

# Elm Court Neighborly News

November 2011

1032 SW Main Street

A Publication of Neighborhood House Downtown District Center  
503-295-0044; www.nhweb.org; email: aging@nhweb.org

## NH Staff

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## L&F Staff

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Bonny Groshong  
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Gayle Heister  
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Anita Pfister  
Erin Parrish

## NOTICE:

**Elm Court will be open  
on November 24  
and will serve a  
Thanksgiving Dinner!**

(Neighborhood House will be  
closed November 24th & 25th)



**Neighborhood House**  
*Helping Neighbors Help Themselves*



**LOAVES & FISHES  
CENTERS**  
*The Meals-On-Wheels People*

Elm Court is a Loaves & Fishes meal site where Neighborhood House, NW Portland Ministries, Senior Recreation & other partners come together to serve the older adults of downtown Portland.

Join the Elm Court Neighborly News mailing list by calling 503-295-0044

**Monday–Friday** 8:30-3:30 p.m.  
**Saturday & Sunday** 10:00-2:00 p.m.  
 Please drop into Elm Court throughout the day to read the newspaper, participate in activities, socialize with friends or enjoy a hearty lunch

**Lunch Service** 11:30-1:00 p.m.  
 Served daily to those 60 years old and older. If you are not yet 60 years old, the meal is \$6.80 and the suggested donation of our guests per meal is \$3.

**Information & Assistance Hours**  
**Monday-Friday** 8:30-3:30 p.m.  
 Neighborhood House Aging Services, located within Elm Court provides many different services to the older adults of downtown Portland. For more information please call 503-295-0044.

## Blurbs

Due to receiving a generous donation from one of Elm Court's thoughtful patrons, we will finally be purchasing a Wii! Please come join us for electronic exercise, games and fun every Tuesday at 1:30 in the John Thorpe Room!

**Have you ever been on an underground tour of Portland? We are trying to arrange a "Shanghai Tunnel Tour", but will need commitment from at least 15 participants in order to make a reservation. Date is yet to be determined. Please see Erin at NH if interested**

**Cost is \$10 per person for Lunch at Hobo's and a two hour tour using stairs up and down.**

## ELM COURT'S 'PATRON OF THE MONTH'



### **Ronald Scott, aka, "Scotty"** **Contribution to Elm Court Community:**

Scotty is here first thing every morning, even before staff and others arrive, and enters the center to help out by moving tables, sweeping the floors and always greeting others with a warm smile and a polite "Good Morning." He is consistently present with us. We love Scotty!

### **Dream for the future of the world:**

"At my age, I don't think that far ahead. If I had a million dollars, I'd give it all away.." Scotty reports he comes here everyday because "TV is boring" and watching people gives him something to do.

**\*You too could be nominated Elm Court Patron of the Month! Nominate someone and tell us why!**

***Movie Thursdays 1:30***  
***John Thorpe Room***  
**Give us your Movie suggestion,**  
**and we'll order it from Netflix!**  
**Popcorn & Hot Coco Served!**

# Classes & Activities

## CHAIR/STANDING YOGA STRETCH

Tuesdays and Thursdays 10:30-11:30,  
Saturdays 11:00-12:00

Call Brook Claridge to sign up 503-224-3230



## COMPUTER LAB

Daily 8:30am—3:30pm

Five computers available to guests daily for personal use during business hours

## SENIOR LAW PROJECT

2nd & 4th Thursdays, November 10th

Appointments begin at 1:00 p.m.

This service is available to seniors or their spouses if you or your spouse is 60+ years of age, and are residents of Multnomah County. The initial 30-minutes consultation is free, regardless of income. Further assistance may be available for those meeting income guidelines. Local attorneys donate their time.

To make appointments call 503-295-0044



## ESL (ENGLISH SECOND LANGUAGE)

Mondays at 12:30

Meets at the John Thorpe Conference Table

## Wii—Electronic Bowling, Tennis and More!

Tuesdays 1:30-3:30

Play with the Electronic Wii  
Great exercise and fun!

## CRAFT MAKING

Wednesdays 1:30-3:00

Bring your handicrafts, be it sewing, knitting, crocheting, woodworking, etc. to share time and inspiration with others



## BINGO

Every Friday 1:30-3:00 pm

We have a box full of prizes. Must be at least 5 players. Bring your friends!

**PLEASE CONTACT NH STAFF AT  
503.295.0044 IF YOU HAVE ANY  
IDEAS FOR ACTIVITIES OR CLASSES**

## Senior Parks & Recreation Classes at Elm Court

**TO SIGN UP FOR THE  
FOLLOWING CLASSES CALL  
SENIOR RECREATION  
503-823-4328  
SCHOLARSHIPS AVAILABLE**

### LOW IMPACT CARDIO CIRCUIT

Mondays, Wednesdays, Fridays 10:30-11:30

Comprehensive Class using chair and standing exercise designed to improve physical and mental health. Resistance workout using hand weights and dynabands to improve coordination, cardiovascular, strength, flexibility & balance. Instructor: Brooke Claridge, ongoing



### QIGONG: Balance & Breathing

Tuesday and/or Thursday 12:15-1:15 p.m.

Qi means breath in Chinese & gong means applied to a discipline. Easy Movements enhance energy, flexibility, improve balance, reduce stress and generate a sense of peace. Instructor: Terry Louie, ongoing

### ART: DRAWING

Mondays 10:00-12:00

Discover your hidden talents using charcoal, pencils & pastels in a relaxed atmosphere  
Instructor: Terry Street, Next Class session starts October 3rd



### ART: WATERCOLOR

Mondays 1:00-3:00

Express your creativity exploring painting basics, sketching, mixing colors and laying washes, using light and shadow, composition and texture in this pleasurable and rewarding class  
Instructor: Terry Street, Next Class session starts October 3rd





# November Trips



## NEIGHBORHOOD HOUSE TRIPS

Drop by or call 503-295-0044 to sign up.

**Cedar Hills Winco and Dollar Tree**  
**November 7th & 14th (Mondays) 9am-12pm**  
**AND October 14th (Monday) 1-3:30pm**

Enjoy the bus trip out to Beaverton Winco and Dollar Tree for shopping for great prices! **\*Bus picks up at 9 at Elm court, 9:15 at Park Towers and will pick up at the Rosenbaum \*Bus picks up again at 12:30 pm at Elm Court, 12:45 pm at Park Towers on Oct. 10<sup>th</sup>**

**Culinary School—3 Course Lunch**  
**November 9th (Wednesday) 12pm-2pm**

Taste the fancy, high-end cuisine, delicious baked goods and decadent desserts prepared and served by the students of Portland Culinary School on SW Jefferson. Example Menu: starter: Soup or Salad, Main Course: Grilled meat, Fish or Pasta, Dessert: Torte or cake. **\$3 (that's \$1 per course!), Meet at Elm Court at 11:30 to walk and transport together**

**Portland Art Museum “Art and Conversation”**  
**November 17th (Thursday) 9am-11am**

Join the Museum Director for pastries and coffee and a lecture “Object Stories.” **\*FREE. Meet at Elm Court at 9:00 to walk or transport together**

**Cedar Creek Grist Mill in Vancouver**  
**November 21st (Monday) 9am-2pm**

Ever been to see a real working Grist Mill? Cedar Creek Mill rests on a steep and rocky slope on the Washington side of the gorge. Escape the city and enjoy the beautiful scenery out in the country to the woods and the stream. Bring a sack lunch or eat out at Rosie's in Washington **\*FREE. Meet at Elm Court at 8:30am, bus to depart sharply at 9:00am**

**Clackamas Town Center Christmas Shopping**  
**November 30<sup>th</sup> (Wednesday) 10am-2pm**

Avoid the bustle of Black Friday by enjoying the Monday after at the mall and get your Christmas shopping done early this year. Or, simply wander around the 180 stores, see a movie in the 20 Screen

movie theater, or eat some sushi and Ben and Jerry's, if you'd like. **\*FREE. Meet at Elm Court at 9:30am, Bus to depart sharply at 10:00am**

**\*\*Interested in a “Shanghai Tunnel Tour”? NH needs a commitment from at least 15 participants to make a reservation. Date TBA. Cost is \$10 per person for Lunch at Hobo's and a two hour tour using stairs up and down.**

## FRIENDLY HOUSE/NWPP TRIPS

**Pick up and Drop off From : 1737 NW 26th Ave**  
**To sign up, please call Friendly House**  
**503-226-0700**

Friday, November 4, 2011 The Annual Holiday Food and Gift Festival 10:30am to 3:00 pm

Over 300 exhibitors at the Oregon Convention Center, 777 NE MLK Blvd, provide shoppers with one of a kind gifts that cannot be found anywhere else. With arts, crafts, jewelry, clothing, wood, music, photography, holiday décor and much more makes this festival a gift buyer's delight. There is also a large gourmet food area where you can sample and purchase a wide range of specialty food items. Senior admission is \$7.50.

Friday, November 11, 2011 Fort Vancouver-Free Admission Day 10:30 am to 2:30 pm

Celebrate Veteran's Day by visiting historic Fort Vancouver. Visit the historic Officer's Row where Grant was stationed in the 1850's. Take a step back in history as you go from one building to the next. After your tour, enjoy a relaxing lunch at Sweet Tomatoes.

Friday, November 18, 2011 Pre-Holiday Shopping and Show 11:00 am to 4 pm

Start the day with a pre-holiday shopping trip to the Beaverton's Kohl's store followed by a leisurely lunch at a near-by restaurant. After lunch, really get in the holiday spirit at the Alpenrose NW Senior Theatre show “Deck the Halls and All That Jazz” which starts at 2 pm. Suggested theatre donation is \$5.00 per person plus bring money for shopping and lunch.

Friday, November 25, 2011 Thanksgiving Week-End-No Trip

# November Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	1 10:30 Yoga+ 12:15 Qigong+ 1:30 Wii	2 10:30 Low Impact Cardio Circuit+ 1:30 Craft Class	3 10:30 Yoga+ 12:15 Qigong+ 1:30 Movie	4 10:30 Low Impact + 1:30 Bingo <b>FH TRIP</b> <hr/> 5 (Saturday) 11:00 Yoga+
7 10:30 Low Impact Cardio Circuit+ 12:30 ESL Class  <b>NH Shopping</b>	8 10:30 Yoga+ 12:15 Qigong+ 1:30 Wii	9 10:30 Low Impact Cardio Circuit+ 1:30 Craft Class  <b>Culinary Trip</b>	10 10:30 Yoga+ 12:15 Qigong+ 1:00-4:00 Senior Law Project 1:30 Movie	11 10:30 Low Impact + 1:30 Bingo <b>FH TRIP</b> <hr/> 12 (Saturday) 11:00 Yoga+
14 10:30 Low Impact Cardio Circuit+ 12:30 ESL Class  <b>NH Shopping</b>	15 10:30 Yoga+ 12:15 Qigong+ 1:30 Wii	16 10:30 Low Impact Cardio Circuit+ 1:30 Craft Class	17 10:30 Yoga+ 12:15 Qigong+ 1:30 Movie  <b>PAM Trip</b>	18 10:30 Low Impact Cardio Circuit+ 11:30 BIRTHDAY 1:30 Bingo <b>FH TRIP</b> 19 Saturday) 11:00 Yoga+
21 10:30 Low Impact Cardio Circuit+ 12:30 ESL Class  Grist Mill Trip	22 10:30 Yoga+ 12:15 Qigong+ 1:30 Wii	23 10:30 Low Impact Cardio Circuit+ 1:30 Craft Class	24 ELM COURT THANKSGIVING DINNER  (NH CLOSED)	25 10:30 Low Impact Cardio Circuit+ 1:30 Bingo (NH CLOSED) <hr/> 26 (Saturday) 11:00 Yoga+
28 10:30 Low Impact Cardio Circuit+ 12:30 ESL Class	29 10:30 Yoga+ 12:15 Qigong+ 1:30 Wii	30 10:30 Low Impact Cardio Circuit+ 1:30 Craft Class <b>Mall Trip</b>	<p align="center"><b>LEGEND</b></p> <p>Unmarked = Elm Court Activity            + = Parks and Rec.  <i>Note: Senior Rec., Senior Law &amp; all trips require registration.</i></p>	
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