



Get Fit. Stay Sharp. Age Well.



at Youville

A Glimpse Into Our Programs Spring 2023

1573 Cambridge Street
Cambridge, MA
617.491.1234

10 Pelham Road
Lexington, MA
781.861.3535

www.youvilleassistedliving.org



About Youville Assisted Living Residences

Youville House in Cambridge and Youville Place in Lexington are vibrant assisted living communities with a shared tradition of mission-oriented service for older adults.

Each with its distinct feel, Youville House and Youville Place offer the comfort and privacy of apartment living, the security of 24-hour onsite wellness staff, housekeeping services and a robust activities schedule that reflects the diverse interests of residents. Residents enjoy nutritious, home-cooked meals prepared and served by professional dining staff.

The Courtyard at Youville Place provides memory support for residents in the early to advanced stages of dementia.

Youville derives its name from St. Marguerite d'Youville, who lived in 17th Century Montreal and founded "The Grey Nuns" of Montreal, devoting her life to charity. Youville is a member of Covenant Health, a non-profit, Catholic healthcare organization serving communities throughout New England. For more information about the Youville communities, please visit us on the web:

www.youvilleassistedliving.org



Assisted Living - with the emphasis on *living*

Dear Friends,

Youville is proud to celebrate 25 years serving Cambridge and Lexington as values-based, non-profit assisted living residences. Our legacy is based on a strong sense of mission that is carried out daily by our dedicated staff. Our mission continues to thrive through strong partnerships with friends in the outside community. We are more focused than ever on fostering that special feeling of connection and personal fulfillment we like to call the "Youville experience." I hope you will join us for as many programs as you like and experience this feeling for yourself.

This catalog is meant to give you a glimpse into the active lifestyle residents enjoy at Youville House and Youville Place. We provide opportunities for ongoing learning, creativity, spirituality and fitness, and we regularly update these offerings to ensure that they reflect the unique interests of our residents. The diversity of programs in this catalog reflects the diversity of the individuals that come together to make Youville such a unique community. As you will see, Youville offers exercise classes, meditation groups, religious support,

Program Categories



Intellectual	2
Spiritual	4
Physical	6
The Arts	8

live concerts, lectures, specialized dance classes and much more.

If you would like to attend a program or schedule a tour, please feel free to contact us in Cambridge at 617.491.1234 or in Lexington at 781.861.3535. We would be happy to hear from you. As always, we remain committed to supporting both our residents and our friends in the outside community.

Sincerely,

Nicole M. Breslin

Nicole M. Breslin
President/CEO
Youville Assisted Living Residences

Celebrate Cinco de Mayo with Mexico Lindo

We will celebrate Cinco de Mayo with food, drinks, and live music performed by Mexico Lindo, an acclaimed, local Mariachi band. Mexico Lindo features lively Latin rhythms, authentic Mexican instruments and great vocal harmonies.



**To RSVP, please contact
Yanira Burgos
at 617.491.1234 or email
yaniraburgos@youvillehouse.org**



INTELLECTUAL 

The United States Constitution

A Lecture Series with Rick Tulipano

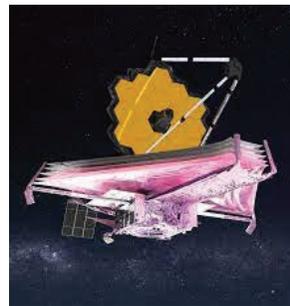
The United States Constitution is the most enduring continuing blueprint for a national government in world history. This four-part lecture series will examine the powerful ideas and personalities behind the Constitution, its adoption, and its extraordinary staying power. Mr. Tulipano will examine the contents of the Constitution, article by article, weighing the lofty ideals of its framers against the realities of life in America today. Finally, he will examine more contemporary crises that have compelled us to re-interpret the Constitution.



For the Love of Astronomy

An Update on the James Webb Space Telescope with Bill Atkinson

On December 25, 2021, NASA launched the James Webb Space Telescope into space. Its mission: to view the oldest stars and galaxies in the universe. Drawing on his own lifelong interest in exploring the cosmos, Youville House resident and amateur astronomer Bill Atkinson will provide background information about the remarkable development and deployment of the telescope, as well as the most recent updates from NASA.



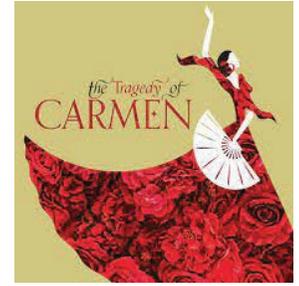
The History of Opera

A Lecture Series with Erika Reitshamer

Erika Reitshamer is a lifelong student and lover of opera. She was active in the formation of the Boston Lyric Opera Company over 40 years ago, led opera tours to Europe, and served as Vice President of the Boston Wagner Society. Erika taught opera appreciation for Lifelong Learning at Regis College for nine years and provides lectures for numerous educational institutions in the greater Boston area.

Carmen

When Georges Bizet's "Carmen" was first performed in 1875, audiences were shocked by the depictions of lawlessness and proletarian life. Bizet died during the initial run of the opera, unaware that it would become a timeless classic. "Carmen" is set in southern Spain and tells the story of the downfall of Don Jose, a naive soldier who is seduced by the wiles of the fiery Carmen.



Fidelio

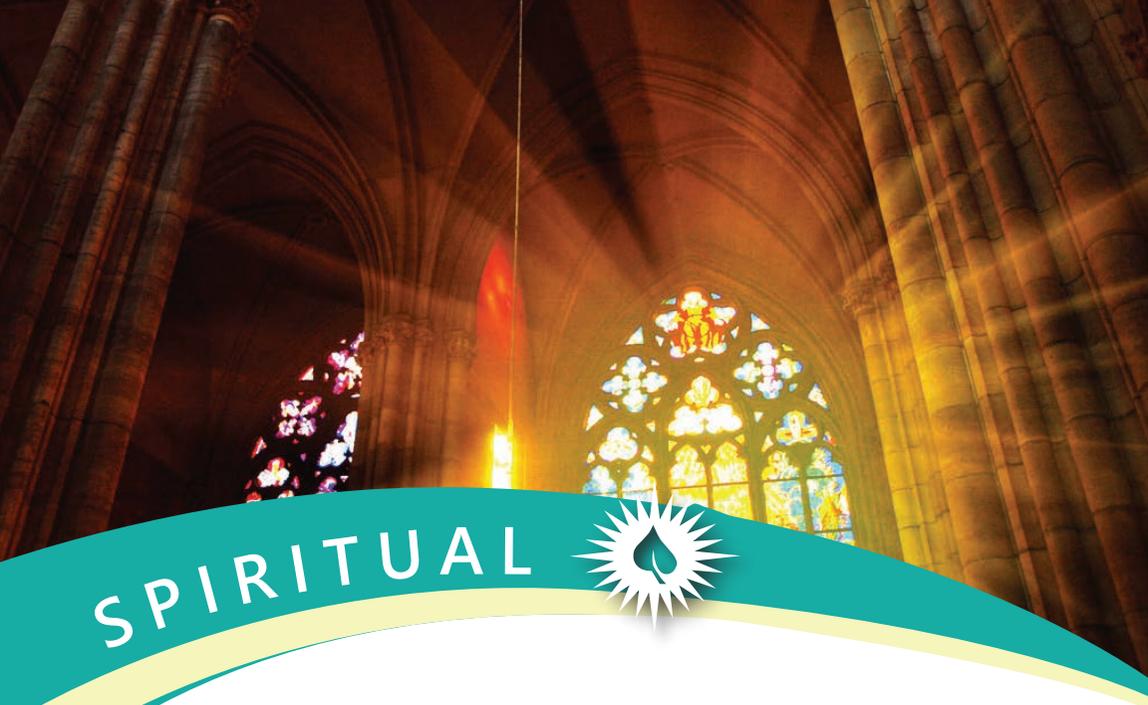
Beethoven's only opera went through multiple revisions during his life, and proved so difficult for him that he never wrote another. He told a friend, "this opera will win me a martyr's crown." "Fidelio" tells the story of a woman who disguises herself as a prison guard to save her husband from death as a political prisoner. Following its third revision in 1914, the opera became a great success and is now considered a classic.



Don Giovanni

Regarded as one of the greatest operas of all time, "Don Giovanni" is an opera in two acts with music by Wolfgang Amadeus Mozart set to a libretto by Lorenzo Da Ponte. It is based on an ancient Spanish legend about a libertine, blending comedy, melodrama and the supernatural.





SPIRITUAL



Catholic Mass

For many lifelong Catholics, celebrating Mass is the most important part of their day and a welcome reminder of why living in a faith-based community is so important. Residents benefit from a full church experience without have to arrange for transportation off campus.



Rosary & Communion Service

Many Catholic residents take great comfort in performing religious rituals such as saying rosary and celebrating Holy Communion. During Covid-19, the Director of Mission and Spiritual Care is available for one-on-one visits to offer rosary and Communion service.

Mysticism & The Five Pillars of Islam

With Kathleen Kelleher, Director of Mission and Pastoral Care

In observance of the Holy Month of Ramadan, Kathleen Kelleher will provide an overview of the five pillars of Islam and the mystical Sufi tradition. Learn about the 99 names or attributes of God listed in the Qur'an and discuss which attributes most resonate with your own conception of God.



Inspirational Insights

A Discussion Series with Natacha Viollet

Natacha Viollet hails from Paris, is a mother of six young adults, a family practitioner, and a Boston-trained hospital chaplain. In this series, she leads searching and heartfelt discussions about the things that matter most in life. Topics have included patience, humility, how to build up others, and how to practice self-care. This program encourages attendees to be deliberate and intentional about living their best lives as individuals and within community.



Passover Seder

With Kathleen Kelleher, Director of Mission & Spiritual Care

Passover is an important, seven-day holiday that commemorates the deliverance of the Jews from their enslavement in ancient Egypt, as recounted in the Haggadah and the Book of Exodus. Jewish families typically gather on the first evening of Passover for a Passover Seder, a symbolic meal. Residents of all faiths are invited to participate in a traditional Passover Seder and learn more about the associated foods, the rituals and the rich history.



Celebrate Purim

With Kathleen Kelleher, Director of Mission and Pastoral Care

The Jewish holiday of Purim is on Monday, March 6. Purim commemorates the salvation of Persian Jews from genocide during the reign of the Persian King Artaxerxes, as told in the Book of Esther. Themes of Purim (also known as "Festival of Lots") include feasting, the reversal of fortune and hidden identity. The Book of Esther is typically read in the morning and the evening of Purim. All residents of all faiths are welcome to learn more about Purim customs and participate in a traditional celebration.





PHYSICAL

Steps in Time: Ballroom Dancing A Dance & Movement Class with Michael Winward Dance Instructor, Choreographer

Inspired by the idea that people of all ages and abilities should have opportunities to dance, Michael Winward has led social Ballroom and Latin dance workshops throughout Greater Boston, witnessing firsthand the many benefits that dancing provides for the "Over-55" community. Dance encourages good posture, offers low-impact, cardiovascular exercise and connects people through the skills of leading and following.



Tai Chi

A Movement Class with The School of Oom Yung Doe

Tai Chi offers a series of meditative movements that open the energy meridians, promoting internal and external strength. This class welcomes Tai Chi novices as well as those with previous experience. Practitioners of Tai Chi often report increased energy, focus, mood and physical wellness. Classes at Youville will be offered for ten weeks in August, September and October.

Fox Rehabilitation Physical & Occupational Therapy

In partnership with Fox Rehabilitation, Youville offers an array of in-house physical and occupational therapy services. Therapists work with residents on an individualized basis, using a multi-disciplinary approach to address coordination, physical strength, fall risks and cognitive wellness. For residents living with Parkinson's disease, Fox offers the services of a specialized speech therapist certified in the LSVT "Big and Loud" Program, a high effort speech treatment that has been shown to improve vocal loudness.



Laughter Yoga

Spontaneous laughter is known to promote cardiovascular health, social bonding, stress reduction and mental wellness. Laughter Yoga involves a combination of physical movements and coordinated, voluntary laughter. Studies have shown that Laughter Yoga produces the same positive results that spontaneous laughter provides.



Ageless Grace

Ageless Grace is a series of physical exercises designed to stimulate neurogenesis, the creation of new neural pathways. Most Ageless Grace sessions are 10 minutes long and performed seated in a chair. Seating ensures that people of all abilities can perform the movements, while also engaging the core muscles that support the spine and limbs. More importantly, the movements are unfamiliar, which is key for stimulating neurogenesis. As the brain works to figure out how to perform movements that normally assume a standing posture, new neural pathways form. Ageless Grace classes are taught by a certified instructor on the Youville leadership team.



www.youvilleassistedliving.org



THE ARTS

ArtMatters

An Art Lecture Series with Jane Blair

ArtMatters has been exposing Youville residents to great art for over a decade. Lecturers draw from an enormous library of life-size, high resolution prints and provide accessible commentary and historical context. A typical ArtMatters lecture might encompass an entire historical period, such as the art of ancient Greece, or home in on the life and work of a singular genius like Van Gogh. A lecture might also focus on a particular medium such as watercolor, the art of portraiture, Impressionism, Surrealism, women artists, the role of humor in art, and much more. Facilitators encourage residents to discuss the works under consideration and share their reactions.



Irish Instrumentals

A Concert with Violinist Yaeko M. Elmaleh and Pianist David Sparr

The fiddle is essential to traditional Irish music. In this lively performance, violinist Yaeko Elmaleh demonstrates a variety of traditional Irish styles, including jigs, reels, hornpipes, as well as music hall selections, with David Sparr accompanying on piano. It's the perfect complement to corned beef and cabbage. Feel free to wear some green and your step-dancing shoes!

Travers Music Lecture Series

A Lecture Series with Richard Travers,
Music Historian & Educator

The Life and Music of Lin-Manuel Miranda

Lin-Manuel Miranda is an American composer, lyricist, playwright, rapper, and actor best known for creating and starring in the Broadway musicals *In the Heights* and *Hamilton*, as well as the award winning animated Disney movies *Moana* and *Encanto*. He has been awarded the Pulitzer Prize, three Grammy Awards, an Emmy, two Olivier Awards, a MacArthur Fellowship, and three Tony Awards. Join Richard Travers for a whirlwind tour of Lin-Manuel Miranda's extraordinary life and career.



Irish Poetry and Song

A Lecture with Brian O'Connell

Brian O'Connell will share selections of influential music and poetry from 19th and 20th century Ireland. From the beautiful "Rose of Tralee" to the rousing "Rising of the Moon," the program will showcase Ireland's most beloved songs and explore their cultural relevance. In relation to the songs, Mr. O'Connell will discuss influential poems such as Yeats' "The Lake Isle of Innisfree," a meditation on the sanctuary of nature, place, and memory; as well as "The Cry of the Dreamer," by John Boyle O'Reilly, known as a "people's poet."



Silent Movie with Pianist Richard Hughes

Master pianist and movie expert Richard Hughes takes you back to the magical era of silent movies. It was a time when films flickered in black and white on the big screen and the action unfolded in pantomime, accompanied by dramatic "mood music" performed live on an upright piano. In this signature presentation, Mr. Hughes provides commentary and live musical accompaniment to a handpicked film from this bygone era.



Support Groups at Youville



*Hosted by Kathleen Kelleher
Director of Mission
& Spiritual Care*



Kathleen Kelleher, MDiv, is a board certified chaplain and a regular presence at both Youville House and Youville Place. She is available to meet privately with residents, as well as family members and caregivers. In addition to hosting and facilitating the Parkinson's and Alzheimer's Support Groups, Kathleen strives to be active in the lives of all residents at Youville, whether through one-on-one conversation, group discussions, prayer or simply offering her presence during difficult times.

Every Second Thursday of the Month

Parkinson's Support Group

3:00 PM

For those living with the challenges of Parkinson's disease, regular group support can have an enormous impact on morale and emotional wellness. Participants benefit from the opportunity to establish a network, share information and process their experiences with peers who understand what it's like to have Parkinson's disease.

Offered at Youville House

1573 Cambridge Street, Cambridge, MA

Attendees may join in-person or via Zoom!

Alzheimer's Support Group

4:30 PM

Caregivers, friends and family members of individuals living with Alzheimer's disease are invited to join the Alzheimer's Support Group.

Each session fosters group discussion focused on a variety of caregiver-related topics based on the particular concerns of attendees.

This group currently meets via Zoom.

**For in-person support at Youville Place,
call us anytime at 781.861.3535**

**For Zoom access to either support group or to learn more,
call Kathleen Kelleher at 617.491.1234
or email kkelleher@youvilleplace.org**