

Classic cars evoke memories of yesteryear

Remember your first car? Waterford resident Jim King paid \$130 for his first car at age 16. The maroon 1930 Ford Model A Coupe sported white sidewalls and dual exhaust.

“I bought it in Portland and paid it off in six months,” recalls Jim. But the Cadillac soon captured Jim’s attention. He purchased his first Cadillac in the 1970s and has owned one ever since. Jim showcased his 2004 Cadillac XLR Roadster hardtop convertible at the second-annual Waterford Car Show and Barbecue.

(cont.)

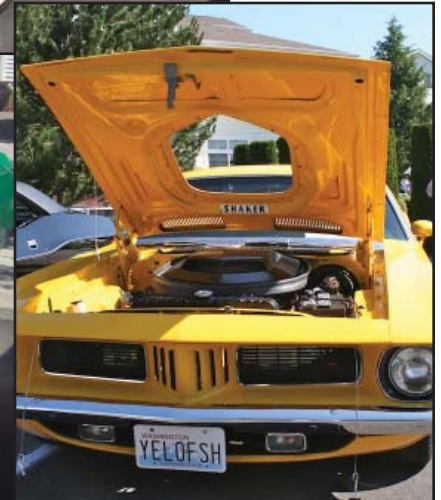


Jim King poses with his Cadillac convertible at the car show. Jim discovered his love of cars at a young age. “Around age 5 or 6, my uncle, who worked as a cars salesman, taught me all about the cars on the lot.” In addition to the Cadillacs, Jim has owned a 1937 Ford Convertible with a V-8 Engine, a 1928 Model A Roadster with a rumble seat and soft top, and a Ford Model A Victoria.



“I thought the car show last year and this year were great,” says resident Ron Richardson (pictured), who recalls paying approximately \$600 for his first car, a 1936 Oldsmobile.

(cont.) More than 1,200 people attended the car show, which included 61 cars from the Columbia River Camaro Club, Oldsmobile Club of Oregon, Antique Vintage Car Club, the Buick Club of America, and Waterford residents like Jim. Earthquake Ethel's Roadhouse Jazz Band also provided music. ■



Sharpening the mind, using creativity

Residents who take part in the popular Brain Builders class continue to sharpen their minds throughout the week with homework. For a recent assignment, people wrote haiku. Here's a sample from some of the residents. ■

By Dorothy Dee Workman

Summer Walk

Summer morning walk
Pink Rhodie blossoms fallen
Red in full glory

82nd Birthday
'Thirty-nine and holding.'
'No, eighty-two and counting.'
Exquisite birthday
~~~~~

By Mac McClintock

### Brain Builders

Brain workouts are great  
Kellie gives us lots of homework  
We're waiting for grades

### Laughing

You should laugh a lot  
It is very good for your health  
Join the Laugh In Club  
~~~~~

By Marge McClintock

Sunshine

Warmth of the sunshine
A sunburn is not much fun
Use your sun lotion
~~~~~

By Cil Triebs

Anxious fledglings chirp  
Nervously to their parents  
New worlds under wings

Roses ask nothing  
They only require love  
And fertilizer  
~~~~~

(cont.)

(cont.)

**By Stella Mae
O'Connell****Cloud Burst**

A sudden cloud burst
Violent wind in the tress
Drama and flurry
~~~~~

**By Mary Lou Williams****Birthdays**

Josie had a birthday  
A great day was had by all  
Birthdays are cake days

**My Cat**

My cat is striped orange  
He likes to sit in my lap  
I love him a lot

*To learn more about Brain Builders,  
talk with Life Enrichment/Wellness  
Director Kellie Wagnild. ■*

**Kindermusik®  
coming to  
Waterford**

This September, Waterford and Kindermusik, a music and movement program of 25 years, will introduce an intergenerational activity called Kindermusik Village® with Seniors.

The class provides parents and their newborns to 18-month-old children an opportunity to interact with older adults, also known as “grandfriends,” in a weekly music class. Licensed Kindermusik educator Kelly McLean has worked with children for more than 10 years and with older adults for three years. Kelly will lead the group in instrument play, dance, exercise, and listening and moving to music from various cultures.

The class offers a fun outlet for creativity and self expression, reminiscing and social interaction, and cognitive and sensory stimulation. Plus, the children and their parents can build relationships with older adults.

Both parents and older adults are invited to participate in this program. Please contact Life Enrichment/Wellness Director Kellie Wagnild.

*Kindermusik Village with Seniors will begin Tuesday, September 15 at 9:15 am in the Forum. ■*

**Citizenship—a  
call to action**

**Marge Coalman, EdD**  
Vice President of  
Wellness & Programs,  
Touchmark

**“Be the change you  
want to see in the  
world.”**

*—Mahatma Gandhi*

Each July, cities and towns of all sizes in Canada and the USA display flags, hold neighborhood barbecues, sing anthems, and watch parades. Families, friends, and dignitaries gather to celebrate freedom and independence. This is an ideal time to review and renew individual commitments to citizenship.

Good citizens understand and accept the fact that they have a responsibility to their neighbors, the community, the environment, and the world. They realize it takes commitment—and actions:

- Do the right thing, even when no one is looking.
- Do the right thing, even when it is difficult.
- Share your time and skills with the community to make it better, cleaner, safer, and more accessible.
- Conserve resources—re-use and recycle.
- Reflect on how your actions affect the welfare of others.
- Lend a hand when you can.

- Stay informed on issues, and voice your opinion by voting.
- Be a citizen of the world and contribute to global well-being.

Being a good citizen requires each of us to resolve to work together to overcome the differences that isolate and separate us from each other and our shared future. Applying life lessons while looking toward the future is a skill that many older adults have developed. The unparalleled changes that have occurred in the last 100 years have provided a testing ground for change. The lessons are available to all of us who ask and listen.

At Waterford, we welcome and nurture diverse opinions and practical solutions to complex challenges. To participate in intellectual and stimulating discussions, contact Kellie Wagnild, Life Enrichment/Wellness director. Your opinions and perspective are welcome! ■

## Marge joins ICAA committee

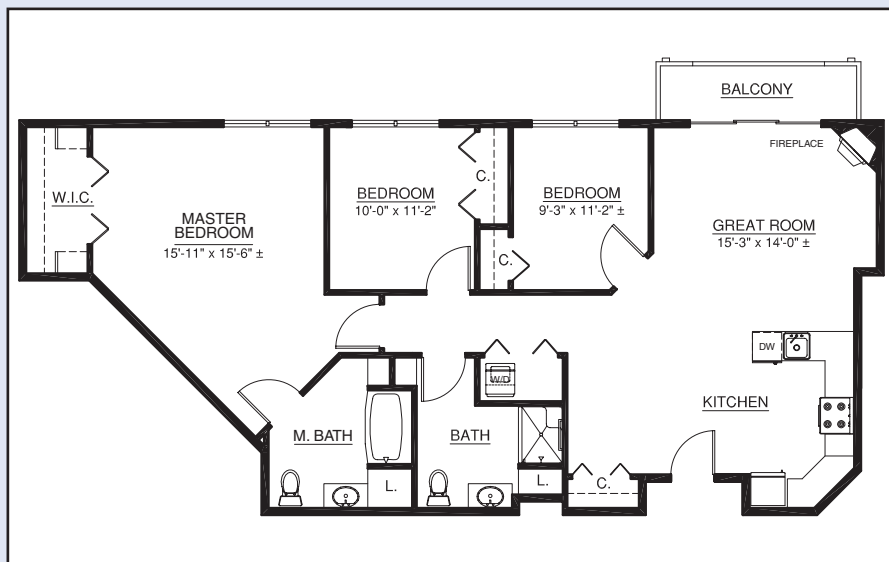
Vice President of Wellness & Programs Marge Coalman, EdD, recently received the honor of being appointed to the ICAA Advisory Board. As a board member, Marge will continue supporting the goals of the ICAA, which connect professionals who, in turn, help older adults.

## Roses are red ...

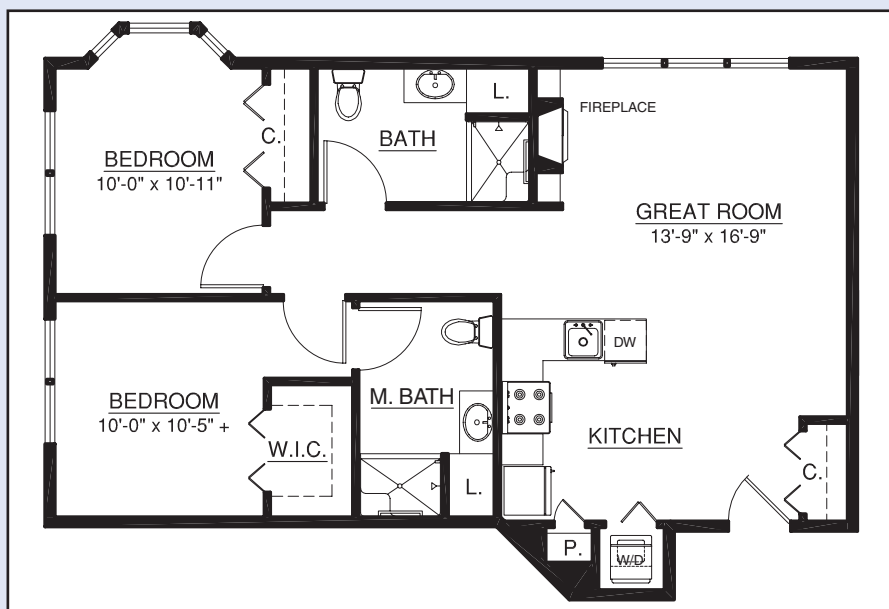


Roses splash color throughout the picturesque landscape of Portland's Rose Gardens. The gardens are a 35-minute drive from Waterford and feature thousands of roses.

## The perfect place for your welcome mat



Apartment 369 is conveniently located in the main building close to all the amenities and services Waterford has to offer. You'll have plenty of elbow room in this home, with 1,320 square feet of living space, three bedrooms, and two bathrooms. The large master bedroom and washer and dryer allow for comfortable independent living while the gas fireplace and balcony add charm. Call today for a personal presentation.



This 895-square-foot apartment is located on the first floor of the main building. Offering two bedrooms, two bathrooms, and a washer and dryer, apartment 177 has ample room for comfortable retirement living. The vaulted ceilings and gas fireplace provide a nice finishing touch to this lovely home.

## Receiving national award

Waterford's sister community, Touchmark at Mt. Bachelor Village, recently received national acclaim from the National Association of Home Builders. Touchmark's Cliff Lodge and Terrace Lodge were named Best Independent Living Community and received a Gold Award (the highest given) at the 2009 Best of 50+ Housing Awards. Learn more by visiting [TouchmarkBend.com/news](http://TouchmarkBend.com/news).

## Coming Events

**Monday, July 20, 10:30 am to 1 pm**  
Garden Club visit to the healing gardens at the Oregon Burn Center. Cost for transportation and lunch: \$12.

**Thursday, July 23, 9 am**  
Stepping Out walk at Skamania Landing. Please dress for the weather. No charge.

**Tuesday, July 28, 7 pm**  
An evening of musical entertainment by the Battleground Community Band. No charge. Courtside Patio.

**Thursday, July 30, 9 am**  
Stepping Out walk at Frenchman's Bar along the Columbia River. Please dress for the weather. No charge.

**Thursday, July 30, 1 pm**  
Tour of the Portland Classical Chinese Garden. Cost for admission and transportation: \$12.50.

## Summer sizzles at club

Put some sizzle into your step by joining the fun at the Waterford Health & Fitness Club! A new session of classes started July 6. If you prefer to exercise in the morning, there are several "early bird" class options, including Core Basics at 6:45 am, Cardio Basics at 7:30 am, and Summer Step at 9 am.

Do you prefer to exercise in the pool? With water volleyball games every Tuesday and Thursday, you can get wet, have fun, and enjoy some friendly competition at the same time.

Also, the fibromyalgia class is filling up fast, so register soon to claim your spot.

Stop by the club front desk for the summer schedule and to register for classes. ■

## Homonyms ... words that sound the same but are spelled differently.

For example, *flower* and *flour*. Using this list, write a homonym for each word.

|              |               |
|--------------|---------------|
| beet _____   | one _____     |
| hoarse _____ | heal _____    |
| prince _____ | they're _____ |
| plain _____  | bored _____   |
| foul _____   | you _____     |
| pale _____   | for _____     |
| nose _____   | cruise _____  |
| sent _____   | hi _____      |
| whale _____  |               |