Magic Moments @ Cornell

VOTED BEST DECORATED DOORS
Top Left: Carla McCall  Top Right: Irene Wolfe
Bottom Left: Donna Detrick  Bottom Right: Carmen Bryant

Travelogue with Bob Kuest—Cruise to Alaska and Denali National Park
Friday, January 18th
1:30pm in the Party Room

This was one of Bob’s bucket list trips. He and his wife had never taken a cruise so they jumped at the chance when friends asked them to come along. He will take you along on his adventure starting in Victoria, BC, with stops in Ketchikan, Juneau and Skagway. Then it’s on to Glacier Bay.

The cruise continued across the Gulf of Alaska to Seward where they boarded a bus and traveled north to the Denali National Park.

Come enjoy a trip through Bob’s eyes. He always has an interesting story to tell, as well as some spectacular photography.

Hillsboro Fire Fighters to Receive $1,560.00 Donation to Toy and Joy Program

Thanks to the efforts of countless volunteers, Cornell Estates will present to members of the Hillsboro Firefighter’s Toy and Joy Program a check for $1,560.00!

The donation is an annual contribution which provides toys for under privileged children in the Hillsboro area.

Proceeds came from the annual Bake Sale and the donation jug placed at the front desk.

Spouses of the Hillsboro Firefighter’s joined Cornell Staff on Saturday, December 2nd for our Bake Sale. This event requires a tremendous effort from the staff, residents and volunteers.

We can’t thank you enough for all your help and your generous donations!
CORNELL ESTATES WELCOMES
Diane Lancaster 255

January Birthdays!
Stella Casey 1/4
Norm Nielsen 1/4
Arlene Judah 1/5
Wilma Pieren 1/10
Deanna Lilly 1/14
Nancy Finster 1/15
Sharlot La Madrid 1/15
Betty Lou Smith 1/19
Diane Lancaster 1/20
Susie Kinney 1/20

Birthday Party with the Senior Serenaders
January 9th 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 and 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 and Nancy Finster
Library Maintenance: Anne Matthes
Birthday Bell Ringer: Sue Colly

Employee Spotlight
Name: Ofelia Spinn
Department: Housekeeping
Length of Employment: 1 year
What are some of your favorite foods?
“Chinese”
If you could travel anywhere in the world, where would it be? “Hawaii”
What is your favorite TV show?
“Blue Bloods”
What are some of your hobbies?
“Taking care of my dog”
What are you afraid of? “Snakes”
What is your favorite Holiday?
“Christmas”

Employee of the Month
Burnie Myers
Burnie Myers has worked in the Cornell Estates kitchen for almost 29 years!
We’d like to express our gratitude in having such a dedicated employee, with an incredible work ethic.
In Burnie’s free time he enjoys going to the movies and hanging out with friends.
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 an unknown author.

At the sound of the tolling midnight bell
a brand new year will begin.
Let’s raise our hopes in a confident toast,
to the promise it ushers in.

May your battles be few, your pleasures many,
your wishes and dreams fulfilled.
May your confidence stand in the face of loss
and give you the strength to rebuild.

May peace of heart fill all your days
may serenity grace your soul.
May tranquil moments bless your life
and keep your spirit whole.

unknown

HAPPY NEW YEAR
2019!

The Writer’s Group
The Writer’s Group basically write short stories related to their lives and experiences from the past, then read them aloud to the group. Group discussion of the story follows. These stories are not always family themed. They can be fictional, even poetry if one desires. This group, half of whom are non-residents of Cornell Estates, represent a vast array of life adventures and careers including; education, medical, military, law enforcement and agriculture, just to name a few. Their stories are no doubt filed away in their family lore for interested readers in generations to come.

For many years folks have expressed their regret of not having any written record of their family’s early day history. Only YOU can supply that information for your great-great-grandchildren. I can guarantee you will be both now and posthumously thanked many times.

If you have any questions concerning the Writer’s Group, please feel free to ask any of the resident members: Roy Benson, Marion Fisher, Helen Moeller, Evelyn Steele and June Ranf. Better yet, we invite you to sit in on one of our sessions as a guest and draw your own conclusion. You can be assured of having both assistance with your writing and a lot of fun.

We meet Tuesday mornings from 9-11am in the Cascade Room
-Roy Benson Apt.121

Dining Music with Phil and his Accordion
Friday, January 25th
11:30 am in the Assisted Dining Room
12:00 pm in the Retirement Dining Room

The entertainment for lunch is Phil and his accordion for an accompaniment that you will love! He will be playing for both dining rooms, so just join us at your normal time. Enjoy this entertainment with your meal!

Stretch, Flex and Energize
Every Monday & Friday
9:15am in the Party Room

Stretching is an excellent way to keep your body flexible, help with proper posture and balance. This low-impact exercise class can be done seated or standing. So come give it a try and keep that New Years resolution to exercise more!

Wear Your Hat Day
Tuesday, January 15th
11:00am or 12:00 pm in the Dining Room

In honor of National Hat Day, wear a hat to lunch! Show off your favorite hat and shake off the winter blues in style!
Continuing Education

**Hillsboro Public Library: Trivia Challenge**

**Wednesday, January 2nd**

**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.

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**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.

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**Boost Your Memory**

**Friday, January 4th & 18th**

**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!

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**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.

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**Spanish Conversation**

**Most Wednesdays**

**1:00pm in the Main Lobby**

Join some fellow residents in an afternoon of practicing your Spanish. This is perfect for anyone wanting to refresh their skills.
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.

Richard Banham - Bible Study
Anne Herring & Therapy Dog Hunter
Chet Bishop - Bible Study
Jan Whittaker - Church Piano
Anne Weld-Martin - Senior Serenaders
Donna & Nancy - “The Card Ladies”
LDS Sisters - Bingo

What’s happening with Pacific University in January & February

The Speech Language Pathology Clinic
The Speech Language Pathology students will be back Friday, February 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 Ear Wax Clinic
The Ear Wax Clinic will be here Friday, January 25th and Friday February 22nd from 1-4pm in the first floor dental office. 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.

Entertainment

Happy Hour with Hans on the Accordion
Friday, January 11th
Come enjoy our very own Cornell Estates Resident playing the Accordion

Happy Hour with Stan Lasley
Friday, January 25th
Pianist Stan Lasley is always a delight.

Join us for an hour of entertainment, along with snacks and beverages.
Friday, January 11th and 25th
At 3:00pm in the Party Room

January Birthday Party
With the Senior Serenaders
1:30pm on Wednesday, January 9th
Celebrate all the Birthdays happening this month with a party. We will have a wonderful performance by the Senior Serenaders and some birthday treats for everyone to enjoy!

Music Sing-along with Jan Whittaker
Thursday, January 3rd & 17th
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 all you need to bring is your lovely voice.

Come enjoy singing along with friends in the Party Room on January 3rd & 17th at 3:00pm

Bean Bag Baseball
Friday, January 4th
1:30 pm in the Party Room
In the mood for a little friendly competition? Head up to the Party Room for Bean Bag Baseball! The rules are simple to learn and the game is always fun to play.

Spectators are also needed! Come cheer on your fellow residents.

Friday, January 4th at 1:30 pm in the Party Room

Movie Matinee and Fresh Popcorn
Every Monday
1:00pm in the Party Room
Join us in the Party Room every Monday and enjoy watching a movie on the fabulous screen donated by the Orenco Photography Club.
Outings

Trip: Bethany Goodwill
Thursday, January 3rd
Bus leaves at 1:30pm

Goodwill is a non-profit organization that provides job training, employment placement services and other community-based programs. They have men and women’s apparel, as well as jewelry, scarves, shoes and much more. You can have the look you want at a fraction of the price. We’ll be heading to the Bethany Store, which is one of the best Goodwill’s in the area.

Trip: Lunch at Olive Garden
Thursday, January 10th
Bus leaves at 11:00am

The Olive Garden is a popular choice by many and for good reason. Their food is prepared with fresh ingredients and presented simply, with a focus on flavor and quality that is uniquely Italian. Choose from the great selection of entrees on the lunch menu or have an all-time favorite with unlimited soup, salad and breadsticks for just $6.99. Sign up at the Front Desk!

Trip: Movie Matinee at the Theater
“A Dog’s Way Home”
Thursday, January 17th
Bus leaves at 11:00am

A dog embarks on a 400-mile journey home after she is separated from her owner, Lucas, who is an aspiring medical student. Length of movie 1 hour/36 minutes; tickets are $7.75.

Trip: Lunch at Gyro House
Mediterranean Grill
Thursday, January 24th
Bus leaves at 11:00am

At Gyro House, they aim to serve the best, freshest Mediterranean food around town, with minimal wait times and premier customer service. All in a perfect, serene ambiance. Their moto: “Eating is more than a process, it’s an experience.”

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, January 12th & 26th
1:00pm in the Cascade Room

Movies
Saturdays, January 5th & 19th
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

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

Yoga instructor Russell Roberts will lead you through an hour-long beginners Yoga Class. It can be done seated or standing, so there’s no excuse not to give it a try!

Strength & Balance
Exercise Class led by Deanne from “Silver Sneakers”
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 the fun!