The 2017 Senior Rose Court Invites You to the Hillsboro 4th of July Parade
Tuesday, July 4th
The bus leaves at 9:15 am

You’re invited to view the 91st annual Hillsboro 4th of July Parade from the Walters Cultural Center in the shade with comfy chairs and refreshments. The event - which annually draws an estimated 25,000 people lining the parade route - will begin with the playing of the National Anthem and the raising of a U.S. Flag on the high-rise ladder of a fire truck at the corner of Second and Main.

Among other attractions, you will see our very own Cornell Estates Senior Rose Princesses and Queens rolling through downtown in shiny convertibles! Make sure to wave as they pass by!

The parade begins at **10:00 am on Tuesday, July 4th in Hillsboro; our bus will leave at 9:15 am.**

Sign up at the Front Desk to reserve your shady spot. We will only have one bus trip out to the site, so space is limited!

A Visit from Mrs. Pittock
Friday, July 14th
1:30 pm in the Party Room

Cornell Estates is pleased to welcome Georgiana Pittock and her chauffeur, H. Hawkinson, for an afternoon of history! The Pittocks endured the Oregon Trail and were integral to the city of Portland, Oregon. Come hear the stories of Mrs. Pittock’s early life including how she came to Oregon on a wagon train, met Mr. Henry Lewis Pittock, had 9 children and established both the Portland Rose Society and the Portland Rose Festival.

Mrs. Pittock will be portrayed by Mary Hutchens along with her husband Mike Hutchens as Mrs. Pittock’s chauffeur, H. Hawkinson. Mary and Mike Hutchens have been telling the story of the Pittock family since 2007 and have put on countless performances. Cornell Estates is honored and delighted to add this wonderful event to their Rose Festival schedule!
Cornell Estates Welcomes...

Bob & Marcia Hicks 228
Gwen Sandberg 227
Evelyn Wyatt 273

July Birthdays!

Bill Thomas 7/1 Barbara King 7/10
Cynthia Pannell 7/3 Georgia Rutledge 7/11
Alton Ashford 7/5 Lois Minson 7/13
Bob Pillsbury 7/8 Hans Friedrich 7/15

Birthday Party with the Senior Serenaders
July 12th at 1:30 pm in the Party Room

Thank You!

We could not have done the following without you:

Welcome Bags: June Ranf and Jackie Jacobson.

Lunch Tour: June Ranf

Community Gardening: Arden Sheets, Anne Matthes, Donna Detrick

Newsletter Folding: Margot Stoneking, Dorothy Carson, Lois Minson, Bob Plumb, Sue Colly, and Nancy Finster

Assisting with Church: Bob Brooks

Assisting with Exercise: Eva Beeman

Assisting with Bingo: Jeanne Fairley

Library Maintenance: Anne Matthes

Cardstock Organizer: Sue Colly

Newsletter Proof Readers: Cathy Carson and Art Ochsenbein

A special thank you to the Royal Rosarians for crowning our 2017 Queens at the Queen’s Coronation.

Thank you Ron Smith and the Orenco Photography Club for photographing all of our Rose Festival events.
July Events

The Handwriting of the First Ladies: Handwriting Analysis by Joyce Brizendine
Friday, July 28th
1:30 pm in the Party Room

Have you ever wondered what your handwriting says about your personality? For example, a person who writes with a far right slant is very emotionally responsive. Joyce Brizendine, Certified Handwriting Analyst, will present a presentation on how handwriting can reveal personality traits, and will specifically focus on the “Handwriting of the First Ladies”.

In Jacqueline Kennedy’s handwriting, her slant is mostly vertical, although her “I” leans to the left. This indicates a cool, controlled temperament, with leanings of withdrawal from the public eye. Poise, artistry, and grace abounds Ms. Kennedy’s handwriting, witnessed by the hooked capitals J and K. Her dignity outshone any insecurities to the outside world.

Join us Friday, July 28, at 1:30 pm in the Party Room to learn more about how handwriting analysis works and discover the traits of the First Ladies Handwritings!

Trip: Showtime at Shute Presents: Oregon Symphonic Band
Thursday, July 13th
Bus Leaves at 6:00 pm

For 35 years, the Showtime at Shute Park concert series has been a summer highlight for the Hillsboro community. Cornell Estates is proud to be a sponsor again this year! The series starts July 6th and runs every Thursday from 6:30 - 8:30 pm through August 17th.

A wide variety of musical styles are represented over the summer, from country, salsa, R&B, blues, mariachi, and much more!

Showtime at Shute is held at historic Shute Park, which includes a built-in performance platform. With more than 13 acres, the park has plenty of space for concert goers to spread a blanket and enjoy the music. Best of all, admission to the concert series is free to the public.

This year, the bus will be taking you to Showtime at Shute on Thursday, July 13th for the Oregon Symphonic Band. Oregon’s premier symphonic band is made up of professional and amateur musicians.

If you would like to join your neighbors for a fun evening out, sign up at the front desk. The bus will leave at 6:00 pm on Thursday, July 13th.
### Continuing Education

#### History of Hillsboro

**Wednesdays, July 12th & 26th**  
3:00 pm in the Party Room

Starting this summer is a look back at local history! Come to the party room to peer back into time and see what Hillsboro was like when it was founded. Join us in this summer-long series of bi-weekly presentations on local history, landmarks and people. Come to share your own stories of our beloved town and hear others’ stories as well!  
Join us on **Wednesdays, July 12th & 26th at 3:00 pm in the Party Room.**

#### Book Club

**Monday, July 31st**  
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 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.

This fun and insightful monthly group is one you will surely want to join! Cornell Estates’ Book Club meets on the **last Monday of every month in the Library.**

#### Boost Your Memory

**Every Friday**  
3:00 pm in the Cascade Room

Would you like to be challenged, learn something new, and gain more skills? Then come and join Boost Your Memory. Meet up with this group every week and join in on these lively and fun activities to stay focused and alert.

**Come to the Cascade Room every Friday at 3:00pm.**

#### Read Aloud Newsletter

**Monday, July 3rd**  
10:00 am in the Main Living Room

Did you know every month the newsletter is read out loud for all who want to listen? It’s a great resource for residents who have vision loss or anyone who has trouble reading the newsletter on your own.

It’s also a great way to get the inside scoop on all the upcoming events for the month.

Don’t miss it! So, come on down to the **Main Living Room on Monday, July 3rd at 10:00 am** to listen to the newsletter.
### That’s Entertainment

<table>
<thead>
<tr>
<th>Movie Matinee!</th>
<th>Happy Hour with Music</th>
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</thead>
<tbody>
<tr>
<td><strong>Every Monday</strong></td>
<td><strong>Every Monday</strong></td>
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<tr>
<td><strong>1:30pm in the Party Room</strong></td>
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This month we have some exciting movies heading your way. We will also be featuring popcorn at all of our movie showings.

Enjoy a movie every Monday at 1:30pm in the Party Room with fresh popcorn.

Do you have a movie that you would like us to play? Please let Karen know your movie of choice.

**See you in the Party Room on Mondays!**

<table>
<thead>
<tr>
<th>Music Sing-along with Jan Whittaker</th>
<th>Happy Hour with Music</th>
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</thead>
<tbody>
<tr>
<td><strong>Thursdays, July 13th &amp; 20th</strong></td>
<td><strong>Thursdays, July 6th &amp; 27th</strong></td>
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<tr>
<td><strong>2:00pm in the Main Lobby</strong></td>
<td><strong>3:00 pm in the Party Room</strong></td>
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</table>

Want to sing-along to some old favorites? Looking to have a good laugh? Experience both at our Sing-along with Jan Whittaker! Twice a month Jan plays the piano and encourages you to sing with her. We have all the music lyrics printed out, so you need to only bring your lovely voice.

So if you would like to enjoy the afternoon sing-along with friends, come down to the Main Lobby on Thursdays, July 13th & 20th at 2:00 pm.

<table>
<thead>
<tr>
<th>Trip to Tuesday Market</th>
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<tr>
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The Hillsboro Tuesday Marketplace is a long-standing family tradition, and has become a tradition for Cornell Estates!

Join your neighbors in quaint downtown Hillsboro, where friends put on their old-fashioned grins and enjoy a weekly summertime stroll that stocks their garden baskets, tempts their taste buds with culinary delights, sets their toes tapping to live music and enjoy local art and crafts.

**Sign up at the front desk!**
# Grand Days Out

<table>
<thead>
<tr>
<th>Trip: Unger Farm &amp; Picnic Lunch</th>
<th>Trip: Pittock Mansion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday, July 6th</td>
<td>Thursday, July 13th</td>
</tr>
<tr>
<td>Bus Leaves at 10:30am</td>
<td>Bus Leaves at 9:00am</td>
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</table>

Unger Farms is a family owned and operated berry farm in Cornelius, Oregon bringing the freshest, best quality berries to our community. For the past couple years, we have been able to visit their farm store and enjoy the peace and quiet their beautiful patio has to offer overlooking the scenic pond.

Come along to spend an afternoon at Unger Farms! You won’t want to miss this opportunity to support our local farmers.

The bus leaves at **10:30 am on Thursday, July 6th**. Sign up at the front desk.

<table>
<thead>
<tr>
<th>Trip: Walmart &amp; Primetime Restaurant</th>
<th>Trip: Multnomah Falls &amp; Restaurant</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday, July 20th</td>
<td>Thursday, July 27th</td>
</tr>
<tr>
<td>Bus Leaves at 10:30am</td>
<td>Bus Leaves at 9:30am</td>
</tr>
<tr>
<td>Bring $10.00</td>
<td>Bring $15.00</td>
</tr>
</tbody>
</table>

Join us on a trip to Walmart and Prime Time Restaurant and Sports Bar! Walmart is a one stop shop, filled with anything you could need. Primetime provides comfortable dining for the whole family, a triple header for any sport fan, an arcade room for the jocks (young and old), a perfect place to meet with friends. With a variety of made to order menu items it will have food that everyone will enjoy!

Sign up at the front desk to come along!

Built in 1914 for one of Oregon’s influential families, Pittock Mansion is filled with rich history and remarkable stories. The City of Portland now owns the estate, and Portland Parks & Recreation and the non-profit Pittock Mansion Society work in collaboration to operate and maintain the museum and surrounding park.

Join us on a trip to the Portland historical landmark on **July 13th at 9:00am. We will be back in time for lunch**

Join us on a trip to visit the roaring 611 foot tall waterfall. We will be driving up the Columbia River Gorge, a sight in itself, to visit this Oregon landmark.

We will also be dining at the Multnomah Falls Lodge Restaurant. The restaurant features views of the falls and a Northwest style cuisine.

Sign up at the front desk to join us!
### Simple Pleasures

**Word Game: Words in a Word**

See how many words you can create from the letters in **Competition** (example: not, cent)  
Compare your list to ours in next month’s newsletter!

Most Popular answers from June (Hillsboro)  
is, oh, ill, rob, boo, orb, sob, rib, sir, oil, sill,  
slob, solo, roil, soil, roll, ohio, bill, ribs, hill,  
boor, hobos, brill, boils, shrill, boorish.

---

**TONGUE TWISTERS**

**Silly Sally swiftly shooed seven silly sheep.**  
**The seven silly sheep Silly Sally shooed Shillyshallied south.**  
**These sheep shouldn't sleep in a shack; Sheep should sleep in a shed.**

---

**Community Gardening**  
Tuesdays, July 11th, 18th & 25th  
10:00 am in the Main Lobby

> Our own greenhouse garden, located on the southeast side of the building, is always in need of volunteers.  
Spring is in full swing and our garden is full of flowers!  
Community Gardening is for anyone who wants to participate in the garden, whether they have experience or not!  
Join Cornell’s gardeners on **Tuesdays, July 11th, 18th & 25th in the Main Lobby**, before heading outside.

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**Bean Bag Baseball**  
**And Root Beer Floats**  
Wednesday, July 19th  
1:30 pm in the Retirement Courtyard

> In the mood for a little friendly competition? Head out to the Retirement Courtyard for Cornell Estates’ Bean Bag Baseball Tournament! The rules are simple to learn and the game is always fun to play.  
Spectators are also needed! Come cheer on your fellow residents and enjoy a root beer float!

**Wednesday, July 19th**  
1:30 pm in the Retirement side courtyard.
Celebrating Our ENCORE Partners

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

To our current Encore Partners:

Richard Banham - Bible Study
Chet Bishop - Bible Study
Harold Polluck - Senior Serenaders
Janice Haley - “The Card Lady”
Les Payne - Sunday Church Services
Jan Whittaker - Church Pianist

What’s happening with Pacific University in July

The Speech Language Pathology students are taking the summer off. Check back in the fall to participate. Thank you to all of the resident who volunteered your time with these students in preparing for their career.

Pacific University Dental Clinic

The dental clinic is on hiatus for the summer! Check back in the fall

Alzheimer's Support Group with Sandy Morehouse
Thursday, July 27th
2:30 pm in the Cascade Room

This support group is for family members, friends and anyone who needs a little help learning about Alzheimer’s Disease or other types of Dementia. Sandy Morehouse has lead past support groups on this topic.

Pen Pals with Elementary Students

Thank you to everyone who has participated with your lovely letters. We will be making a trip out soon to meet up with our buddies. Interested in becoming a pen pal talk to activities to sign up.

This month in Hearing Health @ Cornell Estates:

First Wednesdays-- Free Hearing Assessments with Darin Scheurer, SmartStep Hearing. He will be here on Wednesday, July 5th from 9:00am to 1:00pm. Sign up at the front desk.

Pacific University Ear Wax Clinic
The ear wax clinic is on hiatus for the summer! Check back in the fall
# 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>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Book Club</strong></td>
<td>Monday, July 31st</td>
<td>Residents who share a love of reading gather to discuss the books they are enjoying.</td>
</tr>
<tr>
<td><strong>Boost Your Memory</strong></td>
<td>Fridays</td>
<td>Residents gather to tickle the brain cells with fun and stimulating memory exercises and games.</td>
</tr>
<tr>
<td><strong>Conversational Spanish</strong></td>
<td>Wednesdays</td>
<td>Residents work with an instructor to develop basic Spanish vocabulary and conversation skills.</td>
</tr>
<tr>
<td><strong>Cornell Choir</strong></td>
<td>Coming Back in Fall</td>
<td>Residents share their love of singing and vocal talents in this fun and friendly Cornell choir.</td>
</tr>
<tr>
<td><strong>Cornell College</strong></td>
<td>Mondays</td>
<td>Residents meet once a week to watch a half-hour college lecture followed by a discussion.</td>
</tr>
<tr>
<td><strong>Cornell Community Garden</strong></td>
<td>Tuesdays, July 11th &amp; 25th</td>
<td>Residents have created a garden together with assistance from master gardener Arden Sheets.</td>
</tr>
<tr>
<td><strong>Happy Hour</strong></td>
<td>Thursdays, July 6th &amp; 27th</td>
<td>Enjoy an hour of drinks, appetizers and socializing before supper.</td>
</tr>
<tr>
<td><strong>Hillsboro History</strong></td>
<td>Wednesdays, July 12th &amp; 26th</td>
<td>Come on by to see bi-weekly presentations on local history, landmarks, and people and share your own stories of our beloved town.</td>
</tr>
<tr>
<td><strong>Men’s Club</strong></td>
<td>Wednesday, July 5th</td>
<td>This a meet up for all of Cornell Estates’ guys to get together once a month.</td>
</tr>
<tr>
<td><strong>Orenco Photography Club</strong></td>
<td>Thursday, July 13th</td>
<td>Local club invites residents to join monthly roundtables and discussions on photography</td>
</tr>
<tr>
<td><strong>Read Aloud</strong></td>
<td>Tuesday, July 3rd</td>
<td>Residents gather together to hear different written materials read out loud; Newsletter, current events and stories for the soul.</td>
</tr>
<tr>
<td><strong>Sing-Along with Jan</strong></td>
<td>Thursday, July 13th &amp; 27th</td>
<td>Residents join Jan at the Grand Piano in the Main Lobby to sing their favorite songs!</td>
</tr>
<tr>
<td><strong>Tea with Friends</strong></td>
<td>Tuesday, July 25th</td>
<td>Grab a cup of tea and join your friends for an afternoon of conversation and laughter.</td>
</tr>
<tr>
<td><strong>Wii Games</strong></td>
<td>Tuesdays</td>
<td>Play sports such as golf, bowling, and tennis on the Nintendo Wii. All abilities welcome!</td>
</tr>
<tr>
<td><strong>Write Your Life Story</strong></td>
<td>Tuesdays</td>
<td>Meet with this writers’ group made up of residents and community members.</td>
</tr>
</tbody>
</table>
Poetry Corner!
A place for Cornell Estates residents to express themselves and share their written work or work they have enjoyed. This poem is by Evelyn Steele

Big Boys

A small man he is.
Small in stature.
But ... Big in his dreams.
Wants to play with the “big boys.”

Worked his way up he has.
Stepped out the small doors.
Now the players are large.
Tenacity urges him on and on.

Now he must be presentable.
Wear the best money can buy.
Hoping clothes will “make the man”
Show them he’s their man.

Fancy restaurants now
Drinks for everyone.
Jolly good friends we are,
And, see how prosperous I am.

Soon the morning comes. Contracts must be signed
Coffee at Starbucks...
Starbucks status, you know.

The bills add up.
Contracts need to be signed.
Fear hunts him now...
The money makes this man.

Life is evolving.
Is it really all worth it?
Playing with the big boys
God help him now....

Men’s Club
Wednesday, July 5th
3:00 pm in the Cascade Room

Calling all men! The official men’s club of Cornell Estates meets on the first Wednesday of each month. Come and give your input and ideas of what you would like to see happen at Cornell.

Head to the meeting on Wednesday, July 5th at 3:00 pm in the Cascade Room.

The Community Programs Department is always looking for new speakers on a variety of topics. If you have a family member or friend with an interesting hobby, that recently went on a trip, or has a unique talent who would be willing to present—please let us know!

CORNELL ANNOUNCEMENTS:

- Please review the bus sign up procedure. regarding St. Vincent appointments.
Please schedule the appointment for between 9am to 11am on Mondays only. This is so that the bus can do one trip out to St. Vincent per day.

A Look Ahead to August...

- Trip to Cannon Beach
  Thursday, August 3rd
- Tuesday Market at Downtown Hillsboro
- Showtime At Shute Park:
  Johnny Limbo & the Lugnuts
  Thursday, August 10th at 6:00 pm
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.

**Pacific University Clinics**

**Dental Clinic**  The dental clinic is hiatus for the summer! Check back in the fall.
On-site dental clinic provided by senior dentistry students for preventative dental treatment, e.g. free brushing, teeth cleaning at a reduced rate, and recommendations for better dental health.

**Ear Wax Clinic**  The ear wax clinic is hiatus for the summer! Check back in the fall.
Audiologist Dr. Trent Westrick and Pacific University Audiology students provide convenient on-site ear wax management. NOW FREE OF CHARGE
Top Left: Elizabeth S., Joy R., Barbara K., Donna D., Georgia R., and Nancy F. at Orenco Woods Parks.

Top Right: Elizabeth S., Georgia R., and Donna D. in front of the Stickworks Statue.

Center Left: Art O. in full dress for Memorial Day.

Center Left: Burt H. with Ruby the miniature horse.

Bottom left: Jackie J. and Nancy F. at the Queen’s dedication of the Roses.

Bottom Right: Ellen M., Elizabeth S., and Chuck M., with Ruby the miniature horse.