Holiday Sights and Sounds with the UpFront Band
Friday, December 7th
4:00pm in the Assisted Dining Room
5:00pm in the Retirement Dining Room

Kick off the Holiday season at Cornell Estates! We invite you to join us on Friday, December 7th from 4:00pm or 5:00pm in the dining room for music and holiday cheer. Feel free to dress up for the occasion!

Enjoy special appetizers made by Chef Robyn and drinks served by your loyal staff. Holiday music will be provided by the UpFront Band!

Health Lecture with Dr. Friedman:
Topic: Acute Strokes
Friday, December 14th
1:30 p.m.

Cornell Estates is bringing in Dr. Friedman from Tuality Healthcare to discuss acute strokes for this month’s health lecture. During this informative lecture, learn about different types of strokes and recent developments in treatment made in the last year. Dr. Friedman will also discuss causes and treatment options.

Dr. Daniel K. Friedman specializes in neurology at Tuality Healthcare in Hillsboro, Oregon. He has presented a series of health lectures at Cornell Estates in the past including lectures on Restless Leg Syndrome and Migraine Education. Cornell Estates is looking forward to another educational visit from Dr. Friedman.
CORNELL ESTATES WELCOMES
Sharrel Houfek 205

December Birthdays!

James Hoeksema 12/7
Paul Weaver 12/8
Eva Beeman 12/9
Dorothy Sterrett 12/9
Alma Lou Stubbert 12/13
Irene Wolfe 12/17
Pat Lindholm 12/18
Agnes Alverson 12/26
Donna Detrick 12/28
Jean Smith 12/29
Shirley Parson 12/29

Birthday Party with the Senior Serenaders
December 12th 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, 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

Laura M. 12/10
Kieran S. 12/12
Don H. 12/17
Nichole P. 12/19
Ofelia S. 12/25
Tim H. 12/25
Katja S. 12/27
December Events

Annual Door Decorating Contest
Judging on Monday, December 18th
10:00 am—12:00 pm

The rules are simple:
- Choose any theme
- Decorate only the door and/or door jam
- No decorations in the hallways
- No real pine or candles
- Decoration must be completed by Dec. 17th

All residents are encouraged to walk through the halls and vote for your favorite decoration for the People’s Choice award. Ballots are available at the Front Desk and must be received by December 17th.

If you would like help with your door decoration, please let Karen know so we can set up volunteers.

Bake Sale
For Hillsboro Fire Fighter’s Toy & Joy Drive
Saturday, December 1st
9:00am-3:00pm in the Main Lobby

Cornell Estates will hold our annual bake sale to benefit the Firefighters Toy and Joy Fundraiser. Come on down to the Main Living Room to choose from a wide array of baked goods made by Cornell Estates staff, the firefighter’s and their spouses. If you would like to donate a baked item please drop it off no later than Nov. 30th at the front desk.

Young at Heart Theater
Tuesday, December 11th
1:00 pm in the Party Room

Young at Heart Readers Theater is a group of retired teachers, directors and actors who love theater. Unlike film and plays, Readers Theater relies solely on the actor, a few props and your imagination. Rather than memorizing the script, they read their lines focusing only on the audience. This season they are presenting "Letters to Santa" a group of letters written to Santa from the 1930's to modern day. Also three lovely stories adapted by Ron Hansen-"Down Pen" by Saki, "When Santa Clause Met Mr. Edwards" by Laura Ingalls Wilder and "Making Fruitcake" from Truman Capote's "A Christmas Memory."

Carolers and Recitals
At Cornell Estates

This time of year is filled with music and Cornell Estates is lucky enough to host many talented musicians. Keep an eye out for piano and violin recitals by students as well as caroling Cub Scouts and fellow residents!
Continuing Education

Hillsboro Public Library: Presentation and Trivia!
Wednesday, December 5th
1:30 pm in the Party Room

Join the Hillsboro Public Library for a fun filled hour of trivia. Library representative Philip Delgado will be hosting.

The Hillsboro Public Library enriches and strengthens our community by supporting the pursuit of connection, inspiration and lifelong learning. We are so pleased they have chosen 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, December 5th 1:30 pm in the Party Room.

Boost Your Memory
Friday, December 14th & 28th
3:00pm in the Art Center

Would you like to be challenged, learn something new and gain more skills? Then come join Boost Your Memory. Meet up with this group and join in on these lively, fun activities to stay focused and alert. It’s a workout for your brain!

Come to the Art Center on Friday, December 14th & 28th 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 Events that Changed History.

Adult Coloring
Thursday & Saturdays
10:00am in the Cascade Room
Coloring is a effective activity to reduce anxiety and increase mindfulness. Stop by this fun group; we provide coloring sheets, markers and pencils.

Book Club
Monday, December 17th
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.
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<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td><strong>That’s Entertainment</strong></td>
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<tr>
<td><strong>New Year’s Eve Party!</strong></td>
<td>Saturday, December 31st</td>
<td>At 2:30 pm</td>
<td>Party Room</td>
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<td><strong>Music Sing-along with Jan Whittaker</strong></td>
<td>Thursday, December 6th &amp; 20th</td>
<td>3:00pm</td>
<td>Party Room</td>
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<td><strong>Happy Hour with Monte Watters</strong></td>
<td>Friday, December 21st</td>
<td>3:00 pm</td>
<td>Party Room</td>
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<tr>
<td><strong>Hat Making</strong></td>
<td>Friday, December 28th</td>
<td>2:00 pm</td>
<td>Party Room</td>
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<tr>
<td><strong>Movie Matinee Monday</strong></td>
<td>The 10th</td>
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<td>Cascade Room and Party Room on the 17th and 24th</td>
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</tbody>
</table>
# Grand Days Out

## Lunch at Prime Time Restaurant
- **Thursday, December 13th**
- **Bus leaves at 11:30am**
- Join us on a trip to Prime Time Restaurant. Prime Time provides comfortable dining along with a very friendly staff. It’s a perfect place to meet with friends. They have a variety of delicious made to order menu items that everyone will enjoy!
- Sign up at the front desk to come along!

## Trip: MOD Pizza
- **Thursday, December 27th**
- **Bus leaves at 11:30am**
- An amazing pizza experience. Artisan-style pizza made on demand and ready in minutes. Choose from over 30 toppings - the price stays the same no matter what or how much you choose to have on it. All for only $6.67 for a personal size pizza!
- Sign up at the front desk!

## Trip: Alpenrose Dairy Opera House
- **“1943 Christmas From Home - WWII Musical Play”**
- **Thursday, December 6th**
- **Bus leaves at 12:00pm**
- **$17.00 in advance**
- The Christmas From Home series recreates a live Christmas radio show broadcast from Portland, OR during WWII, complete with a band, sketches, singers, vintage ads and period sound effects. The blend of humor and poignancy, big band sound and true stories combine to make an afternoon of great entertainment. Christmas From Home is a five year series, beginning in 1941.

## Trip: Christmas Light Tour
- **Around Hillsboro**
- **Friday, December 21st**
- **Bus leaves at 5:15pm and 2nd trip at 6:30pm**
- It's the most wonderful time of the year! Neighborhoods are full of colorful, glittering lights to celebrate the upcoming holiday. The bus will take you on a ride around town to find the most decorated homes. Look for Santa and his reindeer up on the rooftop! All you need to bring is your holiday joy and enthusiasm!
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
Bingo
Saturdays, December 1st, 15th & 29th
1:00pm in the Cascade Room

Movies
Saturdays, December 8th & 22nd
1:00pm in the Cascade Room

Skipbo
Every Saturday
6:30pm in the Arts Center

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

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. In this class you will execute gentle bending, pulling, pushing, and rotational movements. Deanne supplies any equipment. All you need to bring is a water bottle to join in on this fun and unique classes!

Alzheimer's Support Group
with Sandy Morehouse
Thursday, December 29th
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.

Seated Yoga Exercise Class
Every Wednesday
9:15am in the Party Room

Come give it a try!! Yoga instructor Russell Roberts lead will lead you through an hour-long beginners Yoga Class. See you in the Party Room on Wednesdays at 9:15am!
To our current Encore Partners:

Richard Banham - Bible Study
Chet Bishop - Bible Study
Jan Whittaker - Church Piano
Anne Weld-Martin - Senior Serenaders
Janice Haley - “The Card Lady”
LDS Sisters - Bingo, Event Set up

What’s happening with Pacific University in December

The Speech Language Pathology Clinic
The Speech Language Pathology students are here for the fourth visit of their session, December 7th 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.

The Speech Language Pathology Clinic
The Speech Language Pathology students are here for the fourth visit of their session, December 7th 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.

Pacific University Dental Clinic
The dental clinic is on hiatus until January!

Pacific University Ear Wax Clinic
The Ear Wax Clinic is on hiatus until January!

Medication Question & Answer Session with Pacific University Pharmacy Students
Come meet with 2nd year Pharmacy students to have any medication questions answered. They can also review any medications you would like them to take a look at or educate you more about. The students will be precepted by course faculty. December 3rd from 3-4pm in the Columbia Room Please sign up at the front desk

Notary For Use
Tim Helling, our Bookkeeper, is a Licensed Notary available for any residents and their family. Just stop by his office or make an appt.

Thank you!

To our current Encore Partners:

Richard Banham - Bible Study
Chet Bishop - Bible Study
Jan Whittaker - Church Piano
Anne Weld-Martin - Senior Serenaders
Janice Haley - “The Card Lady”
LDS Sisters - Bingo, Event Set up

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# Meetups @ Cornell

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

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<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>Blood Pressure Clinic</td>
<td>Tuesdays</td>
<td>11:00 am (ML)</td>
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<tr>
<td></td>
<td>Come get your Blood Pressure checked at this weekly clinic.</td>
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<td>Book Club</td>
<td>Monday, December 17th</td>
<td>3:00 pm (LIB)</td>
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<td></td>
<td>Residents who share a love of reading gather to discuss the books they are enjoying.</td>
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<td>Boost Your Memory</td>
<td>Fridays, December 14th &amp; 28th</td>
<td>3:00 pm (AC)</td>
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<td></td>
<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 (COL)</td>
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<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 (CR)</td>
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<td></td>
<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>On Hiatus. Check back in Spring!</td>
<td>10:00 am (ML)</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, December 21st</td>
<td>3:00 pm (PR)</td>
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<td>Enjoy an hour of drink and socializing before supper.</td>
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<td>Orenco Photography Club</td>
<td>Thursday, December 13th</td>
<td>6:30 pm (PR)</td>
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<td></td>
<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, December 6th &amp; 20th</td>
<td>3:00 pm (PR)</td>
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<td></td>
<td>Residents join Jan at the Grand Piano in the Party Room to sing their favorite songs!</td>
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<td>Tea with Friends</td>
<td>Wednesday, December 26th</td>
<td>2:00 pm (PR)</td>
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<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>
<td>9:00 am (CR)</td>
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<td></td>
<td>Meet with this writers’ group made up of residents and community members.</td>
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Writing Corner!
A place for Cornell Estates residents to express themselves and share their written work or work they have enjoyed. This month we have a *poem from Roy Benson* and a *work submitted by Lydia Calhoun*

**Memories**  
**By Roy Benson**

The moment a toddler takes their first wobbly step  
Holding tight to the parent’s guiding fingers  
It no doubt is followed with that plop so inept  
And with wide open eyes a thought lingers

Unbeknownst to them they’ve opened a niche  
Located far back in their minds  
At this time of life it’s just a mere ditch  
Into which they toss thoughts of all kinds

As they grow and develop those thoughts multiply  
It’s time to sort out that overstuffed tank  
Separate good from the bad and some that defy  
Ending up with what’s known as a Memory Bank

Introduction to world through legends of schools  
Collection of thought fast and furious  
Numerous friends and many new tools  
Always learning and forever curious

With degrees now in hand they start on their own  
Oft conjoined with their partner in life  
Optimism abounds but the future’s unknown  
As they stand at the ready to meet any strife

Memories they are from a lifetime collection  
The tugs on your heart are astounding  
No value to other no need for protection  
They’re at the head of the class abounding

---

My doctor took one look at my gut and refused to believe that I work out. So I listed the exercises I do every day: Jump to conclusions, climb the walls, drag my heels, push my luck, make mountains out of molehills, bend over backwards, run around in circles, put my foot in my mouth, go over the edge and beat around the bush.  
*Submitted by Lydia Calhoun*
December’s Employee of the Month is Edith Sanchez. She has been a dietary aide at Cornell Estates for about a year and a half. Edith was nominated because residents felt that she is a very accommodating and helpful server. Many residents note that her presence in the dining room makes them smile! If you would like to nominate an employee, submit a recognition ballot.
Top: Priscilla L. and Sophia J. enjoying the Halloween Happy Hour with the “new PIP surveyor”
Middle: Residents enjoying happy hour and Caregiver Deda Marie’s costume.
Bottom: Performers at the NW Senior Theater Holiday Show