

## DEPARTMENT DIRECTORS

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

### Meet the Candidates

#### 2:00 pm Friday, November 6

Join Linda G and Pat M in the Media Room to hear them speak about their interest in the position of Secretary of the Resident Council. If you are new to Christopher Heights, this is a great opportunity to get to know the candidates.

Election will take place on Monday, November 9. Forms will be available at the Front Desk. There will be a ballot box at the front desk, where you can deposit your ballots

#### Amy Dane Travel Slideshows

##### 2:00 pm Friday, November 13

##### Egypt

##### 2:00 pm Friday, November 20

##### Portugal

Amy Dane returns with slides, music and stories about her adventures in Egypt and Portugal.

### New! Improv Games

#### 3:00 pm Saturday, November 21

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

### 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!

### Fireside Chats

#### 4:00 pm Thursdays in the Livingroom

Interested in snuggling up on a soft couch by the fire and having some pleasant conversation with congenial friends? Join Beryl and Shirley on Thursdays in November for some delightful, casual conversation.

### Winter Wellness

We think of winter as a time to be cozy and curl up by the fire with a book and a cup of hot chocolate. The house fills with good baking aromas, and we enjoy pumpkin pie, Thanksgiving turkey, and Christmas cookies!

Winter is also darker, colder, and we move less. Which is why winter is a great time to focus on taking care of our health and wellness. This winter we are launching our Winter Wellness Activities. Instead of Social Hour every day, look for Dance Party and other fun movement activities. On the days we do have Social Hour, look for sparkling fruit drinks and healthy snacks.

### Karaoke Continues

#### 2:00 pm Saturday, November 7 & 21

Enjoy your favorite songs sung by your favorite people! Warm up your vocal chords—We want to hear you!

### Dance Party

#### 3:30 pm Saturday, November 14 & 28

You loved it, and we are making it happen again!



CHRISTOPHER HEIGHTS™  
of Northampton  
AN ASSISTED LIVING COMMUNITY

*Happy  
Thanksgiving!*

# November

## Community Enrichment Calendar

November 1, 2020 Version

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

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

For inquiries please contact [tweybrew@christopherheights.com](mailto:tweybrew@christopherheights.com)



### Thanksgiving Day

As always, our Kitchen Crew will put together a sumptuous feast to celebrate Thanksgiving Day. In the midst of all that is difficult during this unusual time, may we maintain hearts full of gratitude for the joy and privilege of being alive.

### What's My Line?

**6:30 pm Fridays in November**  
If you like Family Feud, you will love What's My Line?  
Guess resident's former occupations.  
Come and invite a Friend!

### Veteran's Day

#### 2:00 pm Monday, November 11

This Veteran's Day we will join together to honor the brave men and women who served in our armed forces.

We will also learn about famous veterans, sing songs from the World Wars, and solve word puzzles related to Veteran's Day.

### Literary Group

#### 2:00 pm Monday, November 2, 16, & 30

Michael Greenbaum will be hosting our Literary Group this fall. Literary Group will be reading and discussing a different poem each session. Not sure poetry is for you? Come and find out!

# November 2020

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Locations</b>  L-Livingroom CL- Classroom P- Pub M- Media Room VH- Village Hill CK- Country Kitchen CONF- Conference	<b>Resident Birthdays</b>  Ross B 2 Lorraine L 2 Joan S 4 Edwin N 7 Connie P 16 Larry B 21	<b>Resident Birthdays</b>  Gary A 24 Jonesy J 24 Bob K 24 Kathy L 29 Elizabeth P 29	<ul style="list-style-type: none"> <li>Movies start at 6:30 pm on weekdays, and 6:00 pm on weekends. All movies are in the media room</li> <li>All exercise classes are in the Media Room</li> <li>There is Social Hour every day</li> </ul>			
	<b>1</b> 10:00am “Chalice of Salvation” 10:30am Exercise 2:00-3:00 pm Bingo 2nd Flr 3:30 pm Movement with Marcos M 6:00pm Mini-Series: Orange is the New Black	<b>2</b> 10:30am Nature Walk 2:00 pm Literary Group M 3:30pm Social Hour 6:30pm Film: Wuthering Heights (Romance 1939)	<b>3</b> 9:30 am Coffee 3 <sup>rd</sup> Flr CK 10:30am Chair Yoga with Jill 2:00 pm pm wreath decorating 2:30pm Writing Class with Peggy, CL 3:30pm Winter Wellness Movement M 6:30pm Mini-series: Virgin River	<b>4</b> 10:30am Exercise 2:00-3:00 pm Bingo 2 <sup>nd</sup> FLR CK 3:30pm Social Hour 6:30 pm Family Feud M	<b>5</b> 9:30 am Walk Across America 10:30 am Exercise 1:30 pm 1940s Radio Hour with Sandra 3:00 pm Tech Support P 3:30 pm Social Hour 4:00 pm Fireside Chats L 6:30pm Mini-Series: Virgin River	<b>6</b> 10:30am Exercise No Bingo 2:00 pm Meet the Candidates 3:30 pm Social Hour--First Friday 6:30pm What’s My Line?	<b>7</b> 10:30 am Exercise 2:00 pm Karaoke M 3:00 pm Charades M 3:30 pm Social Hour 6:00 pm Film: The Greatest Showman (Disney 2017)
	<b>8 M</b> 10:00 am “Chalice of Salvation” 10:30 am Exercise 2:00—3:00 pm Bingo 2nd Flr CK 3:30 pm Movement with Marcos M 6:00 pm: Mini-Series: Orange is the New Black	<b>9</b> Voting for Resident Council Secretary—all day 10:30 am Nature Walk 2:00 pm Cooking with Shirley 3 <sup>rd</sup> Flr CK (cookies) 3:30 pm Social Hour 6:30 pm Film: Mama Mia (Romance 2018)	<b>10</b> 9:30 am Coffee 2 <sup>nd</sup> Flr CK 10:30 am Chair Yoga with Jill 2:00 pm knitting M 2:30 pm Writing Group CL 3:30 pm Brain Fitness 6:30 pm Mini-series: Virgin River	<b>11</b> VETERAN’S DAY 10:30 am Exercise No Bingo 2:00 pm Veteran’s Day Program M 3:30 pm Social Hour 6:30 pm Family Feud M	<b>12</b> 9:30 am Walk Across America 10:30 Exercise 1:30 pm 1940s Radio Hour with Sandra M 3:30 pm Social Hour 4:00 pm Fireside Chats L 6:30 pm Mini-Series: Virgin River	<b>13</b> 10:30 Exercise No Bingo 2:00 pm Amy Dane Egypt M 3:30 pm Social Hour 6:30 pm What’s My Line 6:30 pm Poker with Sally P	<b>14</b> 10:30am Group Exercise 2:00 pm Yuki M 3:30 pm Dance Party M 3:30 pm Social Hour 6:00 pm Film: Justin Morgan Had a Horse (Disney 1972)
	<b>15</b> 10:00 am “Chalice of Salvation” 10:30 am Group Exercise 2:00-3:00 pm Bingo 2nd Flr CK 3:30 pm Movement with Marcos M 6:00 pm Mini-Series: Orange is the New Black	<b>16</b> 10:30 am Nature Walk 2:00 pm Literary Group 3:30 pm Documentary and Discussion: Sacred Power The Power of Your Words Carolyn Myss (Gaia 27 mins) 6:30 pm Film: Mamma Mia Here We Go Again!	<b>17</b> 9:30 am Coffee 3 <sup>rd</sup> Flr 10:30 am Chair Yoga with Jill 2:00 pm Resident Council Meeting M 3:30 pm Winter Wellness Movement 6:30 pm: Mini-series: Virgin River	<b>18</b> 10:30 am Exercise 12:00 pm Birthday Meal 2:00-3:00 pm bingo 2 <sup>nd</sup> Flr CK 3:30 pm Social Hour 3:30 pm Ice Cream Social P 6:30 pm Family Feud M	<b>19</b> 9:30 am Walk Across America 10:30 am Exercise 1:30 pm 1940s Radio Hour 3:00 pm Tech Support P 3:30 pm Social Hour 4:00 pm Fireside Chats L 6:30 pm Virgin River	<b>20</b> 10:30 am Exercise No Bingo 2:00 pm Amy Dane Portugal M 3:30 pm Social Hour 6:30 pm What’s My Line?	<b>21</b> 10:30 am Exercise 2:00 pm Karaoke 3:00 pm Improv Games M 3:30 pm Social Hour 6:00 pm Film: Squanto (Disney)
	<b>22/29 M/J</b> 10:00 am “Chalice of Salvation” 10:30 am Exercise 2:00-3:00 pm Bingo 2nd Flr CK 3:30 pm Movement with Marcos M 6:00 pm Mini-Series: Orange is the New Black	<b>23 /30</b> 10:30 am Nature Walk 2:00 pm Reminisce M 23 <sup>rd</sup> 2:00 pm Literary Group M 30 <sup>th</sup> 3:30 pm Social Hour P 6:30 pm Film: Pocahontas (Disney)	<b>24</b> 9:30 am Coffee 2 <sup>nd</sup> Flr CK 10:30 am Chair Yoga with Jill 2:00 pm Craft TBA 2 <sup>nd</sup> Flr CK 2:30 pm Writing Class CL 3:30 pm Brain Fitness 6:30 pm: Mini-series: Virgin River	<b>25</b> 10:30 am Exercise 2:00-3:00 pm Bingo 2nd Flr CK 3:30 pm Social Hour 6:30 pm Family Feud M	<b>26 M</b> THANKSGIVING DAY  2:30 pm Thanksgiving Activity M 6:30 pm Film: It’s a Wonderful Life M	<b>27</b> 10:30 am Exercise 2:00-3:00 pm Bingo 2 <sup>nd</sup> Flr CK 3:30 pm Social Hour P 6:30 pm What’s My Line? 6:30 pm Poker with Sally	<b>28</b> 10:30 am Exercise 2:00 pm Craft TBA 3:30 pm Dance Party 3:30 pm Social Hour 6:00 pm Film: Black Panther (Disney)  Black