

# livfun

Canfield Place

JULY 2018 • RED, WHITE & BLUE DAYS

## National Senior Health & Fitness Day!

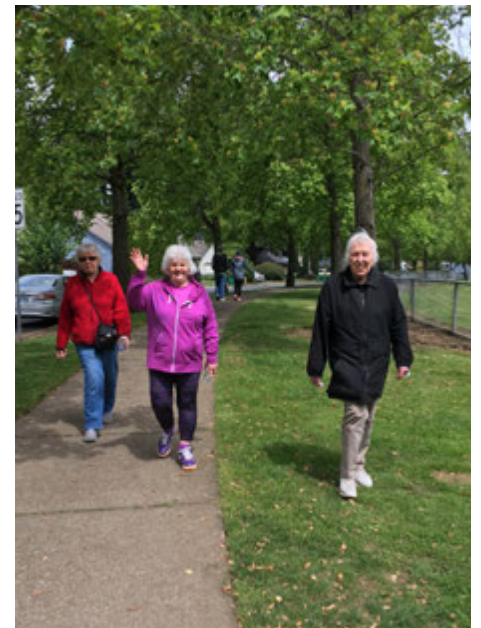
What a fun day National Senior Health and Fitness Day was! To celebrate its 25th anniversary, Canfield Place participated in a walk at local Summerlake Park. Sponsored by Portland Running Company, the walk was brimming with everything you could think of: healthy and delicious snacks, raffle prizes, games and decorations for the occasion. Residents had a great time getting outside and walking, not to mention the perfect weather for the holiday! We had a large turnout, along with another local independent living Community, Creekside, to join in on the fun. Canfield Place staff participated as well, cheering on the walkers and directing them on the course. We can't wait for next year's National Senior Health and Fitness Day!



*Employees and residents warming up before the race!*



*Residents Yvonne Miller and Mary Jean Davis excited to walk for Senior Health and Fitness Day!*



*The ladies were all smiles nearing the finish line!*

## Exploring Schreiner's Iris Gardens

Schreiner's Iris Gardens in Salem was a fabulous trip for residents. We visited the gardens on Tuesday, May 29, for a wonderful picnic and a stroll down the long rows of flowers. With over 100 varieties, there were numerous types that made residents "stop and smell the roses." The weather could not have been more perfect and the trip down was gorgeous as well. While there, residents had the chance to wander the garden, visit the gift shop and purchase arrangements, while also learning about flower arranging designs from the experts at Schreiner's. Visiting local gardens near Canfield Place are some of the most popular and loved outings by residents. With all the vibrant and rich colors, it's hard not to love trips around to see the flowers!



*Resident June Coe and her daughter, Linda, enjoying the Iris!*



*Yvonne smells the fragrant flowers!*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>1</b></p> <p>1:00 LARGE PRINT LIBRARY CHECKOUT, L 1:30 <i>Country Drive, L</i> 3:30 Wii Bowling, GR 6:15 Movie &amp; Popcorn, GR</p>	<p><b>2</b></p> <p>9:30 EVERYDAY EXERCISE, PFG 2:00 <i>Brain Games with Kristin, LIB</i> 3:00 Social Mixer, GR 3:30 BRAIN FITNESS WITH KRISTIN, LIB 7:00 "Jeopardy!" &amp; "Wheel of Fortune," GR</p>	<p><b>3</b></p> <p>9:30 EVERYDAY EXERCISE, PFG 10:30 Catholic Communion, PDR <b>11:00 MOVIE OUT TO CENTURY 16 CEDAR HILLS, L</b> 1:00 Bridge Game, LIB 1:15 WALKING GROUP, PFG 1:30 Wii Bowling, GR 3:00 Resident Council Meeting, PFG 7:00 "Jeopardy!" &amp; "Wheel of Fortune," GR</p>	<p><b>4 INDEPENDENCE DAY</b></p> <p>10:00 Mexican Train Dominoes, GR 11:00 FOURTH OF JULY BARBECUE!, DR 1:30 Bingo, PFG <b>3:30 Vegas Games with Jason, GR</b> 6:15 Movie &amp; Popcorn, GR</p>	<p><b>5</b></p> <p>9:30 EVERYDAY EXERCISE, PFG 10:15 <i>Crafting Group, GR</i> 10:45 Scrabble Game, LIB 1:30 Rummikub with Susan, GR 2:00 Giant Crossword with Colleen, PFG <b>2:00 Book Club with Kristen, PFG</b> 7:00 "Jeopardy!" &amp; "Wheel of Fortune," GR</p>	<p><b>6</b></p> <p>9:30 Flexibility Fridays, PFG 9:30 Fred Meyer Trip #1, L 11:45 Fred Meyer Trip #2, Banks, Post Office, &amp; Dollar Tree Trips, L <b>2:30 COUNTRY DRIVES, GR</b> 7:00 "Jeopardy!" &amp; "Wheel of Fortune," GR</p>	<p><b>7</b></p> <p>10:00 Coffee Time, B 1:30 Bingo, PFG <b>3:30 Wii Bowling, GR</b></p>
<p><b>8</b></p> <p>1:00 LARGE PRINT LIBRARY CHECKOUT, L 2:00 Music with Lee Nicholas, GR 3:30 Wii Bowling, GR 6:15 Movie &amp; Popcorn, GR</p>	<p><b>9</b></p> <p>9:30 EVERYDAY EXERCISE, PFG 2:00 <i>Brain Games with Kristin, LIB</i> 3:00 Social Mixer, GR 3:30 BRAIN FITNESS WITH KRISTIN, LIB 7:00 "Jeopardy!" &amp; "Wheel of Fortune," GR</p>	<p><b>10</b></p> <p>9:30 EVERYDAY EXERCISE, PFG 10:30 Catholic Communion, PDR <b>11:30 LUNCH OUT TO OLD SPAGHETTI FACTORY, L</b> 1:00 Bridge Game, LIB 1:15 WALKING GROUP, PFG 1:30 Wii Bowling, GR 7:00 "Jeopardy!" &amp; "Wheel of Fortune," GR</p>	<p><b>11</b></p> <p>9:30 EVERYDAY EXERCISE, PFG 10:00 Mexican Train Dominoes, GR 11:00 <i>Avon with Sue Arney, L</i> 1:30 Bingo, PFG 3:00 Rummikub with Susan, GR 6:15 Movie &amp; Popcorn, GR</p>	<p><b>12</b></p> <p>9:30 EVERYDAY EXERCISE, PFG 10:15 <i>Crafting Group, GR</i> 10:45 Scrabble Game, LIB 1:30 Rummikub with Susan, GR 3:00 <i>Watercolor Class with Irilla Swanson, GR</i> 7:00 "Jeopardy!" &amp; "Wheel of Fortune," GR</p>	<p><b>13</b></p> <p>9:30 Flexibility Fridays, PFG 9:30 Fred Meyer Trip #1, L <b>10:30 Church Service with Nehemiah Brown, GR</b> 11:45 Fred Meyer Trip #2, Banks, Post Office, &amp; Dollar Tree Trips, L 1:00 Mountain Man Candy, L <b>2:30 COUNTRY DRIVES, GR</b> 7:00 "Jeopardy!" &amp; "Wheel of Fortune," GR</p>	<p><b>14</b></p> <p>10:00 Coffee Time, B 1:30 Bingo, PFG <b>3:30 Wii Bowling, GR</b> <b>3:30 Birthday Party with Tom Ball, GR</b></p>
<p><b>15</b></p> <p>1:00 LARGE PRINT LIBRARY CHECKOUT, L 3:30 Wii Bowling, GR 6:15 Movie &amp; Popcorn, GR</p>	<p><b>16</b></p> <p>9:30 EVERYDAY EXERCISE, PFG 2:00 <i>Brain Games with Kristin, LIB</i> 3:00 Social Mixer, GR 3:30 BRAIN FITNESS WITH KRISTIN, LIB 7:00 "Jeopardy!" &amp; "Wheel of Fortune," GR</p>	<p><b>17</b></p> <p><b>9:00 PORTLAND ART MUSEUM'S FREE ADMISSION DAY!, L</b> 9:30 EVERYDAY EXERCISE, PFG 10:30 Catholic Communion, PDR 1:00 Bridge Game, LIB 1:15 WALKING GROUP, PFG 1:30 Wii Bowling, GR 7:00 "Jeopardy!" &amp; "Wheel of Fortune," GR</p>	<p><b>18</b></p> <p>9:30 EVERYDAY EXERCISE, PFG 10:00 Mexican Train Dominoes, GR 1:30 Bingo, PFG 3:00 <i>Music with Monte, GR</i> <b>3:30 Vegas Games with Jason, GR</b> 6:15 Movie &amp; Popcorn, GR</p>	<p><b>19</b></p> <p>9:30 EVERYDAY EXERCISE, PFG 10:15 <i>Crafting Group, GR</i> 10:45 Scrabble Game, LIB 1:30 Rummikub with Susan, GR <b>2:00 Book Club with Kristen, PFG</b> 3:00 Handwriting Analysis, GR 7:00 "Jeopardy!" &amp; "Wheel of Fortune," GR</p>	<p><b>20</b></p> <p>9:30 Flexibility Fridays, PFG 9:30 Fred Meyer Trip #1, L 11:45 Fred Meyer Trip #2, Banks, Post Office, &amp; Dollar Tree Trips, L 1:30 Resident Meeting, GR <b>2:30 COUNTRY DRIVES, GR</b> 4:30 <i>Accordion with Phil Hall, DR</i> 7:00 "Jeopardy!" &amp; "Wheel of Fortune," GR</p>	<p><b>21</b></p> <p>10:00 Coffee Time, B 1:30 Bingo, PFG <b>3:30 Wii Bowling, GR</b></p>
<p><b>22</b></p> <p>1:00 LARGE PRINT LIBRARY CHECKOUT, L 1:30 <i>Music with Bill Beach, GR</i> 3:30 Wii Bowling, GR 6:15 Movie &amp; Popcorn, GR</p>	<p><b>23</b></p> <p>9:30 EVERYDAY EXERCISE, PFG 2:00 <i>Brain Games with Kristin, LIB</i> 3:00 Social Mixer, GR 3:30 BRAIN FITNESS WITH KRISTIN, LIB 7:00 "Jeopardy!" &amp; "Wheel of Fortune," GR</p>	<p><b>24</b></p> <p>9:30 EVERYDAY EXERCISE, PFG 10:30 Catholic Communion, PDR <b>11:30 LUNCH OUT TO CRUISE IN COUNTRY DINER, L</b> 1:00 Bridge Game, LIB 1:00 Hearing Clinic with Drew, GR 1:15 WALKING GROUP, PFG 1:30 Wii Bowling, GR 2:00 CHEF CHAT, B 7:00 "Jeopardy!" &amp; "Wheel of Fortune," GR</p>	<p><b>25</b></p> <p>9:30 EVERYDAY EXERCISE, PFG 10:00 Mexican Train Dominoes, GR 1:30 Bingo, PFG 3:00 Rummikub with Susan, GR 6:15 Movie &amp; Popcorn, GR</p>	<p><b>26</b></p> <p>9:30 EVERYDAY EXERCISE, PFG 10:15 <i>Crafting Group, GR</i> 10:45 Scrabble Game, LIB 1:30 Rummikub with Susan, GR 7:00 "Jeopardy!" &amp; "Wheel of Fortune," GR</p>	<p><b>27</b></p> <p>9:30 Flexibility Fridays, PFG 9:30 Fred Meyer Trip #1, L <b>10:30 Church Service with Nehemiah Brown, GR</b> 11:45 Fred Meyer Trip #2, Banks, Post Office, &amp; Dollar Tree Trips, L 1:00 Mountain Man Candy, L <b>2:30 COUNTRY DRIVES, GR</b> 7:00 "Jeopardy!" &amp; "Wheel of Fortune," GR</p>	<p><b>28</b></p> <p>10:00 Coffee Time, B 1:30 Bingo, PFG <b>3:30 Wii Bowling, GR</b></p>
<p><b>29</b></p> <p>1:00 LARGE PRINT LIBRARY CHECKOUT, L 3:30 Wii Bowling, GR 6:15 Movie &amp; Popcorn, GR</p>	<p><b>30</b></p> <p>9:30 EVERYDAY EXERCISE, PFG 2:00 <i>Brain Games with Kristin, LIB</i> 2:00 <i>Music with Monte, GR</i> 3:00 Social Mixer, GR 3:30 BRAIN FITNESS WITH KRISTIN, LIB 7:00 "Jeopardy!" &amp; "Wheel of Fortune," GR</p>	<p><b>31</b></p> <p>9:30 EVERYDAY EXERCISE, PFG 10:30 Catholic Communion, PDR <b>12:00 WINE TASTING &amp; PICNIC AT OAK KNOLL WINERY, L</b> 1:00 Bridge Game, LIB 1:15 WALKING GROUP, PFG 1:30 Wii Bowling, GR 7:00 "Jeopardy!" &amp; "Wheel of Fortune," GR</p>	<p><b>Locations</b> Bistro, B Dining Room, DR Great Room, GR Library, LIB Lobby, L PrimeFit Gym, PFG Private Dining Room, PDR</p> <p><b>Birthdays</b> Larry Conn, 6th Elizabeth Schwartz, 15th Sue McCorkle, 18th</p>			

# Wine Tasting & Picnic at Oak Knoll Winery

Calling all wine lovers! Summer is the perfect time to explore the beauty that is the Oregon wine country. Join us for what's sure to be a leisurely and relaxing afternoon at Oak Knoll Winery for a picnic and wine tasting on Tuesday, July 31. Oak Knoll is the oldest winery in Washington County and boasts a large assortment of wines, priding themselves primarily on their Pinot Noir. Oak Knoll Winery is built on the site of a dairy farm and incorporates some of the historic structures dating back to 1917. This former dairy is located in the pastoral farmlands west of Portland, in an agriculturally zoned and protected area. The name Oak Knoll was previously used by the original dairy on this site and refers to a hillside of oak on the property. Three brick grain silos still stand on the property, and the main wine cellar was once a milking parlor that is over 100 years old! If you're looking for a classic summer trip sampling the bountiful wines of Oregon, you won't want to miss this fun outing!



**CANFIELD PLACE**  
LIVING BETTER THAN EVER

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**Staff**

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**Chef**  
Robert McKenzie

**Restaurant Supervisor**  
Nancy Campos

**Health and Wellness Manager**  
Shawna Frazier

**Bookkeeper**  
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**Program Supervisor**  
Susan Christopher

**PrimeFit Instructor**  
Kristin Nackers

**Housekeeping Supervisor**  
Colleen Rake

**Plant Operations Supervisor**  
Mike Campos

## Red Nose Day at Canfield Place!

Celebrated nationally, National Red Nose Day on Thursday, May 24, was a smashing hit at Canfield Place. Residents and staff celebrated in style donning their red noses throughout the day. Whether it was during exercise class, a meal or craft group, both employees and residents showed their support by donating to this honorable foundation. Red Nose Day is a fundraising campaign run by the non-profit organization Comic Relief, Inc., and brings people together to have fun, raise money and change the lives of kids who need help the most. Red Nose Day launched in the U.S. in 2015, dedicated to ending child poverty, both in the U.S. and in some of the poorest communities in the world. The money raised by Red Nose Day in the U.S. has benefited programs for children and young people in all 50 states and in 34 countries internationally. Globally, Red Nose Day has raised over \$1 billion since its launch in the U.K. in 1988. We appreciate all the support Canfield Place showed for this special day!



Our fabulous Health and Wellness staff all gathered together!



Enjoying a Red Nose Day-themed lunch!



Craft Group joined in on the fun as well!

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