

MIRABELLA *musings*



PORTLAND'S SOUTH WATERFRONT AND MT. HOOD

Willamette Hall Audio Upgrade Enhances Resident Experience

We are pleased to announce the successful completion of the Willamette Hall audio upgrade project. These improvements were designed to enhance sound quality, accessibility, and reliability, ensuring a better experience for residents attending lectures, performances, community meetings, and other events.

One of the most significant enhancements is the installation of a new wireless microphone system. In addition to providing clearer sound, the new system offers improved reliability and is easier for staff to manage.

As part of our commitment to accessibility, a new assistive listening system has also been introduced. Utilizing the latest Bluetooth technology, the system is compatible with many modern hearing aids and can often connect directly through a resident's smartphone or hearing aid app. For those who do not use hearing aids, receivers with headphones are available to borrow during events, making it easier for everyone to fully participate and enjoy programs in Willamette Hall.

The overall audio system has also been modernized with updated processing and amplification equipment. These behind-the-scenes improvements create clearer speech, more consistent volume levels throughout Willamette Hall, and fewer distractions from background noise or audio feedback. Whether seated near the stage or in the back of the room, attendees should notice a more balanced and comfortable listening experience.

These upgrades represent an important investment in the resident experience and the future of Willamette Hall. We are excited to provide a more accessible, reliable, and enjoyable environment for programs and events, and we look forward to seeing residents benefit from these improvements for years to come.

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New Resident Profiles

Marnie Reed



Marnie describes herself as a Pennsylvania gal, having grown up on a Revolutionary War estate on Philadelphia's Main Line near Valley Forge. After fifty years living on one side or the other of the Charles River, she recently relocated from Massachusetts to the Pacific Northwest.

Her Cambridge years included teaching adjunct courses at MIT and riding her bike—sans helmet in those days! — down Mass Ave to a shared Victorian in Harvard Square. She then spent the last 32 years of her academic career on the faculty at Boston University, where she taught courses in phonology and directed the graduate program in TESL & Applied Linguistics.

Marnie's interest in linguistics began somewhat unexpectedly. While pursuing a master's degree in American Studies at the University of Delaware, she held a teaching assistantship in which she taught English as a Second Language. Her curiosity about other cultures led her to accept a two-year contract with Sony Corporation in Tokyo, Japan, followed by a position in the New York City office of another Japanese conglomerate.

Her interest in how adult learners acquire the sound systems of additional languages ultimately led her to pursue a doctorate and a career focused on second-language phonology. Her work has included ongoing research and publications in the field, along with extensive teaching and graduate program leadership.

Much of Marnie's domestic and international travel has been connected to conferences and speaking engagements. During her first visit to Portland, she had a feeling her son would enjoy living there. She was right: he relocated to the area about eight years ago and has embraced the Pacific Northwest, along with his work in the cardiac electrophysiology labs at OHSU.

Marnie's own relocation has brought her closer to both her son and her brother in the Bay Area, a retired chorister with the San Francisco Opera. She is enjoying this new chapter in the Pacific Northwest and the opportunity to be closer to family while exploring a new part of the country.

Susan Bobowick



Susan was born and raised in Toledo, Ohio, where she later returned after meeting her husband, Mort, while attending graduate school in Boston. After they married, they moved to Toledo, where they raised their two daughters and Susan taught junior high.

Susan and Mort worked hard, but they also believed in making time for fun. Not a year went by without a trip, whether close to home or abroad. They enjoyed playing tennis, spending time with their daughters, entertaining family and friends, and staying actively involved in their community.

Portland first appeared on their radar in the 1990s, when their younger daughter, Michelle, moved to the city. After grandchildren came along, their visits became more frequent, and a new family tradition took shape: celebrating Thanksgiving in Portland, always with pumpkin pie on the menu. They quickly fell in love with the city and found they preferred Portland's rain to Ohio's snow.

Susan and Mort planned to move to Portland in 2014, but when Mort's cancer returned, their plans changed, and he passed away. In 2015, Susan made the move to Portland on her own.

Over the past ten years, Susan has embraced an active and fulfilling lifestyle. She has enjoyed going to the gym, participating in Ai Chi classes, attending the theater, joining a book club, and playing Mah Jongg. She has also continued her love of travel, with memorable trips to Chautauqua, Cuba, Japan, and the Galápagos Islands, as well as annual visits with her daughter, Marla, and her husband in Washington, D.C.

More recently, Susan decided to make another move—and has found a wonderful new home at Mirabella. Life there has surpassed her expectations. She appreciates the welcoming community, friendly people, and many amenities, not to mention having the riverfront as a beautiful backyard. For Susan, Mirabella has become home—a place where she can enjoy an active, connected, and fulfilling lifestyle.

MIRABELLA SEPTEMBER 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.

SEPTEMBER 09 AT 7:45PM

JaTtik Clark, First Chair tuba of Oregon
Symphony & Cary Lewis

SEPTEMBER 16 AT 7:45PM

The Nostalgians Trio

SEPTEMBER 22 AT 7:45PM

Quartetto Doppio Celli

SEPTEMBER 30 AT 7:45PM

Adam LaMotte, violin & Cary Lewis

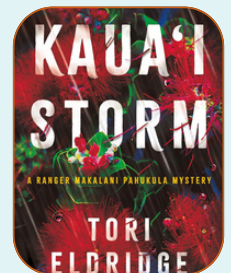
OREGON AUTHOR'S SERIES

Tori Eldridge

Tori Eldridge was born and raised in Honolulu. After graduating from Punahou School (with classmate Barack Obama), she embarked on an acting career spanning over 35 years. As a Portland-based writer, Tori drew on her Hawaiian, Chinese and Norwegian lineage as well as black-belt martial-arts expertise to inform her widely acclaimed Lily Wong mystery-thriller series.

Returning to her Hawaiian roots, she's recently published two mystery novels, "Kaua'i Storm" and "Hawai'i Rage," featuring the unforgettable Makalani Pahukula, who immerses the reader in Hawai'i's exotic, multi-faceted culture while catching bad guys and wrestling with complicated family situations.

September 17th at 2 pm



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 Chorus

We are Mirabella residents who enjoy singing and performing for the community with concerts each year in May and December. We welcome new members, no prior experience necessary, looking to share the joy of singing in a group.

Our rehearsals start February, every Monday 4:30-6pm. Come and see what we do - no commitment!

September Song by Dorothy Dworkin

At last- a platform for my off-key, non-melodious, alto singing voice. Thank you, Mirabella, for the Sing-Alongs held in June and August. What a joy to recognize and sing the lyrics to songs I grew up with and words I remember. And thank you Great American Songbook for compiling lists of songs that bring many of us back to an earlier time in our lives.

Sing-alongs grew in popularity in the 19th-century when the Library of Congress compiled lists of work songs that were designed to build community. In the twentieth century, artists like Pete Seeger and Woody Guthrie used group singing to express social reform and labor issues. A favorite television show from the 1960's was "Sing Along with Mitch." Lyrics appeared at the bottom of the television screen so viewers could participate at home. In my house, nobody seemed concerned that I couldn't carry a tune!

Take that Miss Gold! She was my music teacher in elementary school who told me to stand at the back of the riser and just "move your lips." That killed my musical comedy ambitions.

Songs are nostalgic. They remind us of times gone-by. Sometimes they bring tears of joy or sorrow. I'm not certain when I first heard "September Song." It wasn't when Walter Huston sang it in the 1938 Broadway musical, "Knickerbocker Holiday." Huston's gruff voice and limited vocal range couldn't propel the Kurt Weill-Maxwell Anderson's song to the pop charts.

Later, September Song was featured in a 1950 film, "September Affair." Then, it topped the Hit Parade. When I heard Frank Sinatra's rendition, I was hooked. Numerous other performers went on to sing the song, and it became a standard on the American Songbook pages. I often wonder why a song, whose lyrics express an older person's longing for youth, would have struck a chord with me when I was still young.

The lyricist has no time for the "waiting game. It's a "long, long time from May to December," he says, "and the days grow short when you reach September." Like many of us, we know the reality of time's passage but choose not to sit around waiting for December. The "mavens" tell us to stay active and engaged and that's what we try to do at Mirabella.

Time passed too slowly when I was younger. I couldn't wait to grow up. Now it passes too quickly. September Song tells me not to wait for the leaves to change but to gather them in the present and not play a waiting game. Summer is ending and the bright light of daytime will fade into an early twilight as the days grow shorter. I need time to hold on to the day.

Songs trigger memories for the experiences they recall. I am grateful for a life rich in memories and look forward to the next sing-along in Willamette Hall. I hope it's not Rap music and lyrics I can't understand or relate to.

I yearn for those days when I listened to songs and could sing along with them.

Carpe Diem!

A Look at the Programs and Events Our Mirabella Residents are Eager to Enjoy



The Future is Personal: Precision Medicine in Parkinson's Disease

September 9, 2026 at 2pm in Willamette Hall & 1981

Parkinson's disease is different for every patient, and the future of treatment is becoming increasingly personal. Join OHSU neurologist Joseph Quinn, MD for a lively discussion on how advances in genetics are paving the way for more targeted, personalized therapies in Parkinson's disease. We'll explore what researchers have learned so far, what therapies may be on the horizon, and how patients with Parkinson's can contribute to these efforts. Patients with Parkinson's disease who are interested in genetic testing can enroll in a sponsored testing program at the end of the talk.



**KUMIHIMO
(JAPANESE BRAIDING)**

Instructor: Ron Mendonca

Time: 2:00pm-4:00pm

Dates: Thursdays, September 10, 2026- October 8, 2026

A sign-up sheet will be in the Classes Section of the Events notebook. A 5-week class.

TUESDAY TUNES @ TWILIGHT

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

SEPTEMBER 8 | 5:00-6:00 pm

DAVID DRURY

Recommended by Cary Lewis and will perform his contemporary style of guitar. Influenced by jazz, rock, classical, country and swing.



SEPTEMBER 22 | 5:00-6:00 pm

HAMMER & PEG Featuring Dylan Rieck (cellist) and Thea Enos (vocalist)

Expect an inventive mix of classical, jazz and popular music.

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

September 13 - Fireside

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

September 27 - a Cena Ristorante

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

Planned Trips

September 3 - Sokol-Blosser Winery

Depart: 10:00 am Return: 3:30 pm
Bus Fee: \$32.50 (other fees apply)
Host: Steve M.

September 5 - Willamette Trolley Tour

Lunch at Lake View Taphouse - Lake Oswego

Depart: 10:30 am Return: 3 pm
Bus Fee: \$21
Host: John S./Steve McC.

September 10 - Art Tour of Doernbecher Children's Hospital

Lunch at Salvador Molly's

Depart: 9:30 am Return: 1:30 pm
Bus Fee: \$15
Host: Terri H.

September 17 - Oregon Garden

Lunch at Main Street Bistro, Silverton, OR

Depart: 8:30 am Return: 3:30 pm
Bus Fee: \$39.50 (other fees apply)
Host: John S./Steve McC.

September 24 - Oregon Ballet - Swan Lake Rehearsal

Lunch at Spaghetti Factory

Depart: 9:45 am Return: 1:45 pm
Host: John S./Steve McC.

Mirabella Cinema

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

SEPTEMBER MOVIE SCHEDULE

***Out of Africa* (1985)**

September 3rd 7:45pm & 6th 2:00 pm

***Julie and Julia* (2009)**

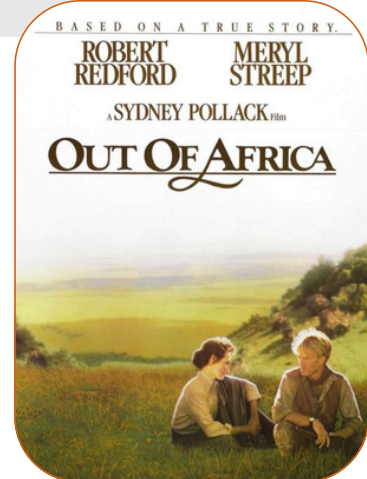
September 10th 7:45pm & 13th 2:00pm

***Mr. Blandings Builds His Dream House* (1948)**

September 17th 7:45pm & 20th 2:00pm
(popcorn provided for 9/17th show)

***The Grass is Greener* (1960)**

September 24th 7:45pm & 27th 2:00pm





September 2026

Event Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<u>1</u> 1pm Grocery FM & SW 1:30pm 1 st Tue. Book Club 2pm Bridge 3pm Uke Group	<u>2</u> 10am Funds Advisory Comm. 12:30pm Mah Jongg 1pm Grocery Bus TJ & NS 2:30pm Improv Class 3pm OR Authors Comm.	<u>3</u> 10am Sokol Blosser Winery 10am Sit & Sew 2pm Bridge Class 3pm Rummikub 7:45pm Movie	<u>4</u> 10am Duplicate Bridge 1pm Costco & Winco 1pm Woodshop Comm. 2pm Bridge 3pm Uke Group	<u>5</u> 10:30am Willamette Trolley 10:30am Billiards 2pm Mah Jongg
<u>6</u> 9:15am Chatter PDX 2pm Movie	<u>7</u> 9am Movie Group 2pm Open Watercolor 4:15pm Mobile Team 4:30pm Mirabella Chorus	<u>8</u> 1pm Grocery FM & SW 1:30pm B & G 2pm Bridge 3pm Uke Group 3pm Travel Comm. 5pm TUESDAY TUNES	<u>9</u> 10:30am Spanish Table 1pm Grocery Bus TJ & NS 2pm Parkinson Present. 2pm Mah Jongg 2pm Transportation Comm 3pm Caregiver Support 7:45pm Clark & Lewis	<u>10</u> 9:30am Doernbecher Art Tour 10am Library Comm. 2pm Kumihimo Class 2pm Bridge Class 2pm OHSU & MBP 2:30pm MEPS 3pm Rummikub 7:45pm Movie	<u>11</u> 10am Duplicate Bridge 10am Allied Art 1pm Washington Sq. 2pm Urban Conservation 2pm Bridge 3pm Uke Group	<u>12</u> 10:30am Billiards 2pm Mah Jongg
<u>13</u> 2pm Movie 5:30pm Supper Club	<u>14</u> 9am Movie Group 1pm Security Sub 2pm Open Watercolor 2pm Welcoming Comm. 4:30pm Mirabella Chous	<u>15</u> 1pm Grocery FM & SW 2pm Bridge 3pm Uke Group 7:30pm Resident Birthdays	<u>16</u> 10am RAMP Council 12:30pm Mah Jongg 1pm Grocery Bus TJ & NS 2:30pm Improv Class 7:45pm Nostalgians Trio	<u>17</u> 8:30am OR Garden 10am Sit & Sew 11am Programs Comm. 2pm Bridge Class 2pm Kumihimo Class 2pm OR Authors Series 3pm Rummikub 3pm BPC Exam 1 7:45pm Movie	<u>18</u> 10am Duplicate Bridge 1pm Costco & Winco 1pm Green Sub 2pm Bridge 3pm Uke Group	<u>19</u> 10:30am Billiards 2pm Mah Jongg
<u>20</u> 9:15am Chatter PDX 2pm Movie	<u>21</u> 9am Movie Group 2pm Open Watercolor 4:30pm Mirabella Chous	<u>22</u> 1pm Grocery FM & SW 2pm Bridge 2pm Dining Comm. 3pm Uke Group 5pm TUESDAY TUNES 6:15pm John Meacham 7:45pm Quartetto Doppio Celli	<u>23</u> 10:30am Spanish Table 12:30pm Mah Jongg 1pm Grocery Bus TJ & NS 1:30pm Science Group 3pm RHAC 3:30pm Art Comm.	<u>24</u> 9:45am OBT 10:30am Coffee w/ Directors 2pm Kumihimo Class 2pm Bridge Class 2pm Grounds Sub 3pm Rummikub 6:45pm Lit. Art 7:45pm Movie	<u>25</u> 10am Duplicate Bridge 2pm Bridge 3pm Uke Group	<u>26</u> 10:30am Billiards 10:30am Parkinson's Convo. Grp. 2pm Mah Jongg
<u>27</u> 2pm Movie 3:30pm PDX Piano Intl. 5:30pm Supper Club	<u>28</u> 9am Movie Group 2pm Open Watercolor 2pm Fitness Comm. 4:30pm Mirabella Chous 7:45pm Zidell Front Porch Series	<u>29</u> 1pm Grocery FM & SW 2pm Bridge 3pm Uke Group	<u>30</u> 12:30pm Mah Jongg 1pm Grocery Bus TJ & NS 2:30pm Improv Class 7:45pm Adam LaMotte & Cary Lewis	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.		

September 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)	11:00 AM Tap 45min (Ally)	12:00 PM Cardio Circuit 45min (Alec)		11:00 AM Aqua Aerobics 45min (Nathaniel)	
11:00 AM Core Circuit 45min (Alec)	12:00 PM Strength Training 45min (Alec)	1:00 PM Youtube Fitness 45min	1:00 PM Advanced Tai Chi for Fall Prevention 45 min (Marlena and Ed)	11:00 AM Yoga Flow 45 min (Heather)	
12:00 PM Yoga Flow 45min (Heather)	2:00 PM Strength Training 45min (Alec)	2:00 PM Gym office hours 30min (Alec)	2:00 PM Seated Tai Chi for Fall Prevention 50min (Marlena & Ed)	12:00 PM Strength Training 45min (Alec)	
1:00 PM Advanced Tai Chi for Fall Prevention 50min (Marlena & Ed)	3:00 PM 24 Yang Style Tai Chi 50min (Regina)			2:00 PM Strength Training 45min (Alec)	
2:00 PM Basic Tai Chi for Fall Prevention 50 min (Marlena & Ed)				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.