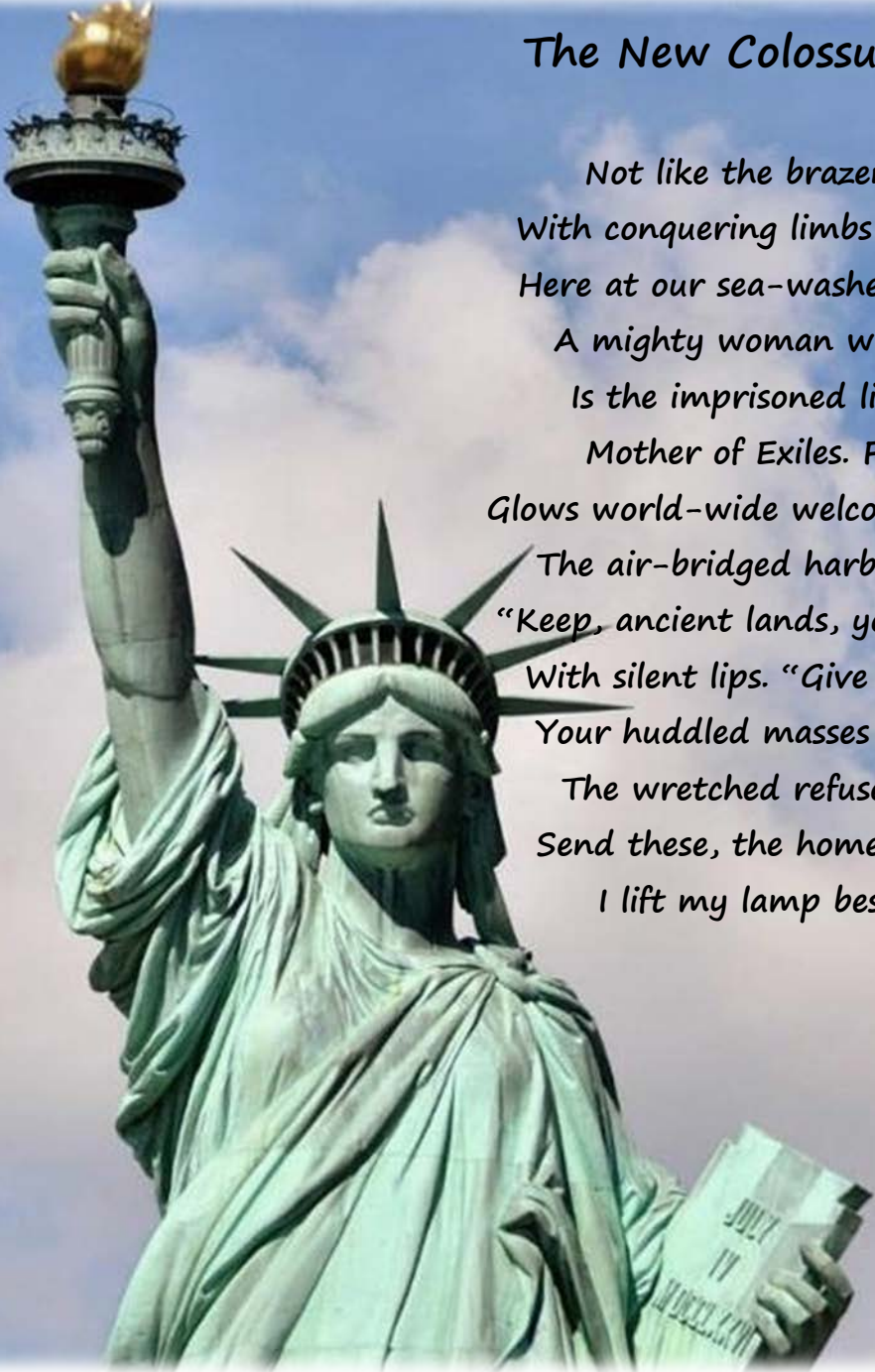


# July 2018

## *The New Colossus by Emma Lazarus*



*Not like the brazen giant of Greek fame,  
With conquering limbs astride from land to land;  
Here at our sea-washed, sunset gates shall stand  
A mighty woman with a torch, whose flame  
Is the imprisoned lightning, and her name  
Mother of Exiles. From her beacon-hand  
Glowes world-wide welcome; her mild eyes command  
The air-bridged harbor that twin cities frame.  
“Keep, ancient lands, your storied pomp!” cries she  
With silent lips. “Give me your tired, your poor,  
Your huddled masses yearning to breathe free,  
The wretched refuse of your teeming shore.  
Send these, the homeless, tempest-tost to me,  
I lift my lamp beside the golden door!”*

*We hope you will join us in  
celebrating America's  
Independence Day at our  
annual cookout on July 3<sup>rd</sup>!  
We will have a reading of  
the Declaration of  
Independence, great food  
and a jazz band!*

Dir. of Programs, Jessie Rodrique, 978.402.8104, [jrodrique@newburycourt.org](mailto:jrodrique@newburycourt.org)  
Program Coordinator, Jill Crowley, 978.402.8219, [jcrowley@newburycourt.org](mailto:jcrowley@newburycourt.org)

**Programs and Dining Room Menu Calendar: Cable Channel 919**

**Sunday Worship Service and Morrison Theatre Performances: Cable Channel 918**

**Audio Calendar 978.402.8200**

**Transportation and Event Line 978.402.8133**

**South Front Desk: 978.369-5155, North Front Desk: 978.369.5151**

### **Grocery 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: **July 2: Market Basket July 9: Roche Bros.**  
**July 16: Trader Joe's July 23: Stop & Shop July 30: Idylwilde**

### **FAQs about Bus Trips**

- ❖ **How do I sign up for a bus trip?** *By calling the main Transportation line, 978-402-8133. Some trips fill up quickly, so call **promptly** when you see a bus trip that interests you.*
- ❖ **What if I sign up but then have to cancel?** *Residents who cancel **on the day of the trip** will be charged 50% of the bus fee. If applicable, residents will be charged 100% of a ticket fee if purchased in advance by Newbury Court. **These fees will be charged directly to your account.** Please try to cancel trips well in advance so that residents on waiting lists can be notified appropriately. **To cancel, be sure to once again call Transportation in order to be taken off the trip list.***
- ❖ **May I bring a guest?** *If you wish to invite a guest purely for the company, be aware that seats will be given to Newbury Court residents first, and only if there is room and no waiting list will a guest be given a seat. However, if you require a companion to assist you that person can be given a seat at the time you reserve yours, depending on availability.*
- ❖ **Will you collect the bus fee at the time of the trip?** *All bus fees are charged directly to your account at the end of the month. Note that the bus fee (if any) is listed at the end of the trip description. Admission fees may be collected before or on the day of the trip; please read the specific trip description carefully for clarification.*



*As many of you know, we have some major renovations scheduled for Morrison Theatre over the summer.*

*By September, (and hopefully sooner) we will have new carpeting, chairs, lighting fixtures, curtains for the stage and...at last...*

*A HEARING LOOP!! Since Morrison will be closed we have decided that it is time to get out of town!! We have scheduled more trips than usual and there will be NO BUS FEE for programs during the months of July and August. So— let's have some fun!!*

*Lunches, and Cruises and Whales...Oh MY!*



## **Bus Trips**

**Friday, July 6, 10:15 AM Cape Ann Whale Watch in Gloucester.**  
Informational flyer was placed in your mail cubby on June 22.

**Tuesday, July 10, 9:00 AM Essex River Cruise and Lunch Out afterward at the riverside restaurant, CK Pearl.** This is a lovely, one and a half hour long narrated cruise aboard the Essex River Queen, a covered, open-sided boat that travels through the pristine and sheltered waters of the beautiful Essex River estuary. You will be exposed to the Great Marsh ecosystem, home to rare birds, wildlife, and stunning scenery. We commonly see locals lobstering, clamming, or fishing. The guide will tell us about any activity we see around us, and about large historic homes, the rich history of shipbuilding in Essex, and one of the oldest continually run farms in the United States. There is a restroom on board, and there is also a restroom available on shore at the marina. **Note** that the restroom on board is down a small set of stairs, whereas the on shore one is not.

**Thursday, July 12, 9:30 AM Trip to Zimmerman House in Manchester, NH**  
Informational flyer was placed in your mail cubby on June 22.

**Friday, July 13, 11:00 AM Transportation to Concord Center.**

We drop you off in Concord Center where you can shop at the various stores (Cheese Shop, Bookshop, Vanderhoof's Hardware, The Colonial Store) and/or grab a bite to eat (Main St. Café, Helen's, Comella's etc.) You will be dropped off in the lot behind the Visitors Ctr and picked up in the same location. There are benches and restrooms there.  
***Pick up will be promptly at 1:00 PM.***

**Tuesday, July 17, 9:30 – 11:00 AM Summer Walk with Sarah and Jill**

A morning, off-campus walk for ***hardy walkers***, weather permitting. Please sign up with transportation so that we know how many are going.

**Thursday, July 19, 11:00 AM Picnic and Wine Tasting at Nashoba Winery, Bolton.**

Nashoba Winery has a selection of gourmet picnic sandwiches and salads that come with a side and dessert that they will make up fresh for us the day of the picnic. See Jill for specific descriptions. They range in price from \$ 9.00 - \$15.00. Afterward we will go into the winery for a wine tasting; this costs \$10.00 which entitles you to a complimentary tasting glass and 5 5/8 ounce tastings.

**Friday, July 20, 10:00 AM Summer Walk for People with Walkers.**

Location TBA.

**Tuesday, July 24, 10:40 AM Luncheon Cruise on the Sudbury River.**

This very popular cruise starts and ends at the South Bridge boat house, a five minute drive away! The boat is a covered, 30 ft. pontoon boat which glides down the river while we enjoy our delicious lunch, admire the view and feel the gentle breeze. The cruise lasts 1 hour and 15 minutes. There are no restrooms on board, but there is a restroom at the boathouse. When you reserve your spot on the bus, please state which of the following sandwiches you would like: chicken salad, sliced turkey, ham and cheese or vegetarian. Lunch comes with a side salad, fruit and a dessert and a choice of iced tea or lemonade. \$40.00 all inclusive.

**Thursday, July 26, 11:30 AM Lunch Out with Fayad to Nancy's Airfield Café in Stow.** Lunch out at Nancy's is always a treat! Tucked away by a tiny airfield off the beaten track in Stow, Nancy's offers not only great food but tables by big picture windows overlooking the airfield, so you may very well see small planes landing and taking off. Her lunchtime menu includes interesting burgers, salads, specials, sides and a full liquor license.

**Friday, July 27, 11:00 AM Transportation to West Concord.**

We drop you off in West Concord so that you can shop at various stores (The 5 & 10, Debra's Natural Gourmet, West Concord Wine & Spirits, etc.) and/or grab a bite to eat (Concord Teacakes, Nashoba Brook Bakery, etc.) You will be dropped off somewhere

near Debra's and picked up in the same location. ***Pick up will be promptly at 1:00 PM.***  
No bus fee.

**Tuesday, July 31, 9:30 – 11:00 AM Summer Walk with Sarah and Jill**

A morning, off-campus walk for ***hardy walkers***, weather permitting. Please sign up with transportation so that we know how many are going.



**Music at Newbury Court**

Tuesday, July 3, 12:00 PM **Independence Day Celebration**, South Terrace and Lawn. Our celebration begins **promptly** at noon with a reading of the Declaration of Independence by Newbury Court residents at the Peabody Overlook followed by a Jazz Cookout, with musical entertainment by ***Tom Ruggles and his Silverleaf Band.***

Wednesday, July 18, 7:00 – 8:15 PM **Piano Jazz with Brian Friedland**, South Café. Relax after dinner with some jazz standards improvised by Brian Friedland. Self-serve wine and soft drinks will be available in the café.

Friday, July 20, 4:00 PM, **Concert: The Workingman's Duo**, South Café. Rick Maida and Tom Yates of The Workingman's Duo have been thrilling audiences with popular songs from the 1950's and 1960's. Their repertoire includes hit songs from television shows and movies and includes love songs, country songs, foot-stomping rockabilly, and vintage rock & roll. Refreshments will be served.

Wednesday, July 25, 7:00 – 8:15 PM **Piano Jazz with Brian Friedland**, South Café. Relax after dinner with some jazz standards improvised by Brian Friedland. Self-serve wine and soft drinks will be available in the café.

## Art at Newbury Court



**Ongoing Exhibit: Bringing Home Memories: Photography by Mark Hopkins,**  
North and South Gallery. This exhibit will be up until July 20.

Friday, July 27, 3:00 PM **Opening Reception for New Art Exhibit: Needle Felting Art by Lyn Slade,** North and South Gallery.

Lyn Slade is a needle felting artist from Bolton, MA. She has been in many juried and solo exhibits. Lyn gives workshops on Needle Felting Art and has recently returned from her artist in residency at Acadia National Park in Maine. She will be debut her new work from Acadia at Newbury Court. This exhibit will be up from July 23 until Sept. 24.

### **Demos and Classes:**

Thursday, July 12, 11:00 AM **Drawing Demo,** South Living Room

Tuesday, July 24, 1:30 PM **Crafts Class,** Arts and Crafts Room  
Dani is making up a class she missed in June so will come this once in July.

*Mondays,* 1:00 - 3:30 PM **Advanced Watercolor,** Art Studio South (UG level).

*Tuesdays,* 10:30 -11:30 AM **Sketchbook Drawing,** Art Studio South (UG).  
***New Class!*** Please come join Katherine for a Nature Sketchbooking class. Weather permitting we will go outside and sketch from direct observation. This is a great skill to have as one can always sketch while on vacation or travel or just while on nature walks! Each student will be given their own sketchbook.

*Wednesdays,* 10:30 AM -12:30 PM **Drawing,** Art Studio South (UG level)  
Students work from objects, still lifes and photographs to learn the essential elements of drawing. Contour, shading, proportion and careful observation are among the topics which will be covered. This class is open to complete beginners as well as experienced students.

*Thursdays,* 2:00 – 4:00 PM **Beginning Watercolor,** Art Studio (UG level).

*Thursdays,* 1:30 PM -4:00 PM **Beading Group,** Arts & Crafts Room  
NC resident Liz Kleiman coordinates this beading group. She is not teaching a class, but will happy to help you if you have a problem stringing or with catches (clasps.) This group is for fellow beading enthusiasts who would like company and support while they create. ***This is “BYOB” (Bring Your Own Beads!)***

## **Special Programs and Monthly Meetings**

Sunday, July 1, 2:00 PM **Sunday Afternoon Movie**, Great Room.

This month, the movie that was shown in the Community Room on Saturday night will be shown in the ***Great Room*** on Sunday afternoon.

Sunday, July 1, 3:00 PM **Sunday Afternoon Movie**, Community Room

This month the movie that was shown in the Great Room on Saturday night will be shown in the Community Room on Sunday afternoon.

Monday, July 2, 9:00 – 10:00 AM **Nail Clipping for Pets in your suite.**

Robin Bradshaw of Wags to Whiskers comes in and will clip your dog's or cat's nails right in your suite. Fee is \$20.00 in cash or check. Please call in advance to set up an appointment: 978.897.0171

Monday, July 2, 1:00 - 3:30 PM **Advanced Watercolor**, Art Studio South

Monday, July 2, 3:30 PM **Scrabble**, North Living Room

Tuesday, July 3, 12:00 PM **Independence Day Celebration**, South Terrace and Lawn.

Our celebration begins **promptly** at noon with a reading of the Declaration of Independence by Newbury Court residents at the Peabody Overlook followed by a Jazz Cookout, with musical entertainment by Tom Ruggles and his Silverleaf Band.

Tuesday, July 3, 1:30 – 4:30 PM ***No assistance in the Pottery Studio today***

Tuesday, July 3, 2:00 PM ***No Mindfulness Meditation with Patricia Howard this week***

**Tuesday, July 3, 2:00 PM *No Banking and Library Trip today***

Tuesday, July 3, 2:30 PM **Needle and Chat**, Great Room.

***This group will only meet informally through the summer.*** The group knits afghans for various charitable groups. You need not knit a whole afghan; some knitters knit strips that are then attached to make a finished piece. All are welcome.

Tuesday, July 3, 4:00 PM **South Library Committee Meeting**, OPDR  
(monthly meeting now on 1st Tuesday.)

Wednesday, July 4, 9:00 AM **Men's Breakfast**, Activities Room North

Each Wednesday morning a light breakfast of scones, fruit, coffee and tea will be set up for the men to enjoy while they gather and discuss news of the world, what's going on in their own life, travel, history, careers...you name it. At times there is a guest speaker.

Wednesday, July 4, 10:00 AM **No “CCC” this week**

Wednesday, July 4, 10:30 AM – 12:30 PM **No Drawing Class this week**

Wednesday, July 4, 11:00 AM **Knit and Chat**, Arts & Crafts Room.

This group knits (& crochets) scarves and hats for the homeless and for children and teens in foster care. Drop in and join the conversation while you knit a scarf or work on your own project. Most of the scarves we knit are very simple, and all the yarn is provided. Knitting needles in various sizes are available as well. We welcome submissions of your hand-knit scarves even if you can't meet us for the “chat” part!

Wednesday, July 4, 12 noon **Channel 8 Broadcast of Newbury Court presentation.**  
*This week's broadcast:* Dr. Sara Seager :Exoplanets and the Search for Habitable Worlds

Wednesday, July 4, 2:30 PM **Special Afternoon Movie**, Community Room

Wednesday, July 4, 7:00 PM **Scrabble**, North Living Room

Wednesday, July 4, 7:30 PM **Opera night**, Location TBA

Most Wednesday nights residents Betsy Moyer and Barbara Schnuer choose and show an opera on DVD. *This week's opera:* Kurt Weill, “The Rise and Fall of the City of Mahagonny,” Part I.

Thursday, July 5, 9:30 AM – 12:00 PM **Ted Carvalho assists in the Pottery Studio**

Thursday, July 5, 10:00 AM **Executive Committee Meeting**, OPDR

Thursday, July 5, 10:00 AM **Mindfulness Meditation**, Duvall Chapel.

Thursday, July 5, 1:30 PM -4:00 PM **Beading Group**, Arts & Crafts Room

Thursday, July 5, 2:00 – 4:00 PM **Beginning Watercolor**, Art Studio South

Thursday, July 5, 2:00 PM **Chess & Checkers**, Activities Room North

Thursday, July 5, 7:30 PM **Thursday Night Movie**, Great Room  
*Jim's choice: Cromwell*

**Friday, July 6, 10:15 AM Cape Ann Whale Watch in Gloucester.**

Friday, July 6, 1:15 PM **Scrabble**, North Living Room

Friday, July 6, 3:00 PM ***No Women's History Group in July.***

Women's History Group will go on hiatus for the month of July. See you in August!



Saturday, July 7, 2:00 PM **Great Courses Video Lecture Series : Mind-Body Medicine: The New Science of Optimal Health**, Community Room.  
The series continues.

Saturday, July 7, 7:45 PM **Weekend Movies**, Great Room *and* Community Room.  
Every Saturday night we show two movies (unless there is some other program scheduled). Check the bulletin boards for the movie flyers and the Touchtown digital signs to see what is playing on any given weekend.

Sunday, July 8, 2:00 PM **Sunday Afternoon Movie**, Great Room

Sunday, July 8, 3:00 PM **Sunday Afternoon Movie**, Community Room

Monday, July 9, 10:00 AM South Library Committee **Work Meeting**,  
South Library (monthly meeting is Monday *after* 1st Tuesday Library meeting)

Monday, July 9, 1:00 - 3:30 PM **Advanced Watercolor** , Art Studio South.

Monday, July 9, 2:00-3:30 PM **Newbury Court/ Emerson Parkinson's Support Group**,  
Great Room. This month's meeting will take shape as small group discussions. Four main questions have been formed within this topic area and will be facilitated among each group. We will designate some time to come together at the end and share with the whole, things from each small group discussion. Light refreshments will be provided. If a resident needs help getting to the Parkinson's Support Group please contact Home Health @ ext 127 and they will happily provide assistance. (*monthly meeting usually on the 1<sup>st</sup> Monday of the month*) ***Please note: There will be no mid-month meeting in July and no PDSG meetings at all in August.***

Monday, July 9, 3:30 PM **Scrabble**, North Living Room

Tuesday, July 10, 10:30 -11:30 AM **Sketchbook Drawing**, Art Studio South.

Tuesday, July 10, 1:30 PM **Catholic Mass**, Duvall Chapel

Tuesday, July 10, 1:30 – 4:00 PM **Ted Carvalho assists in the Pottery Studio**

Tuesday, July 10, 2:00 PM **Mindfulness Meditation with Patricia Howard**,  
Community Room. Patricia is the instructor for the Mindfulness Meditation program at Emerson Hospital and is a graduate of the Barbara Brennan School of Healing Certificate Program where she also completed advanced studies in Education, Individual Group Supervision and Brennan Integrative Therapy training. She has completed the Practicum in Mindfulness-Based Stress Reduction Teacher Training at the Center for Mindfulness at the University of Massachusetts Medical Center. Patricia has a passion for providing people with the tools and support they need to transform fear and self-limiting beliefs into life force and creative expression. Patricia will be here every week on Tuesdays at 2:00.

**Tuesday, July 10, 2:00 PM Banking and Library Trip**

Tuesday, July 10, 2:30 PM **Needle and Chat**, Great Room

Tuesday, June 10, 3:00 PM **Welcome Committee Meeting**, South Living Room  
(monthly meeting on 2<sup>nd</sup> Tuesday.)

Wednesday, July 11, 9:00 AM **Men's Breakfast**, Activities Room North

Wednesday, July 11, 10:00 AM **All Residents' Meeting, "CCC"**, Community Room  
"CCC", which stands for *Coffee, Conversation, Community*, is your weekly opportunity to meet with various members of the staff and leadership team and many other fellow residents. While enjoying coffee, juice and pastries you can catch up on Newbury Court news. ***Major announcements are made at CCC***, and issues relating to everything from Newbury Court's infrastructure to healthcare tips to what the next opera on DVD will be are discussed, sometimes in a lively manner! Don't be left out of the loop; come enjoy some coffee, conversation and community.

Wednesday, July 11, 10:30 AM – 12:30 PM **Drawing Class**, Art Studio South

Wednesday, July 11, 11:00 AM **Knit and Chat**, Arts & Crafts Room

Wednesday, July 11, 12 noon **Channel 8 Broadcast of Newbury Court presentation.**  
*This week's broadcast:* The Art of Resistance with Shelley Drake Hawks, Ph.D

Wednesday, July 11, 2:30 PM **PBS Series: Last Tango in Halifax**, Great Room.  
This romantic comedy involves Alan Buttershaw and Celia Dawson, two 70-something widowed people. After their respective grandsons put their profiles on a popular social-networking site, the two rediscover feelings for each other similar to the ones they had many decades earlier as teenagers. Their relationship is a celebration of the power of love at any age, but it comes with obstacles -- namely their families. Alan's daughter, Gillian, and Celia's daughter, Caroline, are polar opposites and, while neither would ever think about getting in the way of her parent's happiness, the situation is a bit disconcerting. We start with the Season 1, which has six episodes, each 1 hour long.

Wednesday, July 11, 7:00 PM **Scrabble**, North Living Room

Wednesday, July 11, 7:30 PM **Opera night**, Location TBA  
*Opera:* Kurt Weill, "The Rise and Fall of the City of Mahagonny," Conclusion

Thursday, July 12, 9:30 – 12:00 **Ted assists in Pottery Studio**

**Thursday, July 12, 9:30 AM Trip to Zimmerman House in Manchester, NH**

Thursday, July 12, 10:00 AM **Mindfulness Meditation**, Duvall Chapel

Thursday, July 12, 1:30 PM -4:00 PM **Beading Group**, Arts & Crafts Room

Thursday, July 12, 2:00 – 4:00 PM **Beginning Watercolor**, Art Studio South

Thursday, July 12, 2:00 PM **Chess & Checkers**, Activities Room North

Thursday, July 12, 4:00 PM **Landscape and Grounds Group**, Community Room.  
**Please note later starting time this month only.** (now the second Thursday of every month April through October)

Thursday, July 12, 7:00 PM **Sudbury Valley Nature Photographers Meeting**, Community Room. Presentation by photographer Dave Mangels, “Storytelling in Landscape Photography: Learning to Speak a Visual Language.” Newbury Court residents are always welcome to attend. Light refreshments. (second Thursday of the month)

Thursday, July 12, 7:30 PM **Thursday Night Movie**, Great Room  
*Jim’s choice: A Little Romance*

**Friday, July 13, 11:00 AM Transportation to Concord Center.**

Friday, July 13, 1:15 PM **Scrabble**, North Living Room

Friday, July 13, 4:00 PM **New Resident Cocktail Social**, South Terrace  
Please join us in welcoming our newest residents to Newbury Court! All residents and staff are welcome to help celebrate their arrival. Keep an eye out for a flyer in your mail cubby!

Saturday, July 14, 2:00 PM **Great Courses Video Lecture Series : Mind-Body Medicine: The New Science of Optimal Health**, Great Room.

Saturday, July 14, 7:45 PM **Weekend Movies**, Great Room **and** Community Rm

Sunday, July 15, 2:00 PM **Sunday Afternoon Movie**, Great Room

Sunday, July 15, 3:00 PM **Sunday Afternoon Movie**, Community Room

Monday, July 16, 1:00 - 3:30 PM **Advanced Watercolor**, Art Studio S (UG)

Monday, July 16, 3:30 PM **Scrabble**, North Living Room

**Tuesday, July 17, 9:30 – 11:00 AM Summer Walk with Sarah and Jill**

Tuesday, July 17, 10:30 -11:30 AM **Sketchbook Drawing**, Art Studio South (UG)

Tuesday, July 17, 1:30 – 4:30 PM **Ted assists in Pottery Studio**

Tuesday, July 17, 2:00 PM **Mindfulness Meditation with Patricia Howard**,  
Community Room

**Tuesday, July 17, 2:00 PM Banking and Library Trip**

Tuesday, July 17, 2:30 PM **Needle and Chat**, Great Room

Wednesday, July 18, 9:00 AM **Men's Breakfast**, Activities Room North

Wednesday, July 18, 10:00 AM **All Residents' Meeting, "CCC"**, Community Room

Wednesday, July 18, 10:30 AM – 12:30 PM **Drawing Class**, Art Studio (UG)

Wednesday, July 18, 11:00 AM **Knit and Chat**, Arts & Crafts Room

Wednesday, July 18, 12 noon **Channel 8 Broadcast of Newbury Court presentation.**  
*This week's broadcast:* Ted Reinstein on New England's General Stores

Wednesday, July 18, 2:30 PM **PBS Series: Last Tango in Halifax**, Great Room

Wednesday, July 18, 7:00 PM **Scrabble**, North Living Room

Wednesday, July 18, 7:00 – 8:15 PM **Piano Jazz with Brian Friedland**, South Café.

Wednesday, July 18, 7:30 PM **Opera night**, Location TBA  
*Opera:* Franz Lehar, "The Merry Widow," Part I.

Thursday, July 19, 9:30 AM – 12:00 PM **Ted assists in Pottery Studio**

Thursday, July 19, 10:00 AM **Mindfulness Meditation**, Duvall Chapel

**Thursday, July 19, 11:00 AM Picnic and Wine Tasting at Nashoba Winery, Bolton**

Thursday, July 19, 1:30 PM -4:00 PM **Beading Group**, Arts & Crafts Room

Thursday, July 19, 2:00 – 4:00 PM **Beginning Watercolor**, Art Studio South

Thursday, July 19, 2:00 PM **Climate Initiative Group**, Community Room

Thursday, July 19, 2:00 PM **Chess & Checkers**, Activities Room North

Thursday, July 19, 7:30 PM **Thursday Night Movie**, Great Room  
*Klaus's choice:* TBA

**Friday, July 20, 10:00 AM Summer Walk for People With Walkers**

Friday, July 20, 1:15 PM **Scrabble**, North Living Room

Friday, July 20, 4:00 PM **Concert: The Workingman's Duo**, South Café

Saturday, July 21, 2:00 PM **Great Courses Video Lecture Series : Mind-Body Medicine: The New Science of Optimal Health**, Great Room.

Saturday, July 21, 7:45 PM **Weekend Movies**, Great Room *and* Community Room

Sunday, July 22, 2:00 PM **Sunday Afternoon Movie**, Great Room

Sunday, July 22, 3:00 PM **Sunday Afternoon Movie**, Community Room

Monday, July 23, 1:00 - 3:30 PM **Advanced Watercolor**, Art Studio South

Monday, July 23, 3:30 PM **Scrabble**, North Living Room

Tuesday, July 24, 10:30 -11:30 AM **Sketchbook Drawing**, Art Studio South (UG)

**Tuesday, July 24, 10:40 AM Luncheon Cruise on the Sudbury River**

Tuesday, July 24, 1:30 – 4:30 PM **Ted assists in Pottery Studio**

Tuesday, July 24, 2:00 PM **Mindfulness Meditation with Patricia Howard**, Community Room

**Tuesday, July 24, 2:00 PM Banking and Library Trip**

Tuesday, July 24, 2:30 PM **Needle and Chat**, Great Room

Tuesday, July 24, 3:00 PM **Play Reading Group**, South Living Room.

This month Play Reading Group will just meet this one day, and we will continue reading pieces from ***Spoon River Anthology***. Even if you weren't present in June, please join us if you wish to. This play lends itself to "drop in" reading.

Wednesday, July 25, 9:00 AM **Men's Breakfast**, Activities Room North

Wednesday, July 25, 10:00 AM **All Residents' Meeting, "CCC"**, Community Room

Wednesday, July 25, 10:30 AM – 12:30 PM **Drawing Class**, Art Studio (UG)

Wednesday, July 25, 11:00 AM **Knit and Chat**, Arts & Crafts Room

Wednesday, July 25, 12 noon **Channel 8 Broadcast of Newbury Court presentation.**  
*This week's broadcast: Joan Walsh of Mass Audubon: "The State of the Birds."*

Wednesday, July 25, **2:00 PM** **PBS Series: Last Tango in Halifax,** Great Room  
***PLEASE NOTE EARLIER STARTING TIME THIS WEEK.***

Wednesday, July 25, 4:00 PM **Tami Gouveia Meet and Greet,** Great Room.  
Newbury Court resident Katharine Esty has invited Tami Gouveia, a candidate for Massachusetts State Representative of the 14<sup>th</sup> Middlesex District to come and speak and answer questions. She comes from Acton and grew up in Lowell, and is hoping to replace Cory Atkins who has retired.

Wednesday, July 25, 7:00 – 8:15 PM **Piano Jazz with Brian Friedland,** South Café.

Wednesday, July 25, 7:00 PM **Scrabble,** North Living Room

Wednesday, July 25, 7:30 PM **Opera night,** Location TBA  
*Opera: Franz Lehar, "The Merry Widow," Conclusion.*

Thursday, July 26, 9:30 AM – 12:00 PM **Ted assists in Pottery Studio**

Thursday, July 26, 10:00 AM **Mindfulness Meditation,** Duvall Chapel

**Thursday, July 26, 11:30 AM Lunch Out with Fayad to Nancy's Airfield Café in Stow**

Thursday, July 26, 1:30 PM - 4:00 PM **Beading Group,** Arts & Crafts Room

Thursday, July 26, 2:00 – 4:00 PM **Beginning Watercolor,** Art Studio South

Thursday, July 26, 2:00 PM **Chess & Checkers,** Activities Room North

Thursday, July 26, 7:30 PM **Thursday Night Movie,** Great Room  
*Edith's choice: One Flew Over the Cuckoo's Nest*

**Friday, July 27, 11:00 AM Transportation to West Concord**

Friday, July 27, 12:00 PM **Birthday Lunch,** South Dining Room

Friday, July 27, 1:00 – 3:00 PM **Wize Guides,** Community Room

Friday, July 27, 1:15 PM **Scrabble,** North Living Room

Friday, July 27, 3:00 PM **Opening Reception for New Art Exhibit: Needle Felting Art by Lyn Slade,** North and South Gallery

Saturday, July 28, 2:00 PM **Great Courses Video Lecture Series : Mind-Body Medicine: The New Science of Optimal Health**, Great Room

Saturday, July 28, 7:45 PM **Weekend Movies**, Great Room *and* Community Room

Sunday, July 29, 2:00 PM **Sunday Afternoon Movie**, Great Room

Sunday, July 29, 3:00 PM **Sunday Afternoon Movie**, Community Room

Monday, July 30, 1:00 - 3:30 PM **Advanced Watercolor**, Art Studio South

Monday, July 30, 3:30 PM **Scrabble**, North Living Room

**Tuesday, July 31, 9:30 – 11:00 AM Summer Walk with Sarah and Jill**

Tuesday, July 31, 10:30 -11:30 AM **Sketchbook Drawing**, Art Studio South (UG)

Tuesday, July 31, 10:30 AM **Budget Committee Meeting**, OPDR  
(usually the last Tuesday of the month)

Tuesday, July 31, 1:30 – 4:30 PM **Ted assists in Pottery Studio**

Tuesday, July 31, 2:00 PM **Mindfulness Meditation with Patricia Howard**,  
Community Room

**Tuesday, July 31, 2:00 PM Banking and Library Trip**

Tuesday, July 31, 2:00 PM **Program Committee Meeting**, South Living Room

Tuesday, July 31, 2:30 PM **Needle and Chat**, Great Room

**Newbury Court presentations are available 24/7 on your computer by going to [www.concordtv.org](http://www.concordtv.org) and scrolling to video-on-demand. From there, search for “Newbury Court,” and then scroll to the specific program you wish to watch. We now have over 35 available!**

# Health and Wellness

***Please note the following changes:***

Newbury Court (North and South) Home Health and Wellness Offices are open M-F 10:00 AM -12:00 Noon for “drop in time” if someone would like to see a wellness nurse. If you are unable to come to the south wellness office during this time you will need to schedule a time to be seen. Scheduled suite visits will be charged to you.

These changes are effective July 1, 2018.

Ellen Reusch, RN, Director of Home Health and Wellness: South Wellness Office  
# 978.402.8127 (for non-urgent calls)

Colleen Brophy, RN – part time, x134

Karen Goulakos, RN, Evening Supervisor. Karen G. is here full time 2:00 -10:00 PM. She can be reached at x373 or by calling the receptionist.

Please check with the receptionist on weekends for the nurse on duty.

***If you need to speak with a nurse urgently, please call the receptionist and they will direct your call. Any emergency, please call 911.***

Wednesday, July 11, 2:30 – 4:30 PM **Beltone Representative** Gabrielle Indeglia, Arts and Crafts Room (monthly visit on the 2<sup>nd</sup> Wednesday of the month)

Thursday, July 26, 9:30 AM **Miracle Ear Representative** James Condon, South Parlor.

## **PRIVATE HOME CARE**

Newbury Court has its own Private Duty Home Care Service to assist you in the comfort of your home. If you would like to inquire about our services please contact Hector Montesino, Director of Home Care: 978-402-8620 ( Non-Urgent Calls) and 24/7 at 978-831-2322



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## Kitchen Tour



- Thursday, July 26, 2:00 PM
- in South Kitchen
- Tour lasts approx. 20-30 minutes
- refreshments will be provided
- Tour is limited to six participants
- (there will be other tours scheduled)

Please contact Bob Herman at 978-402-8122 or at [bherman@newburycourt.org](mailto:bherman@newburycourt.org) to confirm your reservation.



## DINING SERVICES POLICIES

- ❖ A seasonal lunch menu will be offered during lunch hours. The daily dinner menu will be offered during dinner hours. The dinner menu will be available for lunch and dinner on Sundays only.  
Cash & Credit Cards are accepted.
- ❖ Your daily meal credit will consist of up to a four course meal; 2 starters, 1 entrée with 2 side dishes, & 1 dessert. Any additional items ordered beyond the four courses will be charged at the A La Carte price.
- ❖ **Room service** orders should be placed before 5:00pm and will be ready for pick-up/delivery around 5:30pm. A \$3.00 delivery fee will be charged for all room service orders. The charge will not apply for illness.
- ❖ **Reservations** accepted for up to nine people. Reservations must be made at least one day in advance. For ten or more people, special charges and/or procedures may apply; in such cases, consult the dining services management, and do so well ahead of the event.

**Special Meal Pricing** will apply for non-residents on major holidays (e.g. Christmas, Thanksgiving) and special events (e.g. clambake on the terrace). Both adult and children's prices will apply.



# A quick look at some of the events in July:



←Tuesday, July 3  
Reading of the  
Declaration of Independence

Friday, July 13 →  
New Resident Cocktail Social



←Friday, July 20  
Workingman's Duo

Friday, July 27→  
Opening Reception for Lyn Slade  
fiber arts exhibit

