

# Glenmoore

Gracious Retirement Living

12154 SE 114th Court • Happy Valley, OR 97086 • Phone (503) 698-3555 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

JANUARY 2020

## GLENMOORE STAFF

Managers.....DAVE & GINGER WOOD  
Executive Chef..... BRIAN MATHERS  
Activity Coordinator .....GRACE MCLEAN  
Maintenance Coordinator..... DANIEL RIDDLE  
Transportation ..... RUTH WOOD

## TRANSPORTATION

**Monday, 9:30 a.m.-Noon:**  
Walmart & Fred Meyer

**Tuesday & Thursday, 9 a.m.-3 p.m.:**  
Medical Appointments

**Wednesday, TBA:** Outings

**Friday, 9:30-11 a.m.:**  
Safeway, Rite Aid & Walgreens

HAWTHORN  
SENIOR LIVING

## Hawthorn Expedition 2020!

Start your engines, Glenmoore!  
Beginning the week of January 20th through February 7th, Glenmoore will be hitting the road for an expedition across Africa! We will be exploring these three amazing destinations:

- Morocco
- Egypt
- Tanzania

As we make our scheduled stops at each destination, we will be experiencing the food, history and culture of each of these beautiful countries.



Be sure to attend the Expedition Kickoff on Friday, January 17th, to get all of your travel information. Mark your calendars to join us for our big Expedition finale on Friday, February 7th, at 2 p.m., for a live African drumming and dancing demonstration! If you have any additional questions like what to pack or weather conditions, be sure to check in with your Expedition Guide, Grace, for all the details!





## Glenmoore's Very Special Veterans Day

Special tables were set, veterans and spouses were invited and the dining room was filled with friends and neighbors as Sunnyside Chapel of the Chimes set up a beautiful pinning and certificate ceremony for our veterans and their spouses. Not a dry eye was left in the building during this intimate and very special presentation, where our veterans were not only thanked for their service but recognized for the sacrifices made during service. The military spouses were also recognized for the sacrifices they made to take care of their families while their husbands were called away to war. It was truly an



*Sunnyside Chapel of the Chimes staff*

honor, and quite humbling, to witness our veterans be honored in such a warm and special way.

"The willingness of America's veterans to sacrifice for our country has earned them our lasting gratitude." -Jeff Miller

Thank you, veterans, for your service, protection and support.



*Julius and Pat Thorne are always cute together.*



*Special seating for our veterans and spouses*



*Charles Hadduck and his wife, Jeanne Rowland, sitting with Joe and Alice Beaulieu*



*Vietnam Veteran, Mark Hall, salutes after receiving his pin and certificate.*



*WWII Veteran, Wesley Loveall, receives his pin.*



*Veteran Bob West showing off his certificate and pin.*



*Executive Chef Brian and Sous Chef Kristen prepare a special menu for our vets.*



*Veteran Don Beck receives one of our gift basket prizes!*



## iFly Indoor Skydiving

Trying something new can be scary, but it can also be really fun. In this case of indoor skydiving, our residents had fun! We loaded up our bus and headed to iFly Portland for an indoor skydiving experience that was exciting and exhilarating. Each resident was given a flight suit, goggles, ear plugs and a helmet, and taken in a special room to learn about procedures and how to communicate with the instructor during their flight. Once the training videos were done, everyone lined up to take their turn in the indoor wind tunnel. After each flight, there were high-fives, applause, laughs and huge smiles as our residents chatted about their turn in the tunnel. After our group was finished, we thanked our instructor, Sam, for an incredible time and enjoyed a lovely lunch, picnic-style, while we watched other groups take their turns in the tunnel. We look forward to returning to iFly Portland next year with more residents!



*Pre-flight group photo*



*Resident Marylou Proctor suited up, and it happened to be her birthday!*



*Lavon Pleasant is our star student of the day!*



*Bonnie Lipke flying high.*



*Ralph Williams is all smiles.*



*Post-flight group photo with our instructor, Sam!*

JANUARY  
2020

Birthdays

Dorothy Wu, 1st  
Lorelei Hawk, 3rd  
Virginia Medina, 6th  
Carol Falk, 11th  
Joan Anderson, 12th  
Darlene Schafer, 14th  
Galina Cooper, 15th  
Flodine Loe, 17th  
Tom Wheatley, 23rd  
Angie Bell, 27th  
Sue Feist, 30th  
Arthur "Art" Jones, 31st

Locations

Activity Room, AR  
Atrium, AT  
Billiards Room, BR  
Bus, BUS  
Chapel, CH  
Computer Center, CC  
Dining Room, DR  
Exercise Room, EX  
Fire Pit, FP  
Front Lobby, Lobby  
Home Instead Office, HO  
Library, LB  
Movie Theater, MT  
TV Room, TV

Home Instead  
Senior Services

Jennifer Fifer  
505-652-4357

BB's Hair  
Design

Beckie Brown  
503-750-9575  
Available Monday-  
Friday, please make  
an appointment.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <div>5</div>	 <div>6</div>	<div>7</div>	<div>NEW YEAR'S DAY</div> <div>1</div> <div>Sporting Team Colors</div> <div>11:30 Bible Study with Christine, CH</div> <div>6:45 Wii Bowling, AR</div> 	<div>2</div> <div>Jeans and Name Tag Day</div> <div>9:00 Eye Come to You, AR</div> <div>10:00 Blood Pressure Checks, AT</div> <div>10:30 Catholic Communion Service, CH</div> <div>11:00 Yoga Flow, EX</div> <div>2:00 Bingo, AR</div> <div>6:45 Bean Bag Baseball, AR</div>	<div>3</div> <div>Wear R.E.D.</div> <div>11:30 Happy Valley Station, BUS</div> <div>2:30 Trivia, LB</div> <div>3:00 Right, Left, Center, BR</div> <div>4:00 Resident Happy Hour, AR</div> <div>7:00 Poker Game, BR</div> 	<div>4</div> <div>10:45 Creative Corner, BR</div> <div>11:00 Yoga Flow, EX</div> <div>3:00 Scrabble, BR</div> <div>6:45 Bingo, AR</div>
<div>Family Day!</div> <div>11:00 Wii Bowling, AR</div> <div>7:00 Prayer Meeting, CH</div>	<div>9:30 Fitness Combo, AR</div> <div>11:00 Retain That Brain, AR</div> <div>11:00 James Graham Piano, DR</div> <div>3:00 Bean Bag Baseball, AR</div> <div>6:45 Pinochle, BR</div> 	<div>9:30 Fitness Combo, AR</div> <div>2:00 Bunco, BR</div> <div>3:45 Trivia, LB</div> <div>6:45 Bingo, AR</div>	<div>Wear Blue</div> <div>9:30 Fitness Combo, AR</div> <div>10:00 Computer Support with Ron, MT</div> <div>11:30 Bible Study with Scott Wallace, CH</div> <div>11:30 Culinary Institute, BUS</div> <div>6:45 Wii Bowling, AR</div>	<div>Jeans and Name Tag Day</div> <div>9:30 Fitness Combo, AR</div> <div>10:00 Exploring Music with Kelly, AR</div> <div>10:00 Blood Pressure Checks, AT</div> <div>11:00 Yoga Flow, EX</div> <div>2:00 Bingo, AR</div> <div>3:30 Book Club, LB</div> <div>6:45 Bean Bag Baseball, AR</div>	<div>Wear R.E.D.</div> <div>9:30 Fitness Combo, AR</div> <div>2:30 Trivia, LB</div> <div>3:00 Right, Left, Center, BR</div> <div>4:00 Resident Happy Hour, AR</div> <div>7:00 Poker Game, BR</div>	<div>10:45 Creative Corner, BR</div> <div>11:00 Yoga Flow, EX</div> <div>3:00 Scrabble, BR</div> <div>6:45 Bingo, AR</div> 
<div>Family Day!</div> <div>11:00 Wii Bowling, AR</div> <div>7:00 Prayer Meeting, CH</div> 	<div>9:30 Fitness Combo, AR</div> <div>11:00 Retain That Brain, AR</div> <div>11:00 Errands with Ruth Until 4 p.m.</div> <div>2:30 Live Poets Society, LB</div> <div>3:00 Bean Bag Baseball, AR</div> <div>6:45 Pinochle, BR</div>	<div>9:30 Fitness Combo, AR</div> <div>11:00 Will Spillette Music Performance, DR</div> <div>2:00 Bunco, BR</div> <div>3:00 Resident/Activity Coordinator Meeting, AR</div> <div>3:45 Trivia, LB</div> <div>6:45 Bingo, AR</div> 	<div>Black &amp; White Day</div> <div>9:30 Ilani Casino, BUS</div> <div>9:30 Fitness Combo, AR</div> <div>11:30 Bible Study with Christine, CH</div> <div>6:45 Wii Bowling, AR</div> 	<div>Jeans and Name Tag Day</div> <div>9:30 Fitness Combo, AR</div> <div>10:00 Blood Pressure Checks, AT</div> <div>11:00 Yoga Flow, EX</div> <div>2:00 Bingo, AR</div> <div>6:45 Bean Bag Baseball, AR</div>	<div>Wear R.E.D.</div> <div>9:30 Fitness Combo, AR</div> <div>11:00 Micki with Paparazzi Jewelry, AT</div> <div>2:30 Trivia, LB</div> <div>3:00 Hawthorn Expedition 2020 Kickoff Party, AR</div> <div>4:00 Resident Happy Hour, AR</div> <div>7:00 Poker Game, BR</div> 	<div>10:45 Creative Corner, BR</div> <div>11:00 Yoga Flow, EX</div> <div>3:00 Scrabble, BR</div> <div>6:45 Bingo, AR</div>
<div>Family Day!</div> <div>11:00 Wii Bowling, AR</div> <div>7:00 Prayer Meeting, CH</div>	<div>MARTIN LUTHER KING JR. DAY</div> <div>20</div> <div>Week in Morocco</div> <div>9:30 Fitness Combo, AR</div> <div>10:00 Exposa Travel: Morocco!, MT</div> <div>11:00 Retain That Brain, AR</div> <div>11:00 Chaplain Beth Classical Music &amp; Hymns, DR</div> <div>2:00 Able Hearing, LB</div> <div>3:00 Bean Bag Baseball, AR</div> <div>6:45 Pinochle, BR</div>	<div>9:30 Fitness Combo, AR</div> <div>10:30 Chat with Chef, AR</div> <div>11:30 Belly Dance Performance by Henna, DR</div> <div>2:00 Bunco, BR</div> <div>3:45 Trivia, LB</div> <div>6:45 Bingo, AR</div>	<div>Wear Bright Colors</div> <div>9:30 Fitness Combo, AR</div> <div>10:00 One Lucky Dog Mobile Grooming</div> <div>11:30 Bible Study with Scott Wallace, CH</div> <div>11:30 Dar Essalam Lunch Outing, BUS</div> <div>3:00 Crafting with Grace: Moroccan Mosaics, AR</div> <div>6:45 Wii Bowling, AR</div>	<div>Jeans and Name Tag Day</div> <div>9:30 Fitness Combo, AR</div> <div>10:00 Exploring Music with Kelly, AR</div> <div>10:00 Blood Pressure Checks, AT</div> <div>11:00 Yoga Flow, EX</div> <div>2:00 Bingo, AR</div> <div>6:45 Bean Bag Baseball, AR</div> 	<div>Wear R.E.D.</div> <div>9:30 Fitness Combo, AR</div> <div>10:30 Moroccan Tea Party, AR</div> <div>2:30 Trivia, LB</div> <div>3:00 Right, Left, Center, BR</div> <div>4:00 Resident Happy Hour, AR</div> <div>7:00 Poker Game, BR</div>	<div>10:45 Creative Corner, BR</div> <div>11:00 Yoga Flow, EX</div> <div>3:00 Scrabble, BR</div> <div>6:45 Bingo, AR</div>
<div>Family Day!</div> <div>11:00 Wii Bowling, AR</div> <div>7:00 Prayer Meeting, CH</div>	<div>Week in Egypt</div> <div>27</div> <div>9:30 Fitness Combo, AR</div> <div>11:00 Retain That Brain, AR</div> <div>12:00 Employee/Resident Mummy Competition, DR</div> <div>2:30 Live Poets Society, LB</div> <div>3:00 Bean Bag Baseball, AR</div> <div>6:45 Pinochle, BR</div> 	<div>9:30 Fitness Combo, AR</div> <div>10:00 Let's Talk with Dave &amp; Patti Eldridge, CH</div> <div>11:30 Resident/Manager Meeting, DR</div> <div>2:00 Bunco, BR</div> <div>3:00 Crafting with Grace: Egyptian Necklace, AR</div> <div>3:45 Trivia, LB</div> <div>6:45 Bingo, AR</div>	<div>Wear Black &amp; Gold</div> <div>29</div> <div>9:30 Fitness Combo, AR</div> <div>10:00 Exposa Travel: Egypt, MT</div> <div>11:30 Egyptian Lunch Outing, BUS</div> <div>3:00 Fly Swatter Volleyball, AR</div> <div>6:45 Wii Bowling, AR</div>	<div>Jeans and Name Tag Day</div> <div>30</div> <div>9:30 Fitness Combo, AR</div> <div>10:00 Blood Pressure Checks, AT</div> <div>11:00 Yoga Flow, EX</div> <div>2:00 Annie Sea Music Performance, AR</div> <div>6:45 Bean Bag Baseball, AR</div> 	<div>Wear R.E.D.</div> <div>9:30 Fitness Combo, AR</div> <div>2:30 Trivia, LB</div> <div>3:00 Egyptian Happy Hour, AR</div> <div>7:00 Poker Game, BR</div> 	



## Gobble, Gobble, Gobble!

Thanksgiving is always a fun and festive day here at Glenmoore! As residents and their families filled the dining room, we all took the time to talk about things we are thankful for this year. Health, happiness and family were our most popular answers, and it really showed! Smiles and laughter surrounded the dining room, making our day even brighter. Our outstanding kitchen staff and spectacular servers made sure everyone had what they needed, delicious food, cheerful service and no one left hungry.



*Residents Don and Marjorie Tonole  
and Jack and Ida Mae Hanks*



*Resident Valora Jones and her family*



*Residents John and Nancy  
Perry and their boys*



*Resident Ambassador Connie  
McClendon and her family*



*Resident Charlie Taft with his family*



*Resident Lorraine Brown's family came in droves!*



## Frosty Figures — Our Christmas Theme

Freshly fallen snow is nature's invitation for kids and kids at heart to build that classic symbol of winter, a snowman.

Though humans have probably been creating frosty figures since prehistoric times, the first known drawing of a snowman was found in a book from the late 1300s. With snow being an abundant and free material, artists in the Middle Ages used it to form detailed statues, and winter festivals showcased these works of art. In 1494, the ruler of Florence, Italy, commissioned a young Michelangelo to sculpt a snowman in his courtyard.

Over time, stacking three balls of snow into a human figure grew into a playful pastime for all. One of the earliest photographs, taken in 1845, was of a snowman. Around the turn of the 20th century, images of jolly snowmen started appearing on greeting cards and magazine covers. Later, they became the stars of many films, books and songs that remain popular today.



## January At-A-Glance

- 1/1st** — Eye Come To You — 9 a.m., AR
- 1/3rd** — Happy Valley Station — 11:30 a.m., BUS
- 1/6th** — James Graham Piano — 11 a.m., DR
- 1/8th** — Culinary Institute — 11:30 a.m., BUS
- 1/14th** — Will Spillette Vocal Performance — 11 a.m., DR
- 1/15th** — Ilani Casino — 9:30 a.m., BUS
- 1/17th** — Hawthorn Expedition 2020 Kickoff Party! — 3 p.m., AR
- 1/20th** — Our Week in Morocco!
- 1/20th** — Exposa Travel: Morocco — 10 a.m., MT
- 1/21st** — Belly Dance Performance by Henna — 11:30 a.m., DR
- 1/22nd** — One Lucky Dog Mobile Grooming (10 a.m.)
- 1/22nd** — Dar Essalam Moroccan Lunch Outing — 11:30 a.m., BUS
- 1/22nd** — Crafting with Grace: Moroccan Mosaic — 3 p.m., AR
- 1/24th** — Moroccan Tea Party — 10:30 a.m., AR
- 1/27th** — Week in Egypt!
- 1/27th** — Employee/Resident Mummy Competition — 12 p.m., DR
- 1/28th** — Crafting with Grace: Egyptian Necklace — 3 p.m., AR
- 1/29th** — Exposa Travel: Egypt — 10 a.m., MT
- 1/29th** — Egyptian Lunch Outing — 11:30 a.m., BUS
- 1/29th** — Fly Swatter Volleyball — 3 p.m., AR
- 1/30th** — Annie Sea Music Performance — 2 p.m., AR
- 1/31st** — Egyptian Happy Hour — 3 p.m., AR



*Tune in next month in your February calendar to learn more about our Gingerbread House competition!*



*Glenmoore's fabulous culinary team!*



12154 SE 114th Court  
Happy Valley, OR 97086



## *Leave Your Winter Worries Behind*

Enjoy the winter season by joining us for hot chocolate and homemade treats around a warm and cozy fire. You can count on things really "heating up" with our packed winter activities calendar. Please call for more information on any of the activities you'd like to participate in, or stop by for a complimentary meal and tour.

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