

# livfun

Markham House

MAY 2012 • ENJOY THE JOURNEY

## Monday Cruisin': Schreiner's Iris Garden

Monday, May 21, 2012, 1:15 p.m.

If there is a garden to see in Oregon, it is the Schreiner's Iris Gardens. Located south of Portland, the garden not only displays and sells beautiful bearded irises, but has created a display garden that shows both irises and a plethora of other gorgeous flowering plants, shrubs and trees. The scale of many of the flowering plants is astounding. Many are taller than the people walking the garden. This is a must-see spring garden!



English lupine



Colorful perennial border

## 'Where Do We Come From?' Social Hour

Tuesday, May 1, 2012, 1:15 p.m.

How did you get here to Oregon? Where did your family start from way back when? How did they travel? What hardships did they face? How did they succeed or fail? Let's explore our history and create a display of our family journey. Using a map of the world, let's connect where we currently live to our past by putting a pin in the places we have lived and connecting the pins with a thread back to "the old country." We will leave our display up for the month and see how many connections we can make among residents, staff and visitors.

## Writing Workshop: Highlight the Journey

Wednesday, May 2, 2012, 1:15 p.m.

Have you written down any of the little stories that create the image you have of your family? Start this month with a Mother's Day project. You might bring a picture to writing club to help inspire your story.

What was your mother like, your grandmother, your aunts? Photographs give us a window into the past, but who are the women in the pictures? Think of a fun memory of your mother and think of a time she got really angry with you. Both stories are important. How did she or other women in your world steer your life? Perhaps your mother died – who helped fill that role for you? Why do you think they stepped in to help you? How did your mother(s) influence the way you raised your children? Maybe you have some funny stories from raising your own children.

It is amazing how just a little writing can convey so much about the people in our past and give insight for future generations to enjoy.



## Feel Your Best! Gym Orientation

Tuesday, May 7, 2012, 3 p.m.

The gym equipment is open for residents to use, but everyone must be oriented on the equipment in order to use the machines safely and effectively. Maren would love to introduce more people to the positive effects of light weight-training. Not only do weights improve muscle strength, but they can also improve endurance and reduce strain on joints. The gym equipment can be a little intimidating, but like any new thing, practice and assistance make getting over a learning hurdle possible. Regular orientation will now occur once a month, but can also be arranged on Mondays during "30-Minute Gym."



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Birthdays</b> Ellen Collins, 2nd Lillian Pakos, 5th Philip Tomkinson, 18th Marjorie White, 18th</p>	<p>Rita Zunke, 21st Alice May Galloway, 24th Jean McMullen, 24th</p>	<p><b>MAY DAY</b> 1 10:00 Walking Two Laps 11:00 PrimeFit Exercise <b>1:15 "WHERE DO WE COME FROM?" SOCIAL HOUR</b> <b>4:00 Bible Study With Bev</b> <b>6:00 TUESDAY NIGHTS WITH PLANET EARTH</b></p>	<p>10:00 Walking Four Laps 2 11:00 PrimeFit Exercise <b>1:15 MAY WRITING WORKSHOP: HIGHLIGHT THE JOURNEY</b> 2:30 Fred Meyer 2:30 St. Clares Studies <b>3:30 Communion</b> 4:00 Walking and Rolling</p>	<p>10:00 Walking Two Laps 3 11:00 PrimeFit Exercise <b>1:00 Volunteering at Markham School</b> <b>2:30 Resident Meeting</b> <b>3:00 HAPPY HOUR WITH KIM &amp; TERRY ('40S)</b></p>	<p>10:00 Walking Four Laps 4 10:30 PrimeFit Exercise <b>1:15 Documentary: "Babies" (2011)</b> <b>3:00 HAPPY BIRTHDAY SOCIAL</b> 4:00 Walking and Rolling</p>	<p><b>CINCO DE MAYO</b> 5 Weekend Word Games <b>BATTLE OF PUEBLA</b> 10:00 Walking Two Laps 10:30 Morning Stretch 1:15 Music Listening <b>2:00 WEAR A FABULOUS HAT! KENTUCKY DERBY</b> <b>5:00 CINCO DE MAYO DINNER</b> 6:00 Evening Game: Rummikub</p>
<p>6 Weekend Word Games 10:00 Walking Two Laps <b>11:15 Ecumenical Church Services</b> 1:15 Bingo <b>2:30 CINEMA &amp; SNACK: "UNDER THE TUSCAN SUN"</b></p>	<p>7 10:00 Walking Two Laps 11:00 PrimeFit Exercise <b>1:15 MONDAY CRUISIN'</b> <b>3:00 FEEL YOUR BEST! GYM ORIENTATION</b> <b>4:00 Book Club Read Aloud</b></p>	<p>8 10:00 Walking Two Laps 11:00 PrimeFit Exercise <b>1:15 STRIKE 'EM DOWN! WII BOWLING</b> <b>2:45 Internet Explorers: Current Events &amp; "Ask Google"</b> <b>4:00 Bible Study With Bev</b> <b>6:30 ENCORE SINGERS PRESENT: SUNNY DAYS &amp; RAINY WEATHER</b></p>	<p>9 10:00 Walking Two Laps 11:00 PrimeFit Exercise <b>1:15 ART CLASS: PALETTE OF POSSIBILITIES WITH TOBI</b> 2:30 Fred Meyer 2:30 St. Clares Studies <b>3:30 Communion</b> 4:15 Chair Yoga With Maren</p>	<p>10 10:00 Walking Four Laps 11:00 PrimeFit Exercise <b>1:00 Volunteering at Markham School</b> <b>2:15 Chef's Corner</b> <b>3:00 HAPPY HOUR WITH RON RUIZ</b></p>	<p>11 10:00 Walking Two Laps 10:30 PrimeFit Exercise <b>11:15 LUNCH OUT AT NONNA EMILIA RISTORANTE ITALIANO</b> 4:00 Walking and Rolling <b>6:30 BROADWAY PRODUCTION: THE ANDREWS BROTHERS</b></p>	<p>12 Weekend Word Games 10:00 Walking Four Laps 10:30 Morning Stretch 1:15 Music Listening <b>2:30 CINEMA &amp; POPCORN: "FAR AND AWAY"</b> 6:00 Evening Game: Scrabble</p>
<p><b>MOTHER'S DAY</b> 13 Weekend Word Games 10:00 Walking Two Laps <b>12:00 MOTHER'S DAY BRUNCH</b> 1:15 Bingo <b>2:25 MUSICAL CINEMA &amp; SNACK: "SHOW BOAT"</b></p>	<p>14 10:00 Walking Two Laps 11:00 PrimeFit Exercise <b>1:15 MONDAY CRUISIN'</b> <b>3:00 30-Minute Gym</b> <b>4:00 Book Club Read Aloud</b></p>	<p>15 10:00 Walking Two Laps 11:00 PrimeFit Exercise 1:00 Bus Trip to Washington Square Mall <b>1:15 SPEAK LIKE A VIKING</b> <b>2:45 Internet Explorers: Discover Norway</b> <b>4:00 Bible Study With Bev</b> <b>6:00 TUESDAY NIGHTS WITH PLANET EARTH</b></p>	<p>16 10:00 Walking Four Laps 11:00 PrimeFit Exercise <b>1:15 LET'S BAKE: HONEY LOAF CAKE (HONNINGKAKE)</b> 2:30 Fred Meyer 2:30 St. Clares Studies <b>3:30 Communion</b> 4:00 Walking and Rolling <b>4:00 MARINATED EDAM CHEESE TASTING</b></p>	<p>17 <b>NORWEGIAN INDEPENDENCE DAY</b> 10:00 Walking Two Laps 11:00 PrimeFit Exercise <b>1:00 Volunteering at Markham School</b> <b>3:00 HAPPY HOUR WITH JOHN BENNETT</b> <b>5:00 COLORS OF NORWAY DINNER</b></p>	<p>18 10:00 Walking Four Laps 10:30 PrimeFit Exercise <b>11:15 LUNCH OUT AT SZECHUAN KITCHEN</b> <b>3:00 PICKLED HERRING TASTING</b> 4:00 Walking and Rolling</p>	<p>19 <b>ARMED FORCES DAY</b> Weekend Word Games <b>ARMED FORCES DAY PREAKNESS STAKES</b> 10:00 Walking Two Laps 10:30 Morning Stretch 1:15 Music Listening <b>2:30 CINEMA &amp; POPCORN: "THE JOY LUCK CLUB"</b> 3:00 BEER &amp; NUT SOCIAL HOUR 6:00 Evening Game: Uno</p>
<p>20 Weekend Word Games 10:00 Walking Two Laps <b>11:15 Ecumenical Church Services</b> 1:15 Bingo <b>3:00 SPECIAL PERFORMANCE: METROPOLITAN YOUTH SYMPHONY</b></p>	<p>21 10:00 Walking Two Laps 11:00 PrimeFit Exercise <b>1:15 MONDAY CRUISIN': SCHRIENER'S IRIS GARDEN</b> 3:00 30-Minute Gym <b>4:00 Book Club Read Aloud</b></p>	<p>22 10:00 Walking Two Laps 11:00 PrimeFit Exercise <b>1:15 STRIKE 'EM DOWN! WII BOWLING</b> <b>4:00 Bible Study With Bev</b> <b>6:00 TUESDAY NIGHTS WITH "LIFE" (BBC)</b></p>	<p>23 10:00 Walking Two Laps 11:00 PrimeFit Exercise <b>1:15 ART CLASS: PALETTE OF POSSIBILITIES WITH TOBI</b> 2:30 Fred Meyer 2:30 St. Clares Studies <b>3:30 Communion</b> 4:15 Chair Yoga With Maren</p>	<p>24 10:00 Walking Four Laps 11:00 PrimeFit Exercise <b>1:00 Volunteering at Markham School</b> <b>3:00 HAPPY HOUR WITH MATTHEW CASEY</b></p>	<p>25 <b>9:00 BREAKFAST OUT AT BANNINGS RESTAURANT &amp; PIE HOUSE</b> 10:00 Walking Two Laps 10:30 PrimeFit Exercise <b>1:15 Neighborhood Walk With Maren</b> <b>3:00 STORY TELLING &amp; WRITING WORKSHOP SHARING</b> 4:00 Walking and Rolling</p>	<p>26 Weekend Word Games 10:00 Walking Four Laps 10:30 Morning Stretch 1:15 Music Listening <b>2:30 CINEMA &amp; POPCORN: "THE IRON LADY" (2011)</b> 6:00 Evening Game: Checkers</p>
<p>27 Weekend Word Games 10:00 Walking Two Laps <b>11:15 Ecumenical Church Services</b> 1:15 Bingo <b>2:30 CINEMA &amp; SNACK: "AVALON"</b></p>	<p><b>MEMORIAL DAY</b> 28 10:00 Walking Two Laps 11:00 PrimeFit Exercise <b>12:00 MEMORIAL DAY LUNCHEON</b> <b>2:30 MEMORIAL DAY SOCIAL</b> <b>4:00 Book Club Read Aloud</b></p>	<p>29 10:00 Walking Two Laps 11:00 PrimeFit Exercise <b>1:30 LIGHTEN YOUR LOAD: RUMMAGE SALE</b> <b>4:00 Bible Study With Bev</b> <b>6:00 TUESDAY NIGHTS WITH "LIFE" (BBC)</b></p>	<p>30 10:15 Walking Four Laps 11:00 PrimeFit Exercise <b>1:15 TOILETRY KIT MAKING FOR HOMELESS YOUTH</b> 2:30 Fred Meyer 2:30 St. Clares Studies <b>3:30 Communion</b> 4:00 Walking and Rolling</p>	<p>31 10:15 Walking Two Laps 11:00 PrimeFit Exercise <b>1:00 Volunteering at Markham School</b> <b>3:00 HAPPY HOUR WITH LINDA SMITH</b></p>	<p><b>Transportation</b> Tuesday Please Schedule With Front Desk Appointments Wednesday 2:30 p.m. Trip to Fred Meyer Thursday Please Schedule With Front Desk Appointments Friday Check Schedule Activity Day!</p>	

## Toiletries for Homeless Youth

Wednesday, May 30, 2012, 1:15 p.m.

Let's help homeless teens feel better this spring. We will be collecting personal hygiene products throughout the month and then organizing them into toiletry kits. The kits will be donated to First Baptist Church, where they host a weekly movie and dinner night for homeless teens. Please check out the list of items below and check your cabinets for spare toiletries.

Suggested Items:

- Toothbrushes
- Toothpaste
- Deodorant
- Bottled Soap
- Wash Cloths
- Gallon Zip-Lock bags
- Razors
- Shaving Cream
- Lotion
- Hair Ties
- Hair Barrettes
- Hair Bands
- Sunscreen
- Feminine Products
- Combs
- Hairbrushes
- ChapStick

## Mother's Day Luncheon

Sunday, May 13, 2012, 12 p.m.

Mother's Day is a time to honor the women in our lives who have made us who we are today. Their care has helped us in our life journey and now it is our time to celebrate them. On this special day, Chef Zane Manwell is offering a delicious Mother's Day lunch. You are invited to join us Sunday, May 13, at 12 p.m. Please let us know by Wednesday, May 9, if you will be joining the party. The Markham House Staff wishes all mothers a happy Mother's Day.

## Neighborhood Walk

Friday, May 25, 2012, 1:15 p.m.

How familiar are you with the neighborhood around Markham House? Build your understanding of the neighborhood and how to get around by walking with Maren. You will learn where to cross the street, how to get to the library, and be introduced to Holly Farm Park. Not only will you get some exercise, but you can extend your walking comfort zone and feel more a part of the community.

### MARKHAM HOUSE

LIVING BETTER THAN EVER

10606 SW Capitol Highway  
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### Staff

#### General Manager

Lee Hess

#### Guest Services Manager

Maren Zieba

#### Chef

Zane Manwell

#### Health and Wellness Director

Beverly Simmons, R.N.

#### Administrative Assistant

Pam Steimonts

#### Receptionist

Marissa Martin

#### Driver

Brian Reed

## Lighten Your Load:

### Rummage Sale and Goodwill Haul Benefitting Teens in Need

Tuesday, May 29, 2012, 1:30-4 p.m.

Feeling overwhelmed by your stuff? It is time to clean out the cupboards, the closets and the bureau. Let's lighten our load for the warm weather months and get rid of the things that seem to grow in our cabinets on their own. You know what they say, "one person's trash is another person's treasure." Try selling your stuff at our rummage sale or send it off to Goodwill. You can keep the proceeds or donate the money to buying personal hygiene items for homeless teens.

Bring your items between 1-1:30 p.m. on Tuesday for set-up and shop the other items from 1:30-4 p.m. Return at 4 p.m. to pick up your items or donate them to Goodwill.

## Norwegian Constitution Day (Grunnlovsdagen)

Thursday, May 17, 2012

A number of residents have Norwegian roots. Let's highlight their heritage this month with a week of learning about Norway and its traditions. Syttende Mai or May 17th is Norwegian Constitution Day, Grunnlovsdagen. In Norway, it is celebrated with children's parades, feasting and good cheer. Chef Zane is sprinkling the weekly menu with Norwegian dishes. You may be familiar with many of the traditional dishes because they have been integrated into the American menu by immigrating Norwegians. On Syttende Mai, we will have a special meal in honor of Norwegian independence with a "Colors of Norway Dinner." In the meantime, we will learn a little Norwegian in "Speak Like a Viking" and travel to Norway via the internet in "Internet Explorers: Discover Norway." Not only will we look at images of majestic fjords and mountains, but also at city centers and the strong economics that make Norway one of the most successful nations today. Join us for a "Pickled Herring Tasting," a "Marinated Edam Cheese Tasting" and learn to cook a traditional dish during our monthly cooking class.