

## DEPARTMENT DIRECTORS

Crystal Cote-Stosz	Executive Director
Joy Peterson	Marketing & Admissions
Loni Cummings	Marketing Assistant
Shirley Shaw	Resident Service Manager
Vacant	Director of Social Services
Emmanuel Anderson	Executive Chef
John Glenowicz	Maintenance Director
Marcos Mercado	Community Enrichment Director

### BBQ'S Are Back!

**Wednesdays at 12:00 pm**

**(Starting Wednesday 19<sup>th</sup>)**

**We will begin having BBQs on the Patio outside the Pub. Come enjoy the sunny weather and a refreshing summer drink. If the weather does not allow for outdoor Barbecues, residents allotted that day will be moved to next barbecue date. All residents will get a chance to attend the Barbecues.**



**CHRISTOPHER HEIGHTS™**  
of Northampton  
AN ASSISTED LIVING COMMUNITY

# May



## Community Enrichment Calendar

50 Village Hill Road, Northampton, MA, 01060/Phone 413-584-0701  
<https://www.facebook.com/christopherheightsofnorthampton>  
For inquiries please contact: [jpeterson@christopherheights.com](mailto:jpeterson@christopherheights.com)

*The future depends on what we do in the present.*

*Mahatma Gandhi*

### Meet-and-Greet for New Residents

**Saturday the 17<sup>th</sup> at 2:00 pm**

Come in and welcome all the new residents to our wonderful Christopher Heights family. The pub will be full of snacks, drinks, and new faces. Join the welcome wagon and make some new friends.

### Mother's Day Celebration

**Saturday the 8<sup>th</sup> at 2:00 pm**

Saturday before Mother's Day we will have a tea party presented by Sandra and Alejandra. There will be finger sandwiches, tea, and more.

### On Mother's Day

Bingo will have two quilts as prizes made and donated by a fellow resident.

### Notable Neighbors

**Sunday the 16<sup>th</sup> at 3:00 pm**

Here at Christopher Heights, we have many wonderful and extraordinary people in our community. Once a month, we will highlight a resident and celebrate their wonderful life.

This month we will be featuring Linda Greenebaum. Linda has written two books that have been self-published. Each book took about two years to write and are inspired by personal experiences. Come get to know Linda! After we will serve brownies and have Live Cello from Debbie and Mateo, Linda's daughter and grandson.

### TED Talks

**Tuesday 11<sup>th</sup> & 25<sup>th</sup> at 1:30 pm**

TED Talks are a nonprofit devoted to spreading ideas, usually in short, powerful talks/ presentations. TED Talks are dedicated to researching and sharing knowledge that matters. Their goal is to inform and educate global audiences in an accessible way. Join us to explore some fantastic Ted Talks that will explore the human psyche and discuss what we found interesting.

### Staff Pick Event: Manny's Healthy Snacks

#### Sampler Event

**Thursday the 20<sup>th</sup> at 2:30 pm**

We will be highlighting Emmanuel Anderson (aka Manny, our new fantastic executive chef) event ideas this month. Healthy snacks are a great way to stay full. The key is finding healthy snacks that are still tasty. Manny will be providing bites that will have a twist. These foods will come with fun facts on why we should eat them.

### Crafts This Month

#### Window Planters

**Saturday the 22<sup>nd</sup> at 2:00 pm**

The nice weather is here and with it comes the flowers. Join in planting window planters that will be displayed for our community outside the Pub's patio.

#### Painting Mason Jars

**Saturday the 29<sup>th</sup> at 2:00 pm**

Come paint a mason jar with your desired color with a painting sponge. The Jars are great for holding flowers, pens, and more. All supplies will be provided.

### Social Hour w/Technology Help

**Pub 3:30 pm**

Do you need help with Technology? Come to the Pub on Monday the 3<sup>rd</sup>, 12<sup>th</sup>, or and the 28<sup>th</sup> with any questions about Technology. There will be employees and volunteers ready to help with your technology needs.

### Resident Floor Representatives with Office Hours' Time and Locations

**Tuesday the 4<sup>th</sup> & the 18<sup>th</sup> at 1:30 pm**

#### First Floor Representative

Jeannie Atkins  
Location: Pub


#### Second Floor Representative

Jody Hurd  
Location: Classroom

#### Third Floor Representative

Pat Mason  
Location: Media Room

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Locations:</b> P- Pub FL- Floor L-Livingroom FD-Front Desk CL- Classroom M- Media Room CK- Country Kitchen CONF- Conference Room	<b>Resident Birthdays</b> Dottie B. 5 <sup>th</sup> Sarah S. 6 <sup>th</sup> Josie J. 8 <sup>th</sup> Judith R. 9 <sup>th</sup> Gill S. 12 <sup>th</sup>		<b>Resident Birthdays</b> Lorraine B. 19 <sup>th</sup> Roland N. 21 <sup>st</sup> Carol V. 30 <sup>th</sup> Judith Mc. 30 <sup>th</sup>	All TV Shows and Movie Showings will start at 6:30pm in The Media Room  RC – RESIDENTS CHOICE  R – Movie is Rated R (Viewer Discretion Advised)	<b>Event Changes</b> <i>“Mid-Day Meditation “</i> <b>will begin at 4:00pm on Thursday</b>	<b>1</b> <i>May Day</i> 10:30am Morning Exercise M 2:00pm May Day Party M / P 3:30pm Social Hour P w/Cake 6:00pm Kentucky Derby 2 <sup>nd</sup> FL CK
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
10:00am “Chalice of Salvation” CL 2:00pm Bingo 2nd FL CK 3:30pm Social Hour P 6:30pm TV Series: Orange is the New Black M	9:30am Coffee & Conversation 2nd FL CK 10:30am Morning Stretches M 1:30pm Exercise w/Tony M 3:30pm Social Hour with Technology Help P 6:30pm Film: Jason Borne (Action/ Thriller) (RC) M	10:30am Morning Exercise M 1:30pm Meet with the Floor Representatives M 2:30pm Chair Yoga w/Jill M 3:30pm Marketing Committee Meeting CL 6:30pm Night Bingo w/Delores 2 <sup>nd</sup> FL CK	<b>Cinco de Mayo</b> 9:30am Coffee & Conversation 2nd FL CK 10:30am Morning Exercise M 2:00pm Bingo 2 <sup>nd</sup> FL CK 3:30pm Social Hour P 6:30pm Film: Secrets of the Whales (Documentary) R / M	10:30am Moving to Music M 1:30pm Christopher Heights Songbird M 2:30pm Creative Writing w/Peggy CL 4:00pm Sharing Group CL 6:30pm Family Feud w/Delores M	9:30am Coffee & Conversation 2nd FL CK 10:30am Morning Stretches M 1:30pm Exercise w/Tony M 2:00pm Bingo 2 <sup>nd</sup> FL CK 3:30pm First Friday Social Hour P 6:30pm Film: Miles Ahead (Drama/History) M	10:30am Morning Exercise M 2:00pm Mother’s Day Tea Party 2 <sup>nd</sup> FL CK 3:30pm Social Hour P 6:30pm TV Series: Monk (TV-PG Crime/ Comedy) M
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<i>Mother’s Day</i> 10:00am “Chalice of Salvation” 2:00pm Mother’s Day Bingo 2 <sup>nd</sup> FL CK 3:30pm Karaoke w/Conrad M 6:30pm Movie: Mother’s Day (Love/ Drama 2016) M	9:30am Coffee & Conversation 2nd FL CK 10:30am Morning Stretches M 1:30pm Exercise w/Tony M 3:00pm Poetry Group M 6:30pm Film: The Half of It (RC) (Romance) M	10:30am Morning Exercise M 1:30pm Ted Talk w/ Discussion M 2:30pm Chair Yoga w/Jill M 3:30pm Social Hour P w/Music 6:30pm Night Bingo w/Delores 2 <sup>nd</sup> FL CK	9:30am Coffee & Conversation 10:30am Morning Exercise M 12:00pm Birthday Meals P 2:00pm Bingo 2 <sup>nd</sup> FL CK 3:30pm Social Hour with Technology Help P 6:30pm Film: Robins Wish (Comedy/ Documentary) R / M	10:30am Morning Exercise M 1:30pm Christopher Heights Songbird M 2:30pm Creative Writing w/Peggy CL 4:00pm Mid-day Meditation M 6:30pm Family Feud w/Delores	9:30am Coffee & Conversation 2nd FL CK 10:30am Morning Stretches M 1:30pm Exercise w/Tony M 2:00pm Bingo 2 <sup>nd</sup> FL CK 3:30pm Ice Cream Social P 6:30pm Film: Mrs. America (History/Drama) M	10:30am Morning Exercise M 2:00pm Meet-and-Greet New Residents P 3:30pm Social Hour P 6:30pm TV Series: Monk (TV-PG Crime/ Comedy) M
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
10:00am “Chalice of Salvation” CL 2:00pm Bingo 2 <sup>nd</sup> FL CK 3:00pm Notable Neighbors: 4:00 Duet Cello M 6:30pm TV Series: Orange is the New Black M	9:30am Coffee & Conversation 2nd FL CK 10:30am Morning Stretches M 1:30pm Exercise w/Tony M 3:30pm Social Hour P 6:30pm Film: Singing in the Rain (Musical) M	10:30am Morning Exercise M 1:30pm Meet with the Floor Representatives M 2:30pm Food Forum M 6:30pm Night Bingo w/Delores 2 <sup>nd</sup> FL CK	9:30am Coffee & Conversation 10:30am Morning Exercise M 2:00pm Bingo 2 <sup>nd</sup> FL CK 12:00pm BBQ Pub Patio 3:30pm Discussion w/Jeannie & Judith M 6:30pm Film: Seaspiracy (Doc) R	10:30am Moving to Music M 1:30pm Christopher Heights Songbird M 2:30pm Staff Pick: Healthy Snacks with Manny 2 <sup>nd</sup> FL CK 4:00pm Mid-day Meditation M 6:30pm Family Feud w/Delores	9:30am Coffee & Conversation 2nd FL CK 10:30am Morning Stretches M 1:30pm Exercise w/Tony M 2:00pm Bingo 2 <sup>nd</sup> FL CK 3:30pm Social Hour w/ Bowling 6:30pm Film: Murder to Mercy The Cyntoia Brown Story (Doc)	10:30am Morning Exercise M 2:00pm Window Planter Planting 2 <sup>nd</sup> FL CK 3:30pm Social Hour P 6:30pm TV Series: Monk (TV-PG Crime/ Comedy) M
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
10:00am “Chalice of Salvation” 2:00pm Bingo 2 <sup>nd</sup> FL CK 3:30pm Karaoke w/Conrad M 6:30pm TV Series: Orange is the New Black M	9:30am Coffee & Conversation 10:30am Morning Stretches M 1:30pm Exercise w/Tony M 3:00pm Poetry Group M 6:30pm Film: The Promise R / M	10:30am Morning Exercise M 1:30pm Ted Talk w/ Discussion 2:30pm Chair Yoga w/Jill M 3:30pm Social Hour w/Music 6:30pm Night Bingo w/Delores 2 <sup>nd</sup> FL CK	9:30am Coffee & Conversation 2nd FL CK 10:30am Morning Exercise M 12:00pm BBQ Pub Patio 2:00pm Community Meeting M 6:30pm Film: Fantastic Fungi (Documentary) M	10:30am Morning Exercise M 1:30pm Christopher Heights Songbird M 2:30pm Creative Writing w/Peggy CL 4:00pm Mid-day Meditation M 6:30pm Family Feud w/Delores M	9:30am Coffee & Conversation 2nd FL CK 10:30am Morning Stretches M 1:30pm Exercise w/Tony M 2:00pm Bingo 2 <sup>nd</sup> FL CK 3:30pm Social Hour with Technology Help P 6:30pm Film: The Courier (Drama/ Thriller) M	10:30am Morning Exercise M 2:00pm Mason Jar Painting 2 <sup>nd</sup> FL CK 3:30pm Social Hour P 6:30pm TV Series: Monk (TV-PG Crime/ Comedy) M
<b>30</b>	<b>31</b>					
10:00am “Chalice of Salvation” 2:00pm Bingo 2 <sup>nd</sup> FL CK 3:30pm Social Hour P 6:30pm TV Series: Orange is the New Black M	9:30am Coffee & Conversation 10:30am Morning Stretches M 1:30pm Exercise w/Tony M 2:00pm Memorial Day Concert M 3:30pm Social Hour P 6:30pm Film: Memorial Day R M					