Travelogue: Boeing Aircraft Factory  
Friday, January 5th  
1:30 pm in the Party Room

Cornell is pleased to welcome Bob Kuest as he beings a series of fun Travelogues! His first one will be on the Boeing Factory in Washington. The Boeing Aircraft Factory, in Everett, Washington, is the largest building in the world by volume at over 13 million square meters. Bob will lead you through a presentation that features pictures from his travel and you get the opportunity to see commercial jets being assembled- rare as in this is the only public tour of in North America. This is where Boeing 747, 777 and 787 Dreamliner jets are assembled.

Your T’s Tell on You  
Handwriting Lecture by Joyce Brizendine  
Friday, January 19th  
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 what T’s represent in your handwriting. Think of your T crossings as a gas gauge. When the tank is full, the T cross bar is crossed at the top or even off the stem. When the T bar is crossed at the bottom of the T stem, the gas gauge runs empty. Note the handwriting of the late Margaret Thatcher. Her T crossings reach the top or even off the stem, indicating a visionary thinker. The bottom line in t crossings is that the higher the self-esteem, the higher risk taker one is. Tune in for more “T” insights at this lecture on January 19 at 1:30pm.
Cornell Estates Welcomes...
Marlene Rogers 210
Lunada Stuart 226
Sally Ford 155
Anna Monsantofils 309

Januray Birthdays!
Stella Casey 1/4 Sharlot La Madrid 1/15
Norm Nielson 1/4 Betty Lou Smith 1/19
Germaine Kauffman 1/9 Susie Kinney 1/20
Deanna Lilly 1/14 Julie Waibel 1/27
Nancy Finster 1/15 Barbara Ives 1/28

Birthday Party with the Senior Serenaders January 10th at 1:30 pm in the Party Room

Thank You!
We could not have done the following without you:
Welcome Bags: Sue Colly & Elizabeth Simons
Community Gardening: Arden Sheets, Anne Matthes, Donna Detrick
Newsletter Folding: Margot Stoneking, Dorothy Carson, 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: June Martin

Staff Birthdays
Genoveva A. 1/2
Deda V. 1/6
Margaret B. 1/16
Charlene T. 1/18
Maria J. 1/24
Rachel B. 1/25
★HAPPY★
BIRTHDAY!★
# January Events

## Trip: Washington Square Mall & Cheesecake Factory

**Thursday, January 4th**

- Bus leaves at 9:00am
- Lunch price: $10.00 - $15.00

Christmas is behind us, now it’s time to do some relaxing shopping for yourself! 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 4th.

## Alzheimer’s Support Group

**Alzheimer's Support Group**

**with Sandy Morehouse**

**Thursday, January 25th**

- 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. Lead by Sandy Morehouse, this is a chance for anyone to drop in to receive support and people to listen to. Sandy has lead past support groups on this topic.

## Voter Assistance Team

**Voter Assistance Team**

**Friday, January 12th**

- 9:00 am in the Columbia Room

A Special Election on January 23rd. Washington County Voter Assistance Program will be here to provide voter registration cards, collect ballots and answer any question you might have. Feel free to bring any of your voting questions or concerns to them! The team is bringing an official Ballot Drop Box for anyone to drop a completed return ballot with no postage needed. The Voter Assistance Program is a Washington County Elections free nonpartisan program with only one goal: to assist voters that need help voting.

**Friday, January 12th 9:00am to Noon**

- **Alzheimer's Support Group**
- **Voter Assistance Team**
Continuing Education

<table>
<thead>
<tr>
<th>Hillsboro Public Library: Presentation and Trivia!</th>
<th>Education Opportunities at Cornell Estates!</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fridays, January 5th &amp; 19th</strong> 10:00am in the Cascade Room</td>
<td>Take advantage of all the continuing education classes that Cornell has to offer. No need to sign up!</td>
</tr>
</tbody>
</table>
| 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. | **Cornell College**  
**Mondays at 10:00 am**  
**In the Cascade Room**  
Cornell College is a video lecture series. Participants watch a lecture and then discuss. The current topic is the National Parks. |

| Adult Coloring | **Book Club**  
**Tuesday January 29th**  
**3:00pm in the Library**  
If you enjoy reading a good book, you should join us at the Book Club! We talk about the books we are each reading. |
| Thursday & Saturdays **10:00am in the Cascade Room**  
Coloring is an effective activity to reduce anxiety and increase mindfulness. Stop by this fun group; we provide coloring sheets, markers, and pencils. |  

Join the Hillsboro Public Library for a fun afternoon of trivia. A Representative from the library will be hosting.

The Hillsboro Public Library enriches and strengthens our community by supporting the pursuit of connection, inspiration, and lifelong learning. That’s why they have decided to bring this program to Cornell Estates. Residents can form teams to help answer trivia questions. You will also get the chance to learn more about the library and what they do throughout the community.

Join us on **Wednesday, January 17th 1:30 pm in the Party Room.**

**Boost Your Memory**  
**Fridays, January 5th & 19th 3:00pm in the Cascade Room**

**Come to the Cascade Room Fridays, January 5th & 19th at 3:00pm.**
# That’s Entertainment

## Movie Matinee!
**Every Monday**
**1:30pm in the Cascade Room**

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 1:30 pm in the Cascade Room with fresh popcorn and our new TV! We are also now including a Movie Matinee on selected Saturdays in January. Do you have a movie that you would like us to play? Please let Karen know your movie of choice.

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

## Music Sing-along with Jan Whittaker
**Thursdays, January 4th & 18th**
**3:00pm in the Main Lobby**

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.

If you would like to enjoy the afternoon singing along with friends, come down to the **Main Lobby on January 4th & 18th at 3:00pm**.

## Dining Music with Phil and his Accordion
**Friday, January 26th**
**1:30 pm in the Party Room**

Joining us as entertainment for lunch, is Phil and his accordion for an accompaniment that you will love! He will be playing for both dining rooms.

## Bean Bag Baseball & Popcorn
**Wednesday, January 24th**
**1:30 pm in the Party Room**

In the mood for a little friendly competition? Head up to the Party Room 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 and popcorn will be served! Come cheer on your fellow residents.

**Wednesday, January 24th 1:30 pm in the Party Room.**
<table>
<thead>
<tr>
<th>Trip: Washington County Museum</th>
<th>Trip: Helvetia Restaurant</th>
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</thead>
<tbody>
<tr>
<td>Thursday, January 11th</td>
<td>Thursday, January 18th</td>
</tr>
<tr>
<td>Bus leaves at 1:00 pm</td>
<td>Bus leaves at 11:00 am</td>
</tr>
<tr>
<td>Free Admission</td>
<td>Bring $15.00</td>
</tr>
</tbody>
</table>

We will be heading to Washington County Museum’s new location at the PCC Rock Creek Campus. In addition to moving, the museum is now offering free admission for everyone.

New permanent exhibit at the Washington County Museum “Timber in the Tualatin Valley” With many artifacts from local collector Bill Racine, this display aims to teach visitors about the history of logging in Washington County, from the first pioneers to railroading to gas powered engines.

Feel what it is like to lay on a straw mattress in the bunkhouse, take a funny photo in head-in-a-hole logger cutout, and learn about the area on touch screen mapping program. **Sign up at the front desk. The bus will leaves at 1:00 pm on Thursday, January 11th**

Enjoy a scenic drive to a fun restaurant! Helvetia Restaurant serves American comfort food executed with simplicity and consistency. Come enjoy a Jumbo Cheeseburger with a side of hand cut fries or golden onion rings. The ride to and from the restaurant will be filled with views of the wonderful countryside.

**Bus leaves at 11:00 on Thursday, January 18th**

<table>
<thead>
<tr>
<th>Trip: Assistance League Thrift Shop</th>
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<tbody>
<tr>
<td>Thursday, January 25th</td>
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<tr>
<td>Bus leaves at 1:00 pm</td>
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</table>

This thrift store is entirely volunteer staffed and all of their proceeds stay in the local community. Programs benefit children, students and victims of violence.

You’ll find just your style at Assistance League Thrift Shop. They have men’s and women’s apparel, as well as jewelry, scarfs ties, shoes, and handbags. You can have the look you want at a fraction of the price.

Need a gift or something for your own home? Check out their beautiful selection of home decor. Don’t forget to take a peek into the Bargain Room!
Simple Pleasures

Weekend Leisure at Cornell Estates!

Take advantage of all the new weekend activities that Cornell has to offer. No need to sign up!

**BINGO**
Saturdays, January 13th & 27th
1:00pm in the Cascade Room

**Movies**
Saturdays, January 6th & 20th
1:00pm in the Cascade Room

**Knit & Stitch Club**
Every Saturday
1:00pm in the Main Lobby

**Skipbo**
Every Saturday
5:30pm in the Cascade Room

**Bible Study with Fran**
Every Saturday
2:00pm in the Columbia Room

Word Game: Words in a Word

See how many words you can create from the letters in Congratulations (example: on, late)

Compare your list to ours in next month’s newsletter!

Most Popular answers from December (Capricornus)

Air, cap, pun, car, nip, sin, oar, sap, can, our, nap, ore, pin, cup, sun, rip, run, scar, coup, pain, snap, spin, coin, soup, cops, corn, rain, ions, occur, icons, spurn, soup, scour, curio, scrap, arson, piano, panic, aprons, casino, acorns, sprain, uproar.

TONGUE TWISTER
Submitted by Dorothy Hermens

The skunk sat on the stump
& the skunk thought the stump stunk
& the stump thought the skunk stunk

A Look Ahead to February...

- **Portland Tap Connection**
  Valentine’s Day Show
  Friday, February 9th at 1:30pm

- **Happy Hour with Matthew Casey**
  Friday, February 23rd at 3:00pm
To our current Encore Partners:

Richard Banham - Bible Study
Chet Bishop - Bible Study
Harold Polluck - Senior Serenaders
Janice Haley - “The Card Lady”
Jan Whittaker - Sing along with Jan
LDS Sisters - Bingo

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.

What’s happening with Pacific University in January

The Speech Language Pathology Clinic

Cornell Estates is happy welcome the Speech Language Pathology Students. This clinic is a comprehensive, free of charge, rehabilitation clinic for all speech, language, swallowing, and memory concerns. This clinic will start back up in February; if you are interested in participating, sign up at the front desk.

Pacific University Dental Clinic

The dental clinic is still on winter hiatus. Look for them to be back next month!

This month in Hearing Health @ Cornell Estates:

First Wednesdays-- Free Hearing Assessments with Darin Scheurer, SmartStep Hearing. He will be here on Wednesday, January 3rd from 9:00am to 1:00pm. Sign up at the front desk.

Pacific University Ear Wax Clinic
The ear wax clinic is back! The clinic will be here on Friday, January ???? from 1:00-3:00pm Sign up at the Front Desk!
<table>
<thead>
<tr>
<th>Event</th>
<th>Date/Time</th>
<th>Location</th>
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<tbody>
<tr>
<td><strong>Book Club</strong></td>
<td>Tuesday, January 29th 3:00 pm (LIB)</td>
<td></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>
<tr>
<td><strong>Boost Your Memory</strong></td>
<td>Fridays, January 5th &amp; 19th 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><strong>Conversational Spanish</strong></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><strong>Cornell College</strong></td>
<td>Mondays 10:00 am (CR)</td>
<td></td>
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<tr>
<td>Residents meet once a week to watch a half-hour lecture followed by a discussion.</td>
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<tr>
<td><strong>Cornell Community Garden</strong></td>
<td>On Hiatus until Spring</td>
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<tr>
<td>Residents garden together with assistance from master gardener Arden Sheets.</td>
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<tr>
<td><strong>Happy Hour</strong></td>
<td>Friday, January 12th &amp; 26th 3:00 pm (PR)</td>
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<tr>
<td>Enjoy an hour of drinks, appetizers and socializing before supper.</td>
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<tr>
<td><strong>Men’s Club</strong></td>
<td>Wednesday, January 3rd 3:00 pm (CR)</td>
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<tr>
<td>This a meet up for all of Cornell Estates’ guys to get together once a month.</td>
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<tr>
<td><strong>Orenco Photography Club</strong></td>
<td>Thursday, January 11th 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><strong>Read Aloud</strong></td>
<td>Tuesday, January 2nd 10:00 am (ML)</td>
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<tr>
<td>Residents gather together to hear different written materials read out loud; Newsletter, current events and stories for the soul.</td>
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<tr>
<td><strong>Sing-Along with Jan</strong></td>
<td>Thursdays, January 4th &amp; 18th 3:00 pm (ML)</td>
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</tr>
<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><strong>Tea with Friends</strong></td>
<td>Wednesday, January 31st 2:00 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><strong>Wii Games</strong></td>
<td>Tuesdays 6:00 pm (PR)</td>
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<tr>
<td>Play sports such as golf, bowling, and tennis on the Nintendo Wii. All abilities welcome!</td>
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<tr>
<td><strong>Write Your Life Story</strong></td>
<td>Tuesdays 9:00 am (CR)</td>
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<tr>
<td>Meet with this writers’ group made up of residents and community members.</td>
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</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 was written by Mary Jordan**

**THE MAN IN THE GLASS**

When you get what you want,
   In your struggle for self,
And the World makes you King for a Day
   Just go to your mirror and look at yourself
And see what that man has to say.

For it isn’t your Father, Mother or Wife
   Who judgement upon you must pass:
The fellow whose verdict counts most in your life
   Is the one staring back from the glass.

Some people may think you’re straight-shooting chum
   And call you a wonderful guy:
But the Man in the Glass says you’re only a bum,
   If you can’t look him straight in the eye.

He’s the fellow to please, never mind all the rest
   For He’s with you clear to the end.
And you’ve passed your most difficult task
   If the Man in the Glass is your friend.

You may fool the whole world down the pathway of years
   And get pats on you back as you pass:
But your final reward will be heartaches and tears,
   Of you cheated the Man in the Glass
Resident volunteer to work one-on-one with Audiology students on their hearing health curriculum assignments.

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.

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.

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

Kids in Foster Care
Residents are invited to make and donate quilts for children and teens in foster care in our County.

Pacific University

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
Audiologist Dr. Trent Westrick and Pacific University Audiology students provide convenient on-site ear wax management. NOW FREE OF CHARGE
Magic Moments @ Cornell

Portraits with Santa on the Left from Top to Bottom: Bob B., Beppy H., Barbara H., & June R.

Right Top: Betty T & Evelyn S. have Santa visiting their table
Right Middle: A group of resident’s seeing the Senior Theatre Christmas show
Right Bottom: Betty Lou S. & Barbara K. on the Pittock Mansion outing