



Join us for a Day at the Beach!

On Monday, June 21, we will be going to Saunders Restaurant in Rye N.H. for oceanside dining.

We will be making a stop in Hampton Beach so residents may enjoy sitting on the boardwalk and enjoying the fresh ocean air.

Sign up at the front desk if you would like to go. The all-inclusive price is \$48. Meal choices are: Whole Lobster, Lazy Lobster, or Bourbon Beef Tips. Please pick your meal choices when you sign up at the front desk.

Any questions should be directed to Carolyn.



Want to be a Volunteer?

Harrington Health Care at Hubbard, right at the bottom of our hill, is looking for volunteers. There are open positions as Greeters, Acute Care Unit Family Liaisons and at the Physical Therapy building on Cudworth Road.

They will be having a Volunteer Open House on Wednesday, June 23 from 9 to 11a.m.

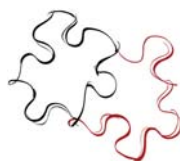
Harrington frequently has volunteer opportunities on all their campuses in Charlton, Webster and Southbridge. If you are interested in volunteering, please call 508-765-6471.

This is just one of the many things that Harrington is doing to make their mission of TLC — Total Local Care, a reality.

Puzzle Mania!

If you have any 500 to 750 (nothing bigger, please!) piece jigsaw puzzles that are in good condition, with no missing pieces, our residents would love them.

Please feel free to donate them at the front desk, and they will be placed at the puzzle areas for the residents. Thanks for your help.



Thank You,
Carolyn

Watch out for Ticks!

Ticks - ugh! What can we do to reduce our risks of getting bitten?

HealthCare Housecall

Heather Briere,
Nurse Practitioner

First, whenever you are in the woods or spending time on your lawn or anywhere outside, check yourself and your clothing. Remember that ticks can be very small, so it is important to look closely.

If you find a tick that hasn't yet bitten, remove it carefully with a pair of tweezers and kill it.

You should seek medical care if you cannot remove the entire tick, especially if the head or other part of the tick remains embedded in the skin, or if you see a rash.

- Heather Briere

Harrington Healthcare at Hubbard

Celebrate Summer with Food and Flowers!

Happy summer!

How wonderful to see so many Christopher Heights residents enjoying the outdoors! It is so nice to spend time on the porch and the patio, enjoying the smell of freshly cut grass and feeling the warmth of the sun. Remember the cold, rainy, snowy days of the winter? Thankfully, they seem so far away right now.

I'd like to thank those of you who expressed an interest in joining our newly-formed Gardening Club. I'm sure the flowers you've recently planted will continue to add beauty to our community for many weeks to come. What a pleasure to see the lovely planters filled with flowers when we drive up the driveway! Hopefully, Chef Steve will be able to use some of the herbs from the garden in his meal preparation this summer.

And speaking of meals, we all look forward to our weekly picnics on the patio, which begin June 18. Sunshine, lunch from the grill, and good company - it doesn't get any better than that! The fun will officially begin with our annual family picnic, scheduled for Saturday, June 12. It will run from noon to 2 p.m. and we'll enjoy being entertained by a three-piece banjo band. This year's theme is "Hillbilly Hoedown" so be sure to wear your best jeans and clodhoppers! Encourage your families to join us for a day filled with fun, good food, and good friends. See you there!

A message From
Your Executive
Director

Laurie Nelson

- Laurie

Through These Doors, a New Home Awaits You

Christopher Heights • 338 Thompson Road, Webster, Mass. 01570 • 508-949-0400



Christopher Heights Companions Recognized

Amanda and Charlotte Whipple (*at right*), Companions at Christopher Heights in Webster, were recently recognized by the Putnam Rotary Club at their Vocational Award Night.

Amanda and Charlotte are graduates of Putnam High School and received their CNA certification from Quinnebaug Valley Community College in Danielson, Conn.

These young ladies bring much joy and fun to our residents and we are very proud of this recognition.



The April "Great Job" Winner is **Maureen Chickering**



SAVE THE DATE

Annual Picnic:

Saturday, June 12

Theme: "Hillbilly Hoedown"

Entertainment: 3 Piece

Banjo Band Steve Caddick
and Avalon



MONTHLY OUTINGS

Tuesday, June 1: WalMart

Friday, June 11: KMart

Friday, June 18: Dollar Tree

Monday, June 21: Saunders
Restaurant, Rye N.H.

Friday, June 25: WalMart



RECIPES WANTED

We are still collecting
recipes for our cookbook.

If you have any good
Entree, Appetizer, Soup, or
Stew recipes, please e-mail
them to

chudon@christopherheights.com
or drop them in the box
at the front desk.

Friendly Faces, Exciting Places



Above: Bill and Anne share a dance at our monthly outing to the Putnam Elks Senior Dance on April 6.

At Right: Doris and Ruth enjoying the warm, fresh air of spring and the trees in bloom outside the Webster facility.



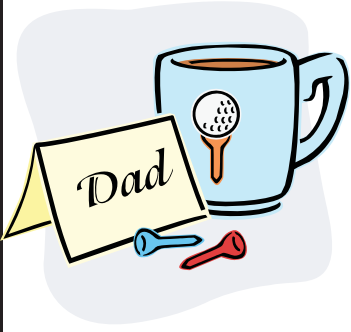

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2010

J U N E

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>1</p> <p>9:30 Hometown Bank 10:00 Exercise/Pub 10:30 Chat Group/TV Room 1:30 Shopping/WalMart 1:30 Burns & Allen/TV Room 3:30 Pub Time 6:30 Bingo/2nd Floor</p>	<p>2</p> <p>10:00 Exercise/Pub 10:30 Belle the Dog/TV Rm 2:00 Resident Council 2nd Fl 3:30 Pub Time 6:00 Bowling/Pub</p>	<p>3</p> <p>7:00-8:00 Breakfast "Made To Order Eggs"/Pub 10:00 Exercise/Pub 10:30 Chorus Rehearsal/TV Rm 1:30 In the Kitchen w/ Carolyn, 2nd Floor 3:30 Pub Time 6:30 Bingo/3rd Floor</p>	<p>4</p> <p>10:00 Exercise/Pub 10:30 Rosary/TV Room 11:00 News/TV Room 2:00 Health Seminar: "Hydration" / TV Room 3:30 Pub Time w/ Carolyn at the Piano 6:00 Bean Bag Toss/Pub</p>	<p>5</p> <p>1:15 Manicures for 1st Floor 2:15 Trivia/Back Patio 3:30 Pub Time 6:00 Movie: "From Here to Eternity"/TV Room 6:15 Golf Toss/Pub</p>
<p>6</p> <p>1:30 Walking Group 2:00 Bingo/3rd Floor 3:30 Pub Time 6:00 Wii Practice/TV Rm 6:00 Target Toss/Pub</p>	<p>7</p> <p>10:00 Exercise/Pub 10:30 Sing-A-Long/Jeff/TV 1:30 Confessions/Library 2:00 Mass St. Joseph/3rd Fl 3:30 Pub Time 6:30 Skeet Ball/2nd Floor</p>	<p>8</p> <p>9:30 Hometown Bank 10:00 Exercise/Pub 10:30 Walking Group 1:30 Crafts - Picnic Centerpieces/Pub 3:30 Pub Time 6:30 Bingo/2nd Floor</p>	<p>9</p> <p>10:00 Exercise/Pub 10:30 News/TV Room 1:30 Greendale Men's Choir sings in the Pub 3:30 Pub Time 6:00 Shout it Out/Pub</p>	<p>10</p> <p>7:00-8:00 Breakfast "Made To Order Eggs"/Pub 10:00 Exercise/Pub 10:30 Chorus Rehearsal/TV Rm 2:00 Roll "6"/Pub 3:30 Pub Time 6:30 Bingo/3rd Floor</p>	<p>11</p> <p>10:00 Exercise/Pub 10:30 Rosary/TV Room 11:00 News/TV Room 1:30 Shopping/K-Mart 1:30 Andy Griffith/TV Room 3:30 Pub Time with Caitlyn 6:00 Tic-Tac-Toe Golf/Pub</p>	<p>12</p> <p>SUMMER PICNIC 12:00 to 2:00 "Hillbilly Hoedown" with Steve Caddick & Avalon 3:30 Pub Time 6:00 Move: "Free Willy 2"/TV Room</p>
<p>13</p> <p>1:30 United Church of Christ/TV Room 2:00 Name the State/Pub 3:30 Pub Time 6:00 Wii Practice/TV Rm 6:00 Ring Toss/Pub</p>	<p>14</p> <p>FLAG DAY! 10:00 Exercise/Pub 10:30 Sing-A-Long/Jeff/TV 2:00 Mass St. Louis/3rd Flr 3:30 Pub Time 6:30 Paul Belanger/2nd Flr</p>	<p>15</p> <p>9:30 Hometown Bank 10:00 Exercise/Pub 10:30 Walking Group 2:00 Bingo/2nd Floor 3:30 Pub Time 6:00 Decorating Derby Cars with Girl Scouts/Pub</p>	<p>16</p> <p>10:00 Exercise Tape/Pub 2:00 Outburst/Pub 3:30 Pub Time 6:00 Bowling/Pub</p>	<p>17</p> <p>7:00-8:00 Breakfast "Made To Order Eggs"/Pub 10:00 Exercise/Pub 10:30 Chorus Rehearsal/TV Rm 12:00 Mens' Club/Pub 2:00 Bingo/3rd Floor 3:30 Pub Time 6:00 Youth Group/Wii Tournament - TV Room</p>	<p>18</p> <p>10:00 Exercise/Pub 10:30 Rosary/TV Room 12:00 Patio Picnic 1:15 Rev. Gil/Baptist/TV Rm 1:30 Shopping/Dollar Tree 2:15 Wii Bowling/TV Room 3:30 Pub Time 6:00 Roll "6"/Pub</p>	<p>19</p> <p>1:15 Manicures for 2nd Floor 2:15 Trivia/Back Patio 3:30 Pub Time 6:00 Movie: "Oh God"/TV Room 6:15 Ring Toss/Pub</p>
<p>20</p> <p>HAPPY FATHER'S DAY! 1:30 Walking Group 2:00 Crossword Puzzle/Pub 3:30 Pub Time 6:00 Ethan Stone at the Piano/Pub</p>	<p>21</p> <p>OUTING TO RYE, N.H. Departure, 9:00 a.m. 10:00 Exercise Tape/Pub 2:00 Polish/American Catholic Mass Video/TV Rm 3:30 Pub Time 6:00 Ping Pong Bounce/Pub</p>	<p>22</p> <p>9:30 Hometown Bank 10:00 Exercise/Pub 10:30 Chat Group/TV Room 2:00 Mass/Sacred Heart 3rd Floor 3:30 Pub Time 6:30 Act II Ministries/Pub</p>	<p>23</p> <p>10:00 Exercise/Pub 2:00 Skeet Ball/2nd Floor 3:30 Pub Time 6:00 Darts/Pub 6:30 Putnam Senior Dance</p>	<p>24</p> <p>7:00-8:00 Breakfast "Made To Order Eggs"/Pub 10:00 Exercise/Pub 10:30 Chorus Rehearsal/TV Rm 2:00 Ladder Ball/Outdoors 3:30 Pub Time 6:30 Bingo/3rd Floor</p>	<p>25</p> <p>10:00 Exercise/Pub 10:30 Rosary/TV Room 11:00 News/TV Room 12:00 Patio Picnic 1:30 Shopping/WalMart 1:30 Video of Mexico/TV Rm 3:30 Pub Time 6:00 Upwards Cards/Pub</p>	<p>26</p> <p>1:15 Manicures For 3rd Floor 2:15 Trivia/Back Patio 3:30 Pub Time 6:00 Movie: "Perry Combo Part II"/TV Room 6:15 Target Toss/Pub</p>
<p>27</p> <p>1:30 Walking Group 2:00 Bingo/3rd Floor 3:30 Pub Time 6:00 Wii Practice/TV Rm 6:00 Tic-Tac-Toe Golf/Pub</p>	<p>28</p> <p>10:00 Exercise Tape/Pub 2:00 Mass - St. Andrews/3rd Floor 3:30 Pub Time 6:00 Ring Toss/Pub</p>	<p>29</p> <p>9:30 Hometown Bank 10:00 Exercise Tape/Pub 2:00 Bingo/2nd Floor 3:30 Pub Time 6:30 Skeetball/2nd Floor</p>	<p>30</p> <p>10:00 Exercise Tape/Pub 1:30 Cong. Church/TV Room 2:00 Horse Race/Pub 3:30 Pub Time 6:30 Birthday Party with Ron & Greg/2nd Floor</p>	<p>Tuesday Bingo is on 2nd Floor. Thursday and Sunday Bingo are on 3rd Floor unless otherwise listed</p>	<p>Movies are in TV Room Unless otherwise listed.</p> <p>Masses are held on the 3rd Floor at 2:00.</p>	<p>Evening Activities are in the PUB unless otherwise listed.</p>