Pendleton Round-Up
Two Part Lecture Series
Fridays, April 6th & 20th
1:30 pm in the Party Room

Cornell Estates will be having a double presentation in April: Pendleton: History & Round-Up by Oregon Historical Society’s Scott Calhoun. The first lecture on the 6th will be an outline of the interesting history of Pendleton. The town is known for the Pendleton Woolen Mills, a maker of wool blankets, shirts, and an assortment of other woolen goods. The second lecture on the 20th will be a showing of a documentary on the Pendleton Round-up. This is a Major annual rodeo in Pendleton, OR held in September each year since 1910; the rodeo brings roughly 50,000 people every year to the city of Pendleton. Join us for both, or just the lecture that piques your fancy.

Happy Hour
with His Reflections Gospel Singers
Friday, April 27th
3:00 pm in the Party Room

Cornell Estates is proud to welcome Mike and Belva Joy Gordon of His Reflections Gospel Singers. Mike and Belva Joy Gordon are a local married couple of over 30 years. They have traveled for over 18 years across the county touring His Reflections. They now live in the area and continue to perform popular gospel songs like “Amazing Grace” and “The Lighthouse.” Join us for this special Happy Hour on Friday, April 27th at 3:00pm.
**Cornell Estates Welcomes...**

- Dick & Peggy Berg 115
- Cecile & Jim Hoeksema 139
- Agnes Alverson 254
- Gail Plowe 210
- Virginia Kennedy 136

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**April Birthdays!**

- Ethel Snook 4/1
- Carla McCall 4/2
- April Rivet 4/5
- June Ranf 4/6
- Lorraine Burrup 4/6
- Evelyn Steele 4/7
- Sophia Johnson 4/7
- Roberta Keogan 4/8
- Harriett Sherwood 4/17
- Sue Colly 4/20
- Carl Schmadeke 4/24
- Carmen Bryant 4/25
- Janet Kaetterhenry 4/26

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**Birthday Party with the Senior Serenaders April 21st at 1:30 pm in the Party Room**

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**Thank You!**

We could not have done the following without you:

- **Welcome Bags:** Sue Colly & Jane Van Dyke
- **Community Gardening:** Arden Sheets, Anne Matthes, Donna Detrick
- **Newsletter Folding:** Margot Stoneking, Dorothy Carson, Bob Plumb, 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
April Events

CORNELL ANNOUNCEMENTS:

- **Dish Round will be on Tuesdays and Fridays at 2:30 each week!** Starting April 6th, we will have the kitchen staff gather any dishes left in the hallways twice a week. **DO NOT leave dishes out in the hallway on any of the other days.** We will announce the Dish Round-Up before they begin to gather the dishes.

- **Columbia Room Computer:** Please remember to be courteous to the next person to use the computer. **Never turn off the computer.** Please do not unplug any wires or disconnect anything, and do not leave your internet tabs open. This will help the next user’s experience greatly.

### Alzheimer's Support Group with Sandy Morehouse

**Thursday, April 26th**

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 listen to other people’s experiences with this disease. Sandy has lead past support groups on this topic.

### Strength & Balance

**Exercise Class lead by Deanne**

**Every Tuesday & Thursday**

9:15 am in the Party Room

Strength & Balance is a low-impact class designed to help improve flexibility and balance while increasing muscular endurance. Strength exercise may include lifting handheld weights, stretching resistive tubing and using your own body's resistance while also using your core muscles to improve balance and stability. In this class you will execute gentle bending, pulling, pushing, and rotational movements.

If you are just starting Deanne’s class, she is designing the Thursday class to be slightly shorter and more accessible to help anyone ease into the classes. You can do any of the moves in a seated position with modifications demonstrated for all fitness levels. You will experience improvement in your flexibility, balance and muscular endurance.

Deanne brings all the equipment you may need. All you need is to bring a water bottle to join in on this fun and unique classes! This is a great class with fun music and friendly people. Come join us and make new friends!
Continuing Education

Hillsboro Public Library:
Presentation and Trivia!
Wednesday, April 18th
1:30 pm in the Party Room

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, April 18th 1:30 pm in the Party Room.

Boost Your Memory
Fridays, April 6th & 20th
3:00pm 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 Fridays, April 6th & 20th at 3:00pm.

Education Opportunities at Cornell Estates!

Take advantage of all the continuing education classes that Cornell has to offer. No need to sign up!

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 Abraham Lincoln.

Adult Coloring
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.

Book Club
Monday April 30th
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.
That’s Entertainment

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

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 April. 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!**

**April Birthday Party**
With the Senior Serenaders
Wednesday April 11th
1:30 pm in Party Room

Jump into spring and celebrate all the Birthdays happening this month with The Senior Serenaders!

**Happy Hour**
With Hans & his Accordion
Friday April 13th
3:00 pm in Party Room

Come to this lively event featuring Cornell Estates’ own Hans Friedrichs on the accordion.

**Music Sing-along with Jan Whittaker**
Thursdays, April 5th & 19th
3:00pm in the Party Room

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 only need to bring your lovely voice.

If you would like to enjoy the afternoon singing along with friends, come down to the Party Room on April 5th & 19th at 3:00pm.

**Bean Bag Baseball**
Thursday, April 26th
10:00 am 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! Come cheer on your fellow residents.

**Thursday, April 26th**
**at 10:00 am in the Party Room.**
**Grand Days Out**

**Trip: Burgerville**  
Thursday, April 5th  
Bus leaves at 11:30am  
Bring $10.00-$15.00

This local burger chain is unique in their use of local and seasonal ingredients. Burgerville is currently featuring Rosemary shoestring fries! Enjoy a Tillamook Cheeseburgers and Marionberry Milkshake at this near by restaurant. Sign up at the front desk!

**Trip: IHOP**  
Thursday, April 19th  
Bus Leaves at 10:30am  
Bring $8.00-$10.00

Join us on a trip to the International House of Pancakes for brunch on Thursday, April 19th. IHOP has been making people smile since 1958 by being known as a place people can enjoy their favorite breakfast meals any time of day. Come and enjoy a relaxed atmosphere with warm and friendly service.  
Sign up at the front desk to come along!

**Trip: Valley Art Gallery**  
Thursday, April 12th  
Bus leaves at 1:30pm

Valley Art is a nonprofit, all-volunteer art gallery and teaching studio. They have original work from Oregon artists in all media. They are dedicated to supporting working artists and encouraging beginning artists, while bringing out the artist within us all by exhibiting artwork and offering art classes. Founded in 1966, Valley Art Gallery is one of the oldest nonprofit, all volunteer art associations in the Pacific Northwest. They are currently featuring over 200 established and emerging local artists. They have an eclectic assortment of paintings, fine pottery, jewelry, wood carvings, and glass art.

**Scenic Drive to VanderZanden Tulip Farm**  
Thursday, April 26th  
Bus leaves at 1:30pm

We will be traveling to the VanderZanden Tulip Farm to buy Tulips from this local family. Fresh flowers, great views, and fun for the afternoon!  
Sign up at the front desk to join us!
## Simple Pleasures

### Weekend Leisure at Cornell Estates!
Take advantage of all the weekend activities that Cornell has to offer. No need to sign up!

#### Bingo
Saturdays, April 7th & 21st
1:00pm in the Cascade Room

#### Movies
Saturdays, April 14th & 28th
1:00pm in the Cascade Room

#### Skipbo
Every Saturday
6:30pm 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 Unforgettable (example: or, get, fun) Compare your list to ours in next month’s newsletter!

Most Popular answers from March (Absolution)

At, no, on, as, an, is, ion, oat, tab, out, bio, nut, bun, oil, bat, sun, bus, loot, lion, aunt, bait, boat, boil, bunt, last, loan, lost, into, tons, slot, slit, tail, snob, soil, tuna, iota, lint, sail, about, nails, bonus, snail, satin, taboo, salon, saint, albino, lotion, sunlit, insult, obtains, unbolts.

### Tongue Twisters

#### Silly Squirrels
Searching

#### Delightful Daisies
Dancing

### Community Gardening
Wednesdays, April 11th & 25th
10:00 am Meet 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!
### 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, Event Set up, and Pretty nails

### What’s happening with Pacific University in April

#### The Speech Language Pathology Clinic

Speech Language Pathology Students will conclude their clinic **Friday, April 20th**. We will meet in the **Party Room at 10:00 am** for our last meet up this season. Our thanks to the residents who donated their time each month to talk with these Pacific University students. This clinic is a comprehensive, free of charge, rehabilitation clinic for all speech, language, swallowing, and memory concerns.

#### Pacific University Dental Clinic

The dental clinic is ending for the season! Sign up at the front desk for a free assessment or cleaning. The dental students will be here one last time this season **Tuesday, April 10th from 9am–5pm in the Dental Clinic Room on the 1st floor.**

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### Employee of the Month

**Damien**

Damien Barnes is a caregiver on Assisted Living Side

### This month in Hearing Health @ Cornell Estates:

**First Wednesdays**-- Free Hearing Assessments with Darin Scheurer, SmartStep Hearing. He will be here on **Wednesday, April 4th 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, April 27th from 1:00-3:00pm** Sign up at the Front Desk!
**Meetups @ Cornell**

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

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>Book Club</td>
<td>Tuesday, April 30th</td>
<td>3:00 pm</td>
<td>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>Fridays, April 6th &amp; 20th</td>
<td>3:00 pm</td>
<td>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</td>
<td>1:00 pm</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 College</td>
<td>Mondays</td>
<td>10:00 am</td>
<td>CR</td>
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<td>Residents meet once a week to watch a half-hour lecture followed by a discussion.</td>
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<tr>
<td>Cornell Community Garden</td>
<td>Wednesdays, April 11th &amp; 25th</td>
<td>10:00 am</td>
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<td>Residents garden together with assistance from master gardener Arden Sheets.</td>
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<tr>
<td>Happy Hour</td>
<td>Friday, April 13th &amp; 27th</td>
<td>3:00 pm</td>
<td>PR</td>
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<td>Enjoy an hour of drinks, appetizers and socializing before supper.</td>
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<tr>
<td>Men’s Club</td>
<td>Wednesday, April 4th</td>
<td>3:00 pm</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>Orenco Photography Club</td>
<td>Thursday, April 12th</td>
<td>6:30 pm</td>
<td>PR</td>
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<td>Local club invites residents to join monthly roundtables and discussions on photography</td>
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<tr>
<td>Read Aloud</td>
<td>Tuesday, April 3rd</td>
<td>10:00 am</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>Sing-Along with Jan</td>
<td>Thursdays, April 5th &amp; 19th</td>
<td>3:00 pm</td>
<td>PR</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>Tea with Friends</td>
<td>Wednesday, April 25th</td>
<td>2:00 pm</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>Write Your Life Story</td>
<td>Tuesdays</td>
<td>9:00 am</td>
<td>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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Poetry Corner!
A place for Cornell Estates residents to express themselves and share their written work or work they have enjoyed. This week we have two poems

The Chair

She slipped into the room quietly,
   Found a chair waiting.
Late she was for the class,
   Unobtrusive she wished to be.

   What she didn’t know,
       What couldn’t have understood
   There was a reason
       Yes, a reason that chair was not in use.

She sat quietly waiting
   Not too late to join in with the others.
   And then… the silence was broken
   Time for the exercise to begin.

   “Stretch your arms to the left and the right”
       She raised her arms obediently.
Everyone in the class now looking her way.
   This late comer had every eye.

   It was the chair it was.
       She had the only and the dreaded chair.
   The chair, the chair. Oh no, the chair.
   She clearly had the SQUEAKY CHAIR!!!

A silent vow she made that day.
   Never, never take the only empty chair.
   Of course it would be the chair
   The chair no one would ever choose.

   Being late to the exercise class
       Well, there was the downside…
   Those stolen minutes
       Landed one in the Squeaky Chair

Autumn

As I’ve traveled though life’s many seasons
   Compared to the world that surrounds us
It is easy to find several reasons
   God’s hand was involved in both theses

   The calm and sedate of a blanket of snow
       As compared to the warmth of the womb
It’s here we find seed that now starts to grow
   Into more human life, and flowers that bloom

   As spring spiked the air with excitement
       Movement, and color in all parts of earth
Warm breezes, birds sing, with songs of enticement
   And mothers of species give birth

   Trough the many warm days of long summers
       We’ve learned, and absorbed, facts to live by
Most good, some not, and even some bummers
   We’ve learned we can do, if we try

   And now as I dwell in the autumn of life
       I am reaping the seed that I’ve sown
I marvel the good times, overlook any strife
   And most I’d not change, had I known

   I’ve gathered contentment, as for rich… I am not
But I do have some things I render as wealth
   A family I’m proud of, for which I hard fought
Lots of love, no regrets, and especially my health

   I am now in my nineties, reaching them I’m surprised
And no doubt there’s some thoughts called inequity
   I hope I’ve done right, and when it’s all analyzed
I’ll begin the next faze, called Eternity

Evelyn Steele

Roy Benson
Residents Serving the Surrounding Community

Kids in Foster Care  Washington County Department
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  Tuesday, April 10th 9:00am-3:00pm
On-site dental clinic provided by senior dentistry students for preventative dental treatment, e.g. free

Ear Wax Clinic  Friday, April 27th from 1:00-3:00pm
Audiologist Dr. Trent Westrick and Pacific University Audiology students provide convenient on-site ear wax management. NOW FREE OF CHARGE
Magic Moments @ Cornell

**Left Upper:** April R. and Chuck M. enjoying happy hour

**Left Middle:** Chuck M. and Sophia J. dancing

**Left Lower:** Residents enjoying Strength & Balance class

**Right Upper:** Everyone at the Happy Hour with Dom Franco on Steel Guitar

**Right Middle:** The Senior Serenaders & Feli F. dancing along with the songs

**Right Bottom:** Everyone having fun with the Strength & Balance exercise using balls and teamwork