

livfun

Russellville Park



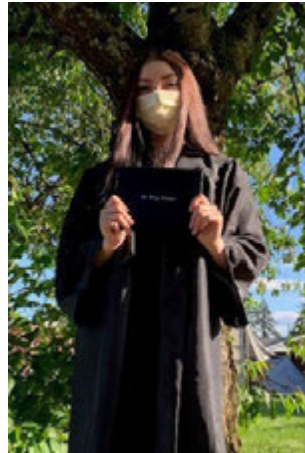
JULY 2020 · STORIES OF OLD GLORY

Congratulations to the Class of 2020

In honor of our Russellville Heroes Graduating Class of 2020! You made it through Covid-19 learning — bigger and greater things are in store for you.



Matt Jones: David Douglas High School



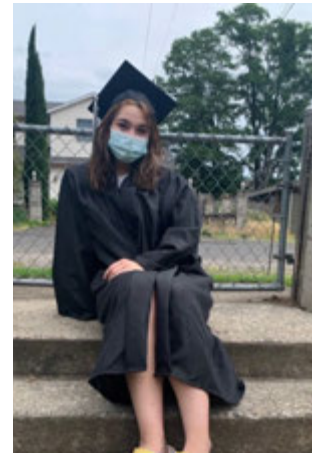
Ileana Avila: Fir Ridge Campus



Ashley Popp: David Douglas High School



Abby Todd: David Douglas High School

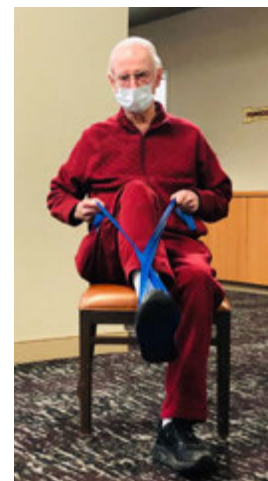


Paige Archibeque: Fir Ridge Campus

Staying Together During a Pandemic



TGIF Social Hour — Best way to end any week



Residents continue to keep moving thanks to our PrimeFit Program.

Add a Little Wacky to Your Everyday

Each month there is a variety of wacky “holidays” we don’t know about and don’t traditionally celebrate. Don’t forget to check the review to see how we are going to celebrate these fun and wacky “holidays”!

July’s Wacky Holidays:

- | | | |
|--------------------------------|-------------------------------------|---|
| 1. International Joke Day | 13. National French Fries Day |  |
| 2. World UFO Day | 14. Shark Awareness Day | |
| 3. Compliment Your Mirror Day | 15. Cow Appreciation Day | |
| 4. Independence Day | 16. Fresh Spinach Day | |
| 5. Workaholics Day | 17. Yellow Pig Day | |
| 6. International Kissing Day | 18. National Caviar Day | |
| 7. Chocolate Day | 19. National Ice Cream Day | |
| 8. National Blueberry Day | 20. National Lollipop Day | |
| 9. National Sugar Cookie Day | 21. National Junk Food Day | |
| 10. Teddy Bear Picnic Day | 22. Hammock Day | |
| 11. World Population Day | 23. Vanilla Ice Cream Day | |
| 12. Different Colored Eyes Day | 24. National Tequila Day | |
| | 25. Threading the Needle Day | |
| | 26. Aunts and Uncles Day | |
| | 27. Take Your Pants for a Walk Day | |
| | 28. National Chocolate Milk Day | |
| | 29. International Tiger Day | |
| | 30. International Day of Friendship | |
| | 31. Mutt Day | |

Resident Fourth of July Celebration

The Fourth of July — also known as Independence Day or July Fourth — has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution. On July 2, 1776, the Continental Congress voted in favor of independence, and two days later delegates from the 13 colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July Fourth has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues.

Chef Ken and his team will be making a special lunch for Russellville residents this year for \$16.95 per resident.

Menu:

- Smoked Ribs
- Grilled Chicken Kabobs
- Strawberry and Blueberry Kale Salad
- Corn on the Cob
- Cornbread
- Strawberry Cheesecake



Downtown Portland Fireworks Show



Fort Vancouver Fireworks Show

RUSSELLVILLE PARK

It's More Than Retirement. It's Five-Star Fun.

Russellville Park East

20 SE 103rd Avenue
Portland, OR 97216
Front Desk: (503) 254-5900
Fax: (503) 255-7098

Russellville Park West

23 SE 103rd Avenue
Portland, OR 97216
Front Desk: (503) 575-1775
Fax: (503) 575-1776

Staff

General Manager

Kerry Riley

Assistant General Manager

Pablo Evan

Community Sales Manager

Kerrie Huber

Sales Advisor

Shelley Park

Move-In Coordinator

Adrienne Menden

Chef

Ken Wold

Restaurant Manager

Vaughn Walen

Health and Wellness Director

Sara Albers

Bookkeeper

Travis Kalama

Administrative Assistant

Connie Sullenger

Assistant Program Supervisor

Dawn Smith

A Message From Leisure Care

While managing the changes brought on by the coronavirus, we continue to adjust our daily routines to keep our residents and staff happy and healthy. Thank you for doing your part in making a positive difference. As you know, we are following ongoing social distancing directives, based on guidelines from state and local jurisdictions as well as the Centers for Disease Control and Prevention. Due to our modified schedule of activities, we are using this space to provide you with additional activities.

For updates, visit www.leisurecare.com/communication-plan. Please contact your management team if you have any questions.

Patriotic Pillow Craft

Make a festive throw pillow in just a few minutes!

Materials:

- 1 red 20-inch bandana
- 1 blue 20-inch bandana
- 18-inch pillow insert
- Four rubber bands
- Scissors
- Red, white or blue ribbon

Directions:

Spread out one bandana and lay the pillow insert on top of it. Place the second bandana on top of the pillow. Use the rubber bands to bind the bandanas together at each of the four corners so that the pillow is secure inside the cover. Cut four pieces of ribbon several inches long and tie bows around the corners to hide the rubber bands.

Logic Problem: And the Winner Is ...

Five people ran a footrace: Mitch, Kyle, Joy, Leslie and Gwen. Based on the following clues, can you figure out what order the runners finished?

- Mitch was neither first nor last.
- Joy beat Mitch, and Mitch beat Gwen.
- Kyle was neither first nor last.
- Kyle beat Leslie, and Gwen beat Kyle.

Secret Superheroes

Match these superheroes to their alter egos.

Superhero	Name
1. Captain America	A. Britt Reid
2. Superman	B. Diana Prince
3. Wonder Woman	C. Steve Rogers
4. The Green Hornet	D. Clark Kent
5. Daredevil	E. Linda Danvers
6. Supergirl	F. Matt Murdock

Sudoku

The object of the game is to fill all the blank squares with the correct numbers.

- Each row of 9 numbers must include all digits 1 through 9 in any order
- Each column of 9 numbers must include all digits 1 through 9 in any order.
- Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

9		1			7			3
		4	2		5			6
6				1				
8				6		5		4
	4						7	
1		6		9				8
				3				5
			9		6	3		
4			8			7		9

Sundae Edition

Q: Why did the news reporter go to the ice cream parlor?

A: She wanted to get the scoop!

THE 50 STATES

Words go left, right, up, down, not diagonally, and can bend at a right angle. Every letter is used only once.

A I N V I R
R M N A N G

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

ALABAMA	HAWAII	MASSACHUSETTS	NEW MEXICO	SOUTH DAKOTA
ALASKA	IDAHO	MICHIGAN	NEW YORK	TENNESSEE
ARIZONA	ILLINOIS	MINNESOTA	NORTH CAROLINA	TEXAS
ARKANSAS	INDIANA	MISSISSIPPI	NORTH DAKOTA	UTAH
CALIFORNIA	IOWA	MISSOURI	OHIO	VERMONT
COLORADO	KANSAS	MONTANA	OKLAHOMA	VIRGINIA
CONNECTICUT	KENTUCKY	NEBRASKA	OREGON	WASHINGTON
DELAWARE	LOUISIANA	NEVADA	PENNSYLVANIA	WEST VIRGINIA
FLORIDA	MAINE	NEW HAMPSHIRE	RHODE ISLAND	WISCONSIN
GEORGIA	MARYLAND	NEW JERSEY	SOUTH CAROLINA	WYOMING

Puzzle Solutions

Logic Problem: And the Winner Is ...

1st: Joy; 2nd: Mitch; 3rd: Gwen; 4th: Kyle; 5th: Leslie


Secret Superheroes

1. C; 2. D; 3. B; 4. A; 5. F; 6. E

Sudoku

9		1			7			3
		4	2		5			6
6				1				
8				6		5		4
	4						7	
1		6		9				8
				3				5
			9		6	3		
4			8			7		9

The 50 States

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>9:45 ● Strength & Stretch/Movement 5</p> <p>10:30 ● Social Hour & On This Day</p> <p>1:30 ● Afternoon Walking Group</p> <p>2:00 ● Baking Hour</p> <p>3:00 ● Baking Social</p> <p>4:00 ● Games</p> <p>6:15 ● Caregiver Activity</p> <p>7:00 ● Movie: Resident Choice Weekend</p>	<p>10:30 ● Coloring & Crosswords 6</p> <p>10:30 ● SCENIC DRIVE</p> <p>1:30 ● MOVIE IN THEATRE</p> <p>2:30 ● Games</p> <p>3:00 ● STORIES WITH SALLY & MAGGIE</p> <p>3:00 ● Cheers!</p> <p>4:00 ● Social Hour & This Day in History</p> <p>6:15 ● Caregiver Activity</p> <p>7:00 ● "Jeopardy!"/"Wheel of Fortune"</p>	<p>9:45 ● Strength & Stretch/Movement 7</p> <p>10:30 ● Social Hour & This Day in History</p> <p>1:30 ● Afternoon Walking Group</p> <p>2:00 ● Craft Hour</p> <p>3:00 ● Cheers!</p> <p>4:00 ● Games</p> <p>6:15 ● Caregiver Activity</p> <p>7:00 ● "Jeopardy!"/"Wheel of Fortune"</p>	<p>9:45 ● Strength & Stretch/Movement 1</p> <p>10:30 ● Social Hour & This Day in History</p> <p>11:00 ● LUNCH IN SALMON SPRINGS</p> <p>1:30 ● Afternoon Walking Group</p> <p>2:00 ● Personal Pamper</p> <p>3:00 ● Cheers!</p> <p>6:15 ● Caregiver Activity</p> <p>7:00 ● "Jeopardy!"/"Wheel of Fortune"</p>	<p>9:45 ● Strength & Stretch/Movement 2</p> <p>10:30 ● Social Hour & This Day in History</p> <p>11:00 ● GARDENING</p> <p>1:30 ● Afternoon Walking Group</p> <p>2:30 ● HAPPY HOUR</p> <p>3:00 ● Coloring & Crosswords</p> <p>4:00 ● Games</p> <p>6:15 ● Caregiver Activity</p> <p>7:00 ● "Jeopardy!"/"Wheel of Fortune"</p>	<p>9:45 ● Strength & Stretch/Movement 3</p> <p>10:00 ● BUS ADVENTURE</p> <p>10:30 ● Coffee & Newspaper</p> <p>11:00 ● Puzzles/Coloring</p> <p>1:30 ● Afternoon Walking Group</p> <p>3:00 ● Cheers!</p> <p>3:30 ● BINGO</p> <p>6:15 ● Caregiver Activity</p> <p>7:00 ● "Jeopardy!"/"Wheel of Fortune"</p>	<p>INDEPENDENCE DAY 4</p> <p>9:45 ● Strength & Stretch/Movement</p> <p>10:30 ● Coffee & Newspaper</p> <p>11:00 ● Puzzles/Coloring</p> <p>1:30 ● Afternoon Walking Group</p> <p>2:30 ● HIGH TEA</p> <p>3:00 ● Cheers!</p> <p>3:30 ● BINGO</p> <p>4:00 ● Watercolor Painting</p> <p>6:15 ● Caregiver Activity</p> <p>7:00 ● Movie: Resident Choice Weekend</p>
<p>9:45 ● Strength & Stretch/Movement 12</p> <p>10:30 ● Social Hour & On This Day</p> <p>1:30 ● Afternoon Walking Group</p> <p>2:00 ● Baking Hour</p> <p>3:00 ● Baking Social</p> <p>4:00 ● Games</p> <p>6:15 ● Caregiver Activity</p> <p>7:00 ● Movie: Resident Choice Weekend</p>	<p>10:30 ● Coloring & Crosswords 13</p> <p>10:30 ● SCENIC DRIVE</p> <p>1:30 ● MOVIE IN THEATRE</p> <p>2:30 ● Games</p> <p>3:00 ● Cheers!</p> <p>4:00 ● Social Hour & This Day in History</p> <p>6:15 ● Caregiver Activity</p> <p>7:00 ● "Jeopardy!"/"Wheel of Fortune"</p>	<p>9:45 ● Strength & Stretch/Movement 14</p> <p>10:30 ● Social Hour & This Day in History</p> <p>1:30 ● Afternoon Walking Group</p> <p>2:00 ● Craft Hour</p> <p>3:00 ● Cheers!</p> <p>4:00 ● Games</p> <p>6:15 ● Caregiver Activity</p> <p>7:00 ● "Jeopardy!"/"Wheel of Fortune"</p>	<p>9:45 ● Strength & Stretch/Movement 15</p> <p>10:30 ● Social Hour & This Day in History</p> <p>1:30 ● Afternoon Walking Group</p> <p>2:00 ● Personal Pamper</p> <p>3:00 ● Cheers!</p> <p>6:15 ● Caregiver Activity</p> <p>7:00 ● "Jeopardy!"/"Wheel of Fortune"</p>	<p>9:45 ● Strength & Stretch/Movement 16</p> <p>10:30 ● Social Hour & This Day in History</p> <p>11:00 ● GARDENING</p> <p>1:30 ● Afternoon Walking Group</p> <p>2:30 ● HAPPY HOUR</p> <p>3:00 ● Coloring & Crosswords</p> <p>3:30 ● Chef John's Cooking Show</p> <p>4:00 ● Games</p> <p>6:15 ● Caregiver Activity</p> <p>7:00 ● "Jeopardy!"/"Wheel of Fortune"</p>	<p>9:45 ● Strength & Stretch/Movement 17</p> <p>10:30 ● Coffee & Newspaper</p> <p>11:00 ● Puzzles/Coloring</p> <p>1:30 ● Afternoon Walking Group</p> <p>3:00 ● Cheers!</p> <p>3:30 ● BINGO</p> <p>6:15 ● Caregiver Activity</p> <p>7:00 ● "Jeopardy!"/"Wheel of Fortune"</p>	<p>9:45 ● Strength & Stretch/Movement 18</p> <p>10:30 ● Coffee & Newspaper</p> <p>11:00 ● Puzzles/Coloring</p> <p>1:30 ● Afternoon Walking Group</p> <p>2:30 ● HIGH TEA</p> <p>3:00 ● Cheers!</p> <p>3:30 ● BINGO</p> <p>4:00 ● Watercolor Painting</p> <p>6:15 ● Caregiver Activity</p> <p>7:00 ● Movie: Resident Choice Weekend</p>
<p>9:45 ● Strength & Stretch/Movement 19</p> <p>10:30 ● Social Hour & On This Day</p> <p>1:30 ● Afternoon Walking Group</p> <p>2:00 ● Baking Hour</p> <p>3:00 ● Baking Social</p> <p>4:00 ● Games</p> <p>6:15 ● Caregiver Activity</p> <p>7:00 ● Movie: Resident Choice Weekend</p>	<p>10:30 ● Coloring & Crosswords 20</p> <p>10:30 ● SCENIC DRIVE</p> <p>1:30 ● MOVIE IN THEATRE</p> <p>2:30 ● Games</p> <p>3:00 ● STORIES WITH SALLY & MAGGIE</p> <p>3:00 ● Cheers!</p> <p>4:00 ● Social Hour & This Day in History</p> <p>6:15 ● Caregiver Activity</p> <p>7:00 ● "Jeopardy!"/"Wheel of Fortune"</p>	<p>9:45 ● Strength & Stretch/Movement 21</p> <p>10:30 ● Social Hour & This Day in History</p> <p>1:30 ● Afternoon Walking Group</p> <p>2:00 ● Craft Hour</p> <p>3:00 ● Cheers!</p> <p>4:00 ● Games</p> <p>6:15 ● Caregiver Activity</p> <p>7:00 ● "Jeopardy!"/"Wheel of Fortune"</p>	<p>9:45 ● Strength & Stretch/Movement 22</p> <p>10:30 ● Social Hour & This Day in History</p> <p>1:30 ● Afternoon Walking Group</p> <p>2:00 ● Personal Pamper</p> <p>3:00 ● Cheers!</p> <p>6:15 ● Caregiver Activity</p> <p>7:00 ● "Jeopardy!"/"Wheel of Fortune"</p>	<p>9:45 ● Strength & Stretch/Movement 23</p> <p>10:30 ● Social Hour & This Day in History</p> <p>11:00 ● GARDENING</p> <p>1:30 ● Afternoon Walking Group</p> <p>2:30 ● HAPPY HOUR</p> <p>4:00 ● Games</p> <p>6:15 ● Caregiver Activity</p> <p>7:00 ● "Jeopardy!"/"Wheel of Fortune"</p>	<p>9:45 ● Strength & Stretch/Movement 24</p> <p>10:30 ● Coffee & Newspaper</p> <p>11:00 ● Coloring & Crosswords</p> <p>1:30 ● Afternoon Walking Group</p> <p>2:30 ● Balloon Volleyball</p> <p>3:00 ● Cheers!</p> <p>3:30 ● BINGO</p> <p>6:15 ● Caregiver Activity</p> <p>7:00 ● "Jeopardy!"/"Wheel of Fortune"</p>	<p>9:45 ● Strength & Stretch/Movement 25</p> <p>10:30 ● Coffee & Newspaper</p> <p>11:00 ● Coloring & Crosswords</p> <p>1:30 ● Afternoon Walking Group</p> <p>2:30 ● HIGH TEA</p> <p>3:00 ● Cheers!</p> <p>3:30 ● BINGO</p> <p>4:00 ● Watercolor Painting</p> <p>6:15 ● Caregiver Activity</p> <p>7:00 ● Movie: Resident Choice Weekend</p>
<p>9:45 ● Strength & Stretch/Movement 26</p> <p>10:30 ● Social Hour & On This Day</p> <p>1:30 ● Afternoon Walking Group</p> <p>2:00 ● Baking Hour</p> <p>3:00 ● Baking Social</p> <p>4:00 ● Games</p> <p>6:15 ● Caregiver Activity</p> <p>7:00 ● Movie: Resident Choice Weekend</p>	<p>10:30 ● Coloring & Crosswords 27</p> <p>10:30 ● SCENIC DRIVE</p> <p>1:30 ● MOVIE IN THEATRE</p> <p>2:30 ● Games</p> <p>3:00 ● Cheers!</p> <p>4:00 ● Social Hour & This Day in History</p> <p>6:15 ● Caregiver Activity</p> <p>7:00 ● "Jeopardy!"/"Wheel of Fortune"</p>	<p>9:45 ● Strength & Stretch/Movement 28</p> <p>10:30 ● Social Hour & This Day in History</p> <p>1:30 ● Afternoon Walking Group</p> <p>2:00 ● Craft Hour</p> <p>3:00 ● Cheers!</p> <p>4:00 ● Games</p> <p>6:15 ● Caregiver Activity</p> <p>7:00 ● "Jeopardy!"/"Wheel of Fortune"</p>	<p>9:45 ● Strength & Stretch/Movement 29</p> <p>10:30 ● Social Hour & This Day in History</p> <p>1:30 ● Afternoon Walking Group</p> <p>2:00 ● Personal Pamper</p> <p>3:00 ● Cheers!</p> <p>6:15 ● Caregiver Activity</p> <p>7:00 ● "Jeopardy!"/"Wheel of Fortune"</p>	<p>9:45 ● Strength & Stretch/Movement 30</p> <p>10:30 ● Social Hour & This Day in History</p> <p>11:00 ● GARDENING</p> <p>1:30 ● Afternoon Walking Group</p> <p>2:30 ● HAPPY HOUR</p> <p>4:00 ● Games</p> <p>6:15 ● Caregiver Activity</p> <p>7:00 ● "Jeopardy!"/"Wheel of Fortune"</p>	<p>9:45 ● Strength & Stretch/Movement 31</p> <p>10:30 ● Coffee & Newspaper</p> <p>1:30 ● Afternoon Walking Group</p> <p>3:00 ● Cheers!</p> <p>3:30 ● BINGO</p> <p>6:15 ● Caregiver Activity</p> <p>7:00 ● "Jeopardy!"/"Wheel of Fortune"</p>	<p>Birthdays</p> <p>Penny Russman, 22nd</p> <p>John Larson, 26th</p> <p>Misako Harris, 27th</p>