



CORNELL ESTATES OCTOBER 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ML- Main Lobby - 1st floor PR - Party Room-2nd floor SR - Sewing Room-3rd floor AL-Assisted Living IL- Independent Living LIB - Library - 2nd floor ILC- Independent Living Courtyard	COL- Columbia Room-1st floor CAC - Cascade Activity Center - 2nd floor ALR - Assisted Side Living Room FA - Floor Alcove DO - Dental Office-1st floor RL-Resident Led Class ACTIVITIES ARE SUBJECT TO CHANGE			HAPPY BIRTHDAY! IRENE MATHERN 10/3 LUELLA KOCH 10/4 PEG OWENS 10/5 BETTY FISHER 10/5 BOB HICKS 10/21	1 9:15 Walk & Talk ML 10:00 Activity Meeting PR 2:00 Beanbag Baseball PR	2 10:00 Bingo for Chocolate RL-CAC 2:00-4:00 Trip to Rosewood Park's 25th Anniversary Party
3 9:30 Worship Service PR 1:30 Anyone Can Color RL- CAC	4 9:30 Stretch & Energize PR 9:30-10:30 Cell Phone Help 1stFA 1:30 Resident Meeting PR 2:30 Chef's Chat PR 3:00 Reading by Donna 1stFA	5 9:00 Cornell Writers CAC 9:30 Stretch & Energize PR 10:30 Blood Pressure Check COL 11-2 Laddie Boy Designs ML 2:30 Mexican Train RL-2ndFA & 2nd Game in CAC	6 10:00 Cornell College CAC 12:00 Janice, the Card Lady ML 2:00 Beanbag Baseball PR	7 9:00 Ear Wax Clinic DO 9:30 Stretch & Energize PR 9:00 Day Trip to The Gorge 10:00 Anyone Can Color! RL-CAC 1:30 Movie PR	8 9:15 Walk & Talk ML 10:00 Boost Your Memory CAC 3:15 Happy Hour in the IL Dining Room	9 10:00 Bingo for Chocolate CAC 1:30 Craft Project CAC 2:00 Brian Scott on Piano-PR
10 9:30 Worship Service PR 2:30 Mexican Train 2ndFA-RL & 2nd Game in CAC-RL	11 9:30 Stretch & Energize PR 2:00 Sing-Along with Jan PR 2:30 Anyone Can Create Art! CAC 3:00 Reading by Donna 1stFA	12 9:00 PU Dental DO 9:00 Cornell Writers CAC 9:30 Stretch & Energize PR 10:30 Blood Pressure Check COL 1:30 Shopping at BiMart	13 10:00 Cornell College CAC 1:30 Residents Council Meeting PR 3:00 Reading by Donna 1stFA	14 9:30 Stretch & Energize PR 10:00 Anyone Can Color! CAC 10:00 Trip to The Pumpkin Patch 1:30 Movie PR	15 9:15 Walk & Talk ML 10:00 Pacific University SLP Group 1 -IL Dining Room 2:00 Beanbag Baseball PR	16 10:00 Bingo for Chocolate CAC 1:30 Craft Project CAC 2:30 Mexican Train 2ndFA-RL
17 9:30 Worship Service PR 1:30 Bingo for Chocolate RL-CAC	18 9:30 Stretch & Energize PR 9:30-10:30 Cell Phone Help 1stFA 1:30 EnerChi with Russell PR 2:30 Anyone Can Create Art! CAC 3:00 Reading by Donna 1stFA	19 9:00 Cornell Writers CAC 9:30 Stretch & Energize PR 10:30 Blood Pressure Check COL 1:30 Shopping at Fred Meyer	20 10:00 Cornell College CAC 2:00 Beanbag Baseball PR	21 9:30 Stretch & Energize PR 10:00 Anyone Can Color! CAC 10:30 Lunch at BJs Restaurant 2:00 Autumn Art Project PR	22 9:15 Walk & Talk ML 10:00 Pacific University SLP Group 2 -IL Dining Room 3:15 Happy Hour with Phil Hall in the IL Dining Room	23 10:00 Bingo for Chocolate CAC 1:30 Craft Project CAC 2:30 Mexican Train 2ndFA-RL
24 SPIRIT WEEK 9:30 Worship Service PR 1:30 Anyone Can Color RL-CAC	25 SPORTS TEAM DAY 9:30 Stretch & Energize PR 2:00 Sing-Along wit Jan PR 2:30 Anyone Can Create Art! CAC 3:00 Reading by Donna 1stFA	26 CRAZY HAT/HAIR DAY 9:30 Medicare Questions Answered COL 9:00 Cornell Writers CAC 9:30 Stretch & Energize PR 10:30 Blood Pressure Check COL 1:30 Shopping at Wal-Mart	27 ALL BLACK & WHITE DAY 10:00 Cornell College CAC 1:30 Beanbag Baseball PR 3:00 Reading by Donna 1stFA	28 PAJAMA DAY 9:30 Stretch & Energize PR 10:00 Anyone Can Color! CAC 1:30 Scenic Drive 2:00 Wheel of Fortune PR	29 HALLOWEEN COSTUMES! 9:15 Walk & Talk ML 10:00 Pacific University SLP Group 3 -IL Dining Room 2:00 Halloween Party PR	30 10:00 Bingo for Chocolate CAC 1:30 Craft Project CAC 2:30 Mexican Train 2ndFA-RL
31 9:30 Worship Service PR HAPPY HALLOWEEN						

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DESCRIPTION OF ACTIVITIES

WORSHIP SERVICE: Join us for a Christian, non-denominational worship service. We are currently working through a series of messages on “Beginnings” from the book of Genesis, considering how those *beginnings* are looking forward to the endings that are yet to come. We use a PowerPoint presentation on our projection screen to help illustrate the purpose of the messages. Services are led by Carmen Bryant, Th.M., and other friends from here at Cornell Estates. All are welcome, regardless of religious background.

BEANBAG BASEBALL: A really fun, easy and social game. You can even play in a seated position. Don't feel like playing? No problem, come and cheer your fellow residents on from the sidelines!

BINGO FOR CHOCOLATE: We play eight rounds of traditional Bingo, with the final round being a Blackout, and the prize is chocolate. You had me at chocolate!

STRETCH & ENERGIZE: Exercise has been proven to improve your health, lower blood pressure, and relieve stress. This class stretches your body from head to toe, and can also be done from a seated position. We all procrastinate about exercising but we always feel better after we do it. This class is only about 20 minutes long, so no more excuses. Give it a try!

ANYONE CAN CREATE ART!: Working from real life and photographs, we will learn the basics of drawing and painting. We explore the world of color and form while we learn about depth and perspective. This is an entry level class and is great for both lifelong artists and those who say, “well, I can't draw a stick figure!” Let Missy prove you wrong!

CORNELL COLLEGE: In this class we watch a 30 minute DVD lecture and discuss afterwards. The current topic for Cornell College is “Wonders of the National Parks,” which goes into detail on geologic changes that formed the terrain of each park.

ANYONE CAN COLOR!: Coloring is definitely not just for kids. You should see some of the amazing work some of the residents have done. It's an easy and relaxing class. We supply every thing you need, just bring your imagination! On weekends, this will be a resident-led activity.

CORNELL WRITERS: In this class we write short stories related to our lives, and experiences from the past, then read them aloud to the group. Group discussion of the story follows.

BOOST YOUR MEMORY: A fun class designed to keep your mind sharp. We start off working individually on different worksheets like brain teasers, word scrambles, crosswords, et cetera, and then work as a team to figure it all out.

MEXICAN TRAIN: A super fun and easy game played with Dominoes.

WALK & TALK: Walking is always more fun in a group. This class meets up in the main lobby and depending on weather will be done indoors or out.

READING BY DONNA: Join resident Donna Detrick as she reads aloud an intriguing book from start to finish. She always gives a brief recap beforehand so it doesn't matter where she is in the story when you join. Donna has the kind of voice that will keep you transfixed.

CRAFT PROJECT: Join Annie for a fun and easy craft project. Everything you need is supplied.

WHEEL OF FORTUNE: We form two teams and try to solve word puzzles, similar to those in Hangman. We play for fun and the winning team is the one with the most “money” at the finish.

SING-ALONG with JAN: We are so excited to have Jan Larsen back to do her sing-alongs on the piano. Join us in the Party Room for an hour of uplifting songs!

CHAIR YOGA WITH RUSSELL: Chair Yoga will move your whole body through a complete series of seated and a few standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. Welcome back Russell!

POP UP ACTIVITIES: With Sam and Annie available to take lead on some activities, we are going to do a little testing to see if we want to bring some fun new events into the calendar for the future! Keep an ear out for announcements throughout the month, and we will try to squeeze in a few fun ideas!