DEPARTMENT DIRECTORS

Crystal Cote-Stosz	Executive Director
Joy Peterson	Marketing & Admissions
Loni Cummings	Marketing Assistant
Shirley Shaw R.N	Resident Service Manager
Christina Howard R.N	Director of Social Services
Emmanuel Anderson	Executive Chef
John Glenowicz	Maintenance Director
Marcos Mercado	Community Enrichment Director

Notable Neighbor: Christina Rose

Sunday the 26th at 2:00 pm

Here at Christopher Heights, we have many extraordinary people in our community. Once a month, we highlight a resident and celebrate their wonderful life. This month we will be featuring Christina Rose. Christina has had a unique life. Please join us in listening to her life story.

Crafts This Month

Painting Ceramics

Paint pre-made ceramic pots to decorate your apartment or to give to a loved one.

Drawing 101 with Larry

Larry, one of the fantastic artists in our community, is excited to share his passion for art. Join us in learning how to draw or express yourself.

Adult Coloring

Reduce stress, improve motor skills, sleep, and focus—all well, having fun with friends.

Friends & Family Karaoke

Sunday the 26th at 3:00 pm

Attention residents, friends, and family! Sunday the 28th at 3:30 pm, we will be having friends and family sing karaoke outdoors for our community. If you can think of a family member who will enjoy singing classics or songs they know, invite them to join the fun.

Location: Pub Patio

Event subject to change due to weather.

Resident Pick Event: Cindy Hat Making

Wednesday the 15th at 1:15pm

We will be highlighting Cindy, one of our wonderful residents. Her event ideas this month, Fun Hat Making! Join the fun! Bring your goofy side, and some friends.

Nina Howard on COVID Delta Variant

Thursday the 2nd at 3:30 pm

Join Nina for an educational presentation on the current primary form of the coronavirus called the delta variant. She will tell you all about what a variant is, what makes it different from the original covid strain, and the importance of mask-wearing. If this is of interest to you, please join the conversation to help better educate our community!

Nina's Corner

Tuesday the 14th at 1:15 pm

Come chat with Nina, our outstanding Director of Social Services, about ideas for further improving our fantastic community.

CHRISTOPHER HEIGHTS™
of Northampton
AN ASSISTED LIVING COMMUNITY

September

Community Enrichment Calendar

50 Village Hill Road, Northampton, MA, 01060/Phone 413-584-0701
https://www.facebook.com/christopherheightsofnorthampton
For inquiries please contact: jpeterson@christopherheights.com

Think and wonder, wonder and think.
- Dr. Seuss

Assisted Living Week

"Compassion, Community, Caring" is this year's theme for National Assisted Living Week. From September 12th to the 18th, we will have musical performances of a full band, Blackjack with John, and a special event from Sandy and Alejandra. The event will be "The Quirky Quail Pub" Come laugh, toast, nosh, and sing. In our British Pub at the Christopher Heights. We will serve Steak and Ale Tarts, Ploughman's Lunch, Trifle Pudding, Tea, Cider, and have some beer tasting. Sing or listen to a great selection of songs at The Quirky Quail Pub on Saturday 18th, 2:30 pm - 4:30 pm

Social Hour w/Technology Help

Thursday at 3:30pm

Do you need help with Technology? Come to the Pub where we will have employees and volunteers ready to help you with your technology needs.

Checkers Tournament

Tuesday the 21st @ 1:30pm

Anyone is welcome to join the Checkers Tournament. Even if you are new to the game, enter your name into the bracket to have some fun. We will be super happy. If you would like to watch, please feel free to do so.

Resident Floor Representatives Office Hours' Time and Locations

Tuesday the 7th 2:30pm

First Floor Representative	Jeannie Atkins
Location:	Pub
Second Floor Representative	Jody Hurd
Location:	Classroom
Third Floor Representative	Pat Mason
Location:	Media Room

September 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Locations: *P- Pub* *FL- Floor* *L-Livingroom* *FD-Front Desk* *CL- Classroom* *M- Media Room* *CK– Country Kitchen* *CONF- Conference Room*	*Coffee & Conversation will now be held in the Pub* *Weekday movie showings will start at 6:30pm* *Saturday & Sundays TV series will begin at 6:00pm*	***WE ARE GOING TO THE BIG E ON WEDNESDAY THE 22nd*** ***Leave CH @ 10:00am*** ***Return to CH @ 3:00pm*** **SIGN UP INFORMATION IS AT THE FRONT DESK**	**1** 9:30am Coffee & Conversation 10:30am Morning Exercise M 12:00pm BBQ Pub Patio 2:00pm Big Money Bingo 2nd FL 3:30pm Social Hour Music w/ 6:30pm Film: Icarus (Documentary) M	**2** 10:30am Morning Exercise M 1:30pm Christopher Heights Songbird M 2:30pm Creative Writing CL 3:30pm Nina's COVID Presentation M 6:30pm Family Feud M	**3** 9:30am Coffee & Conversation 10:30am Morning Stretches M 1:30pm Exercise w/Specialist M 2:00pm Big Money Bingo 2nd FL 3:30pm Social Hour P 6:30pm Film: The Theory of Everything (Stephen Hawking)	**4** 10:30am Morning Exercise M 1:30pm Canasta Players Meet Up P 2:30pm Finishing Painting Ceramics 2nd FL CK 3:30pm Social Hour w/ Music P 6:00pm TV Series: Monk (TV-PG Crime/ Comedy) M
5 10:00am "Chalice of Salvation" 10:15am Gardening (Garden) 11:00am Chair Yoga M 1:30pm Adult Coloring 2nd FL CK 2:30pm Bingo 2nd FL CK 2:30pm Gentle Fitness DVD M 3:30pm Karaoke w/Conrad M 6:00pm TV Series: Keeping up with Appearances (Comedy)	**6** 9:30am Coffee & Conversation 10:30am Morning Stretches M 12:00pm Last BBQ of the Year P 1:30pm Exercise w/Specialist M 2:30pm Charades M 3:30pm Social Hour w/Music P 6:30pm Film: The Remains of the Day M	**7** 10:30am Fitness Video M 1:30pm Trivia in the Pub 2:30pm Floor Representatives Meeting 3:30pm Social Hour P 4:00pm Mid-day Meditation CL 6:30pm Night Bingo 2nd FL CK	**8** 9:30am Coffee & Conversation P 10:30am Morning Exercise M 1:15pm Communion Services CL 2:00pm Big Money Bingo 2nd FL 3:00pm Healthy Snacks with Manny P 3:30pm Social Hour w/ Music P 6:30pm Film: Of Mice and Men	**9** 10:30am Moving to Music M 1:30pm Christopher Heights Songbird M 2:30pm Creative Writing CL 3:30pm Social Hour with Technology Help P 6:30pm Family Feud M	**10** 9:30am Coffee & Conversation 10:30am Morning Stretches M 1:30pm Exercise w/Specialist M 2:00pm Big Money Bingo 2nd FL 3:30pm Social Hour P 6:30pm Film: Three Men and A Little Lady M	**11** 10:30am Morning Exercise M 1:30pm Canasta Players Meet Up P 2:30pm Painting New Ceramics 2nd FL CK 3:30pm Social Hour w/ Music P 6:00pm TV Series: Monk (TV-PG Crime/ Comedy) M
12 10:00am "Chalice of Salvation" 10:15am Gardening (Garden) 11:00am Chair Yoga M 1:00pm Patriots Vs Dolphins P 1:30pm Adult Coloring 2nd FL CK 2:30pm Bingo 2nd FL CK 3:30pm Social Hour P 6:00pm TV Series: Keeping up with Appearances (Comedy)	**13** 9:30am Coffee & Conversation 10:30am Morning Stretches M 1:30pm Exercise w/Specialist M 3:00pm Poetry Group CL 3:30pm Social Hour w/Music P 6:30pm Film: The Phantom of the Opera M	**14** 10:30am Fitness Video M 1:15pm Nina's Corner P 2:30pm Agawam Melody Group M 3:30pm Social Hour P 4:00pm Mid-day Meditation CL 6:30pm Night Bingo 2nd FL CK	**15** 9:30am Coffee & Conversation 10:30am Morning Exercise M 12:00pm Birthday Meals P 1:15pm Hat Making w/ Cindy 2nd FL CK 3:00pm Blackjack w/ John P 6:30pm Film: Romeo & Juliet M	**16** 10:30am Morning Exercise M 1:30pm Christopher Heights Songbird M 2:30pm Creative Writing CL 3:30pm Social Hour with Technology Help P 6:30pm Family Feud M	**17** 9:30am Coffee & Conversation 10:30am Morning Stretches M 1:30pm Exercise w/Specialist M 2:00pm Bingo 2nd FL CK 3:30pm Drawing 101 w/ Larry M 6:30pm Film: The Freshman M	**18** 10:30am Morning Exercise M 1:30pm Canasta Players Meet Up P 2:30pm The Quirky Quail Pub Opens P 3:30pm The Quirky Quail Pub Ends P 6:00pm TV Series: Monk (TV-PG Crime/ Comedy) M
19 10:00am "Chalice of Salvation" 10:15am Gardening (Garden) 11:00am Chair Yoga M 1:00pm Patriots Vs. Jets P 2:30pm Bingo 2nd FL CK 2:30pm Gentle Fitness DVD M 3:30pm Karaoke w/Conrad M 6:00pm TV Series: Keeping up with Appearances (Comedy)	**20** 9:30am Coffee & Conversation 10:30am Morning Stretches M 1:30pm Exercise w/Specialist M 2:30pm Drawing 101 w/ Larry M 3:30pm Ice Cream Social P 6:30pm Film: The In laws M	**21** 10:30am Fitness Video M 1:30pm Checkers Tournament P 3:30pm Social Hour P 4:00pm Mid-Day Meditation CL 6:30pm Night Bingo 2nd FL CK	**22** 9:30am Coffee & Conversation 10:00am Departure for Big E FD 10:30am Gentle Fitness DVD 1:15pm Communion Service CL 3:00pm Return from Big E 3:30pm Social Hour w/Linda P 6:30pm Film: Searching for Bobby Fisher M	**23** 10:30am Moving to Music M 1:30pm Christopher Heights Songbird M 2:30pm Creative Writing CL 3:30pm Social Hour with Technology Help P 6:30pm Family Feud M	**24** 9:30am Coffee & Conversation P 10:30am Morning Stretches M 1:30pm Exercise w/Specialist M 2:00pm Big Money Bingo 2nd FL 3:30pm Social Hour P 6:30pm Film: Ferris Buller's Day Off M	**25** 10:30am Morning Exercise M 1:30pm Canasta Players Meet Up P 2:30pm Painting Ceramics 2nd FL CK 3:30pm Social Hour w/ Music P 6:00pm TV Series: Monk (TV-PG Crime/ Comedy) M
26 10:00am "Chalice of Salvation" 10:30am Gardening (Garden) 11:00am Chair Yoga M 2:00pm Notable Neighbors: Christina Rose M 3:00pm Friends & Family Karaoke Patio 6:00pm TV Series: Keeping up with Appearances (Comedy)	**27** 9:30am Coffee & Conversation 10:30am Morning Stretches M 1:30pm Exercise w/Specialist M 3:00pm Poetry Group CL 3:30pm Social Hour w/Music P 6:30pm Film: The Notebook M	**28** 10:30am Fitness Video M 1:30pm The Great Tour: Washington DC (Episode 3) CL 2:30pm Food Forum M 3:30pm Social Hour P 4:00pm Mid-day Meditation CL 6:30pm Night Bingo 2nd FL CK	**29** 9:30am Coffee & Conversation 10:30am Morning Exercise M 2:30pm Community Meeting M 3:30pm Social Hour w/ Music P 6:30pm Film: 13th (Documentary) M	**30** 10:30am Morning Exercise M 1:30pm Christopher Heights Songbird M 2:30pm Creative Writing CL 3:30pm Social Hour with Technology Help P 6:30pm Family Feud M		Jerrie F. 1st Norman M. 6th Sally C. 7th Batya B. 8th