



Talk of the Town

TOWN CENTER VILLAGE

8709 SE Causey Avenue • Happy Valley, OR 97086 • (503) 654-4500

Summer 2015 Comes to a Close....

What a wonderful summer we have had at TCV! We enjoyed beautiful sunny weather, outdoor adventures, the exciting Summer Games Competition (Congratulations, Team Italy!), and our 30th Anniversary Gala Event to name a few highlights.

I always consider summer to be the time of action, while autumn is a time for transition and preparation for the winter. Aesop's fable of the Ant and the Grasshopper comes to mind. Remember the ant out and about working and preparing while the grasshopper sat chirping and lounging around? We don't want to find ourselves in winter regretting that we are unprepared!

We are lucky to live in a climate that has the diversity of seasons that we do here in Oregon. One of the challenges of the seasons is adapting to them in order to remain vital and healthy throughout the changes. It sure is nice to curl up with a book and blanket on a damp day; but when a damp day turns into a month or a season and we haven't left the couch, uh-oh. How do we find our personal balance?

Oct/Nov/Dec 2015

This autumn, challenge yourself to work on that balance and engage the mind, the body, and the spirit. Maybe you won't be outside walking and hiking as much in the colder weather, but you can still use the Vitality center to stay physically fit and take advantage of a warm soak in the hot tub. Perhaps some of that extra outdoor time is replaced with some indoor social events to stimulate the spirit. Find nourishment in the fall foods, the gourds, the soups and the hot apple pies. Borrow a book or two from the libraries on campus and start a discussion group.

There are many resources around to help support our vitality, the biggest resource being all of you. I will see you around the campus and would love to hear what keeps each of you vital, what gives your spirit energy, or perhaps simply sit down with you and share some pie and a laugh.

Steven Esser

Senior Executive Director

Happy Holidays!

Holiday Bazaar
 Holiday shopping made easier! The annual Village Holiday Bazaar will be Friday, Dec. 4, from 9 a.m. to 3 p.m. in the Terrace dining room. Staff, residents, families, and friends will have the opportunity to purchase handmade items and baked goods from over 25 vendors.

Do you know someone who may want a booth at the Bazaar? Vendor spaces are available. For more information or questions, contact the Terrace Life Enrichment Director, Shirley Zondervan at (503) 653-1500.



Village Food Drive

Town Center Village is getting into the spirit of Thanksgiving by giving back. Please help us by dropping off nonperishable food items in to the barrels located in both the Fountains or Terrace lobby areas during the months of November and December. All donations will be sent to the Oregon Food Bank. Please help us give someone else a reason to be thankful this holiday season.

Make Your Own Personalized Holiday Greeting Cards

Join the Village greeting card making class during the holiday season and learn to make personalized holiday cards to send to friends and family.

Classes are held in the Terrace activity room, Wednesday evenings, twice a month throughout the holiday season.

Check the Independent Living calendar for all upcoming dates. Everyone is encouraged to join the fun.

'Tis the Season

The weather has turned chilly, and the calendar on your desk is getting thinner. All clues that the end of another year is upon us and that the holiday season has arrived in full force. It is that time of year again when we have a number of Village celebrations approaching. We are coming up on Thanksgiving followed by Christmas! Be sure to mark your calendars for all the exciting celebrations we have planned for our residents and their families to attend during the festive season.

Oct. 8, Village Fall Festival, 3:30–5 p.m.

Oct. 30, Village Halloween Party, 2–3:30 p.m.

Dec. 4, Holiday Bazaar, 9 a.m.–3 p.m.

Dec. 10, Village Lighting Celebration, 5:30–7 p.m.

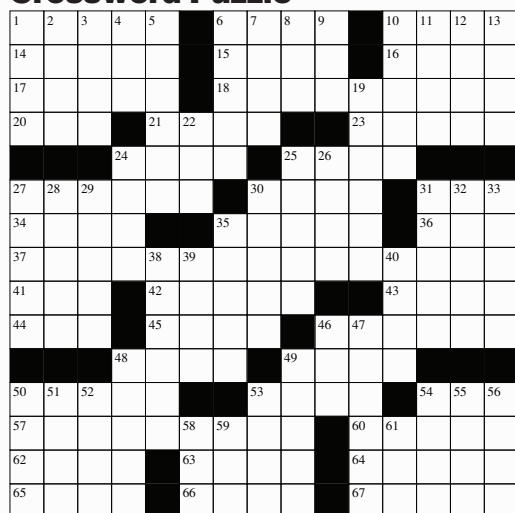
Dec. 16, Generations Open House

Dec. 29, Farewell 2015 Party, 2:30–4 p.m.

We look forward to celebrating the season with you and your families!

The Fountains

Crossword Puzzle



ACROSS

1. Monroe's successor
6. Spring dance
10. Make a mess
14. Fabric with a wavy pattern
15. Dinner course
16. Wild feline
17. Accessory
18. One with a breathing disorder
20. Grads.-to-be
21. Saga
23. Mountain ridge
24. Pretense
25. Concocted
27. Lathe
30. Appear
31. Brazilian gentleman
34. Fictional estate
35. Earth: Lat.
36. ___ pedestal; lovingly honored
37. Irritates
41. ___ Z; full gamut
42. Bread spread
43. Oman's location
44. Word with cent or chance
45. Love deity
46. Bar
48. Beverage container
49. Soothe

DOWN

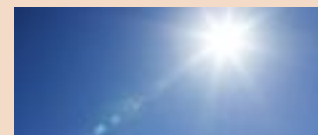
1. Elec. units
2. Gloomy
3. Haughtiness
4. Fem. title
5. Be furious
6. 1 of 150
7. ___ Kennedy
8. Not "safe"
9. Driver's speed: abbr.
10. Lean
11. Stringed instrument
12. Delete
13. Walk the floor
19. Lunatic
22. Swiss river
24. Hot tubs
25. Holiday greeting start
26. Prefix for space or gram
27. Belt
28. High: Fr.

DOWN

29. Shady place
30. Clothes maker
31. Use a divining rod
32. Walking ___joyous
33. Amerindian language
35. Caruso or Pavarotti
38. Softened
39. ___plate
40. Was generous
46. Type of dance
47. Express acceptance
48. Opposite of depress
49. Mr. John
50. Arthur with a racket
51. Eur. language
52. Peddle
53. On the subject of
54. Wander
55. Copycat
56. Belonging to that girl
58. Cooler
59. 46 Across order
61. A necklace of flowers



Summer Fun!



Holiday Highlights!

It's always so hard to believe that we are entering the last three months of the year, but believe it or not... here we are.

These months provide us with an abundance of opportunities to branch out, embrace the sense of community that Town Center Village has to offer and have fun while enjoying fabulous holiday music and campus events.

Here are just a few of the wonderful holiday highlights that are coming up:

- TCV Fall Festival 10/8
- Trick-Or-Treaters 10/27
- Annual Halloween Party ... 10/30
- Fountains Thanksgiving 11/18
- Holiday Bazaar 12/4
- TCV Holiday Celebration .. 12/10
- Generations Open House .. 12/16
- 2015 Farewell Party 12/29

3 Things to Know About Cranberries:

Americans consume about 400 million pounds of cranberries a year, which is good because these little berries can give your health a boost.

1) One cup of cranberries provides 18 percent of the recommended daily amount of vitamin C, manganese and fiber.

2) To balance their tartness, combine fresh cranberries with other fruits, such as oranges, apples or pineapple.

3) Fresh cranberries are at their peak from October through December.

Throughout these three months, we'll be celebrating the cranberry by making some delicious cranberry treats. Keep an eye on your Fountains activity calendar for updates!



Delores Pederson representing team Philippines in the billiard competition.



Half-mile walk participants taking a well deserved break.



Betty Hirota (L) and Marge Stangel (R) compete in the Duathlon (walk/bike).



Summer Games golf putting.



Resident Ran Newsletter

An announcement at the September meeting of the Town Center Residents Association introduced a brand new campus newsletter. "Volume 1, No.1" was delivered to each resident's door step. This newsletter, for and by the residents of TCV, hopes to be the vehicle for the sharing of pertinent news, providing some entertainment and serving as a voice of our community.

A contest was held to find an appropriate name for the newsletter. All residents were invited to submit suggestions for a worthy title (contest underway at time of this publication).

Residents are encouraged to submit literary works, humorous pieces, including jokes, art work, classified ads and other

submissions for newsletter staff consideration for the publication. If you would like to submit a piece to be published in an upcoming issue of the *Resident Ran Newsletter*, please bring your work to the Terrace Front Desk!



Do you have words of wisdom, an amusing anecdote or a wonderful life lesson? We would love to read about it in the resident newsletter.



Flash Gordon Game Board

Flash Gordon: Escape From Planet Mongo the Fitness Game

The Flash Gordon fitness game that started in August is going strong. Even though it has been going for a couple of months there is still plenty of time to join. It is a great workout incentive to watch yourself move around the game board, you can also earn fun prizes. If you are interested in joining the game speak to someone at the Vitality Center and they will be happy to get you started.



We would like to give a shout out and hearty congratulations to all the participants of this year's TCV Summer Games. The Summer Games took place the week of Aug. 24, through Friday, Aug. 28. This weeklong event was open to any resident who desired to participate. This year when a participant signed up for the games, they were assigned to a team that was represented by one of five different countries (USA, Russia, Philippines, Mexico, Italy). Just like the Olympics a country received points every time one of their members competed in an event. Individuals who did not place in an event still earned one point for their team just for participating. The country with the most points at the end of the week was crowned the summer games champion. It was a very exciting competition with the Philippines in the lead most of the week. Then on the final day of competition, Italy surged ahead and surpassed the Philippines to take the title of "Summer Games Champion" by a mere 12 points. Once again we would like to congratulate all of the Summer Games competitors. See you next year!



Maxine F. putting for team Philippines.

Winners:

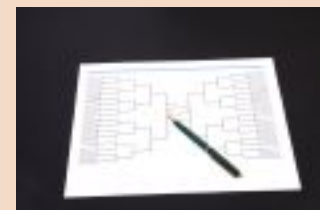
Italy - 226
 Philippines - 214
 USA - 170
 Mexico - 158
 Russia - 124



Lee B. takes a shot during the Summer Games Pentathlon.

Thank You to Our Generous Summer Games Sponsors

Umpqua Bank
 Generations



TCV Summer Games Scoring

Participants who competed in individual age group events (1/2 mile walk, 50 yard swim, etc.) were awarded points as follows - 1st = 4 Pts, 2nd=3 Pts, 3rd=2 Pts. Individuals who did not place in the top three of their event were awarded one point just for participating. In team events (billiards, lawn bowling, etc.) each team members was awarded 4 points each time their team won. Each member of a team that was eliminated were awarded 2 points.

Rx: LAUGHTER**LOVE TO LAUGH!?**

Maybe you've seen this new activity offering on our Rehab calendar? We meet one Saturday each month @ 1 p.m. We've discussed "What makes this funny?" after reading or telling jokes; viewing requested comedy shows i.e. "Carol Burnett," "Smothers Brothers," and "Jack Benny," and routines i.e. "Who's on First?". It is co-created by attendees and Life Enrichment Director Dana, a.k.a. the clown, "Clara T Muddles." Hope to hear you there!

**BALLOONS! BALLOONS!**

When Ryder, Dorothy S' great-grandson, played with us it made for four generations in the circle along with 8-10 balloons!

Besides fun, it's great exercise! Nose, toes, elbows anything goes to keep the balloons up in the air. Join us for "Balloon Bounce" on Tuesday and Thursday mornings at 10:45, in the area by the Fountains Activity Room, by the undersea mural a.k.a. "1." Mondays, Wednesdays, Fridays and some Saturdays we play Balloon Volleyball around the tables in the "Hub" a.k.a. center of the Rehab unit. Benefits: Creates community, as we're all on the same team; upper body strength building; neck flexibility; eye/hand coordination; and increased reflex response. Many Residents who have "graduated" from our Rehabilitation Therapies program return to play, as it is SO FUN, too. YOU're invited!



Marlene & Carole sing "Sentimental Journey"

2015's last quarter is full of seasonal special events listed on these pages and our calendars. Sharing them together as residents, staff, family & friends creates opportunities for our mission statement to be proven successful: "Enhancing Lives and Celebrating the Excitement of Living." We can't do it without you! With the ever-changing fast pace of the holidays, know that we continue to offer the consistent, routine programming you know & love along with new innovations like KARAOKE on 3rd Mondays @ 3 p.m. in Fountains Dining Room. Check it out! Sing &/or listen.



Pictures Say It All!

30 year Celebration was captured in true Town Center Village fashion and style. The weather was gorgeous and we couldn't be prouder of everyone who participated. The TCV choir did an outstanding job entertaining us. Dancing to the 17 piece orchestra was an added bonus. The TCV culinary team out did themselves, and the long term staff were honored by our Corporate support team. The Chamber of Commerce was on hand to show our true sense of community. It was a magical evening. Cheers to 30 more wonderful years!!!



8709 SE Causey Avenue
Happy Valley, OR 97086



John Q. Public
or Current Resident
12345 Sample Address
City, ST 00000

Word Search

Today's Category: Words That Mean "Happy" or "Sad"

M I S E R A B L E G G M
D C G D E T A L E P E T
L U F R E E H C L L U H
B D A L G D S D A E L R
V D D G U T G N M A B I
C E J O A F C S S S D L
J J K T W H W D I E F L
O E I C O N D O D D G E
Y C G L O O M Y R D R D
O T Y L L O J M E R R Y
U E X O S S L U F Y O J
S D W T N A L I B U J S

1. Pleased _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

- Word Search Solution:
- 1. Blue
 - 2. Cheerful
 - 3. Dejected
 - 4. Dismal
 - 5. Down
 - 6. Ecstatic
 - 7. Elated
 - 8. Glad
 - 9. Gloomy
 - 10. Jolly
 - 11. Joyful
 - 12. Joyous
 - 13. Jubilant
 - 14. Low
 - 15. Melancholy
 - 16. Merry
 - 17. Miserable
 - 18. Pleased
 - 19. Sorryful
 - 20. Thrilled

