



CORNELL ESTATES NOVEMBER 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:30 Stretch & Energize PR 9:30-10:30 Cell Phone Help 1stFA 2:30 Chef's Chat PR 3:00 Reading by Donna 1stFA	2 9:00 Cornell Writers CAC 9:30 Stretch & Energize RL 10:30 Blood Pressure Check 1FA 11-2 Laddie Boy Designs ML 2:30 Bingo for Chocolate CAC	3 10:00 Cornell College CAC 1:30 EnerChi with Russel PR 2:30 NEW GAME-- Scattergories CAC	4 9:00 Ear Wax Clinic DO 9:15 Stretch & Energize PR 9:30 Spirit Mountain Casino 10:00 Anyone Can Color! RL-CAC 3:00 Reading by Donna 1FA	5 9:15 Walk & Talk ML 10:00 Wheel of Fortune PR 2:00 Beanbag Baseball PR	6 9:15 Stretch & Energize PR 10:00 Bingo for Chocolate CAC 2:00 Joel Parker & Band PR
7 Daylight Savings Ends! 9:30 Worship Service PR 1:30 Anyone Can Color RL- CAC 2:30 Mexican Train RL 2FA & 2nd Game in CAC	8 9:30 Stretch & Energize PR 2:00 Sing-Along with Jan PR 2:30 Anyone Can Create Art! CAC 3:00 Reading by Donna 1FA	9 9:00 PU Dental DO 9:00 Cornell Writers CAC 9:30 Medicare Questions Answered 1FA 9:30 Stretch & Energize PR 10:30 Blood Pressure Check ILR 1:30 Shopping at BiMart 2:00 Stan Lasley on Piano PR	10 10:00 Cornell College CAC 12:00 Janice, the Card Lady ML 1:30 EnerChi with Russel PR 2:30 NEW GAME -- Yahtzee CAC	11 VETERAN'S DAY 9:15 Stretch & Energize PR 9:30 Scenic Drive 10:00 Anyone Can Color! RL-CAC 1:30 Veteran's Day Program PR 3:00 Reading by Donna 1FA	12 9:15 Walk & Talk ML 10:00 Beanbag Baseball PR 3:15 Happy Hour in the IL Dining Room	13 9:15 Stretch & Energize PR 10:00 Bingo for Chocolate CAC 1:30 Craft Project CAC 2:00 Brian Scott on Piano-PR
14 9:30 Worship Service PR 2:30 Mexican Train RL 2FA & 2nd Game in CAC	15 9:30 Stretch & Energize PR 9:30-10:30 Cell Phone Help 1stFA 1:30 Resident Council PR 3:00 Reading by Donna 1FA	16 9:00 Cornell Writers CAC 9:30 Stretch & Energize PR 10:30 Blood Pressure Check 1FA 1:30 Shopping at Fred Meyer 2:30 Bingo for Chocolate CAC	17 10:00 Cornell College CAC 1:30 EnerChi with Russel PR 2:30 NEW GAME-- Missydoodle CAC	18 9:15 Stretch & Energize PR 10:00 Anyone Can Color! CAC 10:30 Trip to Olive Garden 1:30 Thanksgiving Tree Project PR 3:00 Reading by Donna 1FA	19 9:15 Walk & Talk ML 10:00 Wheel of Fortune PR 2:00 Beanbag Baseball PR	20 9:15 Stretch & Energize PR 10:00 Bingo for Chocolate CAC 1:30 Margot Stoneking Celebration of Life PR
21 9:30 Worship Service PR 1:30 Anyone Can Color RL-CAC 2:30 Mexican Train RL 2FA & 2nd Game in CAC	22 9:30 Stretch & Energize PR 2:00 Sing-Along wit Jan PR 2:30 Anyone Can Create Art! CAC 3:00 Reading by Donna 1FA	23 9:00 Cornell Writers CAC 9:30 Stretch & Energize PR 10:30 Blood Pressure Check 1FA 1:30 Shopping at Dollar Tree 2:30 Bingo for Chocolate CAC	24 10:00 Cornell College CAC 1:30 EnerChi with Russel PR 2:30 NEW GAME-- Boggle CAC	25 HAPPY THANKSGIVING 9:30-11:00 "Thank You" Marathon PR	26 9:15 Walk & Talk ML 10:00 Beanbag Baseball PR 3:15 Happy Hour in the IL Dining Room	27 9:15 Stretch & Energize PR 10:00 Bingo for Chocolate CAC 1:30 Craft Project CAC 2:30 Mexican Train RL 2FA & 2nd Game in CAC
28 9:30 Worship Service PR 2:30 Mexican Train RL 2FA & 2nd Game in CAC	29 9:30 Stretch & Energize PR 9:30-10:30 Cell Phone Help 1stFA 2:00 Afternoon Coffee & Chat CAC 3:00 Reading by Donna 1FA	30 9:00 PU Dental DO 9:00 Cornell Writers CAC 9:30 Stretch & Energize PR 10:30 Blood Pressure Check 1FA 1:30 Shopping at Wal-Mart 2:30 Bingo for Chocolate CAC		ML- Main Lobby - 1st floor PR - Party Room-2nd floor CAC - Cascade Activity Center - 2nd floor SR - Sewing Room-3rd floor LIB - Library - 2nd floor ILR- Independent Living Room ALR - Assisted Side Living Room	FA - Floor Alcove AL-Assisted Living IL- Independent Living DO - Dental Office-1st floor RL-Resident Led Activity ACTIVITIES ARE SUBJECT TO CHANGE	HAPPY BIRTHDAY! ANNE ST.CLAIR 11/1 NORMA ORR 11/10 TIM HADSALL 11/20 DON KRAHMER 11/21 CLAUDIA HALL 11/28 GAIL LUCHS 11/28

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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 been 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!

NEW GAMES: We are trying out a few new games to see if we can find a new one to enjoy more regularly