



CHRISTOPHER HEIGHTS™  
of Northampton  
AN ASSISTED LIVING COMMUNITY



# September

## Community Enrichment Calendar

September 1, 2020 Version

*By all these lovely tokens,  
September days are here.  
With summer's best of weather  
and autumn's best of cheer.  
--Helen Hunt Jackson*

### 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

### Coming Soon—Corn Hole Game

This month's full moon is the Corn Moon.

In honor of the Corn moon, we will be purchasing a Corn Hole Game. This game will be available in the Media room on special Pub days—check the Bulletin Boards for notices. Let's get a little friendly competition going!

### What's all this about Meditation and Mindfulness?

#### 1:30 pm September 7 Media Room

You see it everywhere—Meditation and Mindfulness are hot topics. But, exactly what do those words mean? Maybe you are wondering—"Is Meditation for me?" Come and find out! We will talk about Meditation and Mindfulness, and try out several short meditations. This is the perfect opportunity to check it out.

### Technology Support Continues

Technology support is offered at the times indicated on the calendar. Please sign up in advance, so that we may assist you.

Sign-up sheet available at Pub time.

### 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!

### Snake Ambassador to Visit 1:45 pm Friday, September 4

Snakes have been given a bad rap. Come and meet this sweet hog-nosed snake, Yuki. Yuki is available for a limited number of private apartment visits. See Beryl or Jade to arrange.

### Cooking with Shirley

#### 1:30 pm Monday, September 14

We are excited to announce a series of cooking sessions with Shirley this fall.

Vegetable soup, chili, beef and barley soup, chicken noodle soup, tomato soup: remember how warming and comforting a bowl of soup can be on a cold day.

Join Shirley to talk about soups you remember and make plans for cooking this Fall.

Bring your favorite soup recipe.

### Karaoke with Conrad

#### 3:30 pm September 3 & 17

Appearing for the first time at Christopher Heights of Northampton!

During Social Hour Conrad will be offering Karaoke time in the Media Room. Bring your drink; choose a song to sing, or just enjoy the show. Sure to be a crowd-pleaser!

### Resident Council Meeting is Back!

#### 2:00 pm Tuesday, September 15

Resident Council President, Judy Quinn, is delighted to welcome you back to our first Resident Council Meeting since COVID began! Please wear a mask, and observe social distancing. Seating is limited, so come early!

### New! Puzzles and Games!

#### 2:30 pm Saturdays in September

Find hidden words from Gunsmoke. Match clues to words from This Old House. And more. Bring Your Friends!

### Vicki Rose Outdoor Concert

#### 2:00 pm Wednesday, September 30

Back by popular demand!

Vicki Rose will be here performing an Outdoor Concert for our listening pleasure.

Enjoy the concert from the patio, the Pub, and the Country Kitchens on both floors.

### Kalifornia Karl Returns!

#### 1:30 pm Saturday, September 12

The Wandering Minstrel joins us again for an outdoor performance you won't want to miss! Open up your windows and enjoy the music as Kalifornia Karl strolls around the building to bring us this musical entertainment.

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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>  Jerrie F 1 Jeanette L 6 Norman M 6 Sally C 7 Mae L 7 Batya B 8	<b>1</b>  10:30 am Tai Chi Tuesday 1:30 pm Puzzles & Games M 2:30 pm Writing Class with Peggy CL 3:30 pm Social Hour 6:30 pm Mini-series: Cable Girls	<b>2</b>  10:30 am Group Exercise 1:30-2:30 pm Bingo, 2nd Flr CK 3:30pm Social Hour 6:30 pm Mini-series: Cable Girls	<b>3</b>  10:30 am Group Exercise 1:30 pm 1940s Radio Hour M 3:30 pm Karaoke with Conrad 3:30 pm Social Hour 6:30pm Mini-Series: Cable Girls	<b>4</b>  10:30 am Group Exercise 1:30—2:30 pm Bingo 2 <sup>nd</sup> Flr CK 1:45 pm Meet Yuki, the hog-nosed snake M 3:30 pm Social Hour-First Friday with Crystal 6:30pm Film: Cable Girls	<b>5</b>  10:30 am Group Exercise 1:30 pm Chair Ballet 2:30 pm Puzzles and games M 3:30 pm Social Hour 6:00 pm Film: Dirty Harry
<b>6</b> 10:00am “Chalice of Salvation” 10:30am Group Exercise 1:30—2:30 pm Bingo 2nd Flr CK 3:30 pm Social Hour 6:00pm Mini-Series: Orange is the New Black	<b>7</b> 10:30am Nature Walk 1:30 pm Meditation and Mindfulness, what’s it all about? 3:30pm Social Hour 6:30pm Film: What the Bleep Do We Know?	<b>8</b> 9:30 am Coffee Klatsch 3 <sup>rd</sup> Flr CK 10:30am Tai Chi Tuesday 1:30 pm beading 2 <sup>nd</sup> Flr CK 2:30pm Writing Class with Peggy, CL 3:30pm Social Hour 6:30pm Mini-series: Orange is the New Black	<b>9</b> 10:30am Group Exercise 1:30-2:30 pm Bingo, 2nd Flr CK 3:30pm Social Hour 6:30 pm Mini-series: Orange is the New Black	<b>10</b> 10:30 am Group Exercise 1:30 pm 1940s Radio Hour with Sandra M 2:30 pm Walk Across America P 3:30 pm Social Hour 6:30pm Mini-Series: Orange is the New Black	<b>11</b> 10:30am Group Exercise 1:30—2:30 pm Bingo 2 <sup>nd</sup> Flr CK 3:30 pm Social Hour 6:30pm Film: TBA 6:30 pm Poker with Sally P	<b>12</b> 10:30 am Group Exercise 1:30 pm Kalifornia Karl 3:30 pm Social Hour 6:00 pm Film: True Grit
<b>13</b> 10:00 am “Chalice of Salvation” 10:30 am Group Exercise 1:30—2:30 pm Bingo 2nd Flr CK 2:30 pm Technology Support P 3:30 pm Social Hour 6:00 pm: Mini-Series: Frankie Drake Mysteries	<b>14</b> 10:30 am Nature Walk 1:30 pm Cooking with Shirley 3 <sup>rd</sup> Flr CK 3:30 pm Social Hour 6:30 pm Film: The 900-Year Secret of the Knights Templar Part I	<b>15</b> 9:30 am Coffee Klatsch 2 <sup>nd</sup> Flr CK 10:30 am Tai Chi Tuesday 2:00 pm Resident Council Meeting M 2:30 pm Writing Group CL 2:30 pm Walk Across America P 3:30 pm Social Hour 6:30 pm Mini-series: Frankie Drake Mysteries	<b>16</b> 10:30 am Group Exercise 12:00 pm Birthday meal 1:30—2:30 pm bingo 2 <sup>nd</sup> Flr CK 2:00 pm Fun Facts about Staff Scavenger Hunt 3:30 pm Social Hour 6:30 pm Mini-series: Frankie Drake Mysteries	<b>17</b> 10:30 Core/Strength Training with Marcos 1:30 pm 1940s Radio Hour with Sandra M 2:30 pm Walk Across America 3:30 pm Karaoke with Conrad 3:30 pm Social Hour 6:30 pm Mini-Series: Frankie Drake Mysteries	<b>18</b> 10:30 Group Exercise 1:30—2:30 pm Bingo 2 <sup>nd</sup> Flr CK 3:30 pm Social Hour 6:30 pm Film: Mindfulness: Be Happy Now	<b>19</b> 10:30am Group Exercise 1:30 pm Chair Ballet 2:30 pm Puzzles and Games M 3:30 pm Social Hour 6:00 pm Film: West Side Story
<b>20</b> 10:00 am “Chalice of Salvation” 10:30 am Group Exercise 1:30—2:30 pm Bingo 2nd Flr CK 3:30 pm Social Hour 6:00 pm Mini-Series: Cable Girls	<b>21</b> 10:30 am Nature Walk 2:00 pm Reminisce M 3:30 pm Social Hour 6:30 pm Film: Becoming Nobody Ram Dass	<b>22</b> 9:30 am Coffee Klatsch 3 <sup>rd</sup> Flr CK 10:30 am Tai Chi Tuesday 2:00 pm Amy Dane Egypt 2:30 pm Writing Class with Peggy, CL 2:30 pm Walk Across America P 3:30 pm Social Hour	<b>23</b> 10:30 am Group Exercise 1:30-2:30 pm bingo 2 <sup>nd</sup> Flr CK 2:30 pm Origami 3:30 pm Social Hour 6:30 pm Mini-series: Cable Girls	<b>24</b> 10:30 am Group Exercise 1:30 pm 1940 Radio Hour with Sandra M 2:30 pm Walk Across America 3:30 m Ice Cream Social 6:30 pm Mini-Series: Cable Girls	<b>25</b> 10:30 am Group Exercise 1:30-2:30 pm bingo 2 <sup>nd</sup> Flr CK 3:30 pm Social Hour 6:30 pm Film: A Knight’s Tale 6:30 pm Poker with Sally P	<b>26</b> 10:30 am Group Exercise 1:30 pm Chair Ballet 1:45 pm Technology Support 2:30 pm Puzzles and Games M 3:30 pm Social Hour 6:00 pm film: The Wizard of Oz
<b>27</b> 10:00 am “Chalice of Salvation” 10:30 am Group Exercise 1:30—2:30 pm Bingo 2nd Flr CK 2:30 pm Technology Support P 3:30 pm Social Hour 6:00 pm Mini-Series: Cable Girls	<b>28</b> 10:30 am Nature Walk 1:30 pm Fall cardmaking 2 <sup>nd</sup> Flr CK 3:30 pm Social Hour P 6:30 pm Film: Chitty Chitty Bang Bang	<b>29</b> 9:30 am Coffee Klastch 2 <sup>nd</sup> Flr CK 10:30 am Tai Chi Tuesday 1:30 pm Candleholders 2:30 pm Writing Class CL 2:30 pm Walk Across America P 3:30 pm Social Hour 6:30 pm Mini-series: Cable Girls	<b>30</b> 10:30 am Group Exercise 1:30—2:30 pm Bingo 2nd Flr CK 2:00 pm Vicki Rose 3:30 pm Social Hour 6:30 pm Mini-series: Frankie Drake Mysteries			<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>