



Waterstone on High Ridge

May 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			Stretch & Flow Class – 10:00am Bridge Club – 10:00am Current events / Alix – 10:30am Balance program by TheU – 11:00am Chair YOGA / the U Fitness– 1:30pm Word Games / Anique – 2:00pm Indoor Mini Golf / ALIX – 3:00pm Waterstone Sings! / Alix – 4:00pm Beer & Wine Social Hour – 4:30pm	Boxing Class – 9:30am Aqua Aerobics Class – 10:00am Shopping/ Trader Joes & CVS –10:30am ZUMBA - 11:00am Chess Class - 1:00pm Legacy Jernialing / Pat – 2:00pm Blackjack / Anique – 3:00pm Sign Language Class – 3:00pm Trivia Night – 4:30pm	Strength & Recovery – 10:00am Bridge Club – 10:00am Memory Games / Alix – 10:30am Chair YOGA – 11:30am Pilates Class – 1:30pm Fireside Chat – 1:00pm Dead Pet Rise talk and Play – 2:00pm Art History / Darby C. – 3:00pm Happy Hour "Live Music" –4:30pm	Aqua Aerobics Class – 9:45am Technology Tips – 10:00am Corn Hole – 11:00am Chess Club – 1:00pm Gunsmoke Country Band –2:00pm Short Stories Club – 3:00pm Knitting Club – 4:00pm Spelling Bee / Alix – 4:30pm
5	6	7	8	9	10	11
Sunday Mass (Live Stream) - 10:15am Tv Series / Movie Club – 10:30am Chair YOGA / Carol 11:30am Bridge Club – 1:30pm Cinco De Mayo music / Barbara O – 2:00pm BINGO- 4:00pm Technology Tips – 4:30pm	Cardio & Recovery – 10:00am A "Times" to Discuss – 10:00am Word Games / Anique – 11:00am Tai Chi Class – 1:30pm Concordia Conservatory Classical Concert- 2:00pm Canasta Club – 2:00pm Word Games / Anique – 2:00pm Martini & Mocktail Mondays – 4:30pm	Boxing Class – 9:30am Aqua Aerobics Class – 10:00am Latin Dance/ Diane – 10:30am Fireside Chat – 1:00pm Resident Council – 2:00pm Blackjack & Poker/ Anique – 3:00pm Mahjong Club – 3:00pm Conversational Spanish - 4:00pm Bingo – 4:30pm	Stretch & Flow Class – 10:00am Bridge Club – 10:00am Current events / Alix – 10:30am 80 Years of World War 2 / Mark Albertson – 11:00am Chair YOGA / the U Fitness– 1:30pm Word Games / Anique – 2:00pm Indoor Mini Golf / ALIX – 3:00pm Meet the Artist Reception – 4:30pm	Boxing Class – 9:30am Aqua Aerobics Class – 10:00am Shopping/ Shop Rite –10:30am ZUMBA - 11:00am Chess Class - 1:00pm Women on the Watch – 2:00pm Special Cooking Demo / New Dining Director Dave. – 3:00pm Trivia Night – 4:30pm	Strength & Recovery – 10:00am Bridge Club – 10:00am Memory Games / Alix – 10:30am Chair YOGA – 11:30 Pilates Class – 1:30pm Fireside Chat – 2:00pm Art History / Darby C. – 3:00pm Happy Hour "Live Music" –4:30pm	Aqua Aerobics Class – 9:45am Technology Tips – 10:00am Flower Arrangement Social – 11:00am Chess Club- 1:00pm Music / Chris Cutler – 2:00pm Short Stories Club – 3:00pm Knitting Club – 4:00pm Spelling Bee / Alix – 4:30pm
12	13	14	15	16	17	18
Sunday Mass (Live Stream) - 10:15am Tv Series / Movie Club – 10:30am Chair Yoga / Carol 11:30am Waterstone Mother's Day Brunch 12:00 to 2:00pm Bridge Club – 1:30pm Post Brunch Music/Frankie Palmer – 2:00pm BINGO- 4:00pm Technology Tips – 4:30pm	Cardio & Recovery – 10:00am A "Times" to Discuss – 10:00am Word Games / Anique – 11:00am Tai Chi Class – 1:30pm Music / Melody Men– 2:00pm Canasta Club – 2:00pm Word Games / Anique – 2:00pm Martini & Mocktail Mondays – 4:30pm	Boxing Class – 9:30am Aqua Aerobics Class – 10:00am Latin Dance/ Diane – 10:30am Fireside Chat – 1:00pm Jazz Trio / Margie – 2:00pm Blackjack & Poker/ Anique – 3:00pm Mahjong Club – 3:00pm Conversational Spanish - 4:00pm Bingo – 4:30pm	Stretch & Flow Class – 10:00am Bridge Club – 10:00am Current events / Alix – 10:30am Walking Club / Anique – 11:00am Chair YOGA / The U Fitness – 1:30pm Art Class with Colleen – 2:00pm Word Games / Anique – 2:00pm Indoor Mini Golf / ALIX – 3:00pm Beer & Wine Social Hour – 4:30pm	Boxing Class – 9:30am Aqua Aerobics Class – 10:00am Shopping/ Stop & Shop– 10:30am ZUMBA - 11:00am Chess Club – 1:00pm Dietary Supplements/ Dr. Feuerstein- 1:00pm Wine 101 "Eastern European " – 2:00pm Birding walk / Vinny – 3:00pm Trivia Night – 4:30pm	Strength & Recovery – 10:00am Bridge Club – 10:00am Memory Games / Alix – 10:30am Chair YOGA – 11:30 Pilates Class – 1:30pm Fireside Chat – 1:00pm Wine 101 "Eastern European " – 2:00pm Birding walk / Vinny – 3:00pm Happy Hour "Live Music" –4:30pm	Aqua Aerobics Class – 9:45am Technology Tips – 10:00am Corn Hole – 11:00am Chess Club – 1:00pm Music / The Norwalk Coral Chorale– 2:00pm Short Stories Club – 3:00pm Knitting Club – 4:00pm Spelling Bee / Alix – 4:30pm
19	20	21	22	23	24	25
Sunday Mass (Live Stream) – 10:15am Tv Series / Movie Club – 10:30am Chair Yoga / Carol 11:30am Bridge Club – 1:30pm Music/ Emilie Surtees– 2:00pm BINGO- 4:00pm Technology Tips – 4:30pm	Cardio & Recovery – 10:00am A "Times" to Discuss – 10:00am Word Games / Anique – 11:00am Tai Chi Class – 1:30pm Are you Smarter Than an Earthworm / Peter Shrager – 2:00pm Canasta Club – 2:00pm Word Games / Anique – 2:00pm Martini & Mocktail Mondays – 4:30pm	Boxing Class – 9:30am Aqua Aerobics Class – 10:00am Latin Dance/ Diane – 10:30am Music / Gregory M – 11:00am Fireside Chat – 1:00pm Spring walk / Diane – 3:00pm Blackjack & Poker/ Anique – 3:00pm Mahjong Club – 3:00pm Conversational Spanish - 4:00pm Bingo – 4:30pm	Stretch & Flow Class – 10:00am Bridge Club – 10:00am Current events / Alix – 10:30am Betty Davis / Mark Albertson – 11:00am Chair YOGA / The U Fitness – 1:30pm Word Games / Anique – 2:00pm Indoor Mini Golf / ALIX – 3:00pm Waterstone Sings! / Alix – 4:00pm Beer & Wine Social Hour – 4:30pm	Boxing Class – 9:30am Aqua Aerobics Class – 10:00am Shopping/ Costco – 10:30am ZUMBA - 11:00am Chess Club – 1:00pm Blackjack / Anique – 2:00pm Sign Language Class – 3:00pm Trivia Night – 4:30pm	Strength & Recovery – 10:00am Bridge Club – 10:00am Memory Games / Alix – 10:30am Chair YOGA – 11:30 Pilates Class – 1:30pm Fireside Chat – 1:00pm Shabbat (Rabbi Ginsburg) – 2:00pm Art History / Darby C. – 3:00pm Happy Hour "Live Music" –4:30pm	Aqua Aerobics Class – 9:45am Technology Tips – 10:00am Flower Arrangement Social – 11:00am Chess Club – 1:00pm Environmental Education / Stamford Museum & Nature Center – 2:00pm Short Stories Club – 3:00pm Knitting Club – 4:00pm Spelling Bee / Alix – 4:30pm
26	27	28	29	30	31	
Sunday Mass (Live Stream) – 10:15am Tv Series / Movie Club – 10:30am Chair Yoga / Carol 11:30am Bridge Club – 1:30pm Music / band Music with Maria T. - 2:00pm BINGO- 4:00pm Technology Tips – 4:30pm	Cardio & Recovery – 10:00am Word Games / Anique – 10:00am Intellectual Discussion/Ralph Cohen– 11:00am Tai Chi Class – 1:30pm Opera Afternoon / Dr. Jerry – 2:00pm Canasta Club – 2:00pm Word Games / Anique – 2:00pm Martini & Mocktail Mondays – 4:30pm	Boxing Class – 9:30am Aqua Aerobics Class – 10:00am Latin Dance/ Diane – 10:30am Fireside Chat – 1:00pm Book Club– 2:00pm Blackjack & Poker/ Anique – 3:00pm Mahjong Club – 3:00pm Conversational Spanish - 4:00pm Bingo – 4:30pm	Stretch & Flow Class – 10:00am Bridge Club – 10:00am Current events / Alix – 10:30am Walking Club / Anique – 11:00am Chair YOGA / The U Fitness – 1:30pm Word Games / Anique – 2:00pm Art Class with Colleen – 2:00pm Indoor Mini Golf / ALIX – 3:00pm Beer & Wine Social Hour – 4:30pm	Boxing Class – 9:30am Aqua Aerobics Class – 10:00am Shopping/ Wholefoods – 10:30am ZUMBA - 11:00am Chess Club – 1:00pm Blackjack / Anique – 2:00pm Sign Language Class – 3:00pm Trivia Night – 4:30pm	Strength & Recovery – 10:00am Bridge Club – 10:00am Memory Games / Alix – 10:30am Chair YOGA – 11:30 Pilates Class – 1:30pm Fireside Chat – 1:00pm MET Opera at Waterstone – 1:30pm Birding walk / Vinny – 3:00pm Happy Hour "Live Music" –4:30pm	
					** Car services within a 10mile radius is available for all residents. Please schedule rides with the front desk concierge.	**Shopping Trip Day available on Thursdays Bus leaves at 10:30am Please let the concierge know the day before!

Waterstone News & Views

Contributors- Harriet Liss, Barbara Finkel, Betty Genter Kaori Kelts, Lucille Flynn,
Graphic Design- Vincent Farrell



Waterstone News & Views

May 2024



Letters from the Executive Director

May 1, 2024
Dear Families and Residents,
April Showers bring May flowers!
This weather is a dream. As we work on all the landscaping and perennials, the property is looking better every day. The Gardening club has been hard at work getting the garden ready for the summer season. If you would like to assist us, let Vinny know.
We welcome Stan Poburian our new Director of Maintenance and Chef David Hart our new Director of Dining Services. They are busy getting to know the community. I can tell you they are amazing!
Wendy

Need To Relax?

Did you know that YouTube has many free, calming videos? You can access them on your TV if you have the YouTube app, or else on your computer by going to www.YouTube.com.
All you need to do is navigate to the "search" listing, then type in "meditation". A sub list will appear with multiple choices such as white noise, meditation for peace of mind, meditation music to relax mind and body, and many many more.
For example, some videos feature waterfalls or fish swimming while quiet relaxing music plays.
It's wonderful and it's free!

1950's Top TV Shows

Texaco Star Theater
Philco TV Playhouse
Your Show of Shows
The Colgate Comedy Hour
Gillette Cavalcade of Sports
The Lone Ranger
Arthur Godfrey's Talent Scouts
Hopalong Cassidy
I Remember Mama

Calling all Gardeners

With the arrival of May and Warmer weather, the Garden Club is set to resume its spring planting. The Raised beds in the patio outside the Country Kitchen have been renewed with fresh compost and fertilizer, lettuce and carrot seeds have been started and herbs to plant. Meetings are held on Monday Mornings at 11:00am outside the Country Kitchen. All are welcome to join the Fun.
"Where Flowers Bloom, So Does Hope" (Lady Bird Johnson)

Resident Highlight

Florence Brooks was born in Cincinnati, Ohio. At the age of 12, her dad moved the family because of work. This would be the beginning of five moves throughout her middle and high school years. She did end up back in Cincinnati for her senior year of high school. Soon after graduation, the family moved again, this time to Larchmont, New York.
Florence got an office job at Nestle's in White Plains. A few years later she met her future husband, Jim. After an 18-month courtship, they married. When the last of her four children was in school, Florence began to do volunteer work and found that this was what she wanted and needed to do.
She spent 30 years singing in her church choir and volunteered in the gift shop of the local hospital.
She worked with a group of blind senior citizens and was amazed by how they had adapted to their sightless world so well. For example, they enjoyed going bowling. She would give them some hints about where the remaining pins were, and they would then direct the ball in that direction.
Once a week she would volunteer at the church's free kitchen that fed the hungry. When her children were attending Catholic school, the school could not afford to hire a gym teacher, so Florence added that role to her list of "good works".
Jim retired from General Foods and the couple relocated to South Carolina. She again volunteered at a hospital and joined two choruses.
Once again, she became involved with blind adults and had fun taking them to a Dollar Store and assisting them with choosing items (none of which she had to read the cost of on the price tag).
Her interest in working with blind people was probably related to the fact that, in later life, her dad became blind due to both glaucoma and later to a stroke. She worked to help him cope and adjust. They discovered, in the '70s that the Library of Congress would provide sightless citizens with a free machine that could "read" talking books which would come in the mail. That was a great benefit.
Florence and Jim had been married 63 years when he passed away two years ago. One of her two children who lives nearby found Waterstone and encouraged her to move here. She is so happy she did. She admits to being a people person and has enjoyed meeting so many warm and interesting fellow residents. She finds them and the staff have such positive attitudes. She is hopeful that a chorus can be formed here at Waterstone. She would likely be the first one to sign up. She glows with pride when talking about her family: two sons, two daughters, six grandchildren and nine great-grandchildren.
All is good in Florence's world.

Staff Highlight

Daniel is a native New Yorker. He grew up in the Robert Wagner Houses in East Harlem, living with his mother, older sister and grandparents. During the week he would attend school in Harlem and on the weekends live with his dad in Brooklyn.
In middle school he developed his passion for participating in sports, playing basketball but yearning to play football. He was very disciplined, working out often so that when he entered high school he was able to fulfill his dream to play football. He was an inside receiver and also on defense corner back, and on special teams. Then covid came along and "messed up a lot". He then took up track and returned to playing basketball for his high school.
Upon graduating high school he started to notice a lot more about life and realized that he needed to get more serious about his future. To quote him "most boys dreams are to go pro but I had to be realistic so I gave up on sports". He is enrolled now at the Borough of Manhattan Community College and is studying electrical engineering. He also has an interest in real estate.
He lives with his mother during the week and spends his weekends here in Connecticut with his dad.
He has also worked hard to be a good role model for all of his siblings, which includes a sister who, at 20, is 2 years older than he is, plus 2 younger brothers and 2 younger sisters.



Lucille's Limerick

Spring arrives with a cheer,
Bringing blossoms far and near.
With flowers in bloom,
Gone is winter's gloom,
It's the time we hold dear.

Vinny's Riddle

What is full of holes, but still hold water?

(April= A Clock)

Waterstone Sunshine Committee
Happy Birthday to YOU...

- Roberta White 5/5
- Marion (Mimi) Alford 5/7
- James White 5/8
- Martha Haseltine 5/19
- Norman Hamer 5/20
- Jane Frattaroli 5/22
- Alfred Knight 5/24
- Robert Neiman 5/25

