

MIRABELLA musings



PORTLAND'S SOUTH WATERFRONT WALKWAYS

Going for Gold

Mirabella resident Anne Clark competed in the International Va'a (Outrigger) Federation Sprint Championships, held in Singapore's Marina Bay through Aug. 31. For the first time the competition included a team in their 80s, which raced both 250 and 500 meters. The 250-meter race takes about one minute; the 500 meter, two and 1/2. (Remember, these are sprints).

Outrigger canoes, which have an arm extending out from the main canoe for balance, were new to Anne, who has paddled and raced dragon boats for years. Five women, all of them world class paddlers from different states who won the qualifying national event, had been looking for a sixth to complete their boat. When they couldn't find a candidate over 80, they expanded their search to include dragon boat paddlers — and Anne accepted the challenge. These are world class athletes, Anne points out; they have all been to world competitions. No substitutes allowed; if someone is sick, the other five will race without her. Paddling an outrigger canoe differs from paddling a dragon boat, Anne says.

The paddler has to switch the paddles to her other hand every 10 or 12 strokes; "In a sprint, you have to do it fast," Anne says. Although she and her partner, the late Mirabella resident Ed Parker, participated in and won dragon boat competitions, they did not paddle outrigger canoes. Last June the women practiced together for two days on Lake Havasu in Arizona with a boat weighing 1/3 to 1/4 as much as a regular outrigger, a "new race creation" which is the same type as those to be used in Singapore. With temperatures ranging from 109 degrees on their first day to 103 on their last, the women practiced from 5:30 to 7:30 a.m. and from 5:30 to 9 p.m. Anne said the heat would prepare them for Singapore.

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It is “awesomely difficult,” she stressed, to have only four practices together before a world-level competition, adding that it will be good to spend time with the rest of the team, that “we all meshed nicely.” When the team of women carried their boat down to the lake, young people gathered around their own boats applauded.

Anne has increased her workouts in the months leading up to the championship, adding weight-lifting and aerobic exercise to her three times a week dragon boat and outrigger paddling. Because outrigger canoes do not have an Olympic event, the Singapore competition is its equivalent – the very top.

“All you have to do is prepare and do your best,” Anne says of the challenge.



New Resident Profiles

Kathy Sharp and Tom Ray



Tom and Kathy have been full-time residents of downtown Portland since early 2013, though their journey to the Pacific Northwest began with bicoastal roots. Tom, a descendant of a pioneer family, grew up in Portland,

while Kathy is originally from Great Neck, New York.

Their professional backgrounds are both rooted in health care. Tom is a retired physician and Professor Emeritus at the University of Iowa Hospitals and Clinics, while Kathy enjoyed a long nursing career that included roles as a registered nurse, assistant professor of nursing, staff nurse, and nurse manager at the VA in Iowa City, Iowa, where the two met in 2001.

Over the years, they have each called many parts of the country home, including New England, New York, Pennsylvania, the Upper Midwest, the Southwest, and the West Coast. Together, they have created a blended family of five children, 11 grandchildren, and three great-grandchildren, with family now living in Oregon, California, and New York.

With their shared history of moving and exploring, Tom and Kathy have developed a love of adventure travel and have lived up to their vow to follow each other to the ends of the earth—more than once. Today, their interests closer to home include the arts, with a particular appreciation for the symphony, museums, and opera, as well as Portland's gardens, arboretums, scenic venues, and wonderful dining experiences with friends.

While their days of more adventurous pursuits—including mountain climbing, sailboat racing, long-distance cycling, marathons, and challenging ski runs—are behind them, they continue to enjoy staying active with walks, short hikes, and leisurely bike rides. They also remain engaged in their community through the Neighborhood Emergency Team program and civic organizations, including the Downtown Neighborhood Association and the Halprin Landscape Conservancy.

Tom and Kathy look forward to becoming involved in the Mirabella community, sharing their interests and experiences, and, most of all, making new friends along the way.

Tom and Frances Dyke



Tom grew up in Akron, Ohio, and Fran in Rochester, New York. Their paths first crossed in Boston, where Fran was completing her undergraduate studies in psychology and graduate work in educational research. At the same time,

Tom was completing his doctoral studies in chemistry at Harvard. They married in 1970 and eventually made their way to Oregon, where they would build their life and raise their family.

Tom progressed through the professorial ranks at the University of Oregon, while Fran earned an MBA in accounting. After working for several years in accounting firms, she joined the University of Oregon, where she went on to serve as Vice President for Administration and Chief Financial Officer, concluding a rewarding career in higher education.

Their children were born in Eugene, and the family quickly developed a deep appreciation for the beauty and outdoor opportunities of Oregon. Hiking, cross-country skiing, snowshoeing, and beachcombing became favorite family activities.

Travel has also been an important part of Tom and Fran's life together. One of their most memorable experiences was spending a year at Oxford, an opportunity that allowed them to travel throughout the United Kingdom and Europe as a family.

In 2012, Tom and Fran moved to Northeast Portland to be closer to their children and grandchildren, who are an important part of their lives. They have especially enjoyed time with their grandchildren after school, attending their sporting and musical events, and, more recently, celebrating their graduations and commencements.

Tom and Fran have also remained actively engaged in their community through involvement with Planned Parenthood, the Portland City Club, the League of Women Voters, and Westminster Presbyterian Church. Their interests include ballet, chamber music, opera, choral music, and reading. Tom particularly enjoys gardening, including growing and preserving vegetables and making homemade jams.

They look forward to continuing to enjoy the arts, staying connected with family and friends, and becoming part of the vibrant community at Mirabella.

MIRABELLA OCTOBER 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.

OCTOBER 12 AT 7:45PM

Classical Broadway

OCTOBER 14 AT 7:45PM

Sunny South Bluegrass

OCTOBER 26 AT 7:45PM

Front Porch Series:
Sarah Schwarz, Chair of PSU Foundation

OCTOBER 28 AT 7:45PM

David 'Liberace' Saffert

OREGON AUTHOR'S SERIES

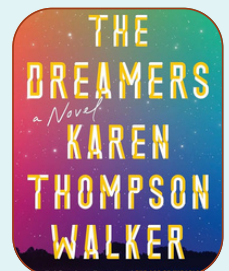
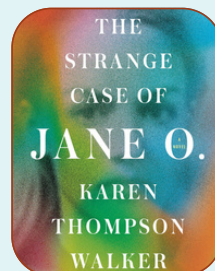
Karen Thompson Walker

Karen Thompson Walker is the author of three acclaimed novels, including "The Strange Case of Jane O.," which was inspired by the Oliver Sacks book, "The Man Who Mistook His Wife for a Hat."

Thompson Walker writes in the genre "speculative fiction" stories that ask, "What if?" (Think Margaret Atwood or Ray Bradbury.) Her first novel, "The Age of Miracles," was named a best book of the year by the Financial Times, Kirkus Reviews, and Publishers Weekly, and has been translated into 29 languages. Her second novel, "The Dreamers" was an Oregon Book Awards finalist.

Thompson Walker has an MFA from Columbia and is an associate professor of creative writing at the University of Oregon. She lives in Portland with her husband and two daughters and says she writes for two or three hours every day.

October 15th at 2 pm



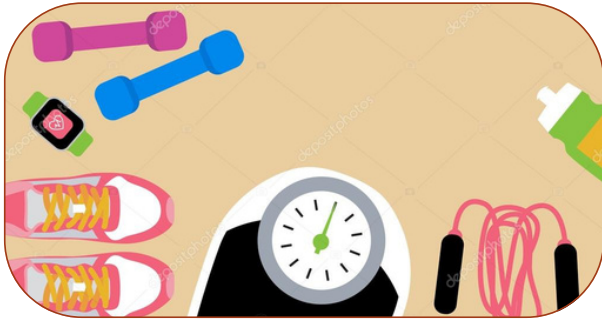
Waitlist Members: Please note the above events are subject to change.

Contact Sales & Marketing Coordinator Ivonne Parker at iparker@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.

Fitness and Wellness



We advise and work with Mirabella Fitness and Wellness management, promoting ability-appropriate activities and classes for residents. We also recommend needed fitness and wellness classes, events, and programs.

Come to a meeting every 4th Monday of each month at 2pm. Come and see what we do - no commitment!

Walking With "Friends"

by Dorothy Dworkin

I love to walk. Like many of my Mirabella neighbors, I like nothing better than to put on a pair of sturdy sneakers, a broad-brimmed hat and jacket (if needed) and go out to "hit the pavement." I'm not fond of rain, heat, cold or strong winds but rarely miss my daily ambulation.

I moved to Portland from the number one ranked most walkable city in the U.S., New York City, to a city *Conde Nast Traveler* ranked number five in the country, Portland, Oregon. The City of Roses stood just below number four, Seattle, and above number six, San Francisco. It competed against the most walkable "place" in the U.S., Main Street Disneyland!

My first home was in northeast Portland. Later on, I moved to a northwest neighborhood. Now, I live at the South Waterfront. In every place, I've shared the streets with dog walkers and their pooches. Sometimes I feel undressed by not holding a leash with a four-footed friend at the end. I'm tempted to borrow one of my family's dogs to be part of the "in-crowd."

In the Mirabella elevator, I'm greeted by every dog breed imaginable, including designer dogs whose names end in "doodle." These high-rise dwelling canines are sociable and well-mannered, accustomed to receiving attention and compliments. They appear content in their Mirabella homes and typically leave their apartments only briefly to attend to their hygiene needs outdoors. They don't seem fazed by all the white-haired occupants of the elevator and their apperati (canes, walkers, wheelchairs) that share their space.

I am a grandparent to family dogs and love when one of the dogs does something that smacks of being able to understand me on an emotional level. I'm not surprised to learn about dog owners who are super competitive about their dogs' intelligence. The pet industry noted this and supported the rise of canine cognition centers to study how dogs think about the world and also how a dog's mind works. The pet market is a profitable business!

Research scientists are also studying dog psychology to find ways in which dogs can be used to help humans. Duke University, Yale, Boston College and George Washington University are among schools advancing scientific studies into dog behavior. The studies also examine the positive effects of canine interaction with humans.

Stress, a major human challenge, is part of the research in canine labs. Dogs are learning how to understand owners' feelings: happiness, sadness, anger, fear. Since dogs have an exceptional ability to recognize scent, it makes sense they could learn to identify odors emitted by humans undergoing stress. Sweat and breath odors can change when undergoing difficult situations, and dogs train to recognize the scent.

This ability can be valuable when training service and therapy dogs. There are many anecdotal stories about times dog owners believe their dogs are sensitive to their emotional states.

With all this important canine research taking place, I find myself more forgiving when, on my daily walk, some careless owner neglects to keep a dog on a leash and, heaven forbid, forgets to pick up their "droppings."

Now, when instead of asking, "Who's a good dog?" we may ask, "Who's a smart dog?"

A Look at the Programs and Events

Our Mirabella Residents are Eager to Enjoy

Learn to Play Ukulele at Mirabella

Tuesdays 4:00-4:45pm
October 13 - November 17
Cost: \$120

Has the ukulele bug bit you yet? This beginners ukulele class provides a low-risk, high-fun learning environment and requires no previous musical experience. As a result of taking this class, you will be singing and strumming familiar songs right away! Class and supportive materials for your weekly practice provided by instructor Avery Hill. Contact her at www.averyhill.studio/contact to register for full information.



ART CLASSES

BASKETWEAVING-AN INTRODUCTION

Instructor: Diane Shingledecker
Time: 2:00pm-4:00pm
Start Date: October 27, 2026
Class runs for 3 weeks

MAKE AN ARTIST BOOK

Instructor: Lisa Occhipinti
Time: 2:00pm-4:00pm
Start Date: October 28, 2026
Class runs for 4 weeks

Sign up sheets for all classes are in the Event Binder.

-Art Committee

TUESDAY TUNES @ TWILIGHT

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

OCTOBER 13 | 5:00-6:00 pm

EDDIE PARENTE AND CLAY GIBERSON

Virtuoso violinist Eddie is joined by expert jazz pianist Clay for an evening of great music!



OCTOBER 27 | 5:00-6:00 pm

The Song Collectors

The talented duo of Peggy Frede and Gina Rosbrook with a live selection of favorite songs from the 1960s to today.



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

October 11 - Hearth & Vine

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

October 25 - Chart House

Depart: 5:30 pm Return: 8:15 pm
Bus Fee: \$15

Planned Trips

(For Bus/Other Fees: See Travel Binder)

October 1 - Audio Guided Tour-Titanic Exhibit at OMSI

Lunch at Buffalo Gap

Depart: 9:45 am Return: 2:00 pm
Host: Joan W.

October 8 - Guided Tour-Oregon Jewish Museum Lunch at Mother's

Depart: 10:40 am Return: 2:15 pm
Host: Joan W.

October 10 - Swan Lake, Keller Auditorium, Opening Matinee

Depart: 1:15 pm Return: 5:15 pm
Host: John S./Steve McC.

October 15 - Guided Tour-Jordan Schnitzer Museum

Depart: 3:30 pm Return: 5:15 pm
Host: Geri A.

October 29 - Portland Art Museum Lunch at Coquelico Cafe

Depart: 10:00 am Return: 1:15 pm
Host: Paula C./Geri A.

Mirabella Cinema

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

OCTOBER MOVIE SCHEDULE

All the King's Men (1949)

October 1st 7:45pm & 4th 2:00 pm

The Candidate (1972)

October 8th 7:45pm & 11th 2:00pm

The Poseidon Adventure (1972)

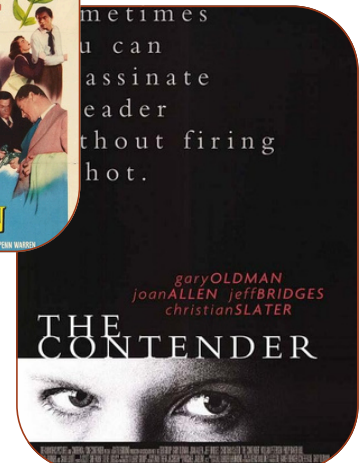
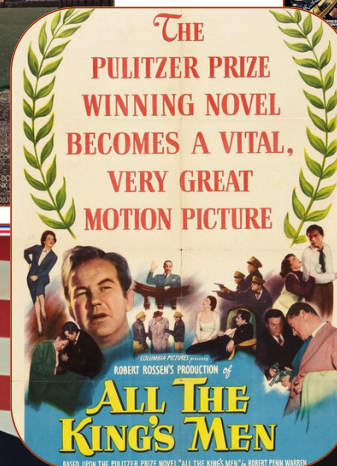
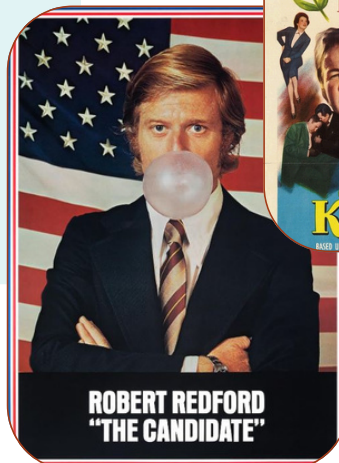
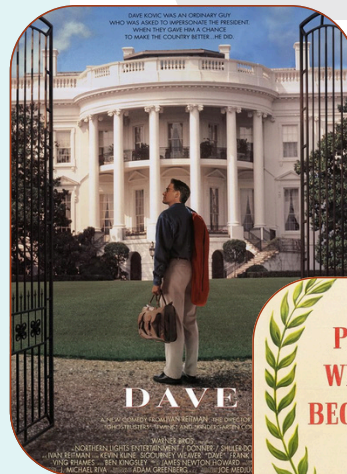
October 15th 7:45pm & 18th 2:00pm
(popcorn provided for 10/15th show)

The Contender (2000)

October 22nd 7:45pm & 25th 2:00pm

Dave (1993)

October 29th 7:45pm





October 2026

Event Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Waitlist Members: Please note the calendar is subject to change. Contact Sales & Marketing Coordinator Ivonne Parker at iparker@retirement.org, if you are interested in attending events.				1 9:45am OMSI TRAVEL 10am Earthquake Prep. Display Outside Mailroom 10am Sit & Sew 2pm Bridge Class 2pm Kumihimo Class 3pm Rummikub 7:45pm Movie	2 10am Duplicate Bridge 10am Allied Art 1pm Costco & Winco 1pm Woodshop Comm. 2pm Bridge 3pm Uke Group	3 9:15am HD Opera 10:30am Billiards 2pm Mah Jongg
4 9:15am Chatter PDX 1:15pm OR Symphony 2pm Movie	5 9am Movie Group 2pm Open Watercolor 4:15pm Mobile Team 4:30pm Mirabella Chorus	6 1pm Grocery FM & SW 1:30pm 1 st Tue. Book Club 2pm Bridge 3pm Uke Group	7 10am Funds Advisory Comm. 10am Guide to Fall Prevention 12:30pm Mah Jongg 1pm Grocery TJ & NS 2:30pm Improv Class 3pm OR Authors Comm.	8 10am Library Comm. 2pm Kumihimo Class 2pm Bridge Class 2pm Outsmart the Scammers 2:30pm MEPS 3pm Rummikub 7:45pm Movie	9 7:30am Flu & COVID Clinic 10am Duplicate Bridge 1pm Washington Sq. 2pm Bridge 3pm Uke Group	10 10:30am Billiards 1:15pm Swan Lake TRAVEL 2pm Mah Jongg
11 1:15pm OR Symphony 2pm Movie 5:30pm Supper Club	12 9am Movie Group 1pm Welcoming Comm. 2pm Open Watercolor 4:30pm Mirabella Chorus 7pm Chamber Music 7:45pm Classical Broadway	13 1pm Grocery FM & SW 1:30pm B & G 2pm Bridge 3pm Uke Group 3pm Travel Comm. 4pm Beginners Uke Group 5pm TUESDAY TUNES 7pm Chamber Music	14 10:30am Spanish Table 1pm Grocery Bus TJ & NS 2pm Medicare Updates 2pm Mah Jongg 2pm Transportation Comm 3pm Caregiver Support 7:45pm Sunny South Bluegrass	15 10am Sit & Sew 10:15am Great ShakeOut Drill BUILDING WIDE 11am Programs Comm. 2pm Bridge Class 2pm OR Authors Series 3pm Rummikub 3pm BPC Exam 1 7:45pm Movie	16 10am Duplicate Bridge 1pm Costco & Winco 1pm Green Sub 2pm Bridge 3pm Uke Group 6:45pm OR Ballet Theater	17 9:15am HD Opera 10:30am Billiards 2pm Mah Jongg 2pm Community Sing-Along
18 9:15am Chatter PDX 2pm Movie	19 9am Movie Group 2pm Open Watercolor 4:30pm Mirabella Chorus 7:45pm Personal Prism	20 1pm Grocery FM & SW 2pm Bridge 3pm Uke Group 4pm Beginners Uke Group 7:30pm Resident Birthdays	21 10am RAMP Council 12:30pm Mah Jongg 1pm Grocery Bus TJ & NS 6:45pm Literary Arts	22 10:30am Coffee w/ Directors 2pm Bridge Class 2pm Grounds Sub 3pm Rummikub 7:45pm Movie	23 10am Duplicate Bridge 2pm Bridge 3pm Uke Group 3:30pm Norma Atkinson Celebration of Life	24 10:30am Billiards 10:30am Parkinson's Convo. Grp. 2pm Mah Jongg
25 1:15pm OR Symphony 2pm Movie 3:30pm Port. Piano Intl. 5:30pm Supper Club	26 9am Movie Group 2pm Open Watercolor 2pm Fitness Comm. 4:30pm Mirabella Chorus 7:45pm Zidell Front Porch Series	27 1pm Grocery FM & SW 2pm Bridge 2pm Intro to Basket Weaving 2pm Dining Comm. 3pm Uke Group 4pm Beginners Uke Group 5pm TUESDAY TUNES	28 10:30am Spanish Table 1pm Grocery Bus TJ & NS 1:30pm Science Group 2pm Mah Jongg 2pm MBP & OHSU 2pm Artist Book Class 3pm RHAC 3:30pm Art Comm. 7:45pm David 'Liberace' Saffert	29 10am Portland Art Museum TRAVEL 2pm Bridge Class 2pm Lily Root Demo 2pm Grounds Sub 3pm Rummikub 7:45pm Movie	30 10am Duplicate Bridge 2pm Bridge 3pm Uke Group	31 10:30am Billiards 2pm Mah Jongg

October 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 Stretch and Move to Music 45min (Nathaniel)	
11:00 AM Aqua Aerobics 45 min (Nathaniel)	11:00 AM Tap 45min (Ally)		10:00 AM Better Bones 45min (Ally)	11:00 AM Aqua Aerobics 45min (Nathaniel)	
11:00 AM Core Circuit 45min (Alec)	12:00 PM Strength Training 45min (Alec)	12:00 PM Cardio Circuit 45min (Alec)		11:00 AM Yoga Flow 45 min (Heather)	
12:00 PM Yoga Flow 45min (Heather)	2:00 PM Strength Training 45min (Alec)	1:00 PM Youtube Fitness 45min	2:00 PM Seated Tai Chi for Fall Prevention 50min (Marlena & Ed)	12:00 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)	2:00 PM Gym office hours 30min (Alec)		2:00 PM Strength Training 45min (Alec)	
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.