

Café News

June Lavoie

Hello all you fine folks!!!

January seemed to be a hard month for some of you, but we made it!! We do hope you are all on the mend and getting back to your normal lives.

This month we Celebrate love with Valentines Day. I know it is a special day but please remember to celebrate those you love every day. Time is precious and can be taken away in a heartbeat. Make time for one another, take that walk, watch that movie, play with those grand babies and watch those puppy's play. Find joy in each day and share it with someone special to you.

We are still waiting for a bunch of you to return to our little Cafe and share a meal with us. It's always so nice to see you all, please join us every day for lunch and share a story and a smile...and pie...always pie!

Don't forget the Special Valentines Dinner on the 17th. The food is always better, nice and hot and in person. Make your reservations today!!!

Your Village Café team,
Chef June, Nicole, Samantha, Lori and Rose

FEBRUARY 2022

The Village News



Happy February,

February is all about the heart; not only is it when we celebrate Valentine's Day, it's American Heart month. All our residents have big hearts, and we encourage you to take good care of them! Included in this month's newsletter is a Heart Healthy Calendar which gives you 28 days of activities and ideas to help keep your heart in good shape. The exercise classes held in the Community Center are good for your heart, or you could come and use our treadmill or exercise bike like I see several of you do. Walking around our lovely campus also is great for the heart and I'm always happy to see so many of you take advantage of that.

You can also show what big hearts you have by donating to the Buddy Bear program to support our Adopt a Cop. Further details are in the newsletter. And your hearts pump blood which you will be able to donate soon at our Red Cross Blood Drive. Please let the office know if you are interested.

June is preparing a delicious looking menu for our Valentine's special dinner on Feb. 17th. Please make your reservations early so she can prepare for the correct number of people. It is very important that you not change your special dinner plans at the last minute. And enjoy the rest of this month's newsletter!
Blessings, Solveig

Know Your Neighbors

Tiffany Brasesco

Ed and Cindy Wade #27

I'd like to take a moment to introduce you to Ed & Cindy Wade!

Happiness is key to living your best life and these two value family so much and feel the happiest when they are able to keep in touch with their family. This could be a meet up or just a phone call to say hello. To Cindy and Ed family isn't just blood. These two have met many people in their travels that have become part of the unit they call family.

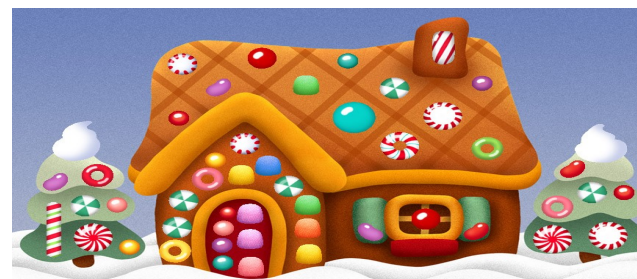
Cindy and Ed attend church on Sundays, but say that the weekend isn't much different from the week since retiring. The biggest difference is that there are fewer appointments on the weekends! Cindy volunteers with a reading program geared toward students that use English as their second language. Ed really enjoys writing and can be found at the kitchen table, usually between 3 and 5 AM, writing mostly about his life in a traveling military family and the many adventures he had himself while in the military. Ed stated that The Village reminds him of the upper-class military housing!

After spending 18 months on the waitlist to move into The Village, the Wades became residents just about two years ago. When you're out walking about the 'sunshine circle' be sure to give them a wave and say hello!



WELCOME NEW NEIGHBORS

Harold and Sharon Krull into #15



A Note of Thanks

Sandi Frazier would like to thank everyone for their kindness and thoughtfulness upon the passing of her father, Russ Sichley, on December 24th.

AMERICAN HEART MONTH

February is American Heart Month ALL MONTH LONG and we would like to see all of our residents who have such big hearts take care of them! Included in this month's newsletter is a "HEART HEALTHY MONTH" calendar which gives daily tips on taking care of your heart. Try each one, or at least a few a week, over the course of the month and maybe they'll become year-long habits!



Administrator's Corner

Dear Residents,

Happy February! I am encouraged by the sunny week we have had. It is pretty normal for us to get some sunny days in January, but normal has not been for the last two years. SO... maybe this is a sign that things may get normal again. Regardless, I am thankful for the clear days amidst our normal rain that we need so much.

As I write this on the 25th, we still have some lingering Covid on our campus. We have not had that many actual cases. I think the total for 2022 is about 5, including residents and staff, but the cases have been spread out in timing. In any case it is too many.

We still need to be taking every precaution to stop the spread. We are still continuing with most small group meeting and even our Dinner, but we want to keep the big meetings to a minimum. Please remember to do your part by keeping distance from others and by wearing your mask properly in public.

This month we are celebrating the completion of our last apartment remodel. It may take a while to clean up from years of remodeling, but we are excited to see it happening. Our final re-landscaping around the affected apartments will be completed soon. It has been a lot of work just keeping up with the landscaping around the remodels. We are looking forward to taking care of the regular tasks that need to be done and not having to have additional remodeling associated ones to do.

This month you will see new residents moving into #15 and 315. Be sure to welcome your new neighbors. Our gates are to be completed any day now. We will be sending out further information as soon as they are completed.

Many times I talk with residents who do not understand one of our policies or rules here at The Village. If you are impacted by a policy that you do not understand, please be sure to talk to me about it. Our policies are here to make life better for each of you and to make it so we can efficiently offer the services that we do. You are welcome to stop by anytime, but if you want to be sure I am available, you are welcome to make an appointment.

This month our Thankfulness Wall asks the question: "What advice would you have for your grandchild that just got married?" Stop by and share and see what others have written.

Have a great February,
Dennis

Quote for the Month

"You are never too old to set a goal or dream a new dream."
~C. S. Lewis

EXERCISE CLASSES

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



Come get moving and get your heart pumping! Please make sure to keep your distance during your workout, but you're welcome to participate in getting healthy!



KNITTERS & MORE

MONDAYS at 2:00 pm
Community Room
Join us **every** Monday
to learn, share and visit!

You do not have to knit to join us. We bring all sorts of projects to work on when we gather. But, most importantly, we laugh and have fun.



CRAFT TIME

THURSDAY, February 10th
1:30 pm ~ Small Meeting Room
Be sure to sign up outside the
Activity Office. We'll be making cards for
Valentine's Day.



GRIEF SUPPORT GROUP

MONDAY, February 14th
1:00-2:00
Adventist Hospice hosts a
Grief Support Group
in the Small Meeting Room.



MULTNOMAH COUNTY LIBRARY OUTREACH

WEDNESDAY, February 23rd
1:30 -2:15 PM ~ Community
Room

Take advantage of the library coming to you. You may check out books as well as return them.

CHIME CHOIR

MONDAYS at 3:00 pm
Community Room



We have a wonderful time making music together and we invite you to come and participate! There is a spot for 1 more player. You do NOT need to read music. If you have any questions, please call Solveig.

LEARN TAI CHI FOR BETTER BALANCE

WEDNESDAYS at 10:00 am
Community Room



Tai Chi is an effective exercise, which will improve your balance and your body's core strength. Lessons are tailored for older adults offered in an easy to learn format.

Wii BOWLING

FRIDAYS at 1:00 pm

Come bowl with friends or new neighbors! Wii Bowling can be done standing up OR seated and is a great way to have fun with your friends!

ACTIVITY COMMITTEE

TUESDAY, February 15th
1:00 pm ~ Small Meeting Room
Anyone is invited to meet and help plan our activities as we are slowly opening up.
Come share your ideas!



BINGO

TUESDAY, February 22nd
1:30 pm ~ Community Room
Bring your friends, neighbors and your LUCK to our fun bingo game!
There will be light refreshments and lots of prizes to be won!

AARP Foundation Tax-Aide provides free tax preparation. Gresham Senior Center is hosting a site for AARP's service. Appointments are available on Thursdays, February 1st - April 18, 2022, between 10 AM and 1:00 pm. You can register for this service online at https://www.aarp.org/money/taxes/aarp_taxaide/locations/?intcmp=FDN-LOCATOR-HOMEPAGE-TXT-LINK or call Gresham Senior Center at 503-988-4870. Gresham Senior Center is located at 600 NE 8th Street.



The Village Foundation

We are going to have a garage sale each month in garage 30 (this is the last garage before going onto Powell at the west entrance.) This will be held the 3rd Friday of each month from 9 am to 12 noon. No set prices all donations accepted.

This is the month of love in the air. Please show that to each other and let's keep it going throughout the year.

May God bless each of you! Stay well!
~Jan



VILLAGE VOICES

THE VILLAGE

I've lived in lots of places
But none can compare
To our lovely village
And the people who live there

Living in this beautiful spot
Almost seems to me,
Sort of like what heaven
Is going to be.

The workers are so friendly,
We have a wonderful staff,
Who always has time to help us
And share a little laugh.

Every time you take a hike
You are sure to meet

A friend or a neighbor
Walking down the street.

Of course, we always have to stop
And visit for a while
Then when we finally say good-bye
We're all wearing a smile

We have lots of activities
In the Community Center.
Just be sure to wear a mask
Every time you enter.

I really love this village
So I just have to say
I wish all the residents and staff
A HAPPY VALENTINE'S DAY!
~Ann Ingermanson



2022 CREATIVELY WRITING AND POETRY FESTIVAL SPONSORED BY LEADING AGE OF OREGON

- ◆ All entries must be original works, previously unpublished
- ◆ Entries must have been written after the age of 60
- ◆ Short stories may be no longer than 1500 words
- ◆ All entries must be submitted in electronic form
- ◆ Entries SHOULD be emailed to solveig@villageretirementcenter.com.
- ◆ Entries are due by February 17, 2022
- ◆ One entry per person
- ◆ PLEASE SEE SOLVEIG FOR ANY HELP OR QUESTIONS



The Village offers many different worship choices here on Campus

The Village Adventist congregation meets on Saturday mornings at 10:00 am. There is also a Wednesday evening prayer meeting and Sabbath School at 4:00 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!



FEBRUARY GROCERY SHOPPING

Concierge shopping will continue on Thursdays during February. Grocery lists must be in by 2:00 pm Wednesdays. The Grocery bus is also available Friday mornings at 8:30 am. It will go to Winco and Fred Meyer.

ADOPT-A-COP

There will be a donation jar in the office where you can contribute money to the Buddy Bear Program OR you may donate a new teddy bear (no larger than 12") or a new child-size blanket. When we receive enough items, we will invite "our officers" to The Village to collect them. AND we'll invite their comfort dog, Tagg! Thank you to those who have already contributed!

FEBRUARY BIRTHDAYS

- 1 Elsie Smith
- 2 Nellie Lieberman
- 3 Larry Robbins
- 4 Marilyn Belfiore
- 6 Barbara Cannard
- 7 Ramona Newman
- 12 Haley Rolles
- 13 Esther Kelley
- 17 Renate Matzke



- 18 Dick Thompson
- 19 Sylvia Hornback
- 20 Lorraine Davidson
- 22 John Andersen
- 22 Bob Foss
- 22 Joy Williams
- 24 Kathy Huey
- 26 Star Schell



**MOVIE AT EASTPORT PLAZA ~
REDEEMING LOVE**

THURSDAY, February 3rd
11:45 AM ~ \$11 Bus & Admission
Relax in the Cinemark's Leisure Loungers
and watch this movie
based on bestselling romance novel
written by Francine Rivers. The story is
about a young couple's relationship in
the 1850s Gold Rush in California.

JEOPARDY!

TUESDAY, February 8th
1:00 pm ~ Community Room

We had so much fun last month playing
Jeopardy, we thought we'd play it again
this month to give more of you an oppor-
tunity to come test your knowledge and
win some prizes!

FEBRUARY COLORING CONTEST

Included in this month's newsletter is a
Valentine which you may decorate using
crayons, colored pencils, markers or
other methods. If you'd like to enter it
into our contest, please turn in your finished
picture with your name on the back to the
office by February 14th. **If not, hang it in your
window with a heartfelt greeting!**
January's winner was Marge Wilson, #327.

SANCTUARY CHURCH

Nancy Armintrout, #84, has received
adult underwear to distribute to those
who need it here at
The Village. Please contact her if you
would like some.

FRIENDS HOUR

EVERY WEDNESDAY
9:00-10:00 AM ~ Café

Gather in our cozy café to socialize with old
friends and meet new ones. June will have
coffee, tea and breakfast goodies
available for purchase.



CITIZEN'S COLD CASE GROUP

Wednesdays, Feb. 9th & 23rd
1:00 pm ~ Small Meeting Room

This program is led by our resident, Ed Wade,
#27. The group meets twice monthly to look
into some of history's unique "who done its"!
Possible event topics would be D.B. Cooper,
Amelia Earhart and Meriwether Lewis.
Everyone is welcome to attend
this fun group.



**BOOKWORMS
BOOK CLUB!**



TUESDAY, February 22nd
11:30 am ~ Small Meeting Room

Multnomah County Library Outreach provides
The Village with a book kit of 10 large print books
as well as audio books when they come to
The Village the 4th Wednesday of the month.
Thereafter, the books will be
available at the office.
February's Book is
The Vintage Caper by Peter Mayle.
A globetrotting detective story, filled with the
culinary delights and entertaining characters that
have made Peter Mayle our most treasured
chronicler of French life.

*Be sure to pick up your book at the office and
come to our book club!*

**FEBRUARY
GUESSING CONTEST**

Stop by the office and guess how many
hearts are in the container.
January's winner was Sandi
Frazier with a guess of 301 marshmallows!



PRAYERS NEEDED

Many of you may have heard about the fire
which damaged the historic building that
housed Walker Travel and the Gresham
Chamber of Commerce. Being a member of
the Chamber, The Village
is asking for prayers as they attempt to
keep things going before they'll be able to
return to their offices



**American
Red Cross**

BLOOD DRIVE COMING SOON!

We are partnering with the Red Cross by giving
back to the community to help keep the inventories
stable this summer. You can donate at any age
and there are few restrictions, but if you want
more information or have any questions, please look at the website:
www.redcrossblood.org/donate-blood/how-to-donate/ or contact Solveig.
Please contact the office **by February 21st** if you want to help save a life
and be part of a life saving mission!

VALENTINE'S SPECIAL DINNER

12:00 PM, THURSDAY, FEBRUARY 17TH
\$14.00

June has planned a wonderful dinner for us to come together and
enjoy during this month of love:



Appetizer: Tomato Basil Bisque
Entrée: Prime Rib or Stuffed Zucchini Boats
Roasted Red Potatoes w/Hollandaise
Garlic Asparagus
Garlic Bread
Dessert: Fudge Divine Lava Cake



You **MUST** make your reservations for eat in or delivery
BY NOON, FEBRUARY 10TH!