



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.



2011 S E P T E M B E R

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>GRANDPARENTS DAY SUNDAY, SEPT. 11</p>	<p>Movies are in TV Room unless otherwise listed.</p> <p>Masses are held on the 3rd floor at 2:00.</p>	<p>Bingo will now be located on the 3rd floor.</p> <p>Evening Activities are in the PUB unless otherwise listed.</p>	<p>NATIONAL ASSISTED LIVING WEEK SEPTEMBER 11-17</p>	<p>1 7:00-8:00 Breakfast "Made To Order Eggs" /Pub 10:00 Exercise / 2nd Fl 10:30 Chorus Members/TV 1:30 Shopping/ Walmart 2:00 Loretta Young Show/ TV 3:15 Pub Time 6:30 Bingo /3rd Floor</p>	<p>2 10:00 Exercise /2nd Floor 10:30 Rosary/ TV Room 12:00 Patio Picnic 2:00 Name That Tune/ Pub 3:15 Pub Time 6:00 Ring Toss/ Pub</p>	<p>3 10:30 Computer Class/ Lib. 1:15 Manicures For 2nd Flr 2:15 Trivia/ Pub 3:15 Pub Time 6:00 Movie: "The River Dance"/TV Rm 6:15 Target Toss / Pub</p>
<p>4 2:00 Bingo/ 3rd Floor 3:15 Pub Time 6:00 Bean Bag Toss/ Pub</p>	<p>5 HAPPY LABOR DAY! 2:00 Archie Richard/2nd Flr 3:15 Pub Time 6:00 Horse Race/ Pub</p>	<p>6 9:30 Hometown Bank 10:00 Exercise/ 2nd Floor 10:30 Chat Room/ TV Room 2:00 Bingo/ 3rd Floor 3:15 Pub Time 6:00 Golf Toss/ Pub</p>	<p>7 10:00 Exercise /2nd Floor 10:30 Resident Scrabble/ Lib 12:00 Patio Picnic 2:00 Resident Council 2nd Floor 3:15 Pub Time 6:00 Wheel of Fortune/ Pub</p>	<p>8 7:00-8:00 Breakfast "Made To Order Eggs" /Pub 10:00 Exercise / 2nd Fl 10:30 Chorus Members/TV 1:30 Shopping/ Walmart 2:00 To America with Love (Lawrence Welch) TV Room 3:15 Pub Time 6:30 Bingo /3rd Floor</p>	<p>9 10:00 Exercise /2nd Floor 10:30 Rosary / TV Room 2:00 Ladder Ball/ Back Patio 3:15 Pub Time 6:00 Outburst/ Pub</p>	<p>10 10:30 Computer Class/ Lib. 1:15 Manicures For 3rd Flr 2:15 Trivia/ Pub 3:15 Pub Time 6:00 Movie: "Fried Green Tomatoes"/ TV Room 6:15 Shuffle Toss /Pub</p>
<p>11 GRANDPARENTS DAY! 2:00 Ethan Stone at the Piano / In the Pub 3:15 Pub Time 6:30 Bingo/ 3rd Floor</p>	<p>12 10:00 Exercise/ 2nd Floor 10:30 Color Match/ Pub 2:00 Mass St. Louis/3rd Fl 3:15 Pub Time 6:30 Country Duo/ 2nd Floor</p>	<p>13 9:30 Hometown Bank 10:00 Exercise /2nd Floor 10:30 Dean Martin/ TV Rm 2:00 "The 2004 Boston Red Sox: Ending the Curse of the Bambino" / TV Room 3:15 Pub Time 6:30 Bingo/ 3rd Floor</p>	<p>14 10:00 Exercise /2nd Floor 10:30 Belle the Dog/ TV Rm 10:30 Resident Scrabble/Lib 1:45 Modern Square Dance Demonstration/2nd Floor 3:15 Pub Time 6:00 Concentration/ Pub</p>	<p>15 7:00-8:00 Breakfast "Made To Order Eggs" /Pub 10:00 Exercise/2nd Fl 10:30 Chorus Members /TV 1:45 Tad Travis Game Show Staff vs. Residents/2nd Flr 3:15 Pub Time 6:30 Bingo/ 3rd Floor</p>	<p>16 10:00 Exercise /2nd Fl 10:30 Rosary/ TV Room 1:15 Rev. Gil Baptist/ TV Rm 2:00 Christopher Heights Chorus Performs/ 2nd Floor 3:15 Pub Time 6:00 Minute to Win It / Pub</p>	<p>17 1:15 Manicures For 1st Floor 2:15 Residents share "Forever Proud Moments" / Pub 3:15 Pub Time 6:00 Movie: "North to Alaska"/TV Room 6:15 Bowling/ Pub</p>
<p>18 2:00 Bingo/ 3rd Floor 3:15 Pub Time 6:00 Ring Toss/ Pub</p>	<p>19 10:00 Exercise / 2nd Floor 10:30 Sing-A-Long/ TV Room 1:30 Shopping/ Walmart 2:00 Gigi / TV Room 3:15 Pub Time 6:00 Bowling/ Pub</p>	<p>20 9:30 Hometown Bank 10:00 Exercise/ 2nd Floor 10:30 Movie Committee Meeting /TV Room 2:00 Mass Sacred Heart/ 3rd Floor 3:15 Pub Time 6:30 Bingo/ 3rd Floor</p>	<p>21 10:00 Exercise/2nd Floor 10:30 Episcopal Church/ TV 10:30 Resident Scrabble/Lib 12:30 90-Plus Birthday Celebration / Pub 2:00 Skeet Ball/ 2nd Floor 3:15 Pub Time 6:00 WII Tournament/ Youth Group/ TV Room</p>	<p>22 7:00-8:00 Breakfast "Made To Order Eggs" /Pub 10:00 Exercise/2nd Floor 10:45 Out To Lunch/Ronnie's 2:00 *New* Head of the Class/Pub 3:15 Pub Time 6:00 Tic-Tac-Toe Toss/ Pub</p>	<p>23 AUTUMN BEGINS! 10:00 Exercise/2nd Floor 10:30 Rosary/TV Room 2:00 Autumn Tea/2nd Floor 3:15 Pub Time 6:00 Target Toss/ Pub</p>	<p>24 10:30 LouAnn/Bible Study/ TV Room 1:15 Manicures for 2nd Flr 2:15 Trivia/ Pub 3:15 Pub Time 6:00 Movie: "Cat on a Hot Tin Roof"/TV 6:15 Bean Bag Toss/Pub</p>
<p>25 2:00 Bingo/ 3rd Floor 3:15 Pub Time 6:30 Skeet Ball/ 2nd Floor</p>	<p>26 10:00 Exercise Tape/2nd Flr 10:30 Sing-A-Long/TV Room 2:00 Mass St. Andrews/ 3rd Floor 3:15 Pub Time 6:00 Bowling/ Pub</p>	<p>27 9:30 Hometown Bank 10:00 Exercise/ 2nd Floor 10:30 Bobby Darin in Concert Video/TV Room 2:00 "Hats Off to America" Show / 2nd Floor 3:15 Pub Time 6:30 Act II Ministries/ Pub</p>	<p>28 10:00 Exercise/2nd Floor 10:30 Resident Scrabble/ Lib 10:30 Belle the Dog/ TV Rm 1:30 Cong. Church/TV Rm 2:00 *New* Who Wants to be a Millionaire?/ Pub 3:15 Pub Time 6:00 Ring Toss/ Pub 6:15 Putnam Senior Dance</p>	<p>29 7:00-8:00 Breakfast "Made To Order Eggs" /Pub 10:00 Exercise/2nd Floor 10:30 Ambassador Meeting/ TV Room 1:30 Shopping / Dollar Tree 2:00 Over the Hill Gang / TV 3:15 Pub Time 6:30 Bingo/ 3rd Floor</p>	<p>30 10:00 Exercise / 2nd Floor 10:30 Rosary/ TV Room 2:00 Birthday Party with Paul Belanger/ 2nd Floor 3:15 Pub Time 6:00 Outburst/ Pub</p>	