

May 2012

Bistro Update

Come see the new specials at the Bistro! We are now featuring daily drink specials as well as a featured daily Non-Alcoholic drink special. We have also added Italian Sodas to the menu and have a daily appetizer special for \$1.00 off. We'll see you at social hour for good food and good fun!

New Schedule for Friday Doctor Appointments

With the addition of our new Bus Driver Robert, we are glad to announce that Laurel Parc has added Friday mornings to the Dr. appointment transportation schedule. Transportation on Friday will be to the East Side of Bethany, which includes St. Vincent and Bethany Providence and will run from 8am to 11am. Please sign up at the Front Desk by Wednesday if you wish to use this service. Please call Patty at 2223 if you have any questions. Thank You!

Tidbits from Residents

Patty Conway and Family wish to thank all the residents and staff for the cards and the flowers and the support that was given to us on the death of our beloved Harold. The void left with his passing from our lives is hard to bear, but his memory will stay forever in our hearts. Again, thank you all.



15850 NW Central Drive
Portland OR 97229

Executive Director– Amy Taylor
Amy@laurelparc.com

Business Manager– Mark Bruhns
Mark@laurelparc.com

Registered Nurse –Lynn Trumbo
Lynn@laurelparc.com

Concierge and Event Director– Jordan Archuletta
Jordan@laurelparc.com

Activities Director– Patty Bennett
Patty@laurelparc.com

Maintenance Director – Irving Sanchez
Irving@laurelparc.com

Executive Chef - Ric Menegat
Ric@laurelparc.com

Beverage and Dining Director – Brian Ormsby
Brian@laurelparc.com

Leasing Director - Jeanna Deacon
Jeanna@laurelparc.com

Community Outreach Director– Liz Lengwenus
Liz@laurelparc.com

LAUREL PARC LEDGER



15850 NW Central Drive Portland, OR 97229 • 503-533-7979 • www.laurelparc.com

May 2012

May Events

That Special Look

Friday May 4th from 11am to 3pm

Patty Smith will be here with a selection of fashionable clothes and jewelry for residents to have some fun shopping right here inside Laurel Parc.

Oasis Class

Israel: An Overview

Tuesday May 8th at 10am

This class will provide an introduction to Israel's geography, modern history, economy and regional security concerns.

Class cost is \$10. Please call Oasis at (503) 241-3059 to register.

Voter Assistant

Wednesday May 9th from 9am-12pm

The Oregon Primary Election is May 15th and Washington County Voter's Assistance Program will be here at Laurel Parc to assist residents with reading your Voter's Pamphlet and/or your Ballot and can help you vote privately and independently using an alternative format ballot. If are not registered to vote, they can help you get registered for the November Presidential Election.

Laurel Parc Fashion Show and Champagne Social

Saturday May 19th from 2-4pm

Laurel Parc invites you to attend the Laurel Parc Fashion Show and Champagne Social benefiting Loaves and Fishes of Portland. There is no cost to attend, but we hope to raise a sizable donation for Loaves and Fishes by suggesting a \$10 donation.

National Senior Health and Fitness Day

Wednesday May 30th from 9:30am to 3pm

The theme for this year's National Senior Health and Fitness Day is "Get Moving, Start Improving!" From 9:30am-2:30pm enjoy vendors at our Health Fair, presentations and fitness classes as well as a blood drive hosted by the American Red Cross. A nutritional lunch will be served in the Parc Restaurant from 11am-2pm. The day will end with a Walk-a-Thon at 2pm rain or shine on the Bethany Athletic Club Track. Proceeds will benefit Jacob Wismer Elementary School's Athletic Program. A detailed program of the days' events will be available at the front desk and the day is open to residents, family, friends, and anyone in the community who would like to participate.

Welcome!
New to Laurel Parc

Dave and Gwen S
Lou and Terry F
Gail K
Marie N
Manny and Armine M

Birthday wishes for those born in May:

May 2nd Pat M
May 2nd Connie L
May 4th Lucy C
May 7th Jim V
May 10th Lillian T
May 11th Geri G
May 12th Peggy C
May 13th Willem W
May 14th Charlotte G
May 16th Romaine B
May 19th Jim B
May 27th Janet W
May 27th Maxine R
May 29th Bea D

In Memory

Harold Conway



May 2012

Hidden Writing Talent Here at Laurel Parc!

By The Monday Writing Class

During one of our bimonthly writing class with Dawn (Mondays, 10:00), the wind was blowing a gale, whooshing and moaning through every possible crack. Dawn gave us a prompt, “The wind sounds like a...”, and gave us 4 minutes to write. When we shared our ideas, they formed a perfect complete poem, which Dawn put together for each of us. Please enjoy...and try out our writing class, Mondays, 10:00 in the downstairs private dining room. It’s lots of fun!

The Wind

Gloria Gordon, Fae Maxwell, Cynthia Sherburne, Margaret White, Jan Mead, Caryn Landis, Dawn Thompson

The wind sounds like a freight train whistling its way down the tracks, taking a breath and coming to a grateful stop.

The wind sounds like a hair dryer. I must stay inside. If I go out my hair will fly like the dry leaves. And if I don’t have my hair dryer I’ll be in an awful mess.

The wind sounds like a battering ram against my window. Even the cat takes shelter under the bed. It hammers and flaps at loose planks, tosses the flags which line our street like sentinels at Windsor Castle. The flags make a whooshing sound, wind coming through a tunnel. It roils and howls, a lone wolf in the forest.

The wind sounds like an unruly child wanting to burst into a room uninvited. Banging. Rattling. Then quiet. Making me think he has gone away – trying to trick me into an invitation. I would welcome this wind if I was on the lake in my sailboat mastering the mighty forces on a course to who knows where.

The wind sounds like an Irish banshee – moaning – groaning – slithering through the tiny cracks and crevices in windows and doors. Entering where there is least resistance. Invading our space and minds. It sounds sad, like a weeping banshee – the Irish lady ghost.

The wind sounds like a voice without words. It wants to tell us something, but all it can do today is breathe its cold fire outside the window. This wind makes me think of tornadoes and earthquakes, of things shaking and changing. It whistles like an old man calling someone home.

I was 8-years-old and the wind sounded like a lovely spring day. Warm breezes caressed my face. However, the wind actually carried black dust! It howled and the dirt blew. It got in my mouth and eyes. I sat down and wrapped my legs around a little tree. Muddy tears rolled down my cheeks.

May 2012

Meet A Resident

By Cynthia Sherburne



I am a native Oregonian, living here for 66 of my 72 years. Those six missing years I was teaching in Monterey, California. I graduated from the University of Portland, and like most of us at that time, we all exited to sunny California. I stopped teaching when my son was born, and never went back, although I spent every year from then on, clear to now, doing volunteer work, first in the schools and now the library.

I have four highlights in my life. The first was marrying my husband Harry, 20 years my senior. They said it wouldn’t last. We proved them wrong! The next was having Phil, my son, who is 40 and lives in Berlin, Germany; before that, in Barcelona, Spain, with his partner Lucia.

For twenty years I was a quilt maker. Harry urged me to try, since we had a lot of quilts from the 30’s, made by his mother and aunts. I “took to it”, and spent 20 years quilt making, probably 50 different quilts. My quilts have been published in books and one was used for five months running in a magazine, Quilters’ Newsletter, as the editors taught its readership to make it. When Harry died, my interest in quilting evaporated. I sold all my fabric and tools, gave my machine to my step daughter, and never looked back.

Number three: I have walked portions of the Camino de Santiago three times, not the entire 500 miles, but twice from Roncevalles to Santiago, the highlights, 110 miles in 11 days, and once, a shorter route, from Porto, Portugal, to Santiago. I have spent a lot of time in Spain, starting when I was a young teacher, spending summers there living with families and taking immersion Spanish.

Two bad accidents brought me here, involving heels, pelvises, tailbones. Enough said. When the second accident happened, I had been writing in a class, perfecting skills in memoir writing. That teacher introduced me to Dawn Thompson. We have been working together every week, for an hour and a half, ever since. Dawn also now teaches the writing class here, twice a month. I encourage everyone to go.

The writing, especially non-verse poetry, has become my passion. I am quite prolific and enjoy every poem, every piece of non fiction I write.

I cannot forget my number one friend, through all of this, both accidents, Callie Ann, who is a calico kitty, and stands with me through thick and thin. We are a team, two old ladies living together.

The following is an excerpt from one of Cynthia’s poems about Callie

Reaching the chest, she lowers herself and tucks in her paws.

Her breath is a whisper against my face.

Her whiskers tickle my cheeks.

I feel her even breathing.

She purrs, an unending contented sound.

It is all one note, with no rests.

The sound continues on and on and on...

The sky continues to lighten.

Soon, the curtain will go up on the day.

For this small now, we lie together,

in perfect harmony.

May 2012



Transportation Schedule

Monday
9:00-4:00 Dr. Appointments
West of Bethany *Bus*
1:00 Walgreens *Bus or Van*

Tuesday
9:30-12:00 Bus to the Village:
QFC, Walgreens, Bank, etc.
2:45-4:00 Shopping *Bus*

Wednesday
1:00 Walgreens *Golf Cart*

Thursday
9:00-4:00 Dr. Appointments
East of Bethany *Bus*
1:00 Walgreens *Bus or Van*

Friday
8:00-11:00 Dr. Appointments
East of Bethany *Van*
9:30&12:15pm Shopping *Bus*
1:00 Walgreens/Library Shuttle *Van*

A = 1st Floor Activity Room
B = Bistro
F = Foyer (Front Lobby)
LV = Living Room
FC = Fitness Center
L = Library
R = The Parc Restaurant
S = Salon
T = Theater
2L = 2nd Floor Lounge
TVL = TV Lounge
2A = 2nd Floor Activities Room
2MP = 2nd Floor Multi-Purpose
2PD = 2nd Floor Private Dining
PD = 1st Floor Private Dining
2DR= 2nd Floor Dining Terrace Rm
2FL= 2nd Floor Fireplace Lounge
\$ -A cost is associated w/ this Activity.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Daily Activities</u> 10:00 Stretching w/ Emily <i>2L</i> 11:00 Open Ping Pong <i>A</i> 1:00 Bingo <i>2A</i> 1:00 Spelling Bee <i>2L</i> 2:00 Sing-Along <i>2L</i> 2:00 Open Wii Bowling <i>A</i> 3:00 Bridge <i>2MP</i> 3:00 Mexican Train Dominos \$ <i>A</i> 3:15 Poetry <i>2PD</i> 4:00 Social Hour <i>B</i> 7:00 Movie Night <i>T</i>	<u>Daily Activities</u> 9:30 Rosary <i>2PD</i> 10:30 Wii League Bowling <i>A</i> 11:00 Sit and Be Fit <i>FC</i> 1:00 Balloon Volleyball <i>2L</i> 1:00 Walgreens <i>F</i> 2:00 Crafts with Carol <i>A</i> 4:00 Social Hour <i>B</i> 7:00 Bingo \$ <i>2MP</i>	<u>Daily Activities</u> 9:30 Bus to the Village <i>F</i> 10:00 Uno <i>2A</i> 11:00 Strength/Balance <i>FC</i> 11:30 Spring Walking <i>F</i> 1:00 Bingo <i>2A</i> 1:00 Bridge <i>2FL</i> 1:15 Pinochle Group <i>2MP</i> 2:00 Open Wii Bowling <i>A</i> 4:00 Nail Painting <i>2A</i> 4:00 Social Hour <i>B</i> 7:00 Shanghai Rummy w/ Ross <i>2L</i>	<u>Daily Activities</u> 11:00 Chair Yoga <i>FC</i> 11:00 Open Ping Pong <i>A</i> 1:00 Learning Wii Bowling w/ Harold <i>A</i> 1:00 Balloon Volleyball <i>2L</i> 1:00 Walgreens <i>F</i> 1:00 Pinochle Group <i>2MP</i> 1:30 Matinee Movie <i>T</i> 4:00 Social Hour <i>B</i> 7:00 Bingo \$ <i>2MP</i> 7:00 Poker <i>TVL</i>	<u>Daily Activities</u> 11:00 Sit and Be Fit <i>FC</i> 1:00 Bingo <i>2A</i> 1:00 Bible Study <i>A</i> 1:00 Walgreens <i>F</i> 3:00 4,5,6 Dice Game \$ <i>A</i> 4:00 Social Hour <i>B</i>	<u>Daily Activities</u> 9:00 Catholic Communion 10:30 Open Ping Pong <i>A</i> 12:15 Water Aerobics \$ <i>F</i> 1:00 Wii League Bowling <i>A</i> 1:00 Balloon Volleyball <i>2L</i> 1:00 Bridge <i>2MP</i> 1:00 Walgreens <i>F</i> 2:00 Balanced Fitness <i>FC</i> 2:30 Mexican Train <i>A</i> 3:00 Piano Lessons <i>2L</i> 4:00 Social Hour <i>B</i> 7:00 Poker <i>2MP</i>	<u>Daily Activities</u> 10:00 Bean Bag Toss <i>FC</i> 10:30 Scenic Drive <i>F</i> 11:00 Sit and Be Fit <i>FC</i> 11:00 Open Wii Bowling <i>A</i> 12:30 Hand & Foot <i>2FL</i> 3:00 Wii League Bowling <i>A</i> 4:00 Social Hour <i>B</i> 7:00 Movie Night <i>T</i>
		1 10:00Men’s Coffee & Donuts 1:00 Movies at Evergreen <i>F</i> 2:00 Fred Meyer - Walker Rd “Senior Discount Day” <i>F</i> 7:00 Movie Night <i>T</i>	2 11:00 Lunch at Widmer Brewery “Easy” <i>F</i> 3:00 Resident Meeting <i>T</i>	3 10:00 Reading Buddies <i>2L</i> 11:00 Bean Bag Toss <i>2L</i> 11:00 Stampin’ Up! <i>A</i> 2:00 Birthday Party <i>2MP</i> 7:00 Bridge <i>2MP</i>	4 9:30 Safeway, Trader Joe’s and Target <i>F</i> 11:00 “That Special Look” <i>LV</i> 12:15 Fred Meyer/Tigard <i>F</i> 1:30 Library Shuttle <i>F</i> 4:00 Craig Jones on Piano <i>B</i>	5 10:30 Scenic Drive <i>F</i> 2:00 Theater Hour w/ Marilyn W. “Eat Pray and Love” <i>T</i> 1:00 Washington Square Shopping <i>F</i>
	6 8:30 Church Shuttle <i>F</i> 9:30 Worship and Communion Lead by Bob & Claudia Guest Speaker: Pastor Don Clemesen <i>T</i> 4:30 The LDS Family Singers <i>2L</i>	7 10:00 Reading Buddies <i>2L</i> 10:00 Writing Workshop w/ Dawn <i>PD</i> 11:30 Red Hats Out to Lunch “Old Chicago Pizzeria” <i>F</i> 3:00 Use it or Lose It “Your Ridiculous Memory” <i>T</i>	8 10:00 Oasis Class “Israel: An Overview” <i>T</i> 2:00 Dollar Tree and Grocery Outlet <i>F</i> 3:00 New Resident Q&A <i>A</i> 7:00 Movie w/ Wright “Ziegfield Girls” <i>T</i>	9 9:00 Voter Assistant <i>LV</i> 9:30 Lilac Gardens & Lunch at the Oak Tree Restaurant “Moderate” <i>F</i> 3:00 Dining Meeting <i>2MP</i> 4:00 Linda Smith on Piano <i>B</i>	10 10:00 Bean Bag Toss <i>2L</i> 10:00 Irilla’s Watercolor Class <i>A</i> 2:00 Hand Work Social Hour w/Carol <i>2A</i>	11 9:45 Fred Meyer Walker Rd <i>F</i> 10:30 Crafts w/ Carol <i>2A</i> 12:15 Winco <i>F</i> 1:00 The Way Radio Was w/ Dick Karman <i>T</i> 1:30 Library Shuttle <i>F</i> Special Tour of the Library
	13 Mother’s Day! 8:30 Church Shuttle <i>F</i> 9:30 Worship and Communion Lead by Bob & Claudia “That the World May Know Part I” <i>T</i> 10:30 Mothers Day Brunch <i>R</i>	14 10:00 Writing Workshop <i>PD</i> 3:00 Use It or Lose It <i>2MP</i>	15 10:00 Men’s Coffee & Donuts <i>2L</i> 1:00 Movies at Evergreen <i>F</i> 2:00 Kohl’s and Winco <i>F</i>	16 11:00 NW Senior Theater “Broadway Dreamers” Lunch at Olive Garden “Moderate” <i>F</i> 3:00 Activity Meeting <i>A</i>	17 10:00 Bean Bag Toss <i>2L</i> 11:00 Stampin’ Up! <i>A</i> 1:30 Reading Buddies <i>2L</i> 2:00 Hand Work Social Hour w/Carol <i>2A</i> 7:00 Bridge <i>2MP</i>	18 9:30 Safeway, Trader Joe’s and Target <i>F</i> 10:30 Crafts w/Carol <i>2A</i> 12:15 Fred Meyer/Tigard <i>F</i> 1:30 Library Shuttle <i>F</i> 2:00 St. Sharbel Choir <i>T</i>
						19 2:00 Laurel Parc Fashion Show and Champagne Social

May2012



Transportation Schedule

Monday
9:00-4:00 Dr. Appointments
West of Bethany Bus
1:00 Walgreens Bus or Van

Tuesday
9:30-12:00 Bus to the Village:
QFC, Walgreens, Bank, etc.
2:45-4:00 Shopping Bus

Wednesday
1:00 Walgreens Golf Cart

Thursday
9:00-4:00 Dr. Appointments
East of Bethany Bus
1:00 Walgreens Bus or Van

Friday
8:00-11:00 Dr. Appointments
East of Bethany Van
9:30&12:15pm Shopping Bus
1:00 Walgreens/Library Shuttle Van

A = 1st Floor Activity Room
B = Bistro
F = Foyer (Front Lobby)
FC = Fitness Center
L = Library
R = The Parc Restaurant
S = Salon
T = Theater
PD = 1st Floor Private Dining
TVL = TV Lounge
2L = 2nd Floor Lounge
2A = 2nd Floor Activities Room
2MP = 2nd Floor Multi-Purpose
2PD = 2nd Floor Private Dining
2DR= 2nd Floor Dining Terrace Rm
2FL= 2nd Floor Fireplace Lounge
\$ = There is a cost associated with this activity

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Daily Activities</u> 10:00 Stretching w/ Emily 2L 11:00 Open Ping Pong A 1:00 Bingo 2A 1:00 Spelling Bee 2L 2:00 Sing-Along 2L 2:00 Open Wii Bowling A 3:00 Bridge 2MP 3:00 Mexican Train Dominos \$ A 3:15 Poetry 2PD 4:00 Social Hour B 7:00 Movie Night T	<u>Daily Activities</u> 9:30 Rosary 2PD 10:30 Wii League Bowling A 11:00 Sit and Be Fit FC 1:00 Balloon Volleyball 2L 1:00 Walgreens F 2:00 Crafts with Carol A 4:00 Social Hour B 7:00 Bingo \$ 2MP	<u>Daily Activities</u> 9:30 Bus to the Village F 10:00 Uno 2A 11:00 Strength/Balance FC 1:00 Bingo 2A 1:00 Bridge 2FL 1:15 Pinochle Group 2MP 2:00 Open Wii Bowling A 4:00 Nail Painting 2A 4:00 Social Hour B 7:00 Shanghai Rummy w/ Ross 2L	<u>Daily Activities</u> 11:00 Chair Yoga FC 1:00 Balloon Volleyball 2L 1:00 Walgreens F 1:00 Pinochle Group 2MP 4:00 Social Hour B 7:00 Bingo \$ 2MP 7:00 Poker TVL	<u>Daily Activities</u> 11:00 Sit and Be Fit FC 1:00 Bingo 2A 1:00 Bible Study A 1:00 Walgreens F 2:00 Hand Work Social Hour w/ Carol 2L 3:00 4,5,6 Dice Game A 4:00 Social Hour B	<u>Daily Activities</u> 9:00 Catholic Communion T 10:30 Open Ping Pong A 12:15 Water Aerobics \$ F 1:00 Wii League Bowling A 1:00 Bridge 2MP 1:00 Balloon Volleyball 2L 1:00 Walgreens F 2:00 Balanced Fitness FC 2:30 Mexican Train A 3:00 Piano Lessons 2L 4:00 Social Hour B 7:00 Poker 2MP	<u>Daily Activities</u> 10:00 Bean Bag Toss FC 10:30 Scenic Drive F 11:00 Sit and Be Fit FC 11:00 Open Wii Bowling A 12:30 Hand & Foot 2FL 3:00 Wii League Bowling A 4:00 Social Hour B 7:00 Movie Night T
20 8:30 Church Shuttle F 9:30 Worship and Communion Lead by Bob & Claudia Guest Speaker: Pastor Jerry Bennett T 3:00 The Craftsmen Singers T	21 10:00 Writing Workshop w/ Dawn PD 1:30 Reading Buddies 2L 1:00 Slide Show with Bill Oberhue “Cuba” T 3:00 Use it or Lose It “Your Ridiculous Memory” T	22 11:30 LP Money Store 2L 2:00 Michaels, Ross, Bed Bath and Beyond & Nordstrom Rack F 7:00 Movie Night T	23 9:00 Hood River “Carousel Museum” “Moderate” F 11:00 Open Ping Pong A 1:30 Matinee Movie T 1:00 Learning Wii Bowling w/ Harold A 3:00 Volunteer Meeting A 4:00 Matthew Casey B	24 10:00 Irilla’s Watercolor Class A 10:00 Bean Bag Toss 2L 5:00 Candle Light Dinner R	25 9:45 Fred Meyer Walker Rd F 11:00 Resident Council Advisory 2PD 12:15 Dollar Tree F 1:30 Library Shuttle F 2:00 St. Charbel School Choir T 4:00 Book Club 2PD	26 1:00 Nature Outing w/ Emily F 2:00 Theater Hour w/ Marilyn W. “The Sting” T
27 8:30 Church Shuttle F 9:30 Worship and Communion Lead by Bob & Claudia “That the World May Know Part II” T	28 10:00 Writing Workshop PD 3:00 Use It or Lose It 2MP	29 10:00 Men’s Coffee & Donuts 2L 11:30 Spring Walking F 1:00 Movies at Evergreen F 2:00 Joanne’s Fabrics F	30 National Senior Health and Fitness Day 1:00 Walker and Wheelchair Clinic 2L 12:00 Avada Hearing Clinic FC	31 10:00 Sweet Peas 2L 11:00 Bean Bag Toss 2L 4:00 Lucy’s Country Music Performance B		
						

Laurel Parc Happenings

Page 4

This month's lunch will be at Old Chicago Pizzeria. Call Pat Schroeder if you have any questions or would like to join Laurel Parc's Red Hat Ladies. "Easy"

Tour of the Lilac Gardens and Lunch at the Oak Tree

Wednesday May 9th at 9:30am

The Hulda Klager Lilac Gardens are located in Woodland Washington and they are part of an 1800's Victorian Farm. Entrance Fee is \$2

Lunch afterwards at The Oak Tree. "Moderate"

Lunch at the Olive Garden and the NW Senior Theater "Broadway Dreamers"

Wednesday, May 16th at 11am

We will have lunch first at the Olive Garden, then head to Alpenrose Dairy where the NW Senior Theater will perform another one of their famous shows. A \$5 donation for the show is requested. "Moderate"

Hood River's Carosel Museum and Lunch at Blue Bird Restaurant

Wednesday, May 23rd at 9am

We will be visiting a small private collection of the most comprehensive carousels and carousel art in the world. Afterwards lunch will be at the Blue Bird Restaurant. There is a \$4 fee for the museum. "Moderate"

Nature Outing with Emily

Saturday, May 26th at 1pm

Come join our new Activity Assistant Emily and explore The Tualatin Hills Nature Park.

"Moderate"

Scenic Drive Saturdays at 10:30am

Get on the bus and see what the Willamette Valley has to offer. No stops, just a drive to see what there is to see. "Easy" **Sign ups are required**

Transportation

Daily Walgreens Transportation

Daily transportation to Walgreen's at Bethany Village for Laurel Parc residents to pick up

prescriptions or other grocery items they may need. Please Check the Front Desk for the Weekly Schedule. **Sign ups are required.**

West side of Bethany Boulevard

Mondays from 9am-4pm

This would include all medical offices west of Bethany Boulevard. Providence at Bethany will also be accommodated. The last departure from Laurel Parc will be at 3pm.

Sign ups are required.

Bus to the Village Tues from 9:30am-12:30pm

A continuous three hour shuttle up to Bethany Village. The last departure from Laurel Parc is 11:45. **No sign up required.**

Tuesday Afternoon Shopping 2:00pm

Each week the Shuttle will have a different destination. The shuttle will return to Laurel Parc at 4pm. **Sign ups are required.**

East side of Bethany Blvd Thurs from 9am-4pm

Fridays from 8am to 11am
This will include all medical offices east of Bethany Boulevard. Providence at Bethany will also be accommodated. **Sign ups are required.**

Friday Shopping Shuttle 9:30am & 12:15pm

Check the calendar to find out the schedule for each Friday. **Sign-ups are required.**

Friday Library Shuttle 1:30pm to 3pm

Are you a bookworm and would like to spend some real time at the library? Our new shuttle on Friday will take care of you!

Sign ups are required.

Church Shuttle Sun from 8:30-1:30pm

Shuttle departs at 8:30am for Sunset Presbyterian and Cedar Mill Bible Church. Second departure is at 9:40am for St. Gabriel Episcopal. Last departure is at 11:25am for St. Juan Diego. Pick up times are at the front desk.

Sign ups are required.

Laurel Parc Happenings

Page 1

Daily Activities

Poker Night Wednesday and Fridays at 7pm

Come join in on Laurel Parc's Poker Night. We are now playing with two tables, two nights a week and always looking for new players.

Bingo Sunday, Tuesday and Thursday at 1pm

Monday and Wednesday at 7pm

1pm Bingo: Earn Laurel Parc Money. 7pm Bingo: 10 cents a card!

Bible Study Thursdays at 1pm

This is resident run and everyone is welcome!

Bridge

Sun at 3pm, Tues at 1pm, 1st & 3rd Thurs at 7pm

Want to get in on the fun? Speak with Patty about joining a group. Ext. 2223

Open Bridge Fridays at 1pm NEW!

This group is for those players who want to come and join in and not worry about having a partner. Speak with Patty if you are interested. Ext 2223

Catholic Communion Fridays at 9:00am

St. Juan Diego holds communion in the Theater.

Church Service Sundays at 9:30am

Worship and Communion lead by Bob and Claudia.

Crafts w/Carol Mondays at 2pm

Carol has very creative and challenging crafts for the month of May. **Sign ups are required.**

Hand Friendly Crafts w/ Carol

Fridays at 10:30am

This class is tailored to those who enjoy simple yet stylish crafts. Sign up at the 2nd Floor Round.

Hand and Foot Saturdays, 12:30pm

A card game played similar to Canasta.

Jinny P. and Marilyn M. are ready to teach you!

Irilla's Watercolor Class

2nd & 4th Thursday at 10am

Open to painters of all skill level and completely free! Come express your artistic side!

Men's Coffee & Donuts

Every other Tuesday at 10am

A chance for Laurel Parc men to get together and enjoy each other's company.

Mexican Train Dominos

Friday at 2:30pm, Sunday at 3:00pm

A domino game open to everyone. Bring your dimes!

Movie Matinee & Nights

Wednesdays at 1:30pm, Tues, Sat & Sun at 7pm

Movie schedules are posted in The Parc Weekly Press. Give Jordan your movie suggestions!

Nail Painting Tuesdays at 4pm

Get your nails painted for free with our volunteers. We have many colors available!

Hand Work Social Hour with Carol

Thursdays at 2pm

Carol would like to invite you to an hour of hand work (your choice) and socializing!

Piano Lessons w/Angela Fridays at 3pm

Angela, a very gifted piano player, has volunteered to teach piano lessons. Speak with her on Fridays to set up a practice schedule.

Poetry and Prose Sundays at 3:15pm

From Walt Whitman to Maya Angelou and all of the poets in between. Come share with us your favorite poetry.

Open Ping Pong in the Activity Room

Wednesdays, and Sundays at 11am, Fridays at 10:30am

Like to play Ping Pong? Laurel Parc now has a Ping Pong Table so come join in!

Shanghai Rummy w/ Ross Tuesdays at 7pm

Come check out this fun version of rummy. Ross is willing to teach you!

Social Hour Everyday at 4pm

This is a chance to relax and enjoy a glass of wine, meet new friends and enjoy occasional entertainment in the Bistro.

Spelling Bee Sundays at 1pm

Join us for a good old fashioned spelling bee. This is a great opportunity to earn LP Money!

Stamp It Up! Card Making Class

1st and 3rd Thursdays at 11am Helen and Karen bring all the materials for each person to make four greeting cards. There is always someone to help when you need it!

Sweet Peas Reading Buddies

Alternating Mon & Thurs at 10am and 1:30pm

Students from Sweet Pea Pre School in Bethany Village would like to invite Laurel Parc residents to be their reading buddies.

Theater Hour w/Marilyn W. Saturdays at 2pm

Marilyn will share fun facts and stories about the films and its actors before each movie. May's Theme is "Movies Requested by Residents".

Uno Every Tuesday and at 10am

Come join Carol in the 2nd Floor Activity Room for the fun game of Uno.

Writing Workshop Every Monday at 10am

"You have wonderful stories inside" Facilitator Dawn Thompson will help you put them into words! Come join the Writing Group on Mondays in the Private Dining Room.

4,5,6 Dice Game Every Thursday at 3pm

Back by popular demand! Come try your luck at rolling the dice!

Staying Fit**Balanced Fitness Fri at 2pm**

Muscular Strength is critical for successfully performing many daily activities. Working with weights will provide you an opportunity to challenge and improve your strength. In this class we will also incorporate balance and flexibility activities. "Moderate"

**Beanbag Toss Thursdays (2L) at 10am or 11am
Saturdays (FC) at 10am**

Residents pair up and have two chances each round to throw a beanbag at holes on a board ranging from 10-50 points. Earn LP Gold Coins. "Easy"

Chair Yoga Wednesdays at 11am Join Jaime and learn how to do modified yoga poses from your chair. "Easy."

Hearing Clinic Wednesday May 30th 12-2pm

Avada Hearing will be here to perform hearing screenings, clean and repair current hearing devices. **Sign up at the Front Desk.**

Learning Wii w/ Harold Wednesdays at 1pm

Want to learn how to Wii Bowl? Harold is here to help you! **Please sign up at the Front Desk.**

**Open Wii Hour Sundays and Tuesdays at 2pm,
Saturdays at 11am,** Grab a partner and come play at your leisure!

Sit and Be Fit Mon, Thurs, & Sat at 11am

This recommended by many Physical Therapists as an excellent exercise resource for seniors and those with disabilities. "Easy."

Sitting Balloon Volleyball

Mon, Wed, & Fri at 1pm

This is excellent exercise for the upper body! Not only do the residents feel a good work out physically, but also mentally, as most of the half hour is spent laughing. "Easy."

Strength & Balance Tuesdays at 11am

The class includes stretching, working on balance, weight training and cardio. "Moderate."

Stretching with Emily Sundays at 10:30am

Regular stretching and range of motion helps to correct bad posture, relieves pain, and reduces the risk of injury. It relaxes the body and helps reduce stress levels. Walkers and wheelchairs welcome! "Easy"

Use It or Lose It Mondays at 3pm

Word puzzles, problem solving, reading, etc. Patty challenges you to exercise your brain.

Water Aerobics Fridays at 12:15pm

We go to the 88 degree Harman pool. This is a non-impact exercise class developed by the Arthritis Foundation. Lap swim is also available.

Walker and Wheelchair Clinic

Wednesday May 30th at 1pm

Ted Sanford from Ted's Mobility will be here to inspect and do minor repairs on walkers and wheelchairs.

Spring Walking with Carol

Tuesdays at 11am

Come join Carol in walking the surrounding neighborhoods of Laurel Parc. Each resident can go at their own pace. "Easy to Moderate"

Monthly Events**All Resident Meeting**

Wednesday, May 2nd at 3pm

A time to address concerns, answer questions and provide information on issues relating to Laurel Parc and its residents. The meeting minutes are also available at the front desk.

Birthday Party

Thursday, May 3rd at 2pm

Everyone is welcome to join the fun and have some cake! Let's celebrate April Birthdays!

Mother's Day Brunch

Sunday, May 13th from 10:30am to 2pm

Laurel Parc's Mother's Day Bruch will include one free Mimosa. Cost is \$20 for Adults. Children 12 and under are \$10. Toddler's under 3 are free!

Reservations are required.

New Resident Q&A with Jordan

Tuesday, May 8th at 3:00pm

Questions about Laurel Parc? Not limited to new residents, if you've lived here a while and just need a refresher, come join us!

Movie w/Wright King

Tuesday, May 8th at 7pm

Join Host Wright King for a Movie in the Theater. This month Wright is hosting "The Ziegfeld Girls".

Dining Meeting

Wednesday, May 9th at 3pm

Chef Ric and Brian will be available to listen and answer questions concerning dining.

Activity Meeting

Wednesday, May 16th at 3pm

Please come join the Activity Department and help plan the next months activities and events.

Laurel Parc Money Store

Tuesday, May 22nd at 11:30pm

Use the money you earned during bingo games and beanbag toss to buy anything from soap to snacks. Come by and check out the goodies!

Volunteer Meeting

Wednesday, May 23rd at 3pm

Interested in volunteering here at Laurel Parc or outside in our community? All residents are welcomed to join Laurel Parc's Volunteer Committee.

Candle Light Dinner

Thursday, May 24th at 5pm

This month's "Semi-Formal" Candle Light Dinner is in response to many resident's requests to dress up in their formal evening wear. So put on those evening gowns and tuxedos and join us for this very special Candle Light Dinner. **Reservations are required.** (Evening Attire is suggested.)

Excursions

Sign ups are required for all Excursions!

Lunch at Widmer Brewery

Wednesday, May 2nd at 11am

Our 1st Wednesday of the month Lunch Excursion is to Widmer Brewery. We will be back in time for the Resident Meeting. Menu is at the front desk "Easy"

Washington Square Shopping

Saturday May 5th 1-4pm

Want to do some shopping at Nordstrom's, Macy's or JC Penney? This outing is for you!

Red Hats Out to Lunch

Mon, May 7th at 11:30am

Get all decked out in your purple clothes and red hat and be ready to hit the town!