

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 ChefBRANDY FELTS
Marketing.....KASHIA CUTLER
Activity CoordinatorDENISE MIRRO
TransportationMANDY 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



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, Bl
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** 2 3 INDEPENDENCE DAY 5 9:30 Stretch with 9:00 Walmart 9:30 NorthRidge Walk Denise, AR 9:30 Stretch with Group, AR 9:15 Kitchen Tour, DR 9:00 Meijer, LB 10:30 Strength and Denise. AR 9:30 Chair Yoga, LB 10:30 Rocky Boxing 2:00 Bridge Game, TV Balance, AR 9:30 Chair Yoga, LB 10:00 Aggravation Time! 11:00 Friday Facials 10:30 Circuit Training, FC 11:30 The Bible Today/ 10:30 Strength & 2:00 Tripoley 10:30 Zoomba with Bonnie, FC 11:30 Resident Meeting, AR with Alicia, AR Devotion, CH Balance, FC 11:30 Chef Chat, AR 4:00 Dominoes, AR 1:30 Free Blood 2:00 James Whitcomb 11:30 The Bible Today/ 12:30 BBQ, Band & Big Parade 2:00 Bingo 7:00 Samba Game, AR Pressure Clinic Devotion, CH **Riley** 4:00 Dominoes, AR 4:00 Dominoes, AR 7:00 Poker 3:00 Golf. AR 2:00 Bingo 3:00 Golf 6:45 Euchre Game, AR 6:45 Karaoke with Rhett 7:00 Wii Bowling League 6:45 "It's a Guy's Thing" 3:00 Golf 6:45 Bean Bag 7:00 Cards, TV Pool, BL Baseball, AR 7:00 Bridge Game 13 9:30 Stretch with 10 11 12 9:00 Holy Spirit Parish 9:00 Meijer, LB 9:30 NorthRidge Walk 9:30 Chair Yoga, LB at Geist, LB Denise, AR 9:00 Walmart Group, AR 9:30 Chair Yoga, LB 11:00 AR Reserved 10:00 Aggravation Time! 10:00 Late Risers' First Christian Church, LB 10:30 Strength and 9:30 Stretch with 10:30 Strength & 11am-3pm 9:30 1st Presbyterian 10:30 Zoomba with **Breakfast Outing** Balance, AR Denise, AR Balance, FC Church, LB 10:30 Rocky Boxing 2:00 Bridge Game, TV Bonnie, FC 11:30 The Bible Today/ 11:00 Bible Study with 10:30 Circuit Training, FC **Trinity Church** 11:30 The Bible Today/ Devotion, CH 2:00 Horse Racing 2:00 Tripoley Service, CH Devotion, CH Pastor Ben. CH 2:00 Team Trivia 1:30 Free Blood 4:00 Dominoes, AR 4:00 Dominoes, AR 2:00 Bingo 11:00 Prayer Group, CH 2:00 Bingo 3:00 Golf Pressure Clinic 2:00 Euchre Game, AR 3:00 Golf 6:45 Euchre Game, AR 7:00 Samba Game, AR 4:00 Dance with Kathy 6:45 Bean Bag 2:00 Watercoloring, AR 2:00 Aggravation 4:00 Happy Hour & 6:45 "It's a Guy's 7:00 Poker 4:00 Dominoes, AR Time!, AR 3:00 Golf, AR Baseball, AR Line Dancing, AR Thing" Pool, BL 7:00 9 Ball, BL 7:00 Wii Bowling League 7:00 Bridge Game 7:00 Cards, TV 20 15 16 17 18 19 14 9:30 Stretch with 9:00 Holy Spirit Parish 9:30 Chair Yoga, LB at Geist, LB Denise, AR 9:30 NorthRidge Walk 9:00 Meijer, LB 9:00 Walmart 10:00 Aggravation Time! 9:30 First Christian 10:30 Strength and Group, AR 10:30 Zoomba with Bonnie, FC 9:30 Chair Yoga, LB 9:30 Stretch with 2:00 Bridge Game, TV Church, LB Balance, AR 10:30 Rocky Boxing 11:00 Chef Demo with 10:30 Strength & Denise, AR 2:00 Tripoley 9:30 1st Presbyterian 11:30 The Bible Today/ 11:30 The Bible Today/ Brandy, AR Church, LB Balance, FC Devotion, CH 10:30 Circuit Training, FC 4:00 Dominoes, AR 2:00 Horse Racing Devotion, CH 11:00 Prayer Group, CH 1:30 Free Blood 2:00 Team Trivia 2:00 Bingo 7:00 Samba Game, AR 4:00 Dominoes, AR 2:00 Bingo 2:00 Euchre Game, AR Pressure Clinic 4:00 Dominoes, AR 3:00 Golf 7:00 Poker 6:45 Euchre Game, AR 3:00 Golf 3:00 Golf. AR 2:00 Aggravation 7:00 Wii Bowling League 6:30 Casino Night 6:45 "It's a Guv's 6:45 Karaoke with Rhett Time!, AR 7:00 Bridge Game Thing" Pool, BL 7:00 9 Ball, BL 7:00 Cards, TV 21 22 23 24 25 26 27 9:00 Holy Spirit Parish 9:30 Stretch with 7:30 Cincinnati Day Trip 9:00 Walmart 9:00 Meijer, LB 9:30 Chair Yoga, LB 2:00 Bridge Game, TV at Geist, LB Denise, AR 9:30 NorthRidge 9:30 Stretch with 9:30 Chair Yoga, LB 10:00 Aggravation Time! Walk Group, AR 2:00 Tripoley 9:30 First Christian 10:30 Strength and Denise. AR 10:30 Strength & Balance, FC 10:00 Late Risers' 10:30 Zoomba with 4:00 Dominoes, AR Church, LB Balance, AR 10:00 Tour of St. V Breakfast Outing 11:00 Bible Study with Bonnie, FC 9:30 1st Presbyterian 11:30 The Bible Today/ 5:30 Resident Appreciation 10:30 Rocky Boxing Pastor Ben, CH Neighborhood Church, LB Devotion, CH 2:00 Horse Racing 11:30 The Bible Today/ Dinner/Black Tie 10:30 Circuit Training, FC 2:00 Bingo 1:30 Free Blood Devotion, CH 11:00 Prayer Group, CH 4:00 Dominoes, AR 6:45 Disney Movie with 4:00 Dance with Kathy 2:00 Team Trivia 2:00 Bingo Pressure Clinic 2:00 Euchre Game, AR The Grandkids 6:45 Euchre Game, AR 4:00 Dominoes, AR 3:00 Golf 3:00 Golf 2:00 Watercoloring, AR 2:00 Aggravation 7:00 Samba Game, AR 4:00 Happy Hour & Line 6:45 "It's a Guy's 7:00 Wii Bowling 6:45 Bean Bag Time!, AR 3:00 Golf, AR Dancing, AR 7:00 Poker Thing" Pool, BL League Baseball, AR 7:00 Bridge Game 7:00 9 Ball, BL 7:00 Cards, TV 29 30 31 28 9:00 Holy Spirit Parish 9:30 Stretch with at Geist, LB 9:00 Walmart Denise, AR 9:00 Meijer, LB 9:30 First Christian 9:30 Stretch with 10:30 Strength and 9:30 Chair Yoga, LB Church, LB Balance, AR Denise, AR 10:30 Strength & 9:30 1st Presbyterian 11:30 The Bible Today/ 10:30 Circuit Training, FC Balance, FC Church, LB Devotion, CH 2:00 Team Trivia 11:00 Prayer Group, CH 2:00 Bingo 1:30 Free Blood 3:00 Golf 2:00 Euchre Game, AR 4:00 Dominoes, AR Pressure Clinic 6:45 Bean Bag 2:00 Aggravation 7:00 Wii Bowling League 3:00 Golf, AR Time!. AR Baseball, AR 7:00 9 Ball, BL 7:00 Cards, TV

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.





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

