



January 2012



**Happy New Year**

“Be grateful for each new day. A new day that you have never lived before. Twenty-four new, fresh, unexplored hours to use usefully and profitably. We can squander, neglect, or use it. Life will be richer or poorer by the way we use today. Finish every day and be done with it. You have done what you could; some blunders and absurdities no doubt crept in; forget them as soon as you can. Tomorrow is a new day; you shall begin it serenely and with too high a spirit to be encumbered with your old nonsense.”

~Ralph Waldo Emerson

To all our residents, staff, families, and friends—  
Best Wishes for a Happy, Healthy, and Peaceful New Year.

Director of Programs, Jessie Rodrique  
Director of Transportation, Fayad Lahout

**Dining Room Menu Calendar : Cable Channel 919**  
**Program Calendar: Cable Channel 918**  
**Audio Calendar (978) 402-8200**  
**Transportation and Event Line (978) 402-8133**

**Grocery Shopping: Please plan to transport packages to your suite.**

Wednesdays, 10:30 AM and 1:30 PM: Concord Crosby's and CVS  
Mondays, 10:30 AM: Jan. 2, Trader Joe's ; Jan. 9, Roche Brothers;  
Jan. 16, Stop & Shop; Jan 23. Idylwilde, Jan. 30, Trader Joe's.

**Grocery Delivery Service: Delivery to your suite by Roche Brothers.**

Call Jessie Rodrique at 978.402.8104 for an appointment to order. Deliveries are made on Thursdays, only.

**BUS TRIPS : TRIP LISTS are posted weekly in North/South Lobby.**

We will do our best to accommodate all who wish to participate. Please be respectful of other residents' opportunities and be firm in your commitment.



**Bus Trips**

**Friday, Jan. 6, 10: 45 AM \* Transportation to the BSO**

**Tues., Jan. 10, 7:00 PM \* First Parish Concord,** Lecture on Transcendentalism. "Is New England Transcendentalism transcendent enough to be relevant today?" Scholar Jason Giannetti will lead a discussion about Transcendentalism in the 21<sup>st</sup> Century. The format will be a "conversation," a technique favored by the Transcendentalists, most notably Margaret Fuller and Bronson Alcott. Also participating will be Reverend Jenny Rankin, Minister, First Parish in Concord; Jeffrey S. Cramer, Curator of Collections, the Thoreau Institute at Walden Woods and Polly Peterson, author of "Stirring the Nation's Heart: Eighteen Stories of Prophetic Unitarians and Universalists of the Nineteenth Century." Fee \$5.00, No Bus Fee.

**Friday, Jan. 13, 10: 45 AM \* Transportation to the BSO**



celebrate its 40th year of incorporation. This fully staged performance is a collaboration of members of The Concord Band, The Concord Orchestra, and The Concord Players, along with other friends of 51 Walden. The opera will be conducted by Alan Yost. Kathy Lague is stage director and Paula Eldridge is the chorus master. Please feel free to drop in to watch their workshop rehearsal.

Tuesday, Jan. 17, 11:00 AM **Sing Along with Don Williams**, North Living Room. Resident Don Williams is our talented pianist today. (Monthly meeting on the third Tuesday.)

Thursday, Jan. 19, 4:00 PM **Piano Concert with Fred Moyer, Morrison Theatre**. Frederick Moyer has established a vital musical career that has taken him to forty-one countries and to such distant venues as Suntory Hall in Tokyo, Sydney Opera House, Windsor Castle, Carnegie Recital Hall, Tanglewood, and the Kennedy Center. He has appeared as piano soloist with world renowned orchestras including the Cleveland, Philadelphia and Minnesota Orchestras, the St. Louis, Dallas, Indianapolis, Milwaukee, Baltimore, Pittsburgh, Houston, Boston, Singapore, Netherlands Radio, Latvian, Iceland and London Symphony Orchestras, the Buffalo, Hong Kong and Japan Philharmonic Symphony Orchestras, the National Symphony Orchestra of Brazil, and the major orchestras of Australia. His 22 recordings on the Biddulph, GM and JRI labels comprise works by over thirty composers and reflect his affinity for a wide variety of styles. Mr. Moyer will perform a program of classical piano masterpieces and will feature works by Chopin, Rachmaninoff, Beethoven as well as others"

Saturday, Jan. 28, 4:00 PM **Concord Conservatory of Music**, Morrison Theatre. Lorna Henderson, a member of CCM's piano faculty will bring a number of her students to perform works by Impressionistic and Modern composers, including Debussy, Kabalevsky, Gershwin, and Takemitsu. CCM is a non-profit community music school that provides education and performance opportunities for children of all ages and adults in the Concord area. They are located in the West Concord Union Church.

## Special Programs and Monthly Meetings



### WEEK OF Jan 1—7

Mondays, Jan. 2, 9, 16, 23, 30, 1:30 PM – 4:00 PM **Crafts with Karen Alexander**, Arts and Crafts Room. All talent levels welcome! Residents are welcome to use the Arts and Crafts Room on the Mondays when Karen is not here.

Monday, Jan. 2, 3:30 PM **Reading Group**, South Living Room. Reader: Alice Wiggin

Tues., Jan. 3, and 17, 11:30 PM **Support Group for Friends and Family of People with Alzheimers and Related Dementia**, North Private Dining Room. Refreshments. (Meets first and 3<sup>rd</sup> Tuesday of each month). Please RSVP Deb Boyden at 978.402.8223.

Wed., Jan. 4, 3:00 PM **South Food Service Committee**, South Private Dining Room. Any questions, contact Bob Cowen. [cowenr@alum.MIT.edu](mailto:cowenr@alum.MIT.edu) (Monthly meeting the first Wednesday.)

Thursday, Jan. 5, 10:30 AM **Executive Committee Meeting**, Old Private Dining Room (Monthly meeting on the first Thursday.)

Fridays, Jan. 6, 13, 20, 27, 3:00 PM **Weekly Women's History Tea**, South Living Room. This is an informal round table gathering to talk about our favorite women...in history...or in our lives. Please feel free to bring a picture or a story.

Sat. Jan. 7, 2:00 PM **The Teaching Company Great Courses**, Morrison Theatre. New series begins this week! "Emerson, Thoreau and the Transcendentalist Movement." Few movements in American social and intellectual history have been as influential as the cluster of ideas we have come to call Transcendentalism. From Emerson's "self-reliant soul," and Thoreau's "different drummer," to modern ideas about individualism and democracy, Transcendentalism has had a powerful impact on central aspects of American life. Weekly course outlines can be found at the North desk, South mailroom, and in the alcove in Morrison Theatre.



## WEEK OF January 8—14

Monday, Jan. 9, 11:00 AM **Newbury Court Book Group**, North Living Room. Join us for discussion of favorite books and authors, and plans for the future. The selection for January is E. L. Doctorow's "Homer & Langley." (Monthly meeting on the second Monday, PLEASE NOTE NEW TIME)

Monday, Jan. 9, 2:00 PM **Program Committee Meeting**, Cyber Café. (monthly meeting on first Monday) Contact Emily Mitchell at 978.369.6739. (Please note new time) Please note new day for this month only.

Monday, Jan. 9, 2:00 PM **Parkinson's Disease Support Group**, Community Room. Open to all residents. Contact: Jerry Rardin 978.369.0419. (Monthly meeting on the first Monday.) (Please note change of date to **second** Monday this month only)

Monday, Jan. 9, 3:30 PM **Reading Group**, South Living Room, Reader: Joan Wood

Tues., Jan. 10, 9:00 AM – 12:00 Noon **Podiatrist**, North Wellness Center. Call Dr. Hurwitz's office at 617.256.5839 for an appointment.

Tuesday, Jan. 10, 3:00 PM **Mind, Body, Spirit Workshop**, Community Room (Monthly meeting on 2<sup>nd</sup> Tuesday). Please description of this new workshop series at end of this section.

Tuesday, Jan. 10, 4:00 PM **South Library Committee Meeting**, South Library (Monthly meeting on 2<sup>nd</sup> Tuesday.) Contact Don Blackmer. 978.369.2856

Tuesday, Jan. 10, 4:00 PM "Jesus, the Hidden Years," by Newbury Court resident, Don Williams. Duvall Chapel.

Wed., Jan. 11, 3:00 PM **North Food Committee**, North Living Room. Open to all residents. Contact: Betty Evans at 978.369. 4994. (Monthly meeting on second Wednesday).

Wed., Jan. 11, 3:30 PM **Illustrated Lecture:** North Korea, Morrison Theatre. Please join Dr. David Nurenberg for a unique and timely journey through North Korea. Dr. Nurenberg has taught English at Concord Carlisle High School for 12 years, and runs the school's international exchange programs with schools in Japan and Turkmenistan. An avid traveler, Nurenberg has visited over 30 countries, and just this past summer became one of fewer than 1,000 American civilians to gain entry to the Democratic People's Republic of Korea, better known as North Korea. His goal was to visit schools and meet ordinary people in this nation that we know so little about and fear so much, and try to see the human faces behind the label of "the enemy."



### **Week of Jan 15—21**

Monday, Jan. 16, 10:00 AM South Library Committee, **Work Meeting**, South Library (monthly mtg. is first Monday *after* 2<sup>nd</sup> Tuesday Library mtg.)

Monday, Jan. 16, 3:30 PM **Reading Group**, South Living Room, Reader: **Cancelled this week.**

Monday, Jan. 16, 3:00 PM "**A Search for Justice**," Morrison Theatre. Performance by Stephen Collins to commemorate Martin Luther King, Jr., Day. This performance piece will examine issues of social, political and religious justice. What is Justice? Can it be defined, or is it just an abstract concept? What is Truth? How do leaders—both political and religious—use language to motivate people? Is violent action ever justified when all else fails? Is there such a thing as a "just" as opposed to an "unjust" war? In this piece you will hear the words of the abolitionist newspaper editor William Lloyd Garrison, John Brown will tell you why he resorted to violence, and Lincoln will deliver his oration at Gettysburgh. Thomas Hardy and other writers will comment on war and religion.

Tues., Jan. 17, 11:30 AM **Support Group for Friends and Family of People with Alzheimers and Related Dementia**, North Private Dining Room, refreshments provided. (meets first and 3<sup>rd</sup> Tuesday of each month) Please RSVP Deb Boyden at 978.402.8223.

Wed., Jan. 18, 4:00 PM **Travel Group**, Arts & Crafts Room. Let's go to Russia!

Sharing travel memories can be a rich experience. Everyone is welcome. (Please note new day and time!)

Friday, January 20, 3:00 PM **Weekly Women's History Tea**, South Living Room. This week, Girl Scout Troup #72619 from Maynard will give a presentation at the weekly women's history tea. The scouts will present short biographies of women who have made an impact on history. This project fulfills a badge requirement for the girls to earn their Junior Bronze Award by the end of the year 2012. This is a special honor, as 2012 is the 100th year anniversary of the Girl Scouts and the girls are looking forward to receiving their award during this centennial year celebration. The Girl Scouts will also provide their cookies for us to enjoy!



### **WEEK OF January 22—28**

Sunday, Jan. 22, 2:00—4:00 PM **Art Exhibit Opening:** South Café and Gallery. Paintings by Karen Danstedt Roop". Refreshments served.

Monday, Jan. 23, 3:30 PM **Reading Group**, South Living Room, Reader: Anita Barker

Tuesday, Jan. 24, 3:00 PM **Illustrated Lecture:** Visit Tibet! Please join Tami Foote, daughter of Newbury Court resident Anna Foote, as she describes her recent journey to Tibet. This past fall, she and her brother were fortunate enough to spend five weeks in Tibet - with most of their time in and around Lhasa. They were there, in part, representing a not-for-profit so they had the opportunity to visit orphanages, a medical clinic, a community center, a medical school, and to meet with the Minister of Health and Education for Tibet. Tami invites you to see her photographs and to talk about some of the things that caught their attention and interest—This was truly the trip of a lifetime!

Thursday, Jan. 26, 5:30 PM **MIT Dinner**, Great Room. Dinner for Alumni, former Faculty and former employees of MIT and the MIT Laboratories, and their spouses. Social "hour" with wine at 5:30 PM. Dinner at 6:15 PM. To make a reservation, call Eloise Smith before January 23 at 978.369.4451. Since no meal credits can be used, we must collect \$20.00 per person at the door to cover expenses.



## WEEK of January 29—31

Monday, Jan. 30, 3:30 PM **Reading Group**, South Living Room, Reader: Bonnie Soleau

Tues., Jan. 31, 9:00 AM – 12:00 Noon **Podiatrist**, South Wellness Center.  
Call Dr. Hurwitz's office at 617.256.5839 for an appointment.

Tues., Jan. 31, 10:30 AM **Budget Committee Meeting**, Old Private Dining Rm  
(Monthly meeting on last Tuesday.)

Tues., Jan. 31, Noon **January Birthday Lunch**, South Dining Room.



## **Art at Newbury Court**

**South Gallery:** “Paintings by Karen Danstedt Roop,” January 18 to March 9. Opening on Sunday, January 22 from 2:00 PM—4:00 PM. A graduate of Boston University (BFA and MFA), Karen Danstedt Roop was an art specialist with the Braintree Public Schools for 34 years. Now retired, she is able to devote her energies to painting fulltime. Most of her landscapes are started “en plein air” with finishing details being added back in her studio. “For me there is excitement to the immediacy of painting on location. I enjoy the challenge of trying to capture the play of light, the values and the nuances of color that comprise the essence of a scene. My hope is to convey a feeling and a sense of place in my paintings, not just record a subject.”

Ms. Roop has studied painting with Maris Platais, George Nick, and Patricia Tobacco Forrester. Her work has been exhibited locally at the Concord Art Association where she is a Distinguished Artist, the Lexington Arts and Crafts Society, the Francesca Anderson Fine Art Gallery in Lexington, Gallery 7 in Maynard, Emerson Hospital, Concord Library, the Landau Gallery at Belmont Hill and on the South Shore and in

Boston. She has done commissioned work and is represented in private collections in New England and Florida. Ms. Roop resides in Concord with her loving and supportive husband Bill.

**North Art Space:**

**“Margaret Coffey: A Retrospective Art Exhibit at Age 100,”** through January 3

**Open Studios:**

**South Side Open Studio**, Mondays, 1:30 PM – 4:00 PM. For painters of all levels.  
**Open Craft Studio**, Mondays, 1:30—4:00 PM, Arts and Crafts Room.

**Announcements:**

**News from the Wellness Office**

Newbury Court Wellness Hours M-F 8:30-5:00  
North and South Campus

Ellen Reusch, R.N.  
Director of Home Health and Wellness  
Monday-Friday 8:30-5:00 PM ext 127

Colleen Brophy, RN  
Joi Keddy, RN  
cell phone # 987-394-3769  
weekdays and weekends

\*Please check with receptionist for nurse on duty weekends



January is National Glaucoma Awareness Month.

Informational booklets and resources about Glaucoma will be available during the month of January in both Health and Wellness offices at Newbury Court. Stop by and find out about what Glaucoma is, how to detect it, how it is treated, what causes it and what you can do to protect your vision.

**North Fireplace Room:** "Shells from the Collection of Ella Mazel" A shell enthusiasts since the 1930s, Ella has loaned a selection of shells and books.

**Sages and Seekers**, a collaborative program with Concord Academy will resume in the Spring. Details are forthcoming.

**Middlesex Savings Bank Rep:** Jan. 4, Jan. 18, South Front Parlor.

**Miracle Ear Representative,** South Front Parlor, **Thurs.**, Jan. 26, 9:30 AM to 11:00 AM. Any questions, please call Jim Condon at 781.229.9874. (Last Thursday of the month).

## January Birthdays

Residents with January birthdays are invited to celebrate with your neighbors and Chris Sintros at lunch! **Please RSVP by calling Transportation Line by Jan. 15.** All January birthdays are welcome, even if you have chosen not to announce it in the calendar.

Eleanor Anderson 1/5  
George Cahill 1/28  
Levin Campbell 1/ 2  
David Chick 1/6  
Collie Cook 1/13  
Nancy Frank 1/30

George Gordon 1/8  
James Hurley 1/28  
Graham Jones 1/31  
Bailey Laughlin 1/27  
Kenneth Lebo 1/18  
Liz McAllister 1/7  
Steven Seminerio 1/31  
Riley Shirley 1/ 4  
Lawrence Wheeler 1/18  
Adelaide Williams 1/15

### **SUNDAY, JANUARY 1, New Year's Day**

11:00 AM Worship Service, Duvall Chapel  
11:20 AM Catholic Communion, Community Room  
New Year's Day Buffet: South: 11:30 AM to 1:30 PM (only meal served that day)  
North 12:30 to 2:30 PM  
2:00 PM Sunday Afternoon Movie, Morrison Theatre  
3:00 PM Sunday Afternoon Movie, Community Room

### **MONDAY, JANUARY 2**

10:00 AM Tai Chi, Great Room

**10:30 AM \* Shopping at Trader Joe's**

10:00 AM—11:00 AM Open Swim, Pool (**Pool Closed**)

11:00 AM – 12:00 Noon Circuit Training with Cathy, Fitness Room

12:00—12:30 Staff Swim (Pool Closed)

1:30 PM—4:00 PM South Side Open Studio

1:30 PM—4:00 PM **Crafts with Karen Alexander**, Arts & Crafts Room

1:30—2:30 PM **Music: Guitar with Patrick Hoyer**, Community Room.

3:30 PM **Reading Group**, South Living Room, Reader: Alice Wiggin

4:00 PM Staff Swim

### **TUESDAY, JANUARY 3**

9: 45 AM “Combo Class” with Becca, Great Room

10:00 AM Exercise with Jason, Community Room

11:00 AM Chair Aerobics with Becca, Great Room

11:30 AM Support Group for Friends and Family of people with Alzheimers and Related Dementia, North Private Dining Room Please RSVP to Deb Boyden at 978-402-8223.

12:00—12:30 PM Staff Swim

**2:00 PM \* Banking/Library Trip**

2:00 PM Open Swim

2:30 PM Needle & Chat, South Hobby Room

2:30 PM Bridge & Cards, North Living Room

7:00 PM \* Bridge, South Living Room

### **WEDNESDAY, JANUARY 4**

- 9:00 AM Men's Breakfast, North Living Room
- 9:00 AM Middlesex Savings Bank Rep, South Front Parlor
- 10:00 AM All Residents' Meeting "CCC", Morrison Theater
- 10:30 AM \* Shopping at Crosby's/ CVS**
- 11:00 AM Knit and Chat, Arts and Crafts Room
- 11:30 AM – 12:15 PM Arthritis Foundation Aquatic Program, Pool
- 1:00 PM Blood Pressure Clinic, South Wellness Center
- 1:30 PM \* Shopping at Crosby's/ CVS**
- 2:00 PM Blood Pressure Clinic, North Wellness Center
- 2:00 PM – 3:00 PM Lap Swim, Pool
- 2:00 PM Strength Training with Don Stevenson, Fitness Center
- 2:30 PM **Afternoon Movie**, Morrison Theatre
- 3:00 PM—4:00 PM Pool Rehab
- 3:00 PM South Food Service Committee, South Private Dining Room (monthly meeting 1<sup>st</sup> Wed.)
- 4:00 PM Staff Water Aerobics
- 7:30 PM Opera Video, Cinderella Part One, Morrison Theatre

### **THURSDAY, JANUARY 5**

- 9: 45 AM "Combo Class" with Becca, Great Room
- 10:00 AM Exercise with Jason, Community Room

10:30 AM **Executive Committee Meeting**, Old Private Dining Room

11:00 AM Chair Aerobics with Becca, Great Room

11:00 AM Newbury Court Chorus Rehearsal, Duvall

12:00—12:30 PM Staff Swim

4:00 PM Resident and Staff Water Workout

### **FRIDAY, JANUARY 6**

10:00 AM Exercise with Jason, Community Room

10:00 AM – 11:00 AM Open Swim, Pool

**10: 45 AM \* Transportation to the BSO**

11:15—12:00 Matter of Balance, Exercise Room

1:00—2:00 PM Pool Rehab

2:00—3:00 PM Lap Swim, Pool

3:00 PM **Women's History Tea**, South Living Room

4:30 PM BYOB, North Living Room

5:00 PM BYOB, South Café

### **SATURDAY, JANUARY 7**

10:00 AM Strength Training with Don Stevenson, Fitness Center

2:00 PM "Emerson, Thoreau, and the Transcendentalist Movement," The Great Courses Teaching Company Video, Morrison Theatre.

7:45 PM Saturday Night Movies, Morrison Theatre and Community Rm.

### **SUNDAY, JANUARY 8**

11:00 AM Worship Service, Duvall Chapel

- 11:20 AM Catholic Communion, Community Room  
2:00 PM Sunday Afternoon Movie, Morrison Theatre  
3:00 PM Sunday Afternoon Movie, Community Room

### **MONDAY, JANUARY 9**

10:00 AM Tai Chi, Great Room

10:00 AM—11:00 AM Open Swim, Pool

#### **10:30 AM \* Shopping at Roche Bros**

11:00 AM—12:00 Noon Circuit Training with Cathy, Fitness Room

11:00 AM **Newbury Court Book Group**, North Private Dining Room

12:00—12:30 Staff Swim

1:30 PM – 4:00 PM South Side Open Studio

1:30 PM—4:00 PM **Crafts with Karen Alexander**, Arts & Crafts Room

2:00 PM **Program Committee Meeting**, Cyber Café (please note new time; please note change of day for this month only).

2:00 PM **Parkinson's Support Group**, Community Room. (meeting change to second Monday for this month only)

3:30 PM **Reading Group**, South Living Room, Reader: Joan Wood

### **TUESDAY, JANUARY 10**

9:00 AM – 12:00 Noon **Podiatrist**, North Wellness Center.

9:45 AM “Combo Class” with Becca, Great Room

10:00 AM Exercise with Jason, Community Room

11:00 AM Chair Aerobics with Becca, Great Room

12:00—12:30 PM Staff Swim

**2:00 PM \* Banking/Library Trip**

2:00 PM Open Swim

2:30 PM Needle & Chat, South Hobby Room

2:30 PM Bridge & Cards, North Living Room

3:00 PM **Mind, Body, and Spirit Workshop**, Community Room

4:00 PM “Jesus, the Hidden Years,” Play for Epiphany by Newbury Court resident, Don Williams. Duvall Chapel.

4:00 PM **South Library Committee Meeting**, South Library (Monthly meeting on 2<sup>nd</sup> Tuesday.)

7:00 PM \* Bridge, South Living Room

**7:00 PM \* First Parish Concord**, Lecture on Transcendentalism. Ticket Fee, \$5.00. No Bus Fee.

### **WEDNESDAY, JANUARY 11**

9:00 AM Men’s Breakfast, North Living Room

10:00 AM All Residents’ Meeting “CCC”, Morrison Theater

**10:30 AM \* Shopping at Crosby’s/ CVS**

11:00 AM Knit and Chat, Arts and Crafts Room

11:30 AM – 12:15 PM Arthritis Foundation Aquatic Program, Pool

12:15—12:45 PM Staff and Resident Buddy Swim

1:00 PM Blood Pressure Clinic, South Wellness Center

**1:30 PM \* Shopping at Crosby's/CVS**

2:00 PM Blood Pressure Clinic, North Wellness Center

2:00 PM – 3:00 PM Lap Swim, Pool

2:00 PM Strength Training with Don Stevenson, Fitness Center

2:30 PM **Afternoon Movie**, Morrison Theatre **(cancelled)**

3:00 PM **North Food Committee**, North Living Room

3:00 – 4:00 PM Pool Rehab

3:30 PM **Illustrated Lecture**: North Korea, Morrison Theatre

4:00 PM Staff Water Aerobics

7:30 PM Opera Video, Cinderella, Part Two, Morrison Theatre

### **THURSDAY, JANUARY 12**

9: 45 AM “Combo Class” with Becca, Great Room

10:00 AM Exercise with Jason, Community Room

11: 00 AM Chair Aerobics with Becca, Great Room

11:00 AM Newbury Court Chorus Rehearsal, Duvall

4:00 PM Resident and Staff Water Workout

### **FRIDAY, JANUARY 13**

10:00 AM Exercise with Jason, Community Room

10:00 AM – 11:00 AM Open Swim, Pool

**10: 45 AM \* Transportation to the BSO**

11:15—12:00 Matter of Balance, Exercise Room

1:00—2:00 PM Pool Rehab

2:00 PM Lap Swim, Pool

3:00 PM **Women's History Tea**, South Living Room.

4:30 PM BYOB, North Living Room

5:00 PM BYOB, South Café

**SATURDAY, JANUARY 14**

10:00 AM Strength Training with Don Stevenson, Fitness Center

11:00 AM —1:00PM **FOPAC chorus rehearsal**, Morrison Theatre.

**11:15 \* Lunch out with Fayad. Hudson Super Buffet. No bus fee.**

2:00 PM "Emerson, Thoreau, and the Transcendentalist Movement," The Great Courses Teaching Company Video, Morrison Th.

7:45 PM Saturday Night Movies, Morrison Theatre and Community Rm

**SUNDAY, JANUARY 15**

11:00 AM Worship Service, Duvall Chapel

11:20 AM Catholic Communion, Community Room

**1:30 PM \* Concord Chamber Music Society, Concord. No bus fee.**

2:00 PM Sunday Afternoon Movie, Morrison Theatre

3:00 PM Sunday Afternoon Movie, Community Room

**MONDAY, JANUARY 16**

10:00 AM Tai Chi, Great Room

10:00 AM South Library Committee, **Work Meeting**, South Library (monthly mtg. is first Monday *after* 2<sup>nd</sup> Tuesday Library mtg.)

**10:30 AM \* Shopping at Stop and Shop**

10:00 AM—11:00 AM Open Swim, Pool

11:00 AM – 12:00 Noon Circuit Training with Cathy, Fitness Room

11:30 AM – 12:15 PM Arthritis Foundation Aquatic Program, Pool

1:30 PM—4:00 PM **Crafts with Karen Alexander, Arts & Crafts Room**

1:30 PM – 4:00 PM South Side Open Studio

2:00—3:00 PM Open Swim, Pool

3:00 PM **“A Search for Justice,”** Performance by Stephen Collins. Morrison Theatre.

3:30 PM **Reading Group,** South Living Room, Reader: **Cancelled**

4:00 PM Staff Water Aerobics

## **TUESDAY, JANUARY 17**

9: 45 AM “Combo Class” with Becca, Great Room

10:00 AM Exercise with Jason, Community Room

11: 00 AM Chair Aerobics with Becca, Great Room

11:00 AM **Music:** Sing Along with Don Williams, North Living Room

11:30 AM **Support Group for Friends and Family of people with Alzheimers and Related Dementia,** North Private Dining Room Please RSVP to Deb Boyden at 978-402-8223.

12:00—12:30 PM Staff Swim

**2:00 PM \* Banking/Library Trip**

2:00 PM Open Swim

2:30 PM Needle & Chat, South Hobby Room

2:30 PM Bridge & Cards, North Living Room

7:00 PM \* Bridge, South Living Room

### **WEDNESDAY, JANUARY 18**

9:00 AM Middlesex Savings Bank Rep, South Front Parlor

9:00 AM Men's Breakfast, North Living Room

10:00 AM All Residents' Meeting "CCC", Morrison Theater

**10:30 AM \* Shopping at Crosby's/ CVS**

11:00 AM Knit and Chat, Arts and Crafts Room

11:30 AM – 12:15 PM Arthritis Foundation Aquatic Program, Pool

12:15—1:00 PM Staff Swim

1:00 PM Blood Pressure Clinic, South Wellness Center

**1:30 PM \* Shopping at Crosby's/ CVS**

2:00 PM Blood Pressure Clinic, North Wellness Center

2:00 PM – 3:00 PM Lap Swim, Pool

2:00 PM Strength Training with Don Stevenson, Fitness Center

2:30 PM **Afternoon Movie**, Morrison Theatre

3:00—4:00 PM Pool Rehab

4:00 PM Staff Water Aerobics

4:00 PM **Travel Group**, Russia, Arts and Crafts Room (monthly meeting on 3<sup>rd</sup> Wednesday)

7:30 PM Opera Video, Simon Boccanegra, Part One, Morrison Theatre

### **THURSDAY, JANUARY 19**

9: 45 AM “Combo Class” with Becca, Great Room

10:00 AM Exercise with Jason, Community Room

11: 00 AM Chair Aerobics with Becca, Great Room

11:00 AM Newbury Court Chorus Rehearsal, Duvall

2:00 PM Newbury Chorus sing-a-long at Rivercrest

4:00 PM Resident and Staff Water Workout

4:00 PM **Piano Concert with Fred Moyer**, Morrison Theatre

### **FRIDAY, JANUARY 20**

10:00 AM Exercise with Jason, Community Room

10:00 AM – 11:00 AM Open Swim, Pool

**10: 45 AM \* Transportation to the BSO**

11:15—12:00 Matter of Balance, Exercise Room

1:00—2:00 PM Pool Rehab

2:00 PM Lap Swim, Pool

3:00 PM **Women’s History Tea**, South Living Room

4:30 PM BYOB, North Living Room

5:00 PM BYOB, South Café

### **SATURDAY, JANUARY 21**

10:00 AM Strength Training with Don Stevenson, Fitness Center

2:00 PM “Emerson, Thoreau, and the Transcendentalist Movement,” The Great Courses Teaching Company Video, Morrison Th.

7:45 PM Saturday Night Movies, Morrison Theatre and Community Room

### **SUNDAY, JANUARY 22**

11:00 AM Worship Service, Duvall Chapel

11:20 AM Catholic Communion, Community Room

2:00—4:00 PM **Art Exhibit Opening:** South Café and Gallery.

2:00 PM Sunday Afternoon Movie, Morrison Theatre

3:00 PM Sunday Afternoon Movie, Community Room

### **MONDAY, JANUARY 23**

10:00 AM Tai Chi, Great Room

**10:30 AM \* Shopping at Idylwilde**

10:00 AM—11:00 AM Open Swim, Pool

11:00 AM – 12:00 Noon Circuit Training with Cathy, Fitness Room

11:30 AM – 12:15 PM Arthritis Foundation Aquatic Program, Pool

1:30 PM—4:00 PM **Crafts with Karen Alexander, Arts & Crafts Room**

1:30 PM – 4:00 PM South Side Open Studio

2:00—3:00 PM Buddy Swim, Pool

3:30 PM **Reading Group,** South Living Room. Reader: Anita Barker

4:00 PM Staff Water Aerobics

### **TUESDAY, JANUARY 24**

9:45 AM "Combo Class" with Becca, Great Room  
10:00 AM Exercise with Jason, Community Room  
11: 00 AM Chair Aerobics with Becca, Great Room  
12:00-12: 30 PM Staff Swim  
1:30 PM Catholic Mass, Community Room  
**2:00 PM \* Banking/Library Trip**  
2:00 PM Staff Swim  
2:30 PM Bridge & Cards, North Living Room  
3:00 PM **Illustrated Lecture:** Visit Tibet! Morrison Theatre  
2:30 PM Needle & Chat, South Hobby Room  
7:00 PM \* Bridge, South Living Room

**WEDNESDAY, JANUARY 25**

9:00 AM Men's Breakfast, North Living Room  
10:00 AM All Residents' Meeting "CCC", Morrison Theater  
**10:30 AM \* Shopping at Crosby's/ CVS**  
11:00 AM Knit and Chat, Arts and Crafts Room  
11:30 AM – 12:15 PM Arthritis Foundation Aquatic Program, Pool  
12:15—1:00 PM Staff Swim  
1:00 PM Blood Pressure Clinic, South Wellness Center  
**1:30 PM \* Shopping at Crosby's/ CVS**

2:00 PM Blood Pressure Clinic, North Wellness Center

2:00 PM – 3:00 PM Lap Swim, Pool

2:00 PM Strength Training with Don Stevenson, Fitness Center

2:30 PM **Afternoon Movie, Morrison Theatre**

3:00—4:00 PM Pool Rehab

4:00 PM Staff Water Aerobics

7:30 PM Opera Video, Simon Boccanegra, Part Two, Morrison Theatre

### **THURSDAY, JANUARY 26**

9:30 AM—11:00 AM Miracle Ear Representative, South Parlor. Any questions please call Jim Condon at 781.229.9874.

9:45 AM “Combo Class” with Becca, Great Room

10:00 AM Exercise with Jason, Community Room

**10:00 AM \* Museum of Fine Arts. Bus \$20.00. Non-member entrance fee \$20.00. Lunch on own at museum.**

11:00 AM Chair Aerobics with Becca, Great Room

11:00 AM Newbury Court Chorus Rehearsal, Duvall

4:00 PM Resident and Staff Water Workout

5:30 PM **MIT Dinner**, Great Room. Reservations required.

### **FRIDAY, JANUARY 27**

10:00 AM Exercise with Jason, Community Room

10:00 AM – 11:00 AM Open Swim, Pool

11:15—12:00 PM Matter of Balance, Exercise Room

1:00—2:00 PM Pool Rehab

2:00 PM Lap Swim, Pool

3:00 PM **Women's History Tea**, South Living Room

4:30 PM BYOB, North Living Room

5:00 PM BYOB, South Café

**7:15 PM \* Transportation to 51 Walden, Concord Orchestra**

### **SATURDAY, JANUARY 28**

10:00 AM Strength Training with Don Stevenson, Fitness Center

2:00 PM "Emerson, Thoreau, and the Transcendentalist Movement," The Great Courses Teaching Company Video, Morrison Th.

4:00 PM **Concord Conservatory of Music**, Morrison Theatre

7:45 PM Saturday Night Movies, Morrison Theatre and Community Room

### **SUNDAY, JANUARY 29**

11:00 AM All Campus Memorial Service for those who have died since Sept. 12, 2011. Duvall Chapel

11:20 AM Catholic Communion, Community Room

2:00 PM Sunday Afternoon Movie, Morrison Theatre

3:00 PM Sunday Afternoon Movie, Community Room

### **MONDAY, JANUARY 30**

10:00 AM Tai Chi, Great Room

10:00 AM—11:00 AM Buddy Swim, Pool

**10:30 AM \* Shopping at Trader Joe's**

11:00 AM – 12:00 Noon Circuit Training with Cathy, Fitness Room

11:30 AM – 12:15 PM Arthritis Foundation Aquatic Program, Pool

1:30 PM – 4:00 PM South Side Open Studio

1:30 PM—4:00 PM **Crafts with Karen Alexander, Arts & Crafts Room**

3:30 PM **Reading Group**, South Living Room. Reader: Bonnie Soleau

4:00 PM Staff Water Aerobics on your own

### **TUESDAY, JANUARY 31**

9:00 AM – 12:00 Noon **Podiatrist**, South Wellness Center.

9:45 AM “Combo Class” with Becca, Great Room

10:00 AM Exercise with Jason, Community Room

10:30 AM **Budget Committee Meeting**, Old Private Dining Room. (monthly meeting last Tuesday)

11:00 AM Chair Aerobics with Becca, Great Room

12:00 Noon **January Birthday Lunch**, South Dining Room

12:00-12:30 PM Staff Swim

**2:00 PM \* Banking/Library Trip**

2:30 PM Bridge & Cards, North Living Room

2:30 PM Needle & Chat, South Hobby Room

7:00 PM \* Bridge, South Living Room