

livfun

Canfield Place

MAY 2018 • FLOWER AND FLOURISH

Minor Leagues, Major Appeal

With a lively atmosphere, seats close to the action and affordable ticket prices, minor league baseball games score big with more than 40 million fans each season.

The teams in Minor League Baseball are usually affiliated with an MLB club and are divided into progressive levels, such as Class A, Double-A and Triple-A, known as the "farm system." Players develop their skills and work their way up through the levels with the goal of getting called up to the big leagues. Nearly every MLB player started in the minors. Major leaguers can also be sent down to the minors temporarily if they are recovering from an injury or need to work on a skill.

Minor league games offer major fun, and admission and concessions are usually a fraction of the cost of an MLB game. The smaller stadiums, on-field entertainment between innings and themed promotions appeal to many fans, and there's the draw of watching potential big-league players, who often sign autographs before and after games.

There are currently 160 teams in Minor League Baseball.

On the Little League side of things, Canfield Place, for the very first time ever, has sponsored a local team called the Red Falcons. They are a group of 10, 11 and 12 year olds playing against five other teams in a three month season during April, May and June. The coaches are all dedicated volunteers. We are looking forward to arranging a trip to see a game as one of the upcoming resident excursions. Stay tuned!



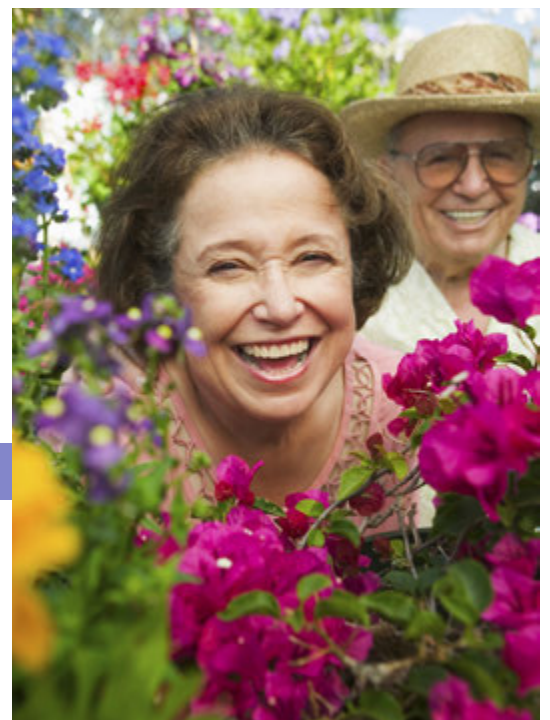
Canfield's banner on proud display!



Canfield is sponsoring the Red Falcons this season.



Red Falcons getting ready to bat!



The Teatime Tradition

Small sandwiches, dainty desserts and a spot of tea are the ingredients for the quaint British tradition known as afternoon tea.

Anna Maria Russell, an English duchess, is often credited with creating the custom around 1840. Back then, dinner was eaten as late as 8 p.m. To tide her over, the duchess would have a cup of tea and snacks in the afternoon. She began inviting her friends to join her in this daily practice.

The ritual spread throughout the country's upper class, and it became a social event with invited guests mingling in elegant drawing rooms. Women typically wore gowns, hats and gloves while they lingered over a light meal of finger sandwiches, scones and cakes, along with tea served in fine china cups.

Afternoon tea was sometimes called low tea because the food was served on a low table with people seated in relaxing armchairs or sofas. The term high tea traditionally refers to the hearty evening meal eaten by the working class, who sat at a dinner, or high, table.

Many hotels and tea rooms in England and the U.S. serve afternoon tea, and it has become a meal used to celebrate special occasions with friends and family.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Transportation Monday, Wednesday & Thursday, 8:30 a.m.-2 p.m.: Doctor Appointments Tuesday, 10:30 a.m.-3:30 p.m.: Tuesday Excursion Trips Friday, 9:30 a.m.: Fred Meyer Trip #1 Friday, 11:45 a.m.: Fred Meyer Trip #2 Friday, 11:45 a.m.: Banks, Post Office, & Dollar Tree</p>		<p>MAY DAY 1</p> <p>9:30 EVERYDAY EXERCISE, PFG 10:30 Catholic Communion, PDR 11:00 CANTON PHOENIX LUNCHEON, GR 1:00 Bridge Game, LIB 1:15 WALKING GROUP, PFG 1:30 Wii Bowling, GR 3:00 Resident Council Meeting, PFG 7:00 "Jeopardy!" & "Wheel of Fortune," GR</p>	<p>2</p> <p>9:30 EVERYDAY EXERCISE, PFG 10:00 Mexican Train Dominoes, GR 1:30 Bingo, PFG 6:15 Movie & Popcorn, GR</p>	<p>3</p> <p>9:30 EVERYDAY EXERCISE, PFG 10:15 <i>Crafting Group, GR</i> 10:45 Scrabble Game, LIB 7:00 "Jeopardy!" & "Wheel of Fortune," GR</p>	<p>4</p> <p>9:30 Flexibility Fridays, PFG 9:30 Fred Meyer Trip #1, L 11:45 Fred Meyer Trip #2, Banks, Post Office, & Dollar Tree Trips, L 2:30 COUNTRY DRIVES, GR 7:00 "Jeopardy!" & "Wheel of Fortune," GR</p>	<p>5</p> <p>10:00 Coffee Time, B 1:30 Bingo, PFG 3:30 Wii Bowling, GR</p>
<p>6</p> <p>1:00 LARGE PRINT LIBRARY CHECKOUT, L 1:30 SUNDAY COUNTRY DRIVE, GR 3:30 Wii Bowling, GR 6:15 Movie & Popcorn, GR</p>	<p>7</p> <p>9:30 EVERYDAY EXERCISE, PFG 10:00 Rummikub Tile Game, GR 2:00 <i>Brain Games with Kristin, LIB</i> 3:00 Social Mixer, GR 3:30 BRAIN FITNESS WITH KRISTIN, LIB 7:00 "Jeopardy!" & "Wheel of Fortune," GR</p>	<p>8</p> <p>9:30 EVERYDAY EXERCISE, PFG 10:30 Catholic Communion, PDR 1:00 Bridge Game, LIB 1:15 WALKING GROUP, PFG 1:30 Wii Bowling, GR 1:30 AL'S GARDEN CENTER, GR 7:00 "Jeopardy!" & "Wheel of Fortune," GR</p>	<p>9</p> <p>9:30 EVERYDAY EXERCISE, PFG 10:00 Mexican Train Dominoes, GR 11:00 MARY KAY MAKE UP, L 1:00 Voter Assistance, GR 1:30 Bingo, PFG 3:30 Vegas Games with Jason, GR 6:15 Movie & Popcorn, GR</p>	<p>10</p> <p>9:30 EVERYDAY EXERCISE, PFG 10:15 <i>Crafting Group, GR</i> 10:45 Scrabble Game, LIB 2:00 Book Club with Kristin 7:00 "Jeopardy!" & "Wheel of Fortune," GR</p>	<p>11</p> <p>9:30 Flexibility Fridays, PFG 9:30 Fred Meyer Trip #1, L 10:30 Church Service with Nehemiah Brown, GR 11:45 Fred Meyer Trip #2, Banks, Post Office, & Dollar Tree Trips, L 2:00 MOTHER'S DAY TEA, DR 2:30 COUNTRY DRIVES, GR 7:00 "Jeopardy!" & "Wheel of Fortune," GR</p>	<p>12</p> <p>10:00 Coffee Time, B 1:30 Bingo, PFG 3:30 Resident Birthday Party, GR</p>
<p>MOTHER'S DAY 13</p> <p>1:00 LARGE PRINT LIBRARY CHECKOUT, L 3:30 Wii Bowling, GR 6:15 Movie & Popcorn, GR</p>	<p>14</p> <p>9:30 EVERYDAY EXERCISE, PFG 10:00 Rummikub Tile Game, GR 2:00 <i>Brain Games with Kristin, LIB</i> 3:00 Social Mixer, GR 3:00 Reading Buddies with Mason & Dylan, LIB 3:30 BRAIN FITNESS WITH KRISTIN, LIB 7:00 "Jeopardy!" & "Wheel of Fortune," GR</p>	<p>RAMADAN BEGINS AT SUNSET 15</p> <p>9:30 EVERYDAY EXERCISE, PFG 10:30 Catholic Communion, PDR 1:00 Bridge Game, LIB 1:15 WALKING GROUP, PFG 1:30 Wii Bowling, GR 7:00 "Jeopardy!" & "Wheel of Fortune," GR</p>	<p>16</p> <p>9:30 EVERYDAY EXERCISE, PFG 10:00 Mexican Train Dominoes, GR 1:30 Bingo, PFG 3:00 Music with Monte Watters 6:15 Movie & Popcorn, GR</p>	<p>17</p> <p>9:30 EVERYDAY EXERCISE, PFG 10:15 <i>Crafting Group, GR</i> 10:45 Scrabble Game, LIB 2:00 NW SENIOR THEATRE SHOW, GR 7:00 "Jeopardy!" & "Wheel of Fortune," GR</p>	<p>18</p> <p>9:30 Flexibility Fridays, PFG 9:30 Fred Meyer Trip #1, L 11:45 Fred Meyer Trip #2, Banks, Post Office, & Dollar Tree Trips, L 1:30 Resident Meeting, GR 2:30 COUNTRY DRIVES, GR 7:00 "Jeopardy!" & "Wheel of Fortune," GR</p>	<p>19</p> <p>10:00 Coffee Time, B 1:30 Bingo, PFG 3:00 Keepsake Pottery Class, GR 3:30 Wii Bowling, GR</p>
<p>20</p> <p>1:00 LARGE PRINT LIBRARY CHECKOUT, L 1:30 Music with Bill Beach, GR 3:30 Wii Bowling, GR 6:15 Movie & Popcorn, GR</p>	<p>21</p> <p>9:30 EVERYDAY EXERCISE, PFG 10:00 Rummikub Tile Game, GR 2:00 <i>Brain Games with Kristin, LIB</i> 3:00 Social Mixer, GR 3:30 BRAIN FITNESS WITH KRISTIN, LIB 7:00 "Jeopardy!" & "Wheel of Fortune," GR</p>	<p>22</p> <p>9:30 EVERYDAY EXERCISE, PFG 10:30 Catholic Communion, PDR 1:00 Bridge Game, LIB 1:15 WALKING GROUP, PFG 1:30 Wii Bowling, GR 7:00 "Jeopardy!" & "Wheel of Fortune," GR</p>	<p>23</p> <p>9:30 EVERYDAY EXERCISE, PFG 10:00 Mexican Train Dominoes, GR 1:30 Bingo, PFG 3:00 MUSIC WITH LEE NICHOLAS, GR 3:30 Vegas Games with Jason, GR 6:15 Movie & Popcorn, GR</p>	<p>24</p> <p>9:30 EVERYDAY EXERCISE, PFG 10:15 <i>Crafting Group, GR</i> 10:45 Scrabble Game, LIB 11:00 TEA'S ME HIGH TEA, GR 2:00 Book Club with Kristin 7:00 "Jeopardy!" & "Wheel of Fortune," GR</p>	<p>25</p> <p>9:30 Flexibility Fridays, PFG 9:30 Fred Meyer Trip #1, L 10:30 Church Service with Nehemiah Brown, GR 11:45 Fred Meyer Trip #2, Banks, Post Office, & Dollar Tree Trips, L 2:30 COUNTRY DRIVES, GR 7:00 "Jeopardy!" & "Wheel of Fortune," GR</p>	<p>26</p> <p>10:00 Coffee Time, B 1:30 Bingo, PFG 3:00 Music with Lee Nichols, GR</p>
<p>27</p> <p>1:00 LARGE PRINT LIBRARY CHECKOUT, L 3:30 Wii Bowling, GR 6:15 Movie & Popcorn, GR</p>	<p>MEMORIAL DAY 28</p> <p>9:30 EVERYDAY EXERCISE, PFG 10:00 Rummikub Tile Game, GR 2:00 <i>Brain Games with Kristin, LIB</i> 3:00 Social Mixer, GR 3:30 BRAIN FITNESS WITH KRISTIN, LIB 7:00 "Jeopardy!" & "Wheel of Fortune," GR</p>	<p>29</p> <p>9:30 EVERYDAY EXERCISE, PFG 10:30 Catholic Communion, PDR 10:30 SCHREINER'S IRIS GARDENS PICNIC, GR 1:00 Bridge Game, LIB 1:15 WALKING GROUP, PFG 1:30 Wii Bowling, GR 3:00 Music with Monte, GR 7:00 "Jeopardy!" & "Wheel of Fortune," GR</p>	<p>30</p> <p>9:30 EVERYDAY EXERCISE, PFG 10:00 Mexican Train Dominoes, GR 10:30 SENIOR HEALTH & FITNESS DAY WALK, GR 1:30 Bingo, PFG 6:15 Movie & Popcorn, GR</p>	<p>31</p> <p>9:30 EVERYDAY EXERCISE, PFG 10:15 <i>Crafting Group, GR</i> 10:45 Scrabble Game, LIB 2:30 Music with Nehemiah Brown, GR 7:00 "Jeopardy!" & "Wheel of Fortune," GR</p>	<p>Locations Bistro, B Dining Room, DR Great Room, GR Library, LIB Lobby, L PrimeFit Gym, PFG Private Dining Room, PDR</p> <p>Birthdays Elaine Carney, 6th Don Eidem, 13th</p>	

CANFIELD PLACE

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14570 SW Hart Road
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Nancy Campos

Health and Wellness Manager

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Bookkeeper

Amanda Shriver

Program Supervisor

Susan Christopher

PrimeFit Instructor

Kristin Nackers

Housekeeping Supervisor

Colleen Rake

Plant Operations Supervisor

Mike Campos

Gardens Galore!

April showers truly bring May flowers! All the rain we have here in Oregon does result in so many beautiful lush gardens. There are many gardens close to Canfield we will be visiting. Already, we have been to the Tulip Fest in Woodburn. It was such a sea of vivid colors! Be on the lookout for the upcoming excursions when we go tour the Schriener's Iris Gardens, the Crystal Springs Rhododendron Garden and the International Rose Garden. See Susan Christopher, our new Programs Supervisor, with any suggestions of other gardens you would like to add to the list of excursions.



Sigrid tries to fill some big shoes.



Everyone is all smiles!



A field of color!

The Tomb of the Unknowns

Among the nation's many Memorial Day observances will be the annual wreath-laying ceremony at the Tomb of the Unknowns. The monument overlooking Washington, D.C., is considered the most hallowed resting place at Arlington National Cemetery.

In 1921, Congress approved the burial of one unknown serviceman from World War I in a tomb at the cemetery's new Memorial Amphitheater. Just over a decade later, the white marble sarcophagus that sits atop the tomb was completed. The face of each side is adorned with engravings, including wreaths and the Greek figures representing Peace, Victory and Valor. Over the years, unknown soldiers from World War II, the Korean War and Vietnam War were also interred.

Since 1937, the tomb has been guarded around the clock by soldiers of the Army's elite 3rd U.S. Infantry Regiment. In a measured pace, a lone sentinel walks 21 steps back and forth in front of the tomb. The number symbolizes one of the highest military honors, the 21-gun salute.

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