



LATHROP

Lamp Post

January 19 – 25, 2025

NEW! Conference Room

Our Library Workroom has been completely transformed and is now officially the "Conference Room"! If you haven't had a chance to check out the newly renovated space, be sure to stop by! A big thank you to Kathy O'Connell and everyone involved in bringing this project to life!



Dear Residents,

If you have an event you'd like to add to the calendar, we kindly ask that you attend the Activity Committee meetings, which are held on the second Tuesday of each month at 12:30 PM in the conference room (formerly the library workroom). These meetings are where we plan for the upcoming month's events. If you cannot attend, please feel free to reach out to Sam Monks and Julie Robbins the following week to arrange for your event to be added. After that, we'll be happy to schedule your event for the following month. We understand that time and space are limited resources, and we are actively working to find solutions to this challenge. Most importantly, we want to thank you for all the hard work you contribute to Lathrop.

Resident Engagement Team



DINING DELIGHTS



Sunday, January 19

Soup: Salmon and Corn Chowder (GF)

Salad: Pickled Beet

Entrée 1: Trout Amandine (VA, GF)

Entrée 2: Grilled Chicken with Tasso Ham and Tomato Sauce (VA, GF)

Side Dishes: Roast Garlic Mashed Potatoes, Zucchini Provencal, and Kale

Dessert: Carrot Cake with Cream Cheese Frosting

Monday, January 20

Soup: Turkey with Rice (GF)

Salad: Latke (Potato Pancake) with Sour Cream and Applesauce

Entrée 1: Grilled Kielbasa with Onions and Peppers (VA, GF)

Entrée 2: Stuffed Peppers (VA, GF)

Side Dishes: Pierogies, Roast Squash, and Wax Beans

Dessert: Crème de Menthe Parfait (GF)

Tuesday, January 21

Soup: Tomato Florentine (V, GF)

Salad: Carrot and Raisin Slaw

Entrée 1: Franks and Beans

Entrée 2: Honey Mustard Chicken Thigh (VA, GF)

Side Dishes: Macaroni and Cheese (Pomball Style), Mixed Vegetables, and Cauliflower Polonaise

Dessert: Blueberry Compote over Vanilla Ice Cream (GF) (GF)

Wednesday, January 22

Soup: French Onion (VA, GF)

Salad: Spinach with Warm Bacon Cider Dressing

Entrée 1: Tortellini with Meat Sauce (GF)

Entrée 2: Grilled Eggplant Parmesan (VA, GF)

Side Dishes: Spaghetti ala Limone, Roast Mushroom and Pearl Onion, and Buttered Lima Beans

Dessert: Mocha Crème Brulé (GF)

Thursday, January 23

Soup: Mediterranean Fish Chowder (V, GF)

Salad: Greens with Candid Pecan, Strawberries, and Apricot

Entrée 1: Catch of the Day (ask your server) with Grilled Pineapple Sauce (VA, GF)

Entrée 2: Baked Ham with Cherry Port Sauce (VA, GF)

Side Dishes: Potatoes Au Gratin, Peas and Carrots, and Baked Roma Tomato Parmesan

Dessert: Tapioca Pudding (GF)

Friday, January 24

Soup: Potato Leek (V, GF)

Salad: Key Lime and Coconut Arugula

Entrée 1: Bistro Steak with Gorgonzola Butter (VA, GF)

Entrée 2: Breast of Chicken Stuffed with Ricotta, Olive and Sundried Tomatoes (GF)

Side Dishes: Yukon Gold Potatoes, Broccoli with Cheese Sauce, and Yellow Beets

Dessert: Raspberry Turnover

Saturday, January 25

Soup: Split Pea (V, GF)

Salad: Caesar

Entrée 1: Chicken Pot Pie with Biscuit Topping

Entrée 2: Beef Stroganoff

Side Dishes: Buttered Egg Noodles, Wilted Greens, and Veg Medley

Dessert: Pumpkin Pie

Residents may also order from the always available menu.

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 18

- 11:30 Chair Yoga video (MTR)
- 2:00 One Day University: TV That Changed the Rules (GR)
- 7:00 Movie: Jimmy Carter Rock and Roll President (MTR)

Sunday, January 19

- 10:00 Quaker Gathering for Worship (GR)
- 1:30 French Club with Grace (GR)
- 2:00 Music East Presents: StompBoxTrio (MTR)

Monday, January 20 *Trash & Recycling Martin Luther King Day / Staff Holiday*

- 10:00 Exercise with Eunice (MTR)
- 2:00 Poems that honor Dr. Martin Luther King with Ham (MTR)
- 7:00 Movie: Selma (MTR)

Tuesday, January 21

- 10:15 One Day University: King Arthur (GR)
- 11:30 Pilat-Ease with Julie (MTR)
- 1:00 Inn Community Circle (MTR)
- 2:15 Martin Luther King Play with Julie and Sam (MTR)

Wednesday, January 22

- 9:30 Resident Association Meeting (MTR/Zoom)
- 11:45 Chair Yoga with Julie (MTR)
- 12:00 Therapy Dog (Inn Lobby)
- 1:30 Flora's India (DR)
- 3:00 Scrabble (LW)
- 7:00 Movie: How the Beatles Changed the World

Thursday, January 23

- 10:00 Dancercise with Dolores (MTR)
- 11:30 Chair Yoga with Julie (MTR)
- 1:00 Word Game with Allison (MTR)
- 2:00 Memorial Ceremony (MTR)
- 3:00 Meditation (GR)

Friday, January 24

- 9:00 Healthy Bones & Balance with Denise (MTR)
- 10:15 One Day University: Black holes (MTR)
- 11:30 Chair Volleyball with Sam (MTR)
- 1:30 Friday Folkies (MTR)

Saturday, January 25

- 9:30 Townhouse Coffee Social (MTR)
- 11:30 Chair Yoga video (MTR)
- 2:00 One Day University: Panama Canal (GR)
- 7:00 Movie: Family Plot (MTR)



VAN TRIPS (EAST)

Tuesday, January 21

- 10:00 Big Y (SU/V)
- 12:00 Big E's (SU/V)

Wednesday, January 22

- 10:00 CVS & Errands (SU/V)

Friday, January 24

- 10:30 Atkins Farm (SU/V/\$)

NORTH DAILY HAPPENINGS

The Meeting House front door is unlocked Monday through Friday 8:00am to 4:30pm. Tuesday it remains unlocked until 5:30pm for tai chi class.

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
Jen Davis: jdavis@lathrop.kendal.org

Saturday, January 18

1:00-5:00 Resident Private Event (GR)

Sunday, January 19

2:00 Movie: The Selma (GR)

Monday, January 20 *Trash Only*

Martin Luther King Day / Staff Holiday

Tuesday, January 21

10:00 Men's Group (GR)
1:00 Balance Class (FR)
1:00 Bridge (Library)
1:30 Strength Class (FR)
3:00 Country Dance (GR)
4:30 Tai Chi Class (GR)
4:30 Bereavement Group (Zoom)

Wednesday, January 22

10:00 Executive Committee (GR)
10:30 Caregivers Group (Zoom)
12:30 Bones & Balance (GR)
3:00 2040 Movie (GR)
3:30 Tai Chi Practice (FR)

Thursday, January 23

10:00 Thursday Café (GR)
10:00 Balance Class (FR)
10:30 Strength Class (FR)
11:30 Financial Round Table (Zoom)
12:30 Flutes (Private Event, Library)
3:30 Murder Mystery Club (GR)

Friday, January 24

10:00 Yoga (GR)
12:00 Pizza Luncheon (GR)
1:30 Chair Yoga (GR)
2:30 Dementia Friends (GR)
2:30 Poker (Library)
4:00 Dogwood (GR)

Saturday, January 25

9:00-5:00 Resident Private Event (MH)

Save the Date

1/27 Cooking with Dianne at 2:00pm



VAN TRIPS (NORTH)

Thursday, January 23

9:00 Shop BigY (SU/V)

Friday, January 24

10:45 Atkins Farm (SU/V/\$)



Music East Presents: StompBoxTrio



We are pleased to welcome the StompBoxTrio, whose blend of classic 20th-century blues with 21st-century mojo, creates a soulful, hip-shaking sound of their own. Their love and admiration for American roots and blues music, propels them to share their distinctive sound and love for music with people of all ages. John Caban plays the dobro and stompbox, Paul Kochanski plays bass and percussion, and Evelyn Harris, longtime member of Sweet Honey in the Rock, offers percussion and vocals.

Masks will be available. We invite all East and North residents to join us.

Sunday, January 19, at 2:00PM, Mount Tom room, East Campus

Resident Association Meeting

All residents are invited to the association's quarterly gathering. The meeting will begin at 10:00 AM, with sticky buns and coffee/tea available starting at 9:30 AM. If you're unable to attend in person, the meeting will also be held via Zoom.

Wednesday, January 22, at 10:00AM, Mount Tom room and on Zoom, East Campus

Flora's India



Take a moment to explore the fascinating objects displayed in the glass cabinet by the elevator. Flora Majumder is sharing a collection of cherished keepsakes from India, gathered over the years. These unique articles are crafted from materials such as sandalwood, papier-mâché, kid leather, water buffalo horns, raw silk, and marsh reeds, each telling a story of craftsmanship and culture. Flora will give an insightful talk about the items and we hope you can join us for this special presentation!

Wednesday, January 22, at 1:30PM, Inn Dining room, East Campus

Memorial Ceremony

You are invited to a ritual to honor those who have passed and who brought light and love into your life. There will be white bags available for you to pick up at the concierge desk. This bag will represent someone you would like to acknowledge. You may wish to remember more than one person, a pet, or a special place that is lost to you. You can decorate the bag with just the person's name, a photo, a drawing, words to describe them, etc. — whatever you wish. Please include both your name and theirs on the bag.

Please bring your bags to the Mt. Tom Room at the start of the event. We will place electric votive candles in each bag. At the event, you will be given a moment, if you wish, to speak the name of the person you are honoring and their relationship to you. Everyone will have up to 2 minutes. Your bags and votive candles will be collected and displayed in the lobby once the event is over. Refreshments will be provided. Remember, love leaves a memory no one can steal.

Thursday, January 23, at 2:00PM, Mount Tom room, East Campus



COMMUNITY LIFE

Music North Presents: Peter Blanchette and Charlotte Malin



Music North's next concert features two fine musicians. One is a perennial favorite, Peter Blanchette, inventor and master of the 11-string archguitar. Peter has devoted his career of 40+ years to arrangements he's made for his instrument of music from the 13th century to the present day, especially the violin, cello, lute, keyboard, and orchestral works of JS Bach. He'll be joined by violinist and violist Charlotte Malin, who has performed as a soloist and chamber musician worldwide and currently teaches at Amherst College. Expect a memorable hour of music from these two together!

Sunday, January 26, at 3:00PM, Gathering room, North campus

Aging with Grace

The Aging with Grace group is now three years old. More people have expressed an interest in joining it, but it has already grown to 13 members. As a result, we'll be starting a new group, which now has only 5 members, so has room for growth, if more people have an interest. It will meet on Zoom on the 1st and 3rd Wednesdays of the month at 3:30 in the afternoon, and will last about an hour. We always start with a "check-in" as a way of promoting community and getting to know one another better, and we follow that with a discussion of a topic related to aging: losses, but also benefits, the realities of ill health and mortality, developing new coping strategies, changing family relationships, etc. etc. etc. The group will have its first meeting on February 5 at 3:30. If you are interested in becoming a member – or just want to discuss the possibility – please contact me: Audrey Bernstein, audjb26@gmail.com, 413-727-8523 (home) or 203-258-8124 (cell).



To be a Dementia Friend is to be "someone who is knowledgeable about and committed to being mindful and respectful toward people living with dementia." This Lathrop initiative hopes to have every resident, and every staff member attend the one-hour Dementia Friends information session.

Northampton session: Friday, January 24, at 2:30PM

Easthampton session: Monday, January 27, at 1:30PM

EASTHAMPTON WINTERFEST—Activities Galore!

Check out all the fun activities during Easthampton's annual WinterFest! Several events during January. Main Big Day is February 8.

Visit website to learn more: <https://www.nashawannuckpond.org/winterfest.html>

- Allison Ryan

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!



COMMUNITY LIFE

A Word Like Light:

HOLY

by Ham Salsich

Today I will have the good fortune of living a holy life in a holy Universe. Every little and large aspect of today will be sacred, from the widespread sky to the countless sweet wrinkles on my hands. Somehow, everything will be sanctified, as though it shines with the dazzle of a sunrise – even the simple pencil on my desk, even the old and tattered cap sitting on my head. There will be something almost sacred in every event – me walking from my desk to the kitchen, a car gliding past our house, the clothes washer tumbling and tossing. Each moment today will be almost ceremonial, as if I should pause now and then and bow in respectfulness and thanks. All the moments today will be brand-new, never seen before, fresh as a sunrise - and shouldn't I worship each one, since it can blessedly transform my life?



ENVIRONMENTAL 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

2040 showing rescheduled at Northampton

The Environmental Education and Action Committee has rescheduled the showing of “2040” for Wednesday, January 22, at 3:00PM in the Northampton Meeting House gathering room. The film is 1 hour and 32 minutes and is available on You Tube if you are unable to attend.

Hope you can stay for a brief discussion afterwards.

- Myra Gordon

SAVE THE DATE!

Stewardship and Change from Indigenous People to the Present: Barbara Walvoord will present a program on The History of Lathrop Land on February 12, at 3:00PM in the Gathering room in the Meeting House. Some of this is the same presentation that Barbara gave on the east campus this past fall, but it has been revised and augmented.

-Barbara Walvoord