



LATHROP

Lamp Post

July 14, 2024 - July 20, 2024

NORTH RESIDENTS SURPRISE DONNA



Donna King is privy to most of the goings-on at the North campus, but last week the residents managed to catch her by surprise with a birthday celebration as part of their July 4 festivities. Donna, thank you for all you do for Lathrop. More than 50 residents gathered to enjoy an impressive and excellent selection of food and endured the day's humidity with good will.

DINING DELIGHTS



Sunday, July 14

Soup: Summer Vegetable (V, GF)
Salad: Fresh Strawberry with Goat Cheese over Greens
Entrée 1: Gouda Stuffed Chicken Breast (GF)
Entrée 2: Red Snapper with Lemon Caper Sauce (GF)
Side Dishes: Garlic Mashed Potatoes, Asparagus, and Yellow Beets
Dessert: Coconut Cream Pie

Monday, July 15

Soup: Asparagus
Salad: Waldorf
Entrée 1: Lemon Herb Chicken Thighs (GF)
Entrée 2: Stuffed Sole (GF)
Side Dishes: Rice Pilaf, Wilted Spinach, and Vegetable Medley
Dessert: Crepes with Mascarpone and Mixed Berries (Filling and Berries only GF)

Tuesday, July 16

Soup: Vichyssoise (Chilled Potato and Leek) (V, GF)
Salad: Basil Potato
Entrée 1: Fettucine with Clam Sauce
Entrée 2: Tenderloin Tips in Whiskey Cherry Sauce (VA, GF)
Side Dishes: Oven Roasted Potatoes, Summer Squash, and Minted Peas
Dessert: Strawberry Rhubarb Pie

Wednesday, July 17

Soup: Summer Squash (V, GF)
Salad: Spinach with Lemon Dressing
Entrée 1: Turkey with Orange Cranberry Relish (GF)
Entrée 2: Tarragon Salmon (GF)
Side Dishes: Sweet Potato Hash, Green Beans with Toasted Pine Nuts, and Roasted Cauliflower
Dessert: Oreo Cheesecake

Thursday, July 18

Soup: Minestrone (V)
Salad: Marinated Roma Tomatoes & Cucumber over Greens
Entrée 1: Golumpki (Cabbage Leaf Stuffed with Rice and Ground Beef)
Entrée 2: Kielbasa and Sauerkraut (GF)
Side Dishes: Pierogi, Mixed Vegetables, and Sauteéd Zucchini
Dessert: Paczki Polish Fruit Doughnuts

Friday, July 19

Soup: Gazpacho (V, GF)
Salad: Coleslaw
Entrée 1: Fish & Chips
Entrée 2: Pesto Chicken Thighs with Fresh Tomato (VA, GF)
Side Dishes: Hand Cut Fries, Wilted Kale, and Corn on the Cob
Dessert: Strawberry Romanoff (GF)

Saturday, July 20

Soup: Five Lily (V, GF)
Salad: Tortellini
Entrée 1: Veal Piccata (VA)
Entrée 2: Trout with Scallion Herb Butter (GF)
Side Dishes: Pesto Orzo, Swiss Chard, and Coconut Carrots
Dessert: Red Velvet Cake

DINING ROOM SEATING

Town Home residents can make reservations for dinner in the Dining Room. A 24-hour notice is required. Those with a meal plan are still receiving delivery unless otherwise specified.

EAST DAILY HAPPENINGS

Wellness Clinic Hours:

Monday to Friday
9:30 AM to 10:30 AM

Transportation: Call 413-437-5371
Monday - Friday 8:00 AM to 4:00 PM

Saturday, July 13

- 11:30 Chair Yoga Video (MTR)
- 1:30 Carolyn Moss talks about her grandfather's art (MTR)
- 7:00 Movie Night: "Brigadoon" (MTR)

Sunday, July 14

- 10:00 Quaker Gathering (GR)
- 2:00 Music East: Lara Herskovitch (MTR)

Monday, July 15

- Trash for Town Homes
- 10:00 Exercise with Eunice (MTR)
- 11:30 Chair Yoga with Julie (MTR)
- 12:30 Activities Meeting
- ~~2:00 Heidi Dollard/Pollinator Network (MTR)~~
- POSTPONED UNTIL FURTHER NOTICE

Tuesday, July 16

- 10:00 One Day University: "1920 Presidential Election" (GR)
- 11:30 Pilat-Ease with Julie (MTR)
- 12:30 New England Low Vision Presentation (MTR)
- 2:30 Highlands of Scotland (MTR)

Wednesday, July 17

- 10:00 "Dancercise" with Dolores (MTR)
- 11:30 Chair Yoga Video (MTR)
- 12:00 Bright Spot Therapy Dog (Lobby)
- 1:30 Resident Council Meeting (MTR)
- 2:00 Scrabble (LW)
- 7:00 Movie Night: "I Know Where I'm Going" (MTR)

Thursday, July 18

- 10:00 Breathe and Stretch with Rob (MTR)
- 10:00 One Day University: "Marilyn Monroe" (GR)
- 11:30 Chair Yoga Video
- 1:00 Word Game with Allison Ryan (MTR)
- 3:00 Meditation (GR)
- 4:00 Board Committee Meeting (MTR)

Friday, July 19

- 9:00 Healthy Bones and Balance with Denise (MTR)
- 9:30 - 11:30 Garden Tours (SU/V)
- 10:00 One Day University "End of the Dinosaurs" (GR)
- 1:30 The Curious History of the Riddle (Outside or MTR)
- 3:30 Series Viewing: "This is Us" (MTR)

Saturday, July 20

- 8:45 Open Rehearsal Tanglewood (SU/V/\$)
- 11:30 Chair Yoga Video (MTR)
- 7:00 Movie Night: "The Chalk Garden" (MTR)

VAN TRIPS (EAST)

Monday, July 15

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|---------------------|----------|
| Stop & Shop (SU/V) | 10:00 AM |
| Aldi's (SU/V) | 1:00 PM |

Tuesday, July 16

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| Walmart (SU/V) | 10:00 AM |
| Big E's (SU,V) | 1:30 PM |

Wednesday, July 17

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|------------------------|----------|
| CVS and Errands (SU/V) | 10:00 AM |
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Thursday, July 18

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| Barrington Stage: A Tender Thing (SU/V/\$) | 12:15 PM |
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Friday, July 19

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| Sketchers Outlet and Classic Burger (SU/V/\$) | 12:00 PM |
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Saturday, July 20

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| Open Rehearsal, Tanglewood (SU/V/\$) | 8:45 AM |
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NORTH DAILY HAPPENINGS

JULY 13 – JULY 20

STAFF OFFICE HOURS:

Monday: 12:00 – 3:00 Erin Curtin
Tuesday: 1:00 - 4:00 Paul Kane
Wednesday: 9:00 - 4:00 Patrick Arguin
Wednesday: 12:00 – 3:00 Erin Curtin
Thursday: 2:00 - 4:00 Holly Smith-Bové
Friday: 1:00 - 4:00 Rob Olmsted
Jen Davis: jdavis@lathrop.kendal.org

Saturday, July 13

3:00 Walk Around, Go Right

Sunday, July 14

2:00 Movie: "LA Confidential"

Monday, July 15

Trash and Recycling
10:00 Aging with Grace (Zoom)
2:30 Mahjong (L)
4:00 Lane Meeting, Crabapple

Tuesday, July 16

10:00 Men's Group (L)
1:00 Bridge (L)
1:00 Balance Class with Jen (FR)
1:30 Better Strength with Jen (FR)
4:30 Bereavement Group (Zoom)
4:30 Lane Meeting, Goldenchain

Wednesday, July 17

12:30 Bones & Balance
1:30 Knitters Group (GR)
3:00 Gardeners Meeting (GR)
3:30 Walk Around, Go Left
3:30 Tai Chi

Thursday, July 18

10:00 Thursday Café (GR)
10:00 Program Committee
10:00 Balance Class with Jen (FR)
12:30 Private Event, Flutes (L)
2:30 Chair Yoga with Rob (GR)

VAN TRIPS

Monday, July 15

Stop & Shop (SU/V)	10:00 AM
Aldi (SU/V)	1:15 PM

Tuesday, July 16

Walmart	10:00 AM
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Thursday, July 18

Big Y (SU/V)	9:00 AM
Barrington Theatre "A Tender Thing" (SU/V/\$)	2:00 PM

Saturday, July 20

Tanglewood (SU/V/\$)	9:00 AM
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Friday, July 19

10:00 Yoga (GR)
2:30 Poker (L)
5:00 Lane Meeting, Dogwood
6:30 Dinner at the Inn

Saturday, July 20

2:00 Walk Around, Go Right

Resuming Tradition: Coming July 22

Quarterly birthday parties were canceled during the Covid years and are returning on Monday July 22 at 3:00 when we will celebrate the birthdays of residents born in July, August, and September. Mark your calendars.

COMMUNITY LIFE

SATURDAY, JULY 13 AT 1:30 IN THE MT TOM ROOM

Join us in the Mt Tom Room on July 13 as Carolyn Moss offers a presentation about her grandfather, Ishii Hakutei, who was a major influence on modern Japanese art.



~~JULY 15 AT 2:00 IN THE MT TOM ROOM~~ UNFORTUNATLEY, THIS EVENT HAD TO BE POSTPONED, BUT KEEP IT ON YOUR RADAR...

Heidi Dollard is a pollinator activist, steering committee member of the Massachusetts Pollinator Network, Master Gardener intern, and enthusiastic native plant gardener. She will join us in the near future to speak about pollinators and their connections to our gardens.

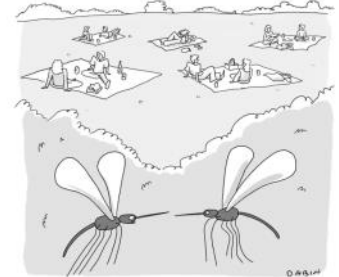


COMMUNITY LIFE

JULY 16 AT 12:30 IN THE MT TOM ROOM

New England Low Vision and Blindness offers a presentation about assistive technology for people with low vision. All are welcome. Join us to learn more about this topic for yourself or for your friends or neighbors.

Please note: New England Low Vision and Blindness is unable to bill health insurance for technology products.



"Picnic season!"

JULY 16 AT 2:30 IN THE MT TOM ROOM

The curious history of the riddle: I am neither clothes nor shoes, yet I can be worn or taken off, disappearing. What am I? Answer: A smile!

Join Julie to learn about the history of the riddle and how metaphor and analogy establishes how we process information.



JULY 19 AT 1:30 OUTSIDE OR THE MT TOM ROOM

Join Julie et al at 2:30 on Tuesday, July 16 in the Mt Tom Room to "Travel the Highlands of Scotland" and learn about the ten must-visit places.



JOKE OF THE WEEK:

What sits on the seabed and has anxiety?

A nervous wreck!

Please send all submissions for a Friday Lamp Post to Jennifer Kinsman (jkinsman@lathrop.kendal.org and Holly Smith-Bové (hsmithbove@lathrop.kendal.org) by noon on the preceding Wednesday.

COMMUNITY LIFE

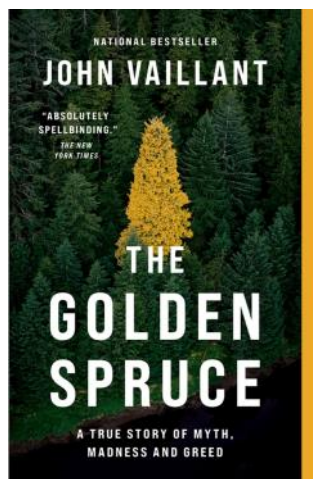
MUSIC EAST PRESENTS: LARA HERSCOVITCH ON JULY 14

All are encouraged to join us on the East Campus on Sunday, July 14 at 2:00 in the Mt Tom Room (temperatures are predicted to be in the 90's, so the Mt Tom Room is the most likely venue).

We welcome Lara Herscovitch, a singer-songwriter-poet-performer gem. She composes in a modern folk style, and delivers her works with a “luminous” voice. Connecticut Public Radio host Colin McEnroe observed, “Lara reminds us that music can be heroic when it springs from a strong heart”. She was selected by the Connecticut Office of the Arts to serve in the honorary position of State Troubadour (think poet laureate, only music). She is the daughter of our own Carol Wood.



ENVIRONMENTAL CORNER: NEWS FROM LATHROP'S ENVIRONMENTAL STEWARDS



The next Environmental Education and Action book club selection is “The Golden Spruce” by John Vaillant - a riveting account of a true eco-crime story, masterfully weaving a tale of the fate of an awe-inspiring, “magical” mutant 300 year old Sitka spruce, sacred to the Haida of British Columbia, into a paean to Old Growth forest under attack from a ruthlessly efficient logging industry - which is described in fascinating detail. A provocative probing of the themes, “What hath man wrought” and “What/whom is Nature for?”

Marybeth Bridegam has spent time with the Haida and will moderate the discussion of this book, planned for Monday August 26 at 4:00 in MTR.

COMMUNITY LIFE

LATHROP IS BLOOMING...

The Native Plants Group (of the Land Conservation Committee), the Ad Hoc Inn Garden Committee and the Environmental Education and Action Committee have collaborated to bring us three events this month:

July 15 at 2:00

Heidi Dollard of the Mass Pollinator Network will give a talk, in person in the Mt Tom Room and on zoom (hybrid), about pollinators and the connections between their well-being and our gardens and landscapes.

July 19 at 9:30 to 11:30

Open Gardens Morning: Self-guided tours of some of our Easthampton town home gardens and our common gardens (for example - the Inn Garden, Teaberry Garden). Maps will be provided at the Inn. North campus residents are warmly invited and urged to carpool. The van will be available to drive residents who sign up. (July 26 is our alternate date in case of rain, heat, tornado, flood etc., but all our fingers are crossed that it won't be necessary)

July 29 at 2:00 to 3:30

Garden Party! We will gather - from both campuses - either under the tent or in the Inn dining room to have fun and refreshments (including a special cake from Marny Smith to celebrate the revival of the Inn Garden). Wear your favorite garden hat and bring your green thumb.

We will have tables for plant labeling - for the Inn Garden and your own gardens - and a chance to swap native plants, or just take potted-up plants from fellow gardeners and our native plant sources.

If you are a gardener who has not yet signed up and wish your garden to be on the tour, send Susan Garrett an email. It's not too late to show off those blooms or that greenery!

If you have some native plant volunteers that are extra that you would be willing to donate, send Susan Garrett an email.

Hope you can join us.

Bobbie, Myra and Susan



SAVE THE DATES

**JULY 22 AT 2:00 IN THE MT TOM ROOM:
HAM PRESENTS POEMS ON GARDENING**



**JULY 23 AT 2:30 IN THE MT TOM ROOM:
QUARTERLY BIRTHDAY PARTY**



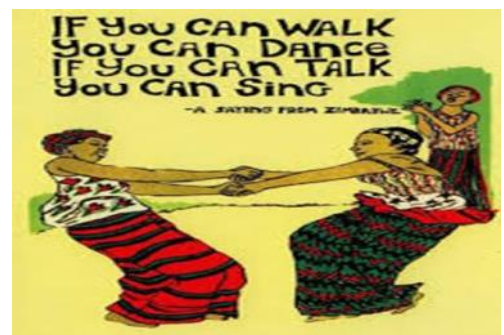
**JULY 24 AT 1:00 IN THE MT TOM ROOM:
“WHEN THE MIND IS FREE”**

“When the Mind’s Free” centers on the experience of a lesbian couple and their family confronting the challenges of dementia and addiction.

A 90-minute original dance-theatre production of improvisation, this piece lifts language, ideas, and story from Shakespeare’s *King Lear* and places them in a contemporary context. How might we bring levity and light into life’s challenges? After this performance, the play will be performed at the Shea theater for two weeks. We are blessed to have a free performance. If there is time there will be room for discussion and reflection.



**JULY 25 AT 3:30 IN THE MT TOM ROOM
COME SING WITH THE UKULELE
GROUP**



ENVIRONMENTAL CORNER:

NEWS FROM LATHROP'S ENVIRONMENTAL STEWARDS

On June 24, residents shared their enthusiasm, marveling about fungi, stimulated by the book titled "Entangled Life" by Merlin Sheldrake. Some examples of fantastic fungi facts are:



Split gill fungi have 23,000 mating types or "sexes!" A lot more than "binary!"



Pilobolus launches its spores (~60,000 per black tip) up to 2.5 m, accelerating $>21,000g$ = 10,000 faster than the space shuttle!



Bricks made from organic waste and fungi mycelium.



Mushroom leather going mainstream in fashion accessories.