



CHRISTOPHER HEIGHTS™ of Northampton

AN ASSISTED LIVING COMMUNITY

Tel: 413-584-0701 • Fax: 413-586-0431
www.christopherheights.com

Department Directors

Crystal Cote-Stosz x103 Executive Director
Lori Maldonado x101 Marketing & Admissions
Ellen Cavender x121 Resident Service Mgmt
Karen Detka x113 Social Services Director
Gary Wickland x129 Executive Chef
Devin Colon x128 Maintenance Director
Margaret Bortolussi x114 Community
Enrichment Director
Receptionist x100 Front Desk

Passover Seder

Come join the Passover Seder on Friday,
the 26th, at 5:00pm in the Media Room. Please
sign up at the front desk. Seating is limited.

April Performances

*Jazz Guitar with Myk

Monday, April 1st, at 2:30pm

*Larry Lewis Singing & Guitar

Saturday, the 6th, at 2:30pm

*Agawam Melody Band

Saturday, the 13th, at 2:30pm

*Singing & Guitar w/ Joe Z.

Saturday, the 20th, at 2:30pm

*Joe B. Ukulele Group & Sing A Long

Saturday, the 27th, at 2:30pm

Notable Neighbor: Judy Konopka

This month at Christopher Heights on
Monday, the 15th, at 2:30pm in the Media
Room, we will be featuring our resident, Judy.

She will be sharing her special interests,
highlights and memories with our friends and
neighbors. We are so happy to learn more
about her life's journey. Please join us in
listening to her interesting life.

April 2024

Easter Egg Hunt & Social Hour

Come celebrate the Easter Holiday on Monday,
April 1st. For those who would like to participate
in the Easter Egg Hunt, we will meet in the Media
Room at 1:30pm. At 3:30pm, we will have our
Easter Social Hour in the Pub/Media Room.

APRIL BIRTHDAYS

Kathy D.	4th
Ruth E.	13th
Judy G.	14th
Jeanne Mc.	17th
Judy K.	18th
Ernie P.	23rd
Joyce E.	24th

Van Trips Sign-Up at Front Desk

*Hadley Shopping Trip

Monday, April 1st, at 9:30am

*Walmart, Dollar Store & Big Y Shopping

Monday, April 8th, 10:00am and

Monday, 22nd, at 10:00am

*MGM Casino Trip

Monday, April 15th, at 9:30am

*Lunch Trip to Bombay Royale

Tuesday, April 16th, at 11:45am

*Forbes Library Trip

Monday, April 29th, at 10:00am





- Exercise
- Musical Performance
- Van Trip
- Movies & TV Series
- Catholic

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <div>9:30 Hadley Shopping Trip</div> <div>10:30 Exercise DVD M</div> <div>1:30 Easter Egg Hunt on the First Floor meet in the Media Room</div> <div>2:30 Jazz Guitar with Myk Freedman M</div> <div>3:30 Easter Social Hour P</div> <div>3:30 Exercise w/ Peter M</div> <div>6:30 Film: Maestro M</div>	2 <div>10:30 Qi Gong Exercise w/ Ed Hubbell</div> <div>1:30 Poetry Group w/ Michael Greenebaum CL</div> <div>2:30 Chair Yoga w/Jill M</div> <div>2:30 Rummikub P</div> <div>3:30 Social Hour P</div> <div>6:15 Family Feud M</div>	3 <div>7:30 Hot Breakfast CK</div> <div>9:30 Book Discussion Group w/ Stephanie CL</div> <div>10:30 Exercise DVD </div> <div>10:30 Sunshine Village - Self Care P</div> <div>1:30 Large Crossword Puzzle M</div> <div>2:15 Bingo 2nd FL CK</div> <div>3:30 Exercise & Massage w/ Peter M</div> <div>3:30 Social Hour P</div> <div>6:30 TV SERIES: Monk M</div>	4 <div>9:30 Coffee & Conversation Media Rm Back Tables</div> <div>10:30 Chair Yoga w/Jill M</div> <div>1:30 Songbirds M</div> <div>2:30 "Creative Hands" Resident Run Knitting, Crocheting & More Social Group P</div> <div>2:30 Rummikub/Board Games-Media Room Back Tables</div> <div>2:30 Writing Group CL (SUR)</div> <div>3:30 Social Hour P</div> <div>6:30 Film: The Vow M</div>	5 <div>9:30 Dunkin' Donuts w/ Karen P</div> <div>10:30 Art Class w/Sergio CL</div> <div>10:30 Exercise DVD M</div> <div>1:30 Meditation/Reiki with Jon Jon CL</div> <div>2:15 Bingo 2nd FL CK</div> <div>3:30 Exercise w/ Peter M</div> <div>3:30 Social Hour P</div> <div>6:30 Film: Bye Bye Birdie (1963)M</div>	6 <div>10:30 Exercise DVD M</div> <div>1:00 Tech Help w/ Shawna P</div> <div>1:30 Rummikub/Board Games P</div> <div>2:30 Singing & Guitar w/ Larry Lewis M</div> <div>3:30 Social Hour P</div> <div>6:00 TV SERIES: Virgin River M</div>
7 <div>7:30 Hot Breakfast CK</div> <div>10:30 Exercise DVD M</div> <div>1:30 Arts & Crafts w/ Marisa 3rd FL CK</div> <div>2:30 Bingo 2nd FL CK</div> <div>3:30 Social Hour P</div> <div>6:00 Series: All The Light We Cannot See M</div>	8 <div>10:00 Walmart/Big Y/ Dollar Store Shopping Trip</div> <div>10:30 Exercise DVD M</div> <div>1:30 JM Sorrell Presentation: Civility in Community: Cultivating Kindness and Collaboration. All residents & staff encouraged to come M</div> <div>2:30 Conversations w/ Crystal M</div> <div>3:30 Exercise w/ Peter M</div> <div>3:30 Mass with Father Sokol CL</div> <div>3:30 Social Hour P</div> <div>6:30 Film: The Lewis and Clark Expedition M</div>	9 <div>10:30 Drum Circle Exercise </div> <div>1:30 Large Crossword Puzzle M</div> <div>2:30 Chair Yoga w/Jill M</div> <div>2:30 Rummikub P</div> <div>3:30 Social Hour P</div> <div>6:15 Family Feud M</div>	10 <div>7:30 Hot Breakfast CK</div> <div>9:30 Book Discussion Group w/ Stephanie CL</div> <div>10:30 Exercise DVD </div> <div>10:30 Sunshine Village-Letters to our Troops P</div> <div>1:15 All Residents Encouraged to Attend- Resident Floor Representative Meeting (RFR)</div> <div>2:15 Bingo 2nd FL CK</div> <div>3:30 Exercise & Massage w/ Peter M</div> <div>3:30 Social Hour P</div> <div>6:30 TV SERIES: Monk M</div>	11 <div>9:30 Coffee & Conversation Media Rm Back Tables</div> <div>10:30 Chair Yoga w/Jill M</div> <div>1:30 Songbirds M</div> <div>2:30 "Creative Hands" Resident Run Knitting, Crocheting & More Social Group P</div> <div>2:30 Rummikub/Board Games-Media Room Back Tables</div> <div>2:30 Writing Group CL (SUR)</div> <div>3:30 Social Hour P</div> <div>6:30 Film: A River Runs Through it M</div>	12 <div>9:30 Dunkin' Donuts w/ Karen P</div> <div>10:30 Exercise DVD M</div> <div>10:30 JM Sorrell Discussion Group CL</div> <div>1:30 Meditation/Reiki with Jon Jon CL</div> <div>2:15 Bingo 2nd FL CK</div> <div>3:30 Exercise w/ Peter M</div> <div>3:30 Social Hour P</div> <div>6:30 Film: The Lion in Winter (1968) M</div>	13 <div>10:30 Exercise DVD M</div> <div>1:00 Tech Help w/ Shawna P</div> <div>1:30 Rummikub/Board Games P</div> <div>2:30 Agawam Melody Band M</div> <div>3:30 Social Hour P</div> <div>6:00 TV SERIES: Virgin River M</div>
14 <div>7:30 Hot Breakfast CK</div> <div>10:30 Exercise DVD M</div> <div>1:30 Arts & Crafts w/ Marisa 3rd FL CK</div> <div>2:30 Bingo 2nd FL CK</div> <div>3:30 Social Hour P</div> <div>6:00 Series: All The Light We Cannot See M</div>	15 <div>9:30 MGM Casino </div> <div>10:30 Exercise DVD M</div> <div>1:30 Large Crossword Puzzle M</div> <div>2:30 Notable Neighbor: Judy K. M</div> <div>3:30 Exercise w/ Peter M</div> <div>3:30 Social Hour P</div> <div>6:30 Film: Becoming M</div>	16 <div>10:30 Qi Gong Exercise w/ Ed Hubbell</div> <div>11:45 Lunch at Bombay Royale- Meet in Pub (Sign up at Front Desk)</div> <div>1:30 American History w/ Michael Greenebaum CL</div> <div>2:30 Chair Yoga w/Jill M</div> <div>2:30 Rummikub P</div> <div>3:30 Social Hour P</div> <div>6:15 Family Feud M</div>	17 <div>7:30 Hot Breakfast CK</div> <div>9:30 Book Discussion Group w/ Stephanie CL</div> <div>10:30 Exercise DVD </div> <div>10:30 Sunshine Village-Games P</div> <div>12:00 Birthday Meals</div> <div>1:30 Stress Awareness-Health Presentation Ed Walsh & Alice M</div> <div>2:15 Bingo 2nd FL CK</div> <div>3:30 Exercise & Massage w/ Peter M</div> <div>3:30 Hearing Aid Clinic Salon</div> <div>3:30 Social Hour P</div> <div>6:30 TV SERIES: Monk M</div>	18 <div>9:30 Coffee & Conversation Media Rm Back Tables</div> <div>10:30 Chair Yoga w/Jill M</div> <div>1:30 Songbirds M</div> <div>2:30 "Creative Hands" Resident Run Knitting, Crocheting & More Social Group P</div> <div>2:30 Rummikub/Board Games-Media Room Back Tables</div> <div>2:30 Writing Group CL (SUR)</div> <div>3:30 Social Hour P</div> <div>6:30 Film: Something's Gotta Give M</div>	19 <div>9:30 Dunkin' Donuts w/ Karen P</div> <div>10:30 Art Class w/Sergio CL</div> <div>10:30 Exercise DVD M</div> <div>1:30 Photo/Slide Show Presentation with Sally Greenebaum M</div> <div>2:15 Bingo 2nd FL CK</div> <div>3:30 Exercise w/ Peter M</div> <div>3:30 Social Hour P</div> <div>6:30 Film: Breakfast At Tiffany's (1960)M</div>	20 <div>10:30 Exercise DVD M</div> <div>1:00 Tech Help w/ Shawna P</div> <div>1:30 Rummikub/Board Games P</div> <div>2:30 Singing & Guitar w/ Joe Z M</div> <div>3:30 Social Hour P</div> <div>6:00 TV SERIES: Virgin River M</div>
Employee Appreciation Week 22-26 21 <div>7:30 Hot Breakfast CK</div> <div>10:30 Exercise DVD M</div> <div>1:30 Arts & Crafts w/ Marisa 3rd FL CK</div> <div>2:30 Bingo 2nd FL CK</div> <div>3:30 Social Hour P</div> <div>6:00 Series: All The Light We Cannot See M</div>	Wear Plaid/ Passover Begins/ Earth Day 22 <div>10:00 Walmart/ Big Y/Dollar Store Shopping Trip </div> <div>10:30 Exercise DVD M</div> <div>1:30 Benefits of Exercise and Social Activities Presentation Serenity PACE M</div> <div>2:30 Classical Piano Performance with Zhen Tu</div> <div>3:30 Exercise w/ Peter M</div> <div>3:30 Social Hour P</div> <div>6:30 Film: The Greatest Night in Pop M</div>	Wear Your Favorite Sports Team 23 <div>10:30 Qi Gong Exercise w/ Ed Hubbell</div> <div>1:30 Large Crossword Puzzle M</div> <div>2:30 Chair Yoga w/Jill M</div> <div>2:30 Rummikub P</div> <div>3:30 Social Hour P</div> <div>6:15 Family Feud M</div>	Wear Crazy Hair or Hat 24 <div>7:30 Hot Breakfast CK</div> <div>9:30 Book Discussion Group w/ Stephanie CL</div> <div>10:30 Exercise DVD </div> <div>10:30 Sunshine Village-Painting P</div> <div>1:15 Blood Pressure Clinic P</div> <div>2:00 Community Meeting M</div> <div>3:30 Exercise & Massage w/ Peter M</div> <div>3:30 Social Hour P</div> <div>6:30 TV SERIES: Monk M</div>	Wear Your Comfiest Clothes 25 <div>9:30 Coffee & Conversation Media Rm Back Tables</div> <div>10:30 Chair Yoga w/Jill M</div> <div>1:30 Songbirds M</div> <div>2:30 "Creative Hands" Resident Run Knitting, Crocheting & More Social Group P</div> <div>2:30 Rummikub/Board Games-Media Room Back Tables</div> <div>2:30 Writing Group CL (SUR)</div> <div>3:30 Social Hour P</div> <div>6:30 Film: The Blind Side M</div>	Wear Jeans, Sneakers and T-Shirt 26 <div>9:30 Dunkin' Donuts w/ Karen P</div> <div>10:30 Exercise DVD M</div> <div>10:30 JM Sorrell Discussion Group CL</div> <div>1:30 Meditation/Reiki with Jon Jon CL</div> <div>2:15 Bingo 2nd FL CK</div> <div>3:30 Exercise w/ Peter M</div> <div>3:30 Social Hour P</div> <div>5:00 Passover Seder (Sign Up at Front Desk) M</div>	27 <div>10:30 Exercise DVD M</div> <div>1:00 Tech Help w/ Shawna P</div> <div>1:30 Rummikub/Board Games P</div> <div>2:30 Joe B. Ukulele Group & Sing A Long M</div> <div>3:30 Social Hour P</div> <div>6:00 TV SERIES: Virgin River M</div>
28 <div>7:30 Hot Breakfast CK</div> <div>10:30 Exercise DVD M</div> <div>1:30 Arts & Crafts w/ Marisa 3rd FL CK</div> <div>2:30 Bingo 2nd FL CK</div> <div>3:30 Social Hour P</div> <div>6:00 Series: All The Light We Cannot See M</div>	29 <div>10:00 Forbes Library Trip </div> <div>10:30 Exercise DVD M</div> <div>1:30 Large Crossword Puzzle M</div> <div>2:30 Trivia P</div> <div>3:30 Exercise w/ Peter M</div> <div>3:30 Social Hour P</div> <div>6:30 Film: The Woman in Gold M</div>	30 <div>10:30 Qi Gong Exercise w/ Ed Hubbell</div> <div>1:30 Rummikub/Board Games P /M</div> <div>2:30 Food Forum M</div> <div>3:30 Social Hour P</div> <div>6:15 Family Feud M</div>	Floor Representatives & Locations <div>1st Floor: Pat Mason Location: Pub - 2nd Floor: Ruth Smith Location: Classroom - 3rd Floor: Nancy Winninger Location: Media Room</div>	Location/Abbreviation <div>VDA-Viewer Discretion Advised RFR-Resident Floor Representative SUR-Sign-Up Required P-Pub FL-Floor L-Living Room FD-Front Desk CL-Classroom M-Media Room CK-Country Kitchen CONF-Conference Room SLN-Salon</div>		Happy Passover <div></div>

Employee Appreciation Week

This month we will be celebrating Employee Appreciation Week, **Monday**, the 22nd, through **Friday**, the 26th. Christopher Heights will be making an extra effort to show our appreciation to all our staff members by acknowledging their efforts, hard work and dedication.

Please help us support this special week by wearing the themed item of the day.

- **Monday, the 22nd-Plaid Day**
- **Tuesday, the 23rd-Sports Team Day**
- **Wednesday, the 24th-Crazy Hair or Hat Day**
- **Thursday, the 25th-Comfiest Clothes Day**
- **Friday, the 26th-Jeans, Sneakers and T-Shirt Day**

Resident Floor Representative Meetings

All residents are encouraged to attend Wednesday, the 10th, at 1:15pm.

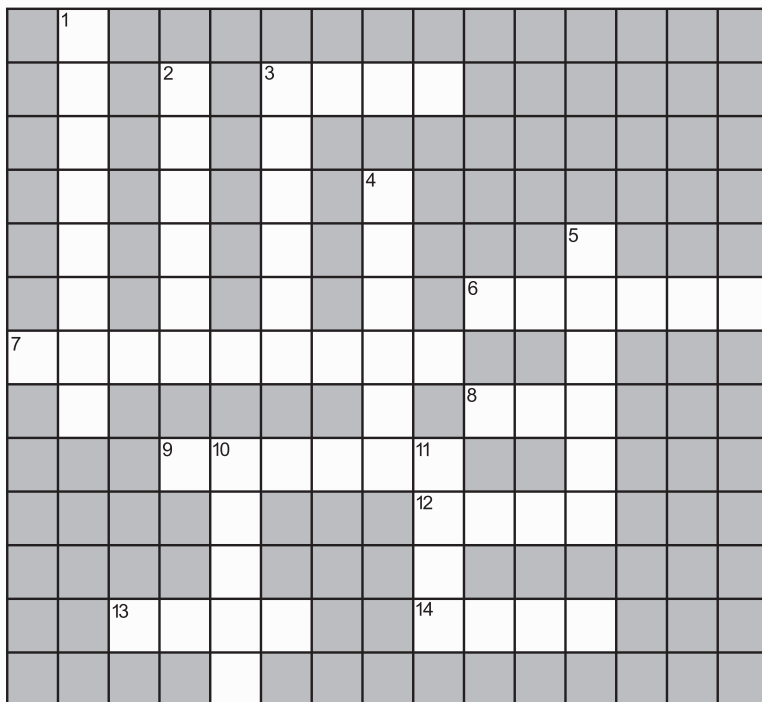
1st Floor residents meet in the **Pub** with Pat Mason.

2nd Floor residents meet in the **Classroom** with Ruth Smith.

3rd Floor residents meet in the **Media Room** with Nancy Winninger.

Chair Yoga with Jill

Yoga is a practice that connects the body, breath and mind. It uses physical postures, breathing exercises and meditation to improve overall health. Jill will continue to bring new Yoga poses and information to her classes. Starting in April, she will be adding Thursday 10:30am classes, as well as continuing her Tuesday 2:30pm classes.



Across:

3. Jumping amphibian
6. Grassland
7. Lepidopteran
8. Sprout
9. Bounce
12. Heavy dew
13. Plant foliage
14. Long invertebrate

Down:

1. Abounding in hue
2. Plant's shoot
3. Bloom
4. Fertilizing dust
5. Cultivated plants
10. Flower's colored segment
11. Increase

