

NorthRidge

Gracious Retirement Living

14532 Allisonville Road • Fishers, IN 46038 • Phone (317) 776-1980 • www.seniorlivinginstyle.com

APRIL 2019

NORTHRIDGE STAFF

Managers..... MIKE & MIRIAM LUBINSKI
Assistant ManagersSCOTT & SUSAN LANE
Executive Chef.....BRANDY FELTS
Marketing..... KEVIN AKERS & KYLIE COLSON
Activity Coordinator DENISE MIRRO
MaintenanceCHRIS HERNTHAISONG
TransportationJEFFREY MESSINGER

TRANSPORTATION

Monday, 9 a.m.-2 p.m.: Appointments

Tuesday, 9 a.m.: Meijer

Wednesday, 9 a.m.: Walmart

Thursday, 9 a.m.-2 p.m.: Appointments

HAWTHORN
SENIOR LIVING

We Love Our Pets

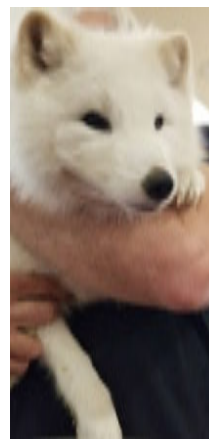
We hosted our first Pet Fair at NorthRidge. A BIG thank-you to all our local vendors, veterinarians and rescue centers that came out to share their products and/or expertise.

A special thank-you to Hannah the hedgehog for the awesome pet show that included the most adorable skunk, white fox, python, alligator, lion rabbit and of course, the cute and hairy tarantula. These are just to name a few of the animals that came.

(Photos continued inside)



Kay shocked us all with her braveness ... she really did like the tarantula.

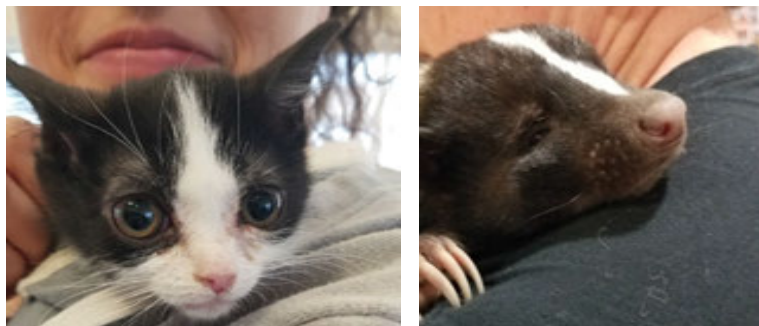


A beautiful rare white fox





We Love Our Pets *(Continued)*



Understanding Cholesterol

Keeping cholesterol levels within an ideal range is essential for good health. That's why it's important to understand the terms and numbers associated with managing it.

Cholesterol is a waxy, fatty substance that the human body needs to build cells. The liver makes cholesterol, and it's also found in the foods we eat, such as meat and full-fat dairy products. Too much cholesterol in the bloodstream can build up on artery walls and block blood flow, resulting in heart disease or stroke.

There are two types of cholesterol, and the levels of both can be measured with a blood test. Low-density lipoprotein, or LDL, is the "bad" kind that leads to fatty buildup in arteries. Your LDL should be less than 100 milligrams per deciliter of blood. High-density lipoprotein, or HDL, is the "good" type that is broken down by the liver. Ideally, HDL should be above 60 mg/dL. Your total blood cholesterol level is a sum of several measurements, and should be less than 200 mg/dL.

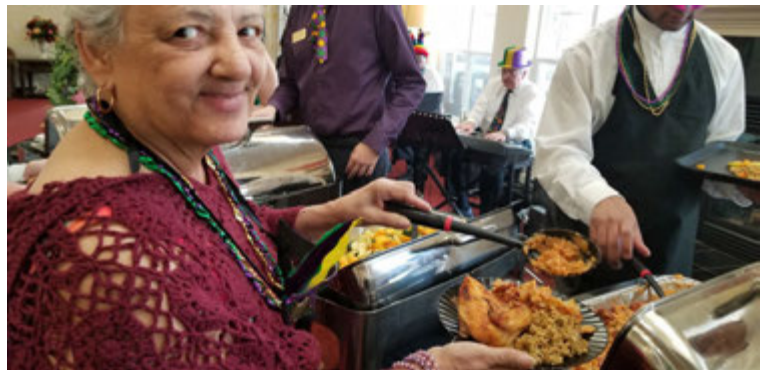
Maintaining a healthy weight, eating a diet low in saturated fat, and getting regular exercise can help keep cholesterol at target levels. It is important to get regular checkups and consult your physician if you have any questions or concerns.

Mardi Gras!

Can't have a Mardi Gras party without floats that have beads and candy being thrown from them. Yes, that's exactly what happened here at NorthRidge.

Couldn't have pulled off such an awesome parade without the help of Wright Touch Salon (Wild Hairs Float), Right at Home (The Dragon Wagon), Priority Rehab (Pop-a-Wheelies Float), our Marketing team Kevin and Kylie and of course, the best and most fun activities department with the Don't Be Chicken Float.





APRIL 2019

Birthdays

Mike Cool, 24th
Richard Pye, 24th
Marjean Wuethrich, 24th
Don Linville, 24th
Phyllis Maynard, 26th
Pamela Stallwood, 27th

Locations

Activity Room, AR
Atrium, AT
Backyard Patio, BP
Billiards, BL
Bistro, BI
Chapel, CH
Computer Room, CR
Dining Room, DR
Fitness Center, FC
Front Lobby, LB
Library, LB
Movie Theater, MT
TV Room, TV

Do what you love,
love what you do.

Movies shown daily at
3 p.m. and 6:45 p.m.






Transportation to Hazel Dell
Christian Church – Sunday
mornings at 8:45 a.m. for
9:15 a.m. worship service

Priority Rehab
and Wellness

Dr. Blake Wiseman, DPT
317-688-8232

Wright Touch
Styling Salon

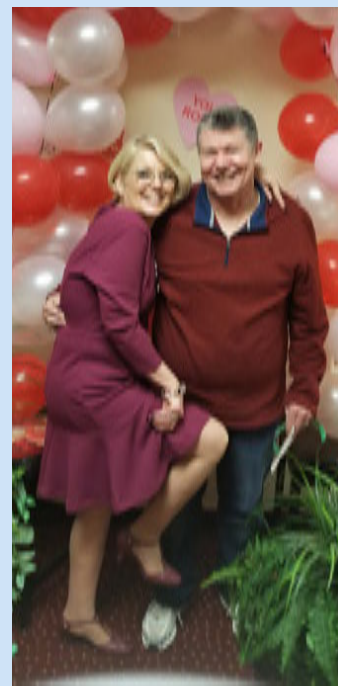
317-773-8808

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:00 “New” Color Street Nails, BI 1 9:30 Stretch with Denise, AR 10:30 Strength and Balance, AR 11:30 Devotion, CH 3:00 Golf, AR 6:45 Karaoke with Rhett 7:00 Cards, TV	9:00 Meijer, LB 2 9:30 Chair Yoga, LB 10:00 Aggravation Time!, TV 10:30 Strength & Balance, FC 2:00 Bingo 4:00 Dominoes, AR 7:00 Wii Bowling League	9:00 Walmart 3 9:30 Stretch with Denise, AR 10:30 Circuit Training, FC 11:30 Resident Meeting, AR 2:00 Team Trivia 3:00 Golf 6:45 Bean Bag Baseball, AR	9:00 Appointments 4 9:15 Kitchen Tour, DR 9:30 Chair Yoga, LB 10:00 Aggravation Time! 10:30 Zoomba with Bonnie, FC 2:00 Horse Racing 4:00 Dominoes, AR 6:45 Euchre Game, AR 6:45 “It’s a Guy’s Thing” Pool, BL	9:30 NorthRidge Walk Group, AR 5 10:30 Rocky Boxing 11:00 Friday Facials with Alicia, AR 11:30 Devotion, CH 2:00 Bingo 3:00 Golf 7:00 Bridge Game	6 2:00 Bridge Game, TV 2:00 Tripoley 4:00 Dominoes, AR 7:00 Samba Game, AR 7:00 Poker
9:00 Holy Spirit Parish at Geist, LB 7 9:30 First Christian Church, LB 9:30 1st Presbyterian Church, LB 9:30 Trinity Church Service, CH 11:00 Prayer Group, CH 2:00 Euchre Game, AR 2:00 Aggravation Time!, AR 7:00 9 Ball, BL	8 9:30 Stretch with Denise, AR 10:30 Strength and Balance, AR 11:30 Devotion, CH 2:00 Watercoloring, AR 3:00 Golf, AR 7:00 Cards, TV	9 9:00 Meijer, LB 9:30 Chair Yoga, LB 10:00 Aggravation Time!, TV 10:30 Strength & Balance, FC 11:00 Bible Study with Pastor Ben, CH 2:00 Bingo 4:00 Dance with Kathy 4:00 Dominoes, AR 7:00 Wii Bowling League	10 9:00 Walmart 9:30 Stretch with Denise, AR 10:30 Circuit Training, FC 2:00 Team Trivia 3:00 Golf 6:45 Bean Bag Baseball, AR	11 9:00 Appointments 9:30 Chair Yoga, LB 10:00 Aggravation Time! 10:30 Zoomba with Bonnie, FC 2:00 Horse Racing 4:00 Dominoes, AR 6:45 Euchre Game, AR 6:45 “It’s a Guy’s Thing” Pool, BL	12 9:30 NorthRidge Walk Group, AR 10:00 Late Risers’ Breakfast Outing 10:30 Rocky Boxing 11:30 Devotion, CH 2:00 Bingo 3:00 Golf 4:00 Happy Hour & Line Dancing, AR 7:00 Bridge Game	13 2:00 Bridge Game, TV 2:00 Tripoley 4:00 Dominoes, AR 7:00 Samba Game, AR 7:00 Poker
PALM SUNDAY 14 9:00 Holy Spirit Parish at Geist, LB 9:30 First Christian Church, LB 9:30 1st Presbyterian Church, LB 11:00 Prayer Group, CH 2:00 Euchre Game, AR 2:00 Aggravation Time!, AR 7:00 9 Ball, BL	15 9:00 “New” Color Street Nails, BI 9:30 Stretch with Denise, AR 10:30 Strength and Balance, AR 11:30 Devotion, CH 3:00 Golf, AR 6:45 Karaoke with Rhett 7:00 Cards, TV	16 9:00 Meijer, LB 9:30 Chair Yoga, LB 10:00 Aggravation Time!, TV 10:30 Strength & Balance, FC 2:00 Bingo 4:00 Dominoes, AR 7:00 Wii Bowling League	17 9:00 Walmart 9:30 Stretch with Denise, AR 10:30 Circuit Training, FC 2:00 Team Trivia 3:00 Golf 6:45 Bean Bag Baseball, AR	18 9:00 Appointments 9:30 Chair Yoga, LB 10:00 Aggravation Time! 10:30 Zoomba with Bonnie, FC 2:00 Horse Racing 4:00 Dominoes, AR 6:45 Euchre Game, AR 6:45 “It’s a Guy’s Thing” Pool, BL	19 GOOD FRIDAY PASSOVER BEGINS AT SUNSET 9:30 NorthRidge Walk Group, AR 10:30 Rocky Boxing 11:30 Devotion, CH 2:00 Bingo 3:00 Golf 7:00 Bridge Game	20 2:00 Bridge Game, TV 2:00 Tripoley 4:00 Dominoes, AR 7:00 Samba Game, AR 7:00 Poker
EASTER 21 9:00 Holy Spirit Parish at Geist, LB 9:30 First Christian Church, LB 9:30 1st Presbyterian Church, LB 11:00 Prayer Group, CH 2:00 Euchre Game, AR 2:00 Aggravation Time!, AR 7:00 9 Ball, BL	22 EARTH DAY 9:30 Stretch with Denise, AR 10:30 Strength and Balance, AR 11:30 Devotion, CH 2:00 Watercoloring, AR 3:00 Golf, AR 7:00 Cards, TV	23 9:00 Meijer, LB 9:30 Chair Yoga, LB 10:00 Aggravation Time!, TV 10:30 Strength & Balance, FC 11:00 Bible Study with Pastor Ben, CH 2:00 Bingo 4:00 Dance with Kathy 4:00 Dominoes, AR 7:00 Wii Bowling League	24 9:00 Walmart 9:30 Stretch with Denise, AR 10:30 Circuit Training, FC 2:00 Team Trivia 3:00 Golf 6:45 Bean Bag Baseball, AR 	25 9:00 Appointments 9:30 Chair Yoga, LB 10:00 Aggravation Time! 10:30 Zoomba with Bonnie, FC 12:30 Residents’ Birthday Celebration, AR 2:00 Horse Racing 4:00 Dominoes, AR 6:45 Euchre Game, AR 6:45 “It’s a Guy’s Thing” Pool, BL	26 9:30 NorthRidge Walk Group, AR 10:00 Late Risers’ Breakfast Outing 10:30 Rocky Boxing 11:30 Devotion, CH 2:00 Bingo 3:00 Golf 3:00 Swap Meet, AR 4:00 Happy Hour & Line Dancing, AR 7:00 Bridge Game 	27 2:00 Bridge Game, TV 2:00 Tripoley 4:00 Dominoes, AR 6:45 Disney Movie with The Grandkids 7:00 Samba Game, AR 7:00 Poker 
9:00 Holy Spirit Parish at Geist, LB 28 9:30 First Christian Church, LB 9:30 1st Presbyterian Church, LB 11:00 Prayer Group, CH 2:00 Euchre Game, AR 2:00 Aggravation Time!, AR 7:00 9 Ball, BL	29 9:30 Stretch with Denise, AR 10:30 Strength and Balance, AR 11:30 Devotion, CH 3:00 Golf, AR 7:00 Cards, TV	30 9:00 Meijer, LB 9:30 Chair Yoga, LB 10:00 Aggravation Time!, TV 10:30 Strength & Balance, FC 2:00 Bingo 4:00 Dominoes, AR 7:00 Wii Bowling League				



Valentine's Swing Dance

Love was in the air! The love for
friendship, the love for laughter,
the love for dancing and the
love for a surf and turf meal!





Hit Ideas at the Ballpark

With baseball season in full swing, touch base with this look at some ballpark traditions.

Presidential pitches: It was 1892 when Benjamin Harrison became the first U.S. president to attend an MLB game. But in 1910, William H. Taft started the custom of sitting presidents throwing out a ceremonial first pitch.

Concession stands: Chicago's Wrigley Field, home of the Cubs, is the birthplace of permanent concession stands, which started in 1914 with a single kiosk that offered hot dogs, peanuts and popcorn.

Numbered uniforms: Dating back to 1916, teams had struck out with wearing small numbers on their uniform sleeves. Then in 1929, the New York Yankees had more visible 12-inch numbers sewn onto the backs of players' jerseys so fans could identify them. Other MLB teams followed their lead.

Organ music: The first chords of live organ music to be played at an MLB ballpark sounded out at Wrigley Field in April 1941.

Night games: On May 24, 1935, the lights were turned on for big league baseball's first night game, held at Crosley Field, then home of the Cincinnati Reds.

Foul balls: The owner of the Chicago Cubs, Charlie Weeghman, was the first team owner to allow fans to keep foul balls hit into the stands, starting in 1915. Most ballparks had ushers retrieve the balls so they could be put back into play.



14532 Allisonville Road
Fishers, IN 46038



SPRING INTO ACTION & SHAKE OFF THOSE WINTER BLUES

Springtime brings fresh beginnings so let today be the start of something new! Join us for one of our engaging activities or stop by for a complimentary meal and take a tour of our beautiful community. We would love the opportunity to share with you all we have to offer.

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317-776-1980