



CHRISTOPHER HEIGHTS™

338 Thompson Rd • Webster, MA 01570 • (508) 949-0400

Staff Directory

- Dominic V. Librandi Executive Director
- Anne Ginsberg Director of Nursing
- Michelle Mercer Resident Service Manager
- Laura Crosetti Dir. of Marketing/Admissions
- Steve Soltys Executive Chef
- Carolyn Hudon Activities Director
- Randy Austin Maintenance Director
- Francine McCarthy Social Worker
- Vicky Garnes Office Manager

Reception Desk Hours

- Monday through Friday 8am to 8pm
- Saturday and Sunday 9am to 6pm
- Reception Desk Phone Number . (508)949-0400

Hair Salon: By Appointment
 Appointments made at Reception Desk

Party Like It's 1776

On July 4, 1776, the Second Continental Congress adopted the Declaration of Independence. In 1870, Independence Day became a federal holiday. This year, the U.S. celebrates its 245th birthday.

Happy Birthday to You, From All of Us at Christopher Heights!

- Happy Birthday Katherine B! 7/1
- Happy Birthday Pauline P! 7/1
- Happy Birthday Arlene L! 7/12
- Happy Birthday Antoinette M! 7/14
- Happy 100th Birthday Ruth C! 7/16
- Happy Birthday Jerrold W! 7/18
- Happy Birthday Mary Rose B! 7/22
- Happy Birthday Alice G! 7/27

July 2021



A Sweet Pick

Summertime brings the fresh taste of ripe raspberries. If you look closely, a single berry is actually made up of about 100 tiny beadlike fruits, called drupelets, and each of those contains a seed. Red is the most common variety, but there are also golden, purple and black raspberries.

Hydrate for Immunity

You've heard that an apple a day keeps the doctor away, but water is vital to the health of every cell in your body and contributes to a strong immune system. Drinking water helps deliver oxygen to your organs and muscles so they can function at their best.

Honoring Our Korean War Vets

July 27 is National Korean War Veterans Armistice Day. To all our residents who served in the Korean War, we salute you and thank you for your service.



CHRISTOPHER HEIGHTS™

July 2021

Sunday

Monday

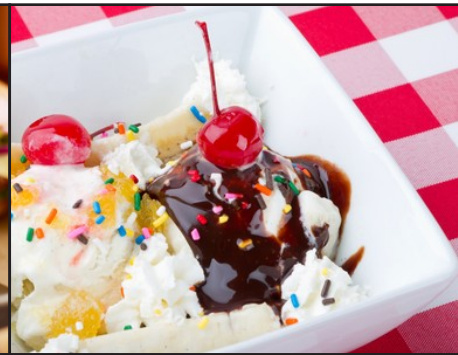
Tuesday

Wednesday

Thursday

Friday

Saturday



Independence Day 4
 10:30 Knitting Group
 1:30 Movie Matinee "Yankee Doodle Dandy"
 2:00 Red, White & Blue Trivia Pub
 3:15 Pub Time and Social Hour
 4:07 Red Sox vs. Oakland A's
 6:00 Sunday Songs

Independence Day (Observed) 5
 12:00 Wii Bowling
 2:00 BINGO ~ 2nd Floor
 3:15 Pub Time and Social Hour
 6:00 Wii Bowling
 9:38 Red Sox vs. Los Angeles Angels

Mike's Food Truck 11-4 6
 10:00 "Spice It Up Exercise" w/ Carolyn
 10:30 Rosary w/ Terry
 2:00 Tony D'Ermano Accordionist
 3:15 Pub Time and Social Hour
 6:00 Trivia with Denise
 9:38 Red Sox vs. Los Angeles Angels

10:00 Exercise with Denise 7
 10:30 Rosary w/ Terry
 12:00 "In the Good Old Summertime" Patio Picnic
 2:00 Chain Reaction Word Game
 3:15 Pub Time and Social Hour
 4:07 Red Sox vs. Los Angeles Angels

10:00 "Spice It Up Exercise" w/ Carolyn 8
 10:30 Rosary w/ Terry
 2:00 BINGO ~ 2nd Floor
 3:15 Pub Time and Social Hour
 6:00 Beginners Only Wii Bowling

10:00 "Spice It Up Exercise" w/ Carolyn 9
 10:30 Rosary w/ Terry
 2:00 Ice Cream Sundaes
 3:15 Pub Time and Social Hour
 6:00 Trivia with a Twist
 7:10 Red Sox vs. Philadelphia Phillies

10:30 Knitting Group 10
 2:00 Hot Appetizers & Pub Time
 4:10 Red Sox vs. Philadelphia Phillies
 6:00 Movie "August Rush"

10:30 Knitting Group 11
 1:00 Red Sox vs. Philadelphia Phillies
 1:30 Movie Matinee "August Rush"
 2:00 Playing Patio Games
 3:15 Pub Time and Social Hour
 6:00 Sunday Songs

10:00 "Spice It Up Exercise" w/ Carolyn 12
 10:30 Rosary w/ Terry
 2:00 BINGO ~ 2nd Floor
 3:15 Pub Time and Social Hour
 6:00 Wii Bowling

Rain Date Mike's Food Truck 11-4 13
 10:00 "Spice It Up Exercise" w/ Carolyn
 10:30 Rosary w/ Terry
 2:00 Join Us for Town Council
 3:15 Pub Time and Social Hour
 6:00 Washer Toss

10:00 Exercise with Maureen 14
 10:30 Rosary w/ Terry
 12:00 "In the Good Old Summertime" Patio Picnic
 2:00 Derby Time Horse Racing

Rain Date Robert Black 2:00 15
 10:00 "Spice It Up Exercise" w/ Carolyn
 10:30 Rosary w/ Terry
 2:00 BINGO ~ 2nd Floor
 3:15 Pub Time and Social Hour
 6:00 Let's Pick Some Movies
 7:08 Red Sox vs. NY Yankees

10:00 "Spice It Up Exercise" w/ Carolyn 16
 10:30 Rosary w/ Terry
 1:30 All American Banana Splits
 3:15 Pub Time and Social Hour
 6:00 Bocce Ball
 7:05 Red Sox vs. NY Yankees

10:30 Knitting Group 17
 2:00 Hot Appetizers & Pub Time
 6:00 Movie "Cheaper by the Dozen"
 7:15 Red Sox vs. NY Yankees

10:30 Knitting Group 18
 1:30 Movie Matinee "Cheaper by the Dozen"
 2:00 Ladder Ball Tournament
 3:15 Pub Time and Social Hour
 6:00 Sunday Songs
 7:08 Red Sox vs NY Yankees

10:00 "Spice It Up Exercise" w/ Carolyn 19
 10:30 Rosary w/ Terry
 1:00 The "PAGE TURNERS" Book Club
 2:00 BINGO ~ 2nd Floor
 3:15 Pub Time and Social Hour
 6:00 Wii Bowling
 7:07 Red Sox vs. Toronto

10:00 "Spice It Up Exercise" w/ Carolyn 20
 10:30 Rosary w/ Terry
 1:30 "Great Plates" Food Meeting
 2:30 Decadent Brownie Sundaes & Pub Time
 6:00 Wii Jeopardy
 7:07 Red Sox vs. Toronto

10:00 Exercise with Denise 21
 10:30 Rosary w/ Terry
 12:00 "In the Good Old Summertime" Patio Picnic
 2:00 Agree To Disagree Game
 3:15 Pub Time and Social Hour
 7:07 Red Sox vs. Toronto

10:00 "Spice It Up Exercise" w/ Carolyn 22
 10:30 Rosary w/ Terry
 2:00 BINGO ~ 2nd Floor
 3:15 Pub Time and Social Hour
 6:00 Beginners Only Wii Bowling
 7:10 Red Sox vs. NY Yankees

10:00 "Spice It Up Exercise" w/ Carolyn 23
 10:30 Rosary w/ Terry
 2:00 Kalifornia Karl Birthday Party
 3:15 Pub Time and Social Hour
 6:00 Trivia with a Twist
 7:10 Red Sox vs. NY Yankees

10:30 Knitting Group 24
 2:00 Hot Appetizers & Pub Time
 4:05 Red Sox vs. NY Yankees
 6:00 Movie "Seabiscuit"

10:30 Knitting Group 25
 1:30 Movie Matinee "Seabiscuit"
 2:00 Bean Bag Toss
 3:15 Pub Time and Social Hour
 6:00 Sunday Songs
 7:10 Red Sox vs NY Yankees

10:00 "Spice It Up Exercise" w/ Carolyn 26
 10:30 Rosary w/ Terry
 2:00 BINGO ~ 2nd Floor
 3:15 Pub Time and Social Hour
 6:00 Wii Bowling
 7:10 Red Sox vs. Toronto

10:00 "Spice It Up Exercise" w/ Carolyn 27
 10:30 Rosary w/ Terry
 2:00 Ice Cream / Pub Time
 6:00 Prize Drop Game
 7:10 Red Sox vs. Toronto

10:00 Exercise with Denise 28
 10:30 Rosary w/ Terry
 12:00 "In the Good Old Summertime" Patio Picnic
 2:00 Chain Reaction Game
 3:15 Pub Time and Social Hour
 7:10 Red Sox vs. Toronto

10:00 "Spice It Up Exercise" w/ Carolyn 29
 10:30 Rosary w/ Terry
 2:00 BINGO ~ 2nd Floor
 3:15 Pub Time and Social Hour
 6:00 "Wit and Wonder" Joke Night
 7:10 Red Sox vs. Toronto

10:00 "Spice It Up Exercise" w/ Carolyn 30
 10:30 Rosary w/ Terry
 2:00 Long Word Short Word Game
 3:15 Pub Time and Social Hour
 6:30 Great Garage Band Reunion (weather permitting)
 7:10 Red Sox vs. Tampa Bay

10:30 Knitting Group 31
 2:00 Hot Appetizers & Pub Time
 6:00 Movie "The Producers"
 6:10 Red Sox vs. Tampa Bay



Word Search

American
Anthem
Apple pie
Fireworks
Flag
Fourth
Freedom

Independence
Parades
Parks
Party
Patriot
Picnic
Stars
Stripes
Summer

E Q C A B A P S E F E I Y C F
 E L J M N X U X I P N N P O N
 T P E O S M H R P D A Y U C J
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 C T G C E Z M M N V B S Y M L

"This Month In History"

JULY

1929: The first hotel built at a U.S. airport opens in Oakland, Calif.

1933: Major League Baseball holds its first All-Star Game at Chicago's Comiskey Park.

1964: President Lyndon B. Johnson signs the Civil Rights Act into law.

1970: "American Top 40" debuts on seven radio stations. Created and hosted by Casey Kasem,

the countdown of the most popular songs in the U.S. is now heard all over the world.

1986: The 100th anniversary of the Statue of Liberty is commemorated with a four-day celebration in New York City.

1994: Crayola introduces a scented version of its crayons, called Magic Scents.

2000: At age 24, Tiger Woods wins the British Open and becomes the youngest golfer to complete a career grand slam in the sport.

2019: Marvel Studios' superhero blockbuster "Avengers: Endgame" overtakes the 2009 sci-fi epic "Avatar" as the world's highest-grossing movie of all time. "Avatar" reclaimed the spot in 2021 after it was rereleased in China.