

Glenmoore

Gracious Retirement Living

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

OCTOBER 2020

GLENMOORE STAFF

Managers.....DAVE & GINGER WOOD
Assistant Managers RICK
& RACHELLE MCCARTHY
Executive ChefKRISTIN WIGGINS
Activity CoordinatorGRACE MCLEAN
Maintenance Coordinator DANIEL RIDDLE
Transportation RUTH WOOD

TRANSPORTATION

Monday, 9:30 a.m.-noon:
Walmart and Fred Meyer

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

Wednesday, TBA: Outings

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

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

October At A Glance

Friday, October 2nd — Deep
Breathing with Grace at
3 p.m., AR

Tuesday, October 6th —
Rachael Varayne Vocal
Performance at 11 a.m.,
Courtyard

Wednesday, October 7th —
Ilani Casino at 9 a.m., BUS

Friday, October 9th — Smokin' Oak
BBQ Restaurant at 11:30 a.m.,
BUS

Monday, October 12th — Errand
Day with Ruth at 11 a.m., BUS

Tuesday, October 13th — Crafting
with Grace: Pour Painting at
10:30 a.m., AR

Wednesday, October 14th — Fruit
Loop: Apples & Pears at 9 a.m.

Friday, October 16th — Starry
Nights Prom with Special
Surprise Performance!

Wednesday, October 21st — Frog
Pond Farm Pumpkin Festival at
10:30 a.m., BUS

Wednesday, October 28th —
Saylor's Country Kitchen Dinner
Outing at 4:30 p.m., BUS

Friday, October 30th — Halloween
Costume Party!



HAWTHORN
SENIOR LIVING



Annual Summer Social Tea Party

A very special day for the ladies of Glenmoore, we had our annual tea party to celebrate each other and the bounty of the season. We enjoyed wearing our hand-decorated tea hats, a beautiful arrangement of finger foods prepared by our Executive Chef Kristin, and of course, tea! After our lovely meal, we headed outside for our group photo, but this was also a chance to parade the creative assortment of tea hats. Smiles and laughs were had by all, and we look forward to next year's event. Won't you join us?



Ladies of Glenmoore!



Cleo's "Grandma Set" on display.



Special set up for our special event in the alcove of the dining room



Executive Chef Kirstin and her beautiful display



Resident JoAn Hunt in her lovely tea hat!



Resident Cleo Rekart brought her pre-WWII Japanese tea set.



Labor Day Celebrations

Our resident favorite Elvis joined us for a festive and fun Labor Day this year. Performing the hits out in our courtyard, he said it was like our own little Hollywood Bowl! After a great show, we came inside to enjoy some delicious BBQ prepared by our incredible kitchen, with Executive Chef Kristin making the BBQ rub and sauce from scratch. We also enjoyed the most beautiful, individual-sized cherry pies with a whole heap of fresh whipped cream on top.



Resident Angie Bell wins one of our basket raffles!



Resident Shirley Burt shows off her cute basket.



Resident Galina Cooper is all smiles with her basket!

OCT 2020

Birthdays

Sylvia Doig, 4th
Bud Tibbetts, 4th
Patsy Palmer, 6th
Don Beck, 8th
Carol Kovacs, 11th
Judy Yimm, 17th

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

Here To Help

David and Patti
Eldridge,
503-896-6701.

BB’s Hair
Design

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<div>1</div> <div>Jeans & Name Tag Day</div> <div>9:30 Fitness Combo, AR</div> <div>11:00 Yoga Flow, EX</div> <div>2:00 Bingo, AR</div> <div>2:00 <i>Movie Time, MT</i></div> <div>3:30 Bean Bag Baseball, AR</div> <div>6:45 <i>Movie Time, MT</i></div>	<div>2</div> <div>Wear R.E.D.</div> <div>9:30 Fitness Combo, AR</div> <div>2:00 <i>Movie Time, MT</i></div> <div>2:30 Trivia, LB</div> <div>3:00 Deep Breathing with Grace, AR</div> <div>4:00 Resident Social Hour, AR</div> <div>6:45 <i>Movie Time, MT</i></div> <div>7:00 Poker Game, BR</div>	<div>3</div> <div>10:45 Creative Corner, BR</div> <div>11:00 Yoga Flow, EX</div> <div>2:00 <i>Movie Time, MT</i></div> <div>6:45 Bingo, AR</div> <div>6:45 <i>Movie Time, MT</i></div>
<div>4</div> <div>2:00 <i>Movie Time, MT</i></div> <div>4:30 Walking Group, AT</div> <div>6:45 <i>Movie Time, MT</i></div> <div>7:00 Prayer Meeting, CH</div> <div></div>	<div>5</div> <div>9:30 Fitness Combo, AR</div> <div>11:00 <i>Retain That Brain, AR</i></div> <div>2:00 <i>Movie Time, MT</i></div> <div>3:00 Bean Bag Baseball, AR</div> <div>6:45 <i>Movie Time, MT</i></div>	<div>6</div> <div>9:30 Fitness Combo, AR</div> <div>11:00 <i>Rachel Varayne Vocal Performance</i></div> <div>2:00 <i>Movie Time, MT</i></div> <div>3:00 Resident/Activity Coordinator Meeting, AR</div> <div>3:45 Trivia, LB</div> <div>6:45 Bingo, AR</div> <div>6:45 <i>Movie Time, MT</i></div> <div></div>	<div>7</div> <div>Wear Orange</div> <div>9:00 Ilani Casino, BUS</div> <div>9:30 Fitness Combo, AR</div> <div>2:00 <i>Movie Time, MT</i></div> <div>4:00 Walking Group, AT</div> <div>6:45 <i>Movie Time, MT</i></div>	<div>8</div> <div>Jeans & Name Tag Day</div> <div>9:30 Fitness Combo, AR</div> <div>11:00 Yoga Flow, EX</div> <div>2:00 Bingo, AR</div> <div>2:00 <i>Movie Time, MT</i></div> <div>3:30 Bean Bag Baseball, AR</div> <div>6:45 <i>Movie Time, MT</i></div> <div></div>	<div>9</div> <div>Wear R.E.D.</div> <div>9:30 Fitness Combo, AR</div> <div>11:30 Smokin’ Oak BBQ Restaurant, BUS</div> <div>2:00 <i>Movie Time, MT</i></div> <div>2:30 Trivia, LB</div> <div>4:00 Resident Social Hour, AR</div> <div>6:45 <i>Movie Time, MT</i></div> <div>7:00 Poker Game, BR</div>	<div>10</div> <div>10:45 Creative Corner, BR</div> <div>11:00 Yoga Flow, EX</div> <div>2:00 <i>Movie Time, MT</i></div> <div>6:45 Bingo, AR</div> <div>6:45 <i>Movie Time, MT</i></div>
<div>11</div> <div>2:00 <i>Movie Time, MT</i></div> <div>4:30 Walking Group, AT</div> <div>6:45 <i>Movie Time, MT</i></div> <div>7:00 Prayer Meeting, CH</div> <div></div>	<div>12</div> <div>COLUMBUS DAY</div> <div>9:30 Fitness Combo, AR</div> <div>11:00 <i>Retain That Brain, AR</i></div> <div>11:00 Errands with Ruth (Until 4pm), BUS</div> <div>2:00 <i>Movie Time, MT</i></div> <div>2:30 <i>Live Poets Society, LB</i></div> <div>3:00 Bean Bag Baseball, AR</div> <div>6:45 <i>Movie Time, MT</i></div>	<div>13</div> <div>9:30 Fitness Combo, AR</div> <div>10:30 Crafting with Grace: Halloween Door Hanging, AR</div> <div>2:00 <i>Movie Time, MT</i></div> <div>3:45 Trivia, LB</div> <div>6:45 Bingo, AR</div> <div>6:45 <i>Movie Time, MT</i></div>	<div>14</div> <div>Wear Fall Colors</div> <div>9:00 Hood River Fruit Loop, BUS</div> <div>9:30 Fitness Combo, AR</div> <div>2:00 <i>Movie Time, MT</i></div> <div>4:00 Walking Group, AT</div> <div>6:45 <i>Movie Time, MT</i></div>	<div>15</div> <div>Jeans & Name Tag Day</div> <div>9:30 Fitness Combo, AR</div> <div>11:00 Yoga Flow, EX</div> <div>2:00 Bingo, AR</div> <div>2:00 <i>Movie Time, MT</i></div> <div>3:30 Bean Bag Baseball, AR</div> <div>6:45 <i>Movie Time, MT</i></div>	<div>16</div> <div>Wear R.E.D.</div> <div>9:30 Fitness Combo, AR</div> <div>2:00 <i>Movie Time, MT</i></div> <div>2:30 Trivia, LB</div> <div>4:00 Resident Social Hour, AR</div> <div>6:45 <i>Movie Time, MT</i></div> <div>6:45 Starry Nights Prom!, AR</div> <div>7:00 Poker Game, BR</div>	<div>17</div> <div>10:45 Creative Corner, BR</div> <div>11:00 Yoga Flow, EX</div> <div>2:00 <i>Movie Time, MT</i></div> <div>6:45 Bingo, AR</div> <div>6:45 <i>Movie Time, MT</i></div> <div></div>
<div>18</div> <div>2:00 <i>Movie Time, MT</i></div> <div>4:30 Walking Group, AT</div> <div>6:45 <i>Movie Time, MT</i></div> <div>7:00 Prayer Meeting, CH</div>	<div>19</div> <div>9:30 Fitness Combo, AR</div> <div>11:00 <i>Retain That Brain, AR</i></div> <div>2:00 <i>Movie Time, MT</i></div> <div>3:00 Bean Bag Baseball, AR</div> <div>6:45 <i>Movie Time, MT</i></div>	<div>20</div> <div>9:30 Fitness Combo, AR</div> <div>10:30 Chat with Chef, AR</div> <div>2:00 <i>Movie Time, MT</i></div> <div>3:45 Trivia, LB</div> <div>6:45 Bingo, AR</div> <div>6:45 <i>Movie Time, MT</i></div>	<div>21</div> <div>Wear Green</div> <div>9:30 Fitness Combo, AR</div> <div>10:30 Frog Pond Farm Pumpkin Festival, BUS</div> <div>2:00 <i>Movie Time, MT</i></div> <div>4:00 Walking Group, AT</div> <div>6:45 <i>Movie Time, MT</i></div>	<div>22</div> <div>Jeans & Name Tag Day</div> <div>9:30 Fitness Combo, AR</div> <div>11:00 Yoga Flow, EX</div> <div>2:00 Bingo, AR</div> <div>2:00 <i>Movie Time, MT</i></div> <div>3:30 Bean Bag Baseball, AR</div> <div>6:45 <i>Movie Time, MT</i></div>	<div>23</div> <div>Wear R.E.D.</div> <div>9:30 Fitness Combo, AR</div> <div>2:00 <i>Movie Time, MT</i></div> <div>2:30 Trivia, LB</div> <div>4:00 Resident Social Hour, AR</div> <div>6:45 <i>Movie Time, MT</i></div> <div>7:00 Poker Game, BR</div>	<div>24</div> <div>10:45 Creative Corner, BR</div> <div>11:00 Yoga Flow, EX</div> <div>2:00 <i>Movie Time, MT</i></div> <div>6:45 Bingo, AR</div> <div>6:45 <i>Movie Time, MT</i></div>
<div>25</div> <div>2:00 <i>Movie Time, MT</i></div> <div>4:30 Walking Group, AT</div> <div>6:45 <i>Movie Time, MT</i></div> <div>7:00 Prayer Meeting, CH</div>	<div>26</div> <div>9:30 Fitness Combo, AR</div> <div>11:00 <i>Retain That Brain, AR</i></div> <div>2:00 <i>Movie Time, MT</i></div> <div>2:30 <i>Live Poets Society, LB</i></div> <div>3:00 Bean Bag Baseball, AR</div> <div>6:45 <i>Movie Time, MT</i></div>	<div>27</div> <div>9:30 Fitness Combo, AR</div> <div>10:00 Let’s Talk with Dave & Patti Eldridge, CH</div> <div>10:30 Crafting with Grace: Pour Painting, AR</div> <div>11:00 Resident/Manager Meeting, DR</div> <div>2:00 <i>Movie Time, MT</i></div> <div>3:45 Trivia, LB</div> <div>6:45 Bingo, AR</div> <div>6:45 <i>Movie Time, MT</i></div>	<div>28</div> <div>Wear Something Halloween Themed</div> <div>9:30 Fitness Combo, AR</div> <div>2:00 <i>Movie Time, MT</i></div> <div>4:00 Walking Group, AT</div> <div>4:30 Saylor’s Country Kitchen, BUS</div> <div>6:45 <i>Movie Time, MT</i></div>	<div>29</div> <div>Jeans & Name Tag Day</div> <div>9:30 Fitness Combo, AR</div> <div>11:00 Yoga Flow, EX</div> <div>2:00 Bingo, AR</div> <div>2:00 <i>Movie Time, MT</i></div> <div>3:30 Bean Bag Baseball, AR</div> <div>6:45 <i>Movie Time, MT</i></div>	<div>30</div> <div>Wear R.E.D.</div> <div>9:30 Fitness Combo, AR</div> <div>1:45 Halloween Costume Party!, AR</div> <div>2:00 <i>Movie Time, MT</i></div> <div>2:30 Trivia, LB</div> <div>4:00 Resident Social Hour, AR</div> <div>6:45 <i>Movie Time, MT</i></div> <div>7:00 Poker Game, BR</div>	<div>31</div> <div>HALLOWEEN</div> <div>Happy Halloween!</div> <div>10:45 Creative Corner, BR</div> <div>11:00 Yoga Flow, EX</div> <div>2:00 <i>Movie Time, MT</i></div> <div>6:45 Bingo, AR</div> <div>6:45 <i>Movie Time, MT</i></div>



Get Wise About Owls

Mysterious and a little spooky, owls have captured our imaginations since ancient times. These birds have features that may make your head spin!

- An owl can turn its head almost all the way around without moving its body. Unique bones in the bird's neck allow it to twist to the left or the right 270 degrees.
- Owls need this ability because they can't move their large eyes, their most notable trait. Working like binoculars, an owl's eyes are tube-shaped and fixed in place.
- They're known for their hooting calls, but some owls hiss, whistle, growl or bark.
- Owls have such sensitive hearing, they can detect a mouse under snow.
- Thanks to their broad wings and thick feathers that muffle noise, the birds barely make a sound when flying.
- Most owls are active at night, giving us the expression "night owl."
- Owls are zygodactyl, meaning their feet have two toes that face forward and two that face backward. That trait, along with their sharp talons, gives them a powerful grip.
- Why are owls considered wise and used to symbolize knowledge? In Greek mythology, Athena, the goddess of wisdom, was often depicted with owls.
- At about 5 inches, the elf owl is the tiniest owl species. Compare that to the great gray owl, which can be over 30 inches tall.



A Bumper Crop of Health Benefits

Pumpkins are popping up everywhere, but don't miss an opportunity for this superfood to decorate your plate. It has a bounty of health benefits.



A strong immune system is vital, especially during fall and winter.

In addition to a good amount of vitamin C, pumpkin is packed with beta carotene, an antioxidant that gives the squash its bright orange color. The body converts beta carotene to vitamin A, which along with vitamin C, helps fight off infections and viruses. Vitamin A also supports vision and eye health.

Take advantage of this fall fruit for its stomach-satisfying fiber. Eating a serving of pumpkin can help you feel full and promotes healthy digestion. Additionally, high-fiber foods are essential for a healthy heart and stable blood sugar levels.

The potassium found in pumpkin also contributes to heart health and can pump up muscle function. There's more potassium in a cup of pumpkin than in a banana.

Take note of an important reminder from nutritionists: Many festive ways to eat pumpkin aren't so healthy, particularly pumpkin-flavored foods that are processed or loaded with sugar. Pumpkin pie, pumpkin muffins and pumpkin spice lattes are seasonal menu favorites that should be indulged in as an occasional treat.

Simple Ways To Make Someone Smile

World Smile Day, October 2nd, is a day devoted to spreading smiles. It's easy to celebrate; just make those around you beam with happiness by way of a kind act.

Simply letting someone know you thought of them will produce a grin. All it takes is a sincere compliment, a thank-you, a word of encouragement, or expressing why you're proud of them. Sharing a silly joke often works too!

Seeing your words can be powerful to another person. Go old school and write them a handwritten letter. Jot some positive thoughts on sticky notes and post them around your community. Put a note in your mailbox saluting the letter carrier.

Everyone likes an unexpected treat, so surprise someone with homemade cookies or buy a candy bar or cup of coffee and give it away. Leave a few quarters at the laundromat or add coins to a random parking meter. Drop off or mail a care package.



Oh, We're Going To The Hukilau!

Okay, maybe we didn't do any traditional Hawaiian fishing, but we did have a fabulous luau here at Glenmoore! Our Sous Chef Michael lived on the Big Island for 10 years and made us the most amazing Hawaiian mixed plate meal of kalua pork and teriyaki chicken, fried rice and grilled vegetables. After our wonderful meal, we headed outside for some live music featuring The Lost Hawaiians and our Tiki Bar, featuring blue Hawaiian punch, POG juice (passion fruit, orange and guava) and Pineapple Ginger fizz. The sun was shining, and the music was melodic, relaxing and made us feel like we were on the beach in Hawaii.



Resident Don Nowell goofing around with his lei!



Resident Pat Schroeder enjoys the Tiki Bar.



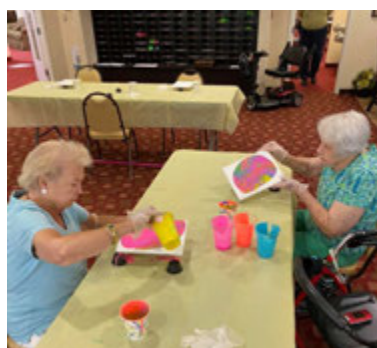
Residents Eddie Tabello and Mace Flye having fun.



Regional Chef Darren pours coffee in a grass skirt, proving we love to have fun here at Glenmoore.

Art at Glenmoore!

Whether it is a step-by-step painting class with Melissa or an Activity Coordinator run paint class like pour painting, we have a ton of creative people living here!



Residents Patti Utter and Alice Cowan learn pour painting techniques.



Resident Virginia Medina join the pour painting class!



Resident Angie Bell is all smiles at our outdoor painting class.



Resident Legard Waldrop never misses a class with Melissa.



Resident Jean Holboke enjoys our step-by-step paint class with Melissa!



All of the canvases from our pour painting class.



12154 SE 114th Court
Happy Valley, OR 97086



Our caring staff is here for you any time, day or night, and all utilities except phone are included in one reasonable monthly rent. We offer local, comfortable transportation for shopping, appointments and other scheduled activities. We also take care of the cooking, weekly housekeeping and maintenance, so you can spend more time with new friends and family.



503-698-3555