



A Touchmark® community
Est. 1980

Expand your experience. Explore the Hawaiian culture.



Waterford is participating in Active Aging Week. Embracing this year's theme—expand your experience—the community is collaborating with the Ke Kukui Foundation to bring you an authentic taste of Hawaiian culture. All events Monday through Thursday are open to the public.

Monday, Sept. 26, 10 - 11 am

Hula lesson. No previous experience required. No charge.

Tuesday, Sept. 27, 10:30 - 11:30 am

Lei making. String plumeria leis and lei po`o (to wear on your head). Watch ti leaf skirt demo. Cost: \$10 per lei. Limited space. Please sign up by Sept. 23.

Wednesday, Sept. 28, 1:30 pm

Watch a Hawaiian fashion show, including mu`umu`u, aloha shirts, and dance costumes and implements. No charge.

Thursday, Sept. 29, 10 am

Join the Gracious Ladies class. Men and women are welcome to participate in this class, which will include

`oli (chants) and songs, a hula warm-up, and Hawaiian dances. No charge.

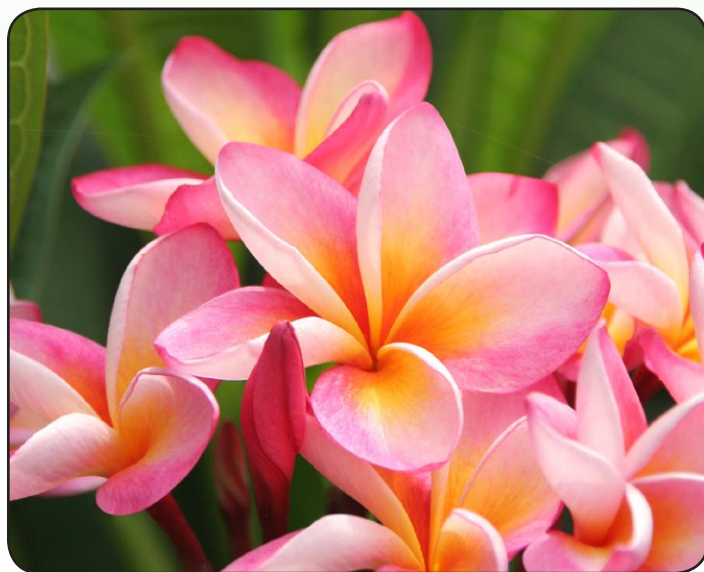
Thursday, Sept. 29

- 11:30 am: Lunch. \$10 per person.
- 1:30 pm: Kupuna (elder) talk-story. Hawaiians will share what it was like to live and grow up in the islands. No charge.

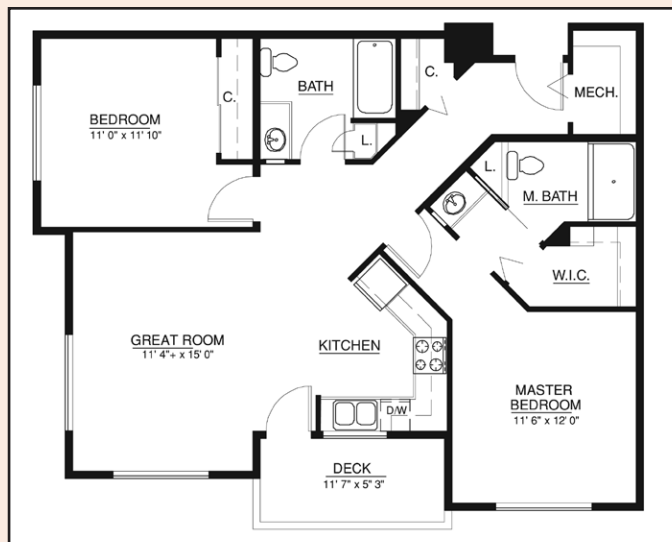
Friday, Sept. 30, 4:30 - 7 pm

Party at the lu`au. Enjoy a traditional Hawaiian dinner, entertainment, musicians, and dancers. Look over a display of hula-related dance implements. (This event is for Waterford residents and invited guests.)

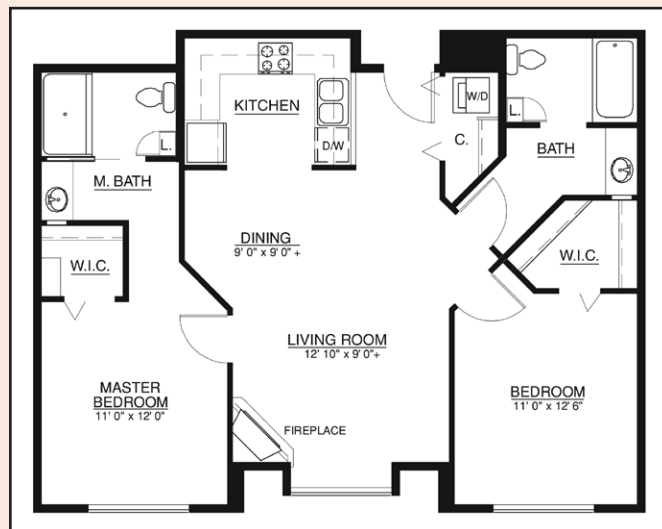
For more information, call Kellie Wagnild or Kim Lehmann at 360-254-2866. To learn more about the Ke Kukui Foundation, visit kekukuifoundation.org. ■



Imagine the possibilities



Terrace apartment 320 is a spacious 1,010-square-foot home with two bedrooms, two bathrooms, and walk-in closet. Step out onto your balcony for a wonderful view of Mt. Hood.



Imagine a community of friends and life-enriching opportunities at every turn! You can have it all at Waterford. Terrace apartment 413 is a 970-square-foot home with two bedrooms and two bathrooms. Additional features include vaulted ceilings, walk-in closet, fireplace, washer and dryer, and a view of the courtyard. Call or stop by today for a personal presentation.

Coming Events

Contact a Life Enrichment/Wellness team member for additional details, including registration and transportation information.

Thursday, Sept. 22, 10 am

Lunch at Galeottis. Cost: \$5 for transportation; lunch on your own.

Thursday, Sept. 22, 3:30 pm

Happy Hour with Nehemiah Brown. Fireside Room.

Sunday, Sept. 25, 9 am

Bus leaves for the Walk to End Alzheimer's at Pioneer Courthouse Square in Portland. Walk begins at 10 am.

Sunday, Sept. 25, 11:30 am

Bus leaves for Parkinson's Disease Awareness Walk at Willamette Park in Portland. Walkers check in at noon. Box lunches available. Stop by the club for details.

Sunday, Sept. 25, noon and 1 pm

Sunday Brunch. Please make reservations in the Café. Courtside Dining Room.

Monday, Sept. 26 through Friday, Sept. 30

Active Aging Week. See page one for more information.

Thursday, Sept. 29, 9 am

Stepping Out walk at Round Lake.

Club update

Fall session

Fall class registration is well under way. Some classes still have space—contact the Waterford Health & Fitness Club for information.

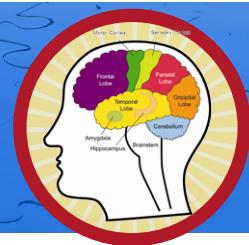
Fall Prevention Awareness Day

One out of every three adults 65 and over falls each year. In that same age group, falls are the leading cause of injuries leading to death. Reduce your chances of becoming a statistic by joining friends and neighbors for Fall Prevention Awareness Day on Friday, Sept. 23. Classes and activities will incorporate fall-prevention tools. Contact the club at 360-433-6400 for more details.

Walkers wanted!

Calling all walkers! Lace up your walking shoes and join neighbors and fellow club members for the Parkinson's Disease Awareness Walk at Willamette Park in Portland on Sunday, September 25. Transportation and box lunches available. The bus leaves from the club at 10:15 am. The walk starts at 1:30 pm. Cost: \$20 each for walkers, whether participating in the 1K or 5K event. Contact club for more information or visit SoleSupport.org. ■

Brain Builders



In one minute, think of as many possible uses for a dime.

Just for laughs!

Answers from students on music exams

1. A virtuoso is a musician with real high morals.
2. Probably the most marvelous fugue was the one between the Hatfields and the McCoys.
3. A harp is a nude piano.
4. Refrain means don't do it. A refrain in music is the part you'd better not try to sing.

Recent events



From left: Al and Mary Lou DuVall and Liz Hyde pose for a photo next to a totem pole after eating lunch at the Chart House in Portland.



Ken Servas (top) shares photos and stories from his life. Each month, a resident or team member presents during the My Story time. Skeet O'Connell looks over Ken's pictures.