






CORNELL ESTATES

September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>HAPPY BIRTHDAY!</p> <p>9/2 Lyn Wilson 9/15 Kiki Halverson 9/3 Pearl Pfaff 9/18 Art Najera 9/5 Luanne Crowther 9/20 Evelyn Gieszler 9/9 Babs Friend 9/21 Carol Digman 9/9 Mel White 9/21 Naomi Mendelson 9/12 Billie Crandall 9/23 Donna Reding</p>		 <p>CORNELL ESTATES Independent & Assisted Living</p>	<p>AL - Assisted Living ALR - Assisted Side Living Room CAC - Cascade Activity Center - 2nd floor DO - Dental Office - 1st flr. DR - Dining Room FA - Floor Alcove IL - Independent Living</p>	<p>ILR - Independent Living Rm. LIB - Library - 2nd flr. ML - Main Lobby - 1st flr. MR - Movie Room - 3rd flr. PR - Party Room - 2nd flr. RL - Resident Led Activity SR - Sewing Room - 3rd flr.</p> <p>ACTIVITIES ARE SUBJECT TO CHANGE</p>	<p>1 9:15 Stretch & Energize PR 10:00 Bible Study with: David & Anne Cliffe CAC 2:00 Ice Cream Floats PR</p> 	<p>2 9:15 Stretch & Energize PR 10:00 Bingo for Chocolate RLPR 10:15 Coffee & Conversation 1:15 Movie, PG "Always" MR 1:30 Ceramics CAC</p>
<p>3 9:00 Worship Service PR 10:15 Out for a Walk ML 1:15 Inspirational Movie MR 2:00 Mexican Train RL2FA</p>	<p>4 HAPPY LABOR DAY  10:00 Bingo for Chocolate RLPR 1:00-3:00 Ask a Librarian LIB</p>	<p>5 9:00 Pacific U. Dental Clinic DO 9:15 Stretch & Energize PR 10:30 Blood Pressure Check ML 11:00 Laddie Boy Design ML 1:30 Shopping at Fred Meyer ML 3:30 Reading by: Anne CAC 6:30 Watch "The Chosen" RLMR</p>	<p>6 9:15 Stretch & Energize PR 10:00 Cornell College MR 1:15 Come On, Let's Sing PR 2:30 Craft CAC 2:30 Bean Bag Baseball PR</p>	<p>7 9:15 Stretch & Energize PR 9:30 Swan Island Dahlias & Lunch ML 10:00 Wheel of Fortune CAC 1:30 Craft CAC 3:30 Reading by: Anne CAC 6:30 Pinochle RL2FA</p> 	<p>8 9:15 Stretch & Energize PR 10:00 Bible Study with: David & Anne Cliffe CAC 1:15 Movie, (not rated) "No Time for Sergeants" MR 1:30 Trivia Time & Popcorn PR 1:30 Five Crowns RLCAC</p>	<p>9 9:15 Stretch & Energize PR 10:00 Bingo for Chocolate RLPR 10:15 Coffee & Conversation 1:15 Movie, PG-13 "War Horse" MR 1:30 Ceramics CAC</p>
<p>10 9:00 Worship Service PR 10:15 Out for a Walk ML 1:30 Art or Craft CAC 2:30 Mexican Train RL2FA</p>	<p>11 9:15 Stretch & Energize PR 9:30 Appoint. Trim Pet Nails ML 10:00 Bingo for Chocolate RLPR 10:00 Color Time CAC 1:30 Resident Council PR 2:30 Bean Bag Baseball PR 2:30 Learn Spanish ALR</p>	<p>12 9:00 The Writers Club CAC 9:15 Stretch & Energize PR 10:30 Blood Pressure Check ML 1:30 Shopping at \$1.25 ML 3:30 Reading by: Anne CAC 6:30 Watch "The Chosen" RLMR</p>	<p>13 9:15 Stretch & Energize PR 10:00 Cornell College MR 2:30 Bean Bag Baseball PR</p>	<p>14 9:15 Stretch & Energize PR 10:00 Scenic Drive ML 10:00 St. Matthew Catholic Communion Service CAC 1:30 Shopping Trip Kohl's ML 3:30 Reading by: Anne CAC 6:30 Pinochle RL2FA</p>	<p>15 9:15 Stretch & Energize PR 10:00 Bible Study with: David & Anne Cliffe CAC 3:00 HAPPY HOUR with STAN LASLEY PR</p>	<p>16 9:15 Stretch & Energize PR 10:00 Bingo for Chocolate RLPR 10:15 Coffee & Conversation 1:15 Movie, PG "Invincible" MR 1:30 Five Crowns RLCAC</p>
<p>17 9:00 Worship Service PR 10:15 Out for a Walk ML 1:30 Art or Craft CAC 2:00 Mexican Train RL2FA</p>	<p>18 9:15 Stretch & Energize PR 10:00 Bingo for Chocolate RLPR 10:00 Color Time CAC 1:30 Chef's Chat PR 2:30 Bean Bag Baseball PR 2:30 Learn Spanish ALR 2:30 - 4:00 Ask a Librarian LIB</p>	<p>19 9:00 The Writers Club CAC 9:00 Pacific U. Dental Clinic DO 9:15 Stretch & Energize PR 10:30 Blood Pressure Check ML 1:30 Shopping at Walmart ML 3:30 Reading by: Anne CAC 6:30 Watch "The Chosen" RLMR</p>	<p>20 9:15 Stretch & Energize PR 10:00 Medicare Visits to Answer Questions ML 10:00 Cornell College MR 1:30 Senior Serenaders Birthday Party PR  2:30 Bean Bag Baseball PR 2:30 Ceramics CAC</p>	<p>21 9:15 Stretch & Energize PR 10:45 Lunch - Oriental Garden ML 1:15 Visit Brookwood Library OR Walk Around Pond ML 3:00 Activity Meeting PR 3:30 Reading by: Anne CAC 6:30 Pinochle RL2FA</p>	<p>22 9:15 Stretch & Energize PR 10:00 Bible Study with: David & Anne Cliffe CAC 1:30 BUNCO PR 6:30 - 8:00 Cornell Estates OPEN HOUSE</p>	<p>23 9:15 Stretch & Energize PR 10:00 Bingo for Chocolate RLPR 10:15 Coffee & Conversation 1:15 Movie, PG "Indiana Jones and the Kingdom of the Crystal Skull" MR 1:30 Five Crowns RLCAC</p>
<p>24 9:00 Worship Service PR 10:15 Out for a Walk ML 1:00 Bean Bag Baseball PR 2:30 Mexican Train RL2FA</p>	<p>25 9:15 Stretch & Energize PR 10:00 Bingo for Chocolate RLPR 10:00 Color Time CAC 1:30 Town Hall PR 2:30 Learn Spanish ALR 2:30 All Staff Meeting PR 2:45 Safety Topics MR</p>	<p>26 9:00 The Writers Club CAC 9:15 Stretch & Energize PR 10:30 Blood Pressure Check ML 1:30 Bi-Mart ML 3:30 Reading by: Anne CAC 6:30 Watch "The Chosen" RLMR</p>	<p>27 9:15 Stretch & Energize PR 10:00 Cornell College MR 2:00 Bean Bag Baseball PR</p>	<p>28 9:15 Stretch & Energize PR 1:00 Methodist Church visits CAC 230 HAPPY HOUR with AVA WYNNE PR 6:30 Pinochle RL2FA</p>	<p>29 9:15 Stretch & Energize RLPR 10:00 Bible Study with: David & Anne Cliffe CAC 1:15 Movie, PG-13 "Beyond the Sea" MR</p>	<p>30 10:00 Bingo for Chocolate RLPR 1:30 Five Crowns RLCAC</p>

 Trips/Outings  Special Entertainment

DESCRIPTION OF ACTIVITIES

WORSHIP SERVICE: Join us for a Christian, non-denominational worship service. Services are led by David Cliffe, Kent Wilcox and other friends from here at Cornell Estates. All are welcome regardless of religious background. Join us in the Party Room.

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! Meets in the Party Room. *Sign up in Activity Binder!*

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!* Meets in Party Room. *Sign up in Activity Binder!*

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. Give it a try! Meets in the Party Room or independent courtyard on a pretty day.

CORNELL COLLEGE: In this class we watch a 55 minute DVD and have a discussion afterwards. Currently in Cornell College we are watching a Ken Burns film on "Hemingway". Meets in the 3rd floor Movie Room. *Sign up in Activity Binder!*

MEXICAN TRAIN: A super fun and easy game played with Dominoes. Meets in the 2nd Floor Alcove. *Sign up in Activity Binder!*

FIVE CROWNS: Five Crowns is a five-suited rummy-style card game that appeals to a wide array of card players! Meets in the Cascade Activity Center. *Sign up in Activity Binder!*

COFFEE & CONVERSATION: Meet with Annie for a nice chat on a variety of subjects with a nice cup of coffee or another beverage. Meets in the Cascade Activity Center or independent courtyard on a pretty day. *Sign up in Activity Binder!*

BIBLE STUDY WITH DAVID CLIFFE: Join David and Anne Cliffe for a weekly interfaith Bible Study called "Challenges to Faith". Meets in the Cascade Activity Center. *Sign up in Activity Binder!*

ART OR CRAFT: Enjoy this time creating while using different art materials. This is a fun time for experimentation, imagination, and good conversation. Meets in the Cascade Activity Center. *Sign up in Activity Binder!*

READING BY Anne: Join resident Anne Cliffe 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. Meets in the Cascade Activity Center.

THE WRITERS CLUB: In this club we write short stories, poetry, humor, serious, memories, etc. We then read them aloud to the group. Group discussion of the writing follows. *Sign up in Activity Binder!*

POST ME ON YOUR FRIDGE



LEARN SPANISH WITH CYNDI TURTLEDOVE Learn conversational Spanish using visuals, games and song etc. Class meets in the Assisted Living Room. *Sign up in Activity Binder!*

CERAMICS: This is an enjoyable time working with clay and molds. Learn different glazing techniques. Always something new to learn. Fun seeing the final fired pieces. Meets in the Cascade Activity Center. *Sign up in Activity Binder!*

MOVIE: Enjoy a wide range of movies in Cornell's 3rd Floor Movie Room! *Sign up in Activity Binder!*

TRIVIA TIME: During this hour you will be presented with a written page of trivia questions to solve, followed by oral solo or team trivia competition. Join us in the Party Room. *Sign up in Activity Binder!*

PACIFIC UNIVERSITY DENTAL HYGIENE CLINIC: Dental hygiene students perform services under the supervision of licensed dental health professionals. Services are limited to denture cleaning, cancer screening, preventive and limited basic cleaning services. *Sign up in Bus Binder!*

THE CHOSEN: The CHOSEN is a television series about the life and ministry of Jesus through the eyes of those who met him. Currently watching the second season. Meets in the 3rd floor Movie Room. *Sign up in Activity Binder!*

WHEEL OF FORTUNE: Residents will solve word puzzles similar to hangman. A fun competitive hour! Meets in the Cascade Activity Center. *Sign up in Activity Binder!*

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

MEETINGS:

Residents are invited to attend all meetings.

RESIDENT COUNCIL: Held the first Monday 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.

CHEF'S CHAT: Held the second Monday of the month, residents can come and talk with the kitchen staff.

TOWN HALL: Held the third 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.

ACTIVITY COMMITTEE: The Activities Committee meeting is the third Thursday of the month. Give input and recommendations for the upcoming month's activities.