Elm Court Neighborly News

December 2011
1032 SW Main Street
A Publication of Neighborhood House Downtown District Center
503-295-0044; www.nhweb.org; email: aging@nhweb.org

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NH Staff

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Lee Kurtz
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Erin Parrish
Bill Ward
Angel Trace
Mitch Lang
Barbara Crooke

Electronic Newsletter Option

If you would like to receive this newsletter by email, please contact Erin at 503-295-0044 and we'll update your info!

Neighborhood House
Helping Neighbors Help Themselves

Loaves & Fishes Centers
The Meals-On-Wheels People

Tis the Season To Be

Jolly? Or, maybe not for some of us. Holidays can be a spirited , joyful time and can also be a heavy, difficult time, especially for those who have lost a loved one, who are ill, or are feeling alone. Elm Court would like to extend an invitation to all of you to join us this holiday season for a meal in our dining room, to drink coffee and visit with others, to take a class or join an activity such as playing cards, or stop in to chat with volunteers and staff . We respect all beings, from all places, of all beliefs. We welcome your presence in our community and we hope to see your lovely smile around here! May you find light and loving peace within.

Elm Court is a Loaves & Fishes meal site where Neighborhood House, NW Portland Ministries, Senior Recreation & other partners come together to serve the older adults of downtown Portland.

Elm Court Center

Join the Elm Court Neighborly News mailing list by calling 503-295-0044

Monday–Friday 8:30-3:30 p.m.
Saturday & Sunday 10:00-2:00 p.m.
Please drop into Elm Court throughout the day to read the newspaper, participate in activities, socialize with friends or enjoy a hearty lunch

Lunch Service 11:30-1:00 p.m.
Served daily to those 60 years old and older. If you are not yet 60 years old, the meal is $6.80 and the suggested donation of our guests per meal is $3.

Information & Assistance Hours
Monday-Friday 8:30-3:30 p.m.
Neighborhood House Aging Services, located within Elm Court provides many different services to the older adults of downtown Portland. For more information please call 503-295-0044.

Blurbs

Foot Care Clinic

Wed. Dec. 14th, 12:00-3:30
at Elm Court
Cost is $30

Visit/call Erin at Neighborhood House (503-295-0044) for info & to sign up.

Elm Court Holiday Events:

December 1st
Wreath Making
1:30pm - $9 (PGR)

December 8th
Card Writing
11:30am FREE

ELM COURT'S 'PATRON OF THE MONTH'

Yao Jun He

Contribution to Elm Court Community:
Yao Jun comes to Elm Court almost daily, bringing her joy and helpful attitude to Yoga class and to the Loaves and Fishes Dining room by volunteering with cleaning, clearing, and assisting others. She socializes frequently and spreads her positive energy around with her friendly smile!

***You too could be nominated Elm Court Patron of the Month! Nominate someone and tell us why!**

Movie Thursdays 1:30
John Thorpe Room

Give us your Movie suggestion, and we'll order it from Netflix! Popcorn & Hot Coco Served!

Classes & Activities

CHAIR/STANDING YOGA STRETCH
Tuesdays and Thursdays 10:30-11:30,
Saturdays 11:00-12:00
Call Brook Claridge to sign up 503-224-3230

COMPUTER LAB
Daily 8:30am—3:30pm
Five computers available to guests daily for personal use during business hours

SENIOR LAW PROJECT
2nd & 4th Thursdays, December 8th and 22nd
Appointments begin at 1:00 p.m.
This service is available to seniors or their spouses if you or your spouse is 60+ years of age, and are residents of Multnomah County. The initial 30-minutes consultation is free, regardless of income. Further assistance may be available for those meeting income guidelines. Local attorneys donate their time.
To make appointments call 503-295-0044

ESL (ENGLISH SECOND LANGUAGE)
Mondays at 12:30
Meets at the John Thorpe Conference Table

Wii—Electronic Bowling, Tennis and More!
Tuesdays 1:30-3:30
Play with the Electronic Wii
Great exercise and fun!

CRAFT MAKING
Wednesdays 1:30-3:00
Bring your handicrafts, be it sewing, knitting, crocheting, woodworking, etc. to share time and inspiration with others

BINGO
Every Friday 1:30-3:00 pm
We have a box full of prizes.
Must be at least 5 players. Bring your friends!

Senior Parks & Recreation Classes at Elm Court

To sign up for the following classes call
Senior Recreation
503-823-4328
SCHOLARSHIPS AVAILABLE

LOW IMPACT CARDIO CIRCUIT
Mondays, Wednesdays, Fridays 10:30-11:30
Comprehensive Class using chair and standing exercise designed to improve physical and mental health. Resistance workout using hand weights and dynabands to improve coordination, cardiovascular, strength, flexibility & balance. Instructor: Brooke Claridge, ongoing

QIGONG: Balance & Breathing
Tuesday and/or Thursday 12:15-1:15 p.m.
Qi means breath in Chinese & gong means applied to a discipline. Easy Movements enhance energy, flexibility, improve balance, reduce stress and generate a sense of peace. Instructor: Terry Louie, ongoing

ART: DRAWING
Mondays 10:00-12:00
Discover your hidden talents using charcoal, pencils &pastels in a relaxed atmosphere. Instructor: Terry Street, Next Class session starts January 23, 2012

ART: WATERCOLOR
Mondays 1:00-3:00
Express your creativity exploring painting basics, sketching, mixing colors and laying washes, using light and shadow, composition and texture in this pleasurable and rewarding class. Instructor: Terry Street, Next Class session starts January 23, 2012

December Trips

NEIGHBORHOOD HOUSE TRIPS

Drop by or call 503-295-0044 to sign up.

December 5th & 12th (Mondays) 9:00am-12:00pm Winco and Dollar Tree Cedar Hills AND December 12th (Monday) 1:00-3:30pm***Enjoy the bus trip out to Beaverton Winco and Dollar Tree for shopping for great prices! ***Bus picks up at 9:00 and 12:30 at Elm court, 9:15 and 12:45 at Park Towers and will pick up at the Rosenbaum**

December 7th (Wednesday) Goodwill Christmas Shopping Trip 10:00am-1:00pm
Go to the largest Goodwill on SE 6th for some thrifty Christmas shopping for others or for yourself.
***FREE. Meet at Elm Court at 9:30am, bus to depart shortly at 10:00am.**

December 15th (Thursday) Portland Art Museum "Art and Conversation" 9:00-11:00 am Patrick Forster, director of continuing education at the Pacific Northwest College of Art, will talk about the Museum Art School.***FREE. Meet at Elm Court at 9:00 to transport together**

December 19st (Monday) Tualatin River National Wildlife Refuge 10:00am-2:00pm
Located within the floodplain of the Tualatin River basin near Sherwood, the refuge enjoys strong popular support for the protection of habitat including plant, fish and bird life for viewing.
***FREE. Meet at Elm Court at 9:30 to depart sharply at 10:00. Bring a sack lunch.**

(Monday NIGHT) Christmas Ships and Lights Viewing 6:30-8:30 pm
Join members of Neighborhood House SW Senior Center on a magical trip to see the Christmas Ships at the beginning of their sail down the Willamette. Next, the bus will take travelers on a tour of house lights in the North Portland neighborhood. Bring a sack dinner if you need dinner ***FREE or Suggested Gas Donation of $3.50. Bus picks up in front of Elm Court at 6:30 sharp**

FRIENDLY HOUSE TRIPS

Pick up and Drop off From : 1737 NW 26th Ave
To sign up, please call Friendly House
503-226-0700

Friday, December 2, 2011 Portland's Largest Christmas Bazaar 11:00am to 3:00
Get in the holiday mood, admire 100's of craft items and enjoy an abundance of holiday music and foods. $2 admission with 2 cans of food for the Portland Police Sunshine Division.

Friday, December 9, 2011 Pittock Mansion 11 am to 2:30 pm
More than 100 volunteer decorators, designers, and local charities have donated their time and talents to transform the historic Pittock Mansion into a holiday wonderland celebrating multicultural customs and traditions of Christmas Around the World. Afterwards enjoy a relaxing lunch at the Skyline Restaurant. Senior admission is $7.00

Thursday, December 15th, 2011 Senior Holiday Party 11:30 am to 1:30 pm
Friendly House is partnering with Loaves & Fishes and 1st Immanuel Church for our annual Holiday party. Join us to make this the best Holiday Party ever!!

Friday, December 23rd, 2011 Festival of the Last Minute 11 am to 2:30 pm
Calling all procrastinators-it's the Saturday Market Festival of the Last Minute with lots of unique gift ideas.

Friday, December 30th, 2011 Deepwood House 11:00 am to 2:30 pm
After lunch at Woodburn's Country Cottage, enjoy a tour of one of Deepwood House, one of Salem's most historic homes. Suggested donation transportation for this trip is $7.00
Unless otherwise noted, suggested transportation donation for trips is $3.00

December Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
LEGEND Unmarked = Elm Court Activity + = Parks and Rec. *Note: Senior Rec., Senior Law & all trips require registration.*			1 10:30 Yoga+ 12:15 Qigong+ 1:30 Wreath Making+ 1:30 Movie	2 10:30 Low Impact + 1:30 Bingo **FH TRIP** 3 (Saturday) 11:00 Yoga+
5 10:30 Cardio Circuit+ 12:30 ESL Class **NH Shopping**	6 10:30 Yoga+ 12:15 Qigong+ 1:30 Wii	7 10:30 Cardio Circuit+ 1:30 Craft Class **Goodwill Trip**	8 10:30 Yoga+ 11:30 Holiday Card Writing 12:15 Qigong+ 1:00 Senior Law Project 1:30 Movie	9 10:30 Low Impact + 11:30 Card Writing 1:30 Bingo **FH TRIP** 10 (Saturday) 11:00 Yoga+
12 10:30 Cardio Circuit+ 12:30 ESL Class **NH Shopping**	13 10:30 Yoga+ 12:15 Qigong+ 1:30 Wii	14 10:30 Cardio Circuit+ 1:30 Foot Care Clinic	15 10:30 Yoga+ 12:15 Qigong+ 1:30 Movie **PAM Trip**	16 10:30 Low Impact Cardio Circuit+ 11:30 BIRTHDAY 1:30 Bingo **FH TRIP** 17 (Saturday) 11:00 Yoga+
19 10:30 Cardio Circuit+ 12:30 ESL Class **Tualatin Trip** **Xmas Ships Trip**	20 10:30 Yoga+ 12:15 Qigong+ 1:30 Wii	21 10:30 Cardio Circuit+ 1:30 Craft Class	22 10:30 Yoga+ 12:15 Qigong+ 1:00 Senior Law Project 1:30 Movie	23 10:30 Low Impact Cardio Circuit+ 1:30 Bingo **FH TRIP** 24 (Saturday) 11:00 Yoga+
26 10:30 Cardio Circuit+ 12:30 ESL Class **NH CLOSED** 5	27 10:30 Yoga+ 12:15 Qigong+ 1:30 Wii	28 10:30 Cardio Circuit+ 1:30 Craft Class	29 10:30 Yoga+ 12:15 Qigong+ 1:30 Movie **NH CLOSED**	30 10:30 Low Impact Cardio Circuit+ 1:30 Bingo **FH TRIP** **NH CLOSED** 31 (Saturday) 11:00 Yoga +