

JUNE 2024

Youville Place Newsletter



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Lexington Cello Studio

Sunday, June 2 at 3:00 PM

Students in the Lexington Cello Studio range in age from enthusiastic children to dedicated adults. They perform in prestigious ensembles like the Lexington School Ensembles, the Lexington All-Town Orchestra, and the Rhode Island Philharmonic Youth Orchestra. This performance will showcase several students who have been recognized for their talent in local and international competitions.

Chair Yoga

Mondays at 9:45 AM

This seated yoga class is designed to be safe, effective, and enjoyable while accommodating all skill levels. The exercises are designed to improve mobility, balance, flexibility, and endurance. An instructor from Forever Fit will lead the class and offer feedback.

Meditation with Nancy Ross

Monday, June 3 at 3:00 PM

Tuesday, June 25 at 3:00 PM

Countless studies have confirmed that meditation promotes mental and physical health. Some of the benefits include lower blood pressure, a decreased rate of respiration and lower blood lactate levels. Meditation is also associated with clearer thinking, improved concentration and increased happiness. Join Youville resident Nancy Ross for a guided mindfulness meditation session. Mindfulness involves concentrating on the breath and keeping one's awareness in the present moment.

Pokeno with Vinnie Rodriguez

Tuesday, June 4 at 1:30 PM

You don't have to wait until your next major appliance breaks down in order to spend quality time with Vinnie. This month, join our fearless Director of Environmental Services for a fun, worry-free afternoon of pokeno – the game that combines poker and keno!

Current Events

with Jo Christopher

Wednesday, June 5, 12 & 26

at 10:30 AM

It can be difficult to keep up with our 24-hour news cycle. Join Jo Christopher for a weekly discussion of the current events unfolding locally, nationally and internationally.

Silent Movie

with Richard Hughes

Saturday, June 8 at 1:30 PM

Master pianist and film buff 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.

How to Avoid Scams

with Katie Blanchard

Tuesday, June 11 at 1:30 PM

Older adults have always been attractive targets for scammers. These days, they employ a variety of tactics to gain access to your personal

information and, sometimes, your money. The scammer's playbook includes phone calls, text messages, emails and snail mail. In this talk, Katie Blanchard will discuss how scammers operate and what you can do to avoid them.

Conversations with Paul Ross

Tuesday, June 11 at 3:00 PM

This program was designed by Youville resident Paul Ross to energize and connect residents through conversation. Each session centers around resident-chosen topics that are identified in advance. As always, your participation is critical! The bigger the group, the better the conversation. Whether you have joined before or are new, all are welcome, so be sure to add your voice and your ears to this month's conversation!

Fill My Heart with Song

with Joel & Dan

Saturday, June 15 at 1:30 PM

Join singer/educator Joel Light and accompanist Dan Moore for an afternoon of Broadway tunes and familiar singalongs. The repertoire stretches across most of 20th century popular music. You are likely to know many of the tunes and encouraged to contribute with your voice, hands, and any other musical means at your disposal.

Celebrate Father's Day

with Pianist Minkyung Oh

Sunday, June 16 at 1:30 PM

Minkyung Oh will perform a special concert for Father's Day.

Richard Travers

Music Lecture Series

Felix Mendelssohn

Wednesday, June 19 at 1:30 PM

This lecture will include a presentation of Felix Mendelssohn's most famous works. A gifted musician and composer in his own right, he also played a central role in saving Bach from obscurity by reviving his work for contemporary audiences. Although Mendelssohn lived a short life, his instrumental and choral works make him one of the finest composers of the Romantic period.

“God's Waiting Room”

with Kathleen Kelleher

Tuesday, June 18 at 3:00 PM

In her essay, “God's Waiting Room,” Ruth Danilooff reflected on life's impermanence with the trademark wit and humor that endeared her to so many of us who knew her at Youville House. Written during the Covid era, her essay is still sparking conversation and reflection. In this program, we will re-visit the themes and memorable lines of her essay and share our own thoughts about enjoying life in the full awareness of its transience.

Comedy Hour with Ginger

Saturday, June 22 at 1:30 PM

Did you know that humor is healthy?

In addition to lifting our spirits, laughter can benefit our physical health by reducing stress and improving our cardiovascular health. In this program, Ginger Ellis will discuss how humor benefits us in a variety of ways, before presenting footage of classic comedy routines. Attendees will be encouraged to share how they felt before and after the routines as we explore how humor benefits us physically and psychologically.

Inspirations with Natacha

Thursday, June 27 at 1:30 PM

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.

“A Lovely Light”: The Poetry of

Edna St. Vincent Millay

with Stephen Collins

Friday, June 28 at 3:00 PM

Edna St. Vincent Millay (1892-1950), winner of the 1923 Pulitzer Prize for Poetry, was a daring, versatile writer whose work includes plays, essays, short stories, songs, and the libretto to an opera that premiered at New York's Metropolitan Opera House to rave reviews. In this seminar/performance, acclaimed actor and teacher Stephen Collins recites and discusses Millay's voluminous body of poetry, beginning with her masterpiece, “Renascence,” which she wrote at the age of 19.

Sing Along with Bob Vanaria

Saturday, June 29 at 1:30 PM

In addition to serving as Cantor at the Youville Chapel, Bob Vanaria puts on a monthly musical variety show every month. Sit back and enjoy the show, or feel free to sing along to your heart's content. Bob usually chooses a special theme for his performances, but you have to be there to find out what it is!

Outdoor Summer Concert Series




The Modernistics Trio

Monday, June 20 at 1:30 PM

The Modernistics Trio are Peter H. Bloom, flute; Mark Leighton, guitar; and Dave Zox, double-bass. The group performs music from the Great American Songbook, with crowd-pleasing favorites by Duke Ellington, Cole Porter, Harold Arlen, Irving Berlin, George Gershwin, Dorothy Fields, and other master tune-smiths.



June 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Country Store Store Hours Monday & Friday 10:00 AM - 11:30 AM	 PS Salon Hours Friday 9:30 AM - 2:00 PM Saturday 9:00 AM - 12:00 PM	 Transportation Hours Monday through Friday 8:00 AM- 2:00 PM				1 9:45 Balance Challenge 10:30 Morning Walk 1:30 Collage Making 3:00 Jeopardy Trivia 4:00 Rosary 7:00 Movie: Seven Brides for Seven Brothers
2 9:00 Catholic Mass 9:45 Stretch & Flex 10:30 Morning Walk 1:30 Word Games & Trivia 3:00 Student Recital Lexington Cello Studio 7:00 Movie: Oklahoma!	3 9:00 Catholic Mass 9:45 Chair Yoga 10:30 Get to the Know the Youville Monthly Highlights 1:30 Bingo 3:00 Meditation w/ Nancy R. 7:00 Movie: King Richard	4 9:00 Catholic Mass 9:45 Balance Challenge 10:30 Shopping Trip: Dollar Tree 1:00 Youville's Walking Club 1:30 Pokeno w/ Vinnie 3:00 Bryan's Antiques Roadshow 7:00 Movie: Philomena	5 9:00 Catholic Mass 9:45 Stretch & Flex 10:30 Current Events 1:30 Outdoor Game: Corn Hole 3:00 Bingo 7:00 Movie: Footloose	6 9:00 Pet Visit w/ Heidi & Julia 9:45 Balance Challenge 10:30 Card Creations 1:00 Youville's Walking Club 1:30 Resident Council Mtg. 3:00 Happy Hour 7:00 Movie: Dark Waters	7 9:00 Catholic Mass 9:45 Stretch & Flex 10:30 Paint Along w/ Donna 1:00 Youville's Walking Club 1:30 Bonus Bingo 2:30 Card Games 3:00 Flower Arranging 7:00 Movie: A Walk in the Woods	8 9:45 Balance Challenge 10:30 Morning Walk 1:30 Silent Movie Presentation w/ Richard Hughes 3:00 Afternoon Social on the Patio 4:00 Rosary 7:00 Movie: The Best Exotic Marigold Hotel
9 9:00 Catholic Mass 1:30 Matinee Movie: Casablanca 7:00 Movie: Casablanca	10 9:00 Catholic Mass 9:45 Chair Yoga 10:30 Word Games & More!!! 1:30 Bingo 3:00 Garden Club 7:00 Movie: Something's Gotta Give	11 9:00 Catholic Mass 9:45 Balance Challenge 10:30 Shopping Trip: Lexington Stop & Shop 1:00 Youville's Walking Club 1:30 Scams w/ Katie 3:00 Conversations w/ Paul R. 7:00 Movie: Under the Tuscan Sun	12 9:00 Catholic Mass 9:45 Stretch & Flex 10:30 Current Events 1:30 Old Time Television Trivia w/ Sydney 3:00 Bingo 7:00 Movie: A Beautiful Life	13 9:45 Balance Challenge 10:30 Chit Chat w/ Susan S. 1:00 Youville's Walking Club 1:30 ArtMatters Lecture Post Impressionism 3:00 Happy Hour 7:00 Movie: My All American	14 9:00 Catholic Mass: 9:45 Stretch & Flex 10:30 Painting Class 1:00 Youville's Walking Club 1:30 Bonus Bingo 2:30 Scrabble Club 3:00 Flower Arranging 7:00 Movie: The Intern	15 9:45 Balance Challenge 10:30 Morning Walk 1:30 Fill My Heart w/ Song w/ Joel & Dan 3:00 Jeopardy Trivia 4:00 Rosary 7:00 Movie: The Greatest Showman
Father's Day 16 9:00 Catholic Mass 1:30 Celebrate Father's Day w/ Pianist MinkYung Oh 7:00 Movie: South Pacific	17 9:00 Catholic Mass 9:45 Chair Yoga 10:30 Knit & Crochet w/ Susan C 1:30 Bingo 3:00 Opera Lecture Series (Zoom) w/ Erika Reitshamer 7:00 Movie: Micki & Maude	18 9:00 Catholic Mass 9:45 Balance Challenge 1:00 Youville's Walking Club 1:30 Trip: Bedford Farm Ice Cream 3:00 "Gods Waiting Room" w/ Kahtleen 7:00 Movie: About Time	19 9:00 Catholic Mass 9:45 Stretch & Flex 10:30 Health Chat w/ Christine 1:30 Music Lecture Series Felix Mendelsshon w/ Richard Travers 3:00 Bingo 7:00 Movie: Keys to the Heart	20 9:45 Balance Challenge 10:30 Card Creations 1:00 Youville's Walking Club 1:30 Outdoor Summer Concert: The Modernistic Trio 3:00 Happy Hour 7:00 Movie: Mother of the Bride	21 9:00 Catholic Mass 9:45 Stretch & Flex 10:30 Paint Along w/ Donna 1:00 Youville's Walking Club 1:30 Bonus Bingo 2:30 Card Games 3:00 Flower Arranging 7:00 Movie: 12 Angry Men	22 9:45 Balance Challenge 10:30 Morning Walk 1:30 Comedy Hour w/ Ginger 3:00 Afternoon Social on the Patio 4:00 Rosary 7:00 Movie: A Chorus Line
23 9:00 Catholic Mass 1:30 Matinee Movie: TBA 7:00 Movie: TBA 30 9:00 Catholic Mass 1:30 Matinee Movie: 7:00 Movie: TBA	24 9:00 Catholic Mass 9:45 Chair Yoga 10:30 Word Games & More!!! 1:30 Trivia Challenge 3:00 Bingo 7:00 Movie: Out of Africa	25 9:00 Catholic Mass 9:45 Balance Challenge 11:00 Programs Planning Mtg. 1:00 Youville's Walking Club 2:00 Let's Talk Food 3:00 Meditation w/ Nancy R. 7:00 Movie: The Inn of the Sixth Happiness	26 9:00 Catholic Mass 9:45 Balance Challenge 10:30 Current Events 1:30 An Afternoon of Music w/ Nancy Day 3:00 Bingo 7:00 Movie: The Miracle Club	27 9:45 Balance Challenge 10:30 Baking Club 1:00 Youville's Walking Club 1:30 Inspirations w/ Natacha 3:00 Happy Hour 7:00 Movie: A Passage to India	28 9:00 Catholic Mass 9:45 Stretch & Flex 10:30 Painting Class 1:00 Youville's Walking Club 1:30 Flower Arranging 3:00 The Poetry of Edna St. Vincent Millay w/ Stephen Collins 7:00 Movie: The Wedding Planner	29 9:45 Balance Challenge 10:30 Morning Walk 1:30 Sing Along w/ Bob V. 3:00 Jeopardy Trivia 4:00 Rosary 7:00 Movie: The Phantom of the Opera



Happy Birthday

The June birthstone is pearl, a prized gem that is unique for being an animal product! Mollusks such as clams, oysters and mussels create pearls as a defense against certain pathogens in their shells. The mollusk coats the foreign substance with a gluey substance called conchiolin and layers of calcium carbonate, forming the nacreous mother-of-pearl.

Gloria F.	June 5
Robert L.	June 13
Armand C.	June 15
Norma P.	June 15
Gilda C.	June 18
Marion R.	June 22

An Afternoon of Music with Nancy Day

Wednesday, June 26
at 1:30 PM

An accomplished pianist, singer, and composer, Nancy Day consistently thrills audiences with her dynamic performances. She draws from a wide-ranging repertoire that includes jazz, country, ragtime, musical theatre, and enchanting love songs.



Resident Voices

Recognizing D-Day Anniversary

By Frank & Raymonda Hickey

This year is the 80th Anniversary of D-Day. D-Day was the name given to the June 6, 1944, invasion of the beaches at Normandy in northern France by troops from the United States, Canada, the United Kingdom and other countries during World War II. France at the time was occupied by the armies of Nazi Germany, and the amphibious assault—codenamed Operation Overlord—landed some 156,000 Allied soldiers on the beaches of Normandy by the end of the day. Despite their success, some 4,000 Allied troops were killed by German soldiers defending the beaches. At the time, the D-Day invasion was the largest naval, air and land operation in history, and within a few days about 326,000 troops, more than 50,000 vehicles and some 100,000 tons of equipment had landed.

By August 1944, all of northern France had been liberated, and in spring of 1945 the Allies had defeated the Germans. Historians often refer to D-Day as the beginning of the end of World War II.

President Franklin D. Roosevelt put prayer in first place among his reactions to the invasion on D-Day. That night, by the marvel of radio, our nation could

listen together in real time as the Head of State, President Roosevelt, prayed with us - a unique event.

He concluded his prayer with the inspiring words, "Thy Will be done - Almighty God." In extraordinary circumstances such as this day in 1944, our Christian roots brought us together as one nation under God. Indeed, it was a momentous day for the whole world.



Out on the Town

Ice Cream Trip: Bedford Farm

Tuesday, June 18

Depart: 1:30 PM

Return 3:00 PM

Cost: \$ for ice cream

Shopping Trips

Dollar Tree

Tuesday, June 4

Time: 10:30 AM

Return: 12:00 PM

Stop & Shop

Tuesday, June 11

Time: 10:30 AM

Return: 12:00 PM

Collage Making with Donna Howard Saturday, June 1 at 1:30 PM

Collage is a form of art by assembly. Rather than drafting your images, you build them from preexisting scraps and cut-outs. In this class we will look at different collage techniques and work on our own collages.



Paint Along with Donna Howard

Friday, June 7 & 21 at 10:30 AM

Take your painting skills to the next level with help from an experienced artist! Attendees will receive personal instruction and feedback on brushwork, layering colors, perspective, and composition. No previous painting experience is necessary.



Knitting and Crocheting with Susan Cwieka

Monday, June 17 at 10:30 AM

Whether you have previous knitting or crocheting experience, or are interested in picking up a new hobby, this program combines the pleasure of craft with a relaxing social atmosphere. In this introductory program, Susan Cwieka will share her own experiences knitting through the years and will invite attendees to discuss needlework projects they might be interested in pursuing.



Harness Your Creativity

Save the Date...

Resident Council Meeting

w/ Youville Directors

Thursday, June 6 at 1:30 PM

Let's Talk Food

Director of Dining Services

Tuesday, June 25 at 2:00 PM

Programs Planning Meeting

Tuesday, June 25 at 11:00 AM



Country Store

Store Hours

Monday 10:00 AM - 11:30 AM

Friday 10:00 AM - 11:30 AM

Store Volunteers:

Sr. Theresa R. & Sr. Dolores B.



Mission

We are a Catholic health ministry, providing healing and care for the whole person, in service to all in our communities.

Our Heritage

Youville Assisted Living Residences are communities grounded in the spirit of St. Marguerite d'Youville, foundress of the Sisters of Charity of Montreal, "Grey Nuns." Trusting in God's love, each community serves all those in need with compassion and respect.

Transportation Services

Transportation Hours

Monday through Friday

8:00 AM - 2:00 PM

The fee for transportation is \$10.00 for Lexington and \$20.00 for surrounding communities. Please see the Programs Department with any questions. We will make every effort to accommodate your wishes, but please understand that no transportation can be guaranteed with less than 48 hours notice.



Programs / Menu Hotline/Youville TV Channel

Have you ever wondered whether your favorite program is on the schedule for the day? You can hear a recorded list of the daily programs as well as the menu for lunch and dinner at Youville Place. Simply call (781) 761-1334 directly, or call the Reception Desk and the receptionist will connect you. You can also tune in to channel 918 to view daily program listings, lunch and dinner menus, news bulletins, weather updates, and more.



Youville Place Management Team

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Director of Mission &

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Director of Environmental
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Director of Dining Services

Director of Programs

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www.youvilleassistedliving.org

HOW TO Avoid Scams



On Tuesday, June 11 at 1:30 PM, Katie Blanchard, Director of Programs, will discuss scams that target older adults – and how to avoid being tricked by them.

For older adults who rely heavily on life savings, it is especially important to be careful about who to entrust with personal and financial information. Many of us are bombarded daily with ads, mailings and solicitations. In the midst of so much information, knowing who to trust and how to identify scams can save us from a world of stress.

Many scams today specifically target adults. These might include appeals for charity, free prize offers, vacation

bargains, lottery tickets, and inexpensive health care products. According to the Senate Special Committee on Aging, older adults lose approximately \$2.9 billion every year due to scams and financial exploitation.

We should all exercise great caution before giving out any private information— this includes anything related to your credit card, a bank account, insurance information or Medicare ID. When confronted with offers from telemarketers or by mail, remember that a healthy dose of skepticism is the best approach.

Phone Scams

Before giving out any private financial

information over the phone, learn as much as you can from the caller— the name and phone number of the salesperson; the name, number and address of the organization; and the organization's business license number. Even if the caller seems legitimate, tell them you will be back in touch and hang up.

Remember that legitimate businesses very rarely call consumers unsolicited, and that banks and government agencies virtually never do. If you receive a call from someone claiming to be from your bank, the IRS or a similar government agency saying that you owe money, hang up and report the call to the Reception Desk.

On its website, the FBI has posted a list of typical lines you might hear from a fraudster:

- “You must act now, or the offer won’t be good.” This is an attempt to pressure you into acting quickly and unreflectively— don’t fall for it!
- “You’ve won a free gift, vacation or prize— you just have to pay for postage and handling, convenience fees, or taxes.” Any attempt to get you to pay for a “free” prize is a ploy. Furthermore, the caller is breaking federal law if they tell you that the payment is for taxes.
- “You must send money, give a credit card or bank account number, or have a check picked up by courier.” Once your

financial information is given over the phone, it is virtually impossible to recover the money or track down the perpetrator. Likewise, a courier who picks up your cash in person can even more easily vanish without a trace. Never agree to have a courier from an unfamiliar business come to your home to pick up cash.

The Grandchild Scam

“The Grandchild Scam” involves a caller claiming to be your grandchild or someone involved with your grandchild, with news that he or she is in some kind of trouble and needs money. In some cases, the caller may even have the correct name of your grandchild. While it is distressing to think about a grandchild in trouble, know that this is one of the most prevalent scams out there. Never agree to send money when contacted over the phone in this way. Contact your grandchild’s parents and tell them about the call. In almost all cases, you will find that your grandchild is fine and did not make the call.

Mail Scams

Common mail scams include invitations to participate in sweepstakes (which are fake) or foreign lotteries (which are illegal). In the case of the sweepstakes offer, you may be asked to buy magazine subscriptions or inexpensive jewelry, which will “automatically enter you in the sweepstakes.” Not only will you not see any winnings, but you will also see a lot more junk mail like this once you have taken the bait; your name will be put on an

“easy-target” list, which scammers buy and sell from one another.

In the foreign lottery scam, you may receive an authentic-looking check that says you have won the lottery in a foreign country. The accompanying note will instruct you to wire a portion of your winnings for taxes or other fees. Alternatively, the mailing might invite you to send money for a “special chance” to win the foreign lottery. Both versions are scams, as it is illegal to buy or sell foreign lottery tickets in the U.S. If you receive any foreign lottery mailings, the best thing to do is turn them in to the Reception Desk.

To report or inquire about telemarketing or mail scams, you can contact the Massachusetts Attorney General’s Public Inquiry & Assistance Center Hotline at (617) 727-8400.



“Once your financial information is given over the phone, it is virtually impossible to recover the money or track down the perpetrator. Likewise, a courier who picks up your cash in person can even more easily vanish without a trace.”

Like us on Facebook

Visit our Facebook page any time for updates, photos, videos and more. Just search for Youville Assisted Living on Facebook and click “like.” See you on the web!



Youville Place
Assisted Living Residence