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PLACE STAMP
HERE



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Our mission is to create and sustain
comfortable, caring environments
for those who depend on us.

The Pioneer Post

Pioneer Village Independent & Assisted Living Newsletter — August 2017



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Embarking On New Journeys

People can embark on successful new journeys at any age both in careers and hobbies and in and out of the limelight. For Senior Citizen's Month, here is a look at a few people who have taken on inspirational endeavors later in life.

Well-known chef and author **Julia Child**, born in 1912, debuted her first cookbook "Mastering the Art of French Cooking" at the age of 49 and wrote more than a dozen cookbooks in the decades to follow. She debuted her show "The French Chef" at 50 years old and continued doing the show for 10 years. She then took on new cooking shows through the end of the 1990s when she was in her late 80s. She passed away in 2004, at the age of 91, having left her mark on the cooking world and beyond. Biography.com quoted her as having said, "In this line of work...you keep right on till you're through."

Judge Judy Scheindlin, born in 1942, served in New York's Family Court for 25 years until she left in 1996. That same year, at age 54, she started the "Judge Judy" televised court show that remains on the air 21 years later. She is now 75 and, according to her website, signed a multi-year contract through 2020 to produce new programming. She has published several books, her first having come out when she was 54. She once told the New York Daily News, "I'm not tired. I still feel engaged by what I do and I still have people who like to watch it."

Harland Sanders, better known as **Colonel Sanders**, was born in 1890. He served as a blacksmith's help, fireman, lawyer, insurance salesman, laborer, and a motel owner, according to his biography on

thefamouspeople.com. It was not until 1952, at age 62, that he franchised out the first Kentucky Fried Chicken, having impressed people with his chicken containing 11 herbs and spices. By 1964, at age 74, he had created a successful food chain across America. He sold the corporation that year for \$2 million, retaining its Canadian operations. He passed away in 1980, having left behind a legacy that spread across the world.

Also proving age is just a number:

Jack Weil remained CEO of the western-wear brand Rockmount Ranch Wear until age 107.

Painter Anna Mary Robertson Moses began her painting career at age 78. In 2006, a painting of hers achieved \$1.2 million.

Writer Harry Bernstein penned "The Invisible Wall: A Love Story That Broke Barriers," which earned him literary fame at age 96.

Skills to try out on your own journey:

Cooking: Seek out a new recipe, gather ingredients, and make something new.

Technology: Try to learn more on a device you find challenging, like a smartphone, computer, tablet or e-reader.

Arts & Crafts: Whether drawing, painting, collaging, scrapbooking, taking photos, knitting, sewing, or making soap, exploring creative outlooks is fun and rewarding.

Foreign Language: Learning a new language is so great for the brain, it physically increases it.

Writing/Language: Reflect through journal posts or compose poems, spoken or written.

Aging & Exercise

Studies have shown that exercise provides many health benefits and that older adults can gain a lot by staying physically active. Even moderate exercise and physical activity can improve the health of people who are frail or who have diseases that accompany aging. Being physical can also help you stay strong and fit enough to keep doing things you like to do as you get older. Regular physical activity and exercise are important to the physical and mental health of almost everyone. Staying physically active and exercising regularly can produce long term health benefits and even improve health for some older people who already have diseases and disabilities. Although exercise and physical activity are among the healthiest things you can do for yourself, some older adults are reluctant to exercise. Some are afraid that exercise will be too hard or that physical activity will harm them. Others might think they have to join a gym or have special equipment. Yet studies show that "taking it easy" is risky. For the most part, when older people lose

their ability to do things on their own, it doesn't happen just because they've aged. It's usually because they're not active. Lack of physical activity can lead to more doctors visits, more hospitalizations, and more use of medicines for a variety of illnesses.

Pioneer Village offers a Sit & Stretch class every Monday, Wednesday and Friday at 8:45am and Balance Class every Wednesday and Friday at 2:30pm. We also have an exercise room located on the 1st floor of the "B" building.



*"Swimming pools fill up.
Cool water beads on my skin.
Relax, float, and dive.
Cheryl D.*

*"Group of friends.
Smell of barbecue.
Splash in the pool."
-Mabel R.*

*"Hot summer sunshine.
Lakes, ocean, river, favorite places.
Swim, wade, have cool fun."
Peggy D.*

*"Dawn's sky expectant.
The sun dispels green shadows.
The bright garden blooms."
-Keith C.*

August Highlights — You're Invited!

8/12: Seven Oaks Farm shopping

8/16: 7 Feathers monthly trip with Barnett Wood.

8/21: Solar Eclipse viewing in the building A parking lot.

8/26: Pioneer Village's annual "Old Fashion Carnival"

8/29 Carole & Dan Nielsen; Eastern Mediterranean.

8/30: Scenic trip to Lake of the Wood for lunch.



Our Wii Bowling team

Mary C.

Betty H.

Dodie V.

Vernice H.

Marjorie T

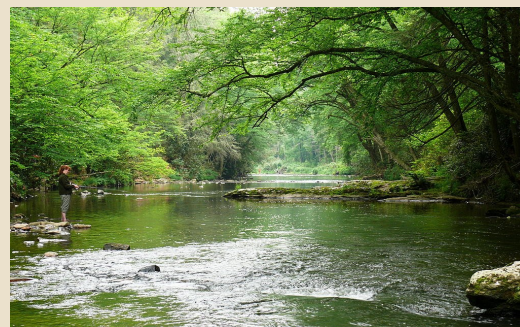
**Keep bringing those trophy's home.
On Wednesday August 23rd @ 10:00
come up to the third floor to cheer our
team on to victory.**

Summer Poetry

*"Fishing is summer.
Sun rising on the water.
Fish biting my line."
-Trevor C.*

*"Walk in the sunshine.
Watch and enjoy the moonlight.
Eat watermelon."
-Geri L.*

**Haiku Poems, Written by our
Resident's and Staff.**

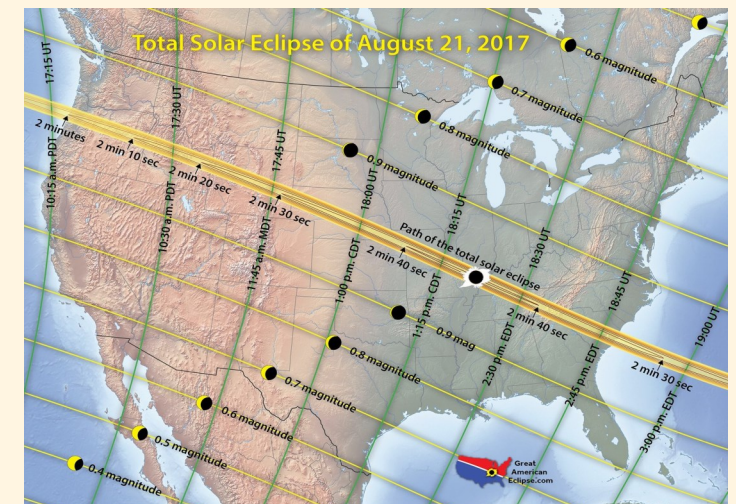


Solar Eclipse August 21st 2017

As seen from the Earth, a **solar eclipse** is a type of eclipse that occurs when the Moon passes between the Sun and Earth, and the Moon fully or partially blocks ("occults") the Sun. This can happen only at new moon when the Sun and the Moon are in conjunction as seen from Earth in an alignment referred to as syzygy. In a total eclipse, the disk of the Sun is fully obscured by the Moon. In partial and annular eclipses, only part of the Sun is obscured.

If the Moon were in a perfectly circular orbit, a little closer to the Earth, and in the same orbital plane, there would be total solar eclipses every month. However, the Moon's orbit is inclined (tilted) at more than 5 degrees to the Earth's orbit around the Sun (*see ecliptic*), so its shadow at new moon usually misses Earth. Earth's orbit is called the ecliptic plane as the Moon's orbit must cross this plane in order for an eclipse (both solar as well as lunar) to occur. In addition, the Moon's actual orbit is elliptical, often taking it far enough away from Earth that its apparent size is not large enough to block the Sun totally. The orbital planes cross each other at a line of nodes resulting in at least two, and up to five, solar eclipses occurring each year; no more than two of which can be total eclipses. However, total solar eclipses are rare at any particular location because totality exists only along a narrow path on the Earth's surface traced by the Moon's shadow or umbra.

An eclipse is a natural phenomenon. Nevertheless, in some ancient and modern cultures, solar eclipses have been attributed to supernatural causes or regarded as bad omens. A total solar eclipse can be frightening to people who are unaware of its astronomical explanation, as the Sun seems to disappear during the day and the sky darkens in a matter of minutes.



Since looking directly at the Sun can lead to permanent eye damage or blindness, special eye protection or indirect viewing techniques are used when viewing a solar eclipse. It is technically safe to view only the total phase of a total solar eclipse with the unaided eye and without protection; however, this is a dangerous practice, as most people are not trained to recognize the phases of an eclipse, which can span over two hours while the total phase can only last a maximum of 7.5 minutes for any one location. People referred to as *eclipse chasers* or *umbraphiles* will travel to remote locations to observe or witness predicted central solar eclipses.

Solar Eclipse Jacksonville, Oregon

Monday August 21st

Start 9:03 am

Max 10:16 am

End 11:37am



Find us on Facebook!



We've been sharing more and more on our Facebook page recently and would love to have you join the conversation!
LIKE our Facebook page today!

www.Facebook.com/PioneerVillageOregon





August 2017

Pioneer Village

805 North 5th Street

Jacksonville, Oregon 97530

541-899-6825

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Resident's Birthday's	Employee's					
Annette P. 4th Pat M. 12th Jim M. 14th Archien R. 14th Keith C. 18th Marilyn W. 20th Everett E. 24th Jack M. 25th Hiram C. 29th	Jessica G. Warren C. Adith G. Elizabeth P. 	1 <i>Medical Transportation</i> 9:00 Morning Walk with Brittney 10:30 News & Coffee AK 10:00 Blood Pressure Clinic BL 10:45 Menu Meeting B 11:00 Welcoming Committee meeting B 1:30 Coloring Club BL 3:00 	2 8:45 Sit & Stretch TF 11:00 Library Luncheon Hot Springs, Sacred Ground 1:00 BINGO \$2.00 TF 2:00 Wii Bowling TF 2:30 Balance Class CR 3:00 Game Time board games BL	3 <i>Medical Transportation</i> 9:30 Jacksonville Library 10:00 Stories w/Joan CR 2:00 Alzheimer Support Group CR 1:00 Knitting Club 1FL 2:00 Scenic Drive 3:00 Poker TF 3:30 Writing Club 	4 8:45 Sit & Stretch TF 10:30 Shopping/Lunch Rogue Valley Mall 1:00 Pinochle 2FL 2:00 Wii Bowling TF 2:30 Balance Class CR 3:00 Wine Social; Swing Alongs B	5 9:00 Shopping WalMart 12:00 to 8:00 Hanley Farms Musical Festival 1:00 BINGO \$2.00 TF 2:30 Louis Faro BL 3:00 Let's Play Pool TF 6:00 Movie Fried Green Tomatoes
6 9:45 Ruch Church Bus 10:00 Local Church Transportation 10:45 PV Church Services CR 2:00 Mexican Train BL 2:00 Movie Matinee CR Fried Green Tomatoes 3:00 Wine Tasting B 	7 <i>Medical Transportation</i> 8:45 Sit & Stretch TF 9:30 Weekly Horoscope AK 10:00 Chair Yoga CR 1:00 BINGO \$2.00 TF 2:00 Wii Bowling TF 3:00 Resident council Meeting BL	8 <i>Medical Transportation</i> 9:00 Morning Walk with Brittney 10:30 News & Coffee AK 10:45 Menu Meeting B 1:30 Coloring Club BL 2:00 Activities Meeting BL 3:00 John Jackson B Oregon Coast Sea Life 	9 8:45 Sit & Stretch TF 1:00 Kay Hilton French Horn, Piano 1:00 BINGO \$2.00 TF 2:00 Wii Bowling TF 2:30 Balance Class CR 3:00 Game Time board games BL	10 <i>Medical Transportation</i> 10:00 Stories w/Joan CR 1:00 Knitting Club 1FL 3:00 Poker TF 3:00 Carole & Dan Nielson B The Yucatan	11 8:45 Sit & Stretch TF 10:30 Fast Food Friday; Arby's 1:00 Pinochle 2FL 2:00 Wii Bowling TF 2:30 Balance Class CR 2:30 Wine Social; Bob Isom BL	12 10:00 Shopping; 7 Oaks Farm 9:00 Food Bank Pick Up 1:00 BINGO \$2.00 TF 3:00 Crafts with Brittney AK 3:00 Let's Play Pool TF  
13 9:45 Ruch Church Bus 10:00 Local Church Transportation 10:45 PV Church Services CR 2:00 Mexican Train BL 2:00 Movie Matinee CR Pearl Harbor 3:00 Wine Tasting B 	14 <i>Medical Transportation</i> 8:45 Sit & Stretch TF 9:30 Weekly Horoscope AK 10:00 Chair Yoga CR 1:00 BINGO \$2.00 TF 2:00 Wii Bowling TF 3:00 Independent Resident Meeting BL	15 <i>Medical Transportation</i> 9:00 Morning Walk with Brittney 10:30 News & Coffee AK 10:45 Menu Meeting B 1:30 Coloring Club BL 3:00 Bean Bag Baseball TF 4:30 Dinner Out New China 	16 8:45 Sit & Stretch TF 9:00 7 Feathers 1:00 BINGO \$2.00 TF 2:00 Wii Bowling TF 2:30 Balance Class CR 3:00 Game Time board games BL	17 <i>Medical Transportation</i> 9:30 Jacksonville Library 10:00 Stories w/Joan CR 1:00 Knitting Club 1FL 3:00 Poker TF 3:30 Writing Club 	18 8:45 Breakfast Club ; Punky's Diner 8:45 Sit & Stretch TF 1:00 Pinochle 2FL 2:00 Wii Bowling TF 2:30 Balance Class CR 3:30 Wine Social; Chris & Dom B 	19 10:00 Shopping; Barns & Nobel 1:00 BINGO \$2.00 TF 3:00 Crafts with Brittney AK 3:00 Let's Play Pool TF 6:00 Movie: Yours, Mine, & Ours 
20 9:45 Ruch Church Bus 10:00 Local Church Transportation 10:45 PV Church Services CR 12:30 Shopping WalMart 2:00 Mexican Train BL 2:00 Movie Matinee CR Yours, Mine & Ours 	21 <i>Medical Transportation</i> 8:45 Sit & Stretch TF 8:50 Solar Eclipse Bistro Patio <small>The Eclipse starts at 9:03 am The maximum (or full eclipse) is at 10:16 The end of the eclipse is at 11:37</small> 10:00 Chair Yoga CR 1:00 BINGO \$2.00 TF 2:00 Wii Bowling TF 3:00 Fireside Chat BL 	22 <i>Medical Transportation</i> 9:00 Morning Walk with Brittney 10:30 News & Coffee AK 10:45 Menu Meeting B 1:30 Coloring Club BL 3:00 Homemade Ice Cream Social B 	23 8:45 Sit & Stretch TF 10:00 Wii Bowling Tournament w/ Barnett Wood @ PV 1:00 BINGO \$2.00 TF 2:00 Wii Bowling TF 2:30 Balance Class CR 3:00 Game Time board games BL	24 <i>Medical Transportation</i> 10:00 Stories w/Joan CR 1:00 Knitting Club 1FL 2:00 Meet & Greet B 3:00 Poker TF 4:30 Supper Club El Arriero 	25 8:45 Sit & Stretch TF 9:00 Shopping; Trader Joes 1:00 Pinochle 2FL 2:00 Wii Bowling TF 2:30 Balance Class CR 3:30 Wine Social; Sheila Winn B	26 1:00 BINGO \$2.00 TF 4:00 to 6:00 Pioneer Village annual Old Fashion Carnival 6:00 Movie ; Windtalkers
27 9:45 Ruch Church Bus 10:00 Local Church Transportation 10:45 PV Church Services CR 12:30 Shopping BiMart 2:00 Mexican Train BL 2:00 Movie Matinee CR Windtalkers 	28 <i>Medical Transportation</i> 8:45 Sit & Stretch TF 9:30 Weekly Horoscope AK 10:00 Chair Yoga CR 2:00 BINGO \$2.00 TF 2:00 Wii Bowling TF 2:00 Food Committee Meeting B 3:00 Cottage Resident Meeting BL	29 <i>Medical Transportation</i> 9:00 Morning Walk with Brittney 10:45 Menu Meeting B 1:30 Coloring Club BL 2:00 How to use Exercise Equipment With Warren ER 3:00 Carole & Dan Nielson B Eastern Mediterranean	30 8:45 Sit & Stretch TF 9:30 Lake of the Woods 1:00 BINGO \$2.00 TF 2:30 Balance Class CR 3:00 Game Time board games BL	31 <i>Medical Transportation</i> 9:30 Jacksonville Library 10:00 Stories w/Joan CR 1:00 Knitting Club 1FL 3:00 Poker TF 3:00 Birthday Party TF 	AL = A Building Lobby FD = Front Desk CR = Cinema Room AK = Activities Kitchen B = Bistro BL = B Building Lobby 1FL = First Floor Lounge 2FL = Second Floor Lounge TF = Third Floor ER = Exercise Room	Kindness makes you the most beautiful person in the world, no matter what you look like. 