Portland Tap Connection
Halloween Show!
Friday, October 26th
1:30 pm in the Party Room

Let Portland Tap Connection bring you some chills and thrills with their Halloween show! These talented dancers will trick or treat you to all sorts of ghostly delights to celebrate Halloween. Costumes and novelty props are used to enhance the performance. Bewitching songs will linger in your head long after the show is over.

Be prepared to enjoy a unique holiday themed variety show that is not your typical song and dance. These ladies are full of energy and talent and will be sure to bring a smile to your face and put you in the Halloween spirit!

Stop on by to see this amazing group on Friday, October 26th in the Party Room

Bunnies in Baskets
Visit Cornell Estates
Friday, October 19th
1:30 pm in the Party Room

Bunnies in Baskets is a locally run volunteer organization that gives people positive emotional/physical experiences through visits with highly socialized, “human curious,” and affectionate rabbits. A rabbit or bonded pair of rabbits will be visiting Cornell Estates. These bunnies will be able to interact with everyone who joins us. While waiting to cuddle with them, a volunteer will talk all about the Bunnies in Baskets organization and the training of the rabbits.
CORNELL ESTATES WELCOMES
Tom Sauerwein 332
Sally Glispie 207
Wanda Deaville 259
Leon Grant 193
Jeanne Allen 203
Wilma Pieren 144
Lunada Stuart 244

October Birthdays!

Peg Owens 10/5
Beppy Hunter 10/7
Bob Hicks 10/24
Veronica Scouler 10/25
Joan Dummer 10/26
Jean Brady 10/30

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

Thank You!

We could not have done the following without you:

Welcome Bags: Jane Van Dyke
Community Gardening: Arden Sheets, Anne Matthes, Donna Detrick, & Elaine Logan
Newsletter Folding: Margot Stoneking, Jim Colegrove, Paul Huseman, Robert Dressler, Bob Plumb, Priscilla Lafollett 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

Staff Birthdays

Cindy L. 10/2
Karen F. 10/3
Burnie M. 10/14
Mary Margaret 10/18
Maria A. 10/27
Sam J. 10/28
Elizabeth C. 10/31
October Events

<table>
<thead>
<tr>
<th>Trick or Treat</th>
<th>Strength &amp; Balance</th>
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<tbody>
<tr>
<td>At Cornell Estates</td>
<td>Exercise Class lead by Deanne</td>
</tr>
<tr>
<td>Wednesday, October 31st</td>
<td>Every Tuesday &amp; Thursday</td>
</tr>
<tr>
<td>6:00 pm - 7:30 pm</td>
<td>9:15 am in the Party Room</td>
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For the fifth year in a row, Cornell Estates will open their doors for trick or treaters! Invite your family and friends to bring their kids trick or treating from 6:00 – 7:30 pm on Wednesday, October 31st. We will also be inviting children of staff, volunteers and community partners.

Those who wish to hand out candy will be given a paper pumpkin to hang on their door. Please let Karen know that you would like to participate as she will distribute the paper pumpkins. If you prefer not to be bothered, don’t worry! Only the doors with pumpkins will be knocked on.

We are excited to see all of the children in their cute, silly or spooky costumes! Happy Halloween

Strength & Balance is a low-impact class designed to help improve flexibility and balance while increasing muscular endurance. Strength exercise may include lifting hand-held 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, October 3rd  
1:30 pm in the Party Room |
<table>
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<tbody>
<tr>
<td>Join the Hillsboro Public Library for a fun filled hour of trivia. A Representative from the library will be hosting.</td>
</tr>
<tr>
<td>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.</td>
</tr>
<tr>
<td>Join us on <strong>Wednesday, October 3rd 1:30 pm in the Party Room.</strong></td>
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<thead>
<tr>
<th>Education Opportunities at Cornell Estates!</th>
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</thead>
<tbody>
<tr>
<td>Take advantage of all the continuing education classes that Cornell has to offer. No need to sign up!</td>
</tr>
</tbody>
</table>
| **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 Events that Changed History. |

| Adult Coloring  
Thursday & Saturdays  
10:00am in the Cascade Room |
<table>
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<tbody>
<tr>
<td>Coloring is an effective activity to reduce anxiety and increase mindfulness. Stop by this fun group; we provide coloring sheets, markers and pencils.</td>
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</table>

| Boost Your Memory  
Fridays, October 5th  
3:00pm in the Art Center |
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<tbody>
<tr>
<td>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.</td>
</tr>
</tbody>
</table>

| Come to the Art Center on Fridays, October 5th at 3:00pm. |

| Book Club  
Monday, October 29th  
3:00pm in the Library |
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<tbody>
<tr>
<td>If you enjoy reading a good book, you should join us at the Book Club! We talk about the books we are each reading.</td>
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</table>
# That’s Entertainment

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Movie Matinee!</td>
<td>Every Monday</td>
<td>1:30pm</td>
<td>Cascade Room</td>
</tr>
<tr>
<td>Happy Hour with Stan Lasley</td>
<td>Friday, October 12th</td>
<td>3:00pm</td>
<td>Party Room</td>
</tr>
<tr>
<td>Halloween Happy Hour</td>
<td>Wednesday, October 31st</td>
<td>3:00 pm</td>
<td>Party Room</td>
</tr>
<tr>
<td>Music Sing-along with Jan Whittaker</td>
<td>Thursday, October 4th &amp; 18th</td>
<td>3:00 pm</td>
<td>Party Room</td>
</tr>
<tr>
<td>Bean Bag Baseball</td>
<td>Friday, October 5th</td>
<td>1:30 pm</td>
<td>Party Room</td>
</tr>
<tr>
<td>Halloween Happy Hour</td>
<td>Wednesday, October 31st</td>
<td>3:00 pm</td>
<td>Party Room</td>
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</table>

Come one, come all to Cornell Estates’ Halloween Happy Hour! Dress up as much as you would like! If you don’t want to wear a costume, that’s ok too. All are welcome.

You will enjoy festive drinks (alcoholic and nonalcoholic) and music by Cornell Estates’ own Hans Friedrichs on his accordion. At the end of the party we will announce the winners for the most creative costume.

The fun will begin at 3:00 pm in the Party Room on Wednesday, October 31st.

Pianist Stan Lasley will be our inspired performer for this month’s Happy Hour. Join us in the Party Room on Oct. 12th 3:00pm!

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.

If you would like to enjoy the afternoon singing along with friends, come down to the Party Room on October 6th & 20th at 3:00pm.

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 October 6th & 20th at 3:00pm.
Grand Days Out

**Mystery Ride**
Thursday, October 4th
Bus loads at 1:30pm

Enjoy seeing the local sights, as the Cornell Estates bus tours the surrounding area. This is a great opportunity for those who just want to get out for a while and see the great outdoors. It also gives you a chance to appreciate the sights, without the worry of driving. Join us for this delightful outing.

**Trip: Sauvie Island Pumpkin Patch**
Thursday, October 25th
Bus loads at 12:45pm

We are heading to the Original Pumpkin Patch on Sauvie Island to buy some pumpkins and other fall harvest fruits and vegetables. This is a popular spot to visit in October to enjoy all of the fall activities. The Pumpkin Patch has u-pick pumpkin patches, hay mazes, hay rides and an animal barn.

Come enjoy the fall season with an afternoon out on **Thursday, October 25th**

**Trip: Tillamook Cheese Factory And Lunch**
Thursday, October 11th
Bus loads at 9:45am

Come eat, shop and learn at the newly renovated Tillamook Cheese Factory. We will be able to watch cheese being made and packaged, learn about dairy farming and try samples of cheese. The Factory tour is free and self-guided. After our tour we can relax with lunch at their in house restaurant.

**Trip: Lunch at Camp 18**
Thursday, October 18th
Bus loads at 10:15am

Enjoy an hour scenic drive to the Camp 18 restaurant for a lunch out! This rustic logging themed restaurant has plenty of charm and amazing food paired with it. They serve hearty classic diner food along with their extensive breakfast menu all day. The gift shop carries a variety of logging related merchandise.
# Simple Pleasures

## Weekend Leisure at Cornell Estates!

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

<table>
<thead>
<tr>
<th>Activity</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bingo</td>
<td>Saturdays, October 6th &amp; 20th</td>
<td>1:00pm</td>
<td>Cascade Room</td>
</tr>
<tr>
<td>Movies</td>
<td>Saturdays, October 13th &amp; 27th</td>
<td>1:00pm</td>
<td>Cascade Room</td>
</tr>
<tr>
<td>Skipbo</td>
<td>Every Saturday</td>
<td>6:30pm</td>
<td>Arts Center</td>
</tr>
<tr>
<td>Bible Study with Fran</td>
<td>Every Saturday</td>
<td>2:00pm</td>
<td>Columbia Room</td>
</tr>
<tr>
<td>Alzheimer's Support Group with Sandy Morehouse</td>
<td>Thursday, October 25th</td>
<td>2:30pm</td>
<td>Cascade Room</td>
</tr>
<tr>
<td>Community Gardening</td>
<td>Wednesdays, October 10th &amp; 24th</td>
<td>10:00 am</td>
<td>Meet in the Main Lobby</td>
</tr>
<tr>
<td>Seated Yoga Exercise Class</td>
<td>Every Wednesday</td>
<td>9:15am</td>
<td>Party Room</td>
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</tbody>
</table>

## Alzheimer's Support Group

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.

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!

We are excited to continue our new exercise class to try out! We will have Russell Roberts lead us through an hour-long beginners Yoga Class. **See you in the Party Room on Wednesdays at 9:15am!**
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.

<table>
<thead>
<tr>
<th>Thank you!</th>
<th>What’s happening with Pacific University in October</th>
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</thead>
<tbody>
<tr>
<td>To our current Encore Partners:</td>
<td>The Speech Language Pathology Clinic</td>
</tr>
<tr>
<td>Richard Banham - Bible Study</td>
<td>The Speech Language Pathology students are here for the second visit of their session, October 26th at 10am. This clinic allows students to practice what they are learning in college, along with building relationships here at Cornell Estates. Thank you to all that are participating in this program. The students are so appreciative. Your student will come to your room and meet or you can spend your visit at one of the many alcoves located throughout the building.</td>
</tr>
<tr>
<td>Chet Bishop - Bible Study</td>
<td>Pacific University Dental Clinic</td>
</tr>
<tr>
<td>Jan Whittaker - Church Piano</td>
<td>The dental clinic is back in session! Sign up at the front desk for a free assessment or cleaning. The dental students will be here twice a month on Tuesdays, October 9th &amp; 23rd from 9am – 5pm in the Dental Clinic Room on the 1st fl.</td>
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<tr>
<td>Anne Weld-Martin - Senior Serenaders</td>
<td>Pacific University Ear Wax Clinic</td>
</tr>
<tr>
<td>Janice Haley - “The Card Lady”</td>
<td>The ear wax clinic is back! This clinic provides free ear wax removal. The clinic will be here on Friday, October 7th from 1:00-4:00pm</td>
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<tr>
<td>LDS Sisters - Bingo, Event Set up</td>
<td>Sign up at the Front Desk!</td>
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<tr>
<td>Event</td>
<td>Day/Date</td>
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<tr>
<td>Blood Pressure Clinic</td>
<td>Tuesdays</td>
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<tr>
<td>Come get your Blood Pressure checked at this weekly clinic.</td>
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<tr>
<td>Book Club</td>
<td>Monday, October 29th</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>Boost Your Memory</td>
<td>Fridays, October 5th</td>
</tr>
<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>
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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>
</tr>
<tr>
<td>Residents meet once a week to watch a half-hour lecture followed by a discussion.</td>
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</tr>
<tr>
<td>Cornell Community Garden</td>
<td>Wednesdays, October 10th &amp; 24th</td>
</tr>
<tr>
<td>Residents garden together with assistance from master gardener Arden Sheets.</td>
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<tr>
<td>Happy Hour</td>
<td>Friday, October 12th &amp; Wed. 31st</td>
</tr>
<tr>
<td>Enjoy an hour of drink and socializing before supper.</td>
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<tr>
<td>Orenco Photography Club</td>
<td>Thursday, October 11th</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>Sing-Along with Jan</td>
<td>Thursday, October 4th &amp; 18th</td>
</tr>
<tr>
<td>Residents join Jan at the Grand Piano in the Party Room to sing their favorite songs!</td>
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<tr>
<td>Tea with Friends</td>
<td>Wednesday, October 24th</td>
</tr>
<tr>
<td>Grab a cup of tea and join your friends for conversation and laughter.</td>
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<tr>
<td>Writers Group</td>
<td>Tuesdays</td>
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<tr>
<td>Meet with this writers’ group made up of residents and community members.</td>
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</table>
Poetry Corner!
A place for Cornell Estates residents to express themselves and share their written work or work they have enjoyed. This month’s poems is by Helen Moeller & Evelyn Steele

RETIREMENT  By Helen Moeller

My husband and I retired 24 years ago. During our working years we often said, “when we retire we will do ‘this or that,’” and we have done many of those “dreams.”

But, just WHEN does “retirement END?

For us, it ended October 2016 after we sold the house we had lived in since 1950.
A new adventure started when we moved into Cornell Estates.
Things are different here. Meals are served at specified times.
But I no longer have to cook them! Or shop for groceries. Or clean up.
We have some young ladies change our beds, give us clean towels, clean our rooms.
Have we “gone to heaven? !”

On no., I DO wash our personal clothes in the laundry room.
There are a variety of social activities on the Calendar of Events that keep us entertained.
Sometimes we join our friends in a rousing game of cards.
Sometimes we just walk around the block if it’s not raining.
Or, in good weather, we can enjoy the pretty flowers in the garden
Oh yes. There are a whole bunch of really interesting folks (besides us) who have lots of stores to exchange.
So, I guess you can say, the “Retirement” stage continues, but with a lot of extra benefits to enjoy.

The Corner
By Evelyn Steele

Sequestered in our little cells
Waiting for the end.
Surrounded with memories.
Safe, secure, and unwanted.

Sadness waits, beckoning,
Telling us life is over.
Tempting tears to come
Done...so what, and who cares?

Three small sparrows came
A little sign of spring.
Bulbs pushing up from darkness,
And life on earth goes on.

The promise ever nearer.
Life, new life beckons me.
Jesus, dear Jesus, died for me.
He gives my life meaning.

The sun will rise tomorrow.
Babies will still be born.
Life on earth goes on,
And paradise waits for me.

So, fly away sadness.
You are just a lie.
Hope still springs eternal
And heaven is just around the corner.
**Employee of the Month**

Elizabeth Campbell is a caregiver on the Assisted Living side and has worked at Cornell Estates for six months. The residents that interact with Elizabeth enjoy her warm personality and wonderful attention to detail.

If you ever experience excellent service or have continued great presence with an employee, please fill out our Employee Recognition Ballot to let management know.

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**CORNELL ANNOUNCEMENTS:**

- Dish Round-Up will be on **Tuesdays and Fridays at 2:30 each week!** This does not mean you can put dishes out in the hallway on a daily basis. Please keep the dishes in your room until the announcement. 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. Remember, this is all your home and it is important to keep it clean and orderly for everyone’s benefit. If you are currently sick and receiving many trays, you can ask the kitchen staff delivering your next meal to bring down your old trays to prevent a backlog.

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**A Reminder for Bus Protocol**

- Sign up at the Front Desk. Make sure to include the address of your appointment.
- We have the Bus available for Medical Appointment on **Mondays, Tuesday (mornings only) and Wednesdays.** We can accommodate Errands only if it doesn’t conflict with the Medical appointments.
- You must be in the lobby **15 minutes before departure time.** Please check the book at the Front Desk for departure time.
- Make sure if you are bringing your **walker to empty it before loading.** We must fold up each walker and wheelchair accommodate everyone.
- The bus CANNOT accommodate impromptu appointments or errands at this time, please sign up at least the day before you would like to go. Carlos does not look at the bus book after listing the departure times, so he will not see if you sign up day of. This includes signing up for shopping trips, Carlos can not wait for someone he does not know signed up.
Magic Moments @ Cornell

Top Left: Beppy H. with a visiting therapy dog.

Top Right: A group of residents enjoying the tricks “Hunter” the visiting therapy dog can do for treats.

Middle: Evelyn S. having fun on the outing to Rock Creek Tavern.

Bottom: Crystal C., Jerilyn F., Betty Lou S., Barbara K., Cynthia P., Sharlot L., and Roxanne R.