



# LATHROP

# Lamp Post

January 12 – 18, 2025

## HAVE YOU MET JEN DAVIS?



It is Lathrop Policy that residents meet with our Fitness Coordinator and Trainer, for an orientation in the Fitness Room before using the equipment.

Jen guides residents embarking on a new exercise program, picking up their existing routine here at our facility or set new goals.

Schedule by emailing [jdavis@lathrop.kendal.org](mailto:jdavis@lathrop.kendal.org)

**Easthampton: Wednesday and Friday 10-2p**

**Northampton: Tuesday and Thursday 10-2**

## HAVE YOU TRIED TOUCHTOWN (AKA UNIGUEST)?

Touchtown is Lathrop's online Bulletin Board. You can find dining menus, resident handbooks, monthly calendars, meeting minutes, lamp posts and more. Follow the instructions below to try it out!



Basic instructions are as follows:

- In your web browser go to [www.residentapps.com](http://www.residentapps.com)
- Enter your username which is the first initial of your first name followed by your last name and then a period and the initial lc (for Lathrop Community) ---all lowercase

Example: `jsmith.lc`

- Your password is your last name (capitalize the first letter only)

Example: `Smith`

- Check the box that says "keep me logged in" and you're all set!





# DINING DELIGHTS



## Sunday, January 12

**Soup:** Mushroom with Rice (V, GF)  
**Salad:** Spinach with fresh Strawberries and Balsamic Dressing  
**Entrée 1:** Yankee Pot Roast (GF)  
**Entrée 2:** Citrus Shrimp (VA, GF)  
**Side Dishes:** Herbed Barley, Parsnip, and Okra  
**Dessert:** Pumpkin Custard

## Monday, January 13

**Soup:** New England Clam Chowder (GF)  
**Salad:** Dilled Cucumbers and Mushrooms  
**Entrée 1:** Swedish Meatballs  
**Entrée 2:** Chicken Picatta (VA, GF)  
**Side Dishes:** Egg Noodles, Fresh Brussel Sprouts, and Corn O'Brien  
**Dessert:** Baked Apple Molasses over Ice Cream (GF)

## Tuesday, January 14

**Soup:** Garden Vegetables (V, GF)  
**Salad:** Balsamic Pear and Pistachio over Arugula  
**Entrée 1:** Filet of Sole Veronique (VA, GF)  
**Entrée 2:** Sautéed Chicken Breast Dijon (VA, GF)  
**Side Dishes:** Quinoa with Black Olives, Vegetable Medley, and Carrots Sauterne  
**Dessert:** Key Lime Pie (GF)

## Wednesday, January 15

**Soup:** Chicken Vegetable (GF)  
**Salad:** Potato  
**Entrée 1:** Sautéed Turkey Breast with Porcini Mushrooms (VA, GF)  
**Entrée 2:** Cranberry Apple Salmon  
**Side Dishes:** Mashed Potatoes, Roasted Turnips, and Broccoli Au Gratin  
**Dessert:** Chocolate Cherry Mousse (GF)

## Thursday, January 16

**Soup:** Tuscan Kale and White Bean (V, GF)  
**Salad:** Apple Walnut Slaw  
**Entrée 1:** Sautéed Shrimp with Balsamic Vinegar and Chives (VA, GF)  
**Entrée 2:** Roast Beef with Gingersnap Gravy (VA, GF)  
**Side Dishes:** Roast Red Potatoes, Harvard Beets, and Yellow Squash with Almonds  
**Dessert:** Butterscotch Tart (GF filling ONLY)

## Friday, January 17

**Soup:** Egg drop (V, GF)  
**Salad:** Crisp Eggroll  
**Entrée 1:** Sweet and Sour Tamarind Chicken (VA, GF)  
**Entrée 2:** Chinese Beef with Broccoli  
**Side Dishes:** Basmati Rice, Peas, and Ginger Carrots  
**Dessert:** Plantains with Sweet Cream (GF)

## Saturday, January 18

**Soup:** Tomato Cheddar (V, GF)  
**Salad:** Arugula with Oranges and Key Lime Vinaigrette  
**Entrée 1:** Medallion of Pork with Apple in Port Wine (VA, GF)  
**Entrée 2:** Cod with Pistachio Olive Tapenade (VA, GF)  
**Side Dishes:** Boiled Potato, Mixed Vegetable, and Green Beans  
**Dessert:** Berry Cobbler ala Mode

## DINING ROOM SEATING

Townhome Residents can make reservations for dinner in the Dining Room. 24 hour notice is required. Those with a meal plan are still receiving delivery unless otherwise specified.

# EAST DAILY HAPPENINGS

## Wellness Clinic Hours:

Every Day

9:30 AM to 10:30 AM

**Transportation:** Call 413-437-5371

Monday - Friday 8:00 AM to 4:00 PM

### Saturday, January 11

11:30 Chair Yoga video (MTR)

2:00 One Day University: Psychedelic Revolution (GR)

7:00 Movie: This Time Next Year (MTR)

### Sunday, January 12

10:00 Quaker Gathering for Worship (GR)

1:30 French Club with Grace (GR)

### Monday, January 13 *Trash Only*

10:00 Exercise with Eunice (MTR)

11:30 Chair Volleyball with Sam (MTR)

1:00 Magazine Collages with Sam (MTR)

1:30 Being Mortal Monday with Mark Peterson (MTR)

### Tuesday, January 14

10:15 One Day University: Picking Popes (GR)

11:30 Pilat-Ease with Julie (MTR)

12:30 Activities Committee (LW)

2:30 Easthampton High School Students (MTR)

### Wednesday, January 15

10:00 Better Balance with Jen (MTR)

10:30 Better Strength with Jen (MTR)

11:30 Chair Yoga with Julie (MTR)

12:00 Therapy Dog (Inn Lobby)

1:30 Council Meeting (MTR)

2:00 Manta Rays with Julie (GR)

3:00 Scrabble (LW)

7:00 Movie: To Catch a Thief

### Thursday, January 16

10:00 Dancercise with Dolores (MTR)

11:30 Chair Yoga with Julie (MTR)

1:00 Word Game with Julie (MTR)

2:30 Uni/Sushi with Dianne (MTR)

3:00 Meditation (GR)

### Friday, January 17

9:00 Healthy Bones & Balance with Denise (MTR)

10:15 One Day University: Harry Houdini (MTR)

11:30 Chair Volleyball with Sam (MTR)

1:30 Our Stories with Mark Peterson (MTR)

### Saturday, January 18

11:30 Chair Yoga video (MTR)

2:00 One Day University:

TV That Changed the Rules (GR)

7:00 Movie: 7 Women and a Murder (MTR)



## VAN TRIPS (EAST)

### Monday, January 13

10:00 Shop Stop & Shop (SU/V)

1:00 Shop at Aldi's (SU/V)

### Tuesday, January 14

10:30 Walmart (SU/V)

1:00 Big E's (SU/V)

### Wednesday, January 15

10:00 CVS & Errands (SU/V)

### Thursday, January 16

12:30 Cancer Connection Thrift Store (SU/V)

# NORTH DAILY HAPPENINGS

## Saturday, January 11

2:00 Walk Around, Go Right

## Sunday, January 12

2:00 Movie: The Dead (GR)

## Monday, January 13 Trash & Recycling

12:30 Bones & Balance (GR)

2:00 Folk Songs with Bill King (GR)

2:30 Mahjong (Library)

3:30 Being Mortal Monday with Mark Peterson (GR)

## Tuesday, January 14

10:00 Men's Group (GR)

1:00 Balance Class (Fitness Room)

1:00 Bridge (Library)

1:30 Strength Class (Fitness Room)

1:30 North East Book Club (Zoom)

2:00 Chair Massage (CR)

3:00 Country Dance (GR)

4:30 Tai Chi Class (GR)

## Wednesday, January 15

10:00 Resident Council Meeting (GR)

12:30 Bones & Balance (GR)

1:30 Knitter's Group (GR)

2:30 Stan Moulton (GR)

3:30 Tai Chi Practice (GR)

## Thursday, January 16

10:00 Thursday Café (GR)

10:00 Balance Class (FR)

10:00 Program Committee (Library)

10:30 Strength Class (FR)

12:00 Pot Luck Chili Day (GR)

12:30 Flutes (GR)

3:30 Murder Mystery Movie (GR)

4:00 Butternut Lane Meeting (Library)

### STAFF OFFICE HOURS:

Tuesday: 12:00 - 3:00 Paul Kane

Wednesday: 9:00 - 4:00 Patrick Arguin

Wednesday: 9:00 - 12:00 Sarah Gauger

Thursday: 12:00 - 3:00 Erin Curtin

Thursday: 2:00 - 4:00 Holly Smith-Bové

Friday: 9:00 - 12:00 Erin Curtin

Friday: ~~1:00 - 4:00 Rob Olmsted~~

(vacation 1/11 - 18)

Jen Davis: [jdavis@lathrop.kendal.org](mailto:jdavis@lathrop.kendal.org)

## Friday, January 17

10:00 Yoga (GR)

12:00 Bag Lunch (GR)

2:30 Poker (Library)

4:00 Dogwood (GR)

## Saturday, January 18

2:00 Walk Around, Go Right

*Save the Date*

1/24 Monthly Luncheon

1/27 Cooking with Dianne

1/29 Democracy Strong Meeting



## VAN TRIPS (NORTH)

### Monday, January 13

10:15 Shop Stop & Shop SU/V

1:15 Shop at Aldi's (SU/V)

### Tuesday, January 14

10:15 Walmart (SU/V)

### Thursday, January 16

9:00 Shop BigY (SU/V)

12:45 Cancer Connection Thrift Store (SU/V)



## COMMUNITY LIFE



### Magazine Collages with Sam

A magazine collage activity involves cutting out images and text from magazines to create a visual composition. This fun, hands-on project encourages creativity and self-expression, allowing participants to share their collages and the stories behind them.

**Monday, January 13, at 1:00PM, Garden Room, East Campus**

### Schedule Change: Ham Salsich poems is moving to Monday, January 20. Being Mortal Monday with Mark Peterson is on 1/13 instead

Join Mark Peterson for an informal conversation regarding: enhancing medical directives.

**Monday, January 13, at 1:30PM, Mount Tom Room, East Campus**

**Monday, January 13, at 3:30PM, Gathering Room, North Campus**

### Easthampton High School Students



Please come to our first **intergenerational** event with the Easthampton H.S. student council. We would like to join forces to develop relationships to last throughout the school year and need your ideas and suggestions as you meet the students. For this first session, let's engage and play games with the teenagers. More will be revealed as we continue with this program.

**Tuesday, January 14, at 2:30PM, Mount Tom Room, East Campus**

### Northampton Campus Welcomes Stan Moulton



Residents are invited to an open forum with Ward 1 City Councilor, Stan Moulton. Listen as he shares the latest from the City of Northampton and also answers your questions.

**Wednesday, January 15, at 2:30PM, Gathering room, North Campus**

### Cooking with Dianne



Join Dianne for an exciting culinary experience as she guides residents through the process of crafting delicious food. This week in Easthampton she will be cooking up uni/sushi. Classes are limited to 15 people and residents who sign up will be charged \$5 per class.

Later this month she will be cooking dumplings in Northampton.

**Thursday, January 16, at 2:30PM, Mount Tom room, East Campus**

### Our Stories

Special with Mark Peterson and his 7-year pen-pal relationship with a former inmate.

**Friday, January 17, at 1:30PM, Mount Tom room, East Campus and Zoom**



# COMMUNITY LIFE



## BONNIE ROBBINS

Bonnie moved to Lathrop with her husband Ron in January of 2016 and to the Inn early December of 2024.

Bonnie and Ron were high school sweethearts from Indiana.

They married while in college at Indiana University and have two daughters, Ann and Michele whom residents will see around the Inn frequently.

## FROZEN PIPES BURST!



With these very low temperatures, please remember to leave you kitchen cabinets under your kitchen sink OPEN. This will allow warm air from your home around the pipes and keep them from freezing and bursting. Thank you and Keep Warm!

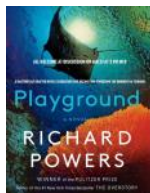
Please send all submissions for a Friday Lamp Post to Sam Monks, (smonks@lathrop.kendal.org) and Sarah Gauger, (sgauger@lathrop.kendal.org) by noon on the preceding Wednesday. Thank You!



Student Prince and Bright Nights



# ENVIRONMENTAL AWARENESS



## Environmental Education and Awareness

Don't Miss the next EEA Book Discussion:

*Playground* by Richard Powers. "Set in the world's largest ocean, this awe-filled book explores that last wild place we have yet to colonize in a still-unfolding oceanic game, and interweaves beautiful writing, rich characterization, profound themes of technology and the environment, and a deep exploration of our shared humanity in a way only Richard Powers can."

**Monday, January 27, at 3:00PM in the Mount Tom room, East campus.**