

Our Village Community Gatherings have become a wonderful partnership between Caroleana and Taunya . We want to bring you diversity, education and fun!

**Village Walk:** We will walk around The Village Campus and enjoy the beauty of Spring.

**Volunteer Opportunities:** We will have representatives from Metropolitan Family Services and My Father's House to share opportunities for volunteering.

**Energy Trust of Oregon:** Douglas Dilley will be here to share energy conservation tips and explain the LED and Water Saving Device program that will take place April 27th and 28th at The Village

**Field Trip to Natural Grocers:** We will be attending a class (to be decided) and tour of the store. There will be an opportunity to shop. There is no charge for this trip, there will be a sign up sheet at the Activity Table.

**Please come and enjoy the fun and education!**

## VILLAGE COMMUNITY GATHERING



MONDAY  
APRIL 6th  
VILLAGE WALK  
1:00 pm

MONDAY  
APRIL 13th  
VOLUNTEER OPPORTUNITIES  
1:00 pm

MONDAY  
APRIL 20th  
ENERGY TRUST OF OREGON  
1:00 pm

MONDAY  
APRIL 27th  
FIELD TRIP TO NATURAL GROCERS  
1:00 pm

Blood Pressure Checks  
every Monday at 2:00 pm  
in Resident Service Area

# The Village News



Published by The Village Retirement Center  
Gresham, Oregon

APRIL 2015

Happy Spring,

Winter is finally behind us and Spring flowers are upon us! I'm so thankful for our beautiful campus! Thank you to John and his amazing crew!

We have a full calendar this month! Please read over the calendar, pick out a fun activity and join us!

I'm thrilled the Corbett Choir is returning, they love coming here to perform and visit! Please don't miss them.

We are offering a brunch for our April special dinner. This will be a delicious change! Please get your tickets early!

Our home is very busy with tennis! We are enjoying the kids learning a new sport!

Have a great month!

Taunya

## WELCOME NEW RESIDENTS

Bob & Ellen Wells Apt #61

Linda Senner Apt #57

Sue Messenger Apt #315



- APRIL BIRTHDAYS
- April 4 Lynda Vandebogart
  - April 5 Calvin Husbands
  - April 10 Judith Remington
  - April 13 Harlin Rude
  - April 14 David Yu
  - April 14 Mary Dannar
  - April 15 Sharron Iverson
  - April 18 Bill Brown
  - April 21 Ruth Heberlein
  - April 21 Eva Seibel
  - April 21 Gladys Wilson
  - April 22 Doris Byhre
  - April 23 Jimmie Rude
  - April 26 Bob Bergh
  - April 27 Warren Gough
  - April 30 Joella Lee

This April, National Volunteer Week is observed April 12-18, 2015. But, that doesn't mean that you should limit your service to one week or, even, one month! Join us on Monday April 13th, for The Village Gathering and learn about local volunteer opportunities. Volunteering is a great way to meet new people and build relationships. As well, volunteering brings fun and fulfillment to a persons life.

There are many opportunities for you to be involved in the local community; Whether it's passing out lunches to the homeless, driving a friend to an appointment, or helping school age children learn to read. Using your life experiences and talents to teach, build-up and enrich our community will bring joy into other lives, as well as your own.

Here are 5 starting points to consider to guide you—

1. **Find a passion.**
2. **Look for a need.** That won't be difficult these days.
3. **Have Fun.**
4. **Don't overdo.** Older adults can become so committed to a cause it becomes a job. While that kind of dedication is admirable, remember that retirement work should be a labor of love, not drudgery.
5. **Shun negativity.** Turn a deaf ear to the negativity and gravitate toward people and projects that share your interests.

Caroleana



Attention Pet  
Owners:  
**PLEASE PICK  
UP AFTER  
YOUR PET  
IMMEDIATELY!**



**PLEASE!**  
Do not go near the  
construction sites or  
go into apartments that are  
being remodeled or renovat-  
ed. The sites are dangerous  
and can be very  
hazardous.



**CRAFT  
TIME  
WITH LOIS**

**FRIDAY, APRIL 17th  
1:30 pm -3:00 pm**

Lois is bringing her  
amazing talents to  
The Village.  
Please sign up and join  
the fun.

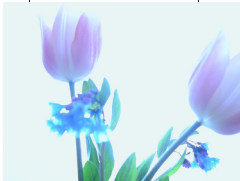

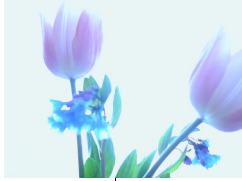


**ART CLASS  
WITH  
CAROLYNN  
WAGLER  
AND JANET ALMY**

**TUESDAY,  
APRIL 21st  
10:00 AM  
REC ROOM**

Bring your own art  
project to work on  
during this time. This  
is a great time to  
share and visit while  
working!

# CAFE MENU APRIL 2015

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
			<b>1</b> <b>Chicken</b> <b>***</b> <b>Veggie</b> <b>Chik</b>	<b>2</b> <b>Salisbury</b> <b>Steak</b> <b>**</b> <b>Prime</b> <b>Stake</b>	<b>3</b> <b>Tuna</b> <b>Casserole</b> <b>***</b> <b>Veggie</b> <b>Casserole</b>	<b>4</b> <b>Chicken ala</b> <b>King</b> <b>***</b> <b>Veggie</b> <b>Chik ala</b> <b>King</b>
<b>5</b> <b>Swedish</b> <b>Meatballs</b> <b>***</b> <b>Veggie Beef</b> <b>Swedish</b> <b>Meatballs</b>	<b>6</b> <b>Hamburgers</b> <b>***</b> <b>Garden</b> <b>Burgers</b>	<b>7</b> <b>Haystacks</b>	<b>8</b> <b>Parmesan</b> <b>Chicken</b> <b>***</b> <b>Parmesan</b> <b>Chik</b>	<b>9</b> <b>Hearty</b> <b>Mac</b> <b>N'Cheese</b> <b>***</b> <b>Mac</b> <b>N'Cheese</b>	<b>10</b> <b>Tilapia</b> <b>***</b> <b>Rice</b> <b>Patty</b>	<b>11</b> <b>Sweet</b> <b>N'Sour</b> <b>Chicken</b> <b>***</b> <b>Sweet</b> <b>N'Sour Chik</b>
<b>12</b> <b>Beef tips w/</b> <b>gravy</b> <b>***</b> <b>Veggie Beef</b>	<b>13</b> <b>Chicken</b> <b>Tenders</b> <b>***</b> <b>Chik</b> <b>Tenders</b>	<b>14</b> <b>Taco</b> <b>Casserole</b>	<b>15</b> <b>Pizza</b>	<b>16</b> <b>Roasted</b> <b>Turkey</b> <b>***</b> <b>Veggie Chik</b>	<b>17</b> <b>Salmon</b> <b>***</b> <b>Walnut</b> <b>Patty</b>	<b>18</b> <b>Beef</b> <b>Stroganoff</b> <b>***</b> <b>Veggie Beef</b> <b>Stroganoff</b>
<b>19</b> <b>Chicken</b> <b>Chow Mein</b> <b>***</b> <b>Chik</b> <b>Chow Mein</b>	<b>20</b> <b>BBQ Beef</b> <b>Sandwiches</b> <b>***</b> <b>Garden</b> <b>Burger</b>	<b>21</b> <b>Haystacks</b>	<b>22</b> <b>Lasagna</b>	<b>23</b> <b>Special</b> <b>Brunch</b> 	<b>24</b> <b>Fish</b> <b>Friday</b> <b>***</b> <b>Veggie</b> <b>Patty</b>	<b>25</b> <b>Swiss Steak</b> <b>***</b> <b>Swiss Stake</b>
<b>26</b> <b>Chicken</b> <b>Tarragon</b> <b>***</b> <b>Chick</b> <b>Tarragon</b>	<b>27</b> <b>Fish</b> <b>Sandwich</b> <b>***</b> <b>Chik</b> <b>Sandwich</b>	<b>28</b> <b>Enchiladas</b>	<b>29</b> <b>Potato</b> <b>Bar</b>	<b>30</b> <b>Meatloaf</b> <b>***</b> <b>Walnut Patty</b>		

# APRIL 2015 ACTIVITIES



## BREAKFAST OUT TO BOB'S RED MILL

Thursday, April 2nd  
9:00 am  
\$4.00 Bus

Breakfast and shopping!



## RESIDENT'S MEETING

Tuesday, April 7th  
10:00 am  
Rec Room

We encourage all residents to attend this informative meeting.



## WOODEN SHOE TULIP FARMS AND LUNCH OUT TO TEBO'S

Thursday, April 9th  
9:00 am  
\$14.00 includes bus & admission

We will travel south and view the beautiful tulips.



## AFTERNOON BINGO

Thursday, April 14th  
1:00 pm  
Rec Room

Come have some fun and play BINGO!



## CORBETT MIDDLE SCHOOL CHOIR PERFORMANCE

Thursday, April 16th  
1:30 pm  
Rec Room

This wonderful choir is returning to give us a fun performance.



## Tour of McMenamin's Edgefield

Tuesday April 28th  
10:30 am  
\$4.00 Bus

We will travel to Troutdale and tour the beautiful grounds and historic buildings. We will then have lunch at the Power Station.



## Centennial High School Drama Dept

Presents: **Annie Get Your Gun**

Thursday, April 30th 6:30 pm  
\$9.00 includes bus & admission

Join us for a wonderful performance!

Administrator's corner

Dear Residents,

April is here, and with it more of the beauties of Spring. I hope you enjoy the colors of the season. Be sure not to miss the activities and opportunities to explore new or not-so-new things this month. Your staff have planned many varied activities for you to enjoy.

Our remodels are going well. #57 will be finished later this month, and #105 is progressing well. It is nice to see some walls going up on our restroom addition.

I want to remind everyone that even though we are pretty secure here at The Village, we are not exempt from crimes, theft, and people who do not have the best intentions coming on our property. Please make sure that you do not keep any valuables outside of your apartment. Everything you keep outside is especially vulnerable to someone simply walking away with it. Be sure to not keep valuables in your vehicle. It is inviting someone to break in. Keep your doors locked and windows secured both in your vehicle and in your apartment. A small amount of awareness and prevention helps greatly.

We all know how important energy conservation is, not only for the monetary rewards we get when we conserve, but also for the good of our planet and our society. Over the years Energy Trust of Oregon has helped us to save energy in many ways. We actually receive rebates on many of the energy upgrades we do here at The Village. This year Energy Trust has offered to come and replace any of your incandescent bulbs with the new LED bulbs. These are the most efficient bulbs available now. They come on instantly and do not go dim over time. These are the expensive ones that many feel they cannot afford to have. Energy Trust will only replace the incandescent bulbs, not the fluorescent CFL's. They will also be providing every apartment with water saving devices to help keep our water consumption down. When we save water it not only saves on the cost of the water, but our sewer charges are based on our water usage, so it also saves our community on our sewer charges. And of course we are helping our region save on the overall water consumption.

To start this off we will have a representative come for our Village Gathering on April 20. He will explain the program and what they will be doing, and will give us energy savings tips, as well as answer any of your energy questions. Then on Monday and Tuesday, April 27 and 28 they will go to every apartment to replace bulbs and water saving devices. We will have a Village staff person accompany every visit to your apartment so you can feel confident that someone will be with them. We will be going into every apartment whether you are home or not. We will be sending out a letter with more information as it gets closer to the date. We are very happy that they have opened up this opportunity for us, and I am glad that you will be able to reap the benefits of this in lower electric bills.

Don't forget to take the time to enjoy the flowers this month !

Dennis



THE VILLAGE CAFE  
BRUNCH



THURSDAY, APRIL 23rd  
NOON

\$9.00 per person

(\$1 discount if purchased before noon Wed 4/22)

The Café will be serving a wonderful brunch of Fruit Salad, Albertina Kerr's Quiche, Potatoes O'Brien, Turkey sausage or Veggie Sausage, and Pancakes w/ syrup  
Assorted Beverages



**Portland Spirit Presents  
Oregon City Tour & River Cruise**

Tuesday, July 28th  
8:30 am

\$104.00 per person includes all  
transportation, lunch and  
gratuity

This 5 hour, two part trips includes a motor coach city tour of Oregon City, a Willamette River Cruise, lunch buffet . We will tour the End of the Trail Interpretive Center and historic homes in Oregon City.

There is a large amount of walking. Walkers are welcome, but power chairs are not feasible.

**Please sign up and pay by Friday, April 24th**

Thank you for all your prayers, cards, and flowers!

Ramona Newman #64



**SPOTLIGHT  
WEDNESDAY**

**Featuring:**

**John White and an  
Earth Day Arbor Walk**

Wednesday, April 22nd  
1:00pm

We will meet in the Lobby and John will escort us around the campus and share his arbor knowledge.

Dear Village Community,

It is Spring time once again. Here at the start of April we can celebrate the Resurrection of Jesus Christ. Spring time is a time of renewal but the Resurrection of Jesus Christ is the portal of everlasting life. Because He lives, we can live forever. After His Resurrection, Jesus appeared a number of times to His disciples. The following passage of Scripture is from a new translation that captures the beauty and power of the original Greek text of Scripture. May He bless us by His Word.

*He showed them his pierced hands and feet and let them touch his wounds. The disciples were ecstatic yet dumbfounded, unable to fully comprehend it. Knowing that they were still wondering if He was real, Jesus said, "here, let me show you. Give me something to eat." They handed Him a piece of broiled fish and some honeycomb. As they watched Him eat it. Then He said to them, "Don't you remember the words that I spoke to you when I was still with you? I told you that everything written about me would be fulfilled, including all the prophecies from the law of Moses through the Psalms and the writings of the prophets—that they would all find their fulfillment in what has happened." He supernaturally unlocked their understandings to receive the revelation of the Scriptures then said to them, "Everything that has happened fulfills what was prophesied of me. Christ, the Messiah, was destined to suffer and rise from the dead on the third day. Now you must go into all the nations and preach salvation's grace and forgiveness of sins so that they will turn to me. Start here in Jerusalem. For you are my witnesses and have seen for yourselves all that has transpired. And I will send the fulfillment of the Father's promise to you. So stay here in the city until the mighty power of heaven falls upon you and wraps around you. Luke 24: 40-49 The Passion Translation*

Love in Christ, Pastor Bob

**Reminder:**

Please remember if you need help from the grounds or maintenance crew call the office and they will put it in the work book.

Please do not interrupt the crews while working. The office is happy to assist you with your needs and requests.

**DO NOT FLUSH**

**"FLUSHABLE" WIPES  
DOWN THE TOILET.**

**THEY DO NOT  
BREAKDOWN AND  
CLOG OUR SEWER  
SYSTEM.**