

PANORAMA NEWS

New at Seventeen51 Restaurant & Bistro!

We are excited to announce our new partnerships at the Seventeen51 Restaurant & Bistro in November! In an effort to continue to increase the quality of products served, we are going local!

Batdorf & Bronson

We believe that a good morning starts with a good cup of coffee! We have teamed up with the Olympia based Batdorf & Bronson Coffee Roasters to be our exclusive espresso and drip coffee vendor. Batdorf & Bronson Coffee Roasters has been one of the most well-regarded specialty coffee companies in America since 1986. We hope their success can also be ours through their exquisite quality of coffee beans, combined with service by knowledgeable and skilled baristas in a delightful setting.

Kick off for this product is

November 1st!



Blue Heron Bakery

Natural before it was fashionable, Blue Heron Bakery was founded in 1977 by a group of friends with the desire to create natural food and build community. Their mission and vast selection of breads, pastries and desserts are what peaked our interest in creating a partnership. What does this mean to our customers? This means your sandwiches, dinner rolls, breakfast pastries and more will be freshly homemade and delivered to us directly from the bakery. Bakery items will be featured in mid-November!



This month! State of the Community meetings

Monday, November 5th

10:00am
Chalet

Tuesday, November 6th

10:00am
Quinault Auditorium

Tuesday, November 6th

1:30pm
Chinook

Wednesday, November 7th

10:00am & 1:30pm
Panorama Auditorium

Thursday, November 8th

10:00am & 1:30pm
Panorama Auditorium

Do you have something for the Panorama News?

Please send submissions to
PanoramaNews@panorama.org

Deadline:

3:00 pm on November 7th

www.panorama.org

1751 Circle Lane SE
Lacey, WA 98503

(360)456-0111

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Introducing Kya! *Your new resident website*

The updates provided at the recent forums for the soon-to-be-released Panorama resident website were well received. Our team appreciates all of the positive responses and we enjoyed sharing a few laughs with you. We wanted the site name to have personality of its own. We did not want it to be a stale place where information is disseminated without character. The site should be a place of social engagement as well as a place to get information. For these reasons, we have named the site "Kya" (KY-ya), in honor of the Welcome Pole in McGandy Park. Part of the inscription on the plaque at the base of the welcome pole says, "This Welcome Pole was commissioned for the receiving and guarding of all who arrive at Panorama. She is a timeless symbol of community and kinship." This sentiment is exactly what we are striving for with our new resident website.

We selected a company called Senior Portal to provide the website for us. Social engagement tools for seniors have not been around very long and Senior Portal came into the market as a late bloomer in 2014. Their focus has always been on customization and listening to their customers, two strengths that shine through in their product. They will be able to deliver all of the necessary functions that we need in a cost effective way.

The initial roll out will start with two of the simplest components: the resident handbook and directory. This allows us to get our feet wet without over taxing staff to keep up with the upcoming changes.

The hardest part of the rollout will be getting everyone signed up. To help us accomplish this, Resident Council will develop a group of resident Kya Ambassadors. These Kya Ambassadors will be selected and trained to serve as guides who can help you enroll. In addition to helping you create and access your online account, Kya Ambassadors will undergo training on new features as they come available and ensure you know where and how to access them. If you have a question about how to access Kya on your computer, laptop, tablet or phone, or if you need help using one of the kiosks on campus, you will have someone in your district, maybe even next door, who can help you. Watch for an upcoming announcement about the Kya Ambassador in your district.

Our next forum will be on **January 9, 2019 at 10:00am and again at 1:30pm**. The following day (January 10th) Kya will be available for all to sign up. We look forward to seeing you there.

Jeff Harley, Director of Information Technology

The Voice *Ruth Shearer Retires Again*

Panorama residents have been receiving quarterly editions of The Voice since 1991. Over those many years, it has evolved from an eight-page handout into the attractive, interesting and very readable 16-page literary journal it is today. Many Panorama residents have served on the staff over the years. Ruth Shearer has put her precise editing stamp on The Voice since 2005.



Ruth and her late husband, Jack, moved to Panorama from the Issaquah area in 2000. As a political and environmental activist, Ruth immediately became involved with the Democratic Study Group and is well known for her factual letters to the editor printed in the local newspaper, The Olympian. She confessed that only once has a letter not been published. Ruth's background as a registered nurse with a doctorate in genetics, and research in chemically-induced changes in gene function that can lead to cancer, has made her an advocate for many leading issues.

She began as an interviewer for The Voice in 2005. In 2012, Jo Love Beach called her and asked if she would be interested in becoming the editor of the publication. She said "yes" and in concert with Carmen Barnett (now deceased), organized the process of determining whom to interview (all new residents are invited to be interviewed), selecting the interviewers, and setting deadlines. One of Ruth's priorities was encouraging writers, especially those in the Pan Writers group, to submit their stories and poems for publication. Today anyone can submit their writing to the editor.

Ruth laughs when she emphasizes that "editors always have the right to edit" and notes she seldom had to do that. Currently there are six to eight residents who conduct the interviews. For the past year, Ruth and Linda Crabtree have been working together to produce The Voice. Ruth has been the editor; Linda does the layout, adds the photos, and finalizes the product. Then it goes to Jeff Sprengel who prints 1,000 copies. Bill Palmer and his stalwart crew deliver them to all residents.

Recent health conditions have convinced Ruth to hand over her editor's reins to Becky Anderson who will continue to work with Linda. Ruth is very confident that, with their dedicated leadership and creativity, The Voice will continue to delight its readers.

Readers of The Voice thank Ruth for her perseverance, her dedication to excellence, and her ability to continuously create a literary journal of which Panorama residents and staff can be proud!

Peggy Jamerson



Our cool weather has arrived and the holidays are approaching. It is time to sharpen up those knives for some serious time in the kitchen. Many of us turn to crafts and sewing, and that calls for sharp scissors also. You can bring your dull knives and scissors to the gift shop. Our staff will collect a nominal fee, depending on blade length, and send

them to the Woodshop/Metal Shop for sharpening. They will be returned to the Gift Shop promptly and be ready for pickup.

November is also a time we like to cheer on our favorite teams, and we have several unusual items in local team colors. If you miss the Holiday Bazaar at the Panorama Auditorium on November 16 and 17, don't despair, as some of the items will be available at the shop. If you are new to Panorama and have not visited us, you are in for a treat. We sell a variety of beautiful handmade items created by our talented residents, and also gift cards and stamps. Gifts Etc. is located across from the pharmacy in Pan Hall. Hours are 10:00am – 2:00pm, and closed on bank holidays. Happy Thanksgiving. We can all give thanks that we live in this wonderful community, where there is something for everyone.

Lucy Reuter

*"We make a living by what we get,
we make a life by what we give."*

- Winston Churchill

Each year at this time, all Panorama residents are invited to participate in the **Employee Appreciation Fund**.

The Employee Appreciation Fund is our opportunity to provide a special "thank you" to all the Panorama employees who take care of us, our homes, and help to enhance our way of life. This is our once-a-year opportunity to provide an expression of appreciation for the services provided us throughout the year. Your Resident Council is proud to sponsor this annual request each year.

You will receive the official invitation letter in early November. We invite you to join your Panorama friends and neighbors with your personal donation to our employees. All funds received will be divided equally among all eligible employees in December.

Thank you for your generosity.

Jim Greenfield



Kudos Corner

"A big thank you to Corrine Wasmundt in our Social Services Department! She has been so helpful to me, especially since I bought a new iPhone. I've never had one before and she showed me all sorts of good information!"

"Thank you to all of the Pea Patch folks for all the fine produce you provided. The corn was especially grand this year!"

"Huge THANKS to Gary Proctor and the Green Team and to the construction workers for the lovely, functional and convenient south campus recycling center at the Chinook. It makes recycling runs so much easier for those of us in the south end."

"A big thank-you to Erin Dorn for bringing the Pilates class to the residents of Panorama! While hesitant at first, I know now what a positive and results-oriented class it is, with little or no aches and pains, and a feeling of better and easier movement after! This senior is so grateful!"

"Thank you to our patio and driveway washer. The splatter on the patio against the windows worried me, as I hate washing windows, but lo and behold, on completion of a great job, the fellow used a chamois and left wonderful sparkly windows and slider!!!! Wonderful!!!!"

"Kudos to Lu Hamacek for the superb job she does as "traffic cop" on the 1st day of Activity Desk sign-up! She creates calm out of chaos, fun out of frenzy! Thanks, Lu!"

Send your Kudos to PanoramaNews@panorama.org with "Kudos" in the subject line or call Jacklynn Roberts at 438-7616.

Grounds Department Updates by Cathy Brown

Summer has left us, and a fall chill is in the air. The campus is now a myriad of colors from yellow, orange and purple to brilliant reds and every color in between. We are fortunate to have so much plant diversity on campus that entices us to enjoy the grounds with revitalized interest each month throughout the year.

With the autumn season upon us, Grounds will soon be wrapping up summer maintenance activities and begin fall clean up. While we never know exactly when this transition will occur because it depends mostly on weather conditions, it usually happens in late October. For the most part, our fall maintenance consists of leaf removal, roof and gutter cleaning, storm clean up, reseeding turf, planting projects, and addressing drainage concerns.

With the cooler temperatures, we have already begun mowing every other week, turned the irrigation system off, and sprayed bed weeds for a final time this year. We will continue using the riding mowers as long as possible to help with leaf removal. At some point, the ground will become too wet and we will be unable to mow without making ruts in the grass so we will switch to blowers and rakes.

Each year, residents ask me "why do you blow the leaves into the beds instead of picking them up"? Simply stated, in the midst of the season there are too many leaves for us to pick up off critical areas in a timely manner. If left down they can cause additional issues, so our goal is to get as many off the grass and paved surfaces in the shortest time we can.

If leaves are left on the grass, large areas of turf can be smothered very quickly, turning lawns into muddy messes and rendering them unsightly and unusable for months. Leaves left on paved surfaces create a more serious issue than unsightliness. Once wet, they become slick and can easily cause someone to fall. While we understand some residents dislike the noise of the blowers, they really are the most efficient way to move large volumes of leaves. When time allows, we return to those bed areas and remove the leaves. Mostly, this happens in conjunction with pruning when we are raking the beds anyway. In the meantime, they act as a mulch for the shrubs and help with smothering weeds.

I hope you all have a chance to get outside and enjoy the awesome seasonal color our campus has to offer, although you might want to bundle up a bit, as this month can be a bit chilly.

Security Department Update by Michael Greenwood

Hello from Security! With the holidays approaching, I would like to address a few things to help keep you safe and secure this season. If you plan to leave town or be away from home for a few days, make sure you are on our Away List by contacting the front desk in Pan Hall. We check each house on the away list twice a day and we also make sure any packages left for you during your absence are placed securely in your home. To coordinate additional security measures for your home, feel free to call the Lacey Police Department and request a periodic police patrol-by. The number to call is 360-459-4333.

As the nights get longer, please wear bright or reflective clothing while walking at night, and remember to carry a flashlight. This will help drivers see you and prevent possible accidents. Also, remember to walk against the flow of traffic at all times; this makes it easier for you to see oncoming cars and for them to see you.

We often hear about parking conditions on campus. With all the activity happening each day, vehicle congestion does tend to happen. If you have company over, please ensure that they do not park opposite to other vehicles on the street. We must leave enough room on all campus streets for emergency vehicles (firetrucks, ambulances, etc.) to drive through with ease.

For those who live in an apartment building, remember there is a phone conveniently located at the main entrance of each apartment building. The phone is there for you to call us if you accidentally get locked out of the building late at night. Just pick up the phone and dial x0. Please call us at x7533 or (360) 438-7533 for all your Security needs and concerns.



Important reminder: The 15MPH speed limits on campus. Please be aware of your speed at all times.

Resident Council

The Resident Council hosted two very well-attended sessions of The Portal Progress Forum on October 4th. Residents were given a sneak preview of what to expect in the months to come. Kya was announced as the name for the resident website. See the article on page 2 of this newsletter for more information.

In order to bolster the management of the Council we have established a seven member Executive Committee of the Council to deal with the day-to-day management. The committee consists of President Jerry Gjovaag, Vice President Judy Murphy, Secretary Judy Howard, Treasurer and Chair of the Finance Committee Becky Anderson, Chair of the Administration Committee Jim Greenfield, Chair of the Communication Committee Rich Cobb and Member-at-Large Dennis Risdon. This will give us a broader representation of the Council in dealing with current issues.

The month of November sees us in the midst of our annual Employee Appreciation Fund drive. While the procedures are changing slightly this year, this is still the only method we have of monetarily recognizing the great service the staff at Panorama provides to us. Please give what you can to this worthy cause.

November also brings the annual State of the Community meetings, which will be held on November 5-8. These meetings are scheduled as follows:

November 5th: 10:00am - Chalet

November 6th: 10:00am - Quinault Auditorium

November 6th: 1:30pm - Chinook

November 7th: 10:00am & 1:30pm - Panorama Auditorium

November 8th: 10:00am & 1:30pm - Panorama Auditorium

Matt Murry and Bill Strader will be telling us what has happened and what plans are for the future of our community. These meetings will last for approximately 1 ½ hours, at which point we will have a brief intermission and then reassemble for a question and answer session. All of the meetings will cover the same material so you only need to attend one session.

Jerry Gjovaag

Advance Care Planning Workshop

What if a sudden illness or injury left you unable to speak for yourself? Who would you want to speak for you? What would you want them to know about your values and wishes?

Advance care planning is a process that helps you:

- **think about your health care values and goals;**
- **consider health care choices you may have to make in the future;**
- **talk about your choices with your doctor and your loved ones; and**
- **make a written plan for the future (advance directive).**

Join us in thought-provoking conversation to help make your wishes known. Learn vocabulary, reflect on your values, choose a healthcare agent, explore goals for treatment, and take the first steps toward completing an advance directive.

Following the presentation, you will have the opportunity to make an appointment with a facilitator who can help guide you through the process of completing an advance directive.



Save the Date!

Friday, December 7

10:00am - Noon

Quinault Auditorium

**Registration: Call Panorama
Social Services x7776**

Want to Hear More from the Panorama Chorus?

Save the Date!

Mark your calendars for the fall/winter performances of the Panorama Chorus: **Friday, December 7 at 7:30 pm, Saturday, December 8 at 7:00pm, and Sunday, December 9 at 2:00pm.**

Don't miss out – director Troy Fisher has planned a beautiful and entertaining program featuring the chorus accompanied by strings and other instruments.

Judy Murphy x5547

2019 Resident Handbook and Directory

The 2019 Resident Handbook and Directory will be available this January. In preparation, please take a look at your personal information from last year's directory and let us know if you have any updates.

Changes must be submitted by **November 30, 2018** for inclusion in the 2019 printed Directory.



Resident Directory Changes

Name: _____

Please add/change the following items: (Please print clearly!)

Last Name: _____

First Name: _____

Address: _____

Phone Number: _____

Resident Council District: _____

Email #1: _____

Email #2: _____

Hometown: _____

Year of Move-in: _____

Please return to Donna Kreuger in the Executive Office or at the Reception Desk in Pan Hall.

You may also email any additions/changes to:

Donna.Kreuger@panorama.org

Port of Olympia Wants My Input?

The Port of Olympia is a truly multifaceted organization not at all belied by its name. In fact, it serves all of Thurston County and is involved in economic development including marine and air shipping, real estate development and recreation; and it uses our tax dollars to help accomplish these things!

Ports were first conceived in the 1920s in part to thwart the growing dominance of the commercial waterfront by private interests, but more importantly to promote economic development and employment. Since that time, the role of ports has broadened considerably. When you fly from SeaTac airport or board a cruise ship in Seattle, you are using Port of Seattle facilities. Although on a somewhat smaller scale, the Port of Olympia does many similar things. The Port operates the marine terminal in downtown Olympia and the Farmers Market uses Port property there. The Port also operates the Olympia Airport, commercial property in Tumwater and elsewhere, and recreational facilities throughout the county.

Right now, the Port is embarking on a long term planning effort and is seeking our input as taxpayers on what they should be doing. You may have already learned about and taken the online survey on the Port's website. Regardless, the Port wants your input and they will be at the Quinault Auditorium at 1:30pm on Friday, November 2nd for that purpose. Please call me with questions and please join us on the third if you can.

Don Melnick x5709

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Be Well

By Marla LeFevre BSN, RN
Director of Independent Living Health Services

Panorama, the Storm Support Team, and YOU!

As we enter “storm season” in the Pacific NW, I hope you’ve checked your preparedness supplies! Since we live in earthquake country, and since we occasionally experience storms that render us “powerless”, your stash of flashlights/batteries, non-perishable food, water, and first aid kit should be readily available at all times. I can send you a list of suggested items for your **preparedness cache** or your **Under the Bed Kit** – just call me at x7564 or email at marla.lefevre@panorama.org.

Personal preparedness is essential, and we are fortunate at Panorama to have several resident Emergency Preparedness and Response groups - **Map Your Neighborhood, Disaster Supply Center, Crisis Support Team**, and the **Storm Support Team**. Today I’ll tell you a bit about the Storm Support Team and its role in supporting residents during a disaster.

The **Storm Support Team (SST)** is activated when there is a campus disaster and resident needs exceed the capabilities of staff. SST volunteers are called to perform specific tasks for which they have been trained. The tasks are:

- **Campus Resource Information-Sharing at C & R Lobby or Pan Hall.**
- **Making phone calls or home visits to specific residents to check on their welfare.**
- **Hosting at a Warming Center or Seventeen51 Restaurant & Bistro.**
- **Communications “Runner” to deliver messages if phones are out.**

ACTIVATION PROCESS:

When a storm or other disaster has caused a major power failure and/or damage to campus, the Storm Support Team is activated. The Independent Living Services Coordinator (me) contacts the SST resident co-coordinators (Boh Bohman and Jean Garwood) and requests SST volunteer assistance for specific tasks and time periods.

Jean and Boh contact their list of SST volunteers and complete a schedule of tasks/shifts that volunteers sign up to cover. The volunteer reports to a staff person at the site of their volunteer service (such as the Chalet Warming Center or the restaurant) to review the specific details of their task.

Once the SST volunteer has completed their shift, they report back to their staff contact and their SST coordinator and return home.

That’s it! The tasks are not difficult or dangerous, but they provide essential support for our residents in need. **If you are interested in learning more about, or joining, the Storm Support Team, please contact me at x7564, Boh at x5398 or Jean at x5556.**

We are holding our **annual drill on the morning of Thursday, November 29**. Each year we drill on a different task. This year we’ve made some small changes to our task descriptions, so SST volunteers will visit Task Tables set up in the Quinault Auditorium to learn about these changes, and to review tasks they may be requested to perform during a disaster.

If you aren’t a member of the Storm Support Team, but would like to participate in this year’s drill either to learn more about the SST or to join, please contact me at x7564 or marla.lefevre@panorama.org.



Birthday Dinner!

**Thursday, November 15th
5:00 pm**

Seventeen51 Restaurant & Bistro

The first week of November has always been a time of festivities and celebrations marking the end of the harvest and the beginning of winter! In the year 835 AD, the Roman Catholic Church made the 1st of November a church holiday --a day to honor all saints. This day is now called All Saints Day. The feast day actually starts the previous night as the Eve of all Hallows or Hallowe'en. Hallowe'en traditions started over 2000 years ago when the ancient Celts, who lived in the area that is now Ireland, Great Britain and northern France, celebrated November 1st as their New Year.

In the United States, traditions included carving pumpkins into Jack-o-lanterns and going door to door trick or treating. Each country celebrates differently – Mexico, for example celebrates this day as El Día de los Muertos – the Day of the Dead –which is a 3-day happy and festive celebration. Food is an important part of each event and tonight our food is a special Red Snapper Provencal served with cous cous, asparagus and fresh peas. Dessert will be a delicious almond poppy seed cake.

Our entertainment will feature:
**Gary Stroutsos with
Native American Flutes**

See you there!
Jo Love Beach & Diane Stiles



**Friday, November 16th
Saturday, November 17th**

9:00am - 3:00pm | Panorama Auditorium

Shop for unique hand-crafted items and art, made exclusively by our Panorama residents! Invite your family and friends! The Holiday Market is open to the public.

Looking Back at Panorama

Political activity has always been a part of the Panorama community. Here, in a news photo from 1968, ambassador (and former child star) Shirley Temple Black pays a visit to Panorama City, along with Washington State First Lady Nancy Evans, as part of a campaign to elect Republican candidates. Source: Resident Archives

Deb Ross,
Resident Council Archivist



In Memoriam

Beverly Bowers

Bob Bowers

Billie Bryan

Beau and Connie McTighe

Monte Cox

Gretta Johnson

Bob Hutt

Betty Hutt

Robert Reuter

Lucy Reuter

Elaine Rost

Gail Madden

Lyle Russell

Beau and Connie McTighe

Dale Allen Vincent

Anonymous

Catherine Walter

Alfred Walter



Memorial and tribute gifts are a thoughtful way to honor or remember friends and loved ones who have been part of your life. It is an act of paying tribute while assuring that worthwhile values continue to improve our quality of life.

New Philanthropy Advisory Committee members

The Office of Philanthropy is pleased to welcome three new members to the Philanthropy Advisory Committee. Joining the committee are Edith Bryan, Pat Dunston and David Forsythe. Edith, Pat and David are experienced and dedicated leaders and have each demonstrated a commitment to Panorama and the Office of Philanthropy.

Edith Bryan

Edith moved to Panorama in August 2017 and is an active member of Map Your Neighborhood, a Library and Benevolent Fund volunteer, and participates in Tai Chi and Walk the Loop.

Pat Dunston

Pat moved to Panorama in 2011 and is involved in a wide spectrum of activities including the Arts Guild Steering Committee and the Panorama Auditorium Advisory Team. She also volunteers with the Gift Shop, Resident Transit, the Weaving Studio and as the Auditorium Technical Director.

David Forsythe

David moved to Panorama in 2005 and is the current Librarian and immediate past President for the Library. He is also a Resident Transit volunteer.

These new members are important additions to the Philanthropy Advisory Committee that exists to provide strategic advice, assistance, support and advocacy for Panorama's Office of Philanthropy. Welcome aboard Edith, Pat and David!



The Philanthropy Advisory Committee, from left to right: Meghan Vu (*Director, Office of Philanthropy*), David Forsythe, Pat Dunston, Boh Bohman, Lee Hover, Kathy Houston (*Liaison to the Panorama Board*), Holly Mason (*Liaison to the Panorama Board*), Edith Bryan, Sue Ballard. Not pictured: Bill Cornette



Inside Panorama TV TV Takes, Panorama People

Coming in November – A Special Musical Artist Profile

Panorama is a place to do what you’ve dreamed of doing. You can pursue your hobby fulltime. Or you can reinvent yourself.

PANORAMA TV

Meet Bill Lange. Here’s a guy who marketed high-tech banking software—but always saw himself as a “visual story teller.” He took photos, and used them to tell stories. When digital cameras added video, he embraced it and grew new skills. Since coming to Panorama four years ago, Bill has developed a series of video profiles featuring Panorama visual artists at home, including Jim Crabtree, Russell Day, and April Works, aired on Panorama TV. He’s now expanding this work with a new series of Panorama Music Artist Profiles.

This fall Bill’s been putting together the story of two Panorama couples, Judy and Jan Thompson and Bud and Judy Konopaski, who meet often to make bluegrass music at home. They call their band, tongue-in-cheekily, “We Could’a Been Good.” Like Bill, they do what they do for love, not money, which makes them true “amateurs.” Bill’s Music Artist Profile proves they’ve turned out to be, well, doggone good. Watch this lively hour of music and interviews in November on Channel 370 (Channel 30 in the C&R), Panorama TV.

Also in November – Pics and Clips

Panorama people can share their photos and videos on this new series of short features produced by Brian Hovis and the Panorama TV volunteers. To share yours, attach them to an email to panoramatv370@panorama.org, with “PICS” in the subject line. Or if you prefer to have someone help you, contact Brian Hovis — he’s in the Panorama resident directory.

Sign Up for Our Weekly Panorama TV Schedule Email

Send an email message to panoramatv370@panorama.org, with “SUBSCRIBE” in the subject line. Then open every E-bulletin email we send you, so your email system knows it isn’t spam.

Dave Newton



The band, We Could’a Been Good, in the Panorama TV studio.



Official Session Portrait— We Could’a Been Good band with Bill Lange’s all-volunteer Panorama TV crew.

Democratic Study Group

November Forum: What is ahead for the Washington legislature? By our meeting date, the composition of the legislature will be known. Will the Democrats retain majorities in both chambers? Will Democrats strengthen their majorities, or will it be less so? Will Republicans strengthen their hand? Come hear our two Representatives, Beth Doglio and Laurie Dolan, speak about the composition of the legislature and their priorities for the upcoming legislative session.

Tuesday, November 13, Quinault Auditorium, 1:00-2:00pm*

*Note time change to accommodate our representatives’ schedules.

Andrew Johnson x5454



Panorama People

New Residents at Panorama - *Welcome!*

Bill & Cathy Hainer **438-5460** **2604 Chambers Lake Lane**
*Redlands, California &
Tonasket, Washington*

Jim Ingersoll & Pamela Burdick **438-5286** **4242 21st Avenue**
*Chicago, Illinois &
Tulsa, Oklahoma*

Cindy Morana & Jo Ramaker **438-5078** **1739 Circle Loop**
Lacey, Washington

Terry Hendershott **438-5602** **2115 Leisure Lane**
West Seattle, Washington

Lynn Elliott **438-5912** **2504 Chambers Lake Lane**
Denver, Colorado

Resident Moves

June Pike *from 102 Quinault to Convalescent Center*

Arlayne Clow *from 2312 Marina Lane to Convalescent Center*

Charles & Rebecca Price *from 1739 Circle Loop to 3971 Woodmere Lane*

Stephen Wetzel *from 1849 Circle Loop to 436 Quinault*

Virginia Ray *from 111 Quinault to 162 Quinault*

Anne Allen *from 3949 Woodmere Lane to 334 Quinault*

Jim Littlejohn & Karel Metcalf *from 330 Quinault to 2401 Chambers Lake Lane*

In Memory

Monte Cox
Cornelia Damitio
Winifred Gruhlkey
David Westwater
Rodney Pitts



Photo by Charles Kasler



Aquatic & Fitness Center by Erin Dorn

Classes for Balance and Stability

As people age they begin to hear more and more about being at risk for falls and how they may lose some balance and stability. They may begin to hear it from health professionals first and then perhaps friends or family. Unfortunately, it is an undeniable truth that, as we age, these issues surface the same way pimples do at puberty (unless you were one of the lucky few with amazing skin). The good news? There is a whole lot you can do, and it can be fun as well as functional. Check out the classes offered here at Panorama!

Tai Ji Quan: Moving for Better Balance

This class is a sure thing to get your balance and stability back on track. It is a research-based balance training regimen designed for older adults at risk of falling and people with balance disorders. The class aids in improving lower limb muscular strength, sensory integration, limits of stability, and global cognitive function. It has been credited for reducing incidence of falls by 55% in community-dwelling older adults and by 67% in people with Parkinson's disease.

Zumba Gold

Whether you actually have moves or not, dance is a fun way to help with balance and stability. As you learn new moves, your body is forced to adapt and become more coordinated which in turn leads to better balance and stability through increased neuromuscular control and function! Research has shown those who dance have better muscle efficiency which supports the idea that this training can influence the control you have over everyday movements.

Tai Chi

Tai chi has many physical benefits. The slow, extended weight shifting helps improve bone density and joint stability. The movements also stretch and strengthen muscles. Like yoga, tai chi has a meditative quality that can trigger the relaxation response. A number of studies have shown that tai chi improves balance. Tai chi combines the physical components needed to stay upright—leg strength, flexibility, range of motion, and reflexes. You're practicing your balance and teaching your body to be more sensitive and have greater strength. As a result, you'll be able to maintain your balance if you encounter uneven pavement or if you are walking through the shopping mall.

For more information on these classes, come by the Aquatic & Fitness Center and grab a group fitness class list or contact me, Erin Dorn, at x7772!

Benevolent Fund Announces Four Newly Elected Trustees

**Dave Bartruff, Phyllis Freitas, Keith Grant
and Ruth Harms have been elected to serve
as Trustees from 2019-2021.**



Panorama Republicans

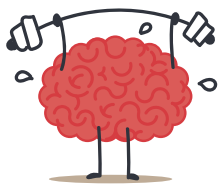
Panorama Republicans' November 1, 2018 meeting will be a luncheon with Rebecca Glasgow as guest speaker. Currently she is an attorney in the Secretary of State's Office. Rebecca is a candidate for Washington State Court of Appeals, Division 2.

She plans to provide a quick review of the Washington court system, and how the Court of Appeals fits into this process. She will discuss a couple of interesting cases, including this year's initiative challenges and the charter schools case. She will explain why it is important to vote in judicial races and in Court of Appeals races.

The luncheon will take place in the Gallery section of our Seventeen51 Restaurant, starting at 11:45am. The price of the lunch is \$14.00, which provides for one of three choices for lunch, plus dessert, nonalcoholic beverage, and gratuity. The deadline for reservations is Monday, October 29. For reservations call Betty x5722 or Linda x5553.



Betty Dodds



Brain Fitness

have decided to discontinue the logic puzzles. I thank Adam Price (one of our Pan Hall receptionists) for proofing the puzzles each month. I will be back again soon with another type of exercise for the brain. There are two possible solutions to the logic puzzle from October's newsletter.

Lisbeth Naber

Solution A to Puzzle #16:

ARRIVED:	1st	2nd	3rd	4th	5th
OWNER'S NAME:	Larry	Sean	Patricia	Jack	Donna
BREED OF DOG:	Papillon	Pekingese	Pomeranian	Pincher	Pug
DOG'S NAME:	Mimi	Fifi	Cutie	Sweetie	Lucky

Solution B to Puzzle #16:

ARRIVED:	1st	2nd	3rd	4th	5th
OWNER'S NAME:	Sean	Patricia	Larry	Jack	Donna
BREED OF DOG:	Pekingese	Papillon	Pincher	Pomeranian	Pug
DOG'S NAME:	Fifi	Cutie	Mimi	Lucky	Sweetie

We thank Lisbeth Naber for inspiring this Brain Fitness section of the newsletter. We've enjoyed including these puzzles each month, as we believe an engaged mind is a healthy mind. If you have puzzle ideas send them our way! panoramanews@panorama.org



Highlights of the past year:

- We have 34 resident volunteer who staff the library 7 days a week. Monday through Friday the hours are 10:00am - 12 noon and 1:00pm – 3:00pm. On the weekend the library is staffed from 1:00pm – 3:00pm. There are 10 substitutes who help out when someone can't make his or her shift.
- There is an Operation Committee which helps with the running of the library. It meets monthly and works on what needs to be done.
- We developed a task list of 30 jobs besides the regular desk assignments. There are 14 people who do tasks, such as sending overdue notices, cataloging and processing books, weeding newspaper, etc.
- Roxanne Nelson and David Forsythe have developed a training program for the volunteers. Also, they provide a monthly Library Orientation and Tour.
- The Library Board of Trustees authorized the purchase of the books from the PBS series of programs, The Great American Read.
- 1,011 titles were new to the library this year. They were cataloged and processed by Kathleen Forsythe, Rosemary Should and Jackie Zajanc. 182 e-books were added.
- 780 titles were weeded out or presumed lost from our collection.

As you can tell, we are busy and have many volunteers to help. We are also interested in what you would like to see in the library. We will be sending out a survey and hope that you will take 5-10 minutes to fill it out for us. We hope to incorporate your ideas and suggestions in our strategic plan. Thank you!

Sue Ballard

Join us for a Learning in Retirement Lecture!

Nisqually Indian Tribe

Willie Frank

Wednesday, November 14th, 2018 | 1:30 PM



For 10,000 years the Nisqually Tribe lived in relative peace and prosperity in its aboriginal homeland of about 2 million acres near the present-day towns of Olympia, Tenino, and Dupont, and extending to Mount Rainier. Tribal life changed radically with the advent of Euro-American settlement about 150 years ago. Forced to compromise its interests and rights over the years, the tribe has always sought to maintain its integrity and dignity. This presentation will discuss Nisqually tribal history, which includes their natural resources and the importance of salmon to their native community.

Willie Frank III has been a Nisqually tribal council member since 2009. Like his father, Billy Frank Jr., much of his focus has been on natural resource issues for both the Nisqually Tribe and the 20 treaty tribes of western Washington. He graduated from Evergreen State College in 2007 with a B.A. in Native Studies and was elected to council at the age of 27, following in the footsteps of the leadership he saw in his home.

Frank has served as the commissioner for Nisqually to the Northwest Indian Fisheries Commission, a natural resources management support service organization for the 20 treaty tribes of western Washington. As commissioner, Frank has worked cooperatively with the other tribes to identify natural resources priorities such as protecting fish habitat and encouraging science-based solutions to problems such as fish disease in hatcheries and adjustments to natural resource management as the climate changes.

Grey Resistance Indivisible

Who We Are:

Grey Resistance Indivisible (GRI) is one of over 4500 national chapters of Indivisible.org working to serve “we the people”. GRI is not party affiliated and welcomes persons of all political persuasions who are interested in respectful discourse.

VOTE! VOTE! VOTE!

Happenings: The month of October has been filled with efforts to GOTV “Get Out the Vote.” Members have dedicated time, energy and money on various projects that focus on improving voter participation.

Voters Registration

We continued to register voters at the Lacey Timberland Library.

Phyllis Sturges reports below:

“Jean Garwood has done just a wonderful job in organizing these events, and over all they have been very successful. There are two volunteers on every shift. The library staff have been very helpful and lots of people going into the library have thanked us for our efforts. GRI volunteers have been great. The population that uses the library is extremely diverse, which has been not only very interesting, but also is a great thing because we are reaching a number of minorities, young people, and poor people. There are lots of students from St. Martin’s, and quite a number of military families who move around and need to do address changes, which we were able to facilitate. There were also a number of people from other countries who can vote now. We also answered many questions: for example, why didn’t I get my ballot? I’m new here, can I vote in this election? Our work at the library has been good for all of us volunteers. We’ve learned a lot about the electoral process, and a lot more about the community we live in.”



Jean Garwood and a Grey Resistance community volunteer at the Timberland Library in Lacey

Music and Fund Raising

An enthusiastic group bussed over to the Steamboat Island Grange to attend a fund raising event that featured music with Betty Hummel’s daughter Elizabeth Hummel. We especially enjoyed the sing-along tune “Irene, We’ll Vote for You” to the tune of Good Night Irene.

Phone Bank – Get Out the Vote

Mari Stuart organized a Grey Resistance phone bank that met Wednesdays in October in an organized effort to call local residents and encourage them to be sure to vote and return their ballots by the November 6 deadline.

Post Cards

A number of members have participated in post card writing events. Citizens gather and write post cards to registered voters asking for their vote. Hundreds of postcards were written and mailed to voters all over the United States.

Women’s Well-Being

The Women’s Energy Group continues to meet every other Monday at 3:00pm in the Chapel at the Quinault. Call Betty Hummel (x5542) or Diane Stiles (x5406) for more information.

October Meeting: Rosa McLeod, S Sound Outreach person for Sen. Cantwell, was the event speaker at our monthly meeting in the Chalet.

Ongoing Opportunities:

- Canvassing and phoning efforts at Dem. Headquarters 1401 4th in Olympia, evenings 6:00 – 8:30pm. Call Mari Stuart (x5256) for info.
- Join and bring life to our FACEBOOK page. (GRI); a safe place for a conversation since it is only open to members. Contact jackieza2@yahoo.com
- Saturdays 10:30am “Standing on the Side of Love ” Call or email Karen Romanelli (karenmarier1@yahoo.com)

November meeting: November 8th at 10:30am in the Chalet Basement

Judy Konopaski



Field Trip to Kennedy Creek Salmon Trail

Tuesday, November 13th, 9:00am

The Green Team is sponsoring a field trip to a unique and wonderful place: the Kennedy Creek Salmon Trail. Just a few miles west of Olympia, this stream hosts an annual run of tens of thousands of native chum salmon. After thousands of miles of travel in the North Pacific, these remarkable fish find their way home to the waters of their birth, there to complete their lives by spawning & dying. Warren Dawes & Cleve Pinnix, both of whom serve as docents at Kennedy Creek each fall, will be our guides. Sign up for this trip at the Activity Desk.



We'll leave Panorama on the bus at 9:00am and, travel about 20 miles to Kennedy Creek. We'll walk about half a mile on easy trails, view the stream and the salmon from several locations and learn more about this natural wonder. This year, we'll also add a brief visit to Goldsborough Creek, where we'll enjoy a short loop walk & see another salmon spawning stream. Then we'll adjourn to the Little Creek Casino, managed by the Squaxin Island Tribe, for lunch on our own. We'll be back at Panorama by mid-afternoon. For this trip: wear warm clothes, including rain protection, and shoes suitable for walking easy trails. Bring your camera. Note: these trails are not suitable for the use of walkers, but a walking stick would be helpful.

November 6 Election Information

Initiative 163: The November election offers us an opportunity to preserve our environment with Initiative 1631, the Clean Air and Clean Energy bill. This legislation puts a fee per ton of carbon emissions on major carbon polluters and uses revenues collected to invest in clean energy such as wind and solar, healthier forests, clean air and clean water across Washington. It enhances the transition to clean energy. If passed, Washington will be the first state in the USA to put a price on carbon pollution.

Proposition 1: A sales tax increase to enhance and improve Intercity Transit bus services will be on the ballot for Lacey and other cities served by Intercity Transit (Olympia, Tumwater and Yelm). About 80 percent of its operating revenue comes from sales and use taxes. The increase would be about 4 cents per \$10 taxable purchase. For more information, see your voter pamphlet.

Dedication of the James R. Silver Jr. Memorial Recycling Center

On September 26, approximately 40 people gathered in the Panorama parking lot to attend the dedication of a plaque renaming the Recycle Center in honor of Jim Silver. Dan Silver (Jim's son pictured right) and his wife Jean brought a special family presence to the event.

South Campus Recycling Center Opens

The much-anticipated recycling center has opened behind the Chinook (corner of Chambers Lake Lane & Sleater-Kinney Road). Batteries and rigid Styrofoam must be taken to the original recycling center. All other materials may be recycled at the new center, but please check the signs for detailed instructions.

Geri Proctor



Green Team Meeting!

Wednesday,
November 14th
3:00pm
Quinault Auditorium

Plan to be part of the November Green Team meeting at 3:00pm in the Quinault Auditorium. There will not be a Green Team General meeting in December. However, we look forward to seeing you again on January 9, the 2nd Wednesday of the month.

Hope to see you there!

Notice of Construction Projects

We know that you are all impacted when construction occurs on campus and we appreciate your patience! The list below will show you what projects are occurring, the contractor involved and the start and estimated completion date. This list will be updated and published each month to keep you informed of progress and new projects as they occur. If you have any questions regarding a particular project, please contact our renovations team manager, Gina Varden at x7788.

Project Description	Contractor	Status	Expected Completion
102 Quinault	Brown	Tran to C&R	TBD
120 Quinault	Brown	Contract Signed 07-25-18	11/15/18
1849 Circle Loop	Wildcat	Out to Bid	TBD
1869-1877 Circle Loop Garages & Hobby Rooms	RPC	Contract Signed 06-08-18	TBD
1872 Circle Lane	Brown	Contract signed 9/28/18	01/24/19
1945 Circle Loop	Brown	Contract Signed 09-19-2018	03/31/19
201 Chinook	RPC	Contract Signed 09-26-18	01/11/19
2010 Cardinal Lane	Schuler	Contract Signed 08-01-18	12/25/18
2238 Marina Lane	Wildcat	Contract Signed 07-23-18	11/21/18
2512 Chambers Lake Lane	In-house	In-house	11/01/18
2525 Sleater Kinney Road	RPC	Contract Signed 08-27-18	01/25/19
317 Chinook	Halfacre	Contract Signed 09-12-18	12/07/18
327 Quinault	Brown	Contract Signed 05-03-18	11/02/18
3949 Woodmere Lane	TBD	Developing Scope and Plan	TBD
3967 Holladay Park	Schuler	Contract Signed 09-18-18	01/17/19
426 Quinault	Brown	Contract Signed 07-25-18	11/15/18
AL Dining & Common Area Remodel	TBD	Developing Scope and Plan	TBD
C&R Interior Renovation	TBD	Developing Scope and Plan	TBD
Sleater Kinney Road - Parking Lot	TBD	Developing Scope and Plan	TBD



COMFORT & CARE:

PALLIATIVE, HOSPICE AND END-OF-LIFE OPTIONS

November 13th | 10:00 am | Panorama Auditorium

Presenters:



Dr. Matthew Louie, MD
Medical Provider,
Providence Outpatient
Palliative Care Clinic



**Jessica Foster, MSW,
LMSW, LSWA-A**
Clinical Social Worker,
Providence Outpatient
Palliative Care Clinic



**Julie Ostling, RN,
BSN, Patient Care
Representative,
Assured Hospice**



Sally McLaughlin, MA
Executive Director, End of
Life Washington

What is the difference between *palliative*, *hospice* and *Death with Dignity*? How do I know if it's time to consider these options? Who do I turn to if I need this type of care? Whether you are planning ahead for yourself or are concerned about the future of a loved one, this forum will give you the essential information and reassurance that comfort and care is available when it's needed most.

Hosted by: Panorama Social Services



2018 Santa's Shop

Friday, November 30 &
Saturday, December 1
10:00am to 2:00pm

New Location! Encore Furniture and Books



**Thinking of Santa? We are too.
Boy howdy! we have news for you!
New location, same great buys
We won't need to advertise.**

**Santa's Shop please mark the date
November 30, do not be late
Starts at 10 and runs till 2
December 1 more stuff for you.**

**First day – Friday no cars please
Resident Transit's got their keys
Or ride our bus to get you there
To Encore Books and Furniture**

**Mark down the date and make your plan
Lights and tinsel, yes you can
Fill your sack, more wreaths and trees
Come and shop. You will be pleased.**

*P.S.
Do you have Christmas decorations you no longer take
out of the box in the back of the closet? Need that space
for new things? Please donate them now. Don't wait until
the snow flies.*

*P.P.S
Santa's Shop is open to the Panorama family only – resi-
dents, employees, contractors, and family members.*

Ernesta Ballard

**Too many cloth shopping bags in your
car? Please donate them for Patio Sale
shoppers! You may leave them at the
Stiles-Beach Barn. And while you're
there, take a few minutes to shop too!**

The Disaster Supply Center



What do you do if a major earthquake has struck the northwest, Panorama is cut off from outside help, and your neighborhood is running low on first aid and other emergency supplies?

The Disaster Supply Center is here to assist residents and staff until outside help arrives. We have 16 to-go bags on wheels and 30 backpacks. Each to-go bag contains 3 customized first-aid kits, plus extra supplies. The backpacks are mini versions. In addition, the DSC has a huge supply of band-aids, antiseptic wipes, sterile eye kits, stretchers, tarps, blankets, flashlights and other items useful in emergencies.

Supplies can be accessed by sending representatives from your Map Your Neighborhood group to the DSC, which is located behind the Chalet, near the Stiles-Beach Barn. Trained volunteers will be there to distribute supplies.

The DSC does not supply food or water. The Resident Handbook has a list of emergency supplies every resident should have. We are available for Map Your Neighborhood meetings or for tours. For information, please contact: Rita Read x5564 or Elaine Coffman x5469.

Panorama Quilt Challenge Display

Panorama Quilters were challenged to make a quilt project representing the challenge theme, "Around the World." Their quilt projects will be on display from **November 5-9, 2018**, in the Panorama Auditorium Lobby.

You are invited to attend the opening reception on Monday, **November 5**, from **1:30 – 3:30pm**, where cookies of the world will be served.

Panorama has many fine artists and the Panorama Quilters are among them. Please take a moment to appreciate the creativity, innovation and fine work of our talented quilters. We guarantee an enjoyable experience.

Cynthia Daniels



Genealogy Group

Panorama Genealogy Group is open to anyone interested in genealogy. We normally hold our meetings on the fourth Thursday of the month, but due to Thanksgiving, the November meeting has been moved to the 2nd Thursday. There will also be no regular meeting in December. We offer an opportunity to learn about different aspects of genealogy in a classroom setting with internet access, plus a chance to meet others who share our interest. There are no formal memberships or dues but you can join our email list by sending a request to me at gvgirl.ballard@gmail.com

Thursday, November 8 at 10:00am in the Quinault Auditorium - PGG Preserving Family Records Workshop

Have you wondered about how to preserve and protect your family memorabilia? PGG is sponsoring a special two-hour workshop conducted by Tracy Rebstock of the Washington State Archives. Tracy will talk about ways to preserve and protect family records while also touching on some simple things that can be done to prepare for a disaster. The workshop is open to everyone and you are encouraged to bring one item you are curious about learning to preserve. Some items might be a scrapbook, a Bible, a letter, etc. A handout will be given but be sure to bring something on which to take notes.

Thursday November 8 at 7:00pm - Olympia Genealogy Society "Why Did I Take This DNA Test? All I See Is A Pie Chart That Doesn't Make Sense!"

Nancy Cordell, professional genealogist and President of OGS will share good information about DNA testing and what to do with your test results. OGS meetings are held at the Thurston County Courthouse, Bldg 1, Rm 152 and Panorama provides a bus with signups at the Activity Desk. Bus leaves at 6:15pm \$3

Drop-in genealogy help is offered in the Computer Learning Center every Tuesday and Thursday morning from 10:00am -12:00 noon except for meeting days and holidays. Come check out our free Ancestry.com subscription and learn how to use it.

Carol Ballard

Photography Group



At our September PPG general meeting, Charlie Keck shared his Nitpicker's Guide to Photography that includes the importance of light, composition, candid shots, and the use of permissions in taking outstanding images. He also shared some of his favorite photographs that he had taken over the years.

Charlie is well known for his collages taken at Panorama events like the art walk or the activity fair where he made our artists and their creations stand out. We have also enjoyed images of beautiful flowers (like the one below) and vegetables at the pea patch. His images of street musicians in black and white take you into the moment, while colorful dancers seem to just jump off the print. Charlie has taken many images for the ages. Who could forget the image of the Olympia waterfront in the fog that made our 2018 Panorama calendar very special?

If you missed this educational and entertaining event, make sure you don't miss our November general meeting where we review images taken this year and plan for 2019. Maybe there is an overnight trip in our future. Any questions, contact Sylvia at x5909. See you, **November 17th in the Quinault Coffee Room at 10:00am.**



Medicare's Open Enrollment time is here!

Do you have questions or need help with your Medicare choices for Part D (Drug) or Part C (Advantage Plans)? A Statewide Health Insurance Benefits Advisor (SHIBA) will be available by appointment to help you with your questions.

November 14th & December 3rd

9:00am – 3:00pm

Computer Learning Center in the lower level of the Chalet building

Please contact the SHIBA Volunteer Coordinator's office at 360.586.6181 ext. 134 to schedule your appointment. SHIBA is a free, unbiased service of the Washington State Office of the Insurance Commissioner – Consumer Protection Division. This outreach is sponsored by Senior Services for South Sound.



Bereavement Support at Panorama During the Holiday Season

This holiday season, take the time to acknowledge the grief in your life and use these tips to help support yourself:

1. Allow yourself to feel and express a multitude of emotions. It is common to experience anxiety, stress, sadness, regret and longing as part of the grieving process. Holidays and special days can magnify these emotions so find supportive people to whom you feel comfortable expressing those feelings.
2. Be tolerant of your physical and emotional limits. This is a fragile time so it's crucial to respect what your mind and body is telling you. Set an intention to get 20 minutes of fresh air and sunlight every day.
3. It's okay to have fun, laugh and be happy. Experiencing happiness and joy does not diminish the depth of your grief. Be grateful for the things that bring such joy to your life and celebrate them.
4. Eat balanced meals and get plenty of rest. Be aware of what you are consuming and be careful not to overindulge, especially with sugary foods and alcohol that surround us during the holidays.
5. Write things down. It is common to have trouble concentrating and remembering things while you are grieving. Find a specific place to write things down – a notepad, white board, calendar or tablet.
6. Reflect on your holiday traditions. There may be some traditions that you want to continue and others you may wish to pause. Create a new tradition in the memory of your loved one.
7. Honor your loved one. Share favorite stories about your loved one, light a candle, or hang a stocking to fill with notes in their honor this holiday season.
8. Make a back-up plan. It's hard to predict how you will feel during a special event or day. Make a back-up plan or exit strategy in case you feel overwhelmed and need to step back. Do not feel guilty if you need to skip an event or leave early. Communicate to your friends and family how you are feeling.
9. Volunteer. Doing something for someone else can lift your spirits and theirs. Find something you enjoy and find meaningful.
10. Surround yourself with understanding people who will allow you to grieve in your own way, be present and listen. Remember, grief is a process, not an event so there are no quick fixes. Be patient with yourself and find others who will be patient with you.

Life After Loss: Coping with the Holidays

Wednesday, November 7 & 21

10:30-11:30am

Quinault Chapel Balcony – 5th floor

An open support group for residents adjusting to life after the death of a loved one while also facing the stress of the holiday season. Join us as we share stories and learn tools for coping with loss during the holiday season. Facilitated by Social Services x7776

Life After Loss: Annual Holiday Remembrance Gathering

Wednesday, December 5

10:30-11:30am

Quinault Chapel – 4th floor

The Holiday Remembrance Gathering is a memorial gathering to honor and remember friends and loved ones this holiday season. Residents are invited to place a framed photo of their loved one on the chapel alter. There will be music, special readings and time for to share a special memory, story, poem or photo. Facilitated by Social Services x7776



Arts Guild News

November Arts Guild Luncheon – It's not too late to reserve a spot for the **November 7th luncheon**. Resident artist **Dale Witherow** will show and discuss his work. Dale is a retired art professor and seminar leader. Before retiring, he exhibited in the Mid-Atlantic region, Texas, New Mexico and Mexico. After retirement, he relocated to the Pacific Northwest and exhibits on the West Coast "I am exploring life and displaying those explorations using all that is available to me in some beautiful and personally meaningful way". See his work at witherowgallery.com. For reservations call or e-mail Pat Dunston dunston@comcast.net or x5386.

Gallery Exhibit –It's About Time is the new exhibit in the Gallery. New art work is also displayed in all the offices on campus as well as in the library. 3-dimensional work will be displayed in the glass case in the reception area of Pan Hall beginning in November. Take the time to go and see all this wonderful work. Thanks to all the artists who contributed to this exhibit.

Call to Artists and Art Lovers! Save the Date: Home & Studio Tour - March 14, 2019

Do you have an art collection you would like to share with other residents? Or are you an artist with a studio space where you fabricate your art that would be interesting to other residents? Contact Christine Voigt at cevoigt25@outlook.com to indicate your interest or for more information.

The Fine Art Postcard Exhibition - Submission deadline for this exhibit is November 30th. The 2019 theme is "**While You Were Out.**" Postcard-sized (4"x6") original artworks, created by artists of all ages, abilities, and backgrounds, will be sold through silent auction. All proceeds support gallery programming. Submission guidelines are available on the Minnaert Gallery website: artgallery@spscc.edu

Congratulations to resident **Sue Prince**, who was honored to have her poem, Sunday Sail on Puget Sound, selected to be a part of the program in the Olympia Fall Arts Walk Festival. The Poet Laureate, Amy Solomon-Minarchi introduced Sue when she read on October 5 at the Washington Center for the Performing Arts.

Quilter News: Looking for an idea, check this out...
Stitching Together Women's Suffrage by the Susan B Anthony House
Visit: <http://www.susanbanthonyhouse.org/2020quiltproject/>
The goal is to create a collaborative piece of textile art that will honor the suffrage movement.

Janet Sears is featured in the latest artist profile video by Bill Lange:
<https://vimeo.com/286385085>

We are looking for artists interested in providing art for the cover of **THE VOICE** or for the 36" x 36" bulletin board located in Pan Hall in 2019. Please contact aprilworks@gmail.com or x5496.

April Works

A Sunday Sail on Puget Sound by Sue Prince

It was a day to be on the water.
The universe gifted us
a flawless pearl

of unblemished sky
mountains etched in sunlight.
The water gently slapped

the sides of Adventure
whose sails puffed with pride
as the flag snapped a staccato beat.

Good-natured conversation
punctuated an array of food and
drink that sated both soul and stomach.

We swayed in the ensuing wake
of racing boats as Wheat Thins
slid onto bright blue cushions.

Opinions differed as widely
as personalities yet we
shared the day's fortune.

The facts of a difficult world
were easy to cast aside –
we cruised within

the sails of contentment.
Everything was right,
nothing was missing.

In the Footlights– Theater Notes

The Fall KPAN show has been postponed until spring and will be a dinner mystery theater in the restaurant. Stay tuned for the date, but get your flapper dresses and speakeasy attire ready for the event.

We are glad that many people are taking advantage of the pre-event opportunity to have a glass of wine. The PAAT is working with Seventeen51 to provide a wider range of beverages including soft drinks and diet sodas.

We have some new technical volunteers to help run the equipment in the Auditorium. Many thanks to Pat Morton, Carolyn Odio, Ray Baker and Shirley Shakarian for stepping up to learn the operations.

We received a donation of eleven face microphones from Entertainment Explosion in thanks for many years of community support from Panorama. This will greatly improve our theatrical productions.

The new aisle lights are in operation to assist patrons as they return safely to their seats in a darkened auditorium.

Would you like to serve as a volunteer usher at the Auditorium? It's a fun job and you get to meet new neighbors. You can work an hour a two or a month at an event you choose. Contact Katherine Billings if you are interested.

Answer to the September Trivia Question - What is a Sitzprobe? In opera and musical theatre, a sitzprobe (from the German for seated rehearsal) is a rehearsal where the singers sing with the orchestra, focusing attention on integrating the two groups. It is often the first rehearsal where the orchestra and singers rehearse together.

November Trivia Question: What is a Cyclorama?

Gail Madden

Readers Theater presents *Illuminating Rumi*

Currently considered the best-selling poet in the United States, Rumi was a Persian mystic who lived in the 13th century. His reflections on pain, joy, love and life are at once simple and deeply profound, verging on the sublime. For example,

- *You are not a drop in the ocean. You are the entire ocean, in a drop.*
- *Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself.*
- *Out beyond ideas of wrongdoing and rightdoing, there is a field. I'll meet you there.*
- *Love is the bridge between you and everything.*



Rumi was born in 1207 in the eastern fringes of the vast Persian Empire. When still a young man, his father moved the family to the highlands of Turkey to escape the rampages of Genghis Khan.

Even in his youth, Rumi was greatly respected and revered, and many sought out his guidance and counsel. The death of a close friend and fellow mystic unleashed an unparalleled outpouring of verse, creating a corpus far exceeding that of any other poet, including Shakespeare.

Readers Theatre takes great delight and pleasure in sharing with you *Illuminating Rumi*, a brief glimpse into the magical and transformative wisdom of Rumi, complemented by illustrative and inspiring slides and music from around the world. Please join us in Panorama Auditorium on **Saturday, November 17th at 7:00pm** or **Monday, November 19th at 1:30pm**. Please call ahead to take advantage of the shuttle to the Auditorium.

Michael Reveal

MONTHLY AND SPECIAL EVENTS WEEKLY

SUNDAY

1:00 Needle Felting QAS
 3:00 Chapel Service QC
 3:30 Bocce Ball MP
 6:00 Ping Pong CH

- AF Aquatic & Fitness Center
- CAS Clay Arts Studio
- CH Chalet
- CK Chinook
- CFT Quinault Craft Room
- CRT Convalescent Center Training Room
- DR Restaurant Dining Room
- GD Game Den - Quinault
- GH Garden House
- GR Gallery Room
- ILC Independent Living Conference Room
- MC Minnaert Center
- MP McGandy Park
- PAG Auditorium Green Room
- PAL Auditorium Lobby
- PAT Auditorium Theater
- PH Panorama Hall
- PP Pea Patch Gardens
- QA Quinault Auditorium
- QAS Quinault Art Studio
- QC(B) Quinault Chapel(Balcony)
- QCR Quinault Coffee Room
- QES Quinault Exercise Studio
- QFR Quinault Fitness Room
- SR Seattle Room
- StM St Martin's College/Abbey
- TCR Tacoma Conference Room
- TV Quinault TV Studio
- WCPA Washington Center for the Performing Arts

4
 1:05 Seahawks Football PAT
 1:45 Bus-Oly Chamber Orchestra
 3:15 Bus - Student Orchestras

11 Veterans Day
 1:25 Seahawks Football PAT

18
 2:15 Bus - Oly Symphony WCPA
 4:00 Hearing Support TCR

25
 10:00 Seahawks Football PAT
 4:15 Bus - Greatest Show WCPA

MONDAY

7:45 Boot Camp AF
 8:45 Silent Meditation Group QCB
 8:45 Challenge Fitness AF
 9:00 Aquafit AF
 9:00 Challenge Fitness QFR
 10:00 Chair Yoga AF
 10:30 AL Group Exercise QFR
 10:30 Catholic Communion QC
 12:15 Ballance Tai Ji Quan QFR
 1:00 Mah Jong GD
 1:30 Parkinsons Exercise AF
 3:00 Parkinsons Exercise AF
 3:30 Water Volleyball AF



5
 10:00 Clergy/Spouse Coffee QCR
 10:00 State of the Community CH
 1:00 Garden Board SR
 1:30 Video -Craft in America PAT
 1:30-3:30 Quilt Display Opening PAL
 1:30 Book Review QA
 7:00 Monday Night Program PAT - Vintage Rock & Roll

12
 9:30-12:00 B'day Dinner Tickets PH
 10:00 Bus - Walk with Steve
 1:00 Basket Makers QAS
 1:30 Video Blank on the Map PAT
 3:30 Women's Energy Group QCB

19
 10:00 Senior Lobby CH
 10:30 Catholic Mass QC
 1:30 Fitness Orientation AF
 1:30 Readers Theater Live PAT
 7:00 Monday Night Program PAT - Chris Anderson

26
 11:30 Food2BFit DR
 1:30 Easter Island Video PAT
 3:30 Women's Energy Group QCB
 7:00 Monday Night Program PAT - SPSCC Orchestra

TUESDAY

7:30 Basic Water Fitness AF
 8:00 Yoga II AF
 8:00 Strength & Tone QFR
 9:00 Water Aerobics AF
 9:15 Functional Fitness AF
 9:30 Lapidary Q
 9:30 Tai Chi QFR
 9:30 Chorus Rehearsal PAT
 10:00, 11:00 Spanish Class SR
 10:25 Stretch & Strength AF
 10:30 AL Stretch Group QFR
 11:35 Yoga I AF
 1:00 Knitting Circle CFT
 1:30 AL Tai Ji Quan QFR
 2:00 Pilates AF
 2:00 Weavers Q
 3:30 Water Volleyball AF
 4:30 Moving Meditation AF

6
 9:30-12:00 B'day Dinner Tickets PH
 10:00 Writing Your Life QCB
 10:00 State of the Community QA
 11:00 Great Music -Mozart PAL
 12:00 SIRs Bridge CH
 1:30 State of the Community CK
 1:30 PAAT PAL
 2:30 Memory Café GR
 5:00 Bus - Dinner at its Best

13
 8:00 Bus Buddies
 9:00 Interfaith Devotions QCB
 9:00 Bus - Salmon Trail
 9:30 Resident Council QA
 10:00 Comfort & Care PAT
 12:00 Christian Women GR
 1:00 Democratic Study Group QA
 2:00 Caring for the Caregiver QCB
 5:30 Scrabble Group GD
 6:15 Grand Slam Bridge QCR
 7:00 Piatagorsky Concert PAT

20
 10:00 Bus - Emerald Queen Casino
 10:00 Writing Your Life QCB
 11:00 Military Widows GR
 12:00 SIRs Bridge CH
 1:30 Vision/Hearing Support QA
 1:30 Movie -Our Souls at Night PAT

27
 9:30-12:00 Activity Registration PH
 1:30 Movie - Me Before You PAT
 2:00 Interfaith Devotions QCB
 5:00 Pub Trivia Happ Hour Bistro
 5:30 Scrabble Group GD
 6:15 Grand Slam Bridge QCR
 7:00 Pub Trivia Bistro

WEDNESDAY


7:45 Boot Camp AF
 8:45 Challenge Fitness AF
 9:00 Challenge Fitness AF
 9:00-1:00 Open House AF
 9:00 Aquafit AF
 10:00 Chair Yoga AF
 10:30 AL Group Exercise QFR
 11:00 Zumba AF
 12:00, 1:30 & 3:00 Weight Watchers AF
 3:00 Parkinsons Exercise AF
 3:30 Water Volleyball AF

7
 9:00 Christian Women GR
 9:30-12:00 B'day Dinner Tickets PH
 10:00 State of the Community QA
 10:30 Life After Loss PAL
 11:30 Lunch & Learn PAT
 11:30 Arts Guild Presentation PAT
 1:30 Duplicate Bridge CH
 1:30 State of the Community CK
 5:00 Parkinsons Exercise AF
 6:00 Bunco

14
 9:00-3:00 SHS Presentation PAT
 1:00 Duplicate Bridge CH
 1:30 Living with Loss PAT
 1:30 LIR William Shakespeare PAT
 1:30 Book For a Better World PAT
 3:00 Green Team Presentation PAT
 6:45 Bingo
 7:00 Gospel Music Presentation PAT

21
 10:30 Life After Loss PAL
 10:30 Methodist Church Presentation PAT
 11-3 Garment Making PAT
 11:00 MOAA Presentation PAT
 11:30 Lunch & Learn PAT
 1:30 Duplicate Bridge CH

28
 9:00 Transit Information Presentation PAT
 11:00 Bus - L & M Presentation PAT
 1:30 Duplicate Bridge CH
 1:30 The 33 Presentation PAT
 3:15 Bus - An Introduction Presentation PAT
 6:45 Bingo

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>mp AF</p> <p>ge Fitness AF</p> <p>ge Fitness QFR</p> <p>en Art QAS</p> <p>AF</p> <p>Yoga AF</p> <p>oup Exercise QFR</p> <p>AF</p> <p>3:00 Panwriters SR</p> <p>Pool CH</p> <p>bir QCB</p> <p>ons Exercise AF</p> <p>Watchers QFR</p> <p>olleyball AF</p>	<p>7:30 Basic Water Fitness AF</p> <p>8:00 Yoga II AF</p> <p>8:00 Strength & Tone QFR</p> <p>9:00 Water Aerobics AF</p> <p>9:15 Functional Fitness AF</p> <p>9:30, 10:30 Spanish Class SR</p> <p>10:00 Bible Class QCB</p> <p>10:25 Stretch & Strength AF</p> <p>10:30 AL Stretch Group QFR</p> <p>11:35 Yoga I AF</p> <p>1:00 Quilters Club CFT</p> <p>1:00 Open Studio CAS</p> <p>1:00 Open Play Mah Jong GD</p> <p>1:00 Folk Dancing AF</p> <p>1:30 AL Tai Ji Quan QFR</p> <p>3:00 Mindfulness Meditation AF</p> <p>4:30 Moving Meditation AF</p>	<p>7:45 Boot Camp AF</p> <p>8:45 Challenge Fitness AF</p> <p>9:00 Aquafit AF</p> <p>9:00 Challenge Fitness QFR</p> <p>9:00-5:00 Open Art QAS</p> <p>9:30 Lapidary Q</p> <p>9:30 Chorus Rehearsal PAT</p> <p>10:00 Tai Chi AF</p> <p>10:00 Friday Share PP</p> <p>10:30 AL Group Exercise QFR</p> <p>11:00 Zumba AF</p> <p>12:30 Open Pool CH</p> <p>1:00 Brain Fitness QCB</p> <p>2:00 Pilates AF</p> <p>3:30 Water Volleyball AF</p> <p>6:00 Shanghai QCR</p> <p>6:00 Ping Pong CH</p> <p>6:30 Open Bridge QCR&CK</p>	<p>10:00 Open Studio CAS</p> 



	<p>1</p> <p>9:00 Bus - Nordic Museum</p> <p>10:00 CarTable QCR</p> <p>11:45 Republicans GR</p> <p>1:00 Golden Girls Bridge CK</p> <p>1:30 Exercise Orientation QES</p> <p>1:30 Tillicum Guild CH</p> <p>1:30 3 Identical Strangers PAT</p>	<p>2</p> <p>1:30 Port of Olympia Forum QA</p> <p>2:00 Facercise Interest Meet AF</p> <p>2:30 Facercise Class AF</p> <p>2:30 Movie -Leave No Trace PAT</p> <p>3:30 Bus - Debbie Macomber</p> <p>5:15 Bus - Minnaert Gallery</p> <p>6:30 Bus - Clockwork OLT</p>	<p>3</p> <p>9:00 Bus - Brunch at its Best</p> <p>10:00 Windows Users CH</p> <p>11:00 Bus - PNW Ballet</p> <p>5:00-7:00 Salad Bar Saturday DR</p> <p>6:45 Bus - Capitol Steps WCPA</p> <p>7:00 Movie - Leave No Trace PAT</p>
	<p>8</p> <p>9-12 Shredding Event QLL</p> <p>10:00 State of the Community PAT</p> <p>10:00 Genealogy Group QA</p> <p>10:00 Market Update/Bill QCR</p> <p>11:15 Bus - Schmidt House</p> <p>1:30 State of the Community PAT</p> <p>2:30 Mindfulness Meditation AF</p> <p>5:30 Poker GD</p> <p>6:15 Bus - Oly Genealogy Society</p>	<p>9</p> <p>10:30 Grey Resistance CH</p> <p>11:30 Readers Theater Meet QCR</p> <p>1:30 Book Folding QAS</p> <p>2:00 Library Orientation</p> <p>2:30 Movie - Lean on Pete PAT</p>	<p>10</p> <p>9:00 Bus - Seattle Auto Show</p> <p>10:00 iPad Users CH</p> <p>11:00 Bus - Seattle Rep</p> <p>4:00 Model Boat Float AF</p> <p>7:00 Movie - Lean on Pete PAT</p>
	<p>15</p> <p>9:00 Bus - Bellevue Shopping</p> <p>1:00 Golden Girls Bridge CK</p> <p>2:00 CL Book Club TCR</p> <p>2:00 Living with Parkinsons QA</p> <p>2:30 Mindfulness Meditation AF</p> <p>5:00 Birthday Dinner DR</p> <p>6:30 Bus -World Affairs Lecture</p> <p>6:45 Bus - Seattle Comedy WCPA</p> <p>7:00 SF&F Book Club CH</p>	<p>16</p> <p>9:00-3:00 Holiday Market PAL</p> <p>9:30 Chorus Rehearsal PAT</p> <p>10:00 Exercise Orientation CH</p> <p>11:00 School Retirees DR</p> <p>3:00 Kaffeeklatsch CK</p> <p>6:00 Bus - Traditions Café</p>	<p>17</p> <p>9:00-3:00 Holiday Market PAL</p> <p>9:30 Bus - Holiday Bearzaar</p> <p>10:00 Photography Group QCR</p> <p>10:00 MacUsers CH</p> <p>5:00-7:00 Salad Bar Saturday DR</p> <p>7:00 Readers Theater Live PAT</p>
	<p>22 Thanksgiving</p> <p>12:00 or 2:30 Thanksgiving Dinner DR</p>	<p>23</p> <p>4:00 Bus - Jane Lynch Christmas</p>	<p>24</p> <p>9:45 Bus - Shipwreck Beads</p> <p>7:00 Movie-Our Souls at Night PAT</p>
	<p>29</p> <p>9:30 Service Quilting CFT</p> <p>10:00 Bus - Victorian Christmas</p> <p>1:00 Service Quilting CFT</p> <p>1:30 Patriotic Program PAT</p> <p>4:00 Bus - Zoo Lights</p>	<p>30</p> <p>10:00-2:00 Santa's Shop Encore</p> <p>1:00 Readers Theater Open Table SR</p> <p>1:30 Movie - Woman Walks Ahead PAT</p> <p>1:30 Fly Tying CFT</p>	

Activities and Events

November 2018

**Registration for November activities begins on Thursday, October 25th
Call or Email Activity Desk for more information on events listed below:
Extension x5565 or activitydesk@panorama.org
Activity Desk Hours: 9:30am-12:00pm (Monday – Friday)**

- Thu 1 **Nordic Museum (Seattle)** presents *The Vikings*~ Based on the latest research conducted on both historic and recent discoveries of Viking-era artifacts by Uppsala University in Sweden, *The Vikings Begin* tells the story of the Vikings of early Scandinavia (Sweden, Denmark, and Norway). Uppsala University's museum, has produced this exhibition of original artifacts, reconstructions, and archaeological discoveries from early Viking age society using cutting-edge research done by Uppsala professor Neil Price and his team. Enjoy a no-host lunch on your own at the museum's *Freya Café*, offering a delicious menu of smørrebrød, personal smørgåsbord, Danish Dogs, along with other Scandinavian favorites. Admission is free (every 1st Thursday). Sign up for the bus at the Activity Desk. **\$20.00, BL 9:00am, (approx reboard 3:00pm)**
- Thu 1 **CarTable** ~ Join the community CarTable! We will discuss anything automotive and are in need of your questions to ponder. **10:00am, QCR**
- Thu 1 **Panorama Republicans**~ Attorney Rebecca Glasgow, will be guest speaker at our Republican luncheon. She will discuss importance of the Court of Appeals and interesting cases. She is a candidate for Judge of the Court of Appeals, a non-partisan office. This luncheon is in replace of our general meeting. We will be ordering from a limited lunch menu. Contact Betty x5722 or Linda x5553 for reservations. **\$14.00, 11:45am, Gallery**
- Thu 1 **Tillicum Guild** ~ If you aren't a member, join us to learn more. We meet the first Thursday of the month. **1:30pm, CH**
- Thu 1 **Quinault Exercise Studio Orientation** ~ This orientation is a great way to learn all about the equipment and machines available for you to use in the Quinault Exercise Studio. AFC Coordinator Erin Dorn will be talking about the benefits of each machine, and showing residents how to be more safe and effective when using the equipment available. Come with curiosity and all are welcome to attend. **1:30pm, QES**
- Thu 1 **Documentary** presents *Three Identical Strangers (2018)* ~ "In 1980 three young men who were all adopted meet each other and find out they're triplets who were separated at birth. They are catapulted to international fame, but it unlocks a disturbing secret that goes beyond their own lives - and could transform our understanding of human nature forever." **PG-13. 1:30pm, PAT**
- Fri 2 **Port of Olympia Community Forum**~ The Port of Olympia is embarking on a long term planning effort and is seeking taxpayers' input on what they should be doing. The Port wants to hear from you! Questions? Call Don Melnick x5709. **1:30pm, QA**
- Fri 2 **Facercise Interest Meeting** ~ This interest meeting will be to see who would like to take part in a Facercise class with Dr. Kathryn Parslow! She is a Certified Clinical Nutritionist and a Licensed Facercise Specialist. She will talk about how she can teach you ways to strengthen the muscles of the face and neck to tighten and tone them. This is a similar concept to other strength training you might do with the other muscles in your body! All who are interested are welcome to attend. **2:00pm, AFC**
- Fri 2 **Facercise Instruction Class** ~ Stay after the interest meeting to receive expert instruction on how to exercise the muscles of your face and neck. This one time instruction will give you the tools to learn how to exercise a part of your body that is just as important as the rest of you. Dr. Kathryn Parslow will be able to teach these useful exercises and let you know why they are important to your health. **\$25.00, 2:30pm, AFC**
- Fri 2 **Movie** presents *Leave No Trace (2018)* ~ "Will and his teenage daughter, Tom have lived off the grid for years in the forests of Oregon. When their idyllic life is shattered, both are put into social services. After clashing with their new surroundings, Will and Tom set off on a harrowing journey back to their wild homeland." **2:30pm, PAT (please note later start time)**
- Fri 2 **Bayview School of Cooking** presents *Debbie Macomber Book Signing*~ Debbie will be at the Bayview School of Cooking to sign copies of and talk about her new cookbook, *Debbie Macomber's Table: Sharing the Joy of Cooking*

- with *Family and Friends*. Sign up for the bus at the Activity Desk. **\$3.00, BL 3:30pm**
- Fri 2 **Minnaert Gallery Opening Reception**~ A collaborative exhibition incorporating textiles created by children in grades K through 12 in collaboration with skilled and experienced Panorama artists. Participating Schools include River Ridge High School, Lakes Elementary, Evergreen Forest Elementary, Nisqually Middle School, South Bay Elementary, Lydia Hawk Elementary, Woodland Elementary, Pleasant Glade Elementary, Lacey Elementary, and East Olympia Elementary, Tumwater. Sign up for the bus at the Activity Desk. **\$3.00, BL 5:15pm**
- Fri 2 **Olympia Little Theatre presents Clockwork**~ The wacky Dunwoody family, who will they murder next? Disappearing frogs, drunken uncles and dithering relatives. After hearing a hysterical tale, Zack dies laughing....literally. The grandfather clock, which hasn't worked in years, chimes once. Who is killing off the Dunwoody's in this frantic comedy/mystery? The twists and turns will keep you guessing to the very end. To purchase your own ticket, call the OLT box office (360)786-9484 or visit their website www.olympialittletheatre.org. Sign up for the bus at the Activity Desk. **\$3.00, BL 6:30pm**
- Sat 3 **Brunch at its Best** presents **Gather Gastropub**~ Gather Gastropub specializes in using organic ingredients and farm to table dining. Formerly known as Simply Organic Café. Sign up for the bus at the Activity Desk. **\$3.00, BL 9:00am**
- Sat 3 **Pacific Northwest Ballet** presents **All Premiere (McCaw Hall)**~ The first of three mixed-repertory programs brings new works from choreographers the world is watching. PNB audiences know Alejandro Cerrudo (*Little mortal jump*) for his inventive synthesis of mood and music. Alexander Ekman's *Cacti* has become an international hit: a kinetic, concussive ensemble work that is slyly ironic. PNB soloist Kyle Davis has been creating work for years, and we are thrilled to bring his premiere, *A Dark and Lonely Space*, to the mainstage. To purchase your own tickets, please call the Pacific Northwest Ballet box office (206)441-2424 or visit their website www.pnb.org. Sign up for the bus at the Activity Desk. **\$20.00, BL 11:00am**
- Sat 3 **Salad Bar Saturdays**~ A healthy outside, starts from the inside! Fill up with a fresh, delicious salad, with all of the fixings! **\$12.00, 5:00pm-7:00pm, Bistro**
- Sat 3 **Washington Center for the Performing Arts** presents **Capitol Steps**~ They're back! Enjoy a hilarious evening of political satire as the nationally-acclaimed Capitol Steps sets out to put the "mock" in democracy! Digging into the headlines of the day, they create song parodies and skits which convey a special brand of satirical humor. No politician, party, or policy is safe from this group of jesters! To purchase tickets, call visit the Washington Center website of call the box office (360)753-8586. Sign up for the bus at the Activity Desk. **\$3.00, BL 6:45pm**
- Sat 3 **Movie** presents **Leave No Trace Second screening**. See Nov 2 for description. **7:00pm, PAT**
- Sun 4 **Seahawks vs Los Angeles Chargers**~ Gather with friends to watch the game in the lobby or in the theater. Hot Dogs and light refreshments available. **12:00pm (pregame), 1:05pm(game), PAT**
- Sun 4 **Olympia Chamber Orchestra Concert (St John's Episcopal Church)**~ Program includes Symphony No. 3 by Berwald; Concerto for Organ, Strings, Timpani by Poulenc; Serenade No. 3 by Martinu, and Entrata Festiva by Peeters. Please note new time and venue from last year. Sign up for the bus at the Activity Desk. **\$3.00, BL 1:45pm**
- Sun 4 **Student Orchestras of Greater Olympia** presents **SOGO Fall Concert**~ SOGO features a comprehensive and sequential program designed to grow student abilities in sight-reading, basic to advanced instrument pedagogy and musical artistry. These goals are achieved by playing selections from the standard orchestral repertoire. Music is selected to represent various genres, cultures and historical periods. To purchase your own tickets, call the Washington Center box office (360)753-8586 or visit their website www.washingtoncenter.org. Sign up for the bus at the Activity Desk. **\$3.00, BL 3:15pm**
- Mon 5 **Resident Council** presents **State of the Community**~ **10:00am, CH**
- Mon 5 **Video** presents **PBS Craft in America series: Origins** "Craft traditions did not just appear fully-formed. Artists tie their work to early techniques and pass these practices on to others." **1:30pm, PAT**
- Mon 5 **Panorama Arts Guild** presents **The Quilt Challenge: Around the World** ~ Panorama Quilters have been challenged to make a quilt project representing the Challenge theme, "Around the World." Their quilt projects will be on display November 5th-9th in the Panorama Auditorium Lobby. Residents are invited to attend the opening reception on Monday, November 5th where cookies of the world will be served. **1:30pm-3:30pm, PAL**
- Mon 5 **Book Review**~ Bob Bowers will discuss two books, *The Deepest Well*, by Nadine Burke Harris, is a nonfiction account of childhood adversity and its effects on the health and welfare of adults. Not only does it examine the harm of adversity, but offers hope for preventing lifelong illness. *Before We Were Yours*, by Lisa Wingate, is fiction based on fact. The riveting story reveals how the bizarre practices of an orphanage affected generations. Both books deliver the message that what we do to children has consequences that last a lifetime. **1:30pm, QA**
- Mon 5 **Monday Night Program** presents **Tim & Len Rock Again- Vintage Rock & Roll**~ Enjoy live acoustic guitar renditions of songs from the early Rock & Roll era... the late 50's, 60's and 70's, along with entertaining stories about the people behind the music. Enjoy a no-host social hour before the show featuring wine & beer from Seventeen5 Restaurant & Bistro. Payments can be made on your resident account or by cash only. *Call reception for your seat on the 6:15pm campus shuttle.* **7:00pm, PAT**
- Tue 6 **Birthday Dinner Tickets on Sale**~ November Birthday Dinner will be on sale today and tomorrow (10/7) in Pan Hall. Featuring a delicious meal and great LIVE classical and contemporary songs on the harp by *Kippy Lou Scott*.

- Birthday Dinner will be held on *Thursday, November 15th*. **9:30am-12:00pm, Pan Hall**
 Tue 6 **Resident Council** presents **State of the Community~ 10:00am, QA**
 Tue 6 **Audio** presents **Mozart Chamber Music ~** Bring your lunch and listen to Robert Greenberg's analysis of Mozart's musical masterpieces. **11:00am, PAL**
 Tue 6 **Resident Council** presents **State of the Community~ 1:30pm, CK**
 Tue 6 **Memory Café~** Memory Café is a social gathering for residents coping with memory loss and their care partners. This month, children from a local pre-school will be joining us for conversation, refreshments and a simple fall craft. No RSVP necessary. Questions? Call Sara Wasser at x7776. **2:30pm-4:30pm, Gallery**
 Tue 6 **Dinner at its Best** presents **Swing Wine Bar~** Swing is perched on the hill overlooking Capitol Lake. Their goal at Swing is to make the wine and cocktail lists approachable and satisfying, and the staff is trained to suggest complimentary dining pairings for your unique experience. Sign up for the bus at the Activity Desk. **\$3.00, BL 5:00pm**
 Wed 7 **Christian Hymn Sing ~** Open to all! Spend one hour this month- giving special thanks to God in song!. No RSVP required. Bring a friend; make new friends. Have fun singing hymns as a group sitting at the tables with word sheets and piano playing. Can't sing? Hum along! Make a joyful noise of THANKS to the Lord! More info? Call Doug x5275. **9:00am, Gallery**
 Wed 7 **Resident Council** presents **State of the Community~** Call reception for your seat on the 9:15am campus shuttle. **10:00am, PAT**
 Wed 7 **Life After Loss: Coping with the Holidays~** An open support group for residents adjusting to life after the death of a loved one while also facing the stress of the holiday season. Join us as we share stories and learn strategies for coping with loss during the holiday season. Facilitated by Social Services x7776. **10:30am-11:30am, QCB**
 Wed 7 **Resident Council** presents **State of the Community~** Call reception for your seat on the 12:45pm campus shuttle. **1:30pm, PAT**
 Thur 8 **Fall Shredding Event~** This is an opportunity to take care of the shredding you forgot to do at the Winter and Spring 2018 Shredding Events. AVOID Identity theft, bring documents with Social Security numbers, bank account statements, financial and medical information you no longer need. Green Team members will be on hand to assist you. **9:00am-12:00pm, Quinault LL next to QCR**
 Thu 8 **Panorama Genealogy Group** presents **Preserving Family Records Workshop ~**Have you wondered about how to preserve and protect your family memorabilia? PGG is sponsoring a special two hour workshop conducted by Tracy Rebstock of the Washington State Archives. Tracy will talk about ways to preserve and protect family records while also touching on some simple things that can be done to prepare for a disaster. The workshop is open to everyone and you are encouraged to bring one item you are curious about learning to preserve. Some items might be a scrapbook, a Bible, a letter, etc. A handout will be given but be sure to bring something on which to take notes. **QA, 10:00am**
 Thu 8 **Resident Council** presents **State of the Community~** Call reception for your seat on the 9:15am campus shuttle. **10:00am, PAT**
 Thu 8 **Schmidt House History Talks** presents **History of St. Martin's University~** The University Chaplain of St. Martin's University, Fr. Peter Tynan, OSB, brings us a look at the early struggles of the school in Lacey, begun in 1895 by a handful of Roman Catholic monks from Minnesota. Learn how the school overcame prejudice, economic realities, and unrealistic expectations as it has grown over the past century. Sign up for the bus at the Activity Desk. Limited space. **\$3.00, BL 11:15am**
 Thu 8 **Resident Council** presents **State of the Community~** Call reception for your seat on the 12:45pm campus shuttle. **1:30pm, PAT**
 Thu 8 **Mindfulness Meditation Orientation ~** For beginners or experienced students. There are over 3000 studies and research papers demonstrating the benefits of mindfulness. We will offer guidance and respond to questions, as well as practice. Come to one or both sessions - each will be different. Everyone welcome! Charles Kasler x5634, Connie Ruhl x5104. **2:30pm-3:30pm, AFC**
 Thu 8 **Olympia Genealogy Society** presents **"Why Did I Take This DNA Test? All I See Is A Pie Chart That Doesn't Make Sense!" ~** Nancy Cordell, professional genealogist and President of OGS will share good information about DNA testing and what to do with your test results. OGS meetings are held at the Thurston County Courthouse, Bldg 1, Rm 152 and Panorama provides a bus with signups at the Activity Desk. **\$3.00, BL 6:15pm**
 Fri 9 **Grey Resistance Indivisible~ 10:30am, CH**
 Fri 9 **Book Folding Class with Tam (Class 1 of 2)~** A simple heart design can be completed in one 3-hour class. Continue on the second day (11/14) for advanced cut and fold technique for more intricate designs. Examples are on display in the Panorama library or contact Tam for a list of available designs. Supplies are provided. Class maximum of 12 students. *Pay by personal check only; payable to Tamra Alden.* Sign up for the class at the Activity Desk. **\$15.00, 1:30pm-4:30pm, QAS**
 Fri 9 **Library Orientation and Tour ~** New to Panorama? New to the Pan Library? Or just want to get the most out of your library time? Our monthly tour and orientation will answer all your questions about our amazing Library. Learn how to use your online Library account, locate that elusive book, reserve titles by your favorite authors, request a book purchase, or get access to the latest eBooks. Tour begins on the lower level of the Library. **2:00pm, Library**

- Fri 9 **Movie** presents *Lean on Pete* (2017) ~ "A teenager gets a summer job working for a horse trainer and befriends the fading racehorse, Lean on Pete. A Coming of Age Story" **Rated R for language and brief violence. 2:30pm, PAT** (please note later start time)
- Sat 10 **CarTable Road Trips** present *Seattle International Auto Show* (CenturyLink Event Center)~ Check out the 2019 models, along with electric vehicles, exotics, and luxury cars. Purchase your admission ticket online at seattleautoshow.com, or at the door (\$14). Sign up for the bus at the Activity Desk. **\$20.00, BL 9:00am** (approx. reboard at 2:00pm)
- Sat 10 **Seattle Repertory Theatre** presents *A Thousand Splendid Suns* (Bagley Wright Theatre)~ Based on the sweeping, internationally best-selling novel, *A Thousand Splendid Suns* is the tale of the unlikely connection that blossoms between two Afghan women in war-torn Kabul. As rockets shriek down from the heavens, the friendship of Laila and Mariam develops into an iron-bound rapport, forged by their defiance of a life of senseless tyranny. Secrets, lies, and pacts are made in this harrowing yet ultimately beautiful piece about the true cost of sacrifice. To purchase tickets, please call the Seattle Repertory Theatre box office, 877-900-9285 or visit their website, www.seattlerep.org . *Minimum of 6 residents for bus to run.* Sign up for the bus at the Activity Desk. **\$20.00, BL 11:00am**
- Sat 10 **Model Boat Float** ~ This event is for model boat builders and model boat lovers! It is a place to float, operate, or just talk about boats in general. All are welcome, including spectators. Contact George Bush at x5955 for more information. **4:00pm-6:00pm, AFC Lap Pool**
- Sat 10 **Movie** presents *Lean on Pete* ~ *Second screening.* See Fri 9th for description. **7:00pm, PAT**
- Sun 11 **Seahawks vs Los Angeles Rams** ~ Gather with friends to watch the game in the lobby or in the theater. Hot Dogs and light refreshments available. **12:30pm (pregame), 1:25pm(game), PAT**
- Mon 12 **Veteran's Day**~ *Executive offices, Activity desk and Panorama Auditorium will be closed in observance of Veteran's Day. The Aquatic & Fitness Center will remain open for regular hours, but no classes will be held. Seventeen Restaurant & Bistro will open at 9:00am in the Bistro and 11:00am-3:00pm for lunch only.*
- Mon 12 **Birthday Dinner Tickets on Sale** ~ Enjoy November birthdays with your neighbors and friends with a delicious meal and great live music by *Kippy Lou Scott*. **9:30am-12:00pm, Pan Hall**
- Mon 12 **Walk with Steve** presents *Veteran's Day Memorial Walk*~ This is a walk that is dedicated to those that served and fought for our country over the past centuries. The Capitol Grounds have a number of memorials that pay tribute to all the major wars the US has fought, the WA. Medal of honor recipients and also the State law enforcement officers that have died in the line of duty in Washington. We will visit each memorial and talk a little about the war or conflict and about the sacrifice so many men and woman gave to our country. If any past veterans would like to say a few words about their service, we would be honored to have you say a few words during our walk. The walk will be app. 1 mile in length and will be on a paved surface. Sign up for the bus at the Activity Desk. **\$15.00, BL 10:00am**
- Mon 12 **Video** presents *A Blank on the Map* (1971) ~ "In David Attenborough's now well-known role of narrator of wildlife expeditions, he accompanies a government-sponsored trek into the central New Guinea highlands to make contact with a group of natives never before seen by Europeans." **1:30pm, PAT**
- Mon 12 **Women's Energy Group** ~ **3:30pm, QCB** (5th floor Quinault)
- Tue 13 **Intercity Transit Bus Buddies** presents *Bus Trip to Port Townsend* ~ Join Bus Buddies on a fun-filled day of adventure with public transportation. Bring a snack or money to buy lunch. Costs are minimal—bring dollar bills & quarters, Senior Bus Card or Senior Orca e-purse card. For RSVP contact Scott Schoengarth, 360-688-8832. **Meet at Olympia Transit Center, 8:00am** (Take Bus 60 at 7:10am to arrive downtown at 7:55am)
- Tue 13 **Interfaith Devotions** ~ Please join us for a time of reflection and quiet as we share together readings from the world's holy scriptures and other reflections and writings about the nature of our spiritual journey upon the planet. All are welcome. **9:00am, QCB**
- Tue 13 **Kennedy Creek Salmon Trail**~ Led by Panorama Resident and Docents, Cleve Pinnix & Warren Dawes, join us as we visit the Trail to learn more about the salmon life cycle and to observe Chum spawning and courting behaviors. Thanks to the volunteer docents, no questions go unanswered and all visitors get a rich Pacific Northwest experience. Please be aware that the terrain is a dirt path with hills, dress accordingly (warm clothes, rain protection, and shoes suitable for walking easy trails). Note: these trails are not suitable for the use of walkers, but a walking stick could be useful. Enjoy a no-host lunch at the Little Creek Casino to follow the tour. Sign up for the bus at the Activity Desk. **\$3.00, BL 9:00am**
- Tue 13 **Independent Living Services** presents *Comfort & Care: Palliative, Hospice and End-of-life Options*~ Learn the difference between palliative care, hospice and Death with Dignity from a panel of experts in the field. Whether you are planning ahead for yourself or are concerned about the future of a loved one, this forum will give you the essential information and reassurance that comfort and care is available when it's needed most. Guest speakers include: Dr. Matthew Louis, MD and Jessica Foster, MSW, LMSW, LSWA-A from Providence Outpatient Palliative Care Clinic, Julie Ostling, RN, BSN from Assured Hospice and Sally McLaughlin, MA from End of Life Washington. This program is hosted by Panorama Social Services and Clinical Operations. Questions call Social Services at x7776. *Call reception for your seat on the 9:15am campus shuttle.* **10:00am, PAT**
- Tue 13 **Christian Women Connection**~ Our special guest is Mareen Isaman who will display dolls in their homemade clothing. The dolls are some of many designed to donate to the Salvation Army to make 'Little Girls Happy at Christ-

- mas.' For reservations, call Sylvia 360-943-0627 by the Friday, November 9th. **\$16.00, 11:00am, Gallery**
- Tue 13 **Democratic Study Group~** What is ahead for the Washington legislature? By our meeting date the composition of the legislature will be known. Will the Democrats retain majorities in both chambers? Will Democrats strengthen their majorities, will it be less so? Will Republicans strengthen their hand? Come hear our two Representatives, Beth Doglio and Laurie Dolan, speak about the composition of the legislature and their priorities for the upcoming legislative session. **Please note time change to accommodate our representatives' schedules.* **1:00pm, QA**
- Tue 13 **Live at the Theatre! Presents Piatigorsky Fall Tour~** The Piatigorsky Foundation brings to us another great show featuring soprano Katharine Dain and piano accompanist Renate Rohlfing. This show is sponsored by the Office of Philanthropy. *Call reception for your seat on the 6:15pm campus shuttle.* **7:00pm, PAT**
- Wed 14 **SHIBA Medicare Open Enrollment~** Medicare's Open Enrollment period is October 15 – December 7. The SHIBA (Statewide Health Insurance Benefit Advisor) are available to meet individually with residents to answer questions and review Medicare choices for Part D (drug) or Part C (Advantage Plans). **For appointments call 360-586-6181 Ext. 134.** Questions call Social Services at x7776. **9:00am-3:00pm, CH**
- Wed 14 **Learning in Retirement Lecture Series** presents **Nisqually Indian Tribe with Willie Frank~** Willie Frank III has been a Nisqually tribal council member since 2009. Like his father, Billy Frank Jr., much of his focus has been on natural resource issues for both the Nisqually Tribe and the 20 treaty tribes of western Washington. This presentation will discuss Nisqually tribal history, which includes their natural resources and the importance of salmon to their native community. Sponsored by the Office of Philanthropy. *Call reception for your seat on the 12:45pm campus shuttle.* **1:30pm, PAT**
- Wed 14 **Green Team Meeting~** Please join us and participate in this month's Green Team meeting. New residents are always welcome. **3:00pm, QA**
- Wed 14 **Book Folding Class with Tam (Class 2 of 2)~** See Friday, November 9th blurb for more information. **1:30pm-4:30pm, QAS**
- Wed 14 **Special Concert** presents **Youth Gospel Outreach Band & Choir~** *Call reception for your seat on the 6:15pm campus shuttle.* **7:00pm, PAT**
- Thu 15 **Bellevue Square Shopping~** Offering over 180 retail stores, Bellevue Square will serve all of your holiday shopping needs. No-host lunch on your own. Sign up for the bus at the Activity Desk. **\$20.00, BL 9:00am (approx reboard 2:00pm)**
- Thu 15 **Mindfulness Meditation Orientation ~** For beginners or experienced students. There are over 3000 studies and research papers demonstrating the benefits of mindfulness. We will offer guidance and respond to questions, as well as practice. Come to one or both sessions - each will be different. Everyone welcome! Charles Kasler x5634, Connie Ruhl x5104. **2:30pm-3:30pm, AFC**
- Thu 15 **Birthday Dinner~** Celebrate November birthdays with your friends and neighbors. Enjoy a delicious meal and great LIVE classical and contemporary songs on the harp by Kippy Lou Scott. With questions, please contact Jo Love or Diane at x5406. **5:00pm, \$20.00, DR**
- Thu 15 **Olympia World Affairs Council Lecture Series** presents **Good, Evil, U.S. Foreign Policy and the Trump Administration~** Daniel Bessner, Assistant Professor from the University of Washington's Jackson School of International Studies, will examine the ways in which the Trump administration's foreign policies actually exemplify trends that have defined American foreign policymaking since the early Cold War. This lecture is free and open to the public. Sign up for the bus at the Activity Desk. **\$3.00, BL 6:30pm**
- Thu 15 **Washington Center of the Performing Arts presents Seattle International Comedy Competition~** For one night only, Olympia will play host to the semi-finalists who have survived the preliminary rounds as they face off in an epic skirmish of punch lines and comedic timing. These talented comedians have 10 minutes to make you laugh, and hopefully earn a spot in the final rounds of this four-week competition. Your laughs help the judges pick the funniest of the bunch, so don't hold back! To purchase tickets, call the Washington Center box office (360)753-8586 or visit their website www.washingtoncenter.org. Sign up for the bus at the Activity Desk. **\$3.00, BL 6:45pm**
- Fri 16 **Holiday Market~** Shop for unique, hand-crafted items and art. Made exclusively by our Panorama residents! Invite your family and friends! This activity is open to the public. **Free, 9:00am-3:00pm, PAL**
- Fri 16 **Chalet Exercise Room Orientation ~** Join AFC Coordinator, Erin Dorn, as she talks about all of the exercise machines available to use in the lower level of the Chalet. She will talk about the benefits of each machine and demonstrate how to be more safe and effective when using the equipment available. **10:00am, Chalet Exercise Room**
- Fri 16 **German Kaffeeklatsch~** Wir laden Sie ein zum Kaffeeklatsch! You are cordially invited to join the German-speaking Panorama residents for an afternoon of coffee, tea, cake and German conversation. We are meeting in the Chinook coffee room on the first floor. (Note that the day has changed to the third Friday of the month.) For more information, call Sylvia x5909. **3:00pm-5:00pm, CK**
- Fri 16 **Traditions Café** presents **Cosy Sheridan~** Cosy Sheridan has been called "one of the era's finest and most thoughtful singer-songwriters." She first caught the attention of national folk audiences in 1992 when she won both the Kerrville Folk Festival's NewFolk Award and The Telluride Bluegrass Festival Troubadour Contest, then released her critically-acclaimed debut CD Quietly Led on Waterbug Records. Enjoy a no-host dinner before the show. Cost includes admission and transportation. Sign up at the Activity Desk. **\$18.00, BL 6:00pm**

- Sat 17 **Holiday Market**~ Enjoy the 2nd day of shopping for unique, hand-crafted items and art. Made exclusively by our Panorama residents! Invite your family and friends! This event is open to the public. **Free, 9:00am-3:00pm, PAL**
- Sat 17 **Olympia High School** presents **Holiday BEARzaar**~ You will BEARly believe all the crafts & antiques available at the 18th Annual OHS BEARzaar. Hunt for that special gift at over 170 vendors. Have a bite to eat at the café or warm up with a freshly brewed cup of coffee. Admission is free. Sign up for the bus at the Activity Desk. **\$3.00, BL 9:30am (approx. reboard 1:00pm)**
- Sat 17 **Panorama Photography Group**~ Join us for a fun, general meeting in November. Join us for some breakfast and review of images taken this year. Bring any images you would like to share. We will also talk about outings and educational opportunities in 2019. For more information and if you would like to be added to our mailing list, call Sylvia x5909. **10:00am-12:00pm, QCR**
- Sat 17 **Salad Bar Saturdays** ~ A healthy outside, starts from the inside! Fill up with a fresh, delicious salad, with all of the fixings! **\$12.00, 5:00pm-7:00pm, Bistro**
- Sat 17 Live Performance presents **Reader's Theater: The Poetry of Rumi** ~ Combining inspiring slides and music, Readers Theatre explores the timeless wisdom of Rumi, the 13th century Persian mystic poet. Considered the best-selling poet in the United States, his reflections on pain, joy, love and life are at once simple and sublime. Directed by Michael Reveal. Call reception for your seat on the 6:15pm campus shuttle. **7:00pm, PAT**
- Sun 18 **Olympia Symphony Orchestra** presents **We Shall Never Forget**~ World War 1 concluded 100 years ago this year, so this concert commemorates that global landmark. Led by Music Director and Conductor, Huw Edwards and performed at the Washington Center. A *Violin Concerto* (guest artist: Lauren Yoon, piano). To purchase tickets, call the Washington Center box office (360)753-8586 or visit their website www.washingtoncenter.org. Sign up for the bus at the Activity Desk. **\$3.00, BL 2:15pm**
- Sun 18 **Hearing Support Group** ~ Bring your hearing related concerns to this support group. No need to sign up. Just come! Questions? Contact Carolyn Odio at x 5699. **4:00pm, TCR**
- Mon 19 **Aquatic and Fitness Center Orientation** ~ Join AFC Coordinator, Erin Dorn as she gives a tour of the Aquatic and Fitness Center, talks about fitness classes, and demonstrates how to be more safe and effective when using the machines in the AFC. Come with curiosity; all are welcome to attend. **1:30pm, AFC Lobby**
- Mon 19 Live Performance presents **Reader's Theater: The Poetry of Rumi**~ See description on 10/17. Directed by Michael Reveal. Call reception for your seat on the 12:45pm campus shuttle. **1:30pm, PAT**
- Mon 19 **Monday Night Program** presents **Chris Anderson and the CJQ Holiday Show**~ Enjoy some of your favorite holiday tunes with young artist/vocalist Chris Anderson, accompanied by the Chris James Quartet. Enjoy a no-host social hour before the show featuring wine & beer from Seventeen5 Restaurant & Bistro. Payments can be made on your resident account or by cash only. *Call reception for your seat on the 6:15pm campus shuttle.* **7:00pm, PAT**
- Tue 20 **Emerald Queen Casino**~ Enjoy this premier gaming location in the Northwest! Choose from fifty-six of your favorite Vegas-style table games like Let it Ride, Blackjack, Spanish 21, Fortune Pai Gow, Craps and Roulette, and more! No-host lunch on your own at one of their many restaurant on site. Sign up for the bus at the Activity Desk. **\$14.00, BL 10:00am (approx reboard 3:00pm)**
- Tue 20 **Movie** presents **Our Souls at Night** (2017) ~ "A widow and widower who've lived next to each other for years. The pair have almost no relationship, but that all changes when Addie tries to make a connection with her neighbor. *Jane Fonda and Robert Redford* **1:30pm, PAT**
- Wed 21 **Life After Loss: Coping with the Holidays**~ An open support group for residents adjusting to life after the death of a loved one while also facing the stress of the holiday season. Join us as we share stories and learn strategies for coping with loss during the holiday season. Facilitated by Social Services x7776. **10:30am-11:30am, QCB**
- Wed 21 **Garments on the Go** ~ Shop for the latest fall fashions. **11:00am-3:00pm, QA**
- Thu 22 **Happy Thanksgiving!**~ *Executive offices, Activity desk, Panorama auditorium & Aquatic & Fitness center will be closed due to the holiday.*
- Thu 22 **Thanksgiving Dinner at Seventeen51** ~ Let's give thanks! Please join us to enjoy a traditional Thanksgiving dinner with family and friends. Vegetarian options will be available. *To make a reservation call #6623 or visit us in person!* **\$24.00 (includes tax & gratuity), 12:00PM or 2:30PM, Seventeen51 Restaurant & Bistro**
- Fri 23 **Pantages Theatre** presents **Jane Lynch: A Swingin' Little Christmas**~ A Swingin' Little Christmas is a throwback to the classic holiday albums of the '50s and '60s, featuring a big band sound with a sprinkling of Jane Lynch's trademark humor. She'll be joined by Kate Flannery (The Office), Tim Davis (Glee) and jazz favorites The Tony Guerrero Quintet to share fresh takes on classic carols and originals with nostalgic-nods in a night of rich music, touching moments, and Christmas whimsy. Jane Lynch is an Emmy and Golden Globe winner and is currently the two-time Emmy Award-winning host of NBC's Hollywood Game Night. Enjoy a no-host dinner before the show at the *Pacific Grill*. Available space on the bus for residents who purchase their own tickets. Cost includes ticket, ticket fees and transportation. Sign up for the bus at the Activity Desk. **\$76.00, BL 4:00pm**
- Sat 24 **Shipwreck Beads 2018 Winter Artisan Market**~ Come support Small Business Saturday and shop over 80 local artisan booths! Don't forget to bring your non-perishable food donations for the Thurston County Food Bank! Every 2 articles of food or dollar donated gets you one raffle ticket to win one of many prizes donated by our talented vendors. Sign up for the bus at the Activity Desk. **\$3.00, BL 9:45am (approx. reboard 1:00pm)**

- Sat 24 **Movie** presents *Our Souls at Night*~ *Second screening*. See Tue 20 for description **7:00pm, PAT**
- Sun 25 **Seahawks vs Carolina Panthers** ~ Gather with friends to watch the game in the lobby or in the theater. Hot Dogs and light refreshments available. **9:00am (pregame), 10:00am (game), PAT**
- Sun 25 **Washington Center of the Performing Arts** presents **The Greatest Showman Sing-Along**~ Join us for an Olympia tradition! This year we bring the circus to town with *The Greatest Showman*, starring Hugh Jackman and Michelle Williams. This bold and original musical is packed with belt-it-out hits like "This is Me," "Rewrite the Stars," and "A Million Dreams." Whether you're a karaoke superstar or strictly a shower soloist, you'll be in good company as we sing along to a movie that has captured our hearts and imaginations. To purchase tickets, call the Washington Center box office (360)753-8586 or visit their website www.washingtoncenter.org. Sign up for the bus at the Activity Desk. **\$3.00, BL 4:15pm**
- Mon 26 **Food2BFit** ~ It's the last Food2BFit presentation of the year! We will discuss grain alternatives, for those with gluten sensitivities or who simply want a tasty alternative. Your savory lunch will tap into the pungent and aromatic flavors of the Middle East. You will enjoy Kachi Yakhni Biryani while sipping hot Masala Chai and end your meal with Indian Sweet Coconut Porridge. Cost includes your lunch (and dessert!), a handout and a take home recipes. Sign up at the activity desk in Pan Hall and please let them know if you have any allergies, are vegetarian or vegan. **\$12.00, 11:30am, Seventeen51 Restaurant & Bistro**
- Mon 26 **Video** presents *Lost Gods of Easter Island* (2000) ~ "A simple, carved figure bought at an auction in New York leads David Attenborough on a global journey from Russia to Australia, from England back to the Pacific. On the way he delves into a history of the stunning stones on Easter Island." **1:30pm, PAT**
- Mon 26 **Women's Energy Group** ~ **3:30pm, QCB** (5th floor Quinault)
- Mon 26 **Monday Night Program** presents **South Puget Sound Community College Orchestra**~ Great holiday music brought to you by both students and adult artists in the community. *Call reception for your seat on the 6:15pm campus shuttle.* **7:00pm, PAT**
- Tue 27 **Activity Registration**~ Sign up for December Activities while enjoying fresh \$2.00 pastries from the Seventeen51 Restaurant & Bistro! **9:30am-12:00pm, Pan Hall**
- Tue 27 **Movie** presents *Me Before You* (2016) ~ "A girl in a small town forms an unlikely bond with a recently-paralyzed man she's taking care of. What he doesn't know is that Lou is about to burst into his world in a riot of color. And neither of them knows they're going to change each other for all time." **1:30pm, PAT**
- Tue 27 **Interfaith Devotions** ~ Please join us for a time of reflection and quiet as we share together readings from the world's holy scriptures and other reflections and writings about the nature of our spiritual journey upon the planet. All are welcome. **2:00pm, QCB**
- Tue 27 **Pub Trivia**~ Join us for another night of fun, friendly competition and laughs! Hosted by staff from the Lifestyle Enrichment Department at the Seventeen51 Restaurant & Bistro. Bring your friends, neighbors and thinking caps! *Enjoy a no-host Happy Hour appetizer buffet and drinks beginning at 5:00pm with great drink specials!* Prepare for a great night of fun and laughter. **7:00pm, Bistro**
- Wed 28 **Intercity Transit Bus Buddies** presents **Bus Trip to Victorian Country Christmas Festival (WA State Fairgrounds)**~ Join Bus Buddies on a fun-filled day of adventure with public transportation. Bring a snack or money to buy lunch. Costs are minimal—bring dollar bills & quarters, Senior Bus Card or Senior Orca e-purse card. For RSVP contact Scott Schoengarth, 360-688-8832. **Meet at Olympia Transit Center, 8:30am** (Take Bus 60 at 7:10am to arrive downtown at 7:55am) **OR Meet at Martin Way Park & Ride, 8:45am**
- Wed 28 **Intercity Transit Information**~ Learn more about alternative options for transportation. Bus buddies, reduced fare permits and more! **9:00am-11:00am, Pan Hall**
- Wed 28 **Lunch at its Best** presents **Mediterranean Breeze**~ Enjoy a variety of locally-sourced fresh ingredients ranging from mouthwatering wood-fired kebabs, stuffed Turkish flatbreads, to distinctively crafted classics you would see in the Middle East. Sign up for the bus at the Activity Desk. **\$3.00, BL 11:00am**
- Wed 28 **Documentary** presents *The 33* (2015) ~ "A docudrama of the 2010 Chilean mine disaster where the thirty-three miners were trapped underground for sixty-nine days, with all thirty-three eventually able to make it out of the mine alive." **1:30pm, PAT**
- Wed 28 **5th Avenue Theatre** presents *Annie*~ Join Annie, Sandy, Daddy Warbucks and the wicked Miss Hannigan for one of the best theater experiences you will ever have. Laced with unforgettable stories and songs including "Tomorrow," "It's a Hard Knock Life," "Easy Street" and so many others, this is a musical that will stay with you for a lifetime! (Seat location: Lower Center, Row: BB, Seats: 107-114). Available space on the bus for residents who purchase their own tickets. Enjoy a no-host dinner before the show at *Lola Restaurant*. Cost includes ticket, ticket fees and transportation. Sign up for the bus at the Activity Desk. **\$105.00, BL 3:15pm**
- Thu 29 **A Victorian Country Christmas Festival (Washington State Fair)** ~ Step back in time into a Victorian village where holiday music fills the air! Shop in over 500 stores and find the perfect gift for everyone on your list. Enjoy gourmet food, wine, and delicious taste treats throughout the festival! Cost includes admission and transportation. Sign up at the Activity Desk. **\$23.00, BL 10:00am**
- Thu 29 **Patriotic Program Honoring our Veterans**~ Mike Flood (V.P. of Community Outreach) will share "*The Seahawks in The Community*." Karen Robbins, co-author of *Flags Across America*, will share photos of the American flag as never

before seen. Books will be available to purchase and autographed. *Call reception for your seat on the 12:45pm campus shuttle. 1:30pm, PAT*

- Thu 29 **Zoo Lights**~ See the Zoo transformed into a colorful winter wonderland with more than a half-million lights. The holiday spirit comes aglow in this magical world of dazzling 3-D animal light displays. Enjoy a no-host dinner right before at Anthony's at Point Defiance. Cost includes admission to Point Defiance and transportation. Sign up for the bus at the Activity Desk. **\$22.00, BL 4:00pm** (approx reboard 9:00pm)
- Fri 30 **Santa's Shop**~ Mark down the date and make your plan- Lights and tinsel, yes you can! Fill your sack, more wreaths and trees. Come and shop- You will be pleased! Santa's Shop is open to the Panorama family only – residents, employees, contractors, and family members. Sale open 11/30 & 12/1, 10:00am-2:00pm. Call the switchboard to reserve a seat on the campus shuttle (10:00am, 11:00am, 12:00pm, 1:00pm). **10:00am-2:00pm, Encore Furniture & Books**
- Fri 30 **Movie** Presents **Woman Walks Ahead** (2017) ~ "Catherine Weldon, a portrait painter from 1890s Brooklyn, travels to Dakota to paint a portrait of Sitting Bull and becomes embroiled in the Lakota peoples' struggle over the rights to their land." **Rated R for brief violence and language.** (Second screening Dec 1) **1:30pm, PAT**

Planning Ahead

- Sat Dec 1 **Tacoma Musical Playhouse** presents **White Christmas**~ Based on the beloved, timeless film, this heartwarming musical adaptation features seventeen Irving Berlin songs and a book by David Ives and Paul Blake. Veterans Bob Wallace and Phil Davis have a successful song-and-dance act after World War II. With romance in mind, the two follow a duo of beautiful singing sisters en route to their Christmas show at a Vermont lodge, which just happens to be owned by Bob and Phil's former army commander. To purchase your own tickets, call the TMP box office (253)565-6867 or visit their website www.tmp.org. Sign up for the bus at the Activity Desk. **\$14.00, BL 6:15pm**
- Thu Dec 6 **Seattle Art Museum** presents **Peacock in the Desert**~ Imagine yourself in the luxuriant royal spaces of India's historic courtly life. Resplendent with brilliant paintings, lavishly made ceremonial objects, finely crafted arms and armor, sumptuous jewels, and intricately carved furnishings, Peacock in the Desert will transport you to the royal palace of Jodhpur, India. No host lunch on your own at the *Taste Café*. Cost includes admission (half off for seniors \$11) and transportation (\$20). Sign up for the bus at the Activity Desk. **\$31.00, BL 9:00am**
- Fri Dec 14 **Resident Holiday Reception**~ Save the date! The Panorama Board of Directors and staff request the pleasure of your company in celebrating the holiday season. *Personal invitations for your assigned seating time coming soon.*
- Sat Dec 15 **Traditions Café** presents **Bryan Bowers**~ Bryan visits us each December and provides us the opportunity to listen, to sing, and to laugh as the stories roll out from this long-standing and widely-lauded performer. Enjoy a no-host dinner before the show. Cost includes admission and transportation. **\$18.00, BL 6:00pm**
- Sun Dec 16 **Ballet Northwest** presents **The Nutcracker**~ Olympia's holiday favorite for over 30 years returns to the Washington Center, featuring new sets that premiered last season. A treat for the whole family with visions of the Sugar Plum Fairy, Nutcracker Prince, and an epic battle beneath the Christmas tree. Join little Clara and be whisked away to the Land of Sweets by Tchaikovsky's timeless score. To purchase your own tickets, call the Washington Center box office (360)753-8586 or visit their website www.washingtoncenter.org. Sign up for the bus at the Activity Desk. **\$3.00, BL 1:15pm**
- Thu Dec 27 **Paramount Theatre** presents **Disney's The Lion King**~ The entire Serengeti comes to life as never before. And as the music soars, Pride Rock slowly emerges from the mist. This is Disney's THE LION KING, making its triumphant return to the (Theatre)! More than 90 million people around the world have experienced the awe-inspiring visual artistry, the unforgettable music, and the uniquely theatrical storytelling of this Broadway spectacular – one of the most breathtaking and beloved productions ever to grace the stage. (Seat location: Main Floor 3, Row KK, Seats 6-13). Available space on the bus for residents who purchase their own tickets. Enjoy a no-host dinner before the show at *Palomino Restaurant*. Cost includes ticket, ticket fees and transportation. Sign up for the bus at the Activity Desk. **\$130.00, BL 3:30pm**
- Mon Dec 31 **New Year's Eve Silent Meditation**~ Everyone welcome! Charles Kasler x5634, Connie Ruhl x5104. **2:00pm-2:45pm, Quinault Chapel**
- Wed Jan 2 **Paramount Theatre** presents **Disney's The Lion King** (duplicate of 12/27)~ This trip will be offered to residents currently on the 12/27 Lion King waitlist, then opened to all residents. (Seat location: Main Floor 3, Row DD, Seats 7-14). Available space on the bus for residents who purchase their own tickets. Enjoy a no-host dinner before the show at *Palomino Restaurant*. Cost includes ticket, ticket fees and transportation. Sign up at the Activity Desk. **\$156.00, BL 3:30pm**
- Fri Jan 18 **Utah Ballroom Dance Company** presents **Shall We Dance?**~ Join us for a fun new program! Eight of our combined Panorama residents and staff participants will be partnered with a professional dancer to learn a 90-second ballroom dance routine. Over the course of a week, our resident and staff participants will refine their skills as they prepare to compete onstage and in front of a live audience. At the end of the week, we add in costumes, video highlights and a hilarious local judging panel for a show that you will absolutely love. *Call reception for your seat on the 6:15pm campus shuttle. 7:00pm, PAT*



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