



**CHRISTOPHER HEIGHTS™**  
AN ASSISTED LIVING COMMUNITY  
WEBSTER, MASSACHUSETTS

# Highlights

*Through These Doors, a New Home Awaits You*

*"Sincerity, even if it speaks with a stutter, will sound eloquent when inspired." ~ Eiji Yoshikawa*

*Fall 2011*

## Assisted Living Week Celebrates with Pride

As always, we have planned special entertainment for Assisted Living Week, celebrated September 11-17.

September 12: Country Duo

September 13: Program: The 2004 Red Sox-Ending the Curse of the Bambino

September 14: Square Dancing Performance

September 15: Tad Travis & the "Game Show"

September 16: Music from the 50s by the Christopher Heights Chorus

For this year's gameshow, we are hoping to have a residents versus staff competition!

On a serious note, this year's theme is "Forever Proud". This theme was chosen because Assisted Living week begins on September 11th - this year marks the 10th anniversary of the tragedy that affected so many lives. It also, however, made us all come together as a country as we gathered together to rebuild. With countrymen helping countrymen, it instilled a renewed sense of national pride.

We would like to celebrate not only our brave servicemen and women, but all the accomplishments and proud moments we have each experienced in our own lives. To finish off the activities on September 17th, residents will gather and share their very own "Forever Proud" moments. We are also inviting staff to bring in a baby picture of themselves to see if everyone can match which staffer they are today.

Watch your monthly calendar for dates and times!

## October Trick or Treat

Christopher Heights is holding trick-or-treat hours for families and staff on Monday, Oct. 31 from 6-7 p.m.

Residents who wish to participate in handing out candy from their apartments will be given a pumpkin to hang on the hallway wall to the right side of their apartment door. Instructions will be handed out in the lobby. Costumes are required and an adult needs to be present. We ask that everyone sign in and out at the front desk. Family members are invited to help their loved ones pass out candy. Whenever you wish to stop handing out candy, just take the pumpkin down.

## Marital Bliss

Recently we held a "Celebration of Years of Marriage" for our five couples that live at Christopher Heights.

Chef Steve and his staff prepared a special dinner served in The Klondike Pub.

It was a wonderful event to honor these couples and their years together — 329 total years!

Many congratulations from the staff at Christopher Heights.

## Three Cheers for Grandparents

Well, here we are at the close of another summer. What a summer it was! Some severe weather was right at our door, but we made it through with good preparation and the company of good friends. We also enjoyed plenty of sunshine, warm weather, flower and vegetable gardens, and corn on the cob. Hopefully, we'll still have a little bit of those left to enjoy for another few weeks, but now we can also enjoy fresh apples, crisp air, and a fire in the living room fireplace. There's nothing like autumn in New England!

A message From  
Your Executive  
Director

**Laurie Nelson**

September 11-17 is National Assisted Living Week. We'll have a number of things going on to celebrate and we invite you to join us. We'll open up the week with a celebration of Grandparents' Day. Sunday, September 11 is the day set aside this year to recognize and honor grandparents. In September 1978, President Jimmy Carter signed a proclamation establishing grandparents' day "... to honor grandparents, to give grandparents an opportunity to show love for their children's children, and to help children become aware of strength, information, and guidance older people can offer." Please join me in wishing the very best to all the grandparents at Christopher Heights of Webster!

*~ Laurie*



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## Holiday Bazaar Planned for November 12

This year for our Bazaar we are inviting vendors from various places. Any family members or staff who wish to book a space to sell their own crafts, jewelry, Avon, Pampered Chef, Christmas crafts, etc. should contact Carolyn at 508-671-4111.

We ask that you donate an item worth at least \$15 so that we may hold a raffle to benefit the Resident Fund. There are a limited number of tables -- we are charging \$15 for a square four top or \$25 for an eight foot table. Space is limited so please call to reserve your spot.

The date for the Holiday Bazaar is Saturday, November 12 from 10 a.m. to 2 p.m. Vendors may arrive at 9 a.m. to set up and will have until 3 p.m. to break down. Also, donations of baked goods are accepted for the Bazaar.

## 90-Year Plus Dinner Celebration

To honor our 35 residents that are 90 and over, Christopher Heights will be preparing a special Surf and Turf dinner on Wednesday, September 21.

Each 90-plus resident will be able to invite one guest. We are fortunate to have so many wonderful residents here, but especially proud of the 35 residents that are 90 and over -- one who will be 101 in September. Congratulations to all!

### Save the Date

Our Open House will be held on Saturday December 10th.




### *Summer Memories ...*

Above, Alice poses for a picture during a trip to Hampton Beach. At right, Art and Florence enjoy Caribbean Day.



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p><b>1</b> <b>ALL SAINTS DAY!</b> 9:30 Hometown Bank 10:00 Exercise/ 2nd Floor <b>10:30 How Great Thou Art/ TV Room</b> 2:00 Bingo/ 2nd Floor 3:15 Pub Time 6:30 Skeet Ball/ 2nd Floor</p>	<p><b>2</b> 10:00 Exercise / 2nd Fl 10:30 Resident Scrabble/ Lib <b>2:00 Resident Council/ Nominate Officers for 2012/2nd Floor</b> 3:15 Pub Time 6:00 Ring Toss/Pub</p>	<p><b>3</b> <b>7:00-8:00 Breakfast</b> <b>"Made To Order Eggs" /Pub</b> 10:00 Exercise / 2nd Fl <b>10:30 Chorus Members/ TV</b> <b>1:30 Shopping/ Walmart</b> 3:15 Pub Time 6:30 Bingo /3rd Floor</p>	<p><b>4</b> 10:00 Exercise /2nd Floor <b>10:30 Rosary / TV Room</b> <b>2:00 Scotch &amp; Soda Perform/2nd</b> 3:15 Pub Time 6:00 Name That Tune/ Pub</p>	<p><b>5</b> <b>10:30 Bible Study/TV Room</b> <b>1:15 Manicures For 1st Flr</b> 2:15 Trivia/ Pub 3:15 Pub Time <b>6:00 Movie:</b> <b>"Donovan's Reef" /TV Rm</b> 6:15 Target Toss / Pub</p>
<p><b>6</b> <b>DAYLIGHT SAVING TIME ENDS!</b> <b>2:00 Starz Dance Studio Performs/ 2nd Fl</b> 3:15 Pub Time 3:15 Wii Practice/ TV Room 6:30 Bingo/3rd Floor <b>TURN CLOCKS BACK!</b></p>	<p><b>7</b> 10:00 Exercise/ 2nd Floor 10:30 Flavored Coffee/Pub <b>2:00 Mass St. Joe's/3rd Fl</b> 3:15 Pub Time 6:00 Ring Toss/ Pub</p>	<p><b>8</b> <b>ELECTION DAY</b> 9:30 Hometown Bank 10:00 Exercise/ 2nd Floor 10:30 Chat Room/ TV Rm <b>1:30 Shopping/ Walmart</b> <b>2:00 Victor Borge/TV Room</b> 3:15 Pub Time 6:30 Bingo/3rd Floor</p>	<p><b>9</b> <b>10:00 Outing to Mohegan Sun Casino</b> 10:00 Exercise Tape/ 2nd Fl 10:30 Resident Scrabble/ Lib 10:30 Sing-A-Long/ TV Rm 2:00 I Hear Memories/Pub 3:15 Pub Time 6:00 Bowling / Pub</p>	<p><b>10</b> <b>7:00-8:00 Breakfast</b> <b>"Made To Order Eggs" /Pub</b> <b>8:30 Out to Thompson Middle School/ Honoring Veterans</b> 10:00 Exercise Tape/ 2nd Fl 2:00 Bingo/ 3rd Floor 3:15 Pub Time 6:00 Minute to Win It/ Pub</p>	<p><b>11</b> <b>VETERAN'S DAY!</b> 10:00 Exercise /2nd Floor 10:30 Rosary / TV Room 2:00 Lucky Number Game/ 2nd Floor 3:15 Pub Time 6:30 Paul Belanger/ 2nd Floor</p>	<p><b>12</b> <b>HOLIDAY BAZAAR! FIRST FLOOR</b> <b>10:00-2:00</b> 3:15 Pub Time 6:00 Movie: "Sister Act"/ TV Room</p>
<p><b>13</b> <b>1:30 United Church/ TV Rm</b> 2:15 Name that State/ Pub 3:15 Pub Time 3:15 Wii Practice/ TV Room <b>6:00 Ethan Stone at the Piano/ In the Pub</b></p>	<p><b>14</b> 10:00 Exercise/ 2nd Floor 10:30 Sing-A-Long/TV Room <b>12:00 Veteran's Luncheon/ Point Breeze</b> <b>2:00 Mass St. Louis/3rd Fl</b> 3:15 Pub Time 6:00 Bowling/ Pub</p>	<p><b>15</b> 9:30 Hometown Bank 10:00 Exercise /2nd Floor <b>10:30 Tony Bennett/ TV Rm</b> 2:00 Bingo/ 3rd Floor 3:15 Pub Time <b>6:00 Wii Bowling/ Youth Group/ TV Room</b></p>	<p><b>16</b> 10:00 Exercise /2nd Floor <b>10:30 Episcopal Church/ TV</b> 10:30 Resident Scrabble/Lib <b>12:00 Men's Club/ Pub</b> 3:15 Pub Time 6:00 Bowling / Pub</p>	<p><b>17</b> <b>7:00-8:00 Breakfast</b> <b>"Made To Order Eggs" /Pub</b> 10:00 Exercise/2nd Fl <b>10:30 Chorus Members/ TV</b> <b>1:30 Shopping / Walmart</b> <b>2:00 Glenn Miller/TV Room</b> 3:15 Pub Time 6:30 Bingo/ 3rd Floor</p>	<p><b>18</b> 10:00 Exercise /2nd Fl <b>10:30 Rosary/ TV Room</b> <b>11:00 Out To Lunch</b> <b>1:15 Pastor Gil/ TV Room</b> 2:15 Wheel of Fortune/ Pub 3:15 Pub Time 6:00 Tic-Tac-Toe Golf/ Pub</p>	<p><b>19</b> <b>10:30 Computer Class/Lib</b> <b>1:15 Manicures For 2nd Floor</b> <b>2:00 Polish American Catholic Mass/ TV Room</b> 3:15 Pub Time <b>6:0 Movie:</b> <b>"Days of Wine &amp; Roses"</b> 6:15 Ring Toss/ Pub</p>
<p><b>20</b> 2:00 Bingo/ 3rd Floor 3:15 Pub Time 3:15 Wii Practice/ TV Room 6:15 Ring Toss/ Pub</p>	<p><b>21</b> 10:00 Exercise / 2nd Floor <b>10:30 Christmas Wreath Crafts/In The Pub</b> 2:00 Mass Sacred Heart/ 3rd Floor 3:15 Pub Time 6:00 Bowling/ Pub</p>	<p><b>22</b> 9:30 Hometown Bank 10:00 Exercise/ 2nd Floor 10:30 What would you do? / TV Room <b>2:00 "Generations" Barber Shop Quartet/ 2nd Floor</b> 3:15 Pub Time <b>6:30 Act II Ministries/ Pub</b></p>	<p><b>23</b> 10:00 Exercise/2nd Floor 10:30 Resident Scrabble/Lib <b>10:30 Belle the Dog/TV</b> <b>1:30 Shopping / Dollar Tree</b> <b>2:00 Emily of New Moon/ TV Room</b> 3:15 Pub Time 6:00 Concentration/Pub</p>	<p><b>24</b> <b>HAPPY THANKSGIVING!</b> 2:00 Bingo/ 3rd Floor 3:15 Pub Time 6:30 Resident Skeet Ball/ 2nd Floor</p>	<p><b>25</b> 10:00 Exercise Tape /2nd Flr <b>10:30 Rosary/ TV Room</b> 2:00 Horse Race/ Pub 3:15 Pub Time 6:00 Target Toss/ Pub</p>	<p><b>26</b> <b>10:30 Computer Class/Lib</b> <b>1:15 Manicures For 3rd Flr</b> 2:15 Trivia/ Pub 3:15 Pub Time <b>6:00 Movie: "Radio City Music Spectacular"/ TV</b> 6:15 Bean Bag Toss / Pub</p>
<p><b>27</b> 2:00 Skeet Ball/ 2nd Floor 3:15 Pub Time 3:15 Wii Practice/ TV Room 6:30 Bingo/ 3rd Floor</p>	<p><b>28</b> 10:00 Exercise / 2nd Floor 10:30 Color Match/Jeff/ Pub <b>2:00 Mass St. Andrews/ 3rd Floor</b> 3:15 Pub Time 6:00 Basket Ball Toss/ Pub</p>	<p><b>29</b> 9:30 Hometown Bank 10:00 Exercise/ 2nd Floor <b>10:30 Golden Girls/ TV Rm</b> <b>2:00 Birthday Party with Ron &amp; Greg/ 2nd Floor</b> 3:15 Pub Time 6:30 Bingo/ 3rd Floor</p>	<p><b>30</b> 10:00 Exercise/2nd Floor 10:30 Resident Scrabble/ Lib <b>2:00 "Celebration of Life"/ Pastor John/2nd Floor</b> 3:15 Pub Time 6:00 Bowling/ Pub</p>	<p><b>Manicures are done in the salon.</b>  <b>Movies are in TV Room unless otherwise listed.</b></p>	<p><b>All Monday Masses are held in the 3rd Floor Dining Room at 2PM</b></p>	<p><b>Bingo is on the 3rd Floor.</b>  <b>Evening Activities are in the PUB unless otherwise listed.</b></p>