strong></td>
<td>to hear Matthew Casey play your favorite Swing Hits! All you have to do is sit back and relax</td>
</tr>
<tr>
<td>in the Living Room as</td>
<td>in the comfortable furniture in the Living Room as</td>
</tr>
<tr>
<td>Matthew serenades you.</td>
<td>What a delightful way to spend the afternoon! He is a performer you won’t want to miss!</td>
</tr>
<tr>
<td><strong>Wine and Chocolate Tasting</strong></td>
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<tr>
<td><strong>Friday, January 30th</strong></td>
<td><strong>1:30 pm in the Party Room</strong></td>
</tr>
<tr>
<td>Wine and chocolate are two very delicious things and when you put</td>
<td>Come join us on <strong>Friday, January 30th at 1:30 pm in the Party Room</strong> to see which ones fit together</td>
</tr>
<tr>
<td>them together, they make a remarkably delicious duo. Come join us</td>
<td>the best. You may find a wine and chocolate that fit so well together that they are a match made</td>
</tr>
<tr>
<td>on <strong>Friday, January 30th at 1:30pm in the Party Room</strong></td>
<td>in heaven!</td>
</tr>
<tr>
<td>Wine comes from fermented grapes and chocolate comes from a</td>
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<tr>
<td>combination of cocoa solids and cocoa butter. When hearing what</td>
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<td>they are made of it sounds like an odd combination, but these two</td>
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<tr>
<td>things fit together wonderfully. Come see which mixture you like the</td>
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</tr>
<tr>
<td><strong>Mystery Ride!</strong></td>
<td></td>
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<tr>
<td><strong>Thursday, January 15th</strong></td>
<td><strong>Bus leaves at 9:30 am</strong></td>
</tr>
<tr>
<td>Enjoy seeing the local sights, as the Cornell Estates bus tours the</td>
<td></td>
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<tr>
<td>surrounding area. This gives you a chance to appreciate the sights,</td>
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<tr>
<td>without the worry of driving. Sign up at the Front Desk if you’d like to go</td>
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### Additional Events

- **Songs, Crafts, and Treats with Volunteers from St. Matthews Church**
  - **Saturday, January 3rd**
  - **2:00 pm in the Party Room**
  - Are you interested in taking part in a fun afternoon of songs, crafts, and treats?! Join the volunteers from St. Matthews Church as they serenade you with post-holiday songs that you are sure to enjoy.
  - Then you will take part in a fun and interactive craft of making snowflakes with the volunteers. They will share with you great ideas on how to make beautiful snowflakes!
  - To finish this activity, the volunteers are bringing a sweet and traditional snack for your enjoyment.
  - Come and take part in this fun afternoon with the volunteers from St. Matthews Church. It will be a great opportunity to socialize and make some new friends!

- **Wine and Chocolate Tasting**
  - **Friday, January 30th**
  - **1:30 pm in the Party Room**
  - Wine and chocolate are two very delicious things and when you put them together, they make a remarkably delicious duo. Come join us on **Friday, January 30th at 1:30pm in the Party Room** to see which ones fit together the best. You may find a wine and chocolate that fit so well together that they are a match made in heaven!
  - Wine comes from fermented grapes and chocolate comes from a combination of cocoa solids and cocoa butter. When hearing what they are made of it sounds like an odd combination, but these two things fit together wonderfully. Come see which mixture you like the best!

- **Mystery Ride!**
  - **Thursday, January 15th**
  - **Bus leaves at 9:30 am**
  - Enjoy seeing the local sights, as the Cornell Estates bus tours the surrounding area. This gives you a chance to appreciate the sights, without the worry of driving. Sign up at the Front Desk if you’d like to go on this Mystery Ride!
| Trip: Lunch at Thai Elephant  
| Thursday, January 1st  
| Bus leaves at 11:00 am  
| Cost: $10-12  
| Was your New Year’s Resolution to try new foods? Well here’s a really great opportunity to try some spectacular cuisine. On Thursday, January 1st, the Cornell Bus will be taking a trip to the Thai Elephant Restaurant! In Thailand, it is believed that eating alone is bad luck, so invite your friends to come along to try this excellent cuisine! Sign up at the Front Desk to join us for this trip on Thursday, January 1st at 11:00am. |

| Trip: Antique Shopping at the  
| Garage Sale Warehouse  
| Thursday, January 8th  
| Bus leaves at 1:30 pm  
| The Garage Sale Warehouse offers the ultimate antique shopping experience. It’s like a garage sale every day! You will find vintage pieces, antiques, collectibles, memorabilia and everyday items – all for a great price! You will be able to browse with ease through the wide aisles and clean comfortable store. Whether you are looking for a specific item or you just want to browse, it is bound to be an enjoyable afternoon of antique shopping. The bus will leave at 1:30 pm on Thursday, January 8th. |

| Trip: Hillsboro Fire Station Tour  
| Thursday, January 15th  
| Bus leaves at 1:30  
| Firemen are on the scene of some of life’s most difficult events. They are who we call when there is an emergency, and they approach every situation with professionalism and compassion. They are trained to save lives and to protect our community. We have a chance to see where these heroic individuals spend most of their time when they aren’t busy protecting us. Join us on Thursday, January 15th at 1:30pm to take a tour of the Hillsboro Fire Station. They will give us an inside tour of the Jones Farm Fire Station. This is also the team of Firemen who partner with us for the Toy and Joy program. |

| Trip: Washington Square Mall &  
| Lunch at the Cheesecake Factory  
| Thursday, January 22nd  
| Bus leaves at 10:00 am  
| Lunch price: $10.00 - $15.00  
| Are you ready to shop ‘til you drop? Ok, maybe not until you drop, but enough to have a good time! Washington Square Mall has just about any store you could imagine. Maybe you don’t like to shop – that’s ok! You can enjoy walking around the mall and taking in the sights. Plus, you will have to get some exercise after your lunch at the Cheesecake Factory. Even though the Cheesecake Factory started out as a small cheesecake shop, this restaurant has much more than just cheesecake. With over 200 choices on the menu, you are sure to find something you will like. The Cheesecake Factory is attached to Washington Square Mall, so after your lunch you will have easy access to the mall. Join your fellow neighbors for a fun day out! Sign up at the Front Desk. The bus leaves at 10:00 am on Thursday, January 22nd. |

| Trip: Classic Aircraft Aviation  
| Thursday, January 29th  
| Bus leaves at 1:30 pm  
| Ever wanted to see an aircraft up close and personal? You will have the chance when the Cornell Estates bus visits Hillsboro’s own Classic Aircraft Aviation Museum. The museum supports the concept of living history. This historic place exhibits re-conditioned and fly worthy war-birds and jets of the Cold War Era. Some of these aircrafts come from as far as Poland, Turkey, and Taiwan. The museum offers wonderful hands-on and visual experience for all that visit. Join us on Thursday, January 29th at 1:30 pm for our trip to this astonishing display of history. |
Simple Pleasures

Board Games!
Friday, January 23rd
3:00 pm in the Party Room

Board games are a whole lot of fun! Whether it be a numbers or a letters game, it can be quite the challenge. But what is more fun than playing games with good friends?! It could even be your lucky day at cards or scrabble!

Come check out all the different games we have! We have such a large variety of games, you will have a harder time picking one than winning at it! So come join us on **Friday, January 23rd at 3:00pm in the Party Room** to enjoy some of your favorite board games!

We will have scrabble, chess, checkers, and so many more fun board games to play! Don’t miss this great event!

Valentine’s Day Crafts and Cards
With Forest Hills Elementary Students
Wednesday, January 28th
1:30 pm in the Party Room

Valentine’s Day was first associated with romantic love but has become a day to show any person how much they are loved, not just romantically. One of the best ways to do that is through Valentine’s Day cards.

The students from Forest Hills Elementary School will be helping us make cards to show people how loved they are. Join us **Wednesday, January 28th at 1:30pm in the Party Room** to help make cards and also other Valentine’s Day crafts. The students from Forest Hills Elementary will be eager to see your smiling faces!

A New Exercise Class!
Strength & Balance
Tuesdays
9:15 am in the Party Room

We are trying out a new exercise class! Our Functional Fitness instructor, Deanne, is starting a new class for those of you who are interested in exercising on Tuesday mornings.

Silver Sneakers Strength and Balance is a low-impact class designed to help you improve flexibility and balance while increasing muscular endurance.

This class is part of the FLEX program offered through Silver Sneakers. This means your insurance company will cover the class.

So come give the new exercise class a try on Tuesday, January 6th, at 9:15 am in the Party Room. It might be just what you are looking for!

Now Accepting White Elephant Donations!

We are starting early this year! If you are doing some house cleaning, keep the While Elephant in mind. If you have items you would like to donate, please see Cindy Lovell, Marketing Director.

SMART Readers Need New Volunteers!

With the start of a new year, we also start with all new volunteers for the SMART Readers program at Mooberry Elementary School. SMART is an acronym for “Start Making A Reader Today”. You can help achieve this vision as a SMART Reader volunteer. If you are interested in truly making a difference in the lives of young children, please see Diana in Community Programs to get signed up for the next season of volunteering.

Word Game: Words in a Word

See how many words you can create from the letters in CELEBRATION (example: reel, brace, ion, tale). Compare your list to ours in next month’s newsletter!
Thank you!

To our current Encore Partners:

Richard Banham - Bible Study
Chet Bishop - Bible Study
Theresa Burns - Quilts for foster kids, Calling Bingo
Dorothy Eby - Senior Serenaders
Janice Haley - “The Card Lady”
Beverly Nighorn - Friendly Visiting
Becky Palfenier - Pretty Nails
Mike & Anne Popa - Sunday Church Services
Bobbie Quillin - Wednesday Evening Games
Josefina Salazar - Friendly Visiting
Elizabeth Smith - Pretty Nails
Tracie Wahlberg - Friendly Visiting, Crafts w/Wahlbergs
Grant Wahlberg, age 13 - Friendly Visiting
Ryan Wahlberg, age 10 - Friendly Visiting
Jan Whittaker - Sing along with Jan, Cornell Choir

What’s happening in January with our Pacific University partners?

With school in full swing, there are many ways to get involved!

Speech Language Students

Your Pacific University Speech Language Pathology students will be back on **Friday, February 6th at 10:00 am in the Party Room.** Thank you to all of the resident volunteers who take the time each month to assist these students in preparing for their career.

**Special thank you to SLP volunteers:** Margot and Jim Stoneking, Peg Owens, Elizabeth Simons, Anne Matthes, Stella Casey, Frank Reding, John Crockett, Shirley Gonzalez, George Prusynski, Grace Swope, Lili Cardinaux, Beppy Hunter, Vivian Miller, Doris Lindorff, Joan Anderson, Esther and Glenn Chalmers, Jayne Ritenour, Sherrie Roper, Shirley Fortin, Ethel Hiatt, Bob Plumb, Shig Mukai, Bessie Hodson, Janet Kaetterhenry, Barbara Huey, Elden and Dorothy Kellar, Ava Hill, Lois Minson, Dorothy Carson, Dee Sandness

Dental Clinic

To be Announced at a later time

This month in Hearing Health @ Cornell Estates:

Wednesdays are Hearing Awareness Day

1st Wednesdays at 10:00 am -- Free Hearing Assessments with Darin Scheurer, Smart Step Hearing. Sign up at the Front Desk. The next appointments are on **Wednesday, January 7th.**
## Meetups @ Cornell

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

<table>
<thead>
<tr>
<th>Event</th>
<th>Date/Time Details</th>
<th>Location</th>
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<tbody>
<tr>
<td>Book Club</td>
<td>Monday, January 26th 3:00 pm (LIB)</td>
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<td></td>
<td>Residents who share a love of reading gather to discuss the books they are enjoying.</td>
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<td>Boost Your Memory</td>
<td>Tuesday, January 20th 3:00 pm (CR)</td>
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<td></td>
<td>Residents gather to tickle the brain cells with fun and stimulating memory exercises and games.</td>
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<td>Conversational Spanish</td>
<td>Wednesdays 10:00 am (COL)</td>
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<td></td>
<td>Residents work with an instructor to develop basic Spanish vocabulary and conversation skills.</td>
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<td>Cornell Choir</td>
<td>On Break Until February</td>
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<td></td>
<td>Residents share their love of singing and vocal talents in this fun and friendly Cornell choir.</td>
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<tr>
<td>Cornell College</td>
<td>Mondays 10:00 am (CR)</td>
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<td></td>
<td>Residents meet once a week to watch a half-hour college lecture followed by a discussion.</td>
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<tr>
<td>Cornell Community Garden</td>
<td>On Break Until Spring</td>
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<td></td>
<td>Residents have created a garden together with assistance from master gardener Arden Sheets.</td>
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<tr>
<td>Current Events</td>
<td>Monday, Wednesday, Friday Times Vary - see calendar</td>
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<tr>
<td></td>
<td>Residents share news and opinions on current events every week.</td>
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<tr>
<td>Food Committee</td>
<td>Monday, January 30th 3:00 pm (CR)</td>
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<td></td>
<td>Residents can offer their opinions and suggestions to Chef Ron regarding meals at Cornell</td>
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<tr>
<td>Orenco Photography Club</td>
<td>On break until February 6:30 pm (PR)</td>
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<td></td>
<td>Local club invites residents to join monthly roundtables and discussions on photography</td>
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<td>Poetry Out Loud</td>
<td>Wednesday, January 14th 3:00 pm (3FA)</td>
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<td></td>
<td>Residents share their favorite poems through live readings and discussions.</td>
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<td>Read Aloud: Newsletter</td>
<td>Tuesday, Tuesday 6th 10:00 am (ML)</td>
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<td></td>
<td>Residents gather together to read the Cornell newsletter out loud.</td>
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<tr>
<td>Sing-Along with Jan</td>
<td>Thursday, January 8th &amp; 22nd 3:00 pm (ML)</td>
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<td></td>
<td>Residents join Jan at the Grand Piano in the Main Lobby to sing their favorite songs!</td>
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<tr>
<td>Stories for the Soul</td>
<td>Mondays &amp; Wednesdays Times Vary - See Calendar</td>
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<td></td>
<td>Join this feel-good group that meets for stories that will warm your heart and brighten your day!</td>
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<tr>
<td>Tea with Friends</td>
<td>Tuesday, January 27th 3:00 pm (CR)</td>
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<td></td>
<td>Grab a cup of tea and join your friends for an afternoon of conversation and laughter.</td>
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<td>Water Color Class</td>
<td>Wednesday, January 7th &amp; 21st 10:00 am (CR)</td>
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<td>Join this fun class and express your artist side by learning to paint with water colors.</td>
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<tr>
<td>Write Your Life Story</td>
<td>Tuesdays 9:00 am (CR)</td>
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<td></td>
<td>Local author Morgan Brown facilitates a writers’ group for residents and community members.</td>
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Residents Serving the Cornell Estates Community

Friendly Visiting Fridays @ 3:00 pm
Assistance with Events & Programs
Community Gardening
Food Committee

Lunch Tour Guides
Welcome Baskets
Welcome Buddies
Librarians

Residents Serving the Surrounding Community

Mooberry Elementary
SMART Reading Program Tuesdays The bus leaves at 8:45 am

Pen Pals with 6th Graders Ongoing October - April
Exchange monthly Pen Pal letters with 6th graders in Ms. Mito-Ahern’s class. Sign up at the Front Desk

Adelante Mujeres
Classroom Materials Tuesday, January 13th 10:00 am
Help our local teachers and assemble crafts for the preschool children and English students.

Girl Scout Troup #43119
Monthly opportunity for residents to help Girl Scouts with their latest badges.
Residents Serving the Surrounding Community

**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.

**Pacific University**

**Public Health Care**

Staff and residents assist Public Health Care students with their Practicum projects.

“One Odd Job”

Occupational Therapy students offer their assistance to residents every other month with odd jobs around the apartment.

**Speech-Language Pathology**

Residents serve as mentors to Speech-Language Pathology students to help the students learn how to provide speech and language enhancements in a natural setting.

**Occupational Therapy Students**

Residents meet with a student on a one on one basis to assist in conversational interviewing.

**School of Audiology**

Residents volunteer to work one-on-one with Audiology students on their hearing health curriculum assignments.

“Ask a Pharmacist”

Pacific University interns and local pharmacists will be available to give you a consultation on your prescriptions or answer any questions about medications you are taking. Sign up at the Front Desk.

**Pacific University On-Site Clinics**

**Dental Clinic**  To Be Announced  9:00 - 4:00 pm

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

**Ear Clinic**

Audiologist Dr. James Baer provides convenient on-site ear wax management on the 3rd Wednesday of every other month. Cost is $25 per appointment. Cash or check only! Sign up at the Front Desk.
Magic Moments @ Cornell

Top left: Eva B. and Gary D. having a dance at the December Birthday party
Middle left: Bill and JoNell T. enjoying the Sights and Sounds Celebration
Middle Right: Cornell Estates residents enjoying the Rose City Flute Choir Holiday performance
Bottom Left: Dee S. visiting with Santa Claus
Bottom Right: Bob B. getting visited by Santa Claus and one of his elves