

News & Views

Official Publication of Woodburn Estates & Golf



Regular Board Meeting 4th Tuesday of Each Month • All ads and articles are published on a space available basis

VOL XLIX NO. 1

www.woodburnestatesgolf.com • Main Office 503-982-1776 • N&V Office 503-981-3313

Friday, January 10, 2020

Woodburn Estates & Golf®



Biscuits & Sausage Gravy Breakfast

SCRAMBLED EGGS • FRUIT • COFFEE

Saturday Jan. 18th 8:00 - 10:00am

Dining Hall \$5.00

(Kids 6 & under FREE)



Woodburn Estates & Golf

coffee hour

JANUARY 2020

Jan 2nd Music by "MO n' DOC"



Jan 9th GameShow "SECRET IDENTITY"

Jan 16th Music by "KIM & TERRY"

Jan 23rd Music by "DAVID ASTON"

Jan 30th Music by "ELLEN WHYTE"



Thursdays at 9:30am
Dining Hall / Auditorium

Performers listed are subject to change without notice.

Activities Recap for 2018-2019

by Sharyn Cornett and the Activities Committee

Just wanted to let you know how active your Activities Committee has been over the last two years. What has your money done for this community?

In 2018 we were just getting started! We got a few things done; this last year was more productive. We have upgraded the event process with more professional advertising, using banners, community flyers, social media including Facebook, Bugle Blast, reader boards, *News & Views*, Woodburn city newsletters and e-blasts, chamber newsletters and word of mouth.

The attendance has increased at all events. Thank you for coming. When you attend our activities, you support our community. Our goal is to get people out of the house and be active. We had 12 events in 2019, our aim was to have one a month and we did it! This does not include the 50 plus Coffee Hour programs that we put on each Thursday.

You know this takes a lot of volunteers. This community is great for volunteering and we say thank you one and all, and we can always use more, especially with set ups and take downs.

Contact Connie Watt our Volunteer Chairman, her phone # is in the directory if you have any services you could give.

2019 donations were given to Love INC. including cash, coats, blankets, socks and the Aware food bank. We also collected hand-made crocheted dog blankets, organized Red Cross drives, Love Santa and much more.

Projects in the last two years also included: Bingo board; Poker tables; video equipment; new microphones; speakers; stage curtains; 15 round tables; four new kitchen roasters; kitchen supplies; 2 new 7½ foot lighted Christmas trees and more. We have implemented more kitchen rules along with more organization.

Changes include adding blueberries and mimosas to the pancake breakfasts; a wine tasting event and an Elvis program for Love Santa. We are considering a possible Italian dinner next fall. By popular demand, we have brought back the Biscuits and Gravy for January 18th. Come and enjoy!

Big plans are continuing for our 60th anniversary in 2022. None of this would happen without you and all our wonderful sponsors.

A big Happy New Year and Bless you all! The best is yet to come! We have only just begun. All suggestions are welcome (even the good, the bad, and the ugly). Thank you!

News & Views Publication Schedule January and February 2020

Copy due by 9:30 a.m.

Thursday, Jan 16, 2020

Thursday, Feb 6, 2020

Thursday, Feb 20, 2020

Publication Date

Friday, Jan 24, 2020

Friday, Feb 14, 2020

Friday, Feb 28, 2020

Thank you, everyone, for your cooperation.

Adaptability for Life LLC

Individuals and Couples Counseling
"Serving People in Transition"

503-871-5299
debmarinos.com

LPC – intern supervised by George Olson, LPC

Simple Chores

A diversified service that's based on honesty. Bill's friendly demeanor means that *you will get great service at a reasonable price.*

BILL RICHARDS - Owner
Woodburn, OR 97071
503-830-9383
simplechores@gmail.com

Licensed and Bonded
CCB No. 225094



Office: 503-540-9038
Mobile: 503-569-3751

ROBERT CORNETT
Certified Arborist #PN-6032A
Bonded & Insured CCB #152991



Kirk A. Schmidtman,
Attorney at Law
Wills, Trusts, Probate,
Estate Planning,
Contracts, and Real Property.
Serving Woodburn Since 1976

610 Glatt Circle, Woodburn
Kschmidtman@woodburnlaw.net
engleschmidtmanlaw.com
503-981-0155

STEVE ROSSMAN, CPA
SINCE 1979

*A Local Firm Devoted
to Personal Service*

- Tax Preparation & Consulting
- Estate and Trust Administration
- Business Accounting Services

*Conveniently located on Hwy 214
in Northwood Office Park between
Senior Estates and Highway 99E*

Phone us at **503-982-5201**

E-mail:
steve@ahrecpa.com

**CONCRETE
CONSTRUCTION**

Family Operated. We do the work.
Specialize in tear-out and replace
Driveways – Patios – Sidewalks
Broom Finish, Color Stamping, and
Exposed.

FREE ESTIMATES
Website:
www.danskeyconstruction.com
Pole Barn Concrete Floor &
Construction.

Danskey Construction, LLC
503-871-4544 or
503-982-1702 leave message
CCB# 168267

Senior Discount

20%

Off service and repair only

Service - Repair - Installation


503-233-1779

Serving Woodburn since 1989 | CCB#64597

www.bensheating.com

We Service

All Brands!



News & Views


N&V Office: 503-981-3313 • **Main Office:** 503-982-1776
Email: nv@WoodburnEstatesGolf.com
Website: woodburnestatesgolf.com

News & Views is published the 2nd and 4th Fridays of each month.
Mailed subscriptions are \$2 per issue to cover postage and handling. The Association reserves the right to publish or not publish any advertisement at our discretion.

Editor and Advertising Sales: Kathy Hiller **Co-Editor:** Shirley Bishop
Golf Photographer: Don Slezak (503-708-4872)
Coffee Hour Photographer: Don Robarge (503-981-3313)
Distribution: Jim & Linda Hoover (503-380-8422)

Volunteers are always needed to help with preparation of copy, proofing, and delivery. Each of the 70+ carriers should have an alternate. Please email, if possible, all photos, articles, free ads, or reports. If email is not an option, please submit your information to the N&V office. Use the mail slot in our door. All submissions must include name and member number. Thank you.

Disclaimer
Woodburn Estates & Golf greatly appreciates the advertisers in this newspaper. However, we would like our homeowners to know that these advertisers are independent businesses and Woodburn Estates & Golf cannot assume any responsibility for their goods or services rendered. Every effort has been made to ensure the accuracy and dependability of all materials; it is, however, limited by and subject to omissions and changes. Rules Committee 12/12/2016



NEWS AROUND THE NEIGHBORHOOD

Who’s on Third Community Concert

by Trudy Fowlks, Concert Coordinator

On Sunday, January 19th, the “Who’s on Third?” community concert series will feature “The Jazz Rockets” with vocalist Kathryn Grimm. This group is best known for their smooth Jazz and Blues sound, with a little Rock & Roll thrown in every now and then. Their lead singer, Kathryn Grimm, has performed as a soloist a couple of times for Coffee Hour here at Woodburn Estates. She is a very talented singer, song writer and performer (playing multiple instruments).

All “Who’s on Third?” community concerts are held at Woodburn United Methodist Church which is located at 700 N. Cascade Dr. - just south of the Cascade Park Retirement complex. These concerts are intended for everyone in the community to come and enjoy. You can call the church (Mon., Wed. or Thurs. 9 a.m. - 1 p.m.) at 503-982-2891 if you need more information.

Our usual freewill offering will be taken to cover concert expenses. There will also be a mid-concert intermission with refreshments (provided by Country Meadows and Cascade Park) and a chance to visit with friends and neighbors. Hope to see you there.

Woodburn Estates Dance and Social Club

by Bill Coleman, Chairman
“A New Dancin’ Year!”

With possibly the largest attended New Year’s Eve Ball in Woodburn Estate’s history in the books, we now turn our attention to a brand-new year of dancing, partying, and having fun with friends at the Woodburn Estates and Golf auditorium. We have a line-up of fabulous performers scheduled in the coming months and know you won’t want to miss a single dance in 2020.

Allow me to recognize a few of the individuals who make up the Woodburn Estates Dance and Social Club - the folks who work behind the scenes without whom it would be impossible to hold dances. Our sincerest thanks go to:

- Our sponsor, Cascade Park Retirement Center providing buffet treats and beautiful gift baskets for our raffles. We are pleased to announce that they have stepped up to sponsor our dances again in 2020.
- Tables and chairs are set-up and taken down by Dennis O’Rourke, Kevin Burnside, Marc Eccleston and Stan Hiller.
- Door and reservations are managed by Retta White, and JoAnn Munson.
- Kitchen staff, clean-up, and beer and wine sales are handled by Linda Martin, and Donna Kachelmeyer. (A special thank you to Linda for passing her state certification exam and receiving her servers license.)
- Our club treasurer and all-around dance manager is Donna Burnside.

You will notice that these people are also involved in other activities at Woodburn Estates, working hard to make your experience here a pleasant and productive one. Please, consider joining the Woodburn Estates Dance and Social Club by contacting Bill Coleman at 503 981 7547.

Next up: Our annual Valentine's Dance this year will feature hearts, flowers, and the sounds of “Taska and the Party Band” on Saturday, February 8, 2020. Don’t forget to reserve a table of four or more by calling JoAnn at 503 989-8590.

CLASSIFIEDS

Next Publication of NEWS & VIEWS
January 24, 2020
Deadline for Articles, Thursday, Jan 16, 9:30 a.m.

We LOVE to have your free ads and articles.

The BEST way to get your information in *News & Views* is to send us this information by e-mail to nv@WoodburnEstatesGolf.com.

When submitting free ads be sure to include your MEMBERSHIP NUMBER.

EXCEL ESTATE SALE: 1780 Sallal Rd, Jan. 10 & 11 – 9 a.m. to 4 p.m. Tools, inspection tools, compressor, freezer, washer/dryer. Some collectibles, lots of kitchen and household misc., cuckoo clock, dining table & chairs.

Thank You

Thank you to our friends and patrons for making our Christmas merrier with your cards and gifts in our stockings!

*All your Country Cottage friends –
Carmen, Carrie, Debbie, J.C., Julio, Kelly, Leticia, Maria,
Nan, Nicolas, Nikole, Olga, Pam, Travis, and Renee*

Fitness Center 1 Year Anniversary

by Allan Carter – Certified Trainer, Certified Nutritionist and Certified Exercise Therapist

Well...it's been a bit over 1 year since the expansion of our Fitness Center. We have added new equipment especially focused on Senior Fitness and Exercise Therapy. We may not have room for anymore larger pieces of equipment, but we are looking at some possible additions.

- We have had some good success stories I would like to mention here.
- **Weight Loss:** Many people have discussed their weight loss success with me, and I am always excited to hear their success stories. One member has lost over 60 pounds in eight months with diet and exercise.
 - **Strength gains:** Many of our member are getting measurably stronger. This translates into better quality of life and increased mobility. We have been able to help some people even get out of their daily use of using a wheelchair or a walker. You can gain muscle at any age! One of our members, 92 years old, has seen his strength gains increase over 30% in some areas and can arm curl two 20-pound dumbbells for 30 repetitions. He will certainly surpass two 25-pound dumbbells soon.
 - **Post-surgery recovery:** We do see many members recovering quickly using our new facility to speed recovery and gain muscle after knee, hip and shoulder surgeries.
 - **Range of motion:** We have seen many members with limited range of motion caused by diseases, lack of use of joints, and many more causes, able to regain some small and large movements. Again...this all adds up to quality of life.
 - **Increased balance to prevent falls:** We have Senior Fitness classes that focus on overall fitness, strength and balance. Simply stated...we do not want to fall!
 - **Pain relief:** This is always a challenging one for doctors and Personal Trainers and we have been able to help many members. Exercise is crucial for managing and reducing pain from conditions like arthritis, as regular movement helps lubricate the joints and decrease stiffness. Plus, exercising can help reduce the risk for heart disease, cognitive impairment, diabetes and stroke.

I could go on and on with the many reasons to visit our Fitness Center and attend our Senior Fitness class. We also have a Senior Fitness class called Sit N Fit. This Sit N Fit is focused on our members who may not be able to stand for the 45-minute Senior Fitness class. Both classes make exercise fun.

Bottom line...we all want to improve our quality of life and our Woodburn Estates Association has given us the tools to accomplish these goals. I hope to see more of our members take advantage of these facilities.

For Anyone Seeking a Notary Public

by D. J. Slack

A few weeks ago, I read an interesting article in the Woodburn Independent newspaper. It was titled "A Helping Hand for Businesses". Knowing that Woodburn is growing by leaps and bounds, I found that a resource center as described in the article could certainly be an asset to our residents. I think our community could benefit greatly by providing Woodburn with this new business resource agency. I would think that one of the resources listed could be Information on a local community notary public.

I found myself needing a notary public, since I have written my own will and testament, and I need to get it notarized. I took my will to my Wells Fargo Bank but they no longer provide a Notary Public service and sent my caregiver and myself on our way. We returned home and searched for a Notary in the telephone book; by cell phone searches; calling friends and family, but we came up empty-handed. We also contacted Law offices, other banks, Chamber of Commerce, Disability/ Aging services, Woodburn Police department, Disability Resource office, and other resource agencies. The only notary we came up with was a "mobile notary" who charged \$10 for notarizing a Will plus \$30 for transportation to one's home to sign off. None of these resources could even give us a referral to a Notary Public here in Woodburn. There was a notary listed in Salem, however, it was another mobile notary public who charged \$60 for travel expenses.

I am unable to drive to Salem, nor does my caregiver's agency provide her paid mileage for travel expenses outside of Woodburn. After the many contacts made by myself and my caregiver, frustration had certainly set in. Our seeking further information was futile. I cannot understand why someone can hire an attorney to draw up a Will and also provide notary service but, for those writing up their own, are not able to use their notary. If someone could be of help to me, and others, it would be greatly appreciated.

[D.J. - Both Diana May and Charlene Salazar are Notary Publics, and both are available Mon-Fri 9 a.m. - 4 p.m. in the main office at the Clubhouse. Editor]

Why Choose Estates Realty?

History:

When Senior Estates started, we were the founding real estate company, and have been here ever since.

Integrity:

Estates Realty prides itself on providing the highest level of honesty, diligence and hard work. It's not all about the "bottom line." It's about what's best for our clients.

Commitment:

We guarantee to give you the best service possible, and we'll put that in writing.



503-982-8301
1290 Young St., Woodburn, OR 97071
www.nwclassic.com/estates.html

Escorted Tours

Unique **Enjoy the friendly, family atmosphere of group travel... Explore famous cities and sights... Our tours are designed with a "love of discovery"... Experience truly hassle-free vacations...**

- * Tucson AZ – Feb 25-29
- * Absolutely Ashland – March 2-4
- * San Antonio – March 11-16
- * Music & More in Tennessee – April 6-11
- * California Coastal Splendor – April 19-24
- * The Portland Spirit to Astoria – May 13-15
- * Fly Away Mystery Tour - May 19-25
- * Canadian Rockies – June 19-25
- * Hurricane Ridge & the San Juan's - July 18-23



**OREGONWest
EXCURSIONS**

Call for Details (503) 585-3979 ♦ (800) 333-0774
www.orwest.com

Make sure your heating and cooling systems are running their best!

SENIOR TUNE-UP SPECIAL

\$99 per unit or call for additional specials



JAMES
HEATING & AIR CONDITIONING
COMMERCIAL & RESIDENTIAL
SALES • SERVICE • INSTALLATIONS
www.jamesheating.com
(503)581-9982

Time to replace your heating and cooling equipment?
We offer free consultations. Ask about our senior discounts.

- * 10 yr. parts and labor warranty
- * 24 hr. emergency service
- * 100% satisfaction guarantee

Ask About cash incentives
A trade ally of Energy Trust of Oregon



Trade Ally of
EnergyTrust
of Oregon

ccb.123023

In Memory of...

A few more names need to be added after their loved ones realized we had not been notified of their passing earlier in the year. Be sure to contact the main office at 503-982-1776 and News & Views at 503-981-3313. Thank you.

Eilert, Kenneth – March 9, 2019
McCabe, Raymond - 2019
Opitz, “Bud” – December 19, 2019
Yates, Ginger – November 19, 2019

God's Bank Ain't Busted Yet

by Alice P. Moss
The bank had closed; my earthly store had vanished from my hand.
I felt that there was no sadder one than I in all the land.
My washerwoman, too, had lost her little mite with mine,
And she was singing as she hung the clothes upon the line.
“How can you be so gay?” I asked, “Your loss don’t you regret?”
“Yes, ma’am, but what’s the use to fret?
God’s bank ain’t busted yet!”

I felt my burden lighter grow; her faith I seemed to share.
In prayer I went to God’s great throne and laid my troubles there.
The sun burst from behind the clouds, in golden splendor set.
I thank God for her simple words: “God’s bank ain’t busted yet!”

And now I draw rich dividends, more than my hand can hold.
Of faith and love and hope and trust, and peace of mind untold.
I thank the Giver of it all, but still I can’t forget.
My washerwoman’s simple words, “God’s bank ain’t busted yet!”

Oh, weary ones upon life’s road, when everything seems drear,
And losses loom on every hand and skies seem not too clear.
Throw back your shoulders, lift your head and cease to chafe and fret.
Your dividend will be declared. “God’s bank ain’t busted yet!”

A Senior Sleep Guide

- by Betty Judevine
1. Quit counting sheep. Each hour you do just means more sheep to count.
 2. Try sitting in a La-Z-Boy and watching a dull talk show on TV. You will usually fall asleep right away.
 3. However, when you wake up, don't go to bed. A nice, quiet, dark room will start your head spinning endlessly.
 4. When that happens, resume sitting in the La-Z-Boy. You might get a few more hours.
 5. Wake up wherever you are- eat, go for a walk, exercise, visit the clubhouse but don't take an afternoon nap! If you are able to stay awake that long, go to bed at 8:00 p.m. (Do the opposite if you are a night person. Go to bed at 8:00 a.m.)
 6. Booze, pills, work doesn't always do it; neither does "My Pillow."
 7. Drink warm milk slowly; and I just read somewhere that lettuce helps.
 8. Don't watch exciting TV shows, and put your phone to rest, even if you can't do it yourself.
 9. A spouse who isn't a good listener, is great for lulling you to sleep.
 10. Talking to yourself is boring but if all else fails, go back to counting sheep where you left off and this time stay with it!

\$100 off New Systems
(On qualifying equipment)

**Heating
Air Conditioning
Duct Cleaning
Duct Sealing
Service
On all Brands**


It's Hard To Stop A Trane.
Independent Trane Dealer

503-378-7482
meltonheating.com
2060 Davcor Ct. SE
Salem, OR 97302
CCB#124993


Honest, dependable and efficient service

Locally owned and operated by Randy and Greg Melton.



*Come to the Speakeasy
& Party Like it's the End of Prohibition*

**FRIDAY
JANUARY 31ST**



**FROM
4PM - 6PM**

**Call for the Secret
Password
(503) 982-2221**

**Door Prizes, Drinks
Live Entertainment,
Dessert Bar, and more!**

Country Meadows Village



The Sign of Excellence


Jack Berkey, GRI
503-989-1421


Dave Christoff, CRS, GRI
Owner & Principal Broker
503-989-1676


Bill Leder
503-951-2221


Erica Haworth
503-984-1345


Annie Kirsch
503-989-1124


Amanda Burlingham
503-951-1185


Kerin Ostrom, GRI
503-510-2259


Nancy Bellinger, GRI
503-467-1751




Tonia Ellington
971-409-4537


James Audritsh
503-951-2366


Gina Audritsh
503-951-2344


George Bean
503-752-7263




503-981-0621 *Members of both Portland & Salem Multiple Listing Services*
735 Glatt Circle, Woodburn (off Hwy 214 at Meridian)

hpihomes.com

For those who thought they knew everything...

Submitted by Doris Rogers

- The liquid inside young coconuts can be used as a substitute for blood plasma.
- No piece of paper can be folded in half more than seven (7) times.
- Donkeys kill more people annually than plane crashes.
- You burn more calories sleeping than you do watching television.
- Oak trees do not produce acorns until they are fifty (50) years of age or older.
- The first product to have a bar code was Wrigley's gum.
- The king of hearts is the only king without a mustache.
- American Airlines saved \$40,000 in 1987 by eliminating one (1) olive from each salad served in first-class.
- Venus is the only planet that rotates clockwise. (Since Venus is normally associated with women, what does this tell you?)
- Apples, not caffeine, are more efficient at waking you up in the morning.
- The first owner of the Marlboro Company died of lung cancer. So did the first "Marlboro Man."
- Walt Disney was afraid of mice.
- Pearls melt in vinegar.
- Most dust particles in your house are made from dead skin.
- It is possible to lead a cow upstairs... but not downstairs.
- A duck's quack doesn't echo, and no one knows why.
- Dentists have recommended that a toothbrush be kept at least six (6) feet away from a toilet to avoid airborne particles resulting from the flush. (I keep my toothbrush in the living room now!)
- Richard Millhouse Nixon was the first U.S. president whose name contains all the letters from the word "criminal."
- And the best for last.....Turtles can breathe through their butts.

In Memory of Elton George Clark

Elton George Clark was born September 7, 1945, in Silverton, Oregon to George and Opal Clark who are deceased. Elton died on 12/27/2019. He has one sister, Arleta Day (JD) from Salem. Elton married Peggy Clark from Woodburn on April 12, 1969, in Woodburn, Oregon. Elton was a lifelong resident of Woodburn. A Celebration of Life will be held at Simon-Cornwell Colonial



Chapel in Woodburn on Monday, January 13, 2020, at 11 a.m. Following this service, we will have a reception at a family home to celebrate Elton’s life.

Elton is survived by his wife, Peggy; daughters Kristina Kamakeeaina (son in law Michael) and Jennifer Winsor (son in law Mark). He had four grandchildren; Stephannie Stearns (Doug), Darren Kamakeeaina, Aimee Kamakeeaina, and Michael Kamakeeaina, three step grandchildren; Tiffany Kahut (Josh), Clarence Winsor, and Katie Field (Chris), and four step great grandchildren; Kylie Kahut, Addison Kahut, Gwen Kahut and Ford Field.

Elton served in the US Navy with an honorable discharge in 1968. While in the Navy he was a Seabee and spent time stationed in Byrd Station Antarctica. He was a member of the Woodburn Jaycee’s, the Oregon JCI Senate, the Salem Sons of the American Revolution, Woodburn Veterans of Foreign War, and he was a 50-year member of the Elks. Elton worked at AgriPac cannery in Woodburn for 22 years. After retirement he spent quality time with his grandchildren as they grew up.

Elton loved to spend time with his grandchildren, attending their many sporting events. He also enjoyed spending time with family and friends, traveling and spending time at the beach.

Daily Dinner Specials

Monday
Burger Baskets

Tuesday
All-You-Can-Eat Tacos
Nachos

Wednesday
Beef Stroganoff
Chef’s Choice Special

Thursday
Liver & Onions
Stir Fry

Friday
All-You-Can-Eat Fish & Chips
Baby Back Ribs

Saturday
Prime Rib

Sunday

Daily Soup Specials

Daily
Hamburger Veggie
Chef’s Choice

Friday
Clam Chowder

Country Cottage

RESTAURANT

at Woodburn Estates & Golf

Like us on Facebook

Daily Lunch Specials • Fresh Desserts Daily • Catering Available

503-982-3883 Mon - Sat | 7am - 8pm, Sun 7am - 4pm

M^cCully

R E A L T Y

Leaders in Service & Sales

Jaime White
Assoc Principal Broker
503-910-0701

Pauline Podawiltz
Broker
503-989-5555

Casey Oliver
Broker
503-851-1441

Jim White
Principal Broker/Owner
503-569-4965

Jeanie White
Principal Broker
503-569-7210

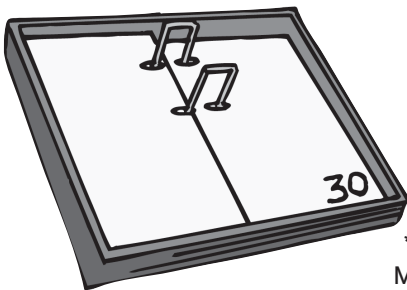
Terry Northrup
Broker
541-401-7434

Carol Wellington
Broker
971-983-9911

503-981-6000

www.mccullyrealty.com

2255 Country Club Rd
Member Portland (RMLS) and Salem (WVMLS) Listing Services

<div><div><div>Activities</div><div>Calendar</div><div>* Any change of date, time, activity, or place MUST be made with the office 503-982-1776.</div></div></div>		<div><div>Monday, January 13</div><div>8:00a Water Aerobics – Swimming Pool 8:30a Senior Estates Quilting Group – Craft Room 8:30a Walking Club – Aud 9:00a Ladies Pool – Billiard Room 9:00a Green's Committee – Conf Room 1 9:30a Ladies Chat and Laugh Group Meeting – Blue Room 10:00a Needle Craft – Card Room 9:15a Woodburn Estates Yoga Bees – Aud 10:00a Needle Craft – Card Room 10:15a Zumba Gold – Aud 11:00a Tai Chi with Judy – Aud 12:30p Swiss Pairs Dup Bridge – Blue Room 6:30p Son Shiners Bible Study Club – Blue Room</div></div>		<div><div>Tuesday, January 14</div><div>8:00a Water Exercise – Swimming Pool 8:30a Ping Pong – DH 9:00a Senior Fitness – Aud 10:00a Sit and Fit – Aud 11:00a Tai Chi – Aud 12:00p Uke-De-Do's – Craft Room 1:30p Special Board Meeting – DH 3:00p Water Volleyball – Swimming Pool 6:00p Beginning Line Dancing – Aud 7:00p Intermediate Line Dancing – Aud</div></div>			
<div><div>Saturday, January 11</div><div>8:30a Ping Pong – DH 12:00p Texas Holdem Poker – DH 3:00p Water Volleyball – Swimming Pool 4:00p Hand & Foot Cards – Blue Room</div></div>		<div><div>Sunday, January 12</div><div>1:00p Music Jammers – DH/Kit</div></div>					
<div><div>Wednesday, January 15</div><div>8:00a Water Aerobics – Swimming Pool 8:30a Ping Pong – DH 8:30a Walking Club – Aud 9:00a AARP Smart Driver Course – Conf Room 1 9:00a Woodburn Estates Woodcarving – Craft Room 9:00a Ladies Chat and Laugh – Blue Room 9:15a Woodburn Estates Yoga Bees – Aud 10:15a Zumba Gold – Aud 12:00p Ladies Pool – Billiard Room 12:30p Double Deck Pinochle – Blue Room 1:00p Woodburn Estates Library – Conf Room 2 1:30p Wii Bowling – DH 6:00p Bingo – DH 6:00p Pinochle – Blue Room</div></div>		<div><div>Thursday, January 16</div><div>All Day <i>News & Views</i> Copy Deadline 8:00a Water Exercise – Swimming Pool 8:30a Senior Estates Quilting Group – Craft Room 9:00a AARP Smart Driver Course – Conf Room 1 9:00a Coffee Hour – Aud/Kit 3:00p Diabetes Prevention Program – DH 4:30p Rules Committee Meeting – Conf Room 1 5:00p Thursday Night Poker – Card Room 6:00p Pinochle – Blue Room 6:00p Advanced Line Dancing – Aud</div></div>		<div><div>Friday, January 17</div><div>8:00a Water Aerobics – Swimming Pool 8:30a Ping Pong – DH 8:30a Walking Club – Aud 9:00a Estates Bible Study – Craft Room 9:00a Ladies Chat and Laugh – Blue Room 9:15a Woodburn Estates Yoga Bees – Aud 10:00a Ladies Chat and Laugh Friday Bunco – Blue Room 10:15a Zumba Gold – Aud 11:00a Tai Chi – Aud 12:00p Friday Bridge – Blue Room 12:30p Bunco – Craft Room 4:00p Set Up for Biscuits & Gravy – Aud/DH/Kit</div></div>		<div><div>Monday, January 20</div><div>8:00a Water Aerobics – Swimming Pool 8:30a Senior Estates Quilting Group – Craft Room 8:30a Walking Club – Aud 9:00a Ladies Pool – Billiard Room 9:00a Ladies Chat and Laugh – Blue Room 9:15a Woodburn Estates Yoga Bees – Aud 10:30a Ladies Golf Executive Meeting – Conf Rm 1 11:30a Ladies Golf Gen Meeting & Luncheon – DH/Kit 10:00a Needle Craft – Card Room 10:15a Zumba Gold – Aud 11:00a Tai Chi with Judy – Aud 12:30p Swiss Pairs Dup Bridge – Blue Room 6:30p Son Shiner's Bible Club – Blue Room 7:00p Golden Squares Square Dancing – Aud/Kit</div></div>	
		<div><div>Saturday, January 18</div><div>8:00a Biscuits & Gravy Breakfast – Aud/DH/Kit 3:00p Water Volleyball – Swimming Pool 4:00p Hand & Foot Cards – Blue Room</div></div>					
		<div><div>Sunday, January 19</div><div>1:00p Private Party – Aud</div></div>					
<div><div>Tuesday, January 21</div><div>8:00a Water Exercise – Swimming Pool 8:30a Ping Pong – DH 9:00a Senior Fitness - Aud 10:00a Sit and Fit - Aud 11:00a Tai Chi – Aud 12:00p Uke-De-Do's – Craft Room 3:00p Water Volleyball – Swimming Pool 6:00p Beginning Line Dancing – Aud 7:00p Intermediate Line Dancing – Aud</div></div>		<div><div>Wednesday, January 22</div><div>8:00a Water Aerobics – Swimming Pool 8:30a Ping Pong – DH 8:30a Walking Club – Aud 9:00a Woodburn Estates Woodcarving – Craft Room 9:00a Ladies Chat and Laugh – Blue Room 9:15a Woodburn Estates Yoga Bees – Aud 10:15a Zumba Gold – Aud 12:00p Ladies Pool – Billiard Room 12:30p Double Deck Pinochle – Blue Room 1:00p Woodburn Estates Library – Conf Room 2 1:30p Wii Bowling – DH 6:00p Bingo – DH 6:00p Pinochle – Blue Room</div></div>		<div><div>Thursday, January 23</div><div>8:00a Water Exercise – Swimming Pool 8:30a Senior Estates Quilting Group – Craft Room 9:00a Coffee Hour – Aud/Kit 12:00p Ladies Pinochle – Blue Room 3:00p Diabetes Prevention Program – DH 4:30p Rules Committee Meeting – Conf Room 1 5:00p Thursday Night Poker – Card Room 6:00p Pinochle – Blue Room 6:00p Advanced Line Dancing – Aud</div></div>		<div><div>Friday, January 24</div><div>All Day <i>News & Views</i> Publication 8:00a Water Aerobics – Swimming Pool 8:30a Ping Pong – DH 8:30a Walking Club – Aud 9:00a Estates Bible Study – Craft Room 9:00a Ladies Chat and Laugh – Blue Room 9:15a Woodburn Estates Yoga Bees – Aud 10:15a Zumba Gold – Aud 11:00a Tai Chi – Aud 12:00p Friday Bridge – Blue Room 12:30p Bunco – Craft Room</div></div>	



Durite Painting, Inc.

Interior, Exterior,
Cabinet Refinishing, etc.

Nick Matveev
Cell 503-969-3084
duritepainting@gmail.com
CCB#96811



Moving Made Easy

we'll even make the bed!

503-508-7618

"More than boxes and trucks!"

We specialize in moving seniors by helping them pack, unpack and place their treasures.

Call for a **FREE** estimate.

Family and Veteran Owned.
Licensed, Bonded, and Insured
ODOT #173828



www.Move-Oregon.com



Thelma's Place

BRIDGING THE GAP BETWEEN GENERATIONS

Your support makes a difference!

Canby: 503-266-5100
Day Respite and Support Groups
www.thelmasplace.org

Ways you can support:

- Vehicle donations
- Cash donations
- Sponsorships
- Volunteer



WHREALTY

YOUR VOICE IN REAL ESTATE



Lorrie Cox, Owner
LIS OR Principal Broker
503.989.1986



Jackie Benham
LIS OR Principal Broker, GRI
541.913.7822



Diana Cundiff
Broker
503.999.5220



Ron Hind
LIS OR Principal Broker
503.380.8946



Pat Soelberg
LIS OR Broker, ABR, SRES
503.989.2263



Lila Timmons
Principal Broker
503.544.8800

503.981.0664



1755 Mt. Hood Ave. #120
Woodburn, OR 97071
www.WHRealty.com



GORMLEY


PLUMBING + MECHANICAL

A Family Tradition Since 1908
gormleyplumbing.com

Now Serving Woodburn

503.375.7620

Same and Next Day Service
24/7 Emergency Repairs
CCB #48494



For All Your Plumbing Needs
gotta get Gormley!

When it comes to Roofing... Don't be fooled by what the competition may have to offer!

FACT

Over the past 15 years RoofRite Services has successfully installed over **140+ New Roofs** within **Woodburn Estates** and we have the statistics to back it up! It has always been our goal to exceed the minimum requirements for roof installation. New roofing contractors come and go, but RoofRite Services has a proven track record and, the reason we install the larger number of roofs can be summed up in three ways:

1. Above Standard Quality Products and Service.
2. Long Term Service and Stability with Proven Track Record.
3. Lifetime Warranty High Wind Algae Resistant Shingles

For a free estimate or consultation on your roof call

503-984-0924

RoofRite Services
Licensed/Bonded/Insured
CCB#156243

Fall

MOVE-IN SPECIAL \$1,000 OFF!

QUALITY INDEPENDENT & ASSISTED LIVING



CALL
503.981.0033
TO SCHEDULE
A TOUR.



CASCADE PARK

A SENIOR LIVING COMMUNITY

"Neighbors Caring for Neighbors"
CascadeParkRetirement.com
950 North Cascade Drive
Woodburn, OR 97071

WHOLE-HOUSE HEALTH BEGINS AT THE FOUNDATION

- 50% Of The Air You Breathe On The First Floor Comes From The Crawl Space.
- Dirt Crawl Spaces Do Not Have To Be Wet Or Flooded To Be Extremely Unhealthy.
- Dirt Crawl Spaces Allow A Naturally Occurring Gas, Radon, To Enter The Home Easily.



CleanSpace®

WET/DAMP BASEMENT OR CRAWLSPACE?

Guaranteed Dry ▪ Wall Cracks Repaired ▪ Free Written Estimates

ALL JOBS GUARANTEED IN WRITING

John's Waterproofing Company



I Quit!
I'm Calling John's!

Keeping Basements & Crawl Spaces Dry & Healthy Since 1974

www.johnswaterproofing.com
Licensed Bonded Insured CCB#15830

503-233-0825