



Norumbega Point AT WESTON

INDEPENDENT & ASSISTED LIVING COMMUNITY

99 Norumbega Rd. • Weston, MA 02493 • (781) 899-5505

Hours

Bank of America:

Monday and Thursday: 2-4 p.m.

Wednesday: 9 a.m.-1 p.m.

(781) 642-8975

Hairdressing by Ili:

Tuesdays and Wednesdays

(781) 899-5505, ext. 124

Hairdressing by Luigi:

Monday: 8:30 a.m.-1 p.m.

Thursday: 10 a.m.-2 p.m.

(781) 899-5505, ext. 124

Manicures by Janis:

Tuesday by Appointment

(781) 899-5505, ext. 124

Pedicures by Tina:

By Appointment

(781) 572-4047

Massage by Michele:

By Appointment

(617) 529-3507

Country Store

Monday, Thursday and Friday

11 a.m.-Noon; 1:30-3:30 p.m.

Tuesday, Wednesday

2-3 p.m.; 1:30-3:30 p.m.

Saturday

10:30 a.m.-Noon

February 2012



Valentine's Day at Norumbega Point

February is the time of year that we spend more time indoors. It is the togetherness that makes us a community. What is it that makes Norumbega Point so special? One answer is "our relationships."

Relationships truly matter, because when they are positive and encouraging, they make a world of difference to everyone. February is the month that we celebrate relationships on Valentine's Day. In our community this winter, residents Max and Charlotte Nelson celebrated their 70th wedding anniversary. When asked of Mr. Nelson how long he and his wife had been married, he replied, "Not long enough!" However you don't have to be married for 70 years to appreciate a great relationship or to enjoy the holiday. Many people give loved ones a gift of chocolate. Sure, there are more nutritious foods than chocolate. But this month of love is a perfect time to savor moderate amounts of the sweet stuff. Chocolate contains flavonoids, a type of antioxidant. Studies indicate that a small daily serving of dark chocolate, which is richer in flavonoids than milk chocolate, can help reduce blood pressure and cholesterol levels. So on Valentine's Day and all month long, be good to your taste buds and your heart. Make the winter months richer and sweeter with good food and friends. Happy Valentine's Day from Norumbega Point!



Fitness Schedule

Monday:

9-9:45 a.m.

Stretch & Flex

11-11:45 a.m.

Stretch & Flex

12-2 p.m.

Individual Exercise

Tuesday:

9:30-10:15 a.m.

Water Walking

10:15-10:45 a.m.

Individual Exercise

12-12:30 p.m.

Balance

12:30-2 p.m.

Individual Exercise

1:30-2 p.m.

Walking Club

Wednesday:

9-9:45 a.m.

Stretch & Flex

11-11:45 a.m.

Stretch & Flex

12-2 p.m.

Individual Exercise

Thursday:

9:30-10:15 a.m.

Water Walking

10:15-10:45 a.m.

Individual Exercise

12-12:30 p.m.

Balance

12:30-2 p.m.

Individual Exercise

Friday:

9-9:45 a.m.

Stretch & Flex

11-11:45 a.m.

Stretch & Flex

12-2 p.m.

Individual Exercise



Sunday	Monday	Tuesday
	{February} American Heart month www.Heart.org	
SUPER BOWL SUNDAY 5 6:15PM: Super Bowl Party. Come Enjoy the Game and Snacks With Your Fellow Residents. All Are Welcome (Even You Non-football Lovers!)/TPR	6 9:30 AM Trader Joe's, Whole Foods, Marty's Liquor, Walgreens 2:00 PM Card Making Activity/TPR 2:00 Poker/CR 4:00-5:30 PM Happy Hour/Pub 7:00 PM Movie/TPR	7 8:30-3:30PM: Medical Appts. 10:45AM: Yoga/Michele/TPR 2:00PM: Poetry Class With Robin Stein/L 4-5:30 PM: Happy Hour/Pub 7:00PM: A Musical Evening With "Bits & Pieces"/LR
12 2:00 PM Bingo/PDR 7:00 PM: Movie/TPR	13 9:30 AM CVS, Hannaford's, Post Office 2:00PM Poker/CR 2:00PM **NEW**Line Dancing With Sally/ER 4:00-5:30 PM Happy Hour/Pub 7:00 PM Musical Evening With Russ Varney/LR	14 Happy Valentine's Day! 8:30-3:30PM: Medical Appts. 10:45AM: Yoga/Michele/TPR 2:00PM: Celebrate Valentine's Day: Musical Event With Yas Ishibashi/LR 4-5:30 PM: Happy Hour/Pub 7:00PM: Movie/TPR 7:00PM: Resident Council Meeting/PDR
19 2:00 PM: Bingo/PDR 7:00 PM: Movie/TPR	20 Celebrate Presidents' Day 9:30AM: Trader Joe's, Whole Foods, Marty's Liquor, Walgreens 2:00PM: Poker/CR 4:00-5:30PM: Happy Hour/Pub 7:00PM: Professor Michael Carter: History Lecture/TPR	21 Mardi Gras 8:00-9:30AM: Special Mardi Gras Pancake Breakfast /DR 8:30-3:30PM: Medical Appts. 10:45AM: Yoga/Michele/TPR 2:30PM: News & Views With Barbara Sternfield/TPR 4-5:30PM: Happy Hour/Pub 7:00PM: Silent Movie Night With Richard Hughes/TPR
26 2:00 PM: John Clark & The Mardi Gras Quartet/LR 7:00 PM: Movie/TPR	27 9:30 AM CVS, Hannaford's, Post Office 2:00PM Poker/CR 2:00PM Line Dancing With Sally/ER 4:00-5:30 PM Happy Hour/Pub 7:00 PM Contemporary Ethical Issues With Barbara Sternfield/TPR	28 8:30-3:30PM: Medical Appts. 10:45AM: Yoga/Michele/TPR 3-4:00PM: Children's Art Exhibit Opening & Choral Event/ML 4-5:30 PM: Happy Hour/Pub 7:00PM: Movie/TPR

Wednesday	Thursday	Friday	Saturday
1	2	3	4
<p>10:30AM: Trip to Bloomingdale's in Chestnut Hill Mall & Lunch at Charlie's Pub</p> <p>4:00-5:30 PM Happy Hour/Pub</p> <p>7:00 PM Musical Concert-Irish Fiddlers/LR</p>	<p>8:30-3:30 PM: Medical Appts</p> <p>10:00-10:30 AM: Blood Pressure Clinic/WC</p> <p>11-11:45 AM: Tai Chi/TPR</p> <p>2:00PM: Norumbega Vocal Ensemble/LR</p> <p>4-5:30 PM: Happy Hour/Pub</p> <p>7:15 PM: Great Issues With Herb Patchell/C</p>	<p>10AM: Catholic Prayer & Communion Service With Susan Bayard. All Are Welcome/C</p> <p>4:00PM: Shabbat Service With Rabbi Sally Finestone & Students/C</p> <p>7:00PM: Movie/TPR</p>	<p>11:00AM: Yoga With Michele/TPR</p> <p>7:00PM: Movie/TPR</p>
8	9	10	11
<p>11:00AM: Trip to Rivers School for Their Concert Series: Upper Middle School Chorus</p> <p>4:00-5:30 PM Happy Hour/Pub</p> <p>7:00 PM Movie/TPR</p>	<p>8:30-3:30 PM: Medical Appts</p> <p>11-11:45 AM: Tai Chi/TPR</p> <p>1:00 PM: Dr Hartigan, Podiatrist. Sign Up at Front Desk</p> <p>2:00PM: Norumbega Vocal Ensemble/LR</p> <p>4-5:30 PM: Happy Hour/Pub</p> <p>7:00 PM: String Duo Musical Performance/LR</p>	<p>2:00 PM Music Appreciation With Donna Gross Javel/LR</p> <p>4:00PM: Shabbat Service With Barbara Sternfield/C</p> <p>7:00PM: Movie/TPR</p>	<p>9:30AM: Donuts & Coffee/LR</p> <p>11:00AM: Yoga With Michele/TPR</p> <p>7:00PM: Movie/TPR</p>
15	16	17	18
<p>12:30 Trip to the Movies Details to Follow</p> <p>4:00-5:30: PM Happy Hour/Pub</p> <p>4:30-5:30 PM: Music With Bill Foley in the Pub</p> <p>7:00 PM: Movie/TPR</p>	<p>8:30-3:30 PM: Medical Appts</p> <p>11-11:45 AM: Tai Chi/TPR</p> <p>2:00 PM: Town Hall Meeting/TPR</p> <p>4-5:30 PM: Happy Hour/Pub</p> <p>7:00 PM: Art Matters With Jane Blair: Impressionism/TPR</p>	<p>2:00PM: Birthday Social, All Are Welcome!/LR</p> <p>7:00PM: Movie/TPR</p>	<p>11:00AM: Yoga With Michele/TPR</p> <p>7:00PM: Movie/TPR</p>
22	23	24	25
<p>10:30AM: Trip to the Spellman Stamp Museum at Regis College</p> <p>2:30PM: Rivers School Chamber Ensemble/LR</p> <p>4:00-5:30 PM Happy Hour/Pub</p> <p>7:00 PM Movie/TPR</p>	<p>8:30-3:30 PM: Medical Appts</p> <p>11-11:45 AM: Tai Chi/TPR</p> <p>2:00 PM: Crafts Project/TPR</p> <p>4-5:30 PM: Happy Hour/Pub</p> <p>7:00 PM: Music With Brad Smith/LR</p>	<p>10:00AM: Protestant Service/C</p> <p>2:00PM: *NEW* Book Group Discussion "The Guernsey Literary and Potato Peel Pie Society" By Mary Ann Shaffer & Annie Barrows/L</p> <p>7:00PM: Movie/TPR</p>	<p>11:00AM: Yoga With Michele/TPR</p> <p>7:00PM: Movie/TPR</p>
29			
<p>10:00AM Trip to Patriot Place Hall of Fame and Lunch at CBS Scene Bar & Restaurant</p> <p>4:00-5:30 PM Happy Hour/Pub</p> <p>7:00 PM: Movie/TPR</p>			<p>Card Room (2nd Floor): CR</p> <p>Chapel: C</p> <p>Country Kitchen: CK</p> <p>Dining Room: DR</p> <p>Exercise Room: ER</p> <p>Garden Level Crafts: G</p> <p>Living Room: LR</p> <p>Library: L</p> <p>Main Lobby: ML</p> <p>Private Dining Room: PDR</p> <p>Totem Pole Room: TPR</p>

Staying in Shape Can Be Fun!

Don't abandon your plans to get in shape in 2012. Help is on its way! We are delighted to announce our new Fitness Director, Sally Aubin. Sally joined Norumbega Point in December and is a wonderful addition to our community. Sally brings with her a wealth of knowledge and a passion for staying fit. A lifelong fitness enthusiast, Sally knows firsthand that staying in shape can be fun! "I am looking forward to getting the residents involved in some sort of fitness activity. There are so many enjoyable ways to get moving. We offer swimming, dancing, weight lifting and walking. There is something for everyone!" When Sally is not in the Fitness Center at Norumbega, you can find her on the tennis court, swimming, gardening or playing golf. Sally is currently the Woman's 9 Hole Golf Champion at her golf club! "I love the residents," exclaimed Sally. "They make me smile every day!"



Sally Aubin, Fitness Director

Making Wonderful Winter Memories



Norumbega friends meet at The Pub

Long winter days of staying indoors can make anyone a little antsy, but the extra downtime can be a golden opportunity for self-enrichment and an opportunity to make new friends. Join your neighbors at the Super Bowl party on Sunday, Feb. 5. You don't have to be a football fan to join the fun. There will be snacks, conversation and maybe even some friendly bets! If football is not your thing, this month the Art Gallery features a collection from the students at The Country School. Norumbega Point will be treated to a Choral Performance and reception on Tuesday afternoon, Feb. 28; 3-4 p.m. Come out and meet these young artists. Use your time inside to improve your mind while reaching out to others—and make some wonderful winter memories.