

June's Kitchen Korner

June Lavoie

Hello again all you fine people!

So good to see more of you coming into our dining room to share a meal with your neighbors. It is vital to your health to get out and enjoy friends, fresh air and a tasty, nutritious meal. We try to offer a variety of items every day to suit anyone's taste buds. Feel free to submit any suggestions you might have and we will see what we can do for you. Always up for a friendly visit from one of our valuable residents.

Be sure to buy your ticket for the Valentines Day Special Dinner. You can come alone or invite a guest. We love all our residents here. I wish you all a very happy and healthy February.

Serving you,
Chef June, Samantha, Brea and Rose



SERVICES BY HALEY:



Columbia Medical	\$ See Flyer
Grocery Shopping	\$5 per trip/ order
Housekeeping & Carpet Cleaning	\$20 per hour: Cleaning \$35 per hour: Carpet Clean
Prescription pick up	\$ Mileage Dependent
CaptionCall Phones	\$ See Flyer

Call Haley for more information

Pricing subject to change



The Village News

FEBRUARY 2023

Happy February, dearest residents!

Well, the Arctic Blast is here, sending our temperatures plummeting into the 20's! Brrr! But, I feel I cannot complain about the cold. Like so many of you who are originally from parts east of here, the 20's are downright balmy! All I need to do to feel warmer is look at my weather app and see the temperatures where my parents live in South Dakota, where it is currently -7 degrees and the wind chill makes it feel like -21! Does that make you feel any better? Maybe not, but I'm sure you'll agree that it's nice to see the sun, even if the wind chills you!

Our New Year, New Friends social was such a fun event last month: we laughed, reminisced and got to know each other better. Those in attendance agreed we need to hold this type of get-acquainted event a couple times a year. And we also agreed more newer residents need to come in order to meet new friends! So watch for more to come in the future.

There will be some fun activities and outings during this month of love. Add them to your calendar so you don't forget! And in honor of American Heart Month, I encourage everyone to wear red on Friday, February 3rd, to raise awareness of the fight against heart disease.

Stay warm and stay healthy, ~Solveig



WELCOME NEW NEIGHBORS

DENISE FIELDER - #305

CAROL L. HELM - #309

KATHRYN WILLIAMS - #310

LINDA LEE - #311

WINSLOW & IDA PARKER - #403



It's February – American Heart Month – a time when the nation spotlights heart disease, the No. 1 killer of Americans.

President Lyndon B. Johnson, among the millions of people in the country who'd had heart attacks, issued the first proclamation in 1964. Since then, U.S. presidents have annually declared February American Heart Month.

The first Friday of American Heart Month, **Feb. 3rd, is also National Wear Red Day** as part of the AHA's Go Red for Women initiative. Coast to coast, landmarks, news anchors and neighborhoods go red to raise awareness and support for the fight against heart disease. During American Heart Month, the AHA and other organizations reinforce the importance of heart health, the need for more research and efforts to ensure that millions of people live longer and healthier.

The Village News is a publication of The Village Retirement Center - 4501 W Powell Blvd
Gresham, Oregon 97030 (503) 665-3137 www.villageretirementcenter.org

Administrator's Corner

Dear Residents,

February is here - A time to celebrate love and friendship. Thank you for your friendship and the love you share with our Village Family. This month we have our Village Valentine's Dinner planned and Solveig has some fun activities planned. Be sure not to miss out. This time of year we have to be flexible with the trips we plan. No trip or event is worth taking if it results in accident or injury, so if the weather makes driving too risky, our trips may be cancelled or rescheduled. Please be understanding if this happens.

Our transitions have been continuing with new residents moving into #'s 305, 310, 311 and 403. Be sure to welcome your new neighbors to The Village.

I am planning a meeting for February 20 where I will be giving a report on The Village for this last year and where we are at going into this new year. There will be time for questions and discussion. Feel free to come and learn about some of the upcoming projects and needs here at The Village.

It is so good to have the grounds looking nice and clean. Our crew has been working hard and you can see the results. Thank you Cameron and your Grounds Crew!

We are glad to be a part of the Gresham Chamber of Commerce and to participate in their Adopt-A-Cop program. It is good to support those who are serving us in the City of Gresham. During this time in our society they need to know that they are supported. Please be involved and, if they are able to drive through The Village on February 1st, please come and show your support.

Our Thankfulness Wall asks the question: "What is the most caring thing a friend or family member has done for you?" Think back on some of your best memories and share them with us.

Have a great February!

Dennis

Quote for the Month

"One person caring about another represents life's greatest value."

~Jim Rohn

Please remember to inform the office if you are going to be away from your home for 24 hours or more. **ALSO**, please let the office know if you will be having overnight guests.



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

FRIDAY, Feb. 24th

2:00 pm ~ Kitchen Annex

Come craft and laugh with Chrissy!
Be sure to sign up outside the
Activity Office.



GRIEF SUPPORT GROUP

MONDAY, February 13th
1:00-2:00

Adventist Hospice hosts a
Grief Support Group
in the Sitting Room.



MULTNOMAH COUNTY LIBRARY OUTREACH

WEDNESDAY, February 22nd

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! You do NOT need to read music. If you have any questions, please call Solveig.

TAI CHI

WEDNESDAYS at **2:20 pm** –**Focused, active**
Tai Chi

WEDNESDAYS at **3:00 pm** for **Balance**
Community Room

Tai Chi classes will continue in February with 2—30 minute classes. The class at 2:20 pm will focus on the **24 forms** and the class at 3:00 will focus on **balance**.

Wii BOWLING

FRIDAYS at **11:00 AND 1:00 pm**
Community Room

Wii Bowling is offered at both 11:00 am and 1:00! Come bowl with friends or new neighbors! It's a great way to have fun!

ACTIVITY COMMITTEE

TUESDAY, February 14th

1:00 pm ~ Small Meeting Room

Anyone is invited to meet and help plan
exciting activities for our community.
Come share your ideas!



BINGO

TUESDAY, February 28th

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!

The Village Foundation

FOUNDATION VALENTINE NEWS!

Yes it is February already—Watch the flower beds for the beautiful little flowers to start poking their little heads out to say “Hello”! I love this time of year when we can have every season in one day. Remember to let the sunshine warm your soul and bones. It feels so good and the wind will blow all your troubles away. Watch your newspaper box on the 14th - Valentine’s Day. You may get a sweet surprise. The Garage Sale will begin the 3rd Friday of March. God Bless each of you. ~ Jan

Village Monday Gatherings Mondays at 11:00 in the Community Room

Monday, February 6th: Brainstorming Session for The Village’s 60th Anniversary

Come share your ideas for a great event celebrating **The Village’s 60th Anniversary** which will be held in September.

Monday, February 13th: “Valentine’s Week” Chocolate Tasting

Here’s an opportunity to learn how to truly taste and enjoy a variety of chocolates. Learn about the history of Chocolate and Valentine’s Day.

Monday, February 20th: Town Hall Meeting

Make sure to attend this informative meeting with Dennis.

Monday, Feb. 27: Armchair Travel to China

Bring your passports to receive a stamp from China. Xintao and Joan Yu will share their first hand knowledge of living there. We will also sample a Chinese treat!



This year's Adopt-A-Cop Gresham Police Department (GPD) parade and photo op are scheduled for Feb. 1st at Gresham Main City Park.

Residents may remember that last year, the Gresham Police drove through The Village in their squad cars and Canine Division vehicle (complete with TAG, the comfort dog), lights flashing! The same will happen this year so we can be out in front of the community building, waving them through !



Residents are encouraged to join The Village staff at Gresham Main City Park at 12:30 on Wednesday, Feb. 1st, and have an opportunity to meet the men and women of the GPD who serve our community. The cavalcade will begin at 1:00 pm and will last for approximately 2 hours. The outpouring of generosity has been incredible, and your Gresham Police force is so grateful. As a reminder, the gifting of money, gift cards, gratuity, discounts, loans or “anything else of value” is not permitted. Monetary donations, however, for the repair/upgrade of the room where the massage chairs will be installed in the Gresham Police Department may be sent to the Gresham Chamber of Commerce’s Foundation. Such donations are tax deductible. See Alex Marcus for details.



FEBRUARY GROCERY SHOPPING



Concierge shopping will continue on Thursdays during February.

Grocery lists must be in by 2:00 pm Wednesdays.

The Grocery bus makes a weekly trip to Winco and Fred Meyer, Fridays at 8:30.

Please sign up by the volunteer desk.

Reflective Thoughts

Pastor Bob Brotherton

Dear Village Community,

Currently, The Village Community Church is studying and exploring the book of Acts. Acts 2:14–36 transcribes the first sermon ever given by a Christian, Peter. There are about 900,000 visiting Jews in Jerusalem from as far away as Rome, Alexandria, and Mesopotamia. A crowd of them have just heard a group of Galileans speaking in their native dialects. The question floating around the crowd is “What does this mean?” Peter is more than happy to explain.

In the following verses, Peter reminds the crowd of Joel’s prophecy that we will be given the tremendous promise that God will visit His people by his Spirit. We don’t know much about Joel except that he was a prophet in Judah around 835 to 800 BC. The prophecies in his book cover events immediate to his time, including the devastation wrought by a horde of locusts, but also the beginning years of the church and the end times.

But this is what was spoken by the prophet Joel: ‘And it shall come to pass in the last days, says God, That I will pour out of My Spirit on all flesh; Your sons and your daughters shall prophesy, Your young men shall see visions, Your old men shall dream dreams. And on My menservants and on My maidservants I will pour out My Spirit in those days; And they shall prophesy. (Acts 2:16-18)

Pastor Bob,
The Village Community Church

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 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
19 Sylvia Hornback
22 Joy Williams
22 John Anderson
25 Dick Thompson
26 Star Schell



ADOPT-A-COP COLORING CONTEST WINNER

Congratulations to Sandi Frazier for winning the “Adopt-a-Cop” coloring contest held in January. She wins a Coupon from our Village Café. See it on display in the hallway in the Community Bldg.

BUNCO

THURSDAY, February 2nd
1:30 pm ~ Community Room



Sign up outside the activity office to secure a spot for this fun game! Don't worry if you don't know how to play—the rules are easy and it's TONS of fun!

MOVIE MATINEE "80 for BRADY"

TUESDAY, February 7th
12:00 pm ~ \$8 bus and ticket

Laugh along with these actresses we've known and loved for decades—Jane Fonda, Lily Tomlin, Rita Moreno and Sally Field. They portray a real life club of women who are infatuated with quarterback Tom Brady.

OUTING TO GRESHAM HISTORICAL SOCIETY AND LUNCH IN DOWNTOWN

THURSDAY, February 9th
10:00 am ~ \$2 bus

This downtown Gresham Museum is currently exhibiting Gresham in 100 artifacts! Find out more about the history of where we live! Afterwards, we'll go out to eat at one of our favorite Gresham restaurants.

VALENTINE'S BREAKFAST AT ELMER'S AND SHOPPING AT THE CANDY BASKET

TUESDAY, February 14th
8:30 am ~ \$4 bus

Celebrate Valentine's Day by going out to a yummy breakfast with your Village friends. Afterwards, we'll head across the street to the Candy Basket where you can pick up some Valentine's treats for a loved one or just yourself!

OUTING TO SAUVIE ISLAND

TUESDAY, February 21st
12:30 pm ~ \$7 bus

Bring your binoculars for this wildlife viewing trip. We will visit Sauvie Island's Wildlife Viewing area where we should see all types of waterfowl including sandhill cranes. This is also a good time of year to spot bald eagles!

DINNER OUT TO SAYLER'S OLD COUNTRY KITCHEN

THURSDAY, February 23rd
3:30 pm ~ \$5 bus

During the month of love, we thought it would be a perfect occasion to enjoy a wonderful dinner at this iconic Portland restaurant. Although known for its steaks, Sayler's does offer a Vegetable entrée as well as a black bean burger.

Sign in a shoe repair store: "We will heel you. We will save your sole. We will even dye for you."

On the side of a window coverings truck: "Blind man driving."

Sign in a veterinarian's waiting room: "Be back in 5 minutes. SIT! STAY!"

Sign in a restaurant window: "Don't stand there and be hungry: come on in and get fed up."

Sign outside a muffler shop: "No appointment necessary. We hear you coming!"

Sign on the back of a septic tank truck: "Caution—this truck is full of political promises."



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.

FEBRUARY GUESSING CONTEST



Come guess how many Valentine's Heart candies are in the jar at the office window. January's winner was Harriet Christensen, with a guess of 400! The correct number was 450 Snowman Droppings.



February is
American Heart Month



COME ENJOY OUR

VALENTINE'S DINNER

THURSDAY, FEBRUARY 16TH

12:00—\$12 pp (\$14 after 2/7)

Please get your tickets at the office

before February 7th!

CHEF JUNE'S MENU:

ENTRÉE:

**Chicken Wellington or Roasted Vegetable Wellington
With Fingerling Potatoes and Garlic Brussels Sprouts**

Served with a Hollandaise Drizzle

Cheddar Garlic Biscuits

Beet and Feta Salad with Pistachios

Dessert: Red Velvet Bistro Cake

BOOKWORMS BOOK CLUB!



TUESDAY, February 21st
11:30 am ~ Small Meeting Room

February's book is

AKIN by Emma Donoghue

A retired New York professor's life is thrown into chaos when he takes a young great-nephew to the French Riviera, in hopes of uncovering his own mother's wartime secrets in the next masterpiece from this New York Times bestselling author.
Be sure to pick up your book at the office and come to our book club!



GAMES, GAMES, GAMES!

SUNDAYS 2-4

in the Community Room
Come meet with other games enthusiasts in the Community Room to play games, meet new people, make new friends! We have dozens of games in our game cabinet or bring down your favorite!

YOU MUST MAKE
RESERVATIONS
FOR THIS DINNER
**BEFORE NOON,
FEBRUARY 7TH,**
OR IT WILL COST
YOU **\$2 MORE**
PER RESERVATION