

OUR STAFF

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
Dolores Ivory	Activities Assistant
Marcos Mercado	Activities Assistant
Kenneth Bradley	Activities Assistant

Introduction to Tarot Cards/Tarot Readings
2:00pm, Monday, January 13

Tarot cards increasingly are used as an engaging tool for personal transformation. Learn the meanings of many of the 72 cards, as well as various methods of “reading” them. Individual tarot readings available after the class.



CHRISTOPHER HEIGHTS™
of Northampton
AN ASSISTED LIVING COMMUNITY

January

Community Enrichment Calendar

December 31, 2019 Version

5o Village Hill Road, Northampton, MA, 01060/Phone 413-584-0701/www.ChristopherHeights.com

I learn by going where I have to go. -Theodore Roethke

New! Coffee and Current Events in the Pub with
Karen/Ken

10:30am Fridays

Composers Exposed!
Part II: George Frederic Handel

2:00pm, Saturday, January 25

The next composer in our continuing monthly lecture series is George Frederic Handel, one of the Baroque era's greatest composers. Join us as we discuss his eager, eventful, and occasionally *tragic* life as a contributor to western music passion and progression. While it is a lecture, we also want to encourage dialogue on any facet you find interesting: this may include locations, culture, musical pieces, or anything else that connects with your own life experience.

Art Cart with Jillian
2:00pm, Tuesday, January 21st

Drop by for a relaxing hour of craft-making.

Valentine’s Day Card-Making Prep with Sally
3:30pm Friday, January 31st

Select and/or cut out images in magazines that appeal so that we have plenty to work with in our upcoming Valentines’ Day Card Making class.

French Polynesia: Retracing the Journey of Artist
Paul Gauguin While Making My Own

Amy Dane

2:00pm, Tuesday, Jan 7

At the end of the 19th century, Paul Gauguin left France for the South Pacific in pursuit of his passion: to live and paint among “savages” in a primitive paradise, free from Western governmental and religious strictures. Who was this enigmatic artist? What did he find there? The speaker will share her unexpected discoveries about Gauguin and her own experience visiting these magical islands.

Adult Coloring and Zendoodle

1:30pm, Monday, January 20

Learn a new skill: Zendoodle! A Zendoodle is a drawing created out of patterns that form a recognizable object, such as an animal. As you Zendoodle, you’ll find yourself in a Zen state of mind. We’ll have relaxing background music as well.

Lecture: The Spider King

Michael Greenbaum

2:00pm, Tuesday, January 28th

“Imagine a leader who demands loyalty but is loyal to no-one. Imagine a leader who sends agents all around Europe to gain information about his enemies and his supporters both. Imagine a leader who can say one thing while he is secretly doing another; who makes pacts with his country’s enemies while he insults his country’s friends. You are imagining Louis XI (1423-1483), the king who created the modern French state. We shall focus on this man and his times, his accomplishments and his contradictions. And I promise: no battles or genealogies – or at least very few.”

This event is open to the public.

Vision Board Workshop with Rebecca Bradley
2:00pm, Saturday, January 11

Kick off the new year by collaging a board of all things you’d like to manifest! As with our recent holiday cardmaking workshop, we’ll cut out or select images and items that call to us. Ken’s mother, Rebecca Bradley, will be joining us from Rowe to lead the workshop. Welcome, Rebecca!

*TRIP: Women’s Basketball at Amherst College
(with Ken)

2:00pm, Tuesday, January 18th

Don’t miss Amherst College’s Mammoths taking on Tufts’ Jumbos. Amherst women are 4-1 this season; according to Ross the play has been breathtaking. Sign up at the Front Desk.

“Let’s Talk Sports!”

2:00pm Sundays: Jan 5,12,19, and 26

Men, finally -- an event that doesn’t involve cutting out roses or exploring your feelings. Join Ken “Play Ball!” Bradley weekly for handpicked quality sports programming. Content to be announced. Women welcome!

Trivia in the Pub with Ken, “the Brain” Bradley

2:00pm, Saturday, January 4

Trivia nerds, be ready! Compete for intellectual acumen AND prizes. Ken is a trivia aficionado who participates in local weekly trivia contests: he’ll be armed with tough and engaging questions! Event will occur weekly as of February. (Pending resident interest.)

January

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Locales</p> <p><i>L-Livingroom</i> <i>CL- Classroom</i> <i>P- Pub</i> <i>M- Media Room</i> <i>VH– Village Hill</i> <i>CK– Country Kitchen</i></p>	<p>RESIDENT BIRTHDAYS</p> <p>Jody H 1/ 6 Joyce M 1/6 Bette B 1/22 Sylvia H 1/23 Ray E 1/26</p>	<p>Note: there is Social Hour on the 10th,19th and 24th</p>	<p>1</p> <p>10:30am Exercise with Karen 12:00pm Thai & Chinese Take-Out, P 2:00pm: Clothing/ Household Goods/Jewelry Swap, M 3:30pm Social Hour 6:00pm Film: Memoirs of a Geisha (2005 Drama/Melodrama), CL</p>	<p>2</p> <p>10:30 Exercise with Marcos 11:30am-12:00pm Drop-in tech help with Marcos, P 1:00pm Chorale Group 3:30pm Social Hour 6:00pm Family Feud (Dolores)</p>	<p>3</p> <p>10:30am Coffee & Current Events, P 11:00am Chair Yoga with Jill 2:00pm Bingo, <i>2nd Flr CK</i> 3:30pm Social Hour 6:00pm Film: Slumdog Millionaire (2008 Drama/Crime), CL 6:30pm Sally’s Poker Night, <i>P</i></p>	<p>4</p> <p>10:30am Exercise with Ken 2:00pm: Trivia with Ken, P 3:30pm Social Hour 6:00pm Film: Manchester by the Sea (2016 Drama), CL</p>
	<p>5</p> <p>10:00am “Chalice of Salvation” 2:00pm Let’s Talk Sports! P 2:00pm Bingo (Resident-led), <i>2nd Flr CK</i> 3:30pm Social Hour 6:00pm Mini-series: Band of Brothers (Netflix)</p>	<p>6</p> <p>10:30am Chair Yoga with Safara 1:30pm Poetry (Gertrude Stein)/Wordplay with Karen 3:30pm Social Hour 6:00pm Film: Gorillas in the Mist (1988 Drama/Historical Period Drama), CL</p>	<p>7</p> <p>10:30am Exercise with Marcos 2:00pm Slideshow/Talk: Gauguin in French Polynesia, M 3:30pm Social Hour 6:00pm Mini-series:TBA 6:30pm Dominoes/Rummy Cube, P</p>	<p>8</p> <p>11:00am Chair Yoga with Jill 1:00pm Resident Council Meeting. 2nd Flr CK 2:00pm Alz Meet Up -- Community Singalong, M 3:30pm Social Hour 6:00pm Mini-series: Longmire 7:00pm Canasta/Pitch, P</p>	<p>9</p> <p>10:30 Exercise with Marcos 11:30am-12:00pm Drop-in tech 1:00pm Chorale Group 3:30 Catholic Mass with Father Riley, CL 3:30pm Social Hour 6:00pm Family Feud (Dolores)</p>	<p>10</p> <p>10:00am Walmart/Big Y with Marcos 10:30am Coffee & Current Events, P 11:00am Chair Yoga with Jill 1:15pm Stress Reduction with Peggy, <i>CL</i> 2:00pm Bingo, 2nd Flr CK 6:00pm Film: Ladybird (2017 Drama/Comedy), CL</p>	<p>11</p> <p>10:30am Exercise with Ken 2:00pm Art Class: Vision Boards with Rebecca Bradley,P 3:30pm Social Hour 6:00pm Film: Crimes of the Heart (1986 Drama/Family Drama),CL</p>
	<p>12</p> <p>10:00am “Chalice of Salvation” 10:30am Exercise with Ken 2:00pm Let’s Talk Sports! P 2:00pm Bingo (Resident-led), 2nd floor CK 3:30pm Social Hour 6:00pm Mini-series: Band of Brothers (Netflix)</p>	<p>13</p> <p>10:30am Chair Yoga with Safara 2:00pm Introduction to Tarot Card/Tarot Readings, CL 3:30pm Social Hour 6:00pm Film: Rules of Engagement (2000 Thriller/Drama)</p>	<p>14</p> <p>10:30am Exercise with Marcos 2:00pm Tai Chi, M 3:30pm Social Hour 6:00pm Mini-series:TBA 6:30pm Dominoes/Rummy Cube, <i>P</i></p>	<p>15</p> <p>11:00am Chair Yoga with Jill 12:00pm Resident B-day Dinner 2:00pm B-day Musical Performance: Peter Poirier, M 3:30pm Social Hour 6:00pm Mini-series: Longmire 7:00pm Canasta/Pitch, P</p>	<p>16</p> <p>10:30 Exercise with Marcos 11:30am-12:00pm Drop-in tech help with Marcos, P 3:30pm Social Hour 6:00pm Family Feud (Dolores)</p> <p>*No Chorale Group. CL is reserved 1:30pm-3:30pm.</p>	<p>17</p> <p>10:30am Coffee & Current Events, P 11:00am Chair Yoga with Jill 1:15pm Meditation with Hal, <i>CL</i> 2:00pm Bingo, 2nd Flr CK 3:30pm Social Hour 6:00pm Film: Wolf of Wall St. (2017 Drama), CL 6:30pm Sally’s Poker Night, <i>P</i></p>	<p>18</p> <p>10:30am Exercise with Ken *2:00pm TRIP: Women’s Basket ball: Amherst vs Tufts 3:30pm Social Hour 6:00pm Film: The Rider (2017 Drama),CL</p>
	<p>19</p> <p>10:00 am “Chalice of Salvation” 10:30: Exercise with Ken 2:00pm Let’s Talk Sports! P 2:00pm Bingo (Resident-led), <i>2nd Flr CK</i> 6:00pm Mini-series: Band of Brothers (Netflix)</p>	<p>20</p> <p>10:30am Exercise with Karen 1:30pm Adult Coloring & Zen Doodle, P 3:00pm Ice Cream Social, 2nd Flr CK 3:30pm Social Hour 6:00pm Film: Fruitville Station (2013 Drama/Crime)</p>	<p>21</p> <p>10:30am Exercise with Marcos 2:00pm Art Cart with Jillian 3:30pm Social Hour 3:30pm Our Inner Team with Carol, Beryl, and Karen, CL 6:00pm Mini-series: TBA 6:30pm Dominoes/Rummy Cube, <i>P</i></p>	<p>22</p> <p>11:00am Chair Yoga with Jill 3:30pm Meet the New Residents, P 3:30pm Social Hour 6:00pm Mini-series: Longmire 7:00pm Canasta/Pitch, P</p>	<p>23</p> <p>10:30am Exercise with Marcos 11:30am-12:00pm Drop-in tech help with Marcos, P 1:00pm Chorale Group 2:30pm Knitting with Linda and Beryl, L 3:30pm Social Hour 6:00pm Family Feud (Dolores)</p>	<p>24</p> <p>10:00am Coffee & Current Events, P 11:00am Chair Yoga with Jill 1:15pm Stress Reduction with Peggy, <i>CL</i> 2:00pm Bingo, <i>2nd Flr CK</i> 6:00pm Film: Yesterday (2019 Drama/Fantasy), CL</p>	<p>25</p> <p>10:30am Exercise with Ken 2:00pm Handel: Musical Lecture series, M 3:30pm Social Hour 6:00pm Film: The Hunchback of Notre Dame (1996 Drama), CL</p>
	<p>26</p> <p>10:00am “Chalice of Salvation” 10:30am Exercise with Ken 2:00pm Let’s Talk Sports! P 2:00pm Bingo (Resident-led), <i>2nd Flr CK</i> 3:30pm Social Hour 6:00pm Mini-series: Band of Brothers (Netflix)</p>	<p>27</p> <p>10:30am Exercise with Karen 2:00pm Musical Performance: Fred Marion 3:30pm Women’s Discussion Group (Beryl & Jeanie) CL 3:30pm Social Hour 6:00pm Film: Captain Fantastic (2016 Drama/Comedy), CL</p>	<p>28</p> <p>9:00am Tai Chi—Tentative, M 10:30am Exercise with Marcos 2:00pm Lecture: The Spider King, M 3:30pm Social Hour 6:00pm Mini-series: TBA 6:30pm Dominoes/Rummy Cube, P</p>	<p>29</p> <p>11:00am Chair Yoga with Jill 2:00pm Open Food Forum, 2nd Flr CK 3:15 Writing Class with Stephanie, CL 3:30pm Social Hour 6:00pm Mini-series: Longmire 7:00pm Canasta/Pitch, P</p>	<p>30</p> <p>10:30am Exercise with Marcos 11:30am-12:00pm Drop-in tech help with Marcos, P 1:00pm Chorale Group 3:30pm Social Hour 6:00pm Family Feud (Dolores)</p>	<p>31</p> <p>10:30am Coffee & Current Events 11:00am Chair Yoga with Jill 1:15pm Meditation with Hal, <i>CL</i> 2:00pm Bingo, <i>2nd Flr CK</i> 3:30pm Social Hour 3:30pm Valentine’s Day Card-Making Prep with Sally, P 6:00pm Musical Performance: Jeff Fulner</p>	