

NorthRidge

Gracious Retirement Living

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

JANUARY 2020

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
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

Start Your Engines!

Start your engines NorthRidge! Beginning the week of January 19th through February 8th, NorthRidge will be hitting the road for an expedition across Africa! We will be exploring these three amazing destinations:

- Morocco
- Egypt
- Tanzania

As we make our scheduled stops at each destination, we will be experiencing the food, history and culture of each

of these beautiful countries. Be sure to attend the Expedition Kickoff on January 17th to get all of your travel information. If you have any additional questions like what to pack or weather conditions, be sure to check in with your Expedition Guide Denise Mirro for all the details!





Christmas Tea

Our annual Christmas Tea was so special, as it is every year but it just keeps getting better. We enjoyed fresh-baked goods made from our Chef Brandy and Manager Miriam and sipped on hot tea while listening and singing along to our favorite Christmas tunes played by the one and only Steve Jeffris! We raffled off beautiful scarves that were gifted to us by Studio 510 Boutique. Be sure to mark your calendars for our Mother's Day Tea coming this spring!





Festival of Trees

Decorated trees and wreaths, plus a massive Christmas village with trains is always a must-see at the Paramount Theater every year, it just gets more beautiful each year.



Begin a Journaling Journey

If you're looking to begin a fun activity for the new year, consider keeping a journal. See if one of these styles is "write" for you.

Daily journal: This is the classic "Dear Diary" style of journaling, in which you record the day's events, your observations and how you're feeling.

Gratitude journal: Take some time each day to write down a few things you are thankful for in a gratitude journal. This daily habit has been shown to increase happiness, and rereading your journal entries can provide comfort and perspective.

One-line-a-day journal: Quick and easy, these journals typically cover a five-year period. You simply record one thought every day, and the pages are formatted so that you can look back at what happened on the same date in previous years.

Dream journal: Keep a dream journal at your bedside, and write down the details of your dreams when you wake up. This habit can help you train your brain to remember your dreams more often. You may also gain insight by studying your dream patterns and symbols.

Keepsake journal: Geared toward parents and grandparents, keepsake journals contain questions and prompts that encourage you to record your memories and life experiences for loved ones.

JANUARY
2020

Birthdays

Janice Bastin, 1st
Doris Whisler, 1st
Merle France, 3rd
Julie Gray, 3rd
Millie Allman, 4th
Mike Schofield, 14th
Marilyn Kingery, 17th
Mike Lubinskie,
22nd (Employee)
Ann James, 25th
Barb Rafferty, 26th
Herb Price, 26th
Steven Stillwell, 30th

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>5</div> <div>9:30 First Christian Church, LB</div> <div>9:30 Trinity Church Service, CH</div> <div>11:00 Prayer Group, CH</div> <div>2:00 Aggravation Time!, AR</div> <div>7:00 9 Ball, BL</div>	 <div>6</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>3:00 Golf, AR</div> <div>6:45 Karaoke with Rhett</div> <div>7:00 Cards, TV</div>	<div>7</div> <div>9:00 Meijer, LB</div> <div>9:30 Chair Yoga, LB</div> <div>10:30 Rocky Boxing, FC</div> <div>2:00 Bingo</div> <div>4:00 Dominoes, AR</div> <div>7:00 Wii Bowling: Open</div>	<div>NEW YEAR'S DAY 1</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 Team Trivia</div> <div>3:00 Golf</div> <div>6:45 Bean Bag Baseball, AR</div> 	<div>2</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, 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>3</div> <div>9:30 NorthRidge Walk Group, AR</div> <div>10:30 Cornhole, AT</div> <div>11:00 Friday Facials with Alicia, AR</div> <div>11:30 The Bible Today/Devotion, CH</div> <div>2:00 Balloon Volleyball</div> <div>3:00 Golf</div> <div>7:00 Bridge Game</div> 	<div>4</div> <div>2:00 Bridge Game, TV</div> <div>2:00 Liverpool</div> <div>3:00 Wii Bowling League</div> <div>4:00 Dominoes, AR</div> <div>7:00 Samba Game, AR</div> <div>7:00 Poker</div> <div>7:00 Disciples at Work, CH</div> 
<div>9:30 First Christian Church, LB</div> <div>9:30 Trinity Church Service, CH</div> <div>11:00 Prayer Group, CH</div> <div>2:00 Aggravation Time!, AR</div> <div>7:00 9 Ball, BL</div> <div>12</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>3:00 Golf, AR</div> <div>6:45 Karaoke with Rhett</div> <div>7:00 Cards, TV</div> <div>13</div>	<div>9:00 Meijer, LB</div> <div>9:30 Chair Yoga, LB</div> <div>10:30 Rocky Boxing, 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: Open</div>  <div>14</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>15</div>	<div>9:30 Chair Yoga, LB</div> <div>10:00 Aggravation Time!</div> <div>10:30 Zoomba, FC</div> <div>11:00 Bethel Lutheran Church Service</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>16</div>	<div>9:30 NorthRidge Walk Group, AR</div> <div>10:30 Cornhole, AT</div> <div>11:30 The Bible Today/Devotion, CH</div> <div>2:00 Balloon Volleyball</div> <div>3:00 Golf</div> <div>7:00 Bridge Game</div>  <div>17</div>	<div>2:00 Bridge Game, TV</div> <div>2:00 Liverpool</div> <div>3:00 Wii Bowling League</div> <div>4:00 Dominoes, AR</div> <div>7:00 Samba Game, AR</div> <div>7:00 Poker</div> <div>7:00 Disciples at Work, CH</div> <div>18</div>
<div>9:30 First Christian Church, LB</div> <div>11:00 Prayer Group, CH</div> <div>2:00 Aggravation Time!, AR</div> <div>7:00 9 Ball, BL</div> <div>19</div>	<div>MARTIN LUTHER KING JR. DAY 20</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>3:00 Golf, AR</div> <div>6:45 Karaoke with Rhett</div> <div>7:00 Cards, TV</div>	<div>9:00 Meijer, LB</div> <div>9:30 Chair Yoga, LB</div> <div>10:30 Rocky Boxing, FC</div> <div>2:00 Bingo</div> <div>4:00 Dominoes, AR</div> <div>7:00 Wii Bowling: Open</div> <div>21</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>4:00 Happy Hour with Wright Touch</div> <div>6:45 Bean Bag Baseball, AR</div>  <div>22</div>	<div>9:30 Chair Yoga, LB</div> <div>10:00 Aggravation Time!</div> <div>10:30 Zoomba, 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>23</div>	<div>9:30 NorthRidge Walk Group, AR</div> <div>10:00 Late Risers' Breakfast Outing</div> <div>10:30 Cornhole, AT</div> <div>11:30 The Bible Today/Devotion, CH</div> <div>2:00 Balloon Volleyball</div> <div>3:00 Golf</div> <div>7:00 Bridge Game</div> <div>24</div>	<div>2:00 Bridge Game, TV</div> <div>2:00 Liverpool</div> <div>3:00 Wii Bowling League</div> <div>4:00 Dominoes, AR</div> <div>6:45 Disney Movie with The Grandkids</div> <div>7:00 Samba Game, AR</div> <div>7:00 Poker</div> <div>7:00 Disciples at Work, CH</div>  <div>25</div>
<div>9:30 First Christian Church, LB</div> <div>11:00 Prayer Group, CH</div> <div>2:00 Aggravation Time!, AR</div> <div>7:00 9 Ball, BL</div>  <div>26</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>27</div>	<div>9:00 Meijer, LB</div> <div>9:30 Chair Yoga, LB</div> <div>10:30 Rocky Boxing, 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: Open</div> <div>28</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>29</div>	<div>9:30 Chair Yoga, LB</div> <div>10:00 Aggravation Time!</div> <div>10:30 Zoomba, FC</div> <div>11:00 Chef Demo with Brandy, AR</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>30</div>	<div>9:30 NorthRidge Walk Group, AR</div> <div>10:30 Cornhole, AT</div> <div>11:30 The Bible Today/Devotion, CH</div> <div>2:00 Balloon Volleyball</div> <div>3:00 Golf</div> <div>7:00 Bridge Game</div> <div>31</div>	



Join Us for a Bowling Outing

Just a few of our bowling team members. We would love to have you join us on Wednesdays. Are you not sure if you can bowl? Or maybe you haven't bowled in a long time, or maybe you're not interested in bowling? Well, then would you like to come watch and have lunch with us?

Check in with your favorite activity director for more information.



Gotta Love Maxine!

Maxine, of course, is the cartoon character who brightens our every day by appearing in our daily newsletter with her pithy, sometimes cutting remarks about something or somebody.

"Maxine, the self-appointed 'Queen of Crabbiness', has a feisty, insightful and hilarious observation on just about anything to do with life. She may be cantankerous, opinionated and mischievous ... but in your heart you know she's right! Maxine's irreverent quips about aging, workplace, technology, pastimes, politics and political correctness strike a chord with women, but her unique brand of 'yelling it like it is' will amuse anyone with an attitude."

Maxine moved right here in our building thanks to our wonderful resident Beverly. Take a walk and check her out on the third floor! And of course, she has her dog because we are a pet-friendly community!



Frosty Figures

Freshly fallen snow is nature's invitation for kids and kids at heart to build that classic symbol of winter, a snowman.

Though humans have probably been creating frosty figures since prehistoric times, the first known drawing of a snowman was found in a book from the late 1300s. With snow being an abundant and free material, artists in the Middle Ages used it to form detailed statues, and winter festivals showcased these works of art. In 1494, the ruler of Florence, Italy, commissioned a young Michelangelo to sculpt a snowman in his courtyard.

Over time, stacking three balls of snow into a human figure grew into a playful pastime for all. One of the earliest photographs, taken in 1845, was of a snowman. Around the turn of the 20th century, images of jolly snowmen started appearing on greeting cards and magazine covers. Later, they became the stars of many films, books and songs that remain popular today.



Let's Go To The Movies!

Anna is enjoying an ice-cold root beer and hot fresh popcorn while watching a movie in our very own state-of-the-art Movie Theater! Come check out our daily movie showings 3 p.m. and 6:45 p.m. every day and remember if you have a special movie request just pop in and visit your favorite activity director and she will be sure to find it for you.



Why A New Year's Resolution?

Every time a new year rolls around, people set out to better themselves. They promise they will lose weight, find a new job, or maybe even take that vacation they've always talked about. But why do we make these promises to ourselves, and where did this tradition come from? And why does this tradition live on when so many people fail to keep the resolutions they make? Well, we can start by blaming the ancient Babylonians.

Around 4000 years ago in Babylon, the earliest recorded celebration honoring the coming of a new year was held. Calendars weren't as they are today, so the Babylonians kicked things off in late March during the first new moon after the Spring Equinox. The collective ceremonial events were known as the Akitu festival, which lasted 11 days. The festivities were dedicated to the rebirth of the sun god Marduk, but the Babylonians made promises in order to get on the right side of all of their gods. They felt this would help them start the new year off on the right foot.

Resolutions continued on with the Romans. When the early Roman calendar no longer synced up with the sun, Julius Caesar decided to make a change. He consulted with the best astronomers and mathematicians of the time and introduced the Julian calendar, which more closely represents the modern calendar we use today. Caesar declared January 1st the first day of the year to honor the god of new beginnings, Janus. The Romans celebrated the New Year by offering sacrifices to Janus.

To this day, the traditions of the ancient Babylonians and Romans continue on around the world. So much so that Google launched a Resolution Map in 2012 where people could add resolutions and see others adding theirs in real time. However, no matter how many people participated in Google's project, the numbers are bleak when it comes to the amount of people who maintain their resolutions; only 9.2 percent of people are successful in sticking them out.





14532 Allisonville Road
Fishers, IN 46038



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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