

June's Kitchen Korner

June Lavoie

Hello again Valued Residents,

It seems we have finally found some sunshine. I love the warmth of the sun; being from Eastern Oregon, I love hot days and enjoy being outside.

This is the month you all long for, The Strawberry Feed!!!! Be sure to come fill up a bowl and enjoy some fellowship, laughter and fun.

We do have ice cream in the Café now. We will ONLY serve from 2 PM to 4:30 PM, including weekends!! Please respect these hours. The Café team deserves their lunch break and ample time to clean up the line. Thank you in advance for your cooperation.

Chef June, Brea, Sonya and Rose

VILLAGE VOICES



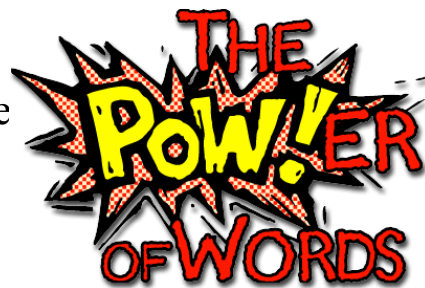
WORDS

An Unkind word once spoken
You never can retrieve.
What damage that one word can do
Nobody would believe.

Cold crow is hard to swallow,
So be careful what you say.
Those words said in anger,
You might, be forced to eat some day.

The dictionary has thousands
Of words that you can use,
So when you have a comment to make
Be careful which words you choose.

Ann Ingermanson



Happy almost summer!

It has been a glorious Memorial Day weekend! I don't know if we could have asked for more perfect weather...well, the mornings were a bit chilly, but I can't complain. Let's hope the nice weather will keep up for some of our activities and outings during June; especially our trips to the Tillamook Cheese Factory and Wildwood Recreational Area. We are also going to honor the men in The Village with an Ice Cream Sundae bar in celebration of Father's Day. (You don't have to be a father to come to it, tho'!)

I truly appreciate all the support you showed me regarding my recent trip to New York City and concert in Carnegie Hall! Thank you for all your prayers, love and good wishes – I could really feel your positive thoughts as I entered the "Isaac Stern" stage on April 30th! It was a wonderful concert and an unforgettable experience! On Monday, June 19th, I'm planning on sharing a recording of that concert here in our Community Room.

Speaking of musical events, don't miss our "Belles and Beau" chime choir program on Monday, June 26th. This group of 11 residents are a very dedicated bunch who show up for rehearsal every Monday afternoon. We have a lot of fun making music together and look forward to sharing it with you. We'll also have a patriotic sing-along as part of the show!

Have a wonderful, sunny June! ~ Solveig



WELCOME NEW NEIGHBORS

Jim & Debra Michels - #108



The Village News is a publication of The Village Retirement Center - 4501 W Powell Blvd
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Administrator's Corner

Dear Residents,

Welcome to June. The month that can be cold and wet or hot and dry. We will see what this year will bring. Summer officially starts on June 21, but don't expect the weather to know that! Despite the weather the campus is beautiful ! it is fun to see the beautiful colors of the season.

When you receive this the contractors should be working on our roadways. It is a big inconvenience, but soon we will be able to enjoy new roadways.

After all these years of struggling with COVID, we thought we might be done, but this has been a hard month for us. We have known of about 10 cases among our residents within the last two weeks. There might be many more who did not test for it. Please exercise the precautions we learned before so we do not have it spread any more than it already has. Remember some of the most important ones like Distance, Isolation, Masks, Hand-washing, drinking lots of water and being as healthy as you can. Masks will again be required on Village Transportation. Be sure to respect others by keeping your distance even if you don't feel like you have the virus.

Our apartment transitions this month are #1 and #309. Be sure to welcome your new neighbors to your area.

I would encourage you to follow our rules on pets and animals carefully. They were established out of respect for the safety and rights of all residents. It is easy to think of our own rights, and what we could be entitled to, but often when we insist on our own rights we prevent others from being able to have their rights. In everything there has to be a balance. Yes, a resident has the right to have an animal, but if that animal barks, it starts to violate the rights of others. If you feed a stray animal, you are causing more strays to come by and are creating problems with rodents, birds and other issues. That becomes a big problem for many. Please respect our rules so we can all live in harmony together.

This month our Thankfulness Wall asks us the question "What brings you the most peace in your life?" Stop by and share your thoughts.

This is the month we celebrate the season with our annual Strawberry feed. It is always so delicious. Be sure to sign up so you can enjoy the flavors!

Have a great June!

Quote for the Month

"Peace is the result of retraining your mind to process life as it is, rather than as you think it should be." ~ Wayne W. Dyer

EXERCISE CLASSES

Monday, Wednesday, Fridays

9:30 am

Community Room



Come get moving and get your heart pumping! We will be having only 1 class at 9:30 during the summer while the weather is nicer for outdoor exercise.



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, June 2nd

2:00 pm ~ Café Annex

Come visit and laugh as we create a springy craft this month.

GRIEF SUPPORT GROUP

MONDAY, June 19th

1:00-2:00

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



MULTNOMAH COUNTY LIBRARY OUTREACH

WEDNESDAY, June 28th

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.

LEARN TAI CHI

FOR BETTER BALANCE

WEDNESDAYS 2:20 - Qigong for the heart and 3:00 PM—for Balance

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 11:00 and 1:00 pm

Community Room

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, June 13th

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, June 27th

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

Happy Summertime!

We are still looking for a techy person that can help put our garage sale items on different computer sites. You would be working with Tiney, so if you are interested, please contact her.

Remember our garage sale is the 4th Thursday and Friday of each month. Thank you for volunteering. It takes a village to run a successful sale.

Stay well and may God bless each of you. ~Jan

To all Village Writers and Readers

To all Village and staff writers, wanna-be writers, and readers. Join the new Village Scribes Email list. Post your best stories, poems, memories, fiction—most any kind of writing, to this new Email list. It is open to all residents and staff both to post and to read.

Sign up by sending a blank email to: villagescribes+subscribe@groups.io You will receive a confirmation Email. Reply to this Email, again blank. You will receive confirmation of your subscription within 24 hours. Your first two posts will be moderated. After that, your posts will go directly to the list to be read by all subscribers.

Questions? Email or call Winslow617@comcast.net 503.709.4102

Village Monday Gatherings Mondays at 11:00 (except for June 26) in the Community Room

Monday, June 5th: Nathan Begley, Family Attorney

Mr. Begley always has a lot of useful information for us.

Monday June 12th: Jenn Castro with Dignity Memorial

Make sure to come hear this informative presentation. Jenn will bring some treats, too!

Monday June 19th: Solveig presents her Carnegie Hall experience

Solveig will show the DVD of her performance of “A Place Called Home” at Carnegie Hall.

Monday June 26th: 1:00 PM Chime Choir and Patriotic Sing-Along

Come and be enthralled by our Village Chime Choir, Belles and Beau! They will be playing a variety of songs. Then we'll all sing patriotic songs in honor of Independence Day!

CHIME CHOIR CONCERT & PATRIOTIC SING-ALONG

MONDAY, June 26th

1:00 PM ~ Community Room

Enjoy a lovely concert of music by our Village Chime Choir, “Belles and Beau” and then we'll join our voices together in singing some patriotic songs in honor of Independence Day!

COMMUNITY GARDENS

Residents have their own garden plots which they rent from The Village.

PLEASE DO NOT take flowers or produce from them if they are not your garden plot unless you have been invited to do so.

Reflective Thoughts

Pastor Bob Brotherton

Dear Village Community,

I hope all of you have been able to enjoy this very pleasant stretch of weather we have recently experienced. As we move into June and the summer, let's hope for many more days like these.

At The Village Community Church, we plan to continue our verse by verse examination of the Book of Acts as part of our worship services. As you know, this Book of the Bible contains the narrative of the historic events and foundational teachings that God used to establish His Church. A lot has changed since that first century, but the deep needs of people and the Grace of God have remained the same. Paul spoke of his own salvation and others in the following passage:

“While thus occupied, as I journeyed to Damascus with authority and commission from the chief priests, at midday, O king, along the road I saw a light from heaven, brighter than the sun, shining around me and those who journeyed with me. And when we all had fallen to the ground, I heard a voice speaking to me and saying in the Hebrew language, ‘Saul, Saul, why are you persecuting Me?’

It is hard for you to kick against the goads.’ So I said, ‘Who are You, Lord?’ And He said, ‘I am Jesus, whom you are persecuting. But rise and stand on your feet; for I have appeared to you for this purpose, to make you a minister and a witness both of the things which you have seen and of the things which I will yet reveal to you. I will deliver you from the Jewish people, as well as from the Gentiles, to whom I now send you, to open their eyes, in order to turn them from darkness to light, and from the power of Satan to God, that they may receive forgiveness of sins and an inheritance among those who are sanctified by faith in Me.” Acts 26:12-18

May God continue to bless all of you who make up this wonderful retirement community.

I count it an honor and a privilege to serve you in some small way.

Love in Christ, Pastor Bob

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 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!

JUNE BIRTHDAYS

- 1 Don Keitogg
- 3 Thelma Rutledge
- 3 Barbara Pierce
- 4 Pat Larson
- 5 Sandy Zaugg
- 6 Sally Wilson
- 7 Janet Walker
- 10 Mackie Hagerman
- 11 Diane Miller
- 12 Beverly Lewis

- 14 Joanne Kellogg
- 14 Ann Ingermanson
- 16 Harriet Christensen
- 19 Edith Wade
- 19 Dorothy Wylie
- 20 Sosamma Lindsay
- 24 Delbert Troub
- 26 Bonnie Stevens
- 27 Bill Truswell



BUNCO

THURSDAY, June 1st
1:30 pm ~ Community Room

This is a fun game where you can get to know new neighbors! The rules are simple—all you really need to know is how to roll dice!



OUTING TO TILLAMOOK CREAMERY



TUESDAY, June 6th
8:30 am ~ \$25 bus

Join us for a fun outing to Tillamook. We'll stop at the Tillamook Creamery, where you can sample cheese and get an ice cream cone. Then we'll head up the coast to see the ocean and we'll have a delicious lunch at Pirate's Cove outside of Garibaldi.

In honor of Father's Day AN ICE CREAM SUNDAE BAR!

THURSDAY, June 15th
2:00 pm ~ Community Room



Women have their teas, now it's time to honor the **men!** Men are welcome to come and make their own ice cream sundaes. Come for fun, fellowship and YUMMY ice cream!!!

CLACKAMAS REPERTORY'S "MAN OF LA MANCHA"

THURSDAY, August 3rd
6:00 pm ~ \$32.00 bus & admission

BREAKFAST OUT TO BOB'S RED MILL AND SHOPPING AT ABC



TUESDAY, June 20th
8:30 am ~ \$6 bus

Bob's Red Mill Natural Foods in Clackamas serves up delicious breakfasts. While there, you can stock up on all your natural grains! Then we'll head over to Gladstone to the Adventist Book Center, where you can find wonderful books, vegetarian foods and gifts.

OUTING TO TERRA CASA IN DAMASCUS

THURSDAY, June 8th
1:00 pm ~ \$4 bus

Enjoy a fun excursion to this delightful store in Damascus. They have all sorts of gift items and pottery. On our way home, we'll stop for some ice cream or frozen yogurt!

OUTING TO WILDWOOD RECREATIONAL AREA AND DINNER AT ZIG ZAG INN



THURSDAY, June 29TH
2:00 PM ~ \$10 bus

We'll have a lovely drive towards Mt. Hood and spend some time at the Wildwood Recreational Area before going to the historic Zig Zag Inn for a delicious dinner!

"To Dream the Impossible Dream" was a huge hit from this musical based on the book by Cervantes! **We can get half price tickets for this preview show, so please sign up and pay by June 8th!**

JUNE GUESSING CONTEST

Stop by the office and guess how many *Strawberry Candies* are in the container. May's winner was Ila Myers with a guess of 86 flowers. The correct number was 137!



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.

NW MEDICARE ADVISORS

Jenny Coulter from NW Medicare Advisors will be here at The Village June 16th from 1:00—2:00 to help guide you through your Medicare questions on a one to one basis. She will meet with you in the sitting room. **Please sign up for a time on the sign up sheet outside the Activity Office.**



BOOKWORMS BOOK CLUB!

TUESDAY, June 27th
11:30 am ~ Small Meeting Room
June's book is:

***Mad Honey* by Jodi Picoult**

A Good Morning America Book Club Pick, *Mad Honey* is a a soul-stirring new novel **about what we choose to keep from our past, and what we choose to leave behind.**

"MAD HONEY has all of the things: alternating narratives, suspense, courtroom drama, and a love story at its core. It's about authenticity, identity, and it explores the secrets we keep and the risks we take in order to become our true selves." - Jodi Picoult

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 game 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 your favorite!



ANNUAL STRAWBERRY FEED

1:00 PM, THURSDAY, JUNE 22ND



Come and feast on all-you-can-eat strawberry shortcakes, featuring local berries, homemade biscuits and whipped cream. You can have berries with sugar or no sugar. This is a true taste of summer!

Tickets are \$7 and available at the office.