








CORNELL ESTATES

March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>CORNELL ESTATES Independent & Assisted Living</p>	<p>HAPPY BIRTHDAY!</p> <p>3/2 Bill Muller 3/4 Earlene Sheley 3/5 Elaine Groff 3/7 Peggy McCuen 3/9 Pat Ehresmann 3/10 Donna McMahon 3/10 Don Yarnell 3/11 Larry Ingram 3/13 Betty Minor</p>	<p>3/14 Nancy Keetch 3/16 Jeff Armstrong 3/16 Fran Whittaker 3/18 Fred Vinell 3/20 Nina Ingraham 3/23 Cyndi Turtledove 3/27 Kathleen Hoy 3/29 Debbie Pentkowski 3/30 Mary White</p>	<p>MARCH 20TH is the first day of</p> <p>SPRING</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 Bingo for Chocolate RLPR 10:15 Coffee & Conversation CAC 1:15 Movie, Rated PG "The African Queen" MR 1:30 Dish Round-Up 2:00 Pretty Nails CAC 2:00 Five Crowns CAC</p>
<p>2 9:15 Worship Service PR 10:20 Exercise PR 1:15 Movie, Not Rated "Newton's Grace" MR 2:30 Mexican Train RL2FA</p>	<p>3 9:15 Stretch & Energize PR 10:00 Bingo for Chocolate RLPR 1:00 Resident Council RLPR 2:30 Bean Bag Baseball PR</p> 	<p>4 9:15 Stretch & Energize PR 9:30 The Writers Club RLCAC 10:00 Blood Pressure Check ML 11:00 Laddie Boy Design ML 1:15 Blue Bloods MR 1:30 Shop Fred Meyer ML 1:30 Color Time CAC 3:30 Reading by Anne RLCAC</p>	<p>5 9:15 Stretch & Energize PR 10:00 Cornell College MR 1:30 Scrabble RLILR 2:30 Bean Bag Baseball PR 6:30 Poker RLCAC</p>	<p>6 9:15 Stretch & Energize PR 10:45 Lunch at Panera Bread ML 1:15 Movie, Not Rated "Please Don't Eat the Daisies" MR 2:00 Brookwood Library ML 2:30 Spanish through the Arts RLALR 3:30 Reading by Anne RLCAC 6:30 Pinochle RLCAC</p>	<p>7 9:15 Stretch & Energize PR 10:00 Bible Study with David & Anne Cliffe CAC 1:00 Crochet with Laurie SR</p> <p>2:30 The FASCINATING HISTORY of SUBMARINES by Jeff Dorman PR</p>	<p>8 9:15 Stretch & Energize PR 10:00 Bingo for Chocolate RLPR 10:15 Coffee & Conversation CAC 1:15 Movie, Rated PG-13 "A River Runs Through It" MR 1:30 Dish Round-Up 2:00 Craft CAC</p>
<p>9 DAYLIGHT SAVINGS TIME  9:15 Worship Service PR 10:20 Exercise PR 1:15 Movie, Rated PG "The Man From Snowy River" MR 2:00 Family Boardgames (Game Fest) RLCAC</p>	<p>10 9:15 Stretch & Energize PR 10:00 Bingo for Chocolate RLPR 1:30 Chef's Chat PR 2:30 Bean Bag Baseball PR</p>	<p>11 P.U. Dental Group at Cornell 9:15 Stretch & Energize PR 9:30 The Writers Club RLCAC 10:00 Blood Pressure Check ML 1:15 Blue Bloods MR 1:30 Shop Dollar Tree ML 1:30 Color Time CAC 3:30 Reading by Anne RLCAC</p>	<p>12 9:15 Stretch & Energize PR 10:00 Cornell College MR 1:30 Scrabble RLILR 1:30 Book Club Meets CAC 2:30 Volunteer to Meet with Pacific University Students PR 6:30 Poker RLCAC</p>	<p>13 GOODWILL PICK-UP DAY 9:15 Stretch & Energize PR 10:00 Garden Meeting CAC 1:30 Trip to Target ML 2:00 Methodist Church Visits CAC 2:30 Spanish through the Arts RLALR 3:30 Reading by Anne RLCAC 6:30 Pinochle RLCAC</p>	<p>14 9:15 Stretch & Energize PR 10:00 Bible Study with David & Anne Cliffe CAC 1:00 Crochet with Laurie SR 1:15 Movie, Rated G "Finian's Rainbow" MR 2:30 Bean Bag Baseball PR</p>	<p>15 9:15 Stretch & Energize PR 10:00 Bingo for Chocolate RLPR 10:15 Coffee & Conversation CAC 1:15 Movie, Rated PG "My Big Fat Greek Wedding" MR 1:30 Dish Round-Up 1:30 Trivia CAC 2:30 Five Crowns CAC</p>
<p>16 9:15 Worship Service PR 10:20 Exercise PR 1:15 Movie, PG "Love's Abiding Joy" MR 1:30 Art or Craft CAC 2:30 Mexican Train RL2FA</p>  <p> Begins this Week</p>	<p>17 <i>Happy St. Patrick's Day</i> 9:15 Stretch & Energize PR 10:00 Bingo for Chocolate RLPR 1:30 Town Hall PR 2:30 Bean Bag Baseball PR</p> 	<p>18 9:15 Stretch & Energize PR 9:30 The Writers Club RLCAC 10:00 Blood Pressure Check ML 1:15 Blue Bloods MR 1:30 Shop Walmart ML 1:30 Color Time CAC 3:30 Reading by Anne RLCAC</p>	<p>19 9:15 Stretch & Energize PR 10:00 Activity Meeting PR 1:30 Scrabble RLILR 1:30 Senior Serenaders Birthday Party PR 2:30 Spanish through the Arts RLALR 2:30 Bean Bag Baseball PR 6:30 Poker RLCAC</p>	<p>20 FIRST DAY OF SPRING 9:15 Stretch & Energize PR 10:00 Catholic Communion Service CAC 10:00 Scenic Drive ML 2:30 HAPPY HOUR with Uncle Dave PR </p>	<p>21 9:15 Stretch & Energize PR 10:00 Bible Study with David & Anne Cliffe CAC 1:00 Crochet with Laurie SR 1:15 Movie, Rated PG "Hugo" MR 2:30 Radio Show ALR</p>	<p>22 9:15 Stretch & Energize PR 10:00 Bingo for Chocolate RLPR 10:15 Coffee & Conversation CAC 1:15 Movie, Not Rated "Bye Bye Birdie" MR 1:30 Dish Round-Up 2:00 Telestrations Game CAC</p>
<p>23 9:15 Worship Service PR 10:20 Exercise PR 1:15 Movie, Rated G "Hachi" MR 2:00 Family Boardgames (Game Fest) RLCAC</p>	<p>24 9:15 Stretch & Energize PR 10:00 Bingo for Chocolate RLPR 1:30 Safety Class RLMR 2:30 Piano Recital with Susan Todd's Students PR</p>	<p>25 9:15 Stretch & Energize PR 9:30 The Writers Club RLCAC 10:00 Blood Pressure Check ML 1:15 Blue Bloods MR 1:30 Shop Bi-Mart ML 1:30 Color Time CAC 1:30 All Staff Meeting PR 3:30 Reading by Anne RLCAC</p>	<p>26 9:15 Stretch & Energize PR 10:00 Cornell College MR 1:30 Scrabble RLILR 2:30 Bean Bag Baseball PR 6:30 Poker RLCAC</p>	<p>27 9:15 Stretch & Energize PR 10:45 Lunch at KFC & A&W ML 1:45 Trip to New Michael's Craft Store ML 2:30 Spanish through the Arts RLALR 3:30 Reading by Anne RLCAC 6:30 Pinochle RLCAC</p>	<p>28 9:15 Stretch & Energize PR 10:00 Bible Study with David & Anne Cliffe CAC 1:00 Crochet with Laurie SR 1:15 Movie, Rated PG "Amelia" MR 2:30 Bean Bag Baseball PR</p>	<p>29 9:15 Stretch & Energize PR 10:00 Bingo for Chocolate RLPR 10:15 Coffee & Conversation CAC 1:15 Movie, Rated PG "Field of Dreams" MR 1:30 Dish Round-Up 2:00 Balloon Badminton PR</p>
<p>30 9:15 Worship Service PR 10:20 Exercise PR 1:15 Movie, Rated PG-13 "The Blind Side" MR 2:30 Mexican Train RL2FA</p>	<p>31 9:15 Stretch & Energize PR 10:00 Bingo for Chocolate RLPR 2:30 Bean Bag Baseball PR</p>					

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. 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 30 minutes long. Meets in the Party Room or patio.

CORNELL COLLEGE: In this class we watch a DVD and have a discussion afterwards. Meets in the 3rd floor Movie Room. *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. 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. Meets in the Cascade Activity Center.

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!*

MOVIE: Enjoy a wide range of Movies in Cornell's 3rd Floor Movie Room! Currently we schedule most movies on Friday, Saturday and Sunday afternoons. On Tuesday afternoons we have been showing a television series.

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!*

POST ME ON YOUR FRIDGE



DISH ROUND-UP: Please set outside your door any Cornell Estates dishes before 1:30pm on Saturdays. Staff will be by to retrieve.

FAMILY BOARD GAMES... GAME FEST: Play a variety of short, simple and fun board games like Splendor and Trans America. Also, we can play your games! John and Laurie Van De Graaf will host. *Sign up in Activity Binder!*

BOOK CLUB: Enjoy reading and discussing a book with the group, or share about a book you are currently reading. Meets on the second Wednesday of the month. Marjory Berry hosts and organizes this club. *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!*

MORE GAMES: PINOCHLE on Thursday evenings and **SCRABBLE** on Tuesday afternoons. *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: This month will be held on the 2nd Monday, 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: This month will be held on the 3rd Monday, residents can come and talk with the kitchen staff.

TOWN HALL: This month will be held on the 4th Monday, at the Town Hall, management will talk to the residents about questions and comments shared in the previous month's Resident Council Meeting.

ACTIVITY MEETING: During this time we will be discussing next month's activity calendar. Come give your input and suggestions.