


CORNELL ESTATES JANUARY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HAPPY BIRTHDAY! ARLENE JUDAH 1/5 WILMA PIEREN 1/10 ALICE AGOSTINI 1/11 NANCY FINSTER 1/15		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 DR-Dining Room ACTIVITIES ARE SUBJECT TO CHANGE			
2 9:30 Worship Service PR 1:00 Anyone Can Create Art CAC 2:30 Mexican Train 1FA	3 9:30 Stretch & Energize PR 10:00 Bingo for Chocolate RL-CAC 1:30 Town Hall PR 3:00 Reading by Donna 1FA	4 9:00 Cornell Writers CAC 9:30 Stretch & Energize PR 10:30 Blood Pressure Check ILR 1:30 Shopping at Fred Meyer 2:00 Beanbag Baseball PR 6:00 Poker 1FA	5 10:00 Cornell College CAC 1:00 Wheel of Fortune CAC 1:30 EnerChi with Russel PR 2:30 Mexican Train 1FA	6 9:30 Stretch & Energize PR 10:00 Anyone Can Color! RL-CAC 1:30 Movie CAC 1:30 Trip to Target 3:00 Reading by Donna 1FA	7 9:30 Stretch & Energize PR 10:15 Coffee & Conversation CAC 1:30 Yahtzee PR 3:00 Craft Chat with Annie CAC	8 9:30 Stretch & Energize PR 10:00 Bingo for Chocolate CAC 2:00 Brian Scott on Piano PR
9 9:30 Worship Service PR 2:00 Mark Keppinger on Piano PR 3:00 Scattergories CAC	10 9:30 Stretch & Energize PR 1:00 Food Committee PR 2:00 Sing Along With Jan PR 3:00 Reading by Donna 1FA	11 9:00 Cornell Writers CAC 9:30 Stretch & Energize PR 10:30 Blood Pressure Check 1FA 1:30 Mexican Train 1FA 6:00 Poker 1FA	12 10:00 Cornell College CAC 1:30 EnerChi with Russel PR 3:15 Happy Hour with pianist Connie Gunkel PR	13 9:00 Trip to Ilani Casino 9:30 Stretch & Energize PR 10:00 Anyone Can Color! RL-CAC 1:30 Movie CAC 3:00 Reading by Donna 1FA	14 9:30 Stretch & Energize PR 10:15 Coffee & Conversation CAC 1:30 Craft with Annie CAC	15 9:30 Stretch & Energize PR 10:00 Bingo for Chocolate CAC 1:30 Five Crowns CAC 2:30 Mexican Train 1FA
16 9:30 Worship Service PR 1:00 Anyone Can Create Art CAC 2:30 Mexican Train 1FA	17 9:30 Stretch & Energize PR 10:00 Bingo for Chocolate RL-CAC 1:30 Resident Council PR 3:00 Reading by Donna 1FA	18 9:00 Cornell Writers CAC 9:30 Stretch & Energize PR 10:30 Blood Pressure Check 1FA 1:30 Shopping at Bi-Mart 2:00 Beanbag Baseball PR 6:00 Poker 1FA	19 10:00 Cornell College CAC 1:00 Wheel of Fortune CAC 1:30 EnerChi with Russel PR 3:00 Boost Your Memory CAC	20 9:30 Stretch & Energize PR 10:00 Anyone Can Color! RL-CAC 1:30 Movie CAC 11:00 Lunch at Hales 3:00 Reading by Donna 1FA	21 9:30 Stretch & Energize PR 10:15 Coffee & Conversation CAC 1:30 Yahtzee PR 3:00 Craft Chat with Annie CAC	22 9:30 Stretch & Energize PR 10:00 Bingo for Chocolate CAC 1:30 Five Crowns CAC
23 9:30 Worship Service PR 1:00 Scattergories CAC 2:00 Mexican Train 1FA	24 9:30 Stretch & Energize PR 2:00 Sing Along with Jan PR 3:00 Reading by Donna 1FA	25 9:00 Cornell Writers CAC 9:30 Stretch & Energize PR 10:30 Blood Pressure Check 1FA 1:30 Shopping at Wal-Mart 2:00 Beanbag Baseball PR 6:00 Poker 1FA	26 10:00 Cornell College CAC 1:30 EnerChi with Russel PR 3:15 Happy Hour with Joel Parker PR	27 9:30 Stretch & Energize PR 10:00 Anyone Can Color! RL-CAC 10:30 Lunch at McMenamin's Grand Lodge 1:30 Movie CAC 3:00 Reading by Donna 1FA	28 9:30 Stretch & Energize PR 10:15 Coffee & Conversation CAC 1:30 Craft with Annie CAC	29 9:30 Stretch & Energize PR 10:00 Bingo for Chocolate CAC 1:30 Five Crowns CAC 2:30 Mexican Train 1FA
30 9:30 Worship Service PR 1:30 Anyone Can Create Art CAC	31 9:30 Stretch & Energize PR 10:00 Bingo for Chocolate RL-CAC 1:30 Mexican Train 1FA 3:00 Reading by Donna 1FA					

POST ME ON YOUR FRIDGE



DESCRIPTION OF ACTIVITIES

WORSHIP SERVICE: Join us for a Christian, non-denominational worship service. 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 30 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 have a discussion 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!

FIVE CROWNS: Five Crowns is a five-suited rummy-style card game that appeals to a wide array of card players!

COFFEE & CONVERSATION: Meet with Annie on Friday mornings and join her for a nice chat on a variety of subjects with a nice cup of coffee or another hot beverage.

CRAFT CHAT WITH ANNIE: Every other Friday, Annie would love for the Residents to bring Craft Ideas or actual crafts that they've done to share and discuss. She'll also bring some ideas to share. These chats will give you the opportunity to help determine some of the crafts you would like to do.

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, etc., and then work as a team to figure it all out.

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

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.

SCATTERGORIES: This is a new game and it has proven to be a hit! You are given a sheet of categories, and then you are given a letter. You have 3 minutes to come up with unique words that fit the categories and begin with the letter. You only get a point if it fits the category well and nobody else also came up with your answer!

YAHTZEE: A modification to the popular fun dice game played on a large scale in teams.

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!

ENERCHI 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: Keep an ear out for announcements throughout the month, and we will try to squeeze in a few fun ideas!

MEETINGS:

TOWN HALL MEETING: Held the first Monday of the month. At the Town Hall, management will talk to the residents about questions and comments shared in the previous month's Resident Council Meeting.

FOOD COMMITTEE: Held the second Monday of the month, residents can come and talk with the kitchen staff.

RESIDENT COUNCIL: Held the third week of the month, the residents meet to discuss issues that occur within Cornell Estates. This meeting is held to order by resident council chairpersons and is not in the presence of Cornell Estates staff, unless they are formally invited to attend.