

January 2019

This January we step back into the Edwardian era. We will start a new Wednesday series on January 9:

Downtown Abbey

and to really step us in the time period, we have an **Edwardian Lady** coming on January 11 to dress up – starting with her corset – in a lady's outfit from early 1900s. You will enjoy an **afternoon tea** beforehand.



Director of Programs, Jessie Rodrique, 978.402.8104,

jrodrique@newburycourt.org

Program Coordinator, Jill Crowley, 978.402.8219, 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: **January 7: Market Basket January 14: Roche Bros.**

January 21: Trader Joe's January 28: Stop & Shop

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.
Tickets purchased for an event by the Program Dep't. are for residents only unless otherwise specified by the Program Dep't.*
- ❖ **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.*



Bus Trips *~~Please make a point to be in the lobby at least five minutes prior to scheduled departures. ~~*

Friday, January 4, 10:45 AM Transportation to BSO

Tuesday, January 8, 11:00 AM Transportation to Concord Center.
Pick up will be promptly at 1:00 PM. No bus fee.

Friday, January 18, 10:45 AM Transportation to BSO

Saturday, January 19, 12:00 PM Trip to the International Museum of WWII, Natick
We will leave the museum at 4:00 PM—not before—it is a very large collection. Please eat lunch before we leave. All visitors are required to download and fill out a waiver of liability before arriving and bring it to museum. You must bring your ID. (Jessie will provide the waivers) There is no place to eat and there is no gift shop. There is one place for seating in the lobby of the museum. **Residents must be able to stand for an extended period of time...**(you can return to the lobby anytime for a rest). They do not provide guided tours but there is a free AudioGuide. We can only accommodate 12 residents on this trip. We will schedule another if there is more interest. Visiting The International Museum of World War II is a unique experience. You will see the most comprehensive collection of World War II artifacts, letters and documents in the world. More than 7,500 pieces are on display, integrating the human, political and military stories of the global war. It is an **intense, emotional experience**. Many durable artifacts can be handled, and touched. Please call Jessie if you have any questions.
Museum Fee \$25.00 Bus Fee \$5.00

Thursday, January 24, 10:00 AM Trip to MFA to see *Ansel Adams In Our Time* exhibit. “Ansel Adams in Our Time” traces the iconic visual legacy of Ansel Adams (1902–1984), presenting some of his most celebrated prints, from a symphonic view of snow-dusted peaks in *The Tetons and Snake River, Grand Teton National Park, Wyoming* (1942) to an aerial shot of a knotted roadway in *Freeway Interchange, Los Angeles* (1967). The exhibition looks both backward and forward in time: his black-and-white photographs are displayed alongside prints by several of the 19th-century government survey photographers who greatly influenced Adams, as well as work by contemporary artists whose modern-day concerns centered on the environment, land rights, and the use and misuse of natural resources point directly to Adams’ legacy. Adams’ stunning images were last on view at the MFA in a major exhibition in 2005; this new, even larger presentation places his work in the context of the 21st century, with all that implies about the role photography has played—and continues to play—in our changing perceptions of the land. *We have 9 tickets to get in free; first come, first served.* Members get in free; \$23.00 for non-members. Bus fee: \$20.00
Important note: for this trip we will stay longer than usual; we should arrive around 11:00 AM and we will leave the museum at 3:00 PM (not before.) You will be on your

own for lunch at the museum.

Friday, January 25, 10:45 AM Transportation to BSO

Friday, January 25, 7:30 PM Transportation to 51 Walden St. for Concord Orchestra concert featuring Richard Sebring, Associate Principal Horn of the BSO.

Tickets are \$23.00 and 27.00 and can be purchased at www.concordorchestra.com or by calling 978.369.4967.

Sunday, January 27, 1:30 PM Transportation to Concord Academy for Concord Chamber Music Society concert. The Concord Chamber Players will perform the following program: Sonata for Violin and Piano in D Major, Op. 94a by Sergei Prokofiev; Piano Trio in G Major, L. 5 by Claude Debussy; Piano Quartet in D Minor by William Walton. There will be a 2:00 PM pre-concert lecture by Steven Ledbetter.

Tickets are \$33 and \$42 and can be purchased at www.concordchambermusic.org or by calling 978.405.0130. No bus fee.

Thursday, January 31, 11:00 AM Transportation to Verrill Farm.

A quick, five minute drive from Newbury Court will bring you to Verrill Farm. They carry fresh produce, baked goods, an impressive array of cheeses, flowers, gift items such as jams, jellies, tea towels as well as a large, refrigerated section with precooked meals to go. In addition, they have a deli counter where you can order a sandwich or a panini and enjoy a lunch there. No bus fee.



Music at Newbury Court

Friday, January 11, 4:00 PM **Workingman's Duo**, South Café.

Rick Maida and Tom Yates have become pretty popular here on the Friday afternoons they come to play. Come and enjoy a glass of wine while hearing their renditions of songs made famous by The Kingston Trio, Peter, Paul and Mary, Elvis Presley, Patsy Cline, Hank Williams, Fats Domino and many more.

Monday, January 14, 7:30 PM **Bach Institute Concert**, Morrison Theatre.

The Bach Institute is a collaboration amongst Emmanuel Music, Oberlin College and Winsor Music. It provides students and young professionals with the opportunity to explore and perform Bach cantata arias. For nearly three weeks in January, students participate in the weekly cantatas at Emmanuel Church, study Bach cantata arias and perform them on outreach concerts in Boston and the surrounding area. The culmination of the Bach Institute is a public concert at Emmanuel Church.

Wednesday, January 16, 7:00 -8:15 **Piano Jazz with Jeremy Silver**, South Café.

Jeremy Silver is a jazz musician born and raised in Concord, Massachusetts right down the road! He studied mathematics and music at Tufts University, and has performed throughout New England as a pianist, singer, and trumpet player - he also teaches piano lessons to students of all ages in the Boston area. Jeremy will be bringing back the music of Frank Sinatra, Cole Porter, Jerome Kern, and the likes on Wednesday evening, January 16th. (*Jeremy is the grandson of Newbury Court resident Vicky Silver.*)

Tuesday, January 29, 2:00 PM **Solo Piano Recital: Bonnie Anderson**, Morrison Theatre. A native of Westford, Massachusetts, pianist Bonnie Anderson is known for her expressive interpretations of Chopin, Brahms and Ravel. Collaborating with artists from the Boston Symphony Orchestra, Orpheus Chamber Orchestra, Los Angeles Philharmonic and New York Philharmonic, she has performed in Alice Tully Hall, Jordan Hall, Shalin Liu Performance Center, the Austrian Embassy, and numerous universities around the country. In addition to attending the Juilliard School, Michigan State University and French Piano Institute in Paris, she received a Doctor of Musical Arts degree from Boston University. An enthusiastic educator, Ms. Anderson is a member of the piano faculty at Phillips Academy in Andover and teaches privately in Manchester-by-the-Sea. We last saw Bonnie when she shared the stage here with cellist Trevor Handy.

Her program will include pieces by Rameau, Fauré, Debussy, Barber, Copland and Gershwin.

Art at Newbury Court



Ongoing Art Exhibit: Jill Pottle, South Gallery.

This exhibit will be up until February 5.

Monday, January 7, 11:00 AM – 12:00 PM **Arts and Crafts Planning Meeting**, Art Studio (South.) Come and discuss the future of Crafts at Newbury Court. Jason Springer, Director of Education at the Umbrella Center for the Arts will attend. Please come prepared with your ideas and suggestions.

Monday, January 7, 12:15 PM **Meeting of the Art Committee**, Art Studio South

Thursday, January 10, 1:00 PM **Drawing Demo with Katherine Miller**, South Living Room. This month Katherine brings back her live model.

Tuesday, January 29, 1:30 -3:30 PM **Open Studio for Crafting**, Arts and Crafts Room. Starting this month *and continuing on the last Tuesday of every month*, Liz Kleiman will host an open studio in the Arts and Crafts room where residents can work on anything—sketching, quilting, knitting, needlepoint, paper crafts, sewing, crocheting, weaving, stitching etc. in the supportive company of other crafters.

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).

Tuesdays, 1:30 - 4:00 PM **Liz and Ted assist in the Pottery Studio** (UG)

Wednesdays, 11:00 AM -1:00 PM **Drawing**, Art Studio South (UG level)

Wednesdays, 1:30 PM -4:00 PM **Beading Group**, Arts & Crafts Room
NC resident Liz Kleiman coordinates this beading group.

Thursdays, 9:30 AM -12:00 PM **Liz and Ted assist in the Pottery Studio** (UG)

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



Special Programs and Monthly Meetings

Tuesday, January 1 ***New Year's Day – no classes, meetings or trips.***

(except Fran's Combo class – that's on at 10:00 AM as usual)

Wednesday, January 2, 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, January 2, 10:00 AM **All Residents' Meeting, "CCC"**, Morrison Th.
"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, January 2, 11:00 AM -1:00 PM **Drawing**, Art Studio South (UG level)

Wednesday, January 2, 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, January 2, 12 noon **Channel 8 Broadcast of Newbury Court presentation.** *This week's broadcast:* "Homer at the Beach," Bill Cross, Curator of the exhibit at Cape Ann Museum.

Wednesday, January 2, 1:30 PM -4:00 PM **Beading Group**, Arts & Crafts Room

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

Wednesday, January 2, 3:00 PM **South Food Service Committee Meeting**, South Private Dining Room. If you wish to join or attend, contact Charlie Harrington, 978.821.7822. (monthly meeting ***usually*** on 1st Wednesday)

Wednesday, January 2, 3:30 PM **Scrabble**, North Living Room

Wednesday, January 2, 7:30 PM **Opera night**, Morrison Theatre. Most Wednesday nights residents Betsy Moyer and Barbara Schnuer choose and show an opera on DVD. *This week's opera: Die Fledermaus by Johann Strauss , Conclusion*

Thursday, January 3, 9:30 AM – 12:00 PM **Liz and Ted assist in Pottery Studio**

Thursday, January 3, 10:00 AM **Executive Committee Meeting**, OPDR

Thursday, January 3, 10:00 AM **Mindfulness Meditation**, Duvall Chapel

Thursday, January 3, 2:00-3:00 PM **Drop-in Grief Support Group**, Duvall Chapel

Thursday, January 3, 2:00 – 4:00 PM **Beginning Watercolor**, Art Studio South

Thursday, January 3, 2:00 PM **Chess & Checkers**, Activities Room North

Thursday, January 3, 2:30 PM **Conversation and Refreshment**, South Café
On Thursday afternoons, join fellow residents for a chat. Residents can come and go and all are welcome! Come and enjoy cookies, a beverage and most of all, conversation.

Thursday, January 3, 7:30 PM **Thursday Night Movie**, Morrison Theatre.
Jim's choice: TBA

Friday, January 4, 10:45 AM Transportation to BSO

Friday, January 4, 11:15 AM **Newbury Court Chorus Rehearsal**, Duvall Chapel

Friday, January 4, 1:15 PM **Scrabble**, North Living Room

Friday, January 4, 3:00 PM **Women's History Group**, Community Room
Women's History Group is for women who wish to meet over tea and light refreshments to discuss women in history and their own histories as well as any events of interest.

Saturday, January 5, 2:00 PM **Great Courses Video Lecture Series :
The 30 Greatest Orchestral Works**, Morrison Theatre. The series continues.
We show one lecture every Saturday. There are 10 lectures left, 46 minutes each.

Saturday, January 5, 7:45 PM **Weekend Movies**, Morrison Th. **and** Community Rm
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, January 6, 2:00 PM **Sunday Afternoon Movie**, Morrison Theatre

Each weekend the movie that was shown in the Community Room on Saturday night will be shown in the Morrison Theatre on Sunday afternoon.

Sunday, January 6, 3:00 PM **Sunday Afternoon Movie**, Community Room
Each weekend the movie that was shown in the Morrison Theatre on Saturday night will be shown in the Community Room on Sunday afternoon.

Monday, January 7, 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, January 7, 11:00 AM – 12:00 PM **Arts and Crafts Planning Meeting**,
Art Studio (South.) Come and discuss the future of Crafts at Newbury Court. Jason Springer, Director of Education at the Umbrella Center for the Arts will attend. Please come prepared with your ideas and suggestions.

Monday, January 7, 12:15 PM **Meeting of the Art Committee**, Art Studio South

Monday, January 7, 1:00 - 3:30 PM **Advanced Watercolor**, Art Studio South

Monday, January 7, 2:00-3:30 PM **Newbury Court/ Emerson Parkinson's Support Group**, Great Room.. 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 on the 1st Monday of the month*)

Monday, January 7, 3:30 PM **Read Aloud Group**, South Living Room.
The Read Aloud Group meets almost every Monday afternoon and is a long standing Newbury Court tradition in which a pre-selected reader reads aloud a piece they have chosen to share with others. It can be a chapter from a favorite book, an essay, a collection of letters, something humorous, something inspiring, almost anything that might appeal to a group of people who enjoy being read to and are very faithful listeners. Readers typically choose something about 45 minutes in length. This group is coordinated by Alice Wiggin and she welcomes new readers.
This week's reader: "Mark Twain by Alice Wiggin and David Gray "

Monday, January 7, 3:30 PM **Scrabble**, North Living Room

Tuesday, January 8, 10:30 -11:30 AM **Sketchbook Drawing**, Art Studio South (UG)

Tuesday, January 8, 11:00 AM Transportation to Concord Center.

Tuesday, January 8, 11:30 AM **Seeking the Spirit**, Activities Room North.
Every Tuesday in January beginning January 8th, Seeking the Spirit will gather to explore the concept—the experience—the desire for joy. We will use The Book of Joy

as our guide, which was published in 2016 by Archbishop Desmond Tutu, His Holiness the Dalai Lama, and author Douglas Abrams. They had all traveled to India to celebrate His Holiness's eightieth birthday. There, they spent several days reflecting on their lives and spiritual journeys. One main question guided their conversations: How do we find joy in the face of life's inevitable suffering? Books are available in kindle and paper version on Amazon. If you want a book purchased for you, please let Rev. Sarah know by Thursday, January 3rd. They will cost \$15, cash or check payable to "NEDA." Please RSVP with Rev. Sarah by January 3rd at 978-402-8240 or shathaway@newburycourt.org

Tuesday, January 8, 1:30 – 4:30 PM **Liz and Ted assist in Pottery Studio**

Tuesday, January 8, 2:00 PM Banking and Library Trip

Tuesday, January 8, 2:00 PM **Mindfulness Meditation with Patricia Howard**, Community Room.

Tuesday, January 8, 2:30 PM **Needle and Chat**, Great Room

Tuesday, January 8, 3:00 PM **Welcome Committee Meeting**, South Living Room (monthly meeting on 2nd Tuesday.)

Tuesday, January 8, 4:00 PM **South Library Committee Meeting**, OPDR (monthly meeting *usually* on 1st Tuesday.)

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

Wednesday, January 9, 10:00 AM **All Residents' Mtg, "CCC", Community Room**

Wednesday, January 9, 11:00 AM -1:00 PM **Drawing**, Art Studio South (UG level)

Wednesday, January 9, 11:00 AM **Knit and Chat**, Arts & Crafts Room

Wednesday, January 9, 12 noon **Channel 8 Broadcast of Newbury Court presentation.** *This week's broadcast: "Louisa May Alcott"*

Wednesday, January 9, 1:30 PM -4:00 PM **Beading Group**, Arts & Crafts Room

Wednesday, January 9, 2:30 PM **PBS Series: Downtown Abbey**, Morrison Theatre. If you somehow managed to miss this series now is your chance to find out what all the fuss was about! Worth watching for Maggie Smith's fabulous conversation-stoppers alone, this sweeping saga of the Crawley family and their Downtown Abbey estate in Yorkshire during the years 1912-1926 has something for everyone: romance, intrigue, upstairs/downstairs drama, great costumes and consummate performances. We will show one 60 minute episode each Wednesday. There are subtitles.

Wednesday, January 9, 3:00 PM **North Food Committee Meeting**, Activities Room North. Contact: Linda Ball (monthly meeting *usually* on 2nd Wednesday)

Wednesday, January 9, 3:30 PM **Scrabble**, North Living Room

Wednesday, January 9, 7:30 PM **Opera night**, Morrison Theatre

This week's opera: Macbeth by Giuseppe Verdi, Part I

Thursday, January 10, 9:30 AM – 12:00 PM **Liz and Ted assist in Pottery Studio**

Thursday, January 10, 10:00 AM **Mindfulness Meditation**, Duvall Chapel

Thursday, January 10, 1:00 PM **Drawing Demo with Live Model**, South Living Room

Thursday, January 10, 2:00 – 4:00 PM **Beginning Watercolor**, Art Studio South

Thursday, January 10, 2:00 PM **Chess & Checkers**, Activities Room North

Thursday, January 10, 2:30 PM **Conversation and Refreshment**, South Café.

Thursday, January 10, 7:00 PM **Sudbury Valley Nature Photographers Meeting**, Community Room. SVNP Hendrik Broekman, will present a program entitled, "Recent Travels – On the Nature of Things in Spain and our Left Coast." Newbury Court residents are always welcome to attend. Light refreshments. (*second Thursday of the month*)

Thursday, January 10, 7:30 PM **Thursday Night Movie**, Morrison Theatre

Jim's choice: TBA

Friday, January 11, 11:15 AM **Newbury Court Chorus Rehearsal**, Duvall Chapel

Friday, January 11, 1:15 PM **Scrabble**, North Living Room

Friday, January 11, 1:45 PM **The Edwardian Lady & Afternoon Tea**, Morrison Th. Come see actress and performance artist Kandie Carle become the *Edwardian Lady: Dressing from Corset to Gloves*. The presentation is not a fashion show; rather, Ms. Carle dresses from corset to gloves, with authentic as well as reproduction garments, taking her audience on a journey of discovery by using clothing and accessories as a tool to reflect the era. As each piece is added, (yes, including the corset!) she explains how it was worn, as well as when and where it was appropriate. Throughout the presentation she shares insights into the fashion, lifestyle, manners, and etiquette of men, women and children. Included are interesting anecdotes and 'myth busting'. We will serve an afternoon tea ***beforehand***, starting at 1:45 PM. Ms. Carle will start her performance at 2:30 PM and will finish at 4:00 PM. **You must RSVP to Jill at 978.402.8219 or jcrowley@newburycourt.org by Monday, January 7.** You will gain new appreciation

for the ladies of Downton Abbey after you see this show!

Friday, January 11, 3:00 PM ***No Women's History Group this week***

Friday, January 11, 4:00 PM **Workingman's Duo**, South Café.

Saturday, January 12, 9:00 AM – 3:00 PM **Spiritual Retreat with St. Matthew's Church**, Duvall Chapel. All are invited to attend a spiritual retreat at Duvall Chapel, led by St. Matthew's Church in Acton, MA. Please RSVP in advance with Rev. Sarah if possible.

Saturday, January 12, 2:00 PM **Great Courses Video Lecture Series : The Thirty Greatest Orchestral Works**, Morrison Theatre.

Saturday, January 12, 7:45 PM **Weekend Movies**, Morrison Th. and Community Rm

Sunday, January 13, 2:00 PM **Sunday Afternoon Movie**, Morrison Theatre

Sunday, January 13, 3:00 PM **Sunday Afternoon Movie**, Community Room

Monday, January 14, 10:00 AM South Library Committee **Work Meeting**, South Library (monthly meeting is *usually* Monday *after* 1st Tuesday Library meeting)

Monday, January 14, 1:00 - 3:30 PM **Advanced Watercolor**, Art Studio South

Monday, January 14, 3:30 PM **Read Aloud Group**, South Living Room.
This week's reader: Lynn Senne

Monday, January 14, 3:30 PM **Scrabble**, North Living Room

Monday, January 14, 7:30 PM **Bach Institute Concert**, Morrison Theatre.

Tuesday, January 15, 10:30 -11:30 AM **Sketchbook Drawing**, Art Studio South (UG)

Tuesday, January 15, 1:30 PM **Catholic Mass**, Duvall Chapel

Tuesday, January 15, 1:30 – 4:30 PM **Liz and Ted assist in Pottery Studio**

Tuesday, January 15, 2:00 PM Banking and Library Trip

Tuesday, January 15, 2:00 PM **Mindfulness Meditation w/Patricia**, Community Room.

Tuesday, January 15, 2:30 PM **Needle and Chat**, Great Room

Tuesday, January 15, 3:30 – 4:45 PM **Racism Workshop**, Community Room

This second four-session workshop is for any resident whether or not they attended the first set of sessions. Sign up to deepen your understanding of racism and to have some time to discuss issues of racial justice. Sessions will be held Tuesday afternoons, January 15, 22, 29 and February 5. The sessions will be facilitated by CC King, an experienced facilitator of race conversations and racial justice programs. We hope you can make all four session but if come even if you may miss a session. There will be brief readings, experiential activities, discussions and videos each week. Sign up sheets are at the

North and South desks. *Session 1, Jan 15- Racism Today: Dr. King's Dream Deferred*
Wednesday, January 16, 9:00 AM **Men's Breakfast**, Activities Room North

Wednesday, January 16, 10:00 AM **All Residents' Meeting, "CCC"**, Morrison Th.

Wednesday, January 16, 11:00 AM -1:00 PM **Drawing**, Art Studio South (UG level)

Wednesday, January 16, 11:00 AM **Knit and Chat**, Arts & Crafts Room

Wednesday, January 16, 11:30 AM **Memory Loss Caregivers Support Group**,
North Private Dining Room

Wednesday, January 16, 12 noon **Channel 8 Broadcast of Newbury Court presentation.** *This week's broadcast:* : "The Art of Resistance," Chinese artists during the Maoist regime"

Wednesday, January 16, 1:30 PM -4:00 PM **Beading Group**, Arts & Crafts Room

Wednesday, January 16, 2:30 PM **PBS Series: Downtown Abbey**, Morrison Theatre

Wednesday, January 16, 3:30 PM **Scrabble**, North Living Room

Wednesday, January 16, 7:00 -8:15 **Piano Jazz with Jeremy Silver**, South Cafe

Wednesday, January 16, 7:30 PM **Opera night**, Morrison Theatre
This week's opera: Macbeth by Giuseppe Verdi, Conclusion.

Thursday, January 17, 9:30 AM – 12:00 PM **Liz and Ted assist in Pottery Studio**

Thursday, January 17, 10:00 AM **Mindfulness Meditation with Patricia Howard** ,
Community Room.

Thursday, January 17, 2:00 PM **Climate Initiative Group**, Community Room

Thursday, January 17, 2:00 – 4:00 PM **Beginning Watercolor**, Art Studio South

Thursday, January 17, 2:00 PM **Chess & Checkers**, Activities Room North

Thursday, January 17, 2:00-3:00 PM **Drop-in Grief Support Group**, Duvall Chapel

Thursday, January 17, 2:30 PM **Conversation and Refreshment**, South Café

Thursday, January 17, 7:30 PM **Thursday Night Movie**, *in the Great Room*
Klaus's choice: TBA

Friday, January 18, 10:00 AM **Diversity and Inclusion Group**, South Living Room
(meets on the 3rd Friday of the month)

Friday, January 18, 10:45 AM Transportation to BSO

Friday, January 18, 11:15 AM **Newbury Court Chorus Rehearsal**, Duvall Chapel

Friday, January 18, 1:15 PM **Scrabble**, North Living Room.

Friday, January 18, 2:15 PM **Newbury Court Chorus Sing-a-Long at Rivercrest**

Friday, January 18, 3:00 PM **Women's History Group**, Community Room

Saturday, January 19, 12:00 PM Trip to the International Museum of WWII, Natick

Saturday, January 19, 2:00 PM **Great Courses Video Lecture Series :**
The Thirty Greatest Orchestral Works, Morrison Theatre

Saturday, January 19, 7:45 PM **Weekend Movies**, Morrison Th. *and* Community Rm

Sunday, January 20, 2:00 PM **Sunday Afternoon Movie**, Morrison Theatre

Sunday, January 20, 3:00 PM **Sunday Afternoon Movie**, Community Room

Monday, January 21, 2:00 PM **Parkinson's Mid-Month Meeting**, Community Room
and North Conference Room.

Monday, January 21, 3:30 PM **Read Aloud Group**, South Living Room
This week's reader: Terry McConaughy

Monday, January 21, 3:30 PM **Scrabble**, North Living Room

Tuesday, January 22, 10:30 -11:30 AM **Sketchbook Drawing**, Art Studio South (UG)

Tuesday, January 22, 1:30 – 4:30 PM **Liz and Ted assist in Pottery Studio**

Tuesday, January 22, 2:00 PM Banking and Library Trip

Tuesday, January 22, 2:00 PM **Mindfulness Meditation with Patricia Howard** ,
Community Room.

Tuesday, January 22, 2:30 PM **Needle and Chat**, Great Room

Tuesday, January 22, 3:00 PM **Play Reading**, OPDR

Tuesday, January 22, 3:30 – 4:45 PM **Racism Workshop**, Community Room
Session 2, Jan 22- Looking Deeper: Deconstructing White Privilege

Wednesday, January 23, 9:00 AM **Men's Breakfast** , Activities Room North

Wednesday, January 23, 10:00 AM **All Residents Meeting "CCC"** , Morrison Theatre
This week the people who manage the different health care programs on campus (Ellen Levinson, Ellen Reusch, Brenda Pelley, Hector Montesino and Colleen McGuiness) will talk briefly on transitions into and out of their areas and then answer any questions from the audience.

Wednesday, January 23, 11:00 AM -1:00 PM **Drawing Class**, Art Studio

Wednesday, January 23, 11:00 AM **Knit and Chat**, Arts & Crafts Room

Wednesday, January 23, 12 noon **Channel 8 Broadcast of Newbury Court presentation.** *This week's broadcast:* Lincoln Bell Ringers, concert of December 6

Wednesday, January 23, 1:30 PM - 4:00 PM **Beading Group**, Arts & Crafts Room

Wednesday, January 23, 2:30 PM **PBS Series: Downtown Abbey**, Morrison Theatre

Wednesday, January 23, 3:30 PM **Scrabble**, North Living Room

Wednesday, January 23, 7:30 PM **Opera night**, Morrison Theatre
This week's opera: Masked Ball by Giuseppe Verdi, Part I.

Thursday, January 24, 9:30 AM – 12:00 PM **Liz and Ted assist in Pottery Studio**

Thursday, January 24, 10:00 AM Trip to MFA to see *Ansel Adams In Our Time* exhibit.

Thursday, January 24, 10:00 AM **Mindfulness Meditation**, Duvall Chapel

Thursday, January 24, 2:00 – 4:00 PM **Beginning Watercolor**, Art Studio South

Thursday, January 24, 2:00 PM **Chess & Checkers**, Activities Room North

Thursday, January 24, 2:30 PM **Conversation and Refreshment**, South Café

Thursday, January 24, 7:30 PM **Thursday Night Movie**, Morrison Theatre
Edith's choice: The Best Exotic Marigold Hotel

Friday, January 25, 10:45 AM Transportation to BSO

Friday, January 25, 11:15 AM **Newbury Court Chorus Rehearsal**, Duvall Chapel

Friday, January 25, 12:00 PM **Birthday Lunch**, South Dining Room

Friday, January 25, 1:00 – 3:00 PM **Wize Guides**, Morrison Theatre

Friday, January 25, 1:15 PM **Scrabble**, North Living Room

Friday, January 25, 3:00 PM **Women's History Group**, Community Room

Friday, January 25, 7:30 PM Transportation to 51 Walden St. for Concord Orchestra concert featuring Richard Sebring, Associate Principal Horn of the BSO.

Saturday, January 26, 2:00 PM **Great Courses Video Lecture Series : The Thirty Greatest Orchestral Works**, Morrison Theatre

Saturday, January 26, 7:45 PM **Weekend Movies**, Morrison Th. *and* Community Rm

Sunday, January 27, 1:30 PM Transportation to Concord Academy for Concord Chamber Music Society concert

Sunday, January 27, 2:00 PM **Sunday Afternoon Movie**, Morrison Theatre

Sunday, January 27, 3:00 PM **Sunday Afternoon Movie**, Community Room

Sunday, January 27, 3:00 PM **Game Day with boys and girls from Concord Carlisle Youth Hockey Team**, Great Room (see back pages for more info)

Monday, January 28, 1:00 - 3:30 PM **Advanced Watercolor**, Art Studio South

Monday, January 28, 2:00 PM **Book Discussion Group**, Community Room.
Book to be discussed is Wallace Stegner's *Crossing to Safety*.

Monday, January 28, 3:00 PM **Lecture: A State of the Union on Alzheimer's Research**, Morrison Theatre. The Geriatric Psychiatry Research Division at McLean Hospital will be hosting this event which will include a brief talk by Dr. Brent Forester, discussing the recent history of Alzheimer's related clinical trials, and explaining future directions in Alzheimer's research. Members of the McLean research team will be on site to speak about research options for you or your loved ones. For those who are

interested, we will be offering brief mental status exams and research pre-screens to determine whether you might be eligible to participate in a trial. This event will last approximately 1 hour. Food will be provided.

Monday, January 28, 3:30 PM **Read Aloud Group**, South Living Room.
This week's reader: Jill Crowley

Monday, January 28, 3:30 PM **Scrabble**, North Living Room

Tuesday, January 29, 10:30 -11:30 AM **Sketchbook Drawing**, Art Studio South (UG)

Tuesday, January 29, 1:30 -3:30 PM **Open Studio for Crafting**, Arts and Crafts Room.
Liz Kleiman will host an open studio in the Arts and Crafts room where residents can work on anything—sketching, quilting, knitting, needlepoint, paper crafts, sewing, crocheting, weaving, stitching etc. in the supportive company of other crafters.

Tuesday, January 29, 1:30 – 4:30 PM **Liz and Ted assist in Pottery Studio**

Tuesday, January 29, 2:00 PM **Solo Piano Recital: Bonnie Anderson**, Morrison Theatre

Tuesday, January 29, 2:00 PM Banking and Library Trip

Tuesday, January 29, 2:00 PM **Mindfulness Meditation with Patricia Howard** , Community Room.

Tuesday, January 29, 2:30 PM **Needle and Chat**, Great Room

Tuesday, January 29, 3:15 PM **Play Reading**, OPDR

Tuesday, January 29, 3:30 – 4:45 PM **Racism Workshop**, Community Room
Session 3, Jan 29- What It Means to Be an Effective Ally

Wednesday, January 30, 9:00 AM **Men's Breakfast** , Activities Room North

Wednesday, January 30, 10:00 AM **All Residents Meeting "CCC"** , Morrison Theatre

Wednesday, January 30, 11:00 AM -1:00 PM **Drawing Class**, Art Studio

Wednesday, January 30, 11:00 AM **Knit and Chat**, Arts & Crafts Room

Wednesday, January 30, 12 noon **Channel 8 Broadcast of Newbury Court presentation.** *This week's broadcast: Karen Keane, CEO of Skinner, "Collecting Art for Love or Money?"*

Wednesday, January 30, 1:30 PM - 4:00 PM **Beading Group**, Arts & Crafts Room

Wednesday, January 30, 2:30 PM **PBS Series: Downtown Abbey**, Morrison Theatre

Wednesday, January 30, 3:30 PM **Scrabble**, North Living Room

Wednesday, January 30, 7:30 PM **Opera night**, Morrison Theatre

This week's opera: Masked Ball by Giuseppe Verdi, Conclusion

Thursday, January 31, 9:30 AM – 12:00 PM **Liz and Ted assist in Pottery Studio**

Thursday, January 31, 10:00 AM **Mindfulness Meditation**, Duvall Chapel

Thursday, January 31, 11:00 AM Transportation to Verrill Farm.

Thursday, January 31, 2:00 – 4:00 PM **Beginning Watercolor**, Art Studio South

Thursday, January 31, 2:00 PM **Chess & Checkers**, Activities Room North

Thursday, January 31, 2:30 PM **Conversation and Refreshment**, South Café.

Thursday, January 31, 7:30 PM **Thursday Night Movie**, Morrison Theatre

Marcia's choice: Brassed Off

HEALTH SERVICES ACROSS THE NEWBURY COURT CAMPUS

Director of Health Services: Ellen Levinson (978)505-6213

Wellness:

The Wellness office in Newbury Court South is open M-F 10am-12pm for walk in (unscheduled) time with a nurse. Residents can also call 978-402-8134 to schedule a nurse office appointment or to request a nurse to visit their suite (for which there is a charge). The nurse on duty on weekends can be reached by calling the reception desks.

FOR ANY EMERGENCY, CALL 911

Ellen Reusch, RN Director ext 127

Nurse Advocates: Colleen Brophy, RN, Karen Goulakos, RN and Jill Karanian, RN - all at ext 134

The Gardens: is an Assisted living community for people living with dementia or related cognitive impairments.

Brenda Pelley, RN, Program Director ext 323

Erin Dirks, LPN, Resident Care Director ext 354

Rivercrest: provides both short-term rehab services and long term (residential) care.

Ellen Levinson, Administrator ext 362

Nancy LaRock, RN, Director of Nursing ext 313

Outpatient rehabilitation services are also available to residents of Newbury Court. For an appointment, please call 978-402-8225

PRIVATE HOME CARE: Hector Montesino, Director (978)402-8620

DALS provides assistance (nurse's aides, companions) in residents' homes, including the suites in Newbury Court.

To schedule services, please call (978)831-2322 24/7

Health services con't next page

Tuesday, January 8, 9:00 AM – 12:00 PM **Podiatrist**, Salon.

It is necessary to call Dr. Hurwitz's office at 617.256.5839 to make an appointment to be seen. ***If you have not seen Dr. Hurwitz before, you will need to fill out new patient paperwork obtained from Ellen Reusch no later than a week before the next scheduled date.***

Wednesday, January 9, 2:30 – 4:30 PM **Beltone Representative Gabrielle Indeglia**, North Conference Room (monthly visit on the 2nd Wednesday of the month)

Thursday, January 17, 10:00 -11:00 AM **Flynn Associates Hearing Aid Service Rep. Paul Dole**, North Conference Room. (monthly visit on 3rd Thursday of the month)

Thursday, January 31, 9:30 AM **Miracle Ear Representative James Condon**, South Parlor. (monthly visit on last Thursday of month)

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



Our local Concord cable station, Channels 8, 9, and 10, has been taken over by the town of Concord. Until the new website is completed, with links to video-on-demand, etc., residents may access Newbury Court programs on their computers through [YouTube.com](https://www.youtube.com). We will keep you posted.

A quick look at some of the events in January:

*Friday, January 11→
The Edwardian Lady
with Afternoon Tea*

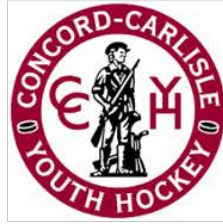


*← Monday, January 28
Dr. Brent Forester gives
a lecture, “A State of the Union
on Alzheimer’s Research”*

*Tuesday, January 29 →
Solo Piano concert by
Bonnie Anderson*



Join us for Game Day (Scrabble, Checkers and Playing Cards)



You have been invited to come and enjoy the wonderful and upbeat energy of 8 to 10 year old boys and girls. They are the Concord Carlisle Youth Hockey Team and they want to play scrabble, cards and checkers with you

Sunday January 27th & Sunday March 3rd at 3 pm in the Great Room in the South Building

Please RSVP to Volunteer Coordinator Rita Staniar at 978-394-4752 or email rstaniar@newburycourt.org

