

# Connected

DESIGN YOUR FUTURE WITH NORTH HILL *for Life*

## NORTH HILL CALENDAR FOR SEPTEMBER 2017

### **Trips-**

Friday, September 15                      Departure at 1:15pm

#### **Private Shopping Party at *Talbots* in Wellesley**

*Talbots* in Wellesley has invited the ladies from North Hill to a private party where you will get to shop their Fall Collection! The store has even graciously offered us 25% off our regular-price purchases during this special event. There is no cost for this trip. Happy Shopping!

Wednesday, September 20              Departure at 1:00pm

#### **Huntington Theatre Trip to see *Merrily We Roll Along***

For those signed up for the series.

Friday, September 22                      Movie, Location & Departure TBA

#### **Trip to the Movies**

Departure time and movie to be announced on the mailroom board and channel 918 on Wednesday, September 20. Cost is \$10 for transportation and pay for your own ticket at the theater.

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Wednesday, September 27

Departure at 1:00pm

## **Elm Bank Walking Trip**

Outdoor walk and “Gifts from the Garden” sculpture viewing at the Gardens at Elm Bank Reservation in Wellesley. There is no cost for this trip.

Friday, September 29

Departure at 12:00pm

## **Bus to Symphony (Fall A Concert)**

For those signed-up for transportation. If you would like to use the bus and have not previously registered, please contact Krissy at 781-433-6340 to check for space. Cost is \$15.

## **On the North Hill Campus-**

Every Tuesday in September

10:30am - Bridge Room

### ***Beginner Bridge Series 1* led by Cilla Borrás**

Bridge Basics for people who want to learn the game. Pre-enrollment required. Call Krissy to sign up. \$60 for the series paid directly to Cilla.

Every Thursday in September

2:45pm - Bridge Room

### ***Supervised Play of the Hand* led by Cilla Borrás**

12-15 boards to bid, play and discuss any questions. Drop-ins welcome, \$15 per session paid directly to Cilla.

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Fridays in September beginning Sept. 8                      2:45pm - Bridge Room

## ***Beginner Bridge Series 2 led by Cilla Borrás***

Follow-on to Series 1 – developing your bridge playing and understanding skills. Pre-enrollment required. Call Krissy to sign up. \$60 for the series paid directly to Cilla.

Wednesday, September 13    7:15pm - Auditorium

## **Bo & Bill Winiker Band (Resident Request)**

Featuring musical highlights from great American films, Broadway Shows and classic radio hits from the 1930's to the present. The ensemble will feature Neil Greene on piano, vocalist Cyndy Gayle, Bill Winiker playing percussion and Bo Winiker singing and playing his horn.

Thursday, September 14    1:00pm - Screening Room

## **Spirituality & Wellness**

As we age, our world changes. Our children grow up, our friends move away and we cope with many types of losses. Anne Marie Rowse, certified care manager and a current chaplain, will lead an interactive talk on spirituality as you age. Sign up with the Concierge. Limited to 20.

Thursday, September 14    7:30pm - Auditorium

## **Understanding Our World Lecture: *Cyber Security and Cyber War***

Tonight's guest speaker will be Deborah Hurley, who is a Professor at Brown University and teaches at Harvard- MIT. A more detailed biography will be placed in your in-house mailbox.

Sunday, September 17    5:15pm - Auditorium

## **Music – With Class! Presented by Jack Craig: *The Story of Swing: Mid 1920's Bands***

This program covers prominent bands and singers of the mid 1920's and features: Guy Lombardo, Kay Kyser, Ben Pollack, Lawrence Welk, Tony Martin, Marilyn Maxwell, Ella Fitzgerald...along with several more.

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Mondays, September 18, 25 & October 2, 9, 16      11:00am - Auditorium

***American Musical Theatre Class led by Richard Travers***

The lecture series will include Minstrel Shows, Ragtime, Vaudeville, George White's Scandals, operettas, the Golden Age, Disney, Juke Box and contemporary musicals. The great composers will be discussed as well as the famous librettists (Hart, Hammerstein, Sondheim etc). Cost is \$25 for all 5 sessions. Sign up with the Concierge.

Monday, September 18      4:00pm - Bridge Room

**Flight Bridge Party**

Tuesday, September 19      7:30pm - Auditorium

***Night of Classical Music featuring Ilana Zaks, Violin and Dina Vainshtein, Piano***

Music of Brahms, Ravel and Ysaye.

Wednesday, September 20      10:00am - Art Studio

**Portrait Drawing Class with Cyrus Whittier (Resident Request) 8-week course.**

Wednesdays, September 20 - October 25      10:30am -12:00noon - Avery A326

***Telling True Stories: Nonfiction Writing Workshop*** (Community Connection)

This writing workshop will focus on how to tell stories and how to make your writing come alive. The class will read typed drafts out loud and offer constructive suggestions as they progress toward a completed manuscript. Sign up with the Concierge by Sept. 15 (Limited is space.) For information contact group leaders Lynn Bloom at 781-400-1776 or Shirley Quinn at 781-400-2494.

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Friday September 22

3:30pm - Fitness Center

## **OT Strategies to help Prevent Falls**

Alissa Siedlecki, OTR Occupational Therapist for North Hill Home Health will give us tips on safer ways to go about our everyday activities. Come and meet Alissa who has a wealth of knowledge about strategies and devices to prevent falls.

Tuesday, September 26

9:00am - Fitness Center

## **Pilates Information & Demonstration**

Lisa Carusone, MS, NASM-CPT, is a personal trainer and a classically trained Pilates instructor. Lisa will introduce you to the world of Pilates, and do a demonstration that you can participate in. Please wear comfortable clothes.

Tuesday, September 26

7:30pm - Auditorium

## ***Jewish Women in Song* featuring Lisa Yves**

Singer and pianist, Lisa Yves returns to entertain us with songs made famous by the great Jewish vocalists Bette Midler, Barbra Streisand, Carole King, Carly Simon, Dinah Shore, Eydie Gorme, Lesley Gore, Helen Forrest and Fanny Brice.

Monday, September 28

2:00pm - Fitness Center

## **Health Talk: *Gait & Balance***

Jeanna S. Polonchek, Ed.D.,LATC,CSCS,OT-SC,CPED from Sole Remedy will explain how gait and foot type effect our movement patterns and ability to stay active and healthy. Jeanna is a certified Pedorthist and has over 30 years of experience in sports medicine with a passion for biomechanics and foot care.

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Thursday, September 28\*\*\*

7:30pm - Auditorium

**From Governor of Massachusetts to Professor of Political Science and Public Policy with Michael Dukakis**

Michael Dukakis served as Governor of Massachusetts, from 1975 to 1979 and 1983 to 1991 respectively. He will share anecdotes from his professional life and personal life while in office and beyond. He will discuss American foreign policy and entertain questions.

\*\*\*Arrive early for this event if you plan to attend. The auditorium will fill up quickly