St. Patrick’s Day Party  
With the Robert Richter Duo  
Tuesday, March 17th  
1:30pm in the Party Room

Come celebrate St. Patrick’s Day in style with a fun afternoon of music with the Robert Richter Duo! There will be a variety of songs from ballads to sea shanties to even Celtic music.

Robert Richter is an energetic performer, singer, and songwriter creating music that blends different genres from folk to blues to rock to Celtic. He plays the guitar and sings with passion and energy. Joining Robert in the duo is Olivia Duffy. Olivia is a talented fiddler, mandolin player and singer who performs in the Pacific Northwest with a number of music projects in various genres and styles. They also are part of a Celtic band called “Castletown.” Their band will be performing at the McMenamins Grand Lodge in Forest Grove later that day at 6pm.

And of course this St. Patrick’s Day party wouldn’t be complete without festive decorations, fun activities and green beer!

So join us for an afternoon of great music and fun as we celebrate St. Patrick’s Day with the Robert Richter Duo on Tuesday, March 17th at 1:30 pm in the Party Room.

Irish Storyteller  
Will Hornyak  
Friday, March 13th  
1:30pm in the Party Room

What better way to get in the St. Patrick’s Day holiday spirit than with a fun afternoon of Irish myths, folktales and Irish sing-along songs! Master storyteller, William Hornyak is coming to give a fun mixed show of Irish Folktales, legends, songs, and lore.

William Hornyak is described by the Oregonian as a “Storyteller par excellence…boundless imagination, endless wit, and an ability to transport children and adults into an amazing imaginary world.” William teaches storytelling in a class, Professional Communication, at Marylhurst University and performs throughout the United States. He was named Artist of the year by Young audiences of Oregon and awarded the Brimstone Grant by the National Storytelling Network. William is an advocate for storytelling as a change agent for personal and collective empowerment and offers workshops and programs for many different companies, schools, facilities, and communities.

William Hornyak’s presentation of Irish myths, folktales and songs will be one you won’t want to miss. Join us on Friday, March 13th at 1:30 pm in the Party Room.
Cornell Estates
Management Team

EXECUTIVE DIRECTOR
Charlene Torrey

MARKETING DIRECTOR
Cindy Lovell

RESIDENT CARE COORDINATOR
Clarise Brannon

DIRECTOR OF HEALTH SERVICES
Anna Koning, RN

COMMUNITY PROGRAMS DIRECTOR
Amanda Bigus

DIETARY MANAGER
Ron Gifford

MAINTENANCE COORDINATOR
David De La Torre

HOUSEKEEPING SUPERVISOR
Rosa Vargas

BOOKKEEPER
Tim Helling

Staff Birthdays

Cynthia M. 3/4
Jon V. 3/12
Amanda B. 3/18
Carlene S. 3/23

Cornell Estates Welcomes...

Jackie Jacobsen Apt 133
Janis Henderson Apt 144
Roy Armentrout Apt 146
Jackie Swietzer Apt 154

March Birthdays

Larry Stockdaile 3/3
Ellen Mann 3/7
Josephine Faser 3/11
Florence Hess 3/11
Frances Whittaker 3/16
Pat Grinnell 3/17
Roy Armetrout 3/18
Joan Landis 3/20
Barbara Huey 3/21
Jean Dietrich 3/22
Pat Edmisten 3/22
Alice Sibley 3/23
Pat Hackleman 3/24
Shirley Fortin 3/29
Ruth Klein 3/30

Birthday Party with the Senior Serenaders on Wednesday,
March 11th at 1:30 pm in the Party Room

We could not have done the following without you:

Welcome Bags: June Ranf

Newsletter Folding: Margot Stoneking, Margaret Anderson,
Sue Colly, Bessie Hodson, John Crockett, Julie Waibel

Assisting with Church: Bob Brooks

Assisting with Exercise: Eva Beeman

Library Maintenance: Anne Matthes

Columbia River Strings: For putting on a beautiful Valentine’s show!

Kati Sheldon: For filling in for the Community Programs Department
while Amanda was on maternity leave
Easter Events

Cornell Estates
Annual Egg Drop!
Friday, March 27th
1:30 pm in the Retirement Courtyard

Cornell Estates residents have a long standing Easter tradition that isn’t very – well, traditional. It’s an egg drop competition! This year you’re invited to participate in or witness the fun. The egg drop will begin at **1:30 pm on Friday, March 27th, in the Retirement Courtyard.**

Each year, residents each build a vessel that can hold an egg and then the vessels are dropped off of the third story balcony to see if the vessel will protect the egg from breaking. The vessels are scored on creativity, design, and of course the ability to keep the egg from breaking.

If you would like to participate, sign up at the front desk. From 1:30-2:00 you will be given time to create your vessel. We will provide materials, but you are allowed to bring your own materials as well. If you are feeling ambitious, you can even create your vessel ahead of time. Then, at 2:00, we will drop each vessel off of a third floor balcony to see which eggs stay intact and which eggs go SPLAT!

If you don’t wish to participate but you want to watch the egg drop—come to the courtyard at 2:00pm to watch the action and help judge the competition.

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Cornell Estates Family
Easter Egg Hunt!
Saturday, March 28th
1:30 pm in the Retirement Courtyard

Cornell Estates is starting a new Easter tradition – a family Easter egg hunt! Make sure to invite your family and friends as there will be multiple activities for both kids and adults. Kids can race to find the most eggs in the Easter egg hunt. Keep your eyes out for the golden egg – whoever finds it will win a special prize! There will also be some fun games and crafts for everyone to participate in. Enjoy light refreshments and soak in the fun!

You won’t want to miss our special guest – the Easter Bunny! So mark your calendars for **Saturday, March 28th at 1:30 pm in the Retirement Courtyard.** Hoppy Easter!

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Sugar Cookie Decorating and Easter Cards and Crafts
Friday, April 3rd
1:30 pm in the Party Room

Mark your calendars for **Friday, April 3rd!** We will be celebrating the Easter holiday and the arrival of spring by decorating sugar cookies and making Easter cards and crafts!

We will provide all materials you will need. Frost and sprinkle a cookie, decorate an Easter egg, or make a card to give to a family member or friend.

This year, Easter Sunday is on April 5th. Cornell Estates will be holding their regular Worship Service at 9:00 a.m. and Bible Study at 2:30 p.m.
Continuing Education

Computer and Cell Phone Consultations
Friday, March 13th
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 Amanda or Diana from Community Programs. Sign up at the front desk for a 15 minute consultation between 3:00 and 4:00 on Friday, March 13th. 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 March 13th, please do not hesitate to ask and we will arrange for someone to help you.

Travelogue with Doug Minson:
Southern Africa
Friday, March 6th
1:30pm in the Party Room

Did you know the region of Southern Africa is home to the largest land-based mammal, the tallest, the fastest, the smallest and the largest flying bird? This region is home to many different cultures and people. Come join us at Cornell Estates on Friday, March 6th to hear about Doug Minson’s travels in the region of Southern Africa.

A retired attorney and medical doctor, Doug and Sue Minson call Portland home when they’re not out pursuing their bucket list of beautiful places to travel. They have previously shared their travels to India, Rwanda, and Nepal with the Cornell Estates community, and we are delighted to welcome them back with news of their latest adventures.

Through his pictures and stories, Doug brings us along on his journey as he shares his experiences travelling to the region of Southern Africa. So if you’re interested in learning more about the fascinating region of Southern Africa, please join us on Friday, March 6th at 1:30 pm in

Arm Chair Travel
Friday, March 20th
3:00 pm in the Party Room

This month, we will be traveling to the country of Bolivia! The best part about this trip: you don’t even have to pack a bag or leave the comfort of your own chair!

A country located in South America, and with half of its land covered in vast valleys and plains, rolling hills and lush rainforest. What a diverse area! Bolivia is also home to over 40% of all the Earth’s known wildlife!

So come join us on Friday, March 20th at 3:00pm in the Party Room and come learn more about the fascinating country of Bolivia!

The More You Know:
St. Patrick’s Day
Friday, March 6th
3:00 pm in the Cascade Room

Did you know that St. Patrick was not born Irish?

Come learn more about the legends behind this holiday. You will find that it’s much more than just shamrocks, pots of gold, leprechauns and wearing green.
**Community Gardening Meeting**  
*Tuesday, March 10th*  
*10:00 am in the Main Living Room*

Spring is here! After the cold winter months there is much to be done to tend to our gardens, and we need your help! No garden experience necessary.

We will have a Community Gardening meeting on *Tuesday, March 10th*, at *10:00 am in the Main Living Room* to discuss plans for the Spring and Summer. Anyone is welcome to join!

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**Matthew Casey**  
*Cocktail Hour!*  
*Friday, March 20th*  
*1:30 pm in the Party Room*

Your favorite crooner, Matthew Casey is back! Join your neighbors on *Friday, March 20th at 1:30 pm in the Party Room* for a classy cocktail hour accompanied by swing era hits! Enjoy a glass of wine and let the soothing sound of Matthew Casey’s voice relax you. Or enjoy some sparkling cider and let your toe tap to the beat. Matthew Casey is sure to play the songs that will bring back wonderful memories.

Matthew Casey has performed for Cornell Estates many times and is always a popular attraction. If you haven’t heard him perform yet, you are missing out!

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**2nd Annual Spelling Bee**  
*Wednesday, March 25th*  
*1:30 pm in the Party Room*

It’s that time of year again! Time to put your spelling skills to the test! Cornell Estates is hosting their *2nd Annual Spelling Bee on Wednesday, March 25th, at 1:30 pm in the Party Room!* Whether you are an excellent speller or you just like a good friendly competition, this is for you. Don’t be afraid to join in the fun! Please sign up at the Front Desk if you would like to participate.

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**Scrabble Night - NEW!**  
*Every Tuesday Evening*  
*Starting March 3rd*  
*6:30 pm in the Cascade Room*

Are you looking for something to do after supper? Join your fellow residents for a friendly game of scrabble every *Tuesday evening at 6:30 pm in the Cascade Room.*

Scrabble was invented in 1933 by Alfred Mosher Butts. He designed the game to lift everyone’s spirits during the Great Depression.

The game didn’t become a hit until the early 1950’s, when Macy’s president decided to order some for his store. Within a year the game became a hit!

Today, Scrabble is found in every 3 of 5 American households. Not only is this popular game fun; it gives your brain a work out too!
Grand Days Out

Trip: Camp 18 and Jewell Elk Refuge
Thursday, March 5th
Bus leaves at 9:30 am
Cost: $8-15

Jump on the bus on Thursday, March 5th, for a beautiful drive out toward the coast to the Jewell Elk Wildlife Refuge.

Peak elk viewing season is November through March, so keep your eyes open for fields of elk!

And save your appetite, because we’re stopping at Camp 18 for lunch. If you haven’t been to this restaurant yet, you have to join us! The building itself was made from beautiful logs and there is so much to see both inside and out, with carvings around every corner. The food is incredible, too!

Trip: Longbottom Coffee Roastery Tour
Thursday, March 12th
Bus leaves at 1:30 pm

Longbottom Coffeehouse has been around in the Hillsboro Community for over 30 years. Established in 1981, they take pride in delivering the world’s finest coffees directly to their customers. Each item on their menu is prepared to order and by hand. They strive to provide delicious and quality food that reflects the same care they take in roasting your coffee.

During this trip, we will be getting a private tour of their roasting facility and learn all about the coffee roasting process. Since coffee roasting is both a science and art, their 32 years of experience has resulted in a precise method of roasting the coffee beans to perfection. Join us on this fun and educational trip—we may even stop and have a refreshment at their café! The bus leaves at 1:30 pm on Thursday, March 12th. Sign up at the Front Desk!

Trip: Lunch at Potbelly Sandwich Shop
Thursday, March 19th
Bus leaves at 10:30 am
Cost: $5-$10

Did you know the Potbelly sandwich shop started originally selling sandwiches to boost business in their antique shop?

Back in 1977 in Chicago, this little antique shop sold sandwiches right along with their vintage stoves, old books, and other knick knacks. They have quite the assortment of sandwiches to choose from and specialize in toasting them to perfection.

Their sandwiches are ones you won’t want to miss! Sign up to go with us on Thursday, March 19th. The bus leaves at 10:30 am.

Trip: Arden in the Garden
At the Hillsboro Senior Center
Thursday, March 26th
Bus leaves at 9:30 am

Spring is in full swing and it’s time to start thinking about setting up your garden! Our very own Arden Sheets will be providing an educational lecture at the Hillsboro Senior Center and he would love for you to join him. During this free class, he will teach you all about springtime flowers, different soils, and how to set-up a successful garden.

After the class, pot a plant to take home and use it to brighten up your very own garden. Light refreshments will also be provided during the class. Come support master gardener, Arden Sheets, and learn a thing or two! Sign up at the Front Desk.
<table>
<thead>
<tr>
<th>Simple Pleasures</th>
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</table>
| **Coffee Hour and Chat**  
*Tuesday, March 3rd*  
*3:00 pm in the Main Living Room* |
| Picture this: You are sitting by the fire, drinking a cup of coffee, and having a good conversation with friends. Sound like a pleasant afternoon? |
| Head on down to the Main Living Room for a coffee chat on **Tuesday, March 3rd at 3:00 pm**. This is a great chance to get to know your neighbors in a relaxed setting. Topics will range from where you grew up to what your favorite activities are, and you may even hear a joke or two. |
| **Book Club**  
*Monday, March 23rd*  
*3:00 pm in the Library* |
| Mysteries, romance, biographies and more! If you enjoy reading a good book, you should join us at the Book Club! |
| We meet on the 4th Monday of each month. We talk about the books we are each individually reading or listening to. Even if you aren’t currently reading anything, this is a good opportunity to hear about some good books that you may be interested in reading. |
| Anyone is welcome to join us on **Monday, March 23rd at 3:00 pm in the Library**. Book lovers unite! |
| **Craft Corner**  
*Thursday, March 19th and*  
*Tuesday, March 31st*  
*3:00 pm in the Cascade Room* |
| Craft corner is the perfect opportunity to let your creative side shine! You will have the opportunity to create a fun and easy craft with step by step instructions. Making a craft is therapeutic and you get to take home the finished product! |
| Craft corner will be held twice this month; **Thursday, March 19th and Tuesday, March 31st both at 3:00 pm in the Cascade Room**. |
| **Shopping Trip to Trader Joe’s**  
*Tuesday, March 31st*  
*The bus leaves at 1:30 pm* |
| This month, one of our shopping trips will be shopping at Trader Joe’s! From hemp seed to cherries, to shishito peppers, this store has all sorts of fun foods. |
| This store started all the way back in the 50’s as a chain of small convenience stores. They were once called Pronto Markets. Then in 1967, the founder, the original Trader Joe, changed the name and the way they did business. They started packing innovative, hard-to-find, great-tasting foods under the “trader Joe’s” name. This cut their costs and saves their customers money. |
| They focus on what matters: great food + great prices = Value. So join us on **Tuesday, March 31st to go shopping at Trader Joe’s. Bus leaves at 1:30pm**. |

**Word Game: Words in a Word**

See how many words you can create from the letters in **LEPRECHAUN** (example: cereal, pearl, plane). Compare your list to ours in next month’s newsletter!

**Most Popular Answers for February**

Word: Affection

Office, fiancé, infect, action, notice, faint, ocean, antic, tonic, often, font, net, cat, tan, fate, face, feat, café, note, coat, coin, cent, toe, nice, facet, into
Thank you!

To our current Encore Partners:

Richard Banham - Bible Study
Chet Bishop - Bible Study
Dorothy Eby - Senior Serenaders
Janice Haley - “The Card Lady”
Beverly Nighorn - Friendly Visiting
Becky Palfenier - Pretty Nails
Bobbie Rodriguez - Adelante Materials
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 14 - Friendly Visiting
Ryan Wahlberg, age 11 - Friendly Visiting
Jan Whittaker - Sing along with Jan, Cornell Choir

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

Speech Language Students
Your students appreciate your help! Come meet them for a final celebration and congratulate them on a successful school year!

Your Pacific University Speech Language Pathology students will be back on **Friday, March 13th 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. Keep your eyes out for a reminder as the date gets closer!

Dental Clinic in Session Tuesdays, March 3rd & 17th
The senior students’ Dental Clinic is open Tuesday, March 3rd and 17th, from 9:00 am - 4:00 pm.

The students are available for FREE services (dental screenings, oral cancer screenings, denture cleaning, assistance with brushing and flossing).

They can also provide preventative dental treatment at a discounted rate for your convenience. Sign up at the Front Desk and the students will come meet with you to set up an appointment.

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, March 4th**.

**Ear Wax Clinic**
The Ear Wax Clinic is returning to Cornell Estates! This is the service for you if you are in need of getting your ears cleaned of ear wax.

Dr. Trent Westrick will be here on **Thursday, April 9th** from 9:00 am - 12:00pm. Sign up at the Front Desk for a 30 minute time slot. Service fee of $25 cash or check only.
<table>
<thead>
<tr>
<th>Event</th>
<th>Date/Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>Book Club</td>
<td>Monday, March 23rd 3:00 pm (LIB)</td>
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<tr>
<td>Residents who share a love of reading gather to discuss the books they are enjoying.</td>
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<tr>
<td>Boost Your Memory</td>
<td>Tuesday, March 10th 3:00 pm (CR)</td>
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<tr>
<td>Residents gather to tickle the brain cells with fun and stimulating memory exercises and games.</td>
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<tr>
<td>Conversational Spanish</td>
<td>Wednesdays 10:00 am (COL)</td>
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<tr>
<td>Residents work with an instructor to develop basic Spanish vocabulary and conversation skills.</td>
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<tr>
<td>Cornell Choir</td>
<td>Mondays 1:30 pm (PR)</td>
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<tr>
<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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<tr>
<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>Tuesdays 10:00 am (ML)</td>
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<tr>
<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>Residents share news and opinions on current events every week.</td>
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<tr>
<td>Food Committee</td>
<td>Friday, March 27th 3:00 pm (CR)</td>
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<tr>
<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>Thursday, March 12th 6:30 pm (PR)</td>
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<tr>
<td>Local club invites residents to join monthly roundtables and discussions on photography</td>
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<tr>
<td>Poetry Out Loud</td>
<td>Wednesday, March 11th &amp; 25th 3:00 pm (3FA)</td>
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<tr>
<td>Residents share their favorite poems through live readings and discussions.</td>
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<tr>
<td>Read Aloud: Newsletter</td>
<td>Tuesday, March 3rd 10:00 am (ML)</td>
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<tr>
<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, March 12th &amp; 26th 3:00 pm (ML)</td>
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<tr>
<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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<tr>
<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, March 24th 3:00 pm (CR)</td>
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<tr>
<td>Grab a cup of tea and join your friends for an afternoon of conversation and laughter.</td>
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<tr>
<td>Water Color Class</td>
<td>Wednesday, March 4th &amp; 18th 10:00 am (CR)</td>
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<tr>
<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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<tr>
<td>Local author Morgan Brown facilitates a writers’ group for residents and community members.</td>
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Mooberry Elementary

**SMART Reading Program**
- Tuesdays
- The bus leaves at 8:45 am

Help students age kindergarten - second grade learn to read

**Pen Pals with 6th Graders**
- Ongoing October 2014 - April 2015

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, March 17th
- 10:00 am

Help our local teachers and assemble crafts for the preschool children and English students.

---

**New Exercise Class: Strength and Balance**
- Tuesdays at 9:15 am in the Party Room

DeAnne Michaud is a licensed FLEX instructor with 27 years experience in community fitness. Come out and play in this great new class offered at Cornell Estates!

The class focuses on increased muscle endurance and strength, balance, and flexibility. Mark your calendar for every Tuesday at 9:15 am in the Party Room.

---

**Plus Much More!**

Lunch Tour Guides
Welcome Baskets
Welcome Buddies
Librarians

Friendly Visiting Fridays @ 3:00 pm
Assistance with Events & Programs
Community Gardening
Food Committee
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**  Tuesday, March 3rd & 17th  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**  Thursday, April 9th  9:00 - 12:00 pm

Audiologist Dr. Trent Westrick provides convenient on-site ear wax management on the 2nd Thursday of every other month. Cost is $25 per appointment. Cash or check only! Sign up at the Front Desk.
Magic Moments @ Cornell

Top left: Peg O. volunteering for her Pacific University Student as she learns about chewing and swallowing.

Middle left: Resident’s enjoying the tropical sounds of Dom Franco on the steel guitar during the luau party

Middle Right: Florence P. helping prepare St. Patrick’s Day materials for the Adelante Mujeres pre-schoolers

Bottom: Doris L. receives a special Valentine from the Tualatin Valley Harmony Masters quartet!