

DEPARTMENT DIRECTORS

Crystal Cote-Stosz	Executive Director
Amie Miarecki	Marketing & Admissions Marketing Assistant
Jackie Dionne	Resident Service Manager
Shirley Shaw	Director of Social Services
Nicholas Morin	Executive Chef
John Glenowicz	Maintenance Director
Beryl Singer	Community Enrichment Director

Winter Wellness—Knitting!

Did you know that knitting:

- Reduces Blood Pressure
- Keeps joints limber
- Boosts Brain Power
- Improves Eye-Hand Coordination
- Keeps you Calm

All this and it is a great social activity, too!

Knitting Group

3:30 pm Wednesday, January 13

3:30 pm Tuesday, January 26

Sandy Robinson

2:00 pm Monday, January 11

Our first Post-Quarantine Concert!

Join Sandy Robinson for a musical experience you will love!

Christopher Heights Songbirds Continues!

1:30 pm Thursday, January 7, 21, and 28

Sandra will once again work her magic! Beginning January 7, come and enjoy the Christopher Heights Songbirds meeting once again!

First Fridays in the Pub

Continuing: First Friday of each month, our Executive Director, Crystal Cote-Stosz, will be joining us at 3:30 pm in The Pub. Let her know what you love about Christopher Heights, and how we can make things even better!

Introducing...History At Play!

This month we will enjoy living history Adventures!

7:15 pm Friday, January 8: Dolley's Decadent New Year

Dolley Madison will regale you with tales of Washington City and how this magnanimous First Lady celebrated the holiday season.

7:15 pm Friday, January 22: Mrs. Baker, Governess General, Kentish Theater

Sarah Baker reveals her secret: How could a humble dancer afford to build a successful theater empire?

Literary Group

2:00 pm Monday, January 4 & 18

Michael Greenbaum is be hosting our Literary Group this winter. Literary Group will be reading and discussing a different poem each session. January begins with selections by Emily Dickinson. Members are enthusiastically discussing their favorite poets for future groups.



CHRISTOPHER HEIGHTS™
of Northampton
AN ASSISTED LIVING COMMUNITY



January

Community Enrichment Calendar

January 1, 2021 Version

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

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

For inquiries please contact amiarecki@christopherheights.com

"We will open the book, Its pages are blank, We are going to put words on them ourselves. The book is called opportunity and its first chapter is New Year's Day."

By Edith Lovejoy Pierce

You did it! Quarantine is over!

We can work together to help keep it that way.

Wear a mask any time you are out of your apartment.

Maintain Social Distance of 6 feet.

A Very Merry Christmas Special!

2:00 pm Friday, January 1

All your Christmas favorites: Carols, stories, poems, and songs. Guaranteed to put you in the Christmas Spirit and bring you Joy!

Snowflake Party

2:00 pm Thursday, January 14

Join us for a celebration of all things Snowflake!

Enjoy snowflake themed refreshments and music!

We encourage those with an adventurous spirit to come dressed in white, silver or blue with a snowflake theme.

Christmas/Snowflake/Valentine Tree

What a joy for everyone to be able to finally see the decorations around the building!

We want to enjoy the lighted tree in the livingroom for as long as possible, so we will decorate it with beaded snowflakes in January. Then we will decorate it with hearts in February.

New! Improv Games

2:00 pm Saturday, January 16

No scripts to memorize!
No prior acting experience necessary.
Bring your playful side to improv games with Marcos.

J a n u a r y 2 0 2 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Locations</p> <p>L-Livingroom CL- Classroom P- Pub M- Media Room VH- Village Hill CK- Country Kitchen CONF- Conference</p>	<p>Resident Birthdays</p> <p>Jody 6 Joyce M 6 Lorna 9 Gail 13 Bette 22 Sylvia H 23 Irene 28 John S 31</p>		<ul style="list-style-type: none"> Movies start at 6:30 pm on weekdays, and 6:00 pm on weekends. All movies are in the media room All exercise classes are in the Media Room 		<p>1</p> <p>10:30 am Exercise 2:00 pm A Very Merry Christmas Special M 3:30 pm Social Hour First Friday 6:30 pm Film: Noelle</p>	<p>2</p> <p>10:30 am Exercise 2:00 pm paper snowflakes 2nd Flr CK 3:30 pm Social Hour 6:00 pm Film: ET The Extraterrestrial</p>
<p>3</p> <p>10:00am "Chalice of Salvation" 10:30am Exercise 2:00-3:00 pm Bingo 2nd Flr 3:30 pm Social Hour 6:00pm Mini-Series: Orange is the New Black</p>	<p>4</p> <p>10:30am Exercise 2:00 pm Poetry Group M 3:30pm Social Hour 6:30pm Film: Django Unchained</p>	<p>5</p> <p>9:30 am Coffee 3rd Flr CK 10:30am Chair Yoga with Jill 2:00 pm flowers 2nd Flr CK 2:30pm Writing Group with Peggy, CL 3:30pm Social Hour 6:30pm Mini-series: Anne with an E</p>	<p>6</p> <p>10:30am Exercise 2:00-3:00 pm Bingo 2nd FLR CK 3:30pm Social Hour 6:30 pm Film: Jurassic Park</p>	<p>7</p> <p>10:30 am Exercise 1:30 pm Christopher Heights Songbirds 3:30 pm Social Hour 4:00 pm Fireside Chats L 6:30pm Mini-Series: Dear White People</p>	<p>8</p> <p>10:30am Exercise 2:00-3:00 pm Bingo 2nd Flr CK 7:15 pm Dolly's Decadent New Year M</p>	<p>9</p> <p>10:30 am Exercise 2:00 pm Painting Ceramics 2nd Flr CK 3:30 pm Social Hour 6:00 pm Film: Easy A</p>
<p>10</p> <p>10:00 am "Chalice of Salvation" 10:30 am Exercise 2:00-3:00 pm Bingo 2nd Flr CK 3:30 pm Social Hour 6:00 pm: Mini-Series: Orange is the New Black</p>	<p>11</p> <p>10:30 am Exercise 2:00 pm Sandy Robinson Concert M 3:30 pm Social Hour 6:30 pm Film: Paranorman</p>	<p>12</p> <p>9:30 am Coffee 2nd Flr CK 10:30 am Chair Yoga with Jill 2 pm Baking with Shirley 3rd Flr CK 2:30 pm Writing Group CL 6:30 pm Mini-series: Anne with an E</p>	<p>13</p> <p>10:30 am Exercise 12:00 pm Birthday Meal 2:00-3:00 pm Bingo 2nd Flr CK 3:30 pm Knitting Group M 6:30 pm Film: True Grit</p>	<p>14</p> <p>10:30 Exercise 2:00 pm Snowflake Party M 3:30 pm Social Hour 4:00 pm Fireside Chats L 6:30 pm Mini-Series: Dear White People</p>	<p>15</p> <p>10:30 Exercise 2:00-3:00 pm Bingo 2nd Flr CK 3:30 pm Social Hour 7:00-10:00 pm: Winter One-Act Festival M</p>	<p>16</p> <p>10:30am Group Exercise 2:00 pm Improv Games M 3:30 pm Social Hour 6:00 pm Film: Carol</p>
<p>17</p> <p>10:00 am "Chalice of Salvation" 10:30 am Group Exercise 2:00-3:00 pm Bingo 2nd Flr CK 3:30 pm Metropolitan Opera Handel's Rodelinda M 6:00 pm Mini-Series: Orange is the New Black</p>	<p>18</p> <p>10:30 am Exercise 1:30 pm Poetry Group M 3:30 pm Documentary and Discussion: Why People Don't Heal Carolyn Myss 6:30 pm Film: Enola Holmes</p>	<p>19</p> <p>9:30 am Coffee 3rd Flr 10:30 am Chair Yoga with Jill 2:00 pm Jeffrey Folmer Concert M 2:30 pm Writing Group with Peggy 6:30 pm: Mini-series: Anne with an E</p>	<p>20</p> <p>10:30 am Exercise 12:00 pm Birthday Meal 2:00-3:00 pm Resident Council Meeting M 6:30 pm Film: Our Souls at Night</p>	<p>21</p> <p>10:30 am Exercise 1:30 pm Christopher Heights Songbirds 3:30 pm Ice Cream Social 4:00 pm Fireside Chats L 6:30 pm Mini-series: Dear White People</p>	<p>22</p> <p>10:30 am Exercise 2:00-3:00 pm Bingo 2nd Flr CK 7:15 pm Mrs. Baker, Governess General, Kentish Theater M</p>	<p>23</p> <p>10:30 am Exercise 2:00 pm Dragonflies 2nd Flr CK 3:30 pm Social Hour 6:00 pm Film: My Octopus Teacher</p>
<p>24 /31</p> <p>10:00 am "Chalice of Salvation" 10:30 am Exercise 2:00-3:00 pm Bingo 2nd Flr CK 3:30 pm Movement 6:00 pm Mini-Series: Orange is the New Black</p>	<p>25</p> <p>10:30 am Exercise 2:00 pm Reminisce with Beryl and Jeannie M 23rd 3:30 pm The Power of Archetypes and Myths Carolyn Myss M 6:30 pm Film: Descendants (Disney Plus)</p>	<p>26</p> <p>9:30 am Coffee 2nd Flr CK 10:30 am Chair Yoga with Jill 2:30 pm Writing Class CL 3:30 pm Knitting Group M 6:30 pm: Mini-series: Anne with an E</p>	<p>27</p> <p>10:30 am Exercise 2:00-3:00 pm Bingo 2nd Flr CK 3:30 pm Social Hour 6:30 pm Film: Dead Poet's Society (1989)</p>	<p>28</p> <p>10:30 am Exercise 1:30 pm Christopher Heights Songbirds M 3:30 pm Social Hour 4:00 pm Fireside Chats L 6:30 pm Mini-series: Dear White People</p>	<p>29</p> <p>10:30 am Exercise 2:00-3:00 pm Bingo 2nd Flr CK 3:30 pm Social Hour 6:30 pm Film: Fisherman's Friends</p>	<p>30</p> <p>10:30 am Exercise 2:00 pm Charades M 3:30 pm Social Hour 6:30 pm Film: Anastasia (Disney Plus) Black</p>