Picnic at Orenco Woods Park!

Picnic at Blue Lake Regional Park
Thursday, September 12
Bus leaves at 9:30am

Summer is coming to an end. Let’s enjoy what we have left with a picnic at Blue Lake Regional Park. Blue Lake is a 64 acre natural lake fed by underground springs about an hours drive from Hillsboro. Enjoy the view from a wetlands observation deck and the newly improved wheelchair accessible wetland trail. We will be bringing a picnic lunch to enjoy at one of the many picnic areas throughout the park.

Senior Safari at the Oregon Zoo
Tuesday, September 17th
Bus leaves at 9:00am

Senior Safari at the Oregon Zoo entitles anyone 65 and older and a guest, free admission! You can enjoy free train rides and access to all the zoo has to offer. Come check out the zoo keeper talks, animal encounters, and wave hello to some of the zoo’s distinguished elders. Senior Safari is a great opportunity for folks to get some fresh air and exercise, learn about how the zoo is creating a better future for wildlife, spend quality time with the animals, and visit the new sculpture garden.
**Cornell Estates Management Team**

**ADMINISTRATOR**
Candy Goodavish

**DIRECTOR OF MARKETING & INDEPENDENT LIVING**
Cindy Lovell

**DIRECTOR OF ASSISTED LIVING**
Ron Gifford

**DIRECTOR OF INDEPENDENT LIVING**
Mikayla Ravenberg

**EXECUTIVE CHEF**
Robyn Davis

**MAINTENANCE**
Jeremy Lovell

**HOUSEKEEPING SUPERVISOR**
Betzy Johnson

**BOOKKEEPER**
Tim Helling

**ACTIVITIES COORDINATOR**
Karen Fowler

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**September Birthdays!**

- Phyllis Reed 9/2
- Loretta Sloan 9/2
- Pearl Pfaff 9/3
- Chuck Moeller 9/4
- Pushpa Mehra 9/7
- Sydney Matney 9/8
- Robert Dressler 9/9
- Hazel Seagren 9/10
- Julie Karlbom 9/12
- David Woods 9/14
- Shirley McGregor 9/16
- Charles Maney 9/20

**Birthday Party with the Senior Serenaders**
September 11th at 1:30pm in the Party Room

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**Express Yourself**

A place for Cornell Estates residents to express themselves and share their written work or work they have enjoyed. This month we are sharing a poem from Cornell Estates resident, Wilma Pieren

**Dear Lord, Thank Thee Kindly, I Love To Live Past 90**

Now that I am 91 I still am having a little fun
A little harder at 92 but with your help I can struggle through
Now that I am 93 greater visions I might see
I can tell at 94 that I am headed for lots more
Here I am at 95 and thank the Lord I’m still alive
It seems I need a few things fixed, now that I am 96
I might soon be on my way to heaven now that I am 97
I’m starting to glimpse that golden gate now that I am 98
Just think when I am 99 maybe all of heaven will be mine
When I find I am 100 there will be no more storm and thunder

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**Thank You**

We could not have done it without you!

Community Gardening: Arden Sheets, Anne Matthes,
                      Donna Detrick and Elaine Logan

Newsletter Folding: Everyone who helped 😊

Assisting with Church: Bob Brooks

Assisting with Exercise Class: Eva Beeman

Library Organizer & Daily Event Boards: Anne Matthes

Birthday Bell Ringers: Nancy Finster and Sue Colly

Calling Bingo: Nancy Finster and Jeanne Fairley
Outings

Lunch at Rock Creek Tavern
Thursday, September 5th
Bus leaves at 11:30pm

McMenamins’ Rock Creek Tavern came back and better than ever after a fire that reduced the beloved original building to a pile of cinders in September 2002. Secluded in amongst the trees, this lovely barn-like building is always a favorite for lunch. Eat indoors and enjoy the beautiful architecture or sit outside on the scenic, relaxing patio.

Visit to the Valley Art Gallery and Lunch at BITES bistro
Thursday, September 19th
Bus leaves at 10:30am

Valley Art Gallery in Forest Grove celebrated its 50th anniversary in 2016. As one of the oldest nonprofit, all-volunteer art associations in the Pacific Northwest, they feature over 200 established and emerging local artists. We’ll visit the gallery and then travel next door to BITES. BITES is a rustic-chic bistro serving eclectic small plates such as fish tacos and Korean dumplings, as well as assorted burgers and other entrees.

Trip to Ilani Casino
Thursday, September 26th
Bus leaves at 9:00am returns approximately 3:30pm

SEPTEMBER 2019

Resident Spotlight
ANNE MATTHES

This month we celebrate resident Anne Matthes. She has lived at Cornell Estates since November of 2008. She had a successful career as a school psychologist, and hobbies were once playing the piano, swimming, and ballet dancing. She still loves to stay active, is in exercise class nearly every day and also enjoys Community gardening. Anne has faithfully taken care of our library, ensuring that it is always neat and organized. On top of that keeping our daily activities boards up to date. We are so appreciative of her!

Employee of the Month
Matthew Greenawald

Matthew only started working at Cornell Estates in January of this year, but has already made a huge impression on the residents in the dining room. “Always polite and friendly”, “A joy in the dining room”, “He brightens my day”, “A very respectful young man”. Those are just a few of the comments made by the residents. He is a senior this year at Hilhi and plans to go to college and study either Civil or Chemical Engineering. He is very excited about his trip to Europe that he will be taking with his family next summer. They plan to travel to Greece, Italy, Austria and the Czech Republic. In his free time Matthew likes playing video games and hanging out with his friends. He has a twin sister, Isabella, and two Pomeranians named Zibbs and Twinks.
Travelogue on Crater Lake with Bob Kuest
Friday, September 13th
1:30pm in the Party Room

Bob grew up near Crater Lake and made his first show about Crater Lake on film slides. Since then he has converted the film slides to digital pictures and has added a number of pictures from subsequent visits, friends, and other sources. Pictures of how the lake formed, the lake frozen over, and the lake at dawn and dusk have been added.

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 Inventions that Changed the World.

“New Residents” Community Support Social
Wednesday, September 11th 10:00am in the Cascade Room

New residents are encouraged to come to this social time and ask any questions you may have about your new home here at Cornell Estates. You all share many of the same feelings and experiences about moving in to a new community. Cindy and Karen will be there to welcome you!

“Alone we can do so little; together we can do so much”
Helen Keller

COFFEE WITH FRIENDS!
Wednesday, September 4th 10:00am in the Cascade Room

TEA WITH FRIENDS!
Wednesday, September 25th 1:30pm in the Party Room

New day and time
ANYONE CAN PAINT!
Mondays at 2:00PM
IN THE CASCADE ROOM

Phil Hall will be here to entertain you on the accordion during your lunch time Friday, September 27th

Beanbag Baseball: Thursday, September 5th at 10am and Friday, September 20th at 1:30pm in the Party Room

Reading Out Loud by Donna Detrick
Mondays at 3:00pm in the Main Lobby

September Birthday Party with the Senior Serenaders
Wednesday, September 11th 1:30pm in the Party Room

Celebrate all the Birthdays happening this month with a party. We will have a wonderful performance by the Senior Serenaders and some sweet treats for everyone to enjoy!

Ann & Hunter, the therapy dog
Tuesday, September 17th 3:00pm in the East Living Room

Hunter and his owner Ann Hering are back for a visit. He’s always happy to entertain you with his tricks.

Music Sing-along with Jan Larsen
Thursday, September 12th and 26th 3:00pm in the Party Room

Want to sing-along to some old favorites? 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.