

NorthRidge

Gracious Retirement Living

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

DECEMBER 2019

NORTHRIDGE STAFF

Managers.....MIKE & MIRIAM LUBINSKI
Assistant Managers SCOTT & SUSAN LANE
Executive Chef..... BRANDY FELTS
Marketing.....KASHIA CUTLER
Activity Coordinator DENISE MIRRO
Maintenance Coordinator..... JIM JOHNSON
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

HAWTHORN
SENIOR LIVING

Chili Cook Off 2019

It was a brutal competition amongst the staff at a NorthRidge. Staying up all night cooking our chili to go for the big win didn't pay off for some of us, but it sure was fun!

Let's hear it for Dana Allen with Right at Home for coming in first place!



Chili Cook-Off 2019



Get Up and Move

Did you know ?

According to Sanjay Sharma, professor of inherited cardiac diseases in sports cardiology at St. George's University Hospitals NHS Foundation Trust in London:

"Exercise buys you three to seven additional years of life. It is an antidepressant, it improves cognitive function and there is now evidence that it may retard the onset of dementia."

15 Minutes of Walking On A Daily Basis Can Change Your Body Drastically

Most people are well aware of the countless benefits from regular exercise and the amazing effects it can have on our mental, emotional and physical health.

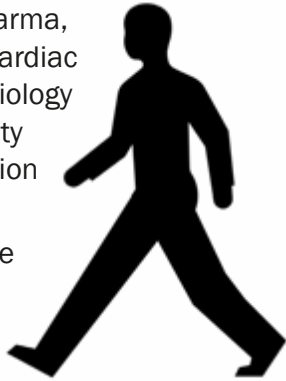
However, most Americans simply choose not to exercise or workout in their spare time.

Researchers at the University of Virginia Health System discovered that men at the age of 71-93 who walked more than a 1/4 of a mile daily had half the incidence of Alzheimer's disease and dementia in comparison to compared to participants who walked less.

They also found that those who exercise on a daily basis have healthier and strong teeth, and regular exercise boosts bone density, strengthens the bones and lowers the risk of osteoporosis, fractures and shrinkage of the spine.

Now that the colder weather is here and we are less likely to go outside, we are going to "Get Up and Move" more! Grab a friend or neighbor and let's walk, walk, walk. A little bit each day goes a long way with our mobility and health.

Every day after stretch class, we will hit the halls for our walks.



The Ap-peal of Handbells

The merry music of handbell choirs is a festive sound that rings in the holiday season.

Early forms of handbells were part of ceremonies in many ancient cultures. Later, street vendors, town criers and night watchmen used them to attract attention.

Sets of handbells tuned to a musical scale first appeared in 17th-century England, where the art of ringing large tower bells was popular. But rehearsals could be noisy and disruptive, so small bells were designed to allow the ringers to practice their melodies indoors. Handbell groups soon formed across Europe.

In the 1840s, showman P.T. Barnum introduced the tradition to the U.S. when he brought a group of English bell ringers on a nationwide tour, but it wasn't until the early 20th century that the first handbell choirs were established in America. The ensembles have become a tradition at church services, but community choirs are increasingly popular, and some schools and universities teach handbells in their music curriculum.

Casino Trip Outing

Check out the schedule for our next casino trip to Harrahs. It's always a good time, just ask Russel and Jean.



Russell and his daughter, Jean, enjoying a trip out to the casino.



Fall/Winter Fashion Show

A big thank you to Yaprak Fashions from Studio 510 for pulling off a super fun fashion show. Of course, a big thank you to all of our ladies and gentlemen of Northridge who strutted their stuff to show it all off.

We love when Studio 510 comes to Northridge; we get to shop high end clothing at a fraction of department store prices. If you haven't heard of Studio 510, they are right here in Fishers; it's a must see boutique.



DECEMBER
2019

Birthdays

Russell McCullugh, 5th
Sandra Gordon, 5th
Loretta Harper, 12th
Ann Dunnichay, 17th
Jim Quiet, 20th
Miriam Ludy, 31st
Beverly Ilich, 31st

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 Holy Spirit Parish at Geist, LB 1 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 Aggravation Time!, AR 7:00 9 Ball, BL 7:00 Shuffleboard with Mike, BP	9:30 Stretch with Denise, AR 2 10:30 Strength and Balance, AR 11:30 The Bible Today/Devotion, CH 1:30 Free Blood Pressure Clinic 3:00 Golf, AR 6:45 Karaoke with Rhett 7:00 Cards, TV	3 9:00 Meijer, LB 9:30 Chair Yoga, LB 10:30 Rocky Boxing, FC 2:00 Bingo 4:00 Dominoes, AR 7:00 Wii Bowling: Open	4 9:00 Walmart 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	5 9:15 Kitchen Tour, DR 9:30 Chair Yoga, LB 10:00 Aggravation Time! 10:30 Zoomba, FC 2:00 Horse Racing 4:00 Dominoes, AR 6:45 Euchre Game, AR 6:45 “It’s a Guy’s Thing” Pool, BL 	6 9:30 NorthRidge Walk Group, AR 10:30 Cornhole, AT 11:00 Friday Facials with Alicia, AR 11:30 The Bible Today/Devotion, CH 2:00 Bingo 3:00 Golf 7:00 Bridge Game	7 2:00 Bridge Game, TV 2:00 Liverpool 3:00 Wii Bowling League 4:00 Dominoes, AR 7:00 Samba Game, AR 7:00 Poker 7:00 Disciples at Work, CH
9:00 Holy Spirit Parish at Geist, LB 8 9:30 First Christian Church, LB 9:30 1st Presbyterian Church, LB 11:00 Prayer Group, CH 2:00 Aggravation Time!, AR 7:00 9 Ball, BL 7:00 Shuffleboard with Mike, BP	9:30 Stretch with Denise, AR 9 10:30 Strength and Balance, AR 11:30 The Bible Today/Devotion, CH 1:30 Free Blood Pressure Clinic 2:00 Watercoloring, AR 3:00 Golf, AR 7:00 Cards, TV	10 9:00 Meijer, LB 9:30 Chair Yoga, LB 10:30 Rocky Boxing, 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: Open	11 9:00 Walmart 9:30 Stretch with Denise, AR 10:30 Circuit Training, FC 2:00 Team Trivia 3:00 Golf 4:00 Happy Hour with Priority, AR 6:45 Bean Bag Baseball, AR	12 9:30 Chair Yoga, LB 10:00 Aggravation Time! 10:30 Zoomba, FC 2:00 Horse Racing 4:00 Dominoes, AR 6:45 Euchre Game, AR 6:45 “It’s a Guy’s Thing” Pool, BL 	13 9:30 NorthRidge Walk Group, AR 10:00 Late Risers’ Breakfast Outing 10:30 Cornhole, AT 11:30 The Bible Today/Devotion, CH 2:00 Bingo 3:00 Golf 6:30 Northridge Christmas Choir Concert	14 2:00 Bridge Game, TV 2:00 Liverpool 3:00 Wii Bowling League 4:00 Dominoes, AR 7:00 Samba Game, AR 7:00 Poker 7:00 Disciples at Work, CH
9:00 Holy Spirit Parish at Geist, LB 15 9:30 First Christian Church, LB 9:30 1st Presbyterian Church, LB 11:00 Prayer Group, CH 2:00 Aggravation Time!, AR 7:00 9 Ball, BL 7:00 Shuffleboard with Mike, BP	9:30 Stretch with Denise, AR 16 10:30 Strength and Balance, AR 11:30 The Bible Today/Devotion, CH 1:30 Free Blood Pressure Clinic 3:00 Golf, AR 6:45 Karaoke with Rhett 7:00 Cards, TV	17 9:00 Meijer, LB 9:30 Chair Yoga, LB 10:30 Rocky Boxing, FC 2:00 Bingo 4:00 Dominoes, AR 7:00 Wii Bowling: Open 	18 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	19 9:30 Chair Yoga, LB 10:00 Aggravation Time! 10:30 Zoomba, FC 11:00 Bethel Lutheran Church Service 2:00 Horse Racing 4:00 Dominoes, AR 6:45 Euchre Game, AR 6:45 “It’s a Guy’s Thing” Pool, BL	20 9:30 NorthRidge Walk Group, AR 10:30 Cornhole, AT 11:30 The Bible Today/Devotion, CH 2:00 Bingo 3:00 Golf 7:00 Bridge Game 	21 WINTER BEGINS 2:00 Bridge Game, TV 2:00 Liverpool 3:00 Wii Bowling League 4:00 Dominoes, AR 7:00 Samba Game, AR 7:00 Poker 7:00 Disciples at Work, CH
HANUKKAH BEGINS AT SUNSET 22 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 Aggravation Time!, AR 7:00 9 Ball, BL 7:00 Shuffleboard with Mike, BP	9:30 Stretch with Denise, AR 23 10:30 Strength and Balance, AR 11:30 The Bible Today/Devotion, CH 1:30 Free Blood Pressure Clinic 2:00 Watercoloring, AR 3:00 Golf, AR 7:00 Cards, TV	24 9:00 Meijer, LB 9:30 Chair Yoga, LB 10:30 Rocky Boxing, 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: Open	25 CHRISTMAS DAY 9:00 Walmart 9:30 Stretch with Denise, AR 10:30 Circuit Training, FC 2:00 Team Trivia 3:00 Golf 4:00 Happy Hour with Wright Touch 6:45 Bean Bag Baseball, AR	26 9:30 Chair Yoga, LB 10:00 Aggravation Time! 10:30 Zoomba, FC 11:00 Chef Demo with Brandy, AR 2:00 Horse Racing 4:00 Dominoes, AR 6:45 Euchre Game, AR 6:45 “It’s a Guy’s Thing” Pool, BL	27 9:30 NorthRidge Walk Group, AR 10:00 Late Risers’ Breakfast Outing 10:30 Cornhole, AT 11:30 The Bible Today/Devotion, CH 2:00 Bingo 3:00 Golf 7:00 Bridge Game	28 2:00 Bridge Game, TV 2:00 Liverpool 3:00 Wii Bowling League 4:00 Dominoes, AR 6:45 Disney Movie with The Grandkids 7:00 Samba Game, AR 7:00 Poker 7:00 Disciples at Work, CH
9:00 Holy Spirit Parish at Geist, LB 29 9:30 First Christian Church, LB 9:30 1st Presbyterian Church, LB 11:00 Prayer Group, CH 2:00 Aggravation Time!, AR 7:00 9 Ball, BL 7:00 Shuffleboard with Mike, BP	9:30 Stretch with Denise, AR 30 10:30 Strength and Balance, AR 11:30 The Bible Today/Devotion, CH 1:30 Free Blood Pressure Clinic 3:00 Golf, AR 7:00 Cards, TV	31 NEW YEAR’S EVE 9:00 Meijer, LB 9:30 Chair Yoga, LB 10:30 Rocky Boxing, FC 2:00 Bingo 4:00 Dominoes, AR 5:30 New Year’s Eve Bash, DR 				



Honoring Our Veterans

It was a very special day honoring our Veterans here at NorthRidge. Twenty-seven Veteran heroes sitting altogether was a true sight to see. We honored and presented each veteran with a pin and certificate thanking them for their service, and Troop 303 presented the colors; it was just an amazing, amazing day.

Thank you for committing your life to defend the United States of America. Thank you for sacrificing time, family, friends and health in order to serve.





Halloween Extravaganza

Hands down, it was the best Halloween costume parade in town! The creativity was out of this world, and it was certainly a hard choice to pick a first, second and third place winner.

Hears a big shout out to Beverly Ilich for first place, Mike Schofield for second place and Duane Jacobs for third place; congratulations!



First place winner



Second place winner



Third place winner





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Leave Your Winter Worries Behind

Enjoy the winter season by joining us for hot chocolate and homemade treats around a warm and cozy fire. You can count on things really "heating up" with our packed winter activities calendar. Please call for more information on any of the activities you'd like to participate in, or stop by for a complimentary meal and tour.

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