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|  | For inquiries please contact [tweybrew@christopherheights.com](mailto:tweybrew@christopherheights.com) | **New Monthly Event!**  **Curiosity Corner with Sally**  **1:30pm, Friday, April 3rd**  **Come One, Come All!**  Learn about the incredible resource of the Internet! (Discover why it’s impossible to tear people away from their computers/phones.)   * Bring a question (or topic you’re interested in) and we’ll find the answer/related content. * Topics can be any subject: Travel, science, animals, history, nature, people, things.   All research will be done immediately on the big television in the Pub. |

**New in the Pub**

We now have the daily edition of the *New York Times* in the Pub, and the *New Yorker* magazine (weekly) as well. Happy Reading!

Even the most supportive partners can have difficulty understanding hearing loss. This one-hour aural rehabilitation class aims to provide helpful tips to improve communication and connection between those with hearing loss and their loved ones

Even the most supportive partners can have difficulty understanding hearing loss. This one-hour aural rehabilitation class aims to provide helpful tips to improve communication and connection between those with hearing loss and their loved ones

March was an illuminating month at Christopher Heights. Along with the rest of the country, we adhered to safety measures designed to keep COVID-19 at bay. We learned about “Social Distancing”: residents made DIY face masks out of paper towels, and everyone now knows exactly how far away six feet is!

While much was restrictive, much has been positive. Residents (and staff!) have become more tech savvy: we’ve learned about Facetime and Zoom, as well as how to stream and research content on the Internet. We’ve also grown stronger as a community: people have been patient, supportive, kind – and creative. This bodes well as we move into April: where, though challenges remain, we at least have the beauty of the landscape unfolding around us.

**Easter/Passover/Spring Cardmaking Workshop**

**1:30pm, Monday, April 6th**

Spring is here! Join us for a guaranteed-to be-amazing cardmaking workshop with Sal. Activities staff is excited to have picked up gorgeous holiday/spring-themed cardmaking paraphernalia BEFORE Michael’s closed. Of course, residents have also been cutting out unique images for months.

When done, we plan to mail these beauties to family, friends, and volunteers – whom we sorely miss in these COVID-19 times!

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April

Community Enrichment Calendar

April 3, 2020 Version

5o Village Hill Road, Northampton, MA, 01060/Phone 413-584-0701

[www.ChristopherHeights.com/](http://www.ChristopherHeights.com/)

<https://www.facebook.com/christopherheightsofnorthampton>

**“Story Catching,” “Torn Landscapes” & Meditation with Beryl (See calendar for various times.)**

Is there anything that Beryl can’t do? Don’t miss these great workshops/classes.

* In “Story Catching” one person tells a story and another picks up a thread of it to share his/her own story. Thus, the stories and entertainment unfold …
* “Torn Landscapes” is an art class that uses color and collage to create landscapes.

**You Tube Singalong with Linda**

**1:00pm Thursdays through April**

You asked for it, you got it! Chorale Director Sandra furnished the songs, Marcos will cue them up on the screen, and the Christopher Heights Songbirds – and anyone else who would like to join in --- can make sweet music once again!

**Easter Egg Decorating Workshop**

**Ice Cream ~~Social~~**

**3:30pm, Saturday, April 11**

**Don’t Come to Us; We’ll Come to You!**

It’s a well- known fact that ice cream can incite mob scenes – a clear COVID-19 “no-no”. So, we can’t host a social…but we can bring ice cream to you! We’re ready to roll with Blue Bunny sundaes: Chocolate Brownie, Mint Chocolate Chip, and traditional Vanilla. Thanks, Chef Nick!

**Themed Video Shorts**

**3:00pm Mondays through April**

Join us for large screen viewing of informative and entertaining videos culled from the Internet. Our last program included Opera Birdsong; a Georgia O’Keefe documentary; and a companion retrospective featuring 294 of her paintings. Earlier, we saw a live stream of Fiona the Hippo and learned a LOT about hippos. Watch bulletin boards for details about these engaging curated “shorts.”

**DEPARTMENT DIRECTORS**

Michael Taylor Executive Director

Teresa Weybrew Marketing & Admissions Director

Kerry Brumbaugh Marketing Assistant

Jackie Dionne Resident Service Manager

Shirley Shaw Director of Social Services

Nicholas Morin Executive Chef

Karl Johnson Maintenance Director

Karen Bradway Community Enrichment Director

**Meet the new Residents**

**Art cart with Jillian**

**3:30pm, Friday, December 20th**

Quote of the Month

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| **Chair Ballet/Open Genre Dance**  **1:30pm Tuesdays/2:30pm Thursdays through April**  Sam, who recently started teaching at CH, will offer Chair Ballet and Open Genre Dance classes to CH residents virtually as she recently returned to Alaska.   * Join Sam Tuesdays for Chair Ballet, a barre-based and improvisational exercises set to Mendelssohns’ intermezzo from a Midsummer Night’s Dream. * Thursdays is Open Genre Dance and likely more standing-oriented. Let Activities staff know the music you’d like to dance to, and Sam– who is trained in everything from Broadway to Modern dance -- will take it from there. No worries, Jeanie: Prince and the Bee Gees are already at the top of her playlist.   **Stars of Vaudeville**      **Games with Shirley**  **10:30am Tuesdays and Thursdays**  What do you do when you morning exercise class is full – or you somehow forgot to sign up for it? Easy: grab a coffee from your apartment and join Shirley for a morning of stimulating and engaging games.  **Joe Perry: “Live from the Livingroom”**  **2:00pm/4:00pm, Wednesday, April 15**  April’s Birthday Party will feature Joe Perry “live” from …his living room: a show he recorded specifically for Christopher Heights. He’ll be singing popular favorites such as “Fly Me to the Moon,” “The Way You Look Tonight,” “Moon River,” and more. His grandparents, Richard and Anita, are part of the show as well. We can’t wait to see it! (There will be two showings of this.) |

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| **Sunday** | **Monday**  **Easter Egg Decorating Workshop** | **Tuesday** | **Wednesday** | **Thursday** | | **Friday** | **Saturday**  **4**  **10:30am Strength/Core Training with Marcos**  **1:30pm Easter Egg Decorating Workshop, 2nd Floor Ck**  **2:00pm Matinee: Clue (Comedy, 1985)**  **3:30pm Social Hour**  **6:30pm Film: Marriage Story (Comedy/Drama, 2019)** |
| |  | | --- | | **2**  **Locales**  **L-Livingroom**  **CL- Classroom**  **P- Pub**  **M- Media Room**  **VH– Village Hill**  **CK– Country Kitchen**  **CONF- Conference**  **rlll6:30pm Dominoes/Rummy Cube 11**  **11** | | **Resident Birthdays**  **Beulah P 4/14**  **Teddy F 4/9** | **At this time…**   * **6:30pm start to all evening movies** * **All movies will be shown in the Media Room to increase seating capacity** * **Some classes will be held via Zoom** | **1**  **10:30am Group Exercise with Karen/Marcos**  **2:00pm Bingo, 2nd Flr CK**  **3:30pm Social Hour**  **6:30pm Mini-series: When Calls the Heart** | **2**  **10:30 Strength/Core Training with Marcos**  **11:30am Drop-in Technology help,P**  **1:00pm You Tube Singalong w/ Linda, M**  **4:00pm Poetry Writing Workshop with Karen, CL**  **6:30pm Mini-Series: Grace & Frankie**  **3:30pm Social Hour**  **6:30pm Mini-series: Grace & Frankie** | | **3**  **10:30 Strength/Core Training with Marcos**  **1:15pm Stress Reduction with Peggy, CL**  **1:30pm Curiosity Corner with Sal, P**  **2:00pm Bingo, 2ndFlr CK**  **3:30pm Social Hour**  **6:30pm Film: As Good as it Gets (Drama/Romance, 1997)** |
| **5**  **10:00am “Chalice of Salvation”**  **10:30am Exercise with Marcos**  **2:00pm Bingo *2nd Flr CK***  **1:00pm Matinee: The Two Popes (Drama/Comedy 2019)**  **3:30pm Social Hour**  **6:30pm Mini-series: Grace & Frankie** | **6**  **10:30am Exercise with Karen**  **1:30pm Easter Cardmaking Workshop, 2nd floor CK**  **3:00pm Themed Video Shorts: TBA**  **3:30pm Social Hour**  **6:00pm Film: Roma (2018)** | **7**  **10:30am Breathing/Tai Chi/Exercise with Heather**  **10:30 Games with Shirley**  **1:30pm Chair Ballet with Sam, M**  **3:15pm Writing Class with Peggy, CL**  **3:30pm Social Hour**  **6:30pm Mini-series: When Calls**  **the Heart** | **8**  **10:30am Breathing/Tai Chi/Exercise with Heather**  **1:30pm “Story Catching” with Beryl, CL**  **2:00pm Bingo, 2nd Flr CK**  **3:30pm Social Hour**  **6:30 Mini-series: When Calls the Heart** | **9**  **10:30 Strength/Core Training with Marcos**  **10:30 Games with Shirley, 2nd Floor CK**  **11:30amDrop-in Technology help, P**  **1:00pm You Tube Singalong**  **2:30pm Open Genre Dance**  **6:30pm MiniSeries: Grace & Frankie** | **10**  **10:30am Strength/Core Training with Marcos**  **1:15pm Meditation with Beryl, CL**  **2:00pm Bingo, 2nd floor CK**  **3:00pm Games with Marcos, M**  **3:30pm Social Hour**  **6:30pm Film: Arrival (Drama/Thriller 2016)** | | **11**  **10:30am Strength/Core Training with Marcos**  **2:00pm: Matinee: Saturday Night Fever (Drama/Dance 1977)**  **3:30pm Ice Cream ~~Social~~**  **6:30pm Film: The General (Comedy/War, 1926)** |
| **12**  **10:00am “Chalice of Salvation”**  **10:30am Exercise with Marcos**  **12:00pm Easter Dinner**  **2:00pm Bingo, 2nd floor CK**  **3:30pm Social Hour**  **4:00pm Virtual Musical Performance/Livestream: TBA**  **6:30pm: Mini-series: Grace and Frankie** | **13**  **10:30am Exercise with Karen**  **1:30pm Drawing Class with Heather, 2nd Floor CK**  **3:00pm Themed Video Shorts: TBA**  **3:30pm Social Hour**  **6:00pm Film: The Man Who Knew Too Much (Thriller/Suspense 1956)** | **14**  **10:30am Breathing/Tai Chi/Exercise with Heather**  **10:30 Games with Shirley**  **1:30pm Chair Ballet with Sam, M**  **3:15pm Writing Group with Peggy, CL**  **3:30pm Social Hour**  **6:30pm Mini-series: When Calls**  **the Heart** | **15**  **10:30am Chair Yoga with Jill, M**  **2:00pm Bingo, 2nd Flr CK**  **2:00pm/4:00pm Birthday Virtual Musical Performance: Joe Perry**  **3:30pm Social Hour**  **6:30pm Mini-series: When Calls the Heart** | **16**  **10:30 Strength/Core Training with Marcos**  **10:30 Games with Shirley**  **11:30amDrop-in Technology help, P**  **1:00pm You Tube Singalong**  **2:30pm Open Genre Dance**  **3:30pm Social Hour**  **6:30pm Mini-Series: Grace & Frankie** | **17**  **10:30 Strength/Core Training with Marcos**  **1:15pm Stress Reduction with Peggy, CL**  **2:00pm Bingo, 2nd floor CK**  **3:00pm Poetry Writing, CL**  **3:30pm Social Hour**  **6:30pm Film: Father of the Bride (Comedy/Drama 1991)** | | **18**  **10:30am** **Strength/Core Training with Marcos**  **2:00pm Matinee: The Report (Drama/Thriller, 2019)**  **3:30pm Social Hour**  **6:00pm Film: Mrs. Miniver (War/Drama 1942)** |
| **19**  **10:00am “Chalice of Salvation”**  **10:30am Exercise with Marcos**  **1:00pm Documentary: Human Flow (2017)**  **2:00pm Bingo, *2nd Flr CK***  **3:30pm Social Hour**  **6:30pm Mini-series: Grace & Frankie** | **20**  **10:30am Exercise with Karen**  **1:30pm Women’s Group, CL**  **3:00pm Themed Video Shorts: TBA**  **3:30pm Social Hour**  **6:00pm Film: Goodbye, Mr. Chips (Romance/Drama 1939)** | **21**  **110:30am Breathing/Tai Chi/Exercise with Heather**  **10:30 Games with Shirley**  **1:30pm Chair Ballet with Sam M**  **3:15pm Writing Class with Peggy**  **3:30pm Social Hour**  **6:00pm Mini-series: When Calls**  **the Heart** | **22**  **10:30am Chair Yoga with Jill, M**  **1:30pm Art with Beryl: Torn**  **Landscapes, 2nd Flr CK**  **2:00pm Bingo, 2nd Flr CK**  **3:30pm Social Hour**  **6:00pm Mini-series: When Calls the Heart** | **23**  **10:30am Strength/Core Training with Marcos**  **10:30 Games with Shirley**  **11:30am-12:00pm Drop-in Technology help, P**  **1:00pm You Tube Singalong**  **2:30pm Open Genre Dance**  **6:30pm Mini-Series: Grace & Frankie** | **24**  **10:30 Strength/Core Training with Marcos**  **1:15pm Meditation with Beryl, CL**  **2:00pm Bingo*,* 2nd Flr CK**  **3:30pm Social Hour**  **6:30pm Film: Gerald’s Game (Horror, 2017)** | | **25**  **10:30am Strength/Core Training with Marcos**  **1:00pm Games with Marcos, M**  **2:00pm Matinee: The Court Jester (Comedy/Musical 1955)**  **3:30pm Social Hour**  **6:00pm Film: College (Comedy/silent 1927)** |
| **26**  **10:00am “Chalice of Salvation”**  **10:30am Exercise with Marcos**  **1:00pm Matinee: Robinhood (Adventure, 1991)**  **2:00pm Bingo, *2nd Flr CK***  **3:30pm Social Hour**  **6:30pm Mini-series: Grace & Frankie** | **27**  **10:30am Exercise with Karen**  **1:30pm May Basket Workshop 2nd floor CK**  **3:00pm Themed Video Shorts: TBA**  **3:30pm Social Hour**  **6:30pm Film: The Princess and the Frog (Animation 2009)** | **31**  **10:30am Breathing/Tai Chi/Exercise with Heather**  **10:30 Games with Shirley**  **1:30pm Chair Ballet with Sam**  **3:15pm Writing Class with Peggy**  **3:30pm Social Hour**  **6:30pm Mini-series: When Calls the Heart** |  |  |  | | * **“ Games with Shirley” is in the 2nd Floor Country Kitchen** * **All exercise classes are in the media room** * **There is Social Hour in the Pub every day** |

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