

Shining Star



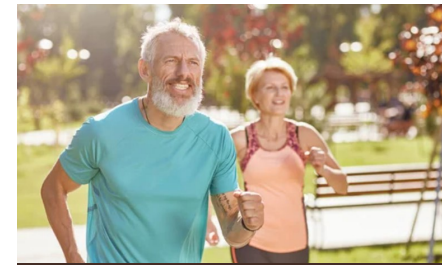
“JJ”

Job Title
Night Concierge

“JJ” keeps the community safe while everyone sleeps. “JJ” is a friendly face when there are night time emergencies making sure all get the help they need quickly. “Great Pill Bottle Opener.” “JJ is a father of 2 and is from the Pacific North West. Moved from Washington to Oregon a year ago.

AUGUST BIRTHDAYS

8/10 Joyce N.
8/10 David B.
8/19 Avonelle B.
8/20 Dwain L.
8/20 Bobbie K.
8/21 Ron F.
8/21 Norm H.
8/26 Fran P.
8/27 Ray H.
8/28 Bob R.
8/30 Afton A.
8/30 Marjorie S.



What's Going On In

August

2022



This is Sunshine's 10th annual August Wellness Month. For this year's Wellness Month we want to offer our residents the *Sunshine Wellness Experience*. Throughout the month there will be opportunities to learn information from local wellness professionals about wellness practices for you to live a healthier life. We have upcoming exercise challenges, informative wellness seminars, instructional workshops, exciting new activities and prizes for everyone!

Every resident will receive a special Wellness Calendar and a Wellness Stamp Card. When you attend any of the Wellness events highlighted on the Wellness Calendar, you will be rewarded with a stamp on your Wellness Stamp Card. At the end of the month be sure to turn in your completed Stamp Card to you Life Enrichment Director and you will be recognized and awarded at our Wellness Awards Ceremony. A \$50 gift card will be awarded to the Wellness Month Champion!

Special Events

8/2 Garden Meeting | 10:30
8/3 Wellness Month & Walking on Sunshine Kick Off | 3:00
8/4 Amway Healthy Products Talk | 10:00
8/9 & 30th Jazzercise for School Supplies | 10:30
8/10 Life is a Zoo Talk with Accent Home Care | 2:00
8/17 Yoga & Hydration Talk with Alisa | 2:30
8/24 Flower Arranging | 2:00
8/31 First Responders Give Back Treats
8/31 Wellness Month Awards Ceremony | 12:00

Outings

8/3 Brunch @ Biscuit's Café | 10:00
8/10 Hoffman Farmers Market
8/12 Sunflower Festival Outing
8/17 Evergreen Museum & Lunch

Team Members

Executive Director.....Tonya Hamilton
Business Office Manager.....Maria Ayala
Community Development Director.....
.....Angela Lile
Executive Chef.....Robert Parker
Life Enrichment Director...Amanda Clafin
Maintenance Director.....Glenn Goin
Dining Room Coordinator.....Merrick Hunt
Concierge Team.....Miranda,
Marjorie, Tierra, Chad, JJ

Important Phone Numbers

Office.....503.620.8160
Fax.....503.620.9592
Bus/Transportation.....503.757.5806
Sunshine Res. Relations.....877.448.5754
Clubhouse.....503.620.0131
Summerfield Golf Course...503.620.1200
Summerfield Salon503.624.7756

Meal Times

Breakfast.....7:30a.m. - 9:00a.m.
Lunch11:30a.m. - 1:30p.m.
Dinner.....4:30p.m. - 6pm.

Massage Room Thursday 9-4
Sign up for yours today!!!

Recurring Activities

Bean Bag Baseball Mon. 2:30pm
Bingo Tuesday & Thursday 2:30pm
Carpet Bowling Sat. & Sun. 10:00am

Country Store Tuesday & Thursday 11-2

Transportation Schedule

Mondays / Tuesday / Thursday / Fridays
Medical Appointments...9:00am-2:30pm
Shopping / Banking.....Times Vary
Appointments before 8 am
approved by management
10 mile each way maximum

Wednesdays

Resident Outings.....Times Vary

Sign up 24 hours in advanced for transportation



AUGUST

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



SUMMERFIELD ESTATES
RETIREMENT COMMUNITY

11205 SW Summerfield Drive
Tigard, Oregon 97224
503.620.8160

Lung Cancer Day 1

9:30 Stretcherise - AR
11:00 Pet Therapy Walk-L
2:00 Monday Surprise Matinee-GT
2:00 Mahjong Game-Library
2:30 Bean Bag Baseball-AR
6:00 Hand & Foot Games-AR
6:00 Monday Movie Night-GT

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9:30 Better Balance 4U-AR
10:00 Catholic Service-GT
10:30 Garden Meeting-G 
1:30 Stretcherise-AR
1-3 Blood Pressure Check-L
2:30 \$\$\$\$ BINGO \$\$\$-AR
6:00 Mexican Train Game
6:00 Tuesday Night Viewers Chice-GT

National Watermelon Day 3


9:25 Sunshine News-AR
9:30 Stretcherise -AR
10:00 Brunch @ Biscuits Cafe
2:30 Chair Yoga With Alisa-AR
3:00 Wellness Kick Off-AR
6:00 Wednesday Night- Movie-GT



Chocolate Chip Cookie Day 4

9:30 Better Balance-AR
10:00 Walking On Sunshine-L
10:00 Amway Vitamin Talk -AR
11-3 Garments on the Go-Library
1:30 Stretcherise Class-AR
2:00 Bridge-Library
2:30 \$\$\$\$ BINGO \$\$\$-AR
6:00 Pinochle Group-AR

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7:30 Stronger U Class-AR
9-11 Blood Pressure Checks-L 
9:30 Stretcherise-AR
10:00 Walking On Sunshine-L
1:00 Movie Club Meeting-GT
1:30 Better Balance-AR
2:30 Water Color Painting w/ Linda
2:30 Happy Hour W/ Mollie Paige
6:00 Friday Night Movie-GT

6

Root Beer Float Day
9:30 Stretcherise -AR
10:00 Glasses Repair-L
10:00 Carpet Bowling-AR
1:45 Walking On Sunshine-L
2:00 Wellness Majority Rules-AR
3:00 Croquet-CY
6:00 Saturday Night -GT 

7

Friendship Day
10:00 Carpet Bowling-AR
2:00-4:00 Nanci's Art Class-AR
2:00 Sunday Classic Matinee-GT
6:00 Sunday Classic Night-GT




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National Cat Day
9:30 Stretcherise - AR
11:00 Pet Therapy Walk-L
2:00 Monday Surprise Matinee-GT
2:00 Mahjong Game-Library
2:30 Bean Bag Baseball-AR
6:00 Hand & Foot Games-AR
6:00 Monday Night Movie-GT



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9:30 Better Balance 4U-AR
10:30 Jazzercise Outside
10:00 Walking on Sunshine-L
10:00 Catholic Service-GT
1-3 Blood Pressure Check-L
1:30 Stretcherise-AR 
2:30 \$\$\$\$ BINGO \$\$\$-AR
6:00 Mexican Train Game
6:00 Tuesday Night Viewers Choice-GT


National S'mores Day 10

9:25 Sunshine News-AR
9:30 Stretcherise -AR
10:00 Walking on Sunshine-L
10:30 Hoffman Farm
2:00 Life Is A Zoo Talk w/ Jessica-GT
2:30 Trivia Group Games-CC 
3:00 S'mores-Garden
6:00 Wednesday Night Movie-GT

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9:30 Better Balance-AR
10:00 Walking On Sunshine-L
12:00 Ambassador & New Resident Lunch
1:30 Stretcherise Class-AR
2:00 Bridge-Library
2:30 \$\$\$\$ BINGO \$\$\$-AR
6:00 Pinochle Group-AR
6:00 Thursday Action Night-GT

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7:30 Stronger U Class-AR
9-11 Blood Pressure Checks-L
9:30 Stretcherise-AR
10:00 Walking On Sunshine-L
11:00 Select Home Talk & Walker Tune-Up-AR 
1:30 Better Balance-AR
2:30 Hydration Social Hour-AR
6:00 Friday Night Views Choice-GT

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Left Hander Day
National Bowling Day
9:30 Stretcherise -AR
10:00 Carpet Bowling-AR
1:45 Walking On Sunshine-L
2:00 Sunflower Festival Outing
2:30 Saturday Matinee -GT
3:00 Croquet-CY
6:00 Saturday Night -GT

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Obon
10:00 Carpet Bowling-AR
2:00-4:00 Nanci's Art Class-AR
2:00 Waterfall's Talk w/ Roy-GT
6:00 Sunday Classic Night AGT



15

National Relaxation Day
9:30 Stretcherise - AR
11:00 Pet Therapy Walk-L
2:00 Monday Surprise Matinee-GT
2:00 Mahjong Game-Library
2:30 Bean Bag Baseball-AR
6:00 Hand & Foot Games-AR
6:00 Monday Night Movie -GT

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Share A Joke Day
9:30 Better Balance 4U-AR
10:00 Catholic Service-GT
10:00 Walking on Sunshine-L
10:00 Amway-L
1-3 Blood Pressure Check-L
1:30 Stretcherise-AR
2:30 \$\$\$\$ BINGO \$\$\$-AR
6:00 Mexican Train Game

17

9:25 Sunshine News-AR
9:30 Stretcherise -AR
10:00 Walking on Sunshine-L
10:30 Evergreen Museum & Lunch
2:30 Chair Yoga With Alisa-AR
3:00 Hydration Talk-AR
6:00 Wednesday Night Movie-GT



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Woman's Suffrage Day
9:30 Better Balance-AR
10:00 Walking on Sunshine-L
10:00 Chef Corner-DR 
10:30 Resident Meeting-AR
1:00 Catholic Service-GT
1:30 Stretcherise Class-AR
2:30 \$\$\$\$ BINGO \$\$\$-AR
6:00 Pinochle Group-AR

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World Humanitarian Day
7:30 Stronger U Class-AR
9-11 Blood Pressure Checks-L 
9:30 Stretcherise-AR
10:00 Walking on Sunshine-L
1:30 Better Balance-AR
2:30 Happy Hour w/ Joe Szabo
2:30 Water Color Painting w/ Linda
6:00 Friday Night Viewers Choice-GT


20

National Radio Day
9:30 Stretcherise -AR
10:00 Carpet Bowling -AR
1:45 Walk for Wellness-L
2:30 Saturday Matinee -GT
2:30 Candy Bingo-AR
2:30 Yard Yahtzee-Out Front
6:00 Saturday Night -GT



21

10:00 Carpet Bowling-AR
10:00 Wii Games-GT
2:00-4:00 Nanci's Art Class-AR
2:00 Sunday Matinee-Classic-GT
6:00 Sunday Classic Night-GT



22

9:30 Stretcherise - AR
10:00 Wii Games-GT
11:00 Pet Therapy Walk-L
2:00 Monday Surprise Matinee-GT
2:00 Mahjong Game-Library
2:30 Bean Bag Baseball-AR
6:00 Hand & Foot Games-AR
6:00 Monday Night Movie-GT

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9:30 Stretcherise-AR
10:00 Catholic Service-GT
10:00 Walking on Sunshine-L
1-3 Blood Pressure Check-L
2:30 \$\$\$\$ BINGO \$\$\$ w/ Accent Home-AR
6:00 Mexican Train Game
6:00 Tuesday Night Viewers Choice-GT

National Waffle Day 24

9:25 Sunshine News-AR
9:30 Stretcherise -AR 
10:00 Wii Games-GT
10:00 Walking On Sunshine-L
2:00 Flower Arranging-AR
2:30 Trivia Group Games-CC
6:00 Wednesday Night Movie-GT



25

10:00 Walking on Sunshine-L
10:00 Wii Games-GT
1:30 Stretcherise Class-AR
2:00 Massage Therapy Talk-GT
2:00 Bridge-Library
2:30 \$\$\$\$ BINGO \$\$\$-AR
6:00 Pinochle Group-AR
6:00 Thursday Night-GT



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National Dog Day
7:30 Stronger U Class-AR
9-11 Blood Pressure Checks-L
9:30 Stretcherise-AR 
10:00 Wii Games-GT
10:00 Walking on Sunshine-L
2:00 Doggie Meet Up-Out Front
6:00 Movie Marathon/ Double Feature

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9:30 Stretcherise -AR
10:00 Carpet Bowling-AR
10:00 Wii Games-GT
1:45 Walk for Wellness-L
2:30 Saturday Matinee -GT
2:30 Yard Yahtzee-Out Front
6:00 Saturday Night -GT




28

10:00 Carpet Bowling-AR
10:00 Wii Games-GT
2:00-4:00 Nanci's Art Class-AR
2:00 Sunday Matinee-GT
6:00 Sunday Night Comedy -GT


29

9:30 Stretcherise - AR
10:00 Wii Games-GT
11:00 Pet Therapy Walk-L
2:00 Monday Surprise Matinee-GT
2:00 Mahjong Game-Library
2:30 Bean Bag Baseball-AR
6:00 Hand & Foot Games-AR
6:00 Monday Night Movie-GT

30

9:30 Better Balance 4U-AR
10:00 Walking on Sunshine-L
10:30 Jazzercise & School Supplies Outside 
10:00 Catholic Service-GT
1:30 Stretcherise-AR
2:30 \$\$\$\$ BINGO \$\$\$-AR
6:00 Mexican Train Game
6:00 Tuesday Night Viewers Choice-GT

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National Trail Mix Day
9:25 Sunshine News-AR
9:30 Stretcherise -AR 
10:00 Wii Games-GT
First Responders Wellness Treats
1:30 Better Balance 4U-AR
2:30 Wellness Award & Prizes-AR
6:00 Wednesday Night Movie-GT

Life Enrichment Director:
Amanda.Claflin@SunshineRet.com



Find us on facebook.

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Facebook.com/SummerfieldEstate

Room Key
AR-Activity Room
CC-Club Cocina
GT-Grand Theater
L-Lobby
LS-Library/Sitting Room

AUGUST 2022



wellness challenge
SUNSHINE'S 10TH ANNUAL

get fit | get informed | get restored | give back