

MIRABELLA *musings*



Waitlist Myth-Busters: Setting the Record Straight

One of the greatest benefits of joining Mirabella Portland's waitlist is having the opportunity to plan ahead. But over time, we've found that a few common misconceptions about the waitlist can create unrealistic expectations. Let's clear up a few of the biggest myths.

Myth: *You'll get a call when your number comes up.*

Reality: There is no numbered waitlist. If we don't know that you're planning to move to Mirabella within the next two years, we won't contact you about available residences. Keeping us informed of your timeline is the key to staying connected to opportunities.

Myth: *You can move to Mirabella when you or your spouse needs a higher level of care.*

Reality: Mirabella's Assisted Living, Memory Support, Skilled Nursing and Long-Term Care services are exclusively available to residents who already live here in Independent Living. Entry to the community begins with an Independent Living residence.

Myth: *Joining the waitlist guarantees you can move whenever you're ready.*

Reality: A successful move takes planning—from both you and our team. The earlier we understand your goals, preferences, and timing, the better we can help identify an apartment that fits your lifestyle and future plans.

The good news is that you don't have to navigate this process alone. Our team is here to help you understand your options, answer your questions, and create a personalized plan for your move to Mirabella.

If your goal is to make Mirabella your home within the next two years, now is the time to reach out. By partnering with us early, you'll have the best opportunity to find an apartment that meets your needs, reflects your preferences, and supports the lifestyle you envision.

Planning ahead today can make all the difference tomorrow. We look forward to helping you prepare for your future at Mirabella.

The Mirabella Sales Team
503-245-4742

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New Resident Profiles

Jim Bagnall



Now that you ask ...

I spent my formative years in Salt Lake City. After high school, I left for Occidental College, a small Liberal Arts college near Pasadena. The first of many leaps which

molded the character and values I hold today.

I drifted through a series of majors graduating with a BA in psychology.

I met my future wife, who fortunately, was not drifting ... her degree was in teaching.

I then reported to the USAF (United States Air Force) in San Antonio and was sent to McAllen, TX for Primary Flight Training. Another Leap.

I returned to California to marry Sandra at her home in the Bay. We drove back to Texas for Basic Flight Training in Laredo. A huge leap for a California girl. We adapted, learned together. She taught kindergarten, and I continued as a flight instructor for three years. It was a good life, however, the military was not a lifetime goal. Time for another leap. At age 25, in search of marketable skills, I became an undergraduate in architecture at UC Berkeley.

An older student with a previous degree, four years of "life experience," and whatever native design talent I possessed, I developed a network of faculty and professional contacts in architecture and graphic design for print, exhibition and film. Four years after entering Berkeley I accepted a two-year position on the architecture faculty at Cal Poly, San Luis Obispo. I remained there for 50 years, teaching design fundamentals to beginning students.

My latest leap into the Mirabella culture is an exciting one. I bring with me a passion for drawing and its relationship to memory.

Sandra and I had two sons. They, in turn, grew their own families. It was their effort, persistence, and love that made my "soft landing" at Mirabella possible.

Bob and Sandy Redding



My wife Sandy and I met through friends in Borrego Springs, CA. Sandy played a lot of tennis and some golf; I played a lot of golf and skied quite a bit. We had both been widowed and married in 2010. Sandy had spent her career in commercial real estate in San Diego, I practiced law and then served for a number of years as a trial judge in Oregon. We continue to spend winters in Borrego Springs and summers in Oregon.

We moved to Mirabella a month ago and will spend our summers here and continue with winters in Borrego Springs. No more skiing but golf and tennis and a lot of reading. Once we are settled we plan to enjoy walking the river path and hope we can find residents in the building who like to play Pitch.



MIRABELLA AUGUST PERFORMANCES & PRESENTATIONS

Attention Waitlist Members:

We'd love for you to join us for one of this month's fabulous events below! Seating is limited, so please contact us to confirm availability and reserve your spot.

All presentations will be at our Willamette Hall.

AUGUST 03 AT 7:45PM

Kerry Politzer's BOSSA PDX Trio

AUGUST 05 AT 7:45PM

Leonard Garrison and Shannon Scott
Flute and Clarinet Duo

AUGUST 24 AT 7:45PM

Front Porch Series: Fred Child, new CEO
and President, of All Classical Radio

OREGON AUTHOR'S SERIES

Taking an August break. See you in September!

THE FIRST PRESBYTERIAN CHURCH

Visit

**The Group Exhibit Of
Mirabella Artist
(August 2 - September 30)**

**The First Presbyterian Church
1200 SW Alder, Portland**

Reception/Opening:

**Sunday August 2, 2026,
11:30 AM - 1PM**

Waitlist Members: Please note the above events are subject to change.

Contact Sales & Marketing Director Renee Hix at rhix@retirement.org, if you are interested in attending the above performances.

A Look at Mirabella's Committees and Interest Groups

Curious to learn about Mirabella's Committees and Interest Groups, we will showcase one or two every month. Both new and current residents enjoy the comradery and experiences shared within each group. No limit as to how many you want to participate or be involved in.

Mirabella Players

This group will read short plays with roles for seniors. If there is interest and a level of competence, they will perform them as staged readings with action and props - no memorization!



The Sounds of Summer

by Dorothy Dworkin

We could hear it before we could see it, the sound of music, as the small, white "Good Humor" van made its way down the street. The tinkle of the bells reminded us that school was out and vacation had begun. We stopped whatever we were doing to line up on the sidewalks of our neighborhood to await the arrival of the ice cream man. In our hands, we clutched change, maybe 15 or 25 cents, payment for the treats that were coming our way. We saved our allowances during the winter months to buy popsicles or dixie cups from the refrigerated ice cream truck. If we were lucky, the wooden stick that held the ice pop was printed with a logo that entitled us to get a free ice cream.

Ice cream wasn't so available in years past. Its history goes back centuries. In China, frozen milk desserts, showed up around two-hundred BCE and were only available to royalty. For most of ancient history, ice cream was rare, expensive and difficult to prepare. Makers needed to live in mountainous areas with access to ice and have knowledge of how to turn the ingredients into the cold dessert. It took time, expertise and expense to create. The resulting product may not have resembled or tasted like what we call ice cream today.

Thomas Jefferson made the dessert popular after his visit to Europe. George Washington reportedly also enjoyed ice cream.

In 1843, Nancy M. Johnson patented a hand-cranked ice cream maker. Before her invention, ice cream had to be mixed by hand. Her invention is often credited with the beginning of large-scale commercial production of the dessert. Refrigeration was the turning point.

Although ice cream is never far from my "go-to" dessert list, I became more aware of its romantic potential after reading about a marriage celebration held in Portland. The couple met on a dating site in 1994. When the future groom invited the future bride to his home for dinner, dessert came from her favorite ice cream shop, Portland's own Salt & Straw.

About a year later, the wedding ceremony took place at the ice cream shop with the head ice cream maker officiating. Guests were served scoops of their favorite flavor while the bridal couple manned a waffle maker machine. Salt & Straw started 15 years ago as an ice cream cart in Northeast Portland and now has more than 50 shops across the country. It is also a venue for romance! Mirabellans, too, are enthusiastic about our ice cream desserts.

In 1980, however, Glasgow, Scotland engaged in an unsavory "ice Cream War." Rival criminal groups sold drugs and stolen goods from ice cream vans. They weren't the "Good Humor" vans from my childhood!

Frozen yogurt entered the scene in the 1970's as a more healthful alternative to ice cream. It may have fewer calories and less saturated fat than ice cream, but it sometimes contains more added sugar. For ice cream aficionados like me, it doesn't make the cut or the lick!!!

One day, I hope to visit one of the Museums of Ice Cream which are in Chicago, Miami, New York city and Boston with more cities to come. In the meantime, "I scream. You scream. We all scream for ice cream!"

COMING SOON!

HIGHLY DESIRABLE ONE-BEDROOM RESIDENCE

Don't miss this opportunity to learn more about one of our most sought-after one-bedroom floor plans.

For more information, please contact:

- Matt Espinosa 503-688-6505
- Renee Hix 503-688-6506

80% Refundable
Entrance Fee

\$571,000

(Available through September 30, 2026)

FEATURES

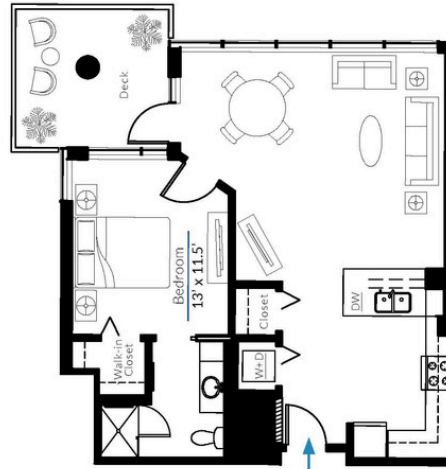
Upgraded Cabinetry and Designer Finishes
Expansive Living Room Windows
Inviting Balcony with River View

STYLE:

Hawthorne (4th-6th Floor)

Terrace

One Bedroom Interior: 836 SQ. FT.
Deck: 117 SQ. FT.



A Look at the Programs and Events

Our Mirabella Residents are Eager to Enjoy

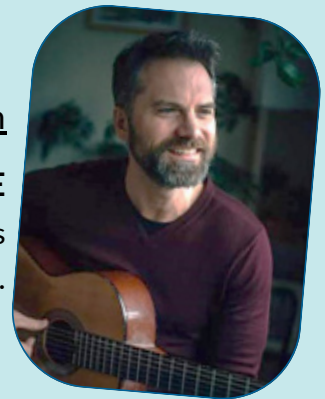
TUESDAY TUNES @ TWILIGHT

A Live Music Series in our Aqua Vita Lounge, held on the 2nd and 4th Tuesday of each month.

AUGUST 11 | 5:00-6:00 pm

JOSEPH DANE

Singer and guitarist will play songs from the 1950s and 1960s.



AUGUST 25 | 5:00-6:00 pm

THE MOSAIQUE DUO

Frank DiGiovanni (piano and vocals) and Thea Enos (vocals), will play smoky jazz in a non-smoking setting.

Travel Committee

The Travel Committee meets on the 2nd Tuesday of every month in the Park View Room at 3pm.
All residents are welcome to attend.

Sunday Supper Club

August 9 - Papa Haydn - Sellwood

Depart: 5:30 pm Return: 8:15 pm
Host: Geri A.

August 23 - King Tide Fish & Shell

Depart: 5:30 pm Return: 8:15 pm
Host: Reese B.

Planned Trips

August 6 - Schnitzer Gallery

Lunch at Besaw's

Depart: 10 am Return: 2 pm
Bus Fee: \$20
Host: Paula C.

August 13 - Willamette Falls Tour

Lunch at Five Spice - Lake Oswego

Depart: 9:30 am Return: 2 pm
Bus Fee: \$30
Host: Steve McC.

August 17 - Timberline Lodge Tour

Lunch at Trillium Lake Stop

Depart: 9 am Return: 5 pm
Bus Fee: Listed in the Travel Binder
Lunch: approx. \$38-40 pay at Lodge
Host: Mary Ann E.

Mirabella Cinema

Movies are shown on Thursdays at 7:45 pm
and Sundays at 2:00 pm in
Willamette Hall and on Channel 1981.

AUGUST MOVIE SCHEDULE

A Few Good Men (1992)

August 2nd 2:00pm

Up! (2009)

August 6th 7:45pm & 9th 2:00pm

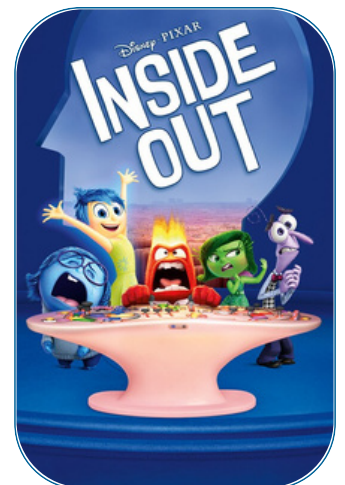
Wallace & Gromit: (2005)

The Curse of the Were-Rabbit

August 20th 7:45pm & 23rd 2:00pm

Inside Out (2015)

August 27th 7:45pm & 30th 2:00pm





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Waitlist Members: Please note the calendar is subject to change. Contact Sales & Marketing Director Renee Hix at rhix@retirement.org, if you are interested in attending events.						1 10:30am Billiards 2pm Mah Jongg 2pm A Window Into Tennessee
2 2pm Movie	3 9am Movie Group 2pm Open Watercolor 4:15pm Mobile Team 7:45pm Kerry Politzer BossaPDX Trio	4 1pm Grocery FM & SW 1:30pm 1 st Tue. Book Club 2pm Bridge 3pm Uke Group	5 10am Funds Advisory Comm. 12:30pm Mah Jongg 1pm Grocery Bus TJ & NS 2:30pm Improv Class 7:45pm Flute, Clairnet, Piano Trio	6 10am Sit & Sew 10am Schnitzer Gallery TRAVEL 2pm Bridge Class 3pm Rummikub 7:45pm Movie	7 10am Duplicate Bridge 1pm Costco & Winco 1pm Woodshop Comm. 2pm Bridge 3pm Uke Group	8 10:30am Billiards 2pm Mah Jongg 2pm Sing Along
9 9:15am Chatter PDX 2pm Movie 5:30pm Supper Club	10 9am Movie Group 1pm Security Sub 2pm Open Watercolor 2pm Welcoming Comm.	11 1pm Grocery FM & SW 1:30pm B & G 2pm Bridge 3pm Travel Comm. 3pm Uke Group 5pm TUESDAY TUNES	12 10:30am Spanish Table 12:30pm Mah Jongg 1pm Grocery Bus TJ & NS 2pm Transportation Comm 3pm Caregiver Support	13 9:30am Willamette Falls Tour TRAVEL 10am Library Comm. 2pm Bridge Class 2:30pm MEPS 3pm Rummikub	14 10am Duplicate Bridge 1pm Washington Sq. 2pm Bridge 3pm Uke Group	15 10:30am Billiards 2pm Mah Jongg
16	17 9am Timberline Lodge TRAVEL 2pm Open Watercolor 4pm Mirabella Chous	18 10am Programs Comm. 1pm Grocery FM & SW 2pm Bridge 3pm Uke Group 7:30pm Resident Birthdays	19 10am RAMP Council 12:30pm Mah Jongg 1pm Grocery Bus TJ & NS 2:30pm Improv Class	20 10am Sit & Sew 2pm Bridge Class 2pm Healthcare and Retirement 3pm Rummikub 3pm BPC Exam 1 7:45pm Movie	21 10am Duplicate Bridge 1pm Costco & Winco 1pm Green Sub 2pm Bridge 3pm Uke Group	22 10:30am Billiards 10:30am Parkinson's Convo. Grp. 2pm Mah Jongg
23 9:15am Chatter PDX 2pm Movie 5:30pm Supper Club	24 9am Movie Group 2pm Open Watercolor 2pm Fitness Comm. 4pm Mirabella Chous 7:45pm Front Porch Series	25 1pm Grocery FM & SW 2pm Bridge 2pm Dining Comm. 3pm Uke Group 5pm TUESDAY TUNES	26 10:30am Spanish Table 12:30pm Mah Jongg 1pm Grocery Bus TJ & NS 1:30pm Science Group 3pm RHAC 3pm Mirabella's First Directors 3:30pm Art Comm.	27 10:30am Coffee w/ Directors 2pm Bridge Class 2pm Grounds Sub 3pm Rummikub 7:45pm Movie	28 10am Duplicate Bridge 2pm Bridge 3pm Uke Group	29 10:30am Billiards 2pm Mah Jongg
30 2pm Movie	31 9am Movie Group 2pm Open Watercolor 4pm Mirabella Chous 7:45pm Personal Prism					

August 2026

FITNESS CLASSES



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 AM Morning Stretch 30min (Alec)	9:00 AM Cardio Combo 45min (Ally)	9:00 AM Aqua Aerobics 45min (Alec)	9:00 AM Cardio Combo 45min (Ally)	9:00 AM Morning Stretch 30min (Alec)	3:00 PM 24 Yang Style Tai Chi 50min (Regina)
10:00 AM Stretch and Move to Music 45 min (Nathaniel)	10:00 AM Better Bones 45min (Ally)	11:00 AM Yoga Flow 45 min (Heather)	10:00 AM Better Bones 45min (Ally)	10:00 AM Stretch and Move to Music 45min (Nathaniel)	
11:00 AM Aqua Aerobics 45 min (Nathaniel)		12:00 PM Cardio Circuit 45min (Alec)		11:00 AM Aqua Aerobics 45min (Nathaniel)	
11:00 AM Core Circuit 45min (Alec)	11:00 AM Tap 45min (Ally)	1:00 PM Youtube Fitness 45min		11:00 AM Yoga Flow 45 min (Heather)	
12:00 PM Yoga Flow 45min (Heather)	12:00 PM Strength Training 45min (Alec)	2:00 PM Gym office hours 30min (Alec)	1:00 PM Advanced Tai Chi for Fall Prevention 45 min (Marlena and Ed)	12:00 PM Strength Training 45min (Alec)	
1:00 PM Advanced Tai Chi for Fall Prevention 50min (Marlena & Ed)	2:00 PM Strength Training 45min (Alec)	3:00 PM Afternoon Stretch 30min (Alec)	2:00 PM Seated Tai Chi for Fall Prevention 50min (Marlena & Ed)	2:00 PM Strength Training 45min (Alec)	
2:00 PM Basic Tai Chi for Fall Prevention 50 min (Marlena & Ed)	3:00 PM 24 Yang Style Tai Chi 50min (Regina)	3:00 PM Pool Volleyball Residents		3:00 PM Pool Volleyball Residents	
3:00 PM Pool Volleyball Residents					

CLASS INTENSITY GUIDE

All classes can be modified for a variety of fitness levels

- Gentle
- Moderate
- Active

- Check Miranet or call the front desk x6400 for the most up to date schedule of classes
- Interested in having a particular class added to the schedule? Submit a comment card via Miranet or through the comment card line ext. 580
- Please contact Alec Rivara (arivara@retirement.org) with questions or concerns with the current class schedule.