



September 2010

Newbury Court reads *To Kill A Mockingbird*

The idea of one community reading and discussing the same book at the same time was launched by librarian Nancy Pearl of Seattle, Washington. Newbury Court reads *To Kill a Mockingbird*, on the 50th anniversary of its publication. Set in Alabama in the 1930s, this classic book presages the Civil Rights Movement and the sea change that followed. To commemorate its publication, special events include character actor Richard Smith portraying “Atticus” (9/17); Barbara Powell, retired Director of the Concord Free Public Library, putting the book into historical perspective (9/21), ongoing discussions with neighbors; and a showing of the award-winning movie starring Gregory Peck (9/25-26). Thank you to the Concord Free Public Library and Boxborough’s Sargent Memorial Library for loaning books in Large Print and Regular Print. To borrow a book, please call Catherine Hunter at (978) 402-8219.

With best wishes,

Diane Raposa, Director of Programs and Volunteer Services
Catherine Hunter, Assistant Director for Programs
Jessie Rodrique, Program Coordinator

Video Calendar : Cable Channel 919

Audio Calendar (978) 402-8200

Transportation and Event Line (978) 402-8133

Shopping Trips: 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; 9/13 Stop & Shop; 9/20 Idylwilde; 9/27 Donelans

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

Call Diane Raposa at (978) 402-8214 for an appointment to order.

Note: Because this service requires staff time to place orders on the computer, there will be a \$5 fee for orders under 10 items and a \$10 fee for orders larger than 10 items. Fees are billed to your account monthly.

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.

APPOINTMENTS

- **Call the TRANSPORTATION LINE to schedule appointments.**
- **DO NOT call driver's cell phones to schedule appointments.**
- **When you are at your appointment, driver's cell phones should only be called for return pick-up from your appointment.**

Sundays: To places of worship in Concord, sign up before Thursday.

Bus Trips:

Wednesday, Sept., 1, 6:00 PM, New Black Eagle Jazz Band, Fruitlands Museums. Please call transportation if you would like a box lunch.

Friday, Sept.,10, 10:00 AM, Tour of John Joseph Moakley U.S. Courthouse, Boston. Lunch out. No Fee.

Monday, Sept., 13, 9:30 AM, Jessie's Jaunt: Weekly Walk of ½ -1 mile

Monday, Sept., 13, 1:30 PM, Mystery Ride, (no walking, trip repeats 9/16)

Thurs., Sept.,16, 1:30 PM, Mystery Ride

Monday, Sept., 20, 9:30 AM, Jessie's Jaunt: Weekly Walk of ½ -1 mile

Thurs., Sept., 23, 1:30 PM, Walking Tour of Sleepy Hollow Cemetery with Charles Dee, for hardy walkers

Sunday, September 26, 1:15 PM, The Concord Orchestra Benefit Concert. 51 Walden, Concord (Newbury Court provides transportation)

Monday, Sept., 27, 9:30 AM, Jessie's Jaunt: Weekly Walk of ½ -1 mile

Tues., Sept., 28, 10:30 AM, Leaf Peeping and Lunch at Westminster's Old Mill Restaurant. We will get the season off to an early start with a scenic ride through northern Central Mass and dine at one of the area's most scenic restaurants. Established as a sawmill in 1761, it has been in operation as a family run establishment since 1946. Ten percent Senior discount on Tuesdays!!!

Thurs., Sept., 30, 9:30 AM American Textile History Museum, "**High Style: Betsy Bloomingdale and the Haute Couture**" **Fee \$6.00. Lunch out.**

Music:

Tuesdays, 11:00 AM, Golden Oldies Sing Along with Martha, North Living Room

Wednesday, September 8, 4:00 PM Community Room

Berit Strong and Sarah Cantor: Classical Guitar and Recorder. Music of Handel and Bach. Berit Strong is on the faculty at Bridgewater State College and the Indian Hill Music Center in Littleton, MA. She teaches privately in her home studio in Acton and at ArtSpace in Maynard. Ms. Strong was the artistic director for the Boston Classical Guitar Society for six years. Sarah Cantor is a recorder virtuoso specializing in the interpretation of contemporary and early music. She holds degrees in early music and Spanish from The Indiana University Early Music Institute and the Royal Conservatory in Holland, where she studied with *Marion Verbruggen*.

Friday, September 24, 3:30 PM, Morrison Theatre

Sara Whitney: Solo Violin from Bach to Bartok: A Musical Journey from the Baroque Era to the 20th Century. Works by Bach, Brahms, Bartok, and Bolcom. Violinist Sarah Whitney has performed internationally as a solo, orchestral and chamber musician. An avid chamber musician, Sarah is currently a violinist with the New York City based ensemble Sybarite5, a group dedicated to broadening the string quintet repertoire and commissioning new works.

Sunday, September 26, 1:15 PM, The Concord Orchestra Benefit Concert, 51 Walden. *Trial by Jury* by Gilbert and Sullivan, *Brandenburg Concerto No. 5* by J. S. Bach, *Schleptet* in E-flat Major, *My Bonnie Lass She Smelleth*, and *Iphigenia in Brooklyn* by PDQ Bach. Tickets, \$25.00. For more information and tickets please call Jean Hallock at 978.369.0728. (Newbury Court is providing transportation)

Special Programs and Meetings

Wednesdays, 11:00 AM – 12 Noon, Knit and Chat, Arts and Crafts Room
The group is knitting fantastic scarves for donation to teenagers in the care of the Department of Social Services. When we learned that teenagers are overlooked at the holiday time, we made it a goal to knit 60 scarves. We have yarn and needles for volunteers who wish to join us to knit one or more scarves. Knit with the group and on your own. A display will be scheduled in November with an auction to benefit the supply budget. Any questions, please call Mitzi Keleher (978) 369-2838.

Wed., Sept., 1, 3:00 PM Food Service Committee, South Private Dining Room.
Contact Bob Cowen cowenr@alum.MIT.edu

Monday, Sept. 6, 2:30 PM, Parkinson's Disease Support Group, Community Room
No meeting today due to the Holiday. The next meeting will be Monday, September 20, 2:30 PM, in the Community Room. Any questions, call Jerry Rardin at (978) 369-0419

Friday, Sept., 10, 10:00 AM, * Guided Tour of John Joseph Moakley U.S. Courthouse, Boston. Please note security issues for this tour: "all visitors over the age of 18 must have two forms of ID with them, one containing a photograph. Electronic devices, including cell phones, cameras, and portable music players, are not permitted in the courthouse. Additionally, containers with liquids, such as water bottles, will not be allowed to pass through security." No Fee. Lunch out.

Sunday, Sept., 12, 3-5 PM, Exhibit and Reception, Newbury South Art Gallery, Photographer Steve Gorman presents photographs from his latest book, *Arctic Visions: Encounters at the Top of the World*. Steve's large-format, color photo-essay books include *The American Wilderness: Journeys into Distant and Historic Landscapes*; *Thoreau's New England*; *Wild New England*; and *Northeastern Wilds: Journeys of Discovery in the Northern Forest*. Steve is the son of Newbury Court resident, Margaret Gorman! Please help us welcome Steve to Newbury Court!

Mon., Sept., 13, 1:00 PM – 2:00 PM Program Committee Meeting, Home Theater, 3rd floor, between 322 and 330. Contact: Emily Mitchell (978) 369.6739

Thursdays, September 16, 23, 30, 1:30 PM – 4:00 PM,
Art Class with Sue: Drawing and Painting, Arts and Crafts Room
Sue Funk returns 3 weeks each month to guide your creative work. All levels are welcome. Supplies are available. Drop in to meet Sue and talk about projects that you have in mind. Welcome back, Sue!

Thursdays, starting September 16, 2:00 PM, A Time for Writing with Sally Montgomery, North Living Room. Sally Montgomery returns to lead workshops for writing memoirs. The group is limited to 6. Welcome back, Sally! Any questions, call Catherine at (978) 402-8219.

Monday, Sept., 13, 1:30 PM, * Mystery Ride, The destination is always a mystery! (no walking, trip repeats 9/16)

Mon., Sept., 13, 1:30 PM Catholic Rosary, The Family Room

Monday, Sept. 13, 2:00 PM, Newbury Court Book Group, North Private Dining Room, Discussion of To Kill a Mockingbird by Harper Lee, and distribution of a new book. Any questions, call Catherine (978) 402-8219.

Monday, Sept., 13, 10:00 AM North Living Room. **NEW: Memories with Catherine.** An hour of conversations led by Catherine Hunter is designed to jog your memories. Share your stories. Expect the unexpected!

Monday, Sept., 13, 11:00 AM – 12 Noon; North Living Room. **NEW: Capturing Memories.** Catherine Hunter meets with residents to discuss memoir writing. Are you curious about the process of writing? The goal is to form a small group using writing exercises to help you get started with capturing your memories.

Monday, Sept., 13, 3:30 PM, Jazz Study Group, Home Theater, 3rd floor, between 322 and 330. This week we will watch a portion of episode #2 of Ken Burns' "Jazz." Participants please bring along their favorite Louis Armstrong recording for listening afterwards.

Tues., Sept., 14, 9:00 AM – 12:00 Noon, Podiatrist, South Wellness Center. Call Dr. Hurwitz's office at 617.256.5839 for an appointment.

Tues., Sept., 14, 4:00 PM South Library Committee Meeting, South Library, Contact Collie Cook 978.369.5258

Thursday, Sept., 16, 1:30 PM, * Mystery Ride, The destination is always a mystery! No walking.

Thursday, September 16, 4:00 PM, Morrison Theatre

Resident Lecture: Bette Taverner presents “History of the NEDA and the Concord Campus.” Bette Taverner, a resident of the Chamberlin Apartments for 22 years, will share her research on the history of the New England Deaconess Association and describe living through the metamorphosis of the Concord campus during that time. She and her husband, the Rev. Dr. Gilbert Taverner, moved to the Deaconess in 1988 upon his retirement, recognizing the value of being in a protected environment with ample opportunity to continue a life of individual growth and service to others, and freedom to travel at will. Gilbert passed away in April of 2009. They had spent 56 years together, 35 of them serving Methodist churches in five New England communities and a decade in school and college work in academic chaplaincies at Simpson College in Indianola, Iowa and St. George’s School in Newport, R. I.

Friday, September 17, 4:00 PM, “Atticus”, Morrison Theatre

“Atticus” portrayed by character actor Richard Clark. Atticus Finch steps from the pages of “To Kill A Mockingbird” and brings to life the tragedy and triumph of Harper Lee’s classic novel. As a loving father, compassionate friend and uncompromising attorney, Atticus represents the divine spark in the human spirit as he leads a cast of other unlikely heroes in this story. The courtroom drama, the poignant interactions between father and children, the harsh realities of bigotry and hatred blend to make this a compelling theatrical event. The time is 1930s Alabama but the enduring truth is for now and always. (Richard Clark has over 30 years experience in theaters of New England and New York, including the Actor’s Loft.)

Monday, Sept., 20, 10:30 AM Library Work Meeting, South Library. Contact: Collie Cook 978.369.5258

Monday, Sept. 20, 2:00 PM – 4:00 PM Beading Workshop with Terry: The 4 R’s
The 4 R’s are Re-stringing, Re-design, Repairs and Requests! You can learn to do the 4 R’s with guidance from Terry. If you have a challenging project, Terry will complete repairs in her home studio for a fee. Bring your ideas for future projects!

Tuesday, September 21, 10:30 AM, Morrison Theatre

Barbara Powell Introduces “To Kill A Mockingbird” by Harper Lee

“To Kill a Mockingbird” was published fifty years ago and could be said to have presaged the Civil Rights Movement of the following ten years. It remains a staple of reading lists even though its author, Harper Lee, never published again. We’ll discuss (and reminisce) about that year and the sea change that has brought a then yet-to-be-born African-American to the White House. But mostly we will discuss the wonderful characters that Harper Lee gave us: Atticus, Scout, Jem, Dill and Boo. Barbara Powell is retired Director of the Concord Public Library and daughter of resident Ralph Miller.

Tues., Sept., 21, 1:30 PM Support Group for Friends and Family of People with Alzheimer's and Dementia, North Conference Room. Contact: Deb Boyden, The Gardens, (978) 402-8223.

Thursday, September 23, 1:30 PM, * Author's Ridge at Sleepy Hollow Cemetery: 1-Hour Walking Tour led by Charles Dee. Charles Dee Jr. is a local amateur historian, lifelong fifth generation Concordian, and co-owner of the Dee Funeral Home of Concord. He does frequent presentations concerning Concord's history. Access: Recommended for confident walkers due to uneven terrain and hills.

Thursday, September 23, Welcome Back Dinner. Stay tuned for more details!

Saturday and Sunday, Sept. 25 and 26. Movie: *To Kill a Mockingbird*. This 1962 film adaptation stars Mary Badham in the role of Scout and Gregory Peck in the role of Atticus Finch. The film ranks twenty-fifth on the American Film Institute's 10th anniversary list of the greatest American movies of all time, and #1 on AFI's list of best courtroom films. In 2003, AFI named Atticus Finch the greatest movie hero of the 20th century.

Monday, September 27, 3:00 PM, Community Room
Artist Talk and Reception: "A Different Point of View: Flower Photos by Betsy Moyer." Resident Betsy Moyer has been a serious photographer for over fifteen years. She has gravitated toward the photography of flowers, from many points of view. This exhibit brings the viewer in so close that the flower sometimes assumes an entirely different and mysterious identity. A reception follows in the North Lobby.

Monday, Sept., 27, 3:00 PM Food Service Committee Meeting, North Living Room. For questions call Betty Evans at 978.369.4994

Tuesday, Sept., 28, 10:30 AM Budget Committee Meeting, New Private Dining Room

Tuesday, Sept., 28th, 1:30 PM Catholic Mass, Community Room

Thursday, Sept., 30, 9:30 AM * American Textile History Museum, "High Style: Betsy Bloomingdale and the Haute Couture" Fee \$6.00. Lunch out. The exhibition examines the world of French haute couture through 41 ensembles belonging to Betsy Bloomingdale, wife of department store heir Alfred Bloomingdale. Designers include Givenchy, Oscar de la Renta, Karl Lagerfeld for Chanel, and many more!

Thursday, Sept 30, 9:30 AM – 11:00 AM Miracle Ear, South Front Parlor
A representative from Miracle Ear is available monthly to provide the following services: clean hearing aids, change batteries, administer hearing tests, and adjust Miracle Ear products. Any questions, please call Jim Condon at 781.229.9874

ANNOUNCEMENTS

Fitness Classes: Becca Capodilupo returns to Newbury Court with a “Combo Class.” This class is a full body workout with a focus on cardio, muscle conditioning, flexibility, and balance. Becca is certified with the American Council on Exercise, the Aerobics and Fitness Association of America, the Arthritis Foundation, and SeniorYogaFit as a group exercise instructor and personal trainer. See daily schedule for details.

Dinner of the Terrace : Dinner will be served on the Terrace through Labor Day.

Prayer Shawls: Nancy Marzilli leads a group to knit prayer shawls on Wednesdays: North Parlor 9/1, South Living Room 9/8, North Parlor 9/22, South Living Room 9/29 at 3:00 PM. Nancy is Director of Human Resources for the Deaconess Communities.

Newbury South Art Gallery: WILDFLOWERS OF NORTH CAROLINA
Photographs by Betsy Moyer, through September 11

NEW: Computer Tutor Do you need help with email or Google searches on the internet? Call Catherine at (978) 402-8219 to schedule an appointment.

Art Space Exhibit: “A Different Point of View: Flower Photos by Betsy Moyer”
Opening September 2. Talk and Reception on Monday, September 27, 3:00 PM, Community Room and North Lobby.

Games with Kevin moved to Friday afternoons, beginning October 1.
Locations will alternate between Great Room and Community Room.

Volunteer Opportunity

Pianists are invited to play at Rivercrest weekly. All repertoires are appreciated!
The schedule is flexible. Please call Diane Raposa at (978) 402-8214.

Birthday List: If you wish to have your birthday listed in the calendar, please return the blue “MONTHLY BIRTHDAY ANNOUNCEMENT” form to the North and South Lobby desks.

TRANSPORTATION POLICIES : RESERVATIONS & FEES

Best practice is to call the Transportation Line to reserve trips.

The phone line is the most reliable system because it records each reservation in the order in which it was received. Please do not send emails.

- Events with a single asterisk (*) require sign-up by calling Transportation Line.
- Trip Lists are posted in North Lobby and South Lobby.
- Please pay admission fees for Special Trips before boarding the bus. Fees are listed in the calendar with each event.
- A minimum of 6 reservations are required for local trips with exceptions at the discretion of staff.
- We require payment in advance for pre-paid tickets.
- **FEES:** If you need a ride to a non-medical appointment (hairdresser, train station, etc.) in Concord, the fee is \$5 per trip. No fee for medical appointments in Concord, Acton, Sudbury, Lincoln, Bedford, Carlisle. \$20 per hour for trips outside the Concord area (medical or other). Fees may be paid to the driver or your account will be billed monthly.
- If demand is great for a trip, we may repeat the trip the following month.
- If a trip is over subscribed, we are asking that residents who drive be willing to follow the bus for local excursions to allow more people the opportunity to go.

WEDNESDAY, SEPTEMBER 1

- 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 Theatre
- 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 * Banking/Library Trip**
- 2:00 PM – 3:00 PM Open Swim, Pool
- 2:00 PM Blood Pressure Clinic, North Wellness Center
- 2:00 PM Strength Training with Don Stevenson, Fitness Room
- 3:00 PM Pool Personal Training
- 3:00 PM Food Service Committee, South Private Dining Room
- 3:00 PM Strength Training with Don Stevenson, Fitness Room
- 3:00 PM Prayer Shawls with Nancy Marzilli, North Parlor
- 3:00 PM Food Service Committee, South Private Dining Room
- 6:00 PM * Fruitlands Museums Concert "New Black Eagle Jazz Band"**
- 7:30 PM Opera Video, Morrison Theatre

THURSDAY, SEPTEMBER 2

- 10:00 AM Exercise with Jason, Community Room
- 10:30 AM Executive Committee Meeting, Private Dining Room
- 2:00 PM Ping Pong Group, Ping Pong Room
- 4:30 PM – 5:30 PM Water Aerobics with Diane, Pool

FRIDAY, SEPTEMBER 3

- 10:00 AM Exercise with Jason, Community Room
- 10:00 AM – 11:00 AM Open Swim, Pool
- 1:00 PM Pool Personal Training
- 2:00 PM Open Swim, Pool
- 4:30 PM BYOB, North Living Room
- 5:00 PM BYOB, South Café

SATURDAY, SEPTEMBER 4

- 9:00 AM Strength Training, Fitness Room
- 10:00 AM Strength Training with Don Stevenson, Fitness Room
- 11:00 AM Strength Training with Don Stevenson, Fitness Room
- 7:45 PM Saturday Night Movies, Morrison Theatre and Community Room

SUNDAY, SEPTEMBER 5

- 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, SEPTEMBER 6

Labor Day Holiday

No drivers today due to holiday.

9:30 AM * Jessie's Jaunt/Cancelled due to Holiday

10:30 AM * Shopping/Cancelled due to Holiday

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

11:00 AM Newbury Chorus Practice, Duvall Chapel

1:00 PM Exercise with Jason, Great Room/**Cancelled due to Holiday**

1:00 PM Program Committee Meeting, Home Theater, 3rd floor
(rescheduled to 9/13)

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

2:00 PM – 3:00 PM Open Swim, Pool

2:30 PM Parkinson's Support Group, Community Room/Cancelled
Holiday **(rescheduled to 9/20)**

TUESDAY, SEPTEMBER 7

10:00 AM Exercise with Jason, Community Room

11:00 AM Golden Oldies Sing Along with Martha, North Living Rm

2:30 PM Needle & Chat, South Hobby Room

2:30 PM Bridge & Cards, North Living Room

4:30 PM – 5:30 PM Water Aerobics with Diane, Pool

7:30 PM * Bridge, South Living Room

WEDNESDAY, SEPTEMBER 8

- 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 Theatre
- 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 * Banking/Library Trip**
- 2:00 PM Blood Pressure Clinic, North Wellness Center
- 2:00 PM – 3:00 PM Open Swim, Pool
- 2:00 PM Strength Training with Don Stevenson, Fitness Room
- 3:00 PM Strength Training with Don Stevenson, Fitness Room
- 3:00 PM Pool Personal Training
- 3:00 PM Prayer Shawls with Nancy Marzilli, South Living Room
- 4:00 PM Music: Classical Guitar and Recorder with Berit Strong and Sarah Cantor, Community Room
- 7:30 PM Opera Video, Morrison Theatre

THURSDAY, SEPTEMBER 9

- 10:00 AM Exercise with Jason, Community Room
- 2:00 PM Ping Pong Group, Ping Pong Room
- 4:30 PM – 5:30 PM Water Aerobics with Diane, Pool

FRIDAY, SEPTEMBER 10

**10:00 AM * Tour of John Joseph Moakley U.S. Courthouse, Boston.
Lunch out. No Fee**

- 10:00 AM Exercise with Jason, Community Room
- 10:00 AM – 11:00 AM Open Swim, Pool
- 1:00 PM Pool Personal Training
- 2:00 PM Open Swim, Pool
- 4:30 PM BYOB, North Living Room
- 5:00 PM BYOB, South Café

SATURDAY, SEPTEMBER 11

- 9:00 AM Strength Training, Fitness Room
- 10:00 AM Strength Training with Don Stevenson, Fitness Room
- 11:00 AM Strength Training with Don Stevenson, Fitness Room
- 7:45 PM Saturday Night Movies, Morrison Theatre and Community Rm

SUNDAY, SEPTEMBER 12

- 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
- 3:00 PM --5:00 PM Exhibit and Reception: Newbury South Art Gallery,
Photography of Steve Gorman

MONDAY, SEPTEMBER 13

- 9:30 AM * Jessie's Jaunt**
- 10:00 AM Open Swim
- 10:30 AM * Shopping at Stop & Shop**
- 10:00 AM NEW: Memories with Catherine, North Living Room
- 11:00 AM NEW: Capturing Memories with Catherine, North Living Room
- 11:00 AM – 12:00 Noon Circuit Training, Fitness Room
- 11:00 AM Newbury Chorus Practice, Duvall Chapel
- 1:00 PM Exercise with Jason, Great Room
- 1:00 PM Program Committee Meeting, Home Theater, 3rd floor
- 1:30 PM Catholic Rosary, The Family Room
- 1:30 PM * Mystery Ride (2 hours, no walking, repeats 9/16)**
- 1:30 PM – 4:00 PM South Side Open Studio
- 2:00 PM Newbury Court Book Group, North Private Dining Room
- 3:30 PM Reading Group, South Front Parlor. Today's reader: Sy Schnuer

2:00 PM – 3:00 PM Open Swim, Pool

3:30 PM Jazz Study Group, Home Theater, 3rd floor (between 322 and 330)

TUESDAY, SEPTEMBER 14

9:00 AM - 12 Noon Podiatrist , South Wellness Center

10:00 AM Exercise with Jason, Community Room

11:00 AM – 12:00 Noon “Combination Class—cardio, conditioning, flexibility” with Becca, Great Room

11:00 AM Golden Oldies Sing Along with Martha, North Living Rm

12:00 Noon – 12:30 PM Chair Aerobics with Becca, Great Room

2:30 PM – 4:00 PM Needle & Chat, South Hobby Room

2:30 PM Bridge & Cards, North Living Room

4:00 PM South Library Committee Meeting, South Library

4:30 PM – 5:30 PM Water Aerobics with Diane, Pool

7:30 PM * Bridge, South Living Room

WEDNESDAY, SEPTEMBER 15

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 Theatre

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

1:00 PM Blood Pressure Clinic, South Wellness Center

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

2:00 PM * Banking/Library Trip

2:00 PM Blood Pressure Clinic, North Wellness Center

2:00 PM – 3:00 PM Open Swim, Pool

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

3:00 PM Strength Training with Don Stevenson, Fitness Room

3:00 PM Pool Personal Training

3:00 PM Prayer Shawls with Nancy Marzilli, North Parlor

4:30 PM Pilates with Cathy

7:30 PM Opera Video, Morrison Theatre

THURSDAY, SEPTEMBER 16

10:00 AM Exercise with Jason, Community Room

11:00 – 12:00 Noon “Combo Class” with Becca, Great Room

12:00 Noon – 12:30 PM Chair Aerobics with Becca, Great Room

1:30 PM * Mystery Ride (no walking, 2 hours)

1:30 PM – 4:00 PM Art Class with Sue Funk: Watercolor, Drawing, Projects; Arts and Crafts Room

- 2:00 PM Ping Pong Group, Ping Pong Room
- 2:00 PM Newbury Chorus at Rivercrest
- 2:00 PM A Time for Writing with Sally Montgomery,
North Living Room
- 4:00 PM Resident Lecture: Bette Taverner discusses history of NEDA,
Morrison Theatre
- 4:30 PM – 5:30 PM Water Aerobics with Diane, Pool

FRIDAY, SEPTEMBER 17

- 10:00 AM Exercise with Jason, Community Room
- 10:00 AM – 11:00 AM Open Swim, Pool
- 1:00 PM Pool Personal Training
- 2:00 PM Open Swim, Pool
- 4:00 PM Theater: Actor Richard Morrison presents “Atticus”, Morrison
Theatre
- 4:30 PM BYOB, North Living Room
- 5:00 PM BYOB, South Café

SATURDAY, SEPTEMBER 18

- 9:00 AM Strength Training, Fitness Room
- 10:00 AM Strength Training with Don Stevenson, Fitness Room
- 11:00 AM Strength Training with Don Stevenson, Fitness Room
- 7:45 PM Saturday Night Movies, Morrison Theatre and Community Rm

SUNDAY, SEPTEMBER 19

- 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, SEPTEMBER 20

9:30 AM * Jessie's Jaunt

10:00 AM Open Swim

10:00 AM Memories with Catherine, North Living Room

10:30 AM * Shopping at Idylwilde

10:30 AM Library Work Meeting, South Library

11:00 AM Capturing Memories with Catherine, North Living Room

11:00 AM Newbury Chorus Practice, Duvall Chapel

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

1:00 PM Exercise with Jason, Great Room

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

2:00 PM – 4:00 PM Beading Workshop, Arts & Crafts Room

2:00 PM -- 3:00 PM Open Swim, Pool

2:30 PM Parkinson's Support Group, Community Room

3:30 PM Reading Group, South Front Parlor.
Today's reader: Dorothy Schecter

TUESDAY, SEPTEMBER 21

10:00 AM Exercise with Jason, Community Room

10:30 AM Lecture: Barbara Powell discusses social and historical context of the publication of *To Kill A Mockingbird*, Morrison Th.

11:00 AM – 12:00 Noon "Combo Class" with Becca, Great Room

- 12:00 Noon – 12:30 PM Chair Aerobics with Becca, Great Room
- 11:00 AM Golden Oldies Sing Along with Martha, North Living Rm
- 1:30 PM Support Group for Friends and Family of People with
Alzheimer's and Dementia, North Conference Room
- 2:30 PM Needle & Chat, South Hobby Room
- 2:30 PM Bridge & Cards, North Living Room
- 4:00 PM Scholarship Awards Ceremony for Newbury Court Employees,
"Location to be Determined"
- 4:30 PM – 5:30 PM Water Aerobics with Diane, Pool
- 7:30 PM * Bridge, South Living Room

WEDNESDAY, SEPTEMBER 22

- 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
- 1:00 PM Blood Pressure Clinic, South Wellness Center
- 1:30 PM * Shopping at Crosby's/ CVS**
- 2:00 PM * Banking/Library Trip**
- 2:00 PM Blood Pressure Clinic, North Wellness Center

2:00 PM – 3:00 PM Open Swim, Pool

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

3:00 PM Pool Personal Training

3:00 PM Strength Training with Don Stevenson, Fitness Room

3:00 PM Prayer Shawls with Nancy Marzilli, South Living Room

4:30 PM Pilates with Cathy

7:30 PM Opera Video, Morrison Theatre

THURSDAY, SEPTEMBER 23

10:00 AM Exercise with Jason, Community Room

11:00 – 12:00 Noon “Combo Class” with Becca, Great Room

12:00 Noon – 12:30PM Chair Aerobics with Becca, Great Room

1:30 PM * Walking Tour of Sleepy Hollow Cemetery with local historian Charles Dee; hardy walkers only.

1:30 PM – 4:00 PM Art Class with Sue Funk: Watercolor, Drawing, Projects; Arts and Crafts Room

2:00 PM A Time for Writing with Sally Montgomery, North Living Room

2:00 PM Ping Pong Group, Ping Pong Room

4:30 PM – 5:30 PM Water Aerobics with Diane, Pool

Welcome Back Dinner, time and details to follow, watch for announcement!

FRIDAY, SEPTEMBER 24

- 10:00 AM Exercise with Jason, Community Room
- 10:00 AM – 11:00 AM Open Swim, Pool
- 1:00 PM Pool Personal Training
- 2:00 PM Open Swim, Pool
- 4:00 PM Music: Sarah Whitney, solo violin, Morrison Theatre
- 4:30 PM BYOB, North Living Room
- 5:00 PM BYOB, South Café

SATURDAY, SEPTEMBER 25

- 9:00 AM Strength Training, Fitness Room
- 10:00 AM Strength Training with Don Stevenson, Fitness Room
- 11:00 AM Strength Training with Don Stevenson, Fitness Room
- 7:45 PM Saturday Night Movies, Morrison Theatre and Community Rm

SUNDAY, SEPTEMBER 26

- 11:00 AM Worship Service, Duvall Chapel
- 11:20 AM Catholic Communion, Community Room
- 1:15 PM * Concord Chamber Orchestra, Benefit Concert. Please call resident Jean Hallock at 978.369.0728 for ticket information.**
- 2:00 PM Sunday Afternoon Movie, Morrison Theatre
- 3:00 PM Sunday Afternoon Movie, Community Room

MONDAY, SEPTEMBER 27

- 9:30 AM * Jessie's Jaunt**
- 10:00 AM Memories with Catherine, North Living Room
- 10:00 AM Open Swim
- 10:30 AM * Shopping at Donalan's**

11:00 AM Newbury Chorus Practice, Duvall Chapel

11:00 AM Capturing Memories with Catherine, North Living Room

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

1:00 PM Exercise with Jason, Great Room

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

2:00 PM -- 3:00 PM Open Swim, Pool

3:00 PM -5:00 PM Lecture and Reception: *A Different Point of View: Flower Photos by Betsy Moyer*, Community Room and North Lobby

3:00 PM Food Service Committee Meeting, North Living Room

3:30 PM Reading Group, South Front Parlor. Today's reader: Bisty Donaldson

TUESDAY, SEPTEMBER 28

10:00 AM Exercise with Jason, Community Room

10:30 AM *Leaf Peeping and Lunch out at Old Mill Restaurant

11:00 – 12:00 Noon “Combo Class” with Becca, Great Room

12:00 Noon – 12:30 PM Chair Aerobics with Becca, Great Room

10:30 AM Budget Committee Meeting, New Private Dining Room

11:00 AM Golden Oldies Sing Along with Martha, North Living Rm

1:30 PM Catholic Mass, Community Room

2:30 PM Needle & Chat, South Hobby Room

2:30 PM Bridge & Cards, North Living Room

4:30 PM – 5:30 PM Water Aerobics with Diane, Pool

7:30 PM * Bridge, South Living Room

WEDNESDAY, SEPTEMBER 29

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

1:00 PM Blood Pressure Clinic, South Wellness Center

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

2:00 PM * Banking/Library Trip

2:00 PM Blood Pressure Clinic, North Wellness Center

2:00 PM – 3:00 PM Open Swim, Pool

3:00 PM Pool Personal Training

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

3:00 PM Strength Training with Don Stevenson, Fitness Room

3:00 PM Prayer Shawls with Nancy Marzilli, North Parlor

4:30 PM Pilates with Cathy

7:30 PM Opera Video, Morrison Theatre

THURSDAY, SEPTEMBER 30

9:30 AM - 11:00 AM Miracle Ear, South Front Parlor

**9:30 AM * Trip to American Textile History Museum, Lowell
“High Style: Betsy Bloomingdale and the Haute Couture”
Fee \$6.00, Lunch out.**

10:00 AM Exercise with Jason, Community Room

11:00 AM – 12:00 Noon “Combo Class” with Becca, Great Room

12:00 Noon – 12:30 PM Chair Aerobics with Becca, Great Room

1:30 PM * Mystery Ride (no walking, 2 hours)

1:30 PM – 4:00 PM Art Class with Sue Funk: Watercolor, Drawing, Projects; Arts and Crafts Room

2:00 PM Ping Pong Group, Ping Pong Room

2:00 PM A Time for Writing with Sally Montgomery,
North Living Room

4:30 PM – 5:30 PM Water Aerobics with Diane, Pool

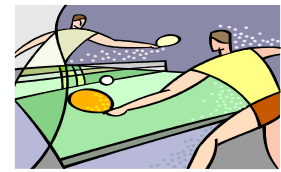
Lilian J. Warner: Spiritual Director

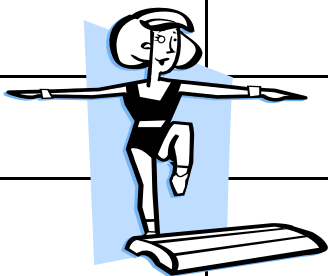
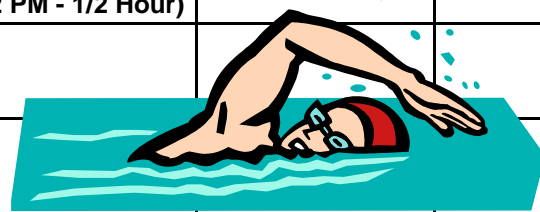
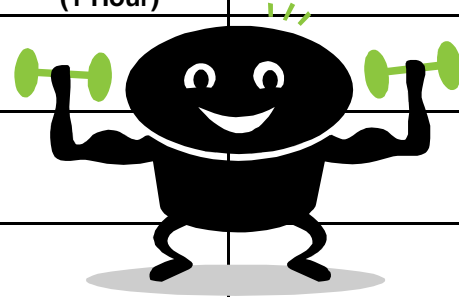
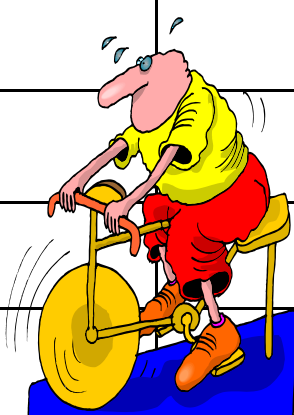
A Letter from the Desk of Pastor Lilian, for the month of September

- ❖ Every Sunday 11:00 am Worship Service in Duvall Chapel
- ❖ Every Sunday 11:20 am Catholic Communion Service in the Community Room
- ❖ Every Monday at 11:00 AM the Newbury Chorus meets for rehearsal for Sunday Service and also for a once a month sing-a-long at Rivercrest.
- ❖ Every Monday 2:00 pm in the Gardens Ruth Moore and I do a sing-a-long with the residents.
- ❖ Monday September 6, 1:30 pm Catholic Rosary in the Family Room
- ❖ Tuesday, September 28, 1:30 pm Catholic Mass in Community Room
- ❖ Every Wednesday at 2:00 pm a service at Rivercrest
- ❖ Thursday September 16, 2:00 "The Newbury Chorus" sing-a-long at Rivercrest, new singers are welcomed. [23 ???](#)
- ❖ Every Thursday 2:00pm "The Garden Choir" and meditation time, "In the Garden.
- ❖ I also am available for one on one chats.

You may reach me at 978-394-3774 or 978-254-5747 Lilian Warner

Fitness Center Class Schedule
Newbury Court - September 2010
Land & Aquatics/Pool Exercise Classes



Time:	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Sat.</u>
9:00						
9:30	Jessie's Jaunt (9:30 - 11AM)					
10:00	Pool Open Swim @ 10AM (1 Hour)	Exercise w/Jason North Community Room	Pool Rehab. Services (9:45 - 10:30AM)	Exercise w/Jason North Community Room and Pool Open Swim (10:00 - 11AM)	10:AM Pool Open Swim as well as Exercise w/Jason North Community Room	Strength Trn'g. w/Don Fitness Center (1 Hr.)
10:45						
11:00	Circuit Training w/Cathy - Fitness Center (1 Hour)	Combo Class w/Becca (11AM) (1 Hour)		Combo Class w/Becca (11AM) (1 Hour)	Pool Rehab. Services (11:00 - 12:00PM)	Strength Trn'g. w/Don Fitness Center (1 Hr.)
11:30						
12:00		Chair Aerobics w/Becca (12 PM - 1/2 Hour)	Arthritis Aquatic Program (11:30 - 12:15)	Chair Aerobics w/Becca (12 PM - 1/2 Hour)		
12:30						
1:00	Exercise w/Jason Great Room South					
1:30					Pool Rehab. Services (1:00 - 2:00PM)	
2:00	Pool Open Swim (1 Hour)		Pool Open Swim (1 Hour) and Strength Training w/Don (2 - 3 PM)	Ping Pong in Ping Pong Room (2 - 3PM)	Pool Open Swim (1 Hour)	
2:15						
3:00			Strength Trn'g. w/Don Fitness Center (3 - 4PM)			
3:30			Pool Rehab. Services (3:00 - 4:00PM)			
4:00		Water Aerobics w/Diane (4:30 - 5:30PM)	Pilates Class w/Cathy (4:30 - 5:30PM)	Water Aerobics w/Diane (4:30 - 5:30PM)		

Staff: Cathy Smith
 Jason
 Becca
 Don Stevenson
 Diane
 Jessie

Fitness Coordinator
 Fitness/Exercise Trainer
 Group Exercise Instructor and Certified Personal Trainer
 Resident
 Program Director / Aquatics Instructor
 Activities/Program Coordinator

Note: All open swim sessions will be supervised.