

CORNELL ESTATES SEPTEMBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	HAPPY BIRTHDAY! PEARL PFAFF 9/3 LUANNE CROWTHER 9/5 PUSHPA MEHRA 9/7 DOROTHY RILEY 9/9 HAZEL SEAGREN 9/10	HAPPY BIRTHDAY! SANDY SHIBLEY 9/14 DAVID WOODS 9/14 SHIRLEY MCGREGOR 9/16 EVELYN GIESZLER 9/20 CHARLES MANEY 9/20	1 10:00 Cornell College PR 1:00 Meet & Greet with New Administrator Trevor PR 2:00 Mexican Train 2ndFA 3:00 Reading by Donna 1stFA	2 9:30 Stretch & Energize PR 10:00 Anyone Can Color! CR 1:30 Rood Bridge Park Walk 1:30 Craft Project CR	3 9:15 Walk & Talk ML 10:00 Wheel of Fortune PR 2:00 Beanbag Baseball PR	4 10:00 Bingo for Chocolate RL-CR 1:30 Anyone Can Color! RL-CR 2:30 Mexican Train 2ndFA-RL & 2nd Game in RL-CR
5 9:30 Worship Service PR	6 9:30 Stretch & Energize PR 9:30-10:30 Cell Phone Help 1stFA 1:30 EnerChi with Russell PR 2:00 Anyone Can Paint! CR 3:00 Reading by Donna 1stFA	7 9:30 Stretch & Energize PR 10:30 Blood Pressure Check COL 11-2 Laddie Boy Designs ML 1:30 Shopping at Fred Meyer	8 9:00 Medicare Questions CR 10:00 Cornell College PR 2:00 Beanbag Baseball PR	9 9:30 Stretch & Energize PR 9:30 Day Trip to Seaside 10:00 Anyone Can Color! CR 1:30 Craft Project CR	10 9:15 Walk & Talk ML 10:00 Boost Your Memory CR 3:15 Happy Hour in the Independent Side Dining Room	11 10:00 Bingo for Chocolate RL-CR 1:30 Anyone Can Color! RL-CR 2:30 Mexican Train 2ndFA-RL & 2nd Game in CR-RL
12 9:30 Worship Service PR	13 9:30 Stretch & Energize PR 2:00 Sing-Along with Jan PR 2:00 Anyone Can Draw! 3:00 Reading by Donna 1stFA	14 9:00 Cornell Writers CR 9:30 Stretch & Energize PR 10:30 Blood Pressure Check COL 1:30 Shopping at BiMart	15 10:00 Cornell College PR 1:30 Residents Meeting PR	16 9:30 Stretch & Energize PR 10:00 Anyone Can Color! CR 10:00 Trip to Mt Angel Oktoberfest 1:30 Craft Project CR	17 9:15 Walk & Talk ML 10:00 Wheel of Fortune PR 2:00 Beanbag Baseball PR	18 10:00 Bingo for Chocolate RL-CR 1:30 Anyone Can Color! RL-CR 2:30 Mexican Train RL2ndFA & 2nd Game in CR-RL
19 9:30 Worship Service PR	20 9:30 Stretch & Energize PR 1:30 EnerChi with Russell PR 2:00 Anyone Can Paint! CR 3:00 Reading by Donna 1stFA	21 9:00 Cornell Writers CR 9:30 Stretch & Energize PR 10:30 Blood Pressure Check COL 1:30 Shopping at Ross	22 10:00 Cornell College PR 2:00 Beanbag Baseball PR 3:00 Reading by Donna 1stFA	23 9:30 Stretch & Energize PR 10:00 Anyone Can Color! CR 1:30 Trip to Valley Art Gallery	24 9:15 Walk & Talk ML 10:00 Boost Your Memory 3:15 Happy Hour in the Independent Side Dining Room	25 10:00 Bingo for Chocolate RL-CR 1:30 Anyone Can Color! RL-CR 2:30 Mexican Train 2ndFA & 2nd Game in RL-CR
26 9:30 Worship Service PR	27 9:30 Stretch & Energize PR 9:30-10:30 Cell Phone Help 1stFA 2:00 Sing-Along wit Jan PR 2:00 Anyone Can Draw! CR 3:00 Reading by Donna 1stFA	28 9:00 Cornell Writers CR 9:30 Stretch & Energize PR 10:30 Blood Pressure Check COL 1:30 Shopping at Wal-Mart	29 10:00 Cornell College PR 1:30 Mexican Train 2ndFA	30 9:30 Stretch & Energize PR 10:00 Anyone Can Color! CR 1:30 Trip to Goodwill 1:30 Craft Project CR	AC - Art Center- 2nd floor COL- Columbia Room-1st floor CR - Cascade Room -2nd floor ALR - Assisted Side Living Room FA - Floor Alcove DO - Dental Office-1st floor RL-Resident Led Class ACTIVITIES ARE SUBJECT TO CHANGE	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

POST ME ON YOUR FRIDGE



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! This is a resident-led activity.

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 DRAW!: Working from real life and photographs, we will learn the basics of drawing. 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!

ANYONE CAN PAINT!: Using various media, we explore the world of color and form. Mostly working with acrylic paints, we will learn how to mix colors and paint still lifes, portraits, and landscapes. This is an entry level class but pairs well with “anyone can draw”.

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 everything 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.

This class will begin Tuesday, Sept.14th at 9am in the CR

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. On weekends this will be a resident-led activity.

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!