

livfun

Canfield Place

MAY 2012 • ENJOY THE JOURNEY

Mother's Day

The history of Mother's Day is centuries old and goes back to the time of the ancient Greeks, who held festivities to honor Rhea, the mother of the gods. The early Christians celebrated the Mother's Festival on the fourth Sunday of Lent to honor Mary, the mother of Christ. Interestingly, a religious order later stretched the holiday to include all mothers and named it Mothering Sunday. The English colonists who settled in America discontinued the tradition of Mothering Sunday because of lack of time. In 1872 Julia Ward Howe organized a day for mothers dedicated to peace. It was a landmark in the history of Mother's Day.

In 1907 Anna M. Jarvis, a Philadelphia schoolteacher, began a movement to set up a national Mother's Day in honor of her mother, Ann Maria Reeves Jarvis. She solicited the help of hundreds of legislators and prominent businessmen to create a special day to honor mothers. The first Mother's Day observance was a church service honoring Anna's mother. Anna handed out her mother's favorite flowers, white carnations, on the occasion to represent sweetness, purity and patience. Anna's hard work finally paid off in the year 1914, when President Woodrow Wilson proclaimed the second Sunday in May as a national holiday in honor of mothers.

Gradually Mother's Day became very popular, and gift-giving increased. While many countries around the world honor mothers with this day; Mother's Day has truly flourished in the United States. The second Sunday of May has become the most popular day of the year. Happy Mother's Day from all of us at Canfield Place!



A Grandmother's Bond



Celebrating our mothers



April Showers Bring May Flowers

In May we finally begin our blooming season in Oregon. This means that Canfield will be making its annual garden tours! Come join us as we venture out into the many local gardens here. We will enjoy all the colorful blossoms at Adelman's Peony Gardens in Salem and have a picnic lunch there. We will walk around the beautiful Schreiner's Iris Gardens in Salem. We will enjoy a guided tour at the Lan Su Chinese Garden in downtown Portland. We will spend a day touring the many different gardens in the Oregon Garden when we travel to Silverton. Come join the fun!



Jeanne enjoys the Iris Gardens.



Flower power up close!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Locations Bistro, B Dining Room, DR Great Room, GR Library, L PrimeFit Gym, PFG Private Dining Room, PDR</p>	<p>Birthdays Ken Reynolds, 6th Jerry Golby, 19th Clarence Maki, 20th Phyllis Gallino, 26th</p>	<p>9:30 Dynaband Class, PFG 1 9:30 SCHOOL BUDDIES, GR 10:15 Stretch & Tone Class, PFG 10:30 <i>Catholic Communion, PDR</i> 11:00 CANFIELD CHOIR'S SPRING SING, GR 12:30 STONE CLIFF INN LUNCHEON, GR 2:00 Posit Science 3:30 Wii Bowling, GR 5:00 MUSIC WITH MONTE, GR</p>	<p>9:30 Exercise Class, PFG 2 10:15 Balance Class, PFG 11:00 UNO, GR 1:30 Bingo, PFG 2:00 Posit Science 3:30 Chucko Game, GR 6:15 MOVIES & POPCORN, GR</p>	<p>9:30 Dynaband Class, PFG 3 10:15 Stretch & Tone Class, PFG 10:30 Spite and Malice, L 1:15 <i>Reading With Jen, L</i> 2:00 Posit Science 2:00 Mexican Train Dominoes, L 2:30 <i>Artistic Endeavors, L</i> 3:30 Wii Bowling, GR</p>	<p>9:30 Fred Meyer Trip, GR 4 9:30 Exercise Class, PFG 10:15 Balance Class, PFG 11:00 UNO, GR 11:30 Banks & Post Office Trips, GR 1:00 STRIKE OUT FOR PARKINSON'S WII BOWLING EVENT, GR 1:30 COUNTRY DRIVE, GR 2:00 Posit Science 3:30 Comedy Corner, B</p>	<p>CINCO DE MAYO 5 10:00 Coffee Time, B 10:30 <i>Church Service, PFG</i> 1:30 Bingo, PFG 3:30 Wii Bowling, GR 5:30 "The Lawrence Welk Show", GR</p>
<p>9:30 <i>Brainteasers, GR</i> 10:30 Spite and Malice, L 1:00 Mexican Train Dominoes, GR 2:00 Wii Bowling, GR 6:15 Movies and Popcorn, GR</p>	<p>9:30 Exercise Class, PFG 7 10:15 Balance Class, PFG 11:00 UNO, GR 1:30 Bingo, PFG 2:00 Posit Science 3:30 Social Mixer, B</p>	<p>9:30 Dynaband Class, PFG 8 9:30 SCHOOL BUDDIES, GR 10:15 Stretch & Tone Class, PFG 10:30 <i>Catholic Communion, PDR</i> 11:45 PEONY GARDEN & PICNIC, GR 2:00 Posit Science 3:30 <i>Tai Chi Class With Jim, PFG</i> 3:30 Wii Bowling, GR 4:00 <i>Balance Class With Jim, PFG</i></p>	<p>9:30 Exercise Class, PFG 9 10:15 Balance Class, PFG 10:45 <i>H&W Clinic, GR</i> 11:00 UNO, GR 1:30 Bingo, PFG 2:00 Posit Science 3:30 Chucko Game, GR 6:15 MOVIES & POPCORN, GR 6:30 Lake Oswego Dance Troupe, DR</p>	<p>9:00 <i>Hearing Clinic With Teresa, GR</i> 10 9:30 Dynaband Class, PFG 10:15 Stretch & Tone Class, PFG 10:30 Spite and Malice, L 1:15 <i>Reading With Jen, L</i> 2:00 Posit Science 2:00 Mexican Train Dominoes, L 2:30 Mother's Day Tea & Letters to Our Daughters Program, DR</p>	<p>9:30 Fred Meyer Trip, GR 11 9:30 Exercise Class, PFG 10:15 Balance Class, PFG 11:00 UNO, GR 11:00 <i>Mountain Man Candy, GR</i> 11:30 Banks & Post Office Trips, GR 1:30 COUNTRY DRIVE, GR 2:00 Posit Science 2:30 CHEF DEMO, B</p>	<p>10:00 Coffee Time, B 10:30 <i>Church Service, PFG</i> 1:30 Bingo, PFG 3:30 Resident Birthday Party, L 5:30 "The Lawrence Welk Show", GR</p>
<p>MOTHER'S DAY 13 9:30 <i>Brainteasers, GR</i> 10:30 Spite and Malice, L 1:00 Mexican Train Dominoes, GR 2:00 Wii Bowling, GR 3:30 Rose City Timberliners Barbershop Chorus, GR 6:15 Movies and Popcorn, GR</p>	<p>9:30 Exercise Class, PFG 14 10:00 WATERCOLOR CLASS WITH IRILLA, GR 10:15 Balance Class, PFG 11:00 UNO, GR 1:30 Bingo, PFG 2:00 Posit Science 3:30 Social Mixer, B</p>	<p>9:30 Dynaband Class, PFG 15 9:30 SCHOOL BUDDIES, GR 10:15 Stretch & Tone Class, PFG 10:30 <i>Catholic Communion, PDR</i> 11:00 <i>Canfield Choir Practice, L</i> 1:45 IRIS GARDEN TOUR, GR 2:00 Posit Science 3:30 Wii Bowling, GR</p>	<p>9:30 Exercise Class, PFG 16 10:15 Balance Class, PFG 11:00 UNO, GR 1:30 Bingo, PFG 2:00 Posit Science 3:30 Chucko Game, GR 5:00 MUSIC WITH MONTE, GR 6:15 MOVIES & POPCORN, GR</p>	<p>9:30 Dynaband Class, PFG 17 10:15 Stretch & Tone Class, PFG 10:30 Spite and Malice, L 1:15 <i>Reading With Jen, L</i> 2:00 Posit Science 2:00 Mexican Train Dominoes, L 2:00 Anne Rutherford's Storytelling Event, GR 2:30 <i>Artistic Endeavors, L</i> 3:30 Wii Bowling, GR</p>	<p>9:30 Fred Meyer Trip, GR 18 9:30 Exercise Class, PFG 10:15 Balance Class, PFG 11:00 UNO, GR 11:30 Banks & Post Office Trips, GR 1:30 RESIDENT MEETING, GR 1:30 COUNTRY DRIVE, GR 2:00 Posit Science 4:00 <i>Wine Tasting, GR</i> 5:00 ACCORDION WITH PHIL, DR</p>	<p>ARMED FORCES DAY 19 10:00 Coffee Time, B 10:30 <i>Church Service, PFG</i> 1:30 Bingo, PFG 3:30 Wii Bowling, GR 5:30 "The Lawrence Welk Show", GR 6:30 Tammie's Class Recital, DR</p>
<p>9:30 <i>Brainteasers, GR</i> 10:30 Spite and Malice, L 1:00 Mexican Train Dominoes, GR 2:00 Wii Bowling, GR 6:15 Movies and Popcorn, GR</p>	<p>9:30 Exercise Class, PFG 21 10:15 Balance Class, PFG 11:00 UNO, GR 1:30 Bingo, PFG 2:00 Posit Science 3:30 Social Mixer, B 6:30 Mellomacs Performance, B</p>	<p>9:30 Dynaband Class, PFG 22 9:30 SCHOOL BUDDIES, GR 10:15 Stretch & Tone Class, PFG 10:30 <i>Catholic Communion, PDR</i> 1:30 CHINESE GARDEN TOUR, GR 2:00 Posit Science 3:30 <i>Tai Chi Class With Jim, PFG</i> 3:30 Wii Bowling, GR 4:00 <i>Balance Class With Jim, PFG</i></p>	<p>9:30 Exercise Class, PFG 23 10:15 Balance Class, PFG 10:45 <i>H&W Clinic, GR</i> 11:00 UNO, GR 1:30 Bingo, PFG 2:00 Posit Science 3:30 Chucko Game, GR 6:15 MOVIES & POPCORN, GR</p>	<p>9:30 Dynaband Class, PFG 24 10:15 Stretch & Tone Class, PFG 10:30 Spite and Malice, L 1:15 <i>Reading With Jen, L</i> 2:00 Posit Science 2:00 Mexican Train Dominoes, L 2:00 Ceramic Rose Art Class, GR 3:30 Wii Bowling, GR 3:30 DOLLAR STORE TRIP, GR</p>	<p>9:30 Fred Meyer Trip, GR 25 9:30 Exercise Class, PFG 10:15 Balance Class, PFG 11:00 UNO, GR 11:00 <i>Mountain Man Candy, GR</i> 11:30 Banks & Post Office Trips, GR 1:30 COUNTRY DRIVE, GR 2:00 Posit Science</p>	<p>10:00 Coffee Time, B 10:30 <i>Church Service, PFG</i> 1:00 Piano Recital, GR 1:30 Bingo, PFG 3:30 Wii Bowling, GR 5:30 "The Lawrence Welk Show", GR</p>
<p>9:30 <i>Brainteasers, GR</i> 27 10:30 Spite and Malice, L 1:00 Mexican Train Dominoes, GR 2:00 Wii Bowling, GR 2:00 MUSIC WITH MATTHEW, GR 6:15 Movies and Popcorn, GR</p>	<p>MEMORIAL DAY 28 9:30 Exercise Class, PFG 10:00 WATERCOLOR CLASS WITH IRILLA, GR 10:15 Balance Class, PFG 11:00 UNO, GR 1:30 Bingo, PFG 1:30 Reliving Radio Show, GR 2:00 Posit Science 3:30 Social Mixer, B</p>	<p>9:30 Dynaband Class, PFG 29 9:30 OREGON GARDEN TOUR & LUNCH TRIP, GR 10:00 NATIONAL SENIOR HEALTH & FITNESS EVENT, PFG 10:15 Stretch & Tone Class, PFG 10:30 <i>Catholic Communion, PDR</i> 2:00 Posit Science 3:30 Wii Bowling, GR</p>	<p>9:30 Exercise Class, PFG 30 10:15 Balance Class, PFG 11:00 UNO, GR 1:30 <i>Charity Bingo, PFG</i> 2:00 Posit Science 3:30 Chucko Game, GR 6:15 MOVIES & POPCORN, GR</p>	<p>9:30 Dynaband Class, PFG 31 10:15 Stretch & Tone Class, PFG 10:30 Spite and Malice, L 1:15 <i>Reading With Jen, L</i> 2:00 Posit Science 2:00 Mexican Train Dominoes, L 2:00 Ceramic Rose Art Class, GR 3:30 Wii Bowling, GR</p>	<p>Transportation Monday 9:30 a.m.-2:30 p.m. Doctor Appointments Wednesday 9:30 a.m.-2:30 p.m. Doctor Appointments Thursday 9:30 a.m.-2:30 p.m. Doctor Appointments Friday 11:30 a.m. Banks and Post Office Friday 9:30 a.m. Fred Meyer</p>	

Senior Health and Fitness Day

Wow! It is that time of year again already! On Tuesday, May 29, Canfield Place will join thousands of senior communities across the United States as we hold our Annual Senior Health and Fitness Day. There will be activities and presentations throughout our building for this fun-filled, day-long event! There is truly something for everyone; from informative demonstrations to hands-on

exercises and tasty fruit smoothies. We have even added to the fun by including a new feature this year to make it a bit competitive: the Senior Health Station Punch Card. Our Prime Fit Instructor, Dave Hess, will distribute all punch cards at the start of the day. Make sure you are on hand at 9 a.m. sharp to reap the many benefits and get off to a great start! For each Health and Fitness station you visit and participate in, you will receive a sticker on your punch card. There are so many great activities to choose from: a tai chi demonstration, a dental wellness presentation, a healthy fruit smoothie taste testing station and much more! Who says learning can't be fun? Be sure to mark your calendars for Tuesday, May 29!



Stretch and smile!

Live Performances

Here at Canfield we love musical entertainment! We have several regular entertainers who come to perform each month. In May we will enjoy the musical talents of Monte Watters on May 1 and May 16. At our monthly Resident Birthday celebration on May 12, the talented Tom Ball will come play the piano. On the third Friday of each month (right after our Resident Meeting and Wine Tasting), we get to enjoy a strolling accordion show by Phil Hall. He will be here on May 18. On the last Sunday of each month, we are treated to the singing and playing talents of Matthew Casey. He is scheduled to perform on May 27. In addition, many new entertainers come here each month to perform for our special occasions! For Mother's Day, a real barbershop chorus will be here to perform. The group is called the Rose City Timberliners. One of our favorite groups that performs in the fall and spring is the MelloMacs. They will be giving their showstopper Spring Sing on May 21! All in all, our favorite entertainers are always the youngest and newest musicians – our local up-and-coming students! We will have two spring recitals this month on back to back Saturdays. One will be on May 19 and the other will be on the following Saturday, May 26. Be sure to mark your calendars!



Everyone enjoys the show!



A cellist hard at work



Our local Dixie Chicks!

CANFIELD PLACE

LIVING BETTER THAN EVER

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Karen Simpson

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Lindsey Fischer

Activities Coordinator

Jennifer Carty

PrimeFit Instructor

Dave Hess

Housekeeping Supervisor

Carol Darnell

Plant Operations Supervisor

Matt Rose