

Café News

June Lavoie

Your Café team would like to remind all of you about our new ice cream bar!
New flavors starting July 1st:

- Maui Wauai Sherbet
- Huckleberry Cream
- No sugar added** Sweet Cherry
- Rocky Road.

Only .75 a scoop. Have just one or stack them tall! We offer bowls and cones.
Come one come all for a sweet, cool treat and spend some quality time with a friend!

Hours noon to 3:30 pm daily
No delivery of Ice Cream!

Please remember to join us for lunch as well. We have seating and food for all!
Thank you for all the support during the pandemic. We look forward to seeing many faces return!

Your Team,
June, Sam, Tonya, Nicole and Rose



JULY 2021

As I'm writing this, we are experiencing the hottest temperatures on record here! I don't think I've ever experienced 115 degree heat...So, hopefully, July will bring more "normal" temperatures. Especially since, after 16 long months, Oregon has loosened restrictions and we will be able to start resuming more "normal" activities here at The Village.
Please do be patient with us as we add outings, events and more gatherings as it will take time to plan and implement them after such a long time.
I am excited to share 3 outings this coming month and I highly encourage our newer residents to participate! We also will have 2 bingo games, since the June one was cancelled due to the heat. But, I am MOST excited about our "Village Summer Olympics"!! There is an event for everyone to have fun with and practice during July. The "Games" themselves will be in August. Read about them in the insert in this newsletter. There is another chance to get fit with another "Get Moving" Challenge. Come get your passport and participate!
Have a wonderful July and a Blessed 4th!

~ Solveig 

Know Your Neighbors Tiffany Brasesco

Sylvia Hornback, #10

Sylvia was born in Boise, ID and grew up in the Napa area of California from the age of five. Growing up in California meant that the weather was very similar throughout the year. That meant summertime wasn't necessarily much different from winter, besides maybe adding a layer of clothing. Sylvia spent much of her childhood time out in the woods playing and climbing trees.

Sylvia enjoys traveling. When she was working, she would travel to Hawaii for a couple months every year. More recently Sylvia went on a crazy adventure – she traveled with a group of people for three weeks and visited 23 countries, staying no longer than 2 days in a country! Italy was the highlight of the adventure but she truly enjoyed every location. In her downtime, Sylvia enjoys books. Currently she is working her way through the Harry Potter series, but really enjoys historical and mystery genres.

WELCOME NEW NEIGHBORS

Rosemary Hopkins into #29
Marilyn Geary-Symons into #26
Thelma Rutledge into #87
Ellie & Steve Lytsell into #116
Grace Ball into #328



AN IMPORTANT MESSAGE FROM THE OFFICE!

Monthly Statements will be available at the office for you to pick up and pay!
THANK YOU!

The Village Office will be closed Monday, July 5th for the Independence Day holiday.



On these warm days make sure to stay hydrated and




Administrator's Corner

Dear Residents,

Wow! It sure was hot. I am so glad that heat is behind us and I hope it never comes back! I hope all of you managed well. Please remember to drink lots of water and avoid being out in the sun when it gets really hot.

I am so glad that at this point almost all of the apartments have air conditioning. When it does get hot, please remember to let your thermostat keep your apartment cool from the start. Don't wait until the heat gets so bad that you have to turn it on. The units are not designed to work like that. They will do a good job of keeping your apartment comfortable, but if you expect them to change your room temperature by 20 degrees when it is already 90 degrees inside and 110 degrees outside, it is expecting too much.

Our remodeling is going strong. We are working on 4 units and have 3 to go. The end is in sight! We are working on units 82, 83, 60 and 13. Work should start on units 14 and 15 within about a month. Thank you for your patience as we finish this huge project. We will be working on apartment turnovers at apartment #'s 87, 116, 328 and 110.

With the release of the Covid restrictions, I would encourage each of you to start being involved in Village life again. We are looking for volunteers to help us plan our activities, and volunteers to be involved in helping to make The Village the wonderful place that it is. Please let us know which areas you are interested in helping out in. Come to the Café to eat good food and visit with your friends and neighbors and to meet new people. Stop by the puzzle table and put in a piece or two as you visit with those in the lobby. Join in the activities that are offered. If you are interested in volunteering in the Gresham community, look at the volunteer board to see what others have been doing. The more you are with others the more fulfilled and happy you will be. - "The more we give, the more we live."

We are still working on the city regulations and the proposals for installing gates on our entrances. They would be closed only at night. If all goes well we want to have them installed within a couple of months. Be watching for more information as we get final approvals and work out the details.

Our Thankfulness Wall asks the question: "What are you most looking forward to doing this summer?" Stop by and share your thoughts and see what others have written.

Have a great July!

Quote for the Month

"The more you give, the more you live."

EXERCISE CLASSES

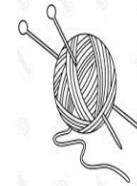
Monday, Wednesday, Fridays
8:30 and 9:15
Community Room



Come get moving and get your heart pumping! There is no longer any limitations on the number of participants, so come and work on getting healthy!

KNITTERS & MORE

MONDAYS at 2:00 pm
Community Room



Join us every Monday
to learn, share and visit!
All are welcome!

BINGO!

TUESDAY, July 6th
(rescheduled from June 29th)

AND

TUESDAY, July 27th
1:30 PM ~Community Room

Bring your friends, neighbors and your LUCK to our first BINGO games in a long time!

There will be light refreshments and lots of prizes to be won!



CHIME CHOIR

MONDAYS at 2:00 pm,
beginning July 12th
Small Meeting Room



The sweet sounds of our Village Chime Choir will once again echo through the Community Building! We have a wonderful time making music together and we invite you to come and participate! If you have any questions, please call Solveig.

ACTIVITY COMMITTEE

TUESDAY, July 20th

11:00 am ~ Small Meeting Room

Anyone is invited to meet to plan our activities as we are slowly opening up. Come share your ideas! Notice the change in meeting times!

CRAFT TIME WITH LOIS

FRIDAY, July 23rd

1:30 pm ~ ~ Small Meeting Rm.



Lois helps us make wonderful crafts every month. Come and enjoy friends and neighbors while you make something creative. **Be sure to sign up!**



MULTNOMAH COUNTY LIBRARY OUTREACH

WEDNESDAY, July 28th

1:30 pm—2:15 pm
Community Room

The library is finally able to return to The Village to check out books to you!

GROCERY BUS & GROCERY SHOPPING

We are currently offering the grocery bus on Fridays at 8:30 am for trips to Fred Meyers or Winco. **The bus is limited to 12 passengers.** Please sign up at the office.

If you would prefer us to shop for you on Thursday, please have your list ready by Wednesday and call the office for it to be picked up. **\$5 service fee.**

THE GOLDEN GOLF BALL

Don't forget to look for the golden golf ball hidden somewhere on campus. Take a walk and see if you can find it!. If you DO find it, bring it to Solveig or Caroleana for a prize. The golf ball will then be hidden in another outdoor location for someone else to find.



The Village Foundation

We had the Senior Shuffle on the 18th which turned out to be a very nice day. Everyone enjoyed visiting and meeting new neighbors while getting some exercise. You only have 2 more days to bring your donations to the Foundation garage #29. They are July 13th and August 11th between 1 and 3 PM. Please make sure the item is in good condition and clean. If you need assistance in getting the item(s) to us just call the office and request the help.

The Village Foundation Community Sale will be August 31st at 4:30 for staff and residents and then open to the public on September 1st and 2nd and 1/2 day on the 3rd. Thank you for supporting Your Foundation. All the proceeds from these events go right back to assist any resident that is in need of financial assistance and also some amenities in the community to make our lives better and more secure. The Village will be having security gates installed at both the east and west entrance of which the Foundation will assist in the total cost.

God Bless Each of You ~Jan



Please remember that the speed limit throughout The Village is only **10 MPH.** We would appreciate it if you could remind your friends and family when they come to visit. Please be aware of stopping at intersections as well!

COLUMBIA MEDICAL ALERT

Alert pendants are a wonderful protection and give PEACE OF MIND. One can never know when a fall or a medical crisis might happen. I want to encourage every resident to consider this service. Contact Caroleana if interested.

VILLAGE VOICES

FOURTH OF JULY

by Ann Ingermanson



See how many flags are flying?
Today we are Fourth of Julying.
It's the time to celebrate -
What other country is so great?

I think of how much blood was shed
To defend those stripes of white and red.
Each white star in the field of blue
Represents a state with citizens who

Gave their lives so that flag could fly.
And even today still more will die
In countries far across the sea,
Purchasing freedom for you and me.

**HOME
OF THE
FREE
BECAUSE
OF THE
BRAVE**

The Village offers many different worship choices here on Campus

The Village Adventist congregation meets on Saturday mornings at 10:30 am. Please make a reservation with Lee Haynes if you would like to attend. There is also a Wednesday evening prayer meeting and Sabbath School at 6:00 pm.

The Village Community Church group meets Sundays at 4:00 pm.

All are welcomed and encouraged to attend any or all of the meetings!

JULY BIRTHDAYS

- | | | | |
|----|-----------------------|----|------------------|
| 1 | Kathy Davis | 17 | Bob Burbach |
| 2 | Teresa Lilly-Halbrook | 20 | Wendall Wagler |
| 4 | Pat Hoshal | 22 | Solveig Nyberg |
| 6 | Robert Turner | 24 | Nancy Armintrout |
| 7 | Jerry Davis | 25 | Rose Barrows |
| 9 | June Lavoie | 25 | Linda LeBlond |
| 15 | Linda Price | 25 | Linda Skeels |
| 15 | Carla Brass | 26 | Ruth Fevec |
| 16 | Samantha Carlson | 31 | Timothy Krueger |
| 16 | Donna Thomas | | |



CONGRATULATIONS TO THE
VILLAGE'S
ROSE FESTIVAL PORCH
PARADE WINNERS!

Most Beautiful: #39 Tiney Husbands
"Butterflies and Roses"
Most Original: #63 Laurie Rhodes
"Laurie's Fairy Garden"
Most Joyful: #16 Bonnie Stevens
"Americana"

Honorable Mentions:
#11 Veronica and JR Stai "Red, White and Blue"
#20 Esther Jones "Roses"
#66 JudyAnn Schwartzkopf
#103 Joy Williams
#315 Sue Messenger



Thank you to everyone that participated and thanks to all who help make our campus a beautiful place to live!



A Special Thank you to everyone who came out in the heat to support **ALZHEIMER'S AWARENESS DAY**

on the first day of summer. The activity committee matched the funds we raised at the lemonade stand and we were able to send \$50 dollars to our local Alzheimer's Association.

Please read the insert contained in the newsletter about ways you can interact with people who suffer from this disease.

THE VILLAGE EXERCISE
"GET MOVING" CHALLENGE

Tuesday, July 6th—Monday, July 19th

We hope you've been taking advantage of our "Get Moving" Circuit.

There are seven "stations" around our Village circle, where you can stop during your walk and do an exercise. The exercises and their descriptions will be posted at each station. Inside the community building are maps of the campus with the locations of the stations, the exercise to do at each place and a description of the exercise. You may want to familiarize yourself with the exercises before you go attempt them on the circuit.

To add a little fun and incentive, we'll be having another "Passport Challenge" from July 6th—July 19th. Pick up a circuit "passport" at the Community Center. The passports will be available starting Tuesday, July 6th. When you have finished walking and doing all the exercises on the circuit, you may bring your passport back to the Community Center and stamp it. There will be a total of 12 times you can stamp the passport. This will be totally on the honor system—we will trust that you REALLY did all the exercises! You can earn **ONE** stamp per day.

On Tuesday, July 20th, from 2—4 pm, we'll have the lemonade stand set up in front of the community building where you can redeem your passport stamps for goodies!

Grab a friend or support partner and "GET MOVING!"



DINNER OUT TO HEIDI'S

THURSDAY, July 8th
4:30 PM ~ \$3 Bus

Finally, we can go out and eat together - so let's go to one of our favorite restaurants, Heidi's! With good home-style food and fabulous desserts, there's something for everyone on their menu!

**SHOPPING TRIP TO PACS/
EZ FREEZY FROZEN YOGURT**

TUESDAY, July 13th
1:30 PM ~ \$3 Bus

Come and check out this wonderful thrift store and support PACS. After our fun shopping trip, we'll cool ourselves off with the best frozen yogurt in town!



OUTING TO COLUMBIA GORGE INTERPRETIVE CENTER/

Lunch in Cascade Locks

THURSDAY, July 22nd
11:00 AM ~ \$18 Bus & admission

Get out of the house and come enjoy a beautiful excursion down the Columbia Gorge to Cascade Locks where we will have lunch on the river. Then we'll cross the Bridge of the Gods into Washington and spend some time at the fascinating Columbia Gorge Interpretive Center.

You're
one
in a
MELON

Watermelon Feed!

Monday, July 5th
2:00-4:00 pm



In honor of Independence Day
We'll be having fresh, cold watermelon available at the lemonade stand on the patio outside the café!

Bring a friend and maybe an extra napkin or two!

"Watermelon—It's a good fruit. You eat, you drink, you wash your face."
~ Enrico Caruso