

KNOLL NEWS...

Is Good News

Chestnut Knoll at Glenmeadow 24 Tabor Crossing Longmeadow, MA 01106

Vol. 13, Issue 9

September 2010

**Happy Birthday Elaine
Mandel!**

Department Heads Unite!

The success of Linda E.'s "Knitting", Anne Miller's "News", David's "Glee", and of course who can forget Tim's "Cocktails", has led us to approach ALL of the Department Heads to become involved in a program with the Assisted Living residents.

So...beginning this month, we will do just that!

You will notice each month, the addition of these wonderful activities:

Meghan – Wii games

Everett – Cake Decorating

Joe – Out to lunch

JoAnn – An Art Shop project

And I (Laura) will now be running all of the Card Making Classes, as well as some other interesting inking classes.

Things just got interesting!!

JEWISH HIGH HOLY DAYS HAPPY NEW YEAR!

ROSH HASHANA

Sundown Wednesday, the 8th
and Thursday the 9th.

KOL NIDRE

Sundown Friday, September
17

YOM KIPPUR

Saturday, September 18

Bridge

On Wednesday, September 15th, we will be having a Bridge Meet and Greet session in the Great Hall.

The main focus of this meeting will be to gather information about our Bridge players and to be able to share this information with you all.

There will be a short form residents can fill out regarding their Bridge playing; level, already have a partner, need a partner, thoughts on Tournament Bridge, etc.

Wine, cheese and crackers will also be served!

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Brain Fitness

Brain Fitness

Give it a try!

The Brain Fitness program will be starting new sessions on Monday, September 13th in the Lombard Lounge on the 3rd floor. The program consists of 40 one hour sessions. It would be desirable to attend at least 4 each week and complete the program in ten weeks. The sessions are consecutive, and since you have a dedicated computer until you finish, you may proceed to attend sessions whenever your schedule permits. There will be two separate programs run each Monday, Tuesday, Thursday and Friday. One will be from 9:00am to 10:00am and the other from 10:30am to 11:30am. There are four computers in the Lombard to permit four people to attend each session. Since quiet is required to concentrate on the program,

attendance in the lounge will be restricted to those in the program during those hours. There will be a sign-up sheet in the office area in the front of the Trip Book.

Much thanks to a great Brain Fitness advocate and “graduate”, Bob Harvey, for volunteering to be the coach for these sessions.

Rays of Hope Car Wash and Bake Sale

Our annual *Rays of Hope* Car Wash and Bake Sale will take place on Sunday, September 19th.

The Bake Sale will happen in the Main Lobby from 1:30 to 3:30pm.

If you would like to bake for the sale, please let Anne Miller or Sheila Clegg know.

The Car Wash will be from 1:00 to 4:00pm. You may sign up to have your car washed at the Concierge. A wash is \$15.00 while a wash and vacuum is \$20.00.

Thank you for your continued support for this most worthy cause!

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Registering to Vote & Absentee Ballots

We will be providing transportation to the primaries on September 14th, please sign up at the Concierge if you would like to go. Times will be determined as we get closer and see how many residents are signed up. Just a reminder that you can get your Absentee Ballots here either at the Trip Book table or you can see Laura.

Also, if you are new to Longmeadow and need to register to vote there are forms for that as well in both places for November's election. You must register for the November election by October 13th.

Out on the Town:

Errands:

ALL RESIDENTS must sign up at the concierge or in the trip book for any of the errands. Please remember this especially if you have a scooter or wheelchair.

Mondays:

Bus to E.Long Stores.

ALU Entrance: 9:20am

Main Lobby: 9:30am

Tuesdays:

Bus to Longmeadow Shops

ALU entrance: 9:20am

Main Lobby: 9:30am

Storr's Library:

Tuesday, September 7 & 21

11:00am – Main Lobby

Rides:

Sundays

2:30pm – ALU Entrance

Transportation to Area

Churches:

All Sundays at 9:15 am from the Main Lobby. Please sign up in the Trip Book.

Sears

Wednesday, September 1

Depart: 1:15pm

ALU Entrance

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Bertucci's with Joe

Wednesday, September 8

Depart: 11:30am

ALU Entrance

Heritage Park for a picnic

Wednesday, September 15

11:30am - ALU Entrance

Big Lots

Wednesday, September 22

Depart: 1:15pm

Springfield Armory

Museum

Wednesday, September 29

Depart: 1:15pm

Around Our Community:

Glenmeadow Glee Club

Mondays

(all except Labor Day)

Time: 3:00pm

Chapin Lounge

Knitting and Needles

with Linda Edwards

Thursdays

Time: 1:00pm

Café Extension

This Old Hat

Historical portrayer, Patty Carver, will be here to portray three famous historical women.

Come in to find out just who they will be!

Wednesday, September 1

Time: 3:00pm ~ Great Hall

Living with Loss

Tuesday, September 7

Time: 2:00pm

Chapin Lounge

The News with Anne

Anne Miller will be reading articles and opening the floor for discussion after reading.

Thursday, September 9 & 23

Time: 4:00pm

Kirkham Parlor

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Entertainer Jerome Reilly

Jerome was the lead singer with the Platters in the late 80's and early 90's.

Come hear him sing some of their songs as well as the Drifters and much more!

Friday, September 10

Time: 3:00pm

Great Hall

Nutrition Class w/Linda

Tuesday, September 14

Time: 2:15pm

Southworth Dining Room

Memorial Service

Friday, September 17

Time: 2:30pm ~ Great Hall

Resident Council Mtg.

Monday, September 20

Time: 1:00pm

Kirkham Parlor

Cocktails with Tim

Tuesday, September 21

Time: 4:00pm

Great Hall

Concert Pianist

Vladimir Svoysky

Wednesday, September 22

Time: 4:00pm

Great Hall

Dr. Muriel Kowlessar

"Around the World in 21 Days"

Dr. Kowlessar has graciously volunteered to present a DVD of the pictures she took while on her trip around the world. She will explain each photo, and will welcome any comments/questions at the end.

Friday, September 24

Time: 3:30pm

Great Hall

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Birthday Celebration

Entertainer Albert Avadyayev
Saturday, September 25
Time: 12:45pm
Great Hall

Wellness Programs:

Mondays:

Movin' & Groovin

Time: 11:00am
Great Hall

Tuesdays:

Personal Training

Time: 1:00pm
Fitness Room

Strength Training

Time: 2:45pm
Great Hall or Kirkham

Wednesdays

Group Exercise

Time: 9:00am
Great Hall

Stretch & Flex

Except 1st week
Time: 10:00am
Great Hall

Supervised Swim & Pool Walk

Except 1st Week
Time: 11:00am
Pool

Wellness Talk w/Laurie

1st Week of every month
Time: 11:00am
Great Hall

Thursdays

Personal Training

Time: 1:00pm
Fitness Room

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Strength Training

Time: 2:45pm

Great Hall or Kirkham

Fridays:

Stretch & Tone

Time: 11:00am

Great Hall

Saturdays:

Stretch & Tone

Time: 11:00am

Great Hall

Saturday at the Movies

SATURDAY, September 4

The Grass Harp – PG

Following the death of his mother, young Collin (Edward Furlong) goes to live with his two eccentric aunts, whose double-crossing

antics make for a lively upbringing for Collin as he grows up in the Deep South of the 1940s. This witty coming-of-age drama, based on a novel by Truman Capote, includes an ensemble of four Academy Award winners (Sissy Spacek, Jack Lemmon, Walter Matthau and Mary Steenburgen) and one nominee (Piper Laurie).CC

SATURDAY, September 11

When in Rome – PG13

After fishing out coins from a water fountain in Italy, cynical New Yorker Beth Harper (Kristen Bell) finds herself being wooed by several ardent suitors. As she deals with the attention, Beth tries to figure out whether a charming reporter really loves her. CC

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SATURDAY, September 18

Invictus – PG13

In this drama based on real-life events, director Clint Eastwood tells the story of what happened after the end of apartheid when newly elected president Nelson Mandela used the 1995 World Cup rugby matches to unite his people in South Africa. Based on John Carlin's book, the film stars Morgan Freeman as Mandela and Matt Damon as Francois Pienaar, the captain of the scrappy South African team that makes a run for the championship. – CC

SATURDAY, September 25

Into the Storm – PG

As World War II rages, Winston Churchill (Brendan Gleeson) employs inspiring rhetoric and shrewd leadership as he steers Britain through several tumultuous years. But his political victories sharply contrast with the struggles

that beset his marriage to Clemmie (Janet McTeer). Nominated for three acting Emmys, this war biopic also features Len Cariou, Patrick Malahide and James D'Arcy. CC

Classic Movies

Wednesday, September 1

7:30pm in the Chapin Lounge

Paul's Opera

Friday, September 3

6:30pm in the Great Hall

Must Love Dogs

Sunday, September 5

2:30pm in the Great Hall and

7:30pm in the Common Room

The Inn of the Sixth Happiness

Monday, September 6

2:00pm in the Great Hall

The Flyng Scotsman

Wednesday, September 8

7:30pm in the Chapin Lounge

Paul's Opera

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Friday, September 10

6:30pm in the Great Hall

Music and Lyrics

Sunday, September 12

2:30pm in the Great Hall and

7:30pm in the Common Room

The Other Side of Heaven

Wednesday, September 15

7:30pm in the Chapin Lounge

Paul's Opera

Friday, September 17

6:30pm in the Great Hall

The Right Stuff

Sunday, September 19

2:30pm in the Great Hall and

7:30pm in the Common Room

First Do No Harm

Wednesday, September 22

7:30pm in the Chapin Lounge

Paul's Opera

Friday, September 24

6:30pm in the Great Hall

Finding Graceland

Sunday, September 26

2:30pm in the Great Hall and

7:30pm in the Common Room

Waking Ned Devine

Wednesday, September 29

7:30pm in the Chapin Lounge

Paul's Opera

CONCIERGE CORNER

TRIPS....We are asking your help so we can depart for trips on time. There have been several complaints regarding late departures recently.

The issues are...

- Coming down *at* the depart time *or* late.
- Concierge taking time to call or look for people who are not in the lobby.

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- Scooters coming down *at* the depart time *or* late.
- Cancellations not marked in the book.

The solution....

- Everyone should be getting on the bus 5 minutes before their depart time to ensure the trip leaves on schedule.
- Scooters should be getting on the bus 10 minutes before the depart time. (Scooters take a minimum of 5 minutes to get on and tied down, this will give us enough time to get the scooter(s) on the bus so we can depart on time.)
- If you are not going, please cancel in the trip book or call to ask the

Concierge to cancel your name.

- Concierge will call or look for people only if time permits.
- Drivers will depart at the scheduled time.

THANK YOU FOR YOUR
HELP WITH THIS.

GLENMEADOW STORE HOURS

**MONDAY and THURSDAY
10:00am to noon**