

# livfun

Van Mall

MAY 2012 • ENJOY THE JOURNEY

## 'Exerstriding' Makes Walking Easier and More Fun!

What exactly is 'Exerstriding'? Two of our own Van Mall residents, Ed Alfter and Lillie Chapman, started using their Exerstriders last summer. They met daily in the PrimeFit Gym to practice their technique and build their endurance. Ed says the poles have made his daily walks easier. He admits he often gets questions like, "Why are you walking with toothpicks?" But says he's found the poles help him walk farther than he could with his cane and having two poles makes getting out of a chair easier!

Lillie offers this advice to others: "Don't be afraid of the poles. There is a break-in period when it's a bit scary but then you get the rhythm and walking with them gets much easier." She said walking with the poles makes her happy.

"Exerstriders" are not your typical "walking sticks" but with some easy-to-learn techniques, you can turn a simple walk into a full body workout as you:

- Strengthen abdominal, back, arm shoulder, chest, leg and all "core" muscles
- Easily burn 25-50% more calories with each step
- Reduce pain and injury-causing stress on hips, knees and feet
- Improve both your posture and balance
- Help maintain healthy brain function and "plasticity"

This spring our PrimeFit instructor, Jeanette, is offering free training sessions with the purchase of a pair of poles, so bring a friend and get started now.



Ed Alfter in action



Lillie Chapman using her Exerstriders

## Concierge Corner

Do you need to go out shopping but cannot make it out to do so? That is why Guest Services is here. Give us your list and let us do the shopping for you. You don't have to drive, be out in the rain or wait in any lines. Contact your "can-do-it" Concierge for more details on shopping services, and set up your next shopping trip. The first five residents to set up their next shopping trip with the Concierge will receive a 10 percent discount off their Guest Services shopping fee. This is your time to sit back, relax and enjoy retirement. So let us do the work for you!



## Starred Attractions for May

**Wednesday, May 30, at 3:15 p.m.**

Enjoy the Journey and create a timeline in the Activity Room.

**Thursday, May 24, at 3:30 p.m.**

Join an interactive discussion group as we share stories about motherhood and fatherhood in the Lounge & Bistro.

**Tuesday, May 29, at 3 p.m.**

Join us for Van Mall's Grand Opening of the "Journey Through Life" photo gallery in the Activity Room. Be sure to sign the guestbook to get credit for attending this event.



Van Mall enjoys the journey to Live, Laugh, Love, Glass studio to enjoy the gift shop, watch the hot box in action and learn more about this exciting form of art.



Glass Garden located inside the gift shop at the Live, Laugh, Love Glass studio.

WEEKLY SCHEDULE

SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
9:00 Van Mall Church, PFG	9:00 Group Exercise, PFG 10:00 Catholic Communion, CR 6:00 Yahtzee 6:30 Bingo, AR	9:00 Dyna Bands, PFG 10:00 Tai Chi, PFG 1:00 Hand & Foot Canasta 1:00 Posit Science, CL 2:00 Women's Bible Study, MPR 2:30 Group Exercise Equipment Orientations, PFG 3:00 Group Exercise, PFG 6:00 Poker, AL 6:30 Rummikub	9:00 Group Exercise, PFG 10:00 Pinochle 10:30 Sing-Along, MPR 6:30 Bingo, AR	8:30 Group Exercise Equipment Orientations, PFG 9:00 Group Exercise: Stretch for Life, PFG 10:00 Tai Chi, PFG 1:00 Posit Science, CL 3:00 Group Exercise, PFG	9:00 Group Exercise: Healing Breath and Posture, PFG 1:00 Pinochle, AR 2:00 Skip-Bo and UNO, AL 6:00 Poker, AL	10:00 Bridge, AR 10:30 PrimeFit Video Exercise, PFG 2:30 Yahtzee, AL 6:30 Bingo, AR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Locations</b></p> <p>Activity Challenge, * Activity Lounge – B-Wing, AL Activity Room – B-Wing, AR Community Room, CR Computer Lab, CL Courtyard, CY Fireside Restaurant, FR</p> <p>Library – 1st Floor A-Wing, LIB Lounge and Bistro – A-Wing, LB Mail Alcove – 1st Floor A-Wing, MA Multipurpose Room – 2nd Floor – A-Wing, MPR PrimeFit Gym – 1st Floor – A-Wing, PFG Sign up required, Sign Up To Be Announced, TBA</p>		10:00 Walker Repair, AL 10:15 Brain Games, AL 1:30 Wii Bowling, AL 2:00 Dealing With Loss: Grief Support Group, AR	12:00 Theater Performance of "Hello Dolly," Sign Up 3:15 Documentary Lecture: Travel Talk Part 1, AL	1:30 Wii Bowling Class, AL	3:00 Happy Hour, LB	<p><b>CINCO DE MAYO</b></p> <p>9:30 Jim's Scenic Drive Adventure &amp; Luncheon, Sign Up 1:15 Excursion to the Ceramic Showcase, Sign Up 3:00 <b>Cinco de Mayo Celebration, LB</b></p>
1:05 Open Card Games & Table Games, AR 2:00 Tunes at Two, AR 2:45 New Movie Presentation, AL 6:15 Flashback TV, AL	10:15 Walking Club With Nel, PFG 1:00 Popcorn Social, AL 1:10 Movie Matinee, AL 3:00 Bean Bag Baseball, AR	10:15 Brain Games, AR 1:30 Wii Bowling, AL	10:15 Excursion: Red Hats Journey to St. Helens, Ore., for Lunch, Sign Up 3:15 Documentary Lecture: Travel Talk Part 2, AL 3:30 Excursion to the Vancouver Library, Sign Up	1:00 <b>Mother's Day Celebration, AR</b> 2:00 <b>All Resident Meeting, AR</b> 3:15 Ice Cream With Health & Wellness, AR	3:00 Administration Adventure: Enjoy the Journey, AR	9:30 Scenic Drive, Sign Up 11:15 Van Mall Men's Club Luncheon: Boppin Bo's, Sign Up 1:00 Excursion: Chelatchie Prairie Train Ride, Sign Up
<b>MOTHER'S DAY</b> 2:00 Tunes at 2, LB 2:45 New Movie Presentation, AL 6:15 Flashback TV: I Love Lucy, AL	10:15 Walking Club With Nel, PFG 1:00 Popcorn Social, AL 1:10 Movie Matinee, AL 2:30 Bible Study, MPR 3:00 Bean Bag Baseball, AR	10:15 Brain Games, AL 1:30 Wii Bowling, AL 2:00 Dealing With Loss: Grief Support Group, AR 7:00 Book Club, AR	9:00 Excursion: Northwest Trek Wildlife Park, Sign Up 3:15 Documentary Lecture: Travel Talk Part 3, AL	1:30 Wii Bowling Class, AL 1:30 Blood Pressure Check, AR	2:00 Watercolor Class With Irilla, AR	<b>ARMED FORCES DAY</b> 9:00 Shred Day, AR 9:30 Scenic Drive, Sign Up 1:00 New Resident Social, LB 1:00 Excursion to Northwest Senior Theatre: "Broadway Dreams," Sign Up
1:05 Open Card Games & Table Games, AR 2:00 Tunes at Two, LB 2:45 New Movie Presentation, AL 6:15 Flashback TV, AL	10:00 Walker Repair, AL 10:15 Walking Club With Nel, PFG 1:00 Popcorn Social, AL 2:00 Jewelry Making With Katie, AR 3:00 Bean Bag Baseball, AR	10:15 Brain Games, AR 1:30 Wii Bowling, AL 2:00 Marketing Mixer, TBA	10:30 Excursion: Lunch on the Portland Spirit Cruise Ship, Sign Up 3:15 Documentary Lecture: Travel Talk Part 4, AL	3:30 <b>Enjoy the Journey Reminiscing Group Discussion Topic: Family, LB</b>	1:00 Excursion to "Va Va Voom" Vaudeville Theater Show, Sign Up 1:10 Movie Matinee, AL 3:00 May Birthday Celebration, AR	9:30 Scenic Drive, Sign Up 11:15 Taste of the Town: Stardust Cafe, Sign Up 1:00 Vancouver Symphony Orchestra, Sign Up 2:00 Out of the Box Entertainment, LB
2:00 Tunes at Two, LB 2:45 New Movie Presentation, AL 6:15 Flashback TV: I Love Lucy, AL	<b>MEMORIAL DAY</b> 10:15 Walking Club With Nel, PFG 1:00 Popcorn Social, AL 1:10 Memorial Day Matinee Movie, AL 2:30 Bible Study, MPR 3:00 Bean Bag Baseball, AL	10:15 Brain Games, AR 1:30 Wii Bowling, AL 3:00 <b>Enjoy the Journey: Photo Gallery Grand Opening, *</b>	8:00 Excursion: Lucky Eagle Casino, Sign Up 3:15 <b>Enjoy the Journey: Create a Timeline, *</b>	1:00 Walking Chess & Checkers, AR 3:30 Travel Club Viewing Party, LB	<p><b>Birthdays</b></p> <p>Wilma Marinkovich, 1st Marvin Cross, 3rd Lillie Chapman, 4th Elaine Carter, 5th Jeanette Taylor, 7th Jim Kern, 7th Cheri Shotwell, 8th (Employee) Terry Taylor, 8th (Employee) Lloyd Louther, 9th Jim Fackrell, 11th (Employee)</p> <p>Bill Hess, 13th (Employee) Jaelynn Johnson, 13th (Employee) Brian Roberts, 13th (Employee) Cleda Abourezk, 14th Betty Bates, 15th Maggie Perry, 15th (Employee) Don Wagner, 18th Richard Krusinski, 19th Marian Allport, 19th Leona Muller, 20th</p> <p>Eugene Lynch, 21st Mary Reiersgaard, 22nd Dorothy Deyoe, 22nd Dorothy Dykkensten, 23rd Barbara Cox, 23rd Keith Darley, 24th Nancy Caton, 26th Linda Dulaney, 28th Jean Randall, 29th Katie Smith, 31st (Employee)</p>	

# Enjoy the Journey

Excursions at Van Mall can have you trucking all over the Northwest.

Over the past few months Van Mall has taken excursions all over the great Northwest and enjoyed fine dining to fantastic entertainment. Please enjoy this short recap of the past few months.

January: Van Mall played the game of life by taking a tour of Kidd's Toy Museum, featuring the toy collection of Mr. Frank Kidd. This is the large private toy collection in the Northwest. We paired our toy tour with lunch at Huber's café restaurant the oldest restaurant in Portland. Huber really knew how to play the game of life as he took a chance on keeping his restaurant a live through the Great Depression and the probation era by selling his amazing turkey sandwiches, which he is still famous for today.



Residents enjoyed lunch at The Cheese Cake Factory



Live, Love, Glass tour included a short educational lecture of the hot box, which is where all the glass art work is made.

February: Van Mall wrote in the stars with five-star fun excursions. The theme brought us behind the sciences with today's digital film projectors at Regal Cinema followed with the critically acclaimed movie "War Horse." We also celebrated the 60th anniversary of the Oregon Museum of Science and Industry planetarium with the movie presentation of "Journey to the Stars."

March: Van Mall learned new steps with a month-long celebration of the glass art that has become native to the Northwest, thanks to Chihuly and his work. Van Mall took an adventurous day trip to Tacoma to enjoy the Museum of Glass. We experienced contemporary glass art in a breathtakingly beautiful museum on Tacoma's revitalized waterfront. We felt the heat as we watched a team of artists create masterpieces from molten glass in the world's largest Hot Shop, housed inside an iconic, 90-foot tall stainless steel cone. We marveled at edgy and inspiring exhibitions of glass in the galleries. With its striking architecture, majestic outdoor art installations, remarkable Chihuly Bridge of Glass and the finest Museum Store around, the Museum of Glass is Tacoma's cultural landmark. Along with a tour of this amazing museum, the residents of Van Mall had an adventurous lunch at Indochine. Indochine is a feast for the senses nestled in the

heart of a great northwest cultural center. Walking into this innovative space is like walking into a piece of artwork. The flavors of Thailand, China, India, Japan and Vietnam melt together to produce a wonderful culinary palette that is sure to impress visitors' tastes.

To follow up this glass blowing theme Van Mall visited Live, Love, Laugh Glass Blowing Art Studio, which specializes in teaching beginning and intermediate glass blowing classes. Van Mall took a tour and saw hands-on how this beautiful art takes place. Van Mall indulged in lunch at The Cheesecake Factory as well.

In April Van Mall Branched Out! With a tour of Asia which started with a delightful lunch at August Moon's Chinese restaurants Portland's premium Chinese restaurant in on the sessional 23rd avenue. The tour of Asia then took residents of Van Mall to the Portland Japanese Gardens; which will bring a sense of peace, harmony, tranquility and to experience the feeling of being part of nature. Van Mall also branched out to a new casino, Red Wind Casino, which boasts of hosting the best gaming in the area with over 900 electronic slots and numerous table games. There are options for everyone to win big. Then to round out the month's theme of branching out Van Mall toured Woodland, WA, with lunch at the Oak Tree restaurant and a tour of the Hulda Klager Lilac Gardens.

## Excursions for May

### May 2 at 9:00 a.m.

Enjoy the journey through the Northwest Trek wildlife park. Bring \$15.50 for the tour and money for lunch.

### May 5 at 1:15 p.m.

Oregon Potters Association's 30th Annual "Ceramic Showcase" at the Oregon Convention center, delight in the showcase of ceramic talent. Admission to the showcase is free.

### May 9 at 10:15 a.m.

The Red Hats of Van Mall will enjoy a journey to St. Helen's for lunch. Please bring money for lunch.

### May 12 at 1 p.m.

Van Mall will take a train ride on The Chelatchie Prairie Railroad located in Yacolt, WA. Please bring \$14 to ride the rails.

### May 16 at 9 a.m.

Northwest Senior Theatre presentation of "Broadway Dreams." Bring \$5 for admission, which includes a dish of ice cream.

### May 23 at 10:30 a.m.

Enjoy the journey with lunch on the Portland Spirit, including two hours of fine dining, live entertainment and the beauty of the Portland skyline. The cost is only \$33 per person.

## VAN MALL

LIVING BETTER THAN EVER

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### Staff

#### General Manager

Bill Hess

#### Administrative Assistant

Crystal Hennessy

#### Sales Advisors

Marcia Plunk,  
Meg Davidson  
and Marolyn  
Wagoner

#### Activities Coordinator

Destiny Wigner

#### Chef

Christiane Smith

#### PrimeFit Instructor

Jeanette Caples

#### Dining Services Manager

Katie Smith

#### Concierge

Lacey Agee

#### Health and Wellness Director

Ginny Burrell

#### Housekeeping Supervisor

Crystal Denham

#### Office Manager

Abby Scurlock

#### Plant Operations Supervisor

Dan Sonneman

