

JANUARY 2020

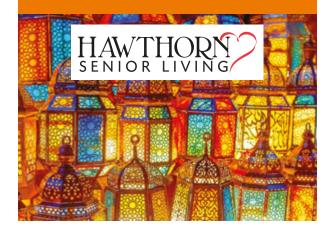
GLENMOORE STAFF

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 Expedition 2020!

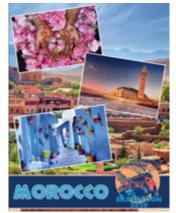
Start your engines, Glenmoore!
Beginning the week of January 20th
through February 7th, Glenmoore will be
hitting the road for an expedition across
Africa! We will be exploring these three
amazing destinations:

- Morocco
- Egypt
- Tanzania

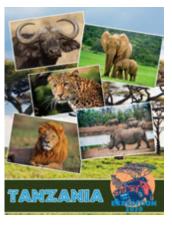
As we make our scheduled stops at each destination, we will be experiencing the food, history and culture of each of these

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

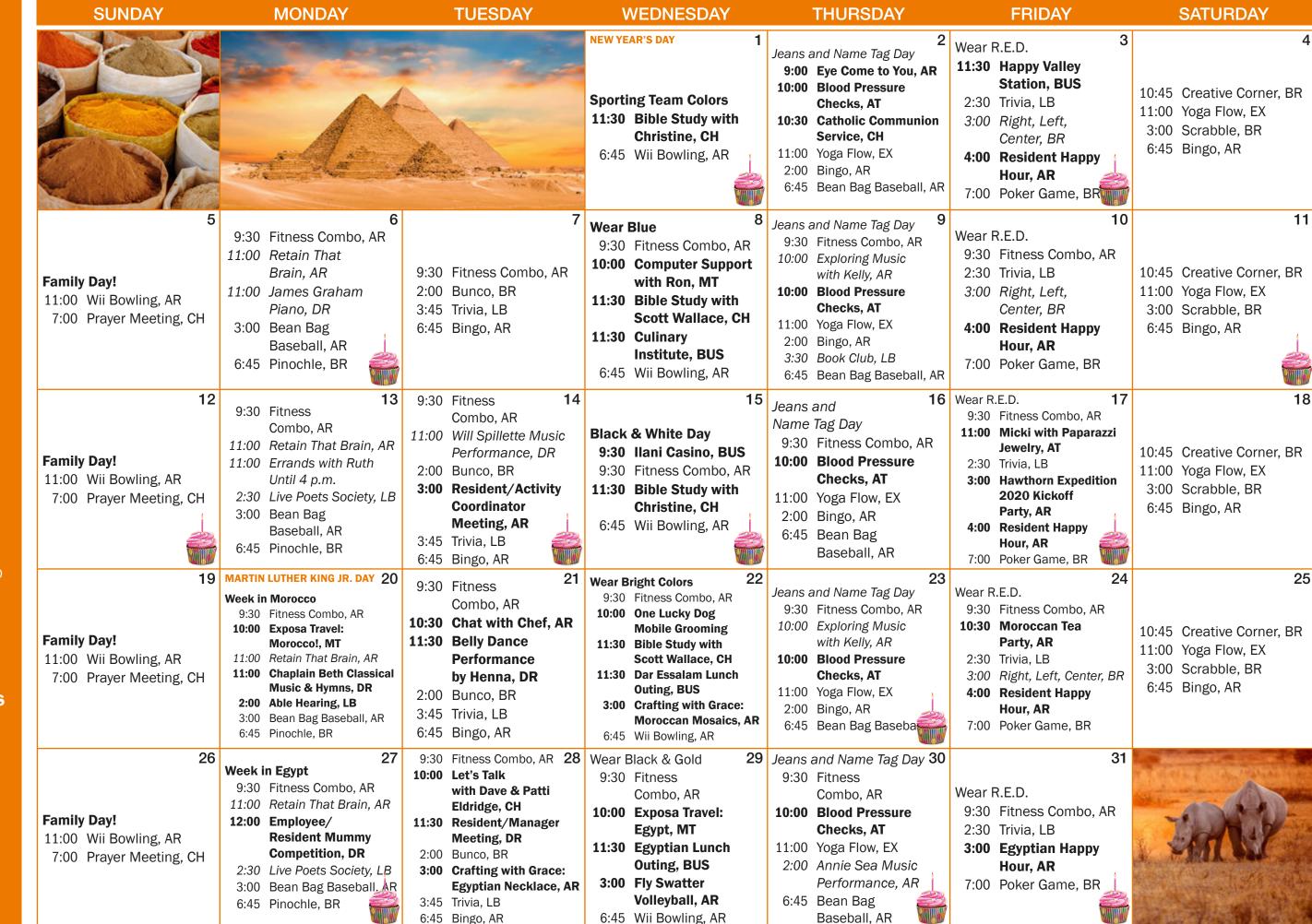
Activity Room, AR
Atrium, AT
Billiards Room, BR
Bus, BUS
Chapel, CH
Computer Center, CC
Dining Room, DR
Exercise Room, EX
Fire Pit, FP
Front Lobby, Lobby
Home Instead Office, HO
Library, LB
Movie Theater, MT
TV Room, TV

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.





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



Residents John and Nancy Perry and their boys



Resident Valora Jones and her family



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!





