

NorthRidge

Gracious Retirement Living

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

JULY 2019

NORTHRIDGE STAFF

Managers.....MIKE & MIRIAM LUBINSKI
Assistant ManagersSCOTT & SUSAN LANE
Executive Chef.....BRANDY FELTS
Marketing.....KASHIA CUTLER
Activity Coordinator DENISE MIRRO
Transportation MANDY KAUR

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

Prom 2019 “Unforgettable”

Oh, what a night ... an Unforgettable Night it was with our unforgettable seared scallops and Filet Mignon meal, and live music by an unbelievable Nat King Cole Tribute Band.

Congratulations to Francis and John, our new Prom King and Queen.

(Photos continued inside)



Our New Prom Queen and Prom King, Francis and John



Prom 2019 “Unforgettable” (Continued)



Kashia, our Marketing Director, and Joe from Priority Rehab



Max, our Former Prom King, pictured with Rhonda From Wright Touch Salon



Barb and Tom dance the night away.



Bonnie dances with her Dad at Prom.



Lois and Harold



Father's Day Fish Fry

Big Daddy did it again! His famous secret recipe for deep-fried catfish and perch got everyone out! We had a blast out on the back patio with family, live music and great times! Did I mention the banana pudding was out of this world?

See ya next time at Big Daddy's fish fry!



JULY 2019

Birthdays

Harold Provost, 1st
Betty Moore, 3rd
Frank Stevenson, 7th
Betty Jacobs, 10th
Rita Keller, 11th
Diane Graham, 12th
Jim Allen, 14th
Irene Dietterle, 21st
Jayshree Mehta, 23rd
Barb Bakos, 24th
Brian Fox, 28th
Jane Allen, 31st

Anniversary

John and Irene Dietterle,
7/20/1947

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 |
|---|--|--|--|--|--|---|
|  <div>9:00 Stretch with Denise, AR</div> <div>10:30 Strength and Balance, AR</div> <div>11:30 The Bible Today/Devotion, CH</div> <div>1:30 Free Blood Pressure Clinic</div> <div>3:00 Golf, AR</div> <div>6:45 Karaoke with Rhett</div> <div>7:00 Cards, TV</div> <div></div> | <div>9:30 Stretch with Denise, AR</div> <div>10:30 Strength and Balance, AR</div> <div>11:30 The Bible Today/Devotion, CH</div> <div>1:30 Free Blood Pressure Clinic</div> <div>2:00 Watercoloring, AR</div> <div>3:00 Golf, AR</div> <div>7:00 Cards, TV</div> | <div>9:00 Meijer, LB</div> <div>9:30 Chair Yoga, LB</div> <div>10:30 Strength & Balance, FC</div> <div>2:00 Bingo</div> <div>4:00 Dominoes, AR</div> <div>7:00 Wii Bowling League</div> | <div>9:00 Walmart</div> <div>9:30 Stretch with Denise, AR</div> <div>10:30 Circuit Training, FC</div> <div>11:30 Resident Meeting, AR</div> <div>2:00 James Whitcomb Riley</div> <div>3:00 Golf</div> <div>6:45 Bean Bag Baseball, AR</div> <div></div> | <div>INDEPENDENCE DAY</div> <div>9:15 Kitchen Tour, DR</div> <div>9:30 Chair Yoga, LB</div> <div>10:00 Aggravation Time!</div> <div>10:30 Zoomba with Bonnie, FC</div> <div>11:30 Chef Chat, AR</div> <div>12:30 BBQ, Band & Big Parade</div> <div>4:00 Dominoes, AR</div> <div>6:45 Euchre Game, AR</div> <div>6:45 “It’s a Guy’s Thing” Pool, BL</div> | <div>9:30 NorthRidge Walk Group, AR</div> <div>10:30 Rocky Boxing</div> <div>11:00 Friday Facials with Alicia, AR</div> <div>11:30 The Bible Today/Devotion, CH</div> <div>2:00 Bingo</div> <div>3:00 Golf</div> <div>7:00 Bridge Game</div> | <div>2:00 Bridge Game, TV</div> <div>2:00 Tripoley</div> <div>4:00 Dominoes, AR</div> <div>7:00 Samba Game, AR</div> <div>7:00 Poker</div> |
| <div>9:00 Holy Spirit Parish at Geist, LB</div> <div>9:30 First Christian Church, LB</div> <div>9:30 1st Presbyterian Church, LB</div> <div>9:30 Trinity Church Service, CH</div> <div>11:00 Prayer Group, CH</div> <div>2:00 Euchre Game, AR</div> <div>2:00 Aggravation Time!, AR</div> <div>7:00 9 Ball, BL</div> <div></div> | <div>9:30 Stretch with Denise, AR</div> <div>10:30 Strength and Balance, AR</div> <div>11:30 The Bible Today/Devotion, CH</div> <div>1:30 Free Blood Pressure Clinic</div> <div>2:00 Watercoloring, AR</div> <div>3:00 Golf, AR</div> <div>7:00 Cards, TV</div> | <div>9:00 Meijer, LB</div> <div>9:30 Chair Yoga, LB</div> <div>10:30 Strength & Balance, FC</div> <div>11:00 Bible Study with Pastor Ben, CH</div> <div>2:00 Bingo</div> <div>4:00 Dance with Kathy</div> <div>4:00 Dominoes, AR</div> <div>7:00 Wii Bowling League</div> | <div>9:00 Walmart</div> <div>9:30 Stretch with Denise, AR</div> <div>10:30 Circuit Training, FC</div> <div>2:00 Team Trivia</div> <div>3:00 Golf</div> <div>6:45 Bean Bag Baseball, AR</div> <div></div> | <div>9:30 Chair Yoga, LB</div> <div>10:00 Aggravation Time!</div> <div>10:30 Zoomba with Bonnie, FC</div> <div>2:00 Horse Racing</div> <div>4:00 Dominoes, AR</div> <div>6:45 Euchre Game, AR</div> <div>6:45 “It’s a Guy’s Thing” Pool, BL</div> | <div>9:30 NorthRidge Walk Group, AR</div> <div>10:00 Late Risers’ Breakfast Outing</div> <div>10:30 Rocky Boxing</div> <div>11:30 The Bible Today/Devotion, CH</div> <div>2:00 Bingo</div> <div>3:00 Golf</div> <div>4:00 Happy Hour & Line Dancing, AR</div> <div>7:00 Bridge Game</div> <div></div> | <div>11:00 AR Reserved 11am-3pm</div> <div>2:00 Bridge Game, TV</div> <div>2:00 Tripoley</div> <div>4:00 Dominoes, AR</div> <div>7:00 Samba Game, AR</div> <div>7:00 Poker</div> |
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Pitching Horseshoes

For many, the leisurely clank of horseshoes striking a steel stake is a familiar sound at picnics and backyard barbecues.

Today's lawn sport of horseshoes likely evolved from the ancient pastime of quoits, in which metal rings were tossed onto a peg. Historians say Greeks and Romans adapted the game by throwing discarded horseshoes onto stakes. European settlers later brought the activity to North America. For centuries, people played with cast-off horseshoes of various sizes, but in the early 1900s, standardized pitching shoes came on the market.

The basic concept of the game is simple. Players pitch horseshoes at a stake in the ground several feet away. The goal is to score a "ringer" by encircling the stake with the shoe, which earns three points. Landing the shoe within 6 inches scores one point. While official tournaments pitch to a total of 40 points, for those playing for fun, it's usually 21 points, or any predetermined number.

Friendly and healthy competition, horseshoes is easily modified for people of all ages, abilities and skill levels. Players get a light workout and practice hand-eye coordination as well as enjoy socializing.

It's estimated that 15 million people in North America play horseshoes for fun and in organized leagues and tournaments.

Bean Bag Baseball Tournament

The score was 24 to 23 — NorthRidge wins!

Mayor Fadness and his team were sweating bullets as we closed in on the big win, but we did it! Look out for our fall tournament.



Ashley Nicole sang our National Anthem.





NorthRidge Donkey Kickers vs. Fishers



A-maizing Sweet Corn

Sweet corn on the cob, with a dab of butter and a sprinkle of salt, is one of the classic tastes of summertime.

Corn was first cultivated by native peoples in what is now Mexico around 7,000 years ago. The grain was a staple in the diets of Native Americans, who bred different varieties and later taught European settlers to grow the crop.

Harvested while the ears are still immature, sweet corn accounts for only 1% of U.S. corn production. The rest is field corn, picked when the kernels are mature and dry, which is used primarily in livestock feed, ethanol and processed foods such as cereal and corn syrup.

Though it is technically a whole grain, sweet corn is eaten around the world as a vegetable. Its tender yellow or white kernels are high in fiber. Sold fresh, canned and frozen, the versatile veggie is enjoyed on the cob and off. Sweet corn kernels are often used as an ingredient in salads, soups, casseroles and many Tex-Mex dishes.

Sweet corn consistently ranks as one of the top vegetable picks among U.S. consumers.



14532 Allisonville Road
Fishers, IN 46038



Hello Sunshine!

We do believe that our home is where the heart is. Please come join us for a cold glass of lemonade and see firsthand how things are really heating up with our summer activities calendar. Give us a call for more information on any of the activities you would like to participate in or feel free to stop by to meet our caring staff and have a complimentary meal and tour.



317-776-1980

