

## Shining Star



**Indira L.**

**Housekeeper  
2+ years**

Indira is a wonderful hardworking housekeeper, with a can do attitude. "Residents and Team Members all agree she is top notch." Indira does an excellent job keeping their homes and community in top shape. Indira is originally from Nicaragua and came to the United States of America in 2017. Indira has a dog she enjoys taking for walks. Indira and her husband Edgar have been married for 8 years.

## APRIL BIRTHDAYS

4/05 Betty S.  
4/08 Judy L.  
4/18 Deborah D.  
4/26 Janet N.

Team Members  
4/10 Dallas V.



What's Going On In

# April

2024

This April, Sunshine celebrates its 10th Annual Go Green Give Back month. We encourage everyone to embrace more sustainable lifestyles for the well-being of both ourselves and future generations. Stay tuned for informative content throughout the month, providing activities to explore the principles of Reduce, Reuse, and Recycle and for opportunities to Give Back. Join us in taking the pledge to rethink your routine today!



### Team Members:

Executive Director.....Tracey Johns  
Business Office Manager.....Maria Ayala  
Community Development Director.....  
.....Shelley Turner  
Community Development Coordinator.....  
.....Haylee Ergenekan  
Executive Chef.....Robert Parker  
Maintenance Director.....Ken Irish  
Dining Room Coordinator.....Taylor Filer

### 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 Salon.....503.624.7756

### Meal Times

Breakfast.....7:30 a.m.- 9:00 a.m.  
Pick Up.....8:30 a.m.  
Lunch.....11:30 a.m.- 1:30 p.m.  
Pick Up.....1:00p.m.  
Dinner.....4:30 p.m.- 6:00 p.m.  
Pick Up.....5:30p.m.

### Recurring Activities

Mahjong | Mondays | 1:30p.m  
Mexican Train | Tuesdays | 6:00 p.m.  
Bingo | Tuesday & Thursday | 2:30p.m.  
Bible Study | Thursdays | 10:30a.m.  
Threads Club | Thursdays | 3:30p.m.  
Pinochle | Thursdays | 6:00p.m.  
Carpet Bowling | Saturday | 10a.m. | Wednesday | 3p.m.  
Movies Nightly | 6:00pm  
Sundays | Travel Matinee | 2:00

### Transportation Schedule

#### Sign Up 24 hours In Advance

**Mondays & Fridays** | South / Central Area  
**Tuesdays & Thursdays** | North / Central Area  
**Medical Appointments**.....9:00am - 2:00pm  
**Shopping & Banking**.....Times Vary  
**South** - Tigard, Tualatin, Sherwood Area  
**North** - Beaverton, Lake Oswego Area  
\*Questions See Transportation Book or Concierge  
\*Final Return Pickup 2:00pm  
\*Transportation requests must be received 24 hours in advance  
**Wednesdays:**  
Resident Outings.....Times Vary

### Special Events

4/3 Chair Yoga with Alisa | 2:30  
4/4 Resident Town Hall Meeting | 10:30  
4/6 Remembering Our Friend Gretchen Dennison | 11:30  
4/11 A Sojourn To The Stars w/ Dr. Roy Torley | 3:00  
4/12 Happy Hour with Curtis Smith | 3:00  
4/13 Over 90's Club | 2:00  
4/17 Chair Yoga with Alisa | 2:30  
4/17 Tracy's Wellness Talk: Earthquake Preparedness | 4:00  
4/18 Chef Robert's Talk and Demo | 10:00  
4/23 "Green Thumb Get Together" Community Planting | 1:00  
4/25 Chef Showcase Buffet | 7:30am-9:00  
4/26 Happy Hour With Linda Smith On Piano | 3:00





# APRIL

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY



FRIDAY


SATURDAY




**SUMMERFIELD ESTATES**  
RETIREMENT COMMUNITY

11205 SW Summerfield Dr.  
Tigard, OR 97224  
(503) 620-8160

9:30-AR Stretcherclass **1**  
11:00-TR Balance & Weights  
**11:00-AR Blood Pressure Checks**  
1:15-UL Reading Group  
1:30-3:30 **Smartstep Hearing**   
1:30-LB Mahjong  
2:30-TR Tai Chi DVD   
3:00-AR Doggie Meet Up  
6:00-TR Musical Monday

9:30-L Walking Group **2**  
**10:00-AR Avon With JoAnn**  
10:00-TR Catholic Service  
1:30-TR Balance & Weights DVD  
2:30-AR \$\$\$  \$\$\$  
6:00-AR, BR Mexican Train  
6:00-TR Documentary Night

9:30-AR Stretcherclass **3**  
1:15-UL Reading Group-UL  
**2:30-AR Chair Yoga With Alisa**  
3:15-AR Carpet Bowling  
6:00-GR May I Card Game  
6:00-TR *Mid Week Movie Surprise*  
6:00-BR Poker Group


**10:30-AR Resident Town Hall** **4**  
10:30-TR Bible Study Group  
1:30-TR Balance & Weights DVD  
2:30-AR \$\$\$  \$\$\$  
3:30-GR Club Threads  
6:00-TR Blockbuster Night  
6:00-AR Pinochle



9:30-AR Stretcherclass **5**  
**11:00-AR Mt. Man Snacks**  
1:00-AR Water Color Painting  
Class With Sheryl  
1:00-AL Hand & Foot  
2:30-TR Balance & Weights DVD  
**3:00-DR Happy Hour**  
6:00-TR *Comedy Movie Night*  
6:00-GR Bridge & Mexican Train


9:30-AR Stretcherclass **6**  
10:00-AR Carpet Bowling  
**11:30-AR Remembering Our Friend Gretchen Dennison**  
2:00-TR Tai Chi DVD  
3:00-AR Coloring Corner  
6:00-TR *Western Night*  
6:00-GR Hand & Foot

**7**  
10:00-AR Stretch, Breathe & Relax Exercise With Sherri  
1:30-L Scrabble Group  
2:00-TR Rick Steve's  
European Tour  
6:00-GR 313 Card Game  
6:00-TR *Classic Movie Night*

9:30-AR Stretcherclass **8**  
**11:00-AR Blood Pressure Checks**  
11:00-TR Balance & Weights  
1:15-UL Reading Group  
1:30-LB Mahjong  
2:30-TR Tai Chi DVD  
3:00-AR Doggie Meet Up  
6:00-TR Musical Monday

9:30-L Walking Group **9**  
10:00-TR Catholic Service  
1:30-AR Balance & Weights DVD  
2:30-AR \$\$\$  \$\$\$  
6:00-TR Documentary Night  
6:00-AR, BR Mexican Train

**Nat. Siblings Day**  **10**  
9:30-AR Stretcherclass  
1:15-UL Reading Group-UL  
**2:30-GR Trivia Happy Hour**   
2:30-TR Tai Chi DVD  
3:15-AR Carpet Bowling  
6:00-GR May I Card Game  
6:00-TR *Viewers Choice*  
6:00-BR *Poker Group*


**11**  
**10:30-TR Bible Study Group**  
1:30-TR Balance & Weights DVD  
2:30-AR \$\$\$  \$\$\$  
**3:00-TR A Sojourn To The Stars**  
By Roy Torley  
3:30-GR Club Threads  
6:00-TR Blockbuster Night  
6:00-AR Pinochle

9:30-AR Stretcherclass **12**  
1:00-AR Water Color Painting  
Class With Sheryl  
1:00-AL Hand & Foot  
2:30-AR Balance & Weights DVD  
**3:00-DR Happy Hour With Vocalist Curtis Smith**   
6:00-TR *Comedy Movie Night*  
6:00-GR Bridge & Mexican Train



**Scrabble Day** **13**  
9:30-AR Stretcherclass  
10:00-AR Carpet Bowling  
**2:00-AR Over 90's Club**  
2:00-TR Tai Chi DVD  
3:00-AR Coloring Corner  
6:00-TR *Western Night*  
6:00-GR Hand & Foot

**14**  
10:00-AR Stretch, Breathe & Relax Exercise With Sherri  
1:30-L Scrabble Group  
2:00-TR Rick Steve's  
European Tour  
6:00-GR 313 Card Game  
6:00-TR *Classic Movie Night*

**TAX Day** **15**  
9:30-AR Stretcherclass  
**11:00-AR Blood Pressure Checks**  
11:00-TR Balance & Weights  
1:15-UL Reading Group  
1:30-LB Mahjong  
2:30-TR Tai Chi DVD  
3:00-AR Doggie Meet Up  
6:00-TR Musical Monday

**16**  
9:30-L Walking Group  
1:30-TR Catholic Service  
2:30-AR \$\$\$  \$\$\$  
6:00-TR Documentary Night  
6:00-AR, BR Mexican Train


9:30-AR Stretcherclass **17**  
**2:30-AR Chair Yoga With Alisa**  
3:15-AR Carpet Bowling  
**4:00-AR Tracy's Wellness Talk- Earthquake Preparedness**  
6:00-GR May I Card Game  
6:00-TR *Viewers Choice*  
6:00-BR *Poker Group*



**18**  
**10:00-DR Talk With Chef Robert & Demo**  
10:30-TR Bible Study Group  
1:30-TR Balance & Weights DVD  
2:30-AR \$\$\$  \$\$\$  
3:30-GR Club Threads  
6:00-TR Blockbuster Night  
6:00-AR Pinochle 


**Nat. Karaoke Day** **19**  
9:30-AR Stretcherclass  
1:00-AR Water Color Painting  
Class With Sheryl  
1:00-AL Hand & Foot  
2:30-TR Balance & Weights DVD  
**3:00-DR Happy Hour**  
6:00-TR *Comedy Movie Night*  
6:00-GR Bridge & Mexican Train



9:30-AR Stretcherclass **20**  
10:00-AR Carpet Bowling  
2:00-TR Tai Chi DVD  
3:00-AR Coloring Corner  
6:00-TR *Western Night*  
6:00-GR Hand & Foot

**21**  
10:00-AR Stretch, Breathe & Relax Exercise With Sherri  
1:30-L Scrabble Group  
2:00-TR Rick Steve's  
European Tour  
6:00-GR 313 Card Game  
6:00-TR *Classic Movie Night*

**Earth Day** **22**  
9:30-AR Stretcherclass  
**11:00-AR Blood Pressure Checks**  
11:00-TR Balance & Weights  
1:15-UL Reading Group  
1:30-LB Mahjong   
2:30-TR Tai Chi DVD  
3:00-AR Doggie Meet Up  
6:00-TR Musical Monday

9:30-L Walking Group **23**  
10:00-TR Catholic Service   
**1:00-3:00-Garden "Green Thumb Get Together" Community Planting**  
1:30-AR Balance & Weights DVD  
2:30-AR \$\$\$  \$\$\$  
6:00-TR Documentary Night  
6:00-AR, BR Mexican Train

9:30-AR Stretcherclass **24**  
1:15-UL Reading Group-UL  
**2:30-GR Trivia Happy Hour**   
2:30-TR Tai Chi DVD  
3:15-AR Carpet Bowling  
6:00-GR May I Card Game  
6:00-TR *Viewers Choice*  
6:00-BR *Poker Group*


**25**  
7:30 DR **Chef Showcase Buffet**  
10:30-TR Bible Study Group  
1:30-AR Balance & Weights DVD  
2:30-AR \$\$\$  \$\$\$  
**3:30-GR Club Threads**  
6:00-TR Blockbuster Night  
6:00-AR Pinochle 

9:30-AR Stretcherclass **26**  
1:00-AR Water Color Painting  
With Sheryl  
1:00-AL Hand & Foot  
2:30-TR Balance & Weights DVD  
**3:00-DR Happy Hour With Pianist Linda Smith**   
6:00-TR *Comedy Movie Night*  
6:00-GR Bridge & Mexican Train

**World Tai Chi Day** **27**  
9:30-AR Stretcherclass  
10:00-AR Carpet Bowling  
2:00-TR Tai Chi DVD  
3:00-AR Coloring Corner  
6:00-TR *Western Night*  
6:00-GR Hand & Foot

**28**  
10:00-AR Stretch, Breathe & Relax Exercise With Sherri  
1:30-L Scrabble Group  
2:00-TR Rick Steve's  
European Tour  
6:00-GR 313 Card Game  
6:00-TR *Classic Movie Night*

9:30-AR Stretcherclass **29**  
**11:00-AR Blood Pressure Checks**  
11:00-TR Balance & Weights  
1:15-UL Reading Group  
1:30-LB Mahjong  
2:30-TR Tai Chi DVD  
3:00-AR Doggie Meet Up  
6:00-TR Musical Monday

**30**  
9:30-L Walking Group  
10:00-TR Catholic Service  
1:30-AR Balance & Weights DVD  
2:30-AR \$\$\$  \$\$\$  
6:00-TR Documentary Night  
6:00-AR, BR Mexican Train

**Room Key:**  
AR- Activity Room | TR-Theater  
ER-Exercise Room | L-Lobby  
PDR-Private Dining | DR-Dining  
BR-Billiards Room | AL-Alcove  
UL-Upper Library | LB-Library  
GR-Game Room 122

**Canned Food Drive**  
Neighbors helping Neighbors  
April 1st-April 30th




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**SCAN ME**