

Village Without Walls



Trail Band's Last Holiday Concert Season

Celebrate the last holiday Trail Band concert Wednesday, December 12, 2018 at 7: PM at Forest Grove High School, 1401 Nichols Lane, Forest Grove, OR 97116. The concert will benefit the Education Foundation of Forest Grove. Doors open for a silent auction at 6:00 PM and for the concert hall at 6:30 PM.

The eight-piece ensemble, known for their energetic blend of brass and string arrangements, will feature five vocalists, including Quarterflash's Rindy Ross. After performing this season's family-friendly traditional music and original pieces, as well as sharing stories from the past, the group will retire.

All seats are cost \$30.00 and must be reserved and purchased online.

Order tickets at <https://www.tututix.com/tickets>.

Village friends, Theresa, Candace, Jane, and Anne reserved Section A, seats D1, D2, D3, and D4 if you wish to order seats close by.

Nuncrackers

Dont forget. The Nunsense Christmas Show will be Sunday, December 9 at 2:30 PM at Theatre in the Grove, 2028 Pacific Avenue in Forest Grove. All the favorite nuns from Mount St. Helen's, Father Virgil, and four of their brightest students are back with hilarious results!

Come join Susie and Sherry who have reserved seats C3 and C4. Call 503-359-5349 for tickets.

Holiday Gift Ideas

Here are a few holiday gift suggestions for those older adults on your gift list.

- [Wireless Wallet and Key Locator Set](#) by Vodeson—Just one press on the remote control will make the receiver beep loudly and flash, quickly find your keys, wallet, pet or other precious belongings. (\$15.99 Amazon)
- [Find Your Keys with the Tile Mate](#): For those with iPhone or Android phones—Attach this small gadget to a key chain and if you misplace your keys, tap the Find button in the Tile app on your iPhone or Android smartphone. The Tile plays a tune to help locate your keys if you are within 55 feet. (\$19.99 on Amazon)
- [Pilot Dr. Grip Center of Gravity Retractable Ball Point Pen](#)—The #1 selling ergonomic pen in the U.S. which received an Ease-of-Use Commendation from the Arthritis Foundation. Pilot's Dr. Grip

Pen is a practical and thoughtful stocking-stuffer idea for those on your list who love writing, journaling or crosswords, but who struggle to write as they get older. (\$8.99 on Amazon or at Target)

- [The Verilux HappyLight Compact Personal Portable Light Therapy Energy Lamp](#)—This lamp provides safe, comfortable, natural-spectrum light to help boost mood and energy when the days are short and the skies gray. Weighs just 1.5 pounds. Helps to reset Circadian rhythm for better sleep. (\$39.95 Amazon or Verilux)



Meet the Warriors

Kathryn and Allan Warrior recently became Members Plus. They are both healing from hip and/or knee surgeries but have stayed active and have already participated in the Village Happy Hour Social at Copper River Restaurant, the Seated Tai Chi Chih class, and the Fall Prevention workshop. It is obvious that Kathryn and Allan are very in tune with one another and have gracefully shared telling their history.

Both Kathryn and Allan were born in Iowa but met while attending University of Nebraska at Omaha. They have three grown children and four grandchildren. Casper, their little white poodle, keeps their home lively.

Allan's credo seems to be have an idea, learn about it and then do it!

His work ethic and resume of jobs is expansive. Among his many accomplishments, he has

- worked on the ICBM missile
- worked on the Richland Nuclear Reactor Site
- worked on the PRTR (Plutonium Recycling Test Reactor)
- rebuilt the cable network in Klamath Falls
- worked as an engineer for PGE
- served a technical writer in Hydraulics for 19 years.

Kathryn grew and nurtured the family and eventually became a public-school K–8 teacher. She currently belongs to two book clubs and enjoys scrapbooking. She and Allan have both been active members of the Unitarian Universalist Church in Orenco Station. That is where they learned about Village Without Walls and were encouraged by friends to join the Village.



Both Allan and Kathryn previously volunteered as tour guides for the Urban Tour Group which provides downtown walking tours for school children (mostly 3rd graders), tours that focus on the history, art, and architecture of downtown Portland.



The Warrior's landscaped yard includes a running train and they have been members of the Rose City Garden Railroad Society since 1998. Kathryn recommends that everyone go see the holiday train and light display at Al's Garden Center in Sherwood.

Invest in Your Health



Village Without Walls is offering beginning T'ai Chi Chih classes for VWW members and volunteers, Tuesdays, Jan 8 through Feb 26, 11am - 12:15 pm in the UCCWC social hall, 6815 NE Birch St, Hillsboro 97124.

Participants will learn gentle ways to move that benefit body, mind, and spirit. The program is free with the option of donations to help cover class expenses.

T'ai Chi Chih, developed by Justin Stone in 1974, includes nineteen movements and one pose, which can be easily learned by all ages. No special equipment is needed. Those who practice T'ai Chi Chih regularly report having better balance, lower blood pressure, a greater clarity of mind, and many other benefits.

The class will be taught by Village volunteer Linda Minor, an accredited T'ai Chi Chih instructor. Contact Linda with questions and to reserve your space, which is limited: 503-320-5487 or ljminor2@yahoo.com.



Villagers Last Month

Last month village activities included:

- Seated Tai Chi Chih Class taught by Linda Minor
- 1st Wednesday fun at Decadent Creations
- 2nd Friday Happy Hour
- 4th Friday Coffee at BJs Coffee House.

December Calendar



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