

# NorthRidge

Gracious Retirement Living

14532 Allisonville Road • Fishers, IN 46038 • Phone (317) 776-1980 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

MARCH 2020

## NORTHRIDGE STAFF

Managers.....MIKE & MIRIAM LUBINSKI  
Assistant Managers ..... SCOTT & SUSAN LANE  
Executive Chef..... BRANDY FELTS  
Community Sales .....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

## Happy 100th Birthday, Rita!

Happy Birthday, Rita!

Join us as we celebrate  
Rita Donlan's 100th  
birthday on March 14th  
at 12:30 p.m. in the  
Dining Room. There will  
be live music and cake!



## March Madness

Dribble on over and  
let the madness  
begin; it's time for the  
big party! Whether  
you are filling out  
brackets or just  
watching the game, it  
will surely be a slam  
dunk of a time!

See you on Monday,  
March 16th, at 2 p.m.



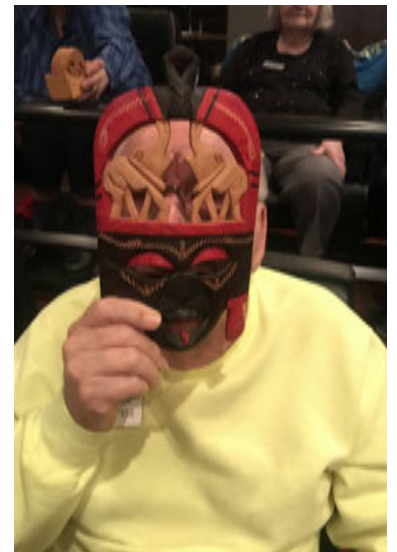


## Hawthorn Adventure Fun In Morocco

We had so much fun learning all about Morocco. From the Belly Dancers, to experiencing the foods and culture of Morocco, it was a great time!



## Tanzania

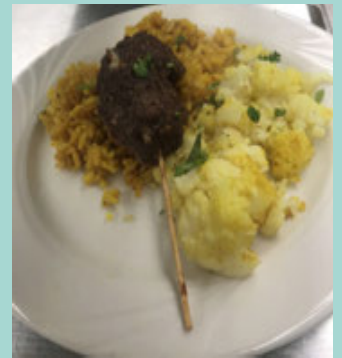
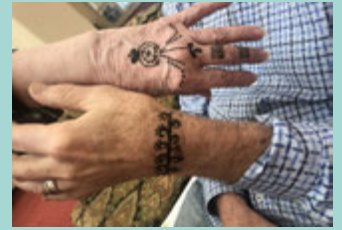






## Heading into Egypt

It was a long ride over into Egypt, but it was all worth it. The hospitality of the Egyptian people was like no other. There was so much to see and so much to do, we didn't know where to begin. So we started out with a trip to the pyramids. What a great choice to start out our day. We got our exercise in by climbing one of the pyramids. When we got back, we had a delicious meal prepared for us.





MARCH  
2020

Birthdays

Patty Jennings, 3rd  
Linda Bright, 10th  
Duane Jacobs, 11th  
Rita Donlan, 14th  
Anna Lindener, 18th  
Dottie Byrnes, 20th  
Gina Haverstick, 27th  
Jerry McGuire, 30th

Anniversary

Barbara & Tom  
Rafferty, 3/24/1956

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>1</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>2</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 Groove (A Line Dance Class)</div> <div>3:00 Golf, AR</div> <div>6:45 Karaoke with Rhett</div> <div>7:00 Cards, TV</div>	<div>3</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></div>	<div>4</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 Wheel of Fortune, AT</div> <div>6:45 Bean Bag Baseball, AR</div>	<div>5</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>6</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>7</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>DAYLIGHT SAVING TIME BEGINS 8</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>9</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>10</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></div>	<div>11</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 Wheel of Fortune, AT</div> <div>6:45 Bean Bag Baseball, AR</div> <div></div>	<div>12</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>13</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>14</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></div>	
<div>15</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>16</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 Groove (A Line Dance Class)</div> <div>3:00 Golf, AR</div> <div>6:45 Karaoke with Rhett</div> <div>7:00 Cards, TV</div>	<div>ST. PATRICK’S DAY 17</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>18</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 Wheel of Fortune, AT</div> <div>6:45 Bean Bag Baseball, AR</div> <div></div>	<div>FIRST DAY OF SPRING 19</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>20</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></div>	<div>21</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>22</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>23</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>24</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></div>	<div>25</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 Wheel of Fortune, AT</div> <div>4:00 Happy Hour with Wright Touch</div> <div>6:45 Bean Bag Baseball, AR</div>	<div>26</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>27</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></div>	<div>28</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>29</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>30</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>7:00 Cards, TV</div> <div></div>	<div>31</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>					





## Wheel of Fortune

Join us for the Wheel of Fortune Game show every Wednesday at 3 p.m. It's a great way to earn some extra funny money cash.



## Sweet Spring Flower

Violets are among the first flowers to bloom in the spring, offering cheer to all who see them.

The violet family has about 600 species, including pansies and violas, which are often sold as annual flowers, blooming for a single growing season. Many wild species of violets are perennials, popping up every year and spreading easily on lawns and in fields and forests.

Most types of violets have green heart-shaped leaves and flowers made of five petals. Depending on the variety, some of the petals will point upward and some downward. As their name suggests, many violets are purple in color, but they also are found in shades of blue, white, yellow, orange, pink and red. Many are two-toned, with patterns that give the blossoms the look of a smiling face.

Violets are said to symbolize love, loyalty, nobility and humility.

## Fancy Footwork

A highlight of many St. Patrick's Day festivities is the fast footwork and lively music of Irish dancing.

Step dancing is the most well-known form of Irish dance. In the 1700s, this pastime became more structured with the emergence of dance masters, teachers who traveled from village to village to give dance lessons. These teachers also formalized the choreography of traditional step dances and inspired dance competitions that continue today.

Jigs, reels, slips and hornpipes are all types of step dances, and while styles differ between them, the emphasis is always on the feet. The dancer's upper body usually remains rigid, arms loose at the sides, with quick movements by the legs and feet. Traditional Irish music, featuring fiddles, hand drums and Irish bagpipes, accompanies the dancing. When dancers wear hard-soled shoes, their stepping creates a powerful sound that adds to the music's rhythm.

The popularity of Irish step dancing soared worldwide after the debut of the stage show "Riverdance" in 1995.



## It's National Celery Month

Celery is a powerful vegetable that helps to lower cholesterol levels and arthritis pain. It can also quicken weight loss, protect against oxidative damage, and lower high blood pressure. Including celery stalks in your diet can promote your overall health, as it is rich in Vitamin C.

A research study published in the Journal of Agricultural and Food Chemistry suggests that the fiber found in celery may help reduce artery-clogging cholesterol (called LDL or bad cholesterol).

Celery contains organic chemical compounds called phthalides. These compounds can lower the level of stress hormones in your blood. More so, celery seed extracts have shown antihypertensive properties, which means they can help to regulate high blood pressure.

The phthalides in these vegetables also stimulate the secretion of bile juices, which work to reduce cholesterol levels. Less cholesterol means less plaque on the artery walls and a general improvement in heart health. The fiber that is found in it also works to scrape the cholesterol out of the bloodstream and eliminate it from the body with regular bowel movements, further boosting cardiovascular health.

Eat more celery!



## St. Paddy's Day Sidekicks

Two vegetables are the traditional side dishes for a plate of corned beef. After all, what would a St. Patrick's Day meal be without cabbage and potatoes?

Easy to grow and inexpensive, potatoes have a long history as a staple food around the world. The vegetable was introduced to Ireland by British explorer Sir Walter Raleigh in 1589, and it eventually became the country's main crop, which half of the population depended on to feed their families. But in the mid-1800s, much of the potato harvest was destroyed by a fungus for several years in a row, causing the Irish Potato Famine.

Cabbage was also an important crop in Ireland. The green, leafy vegetable grew well in the cool climate. Because it was nutrient-dense, many people lived on cabbage during the famine.

It was during this time that waves of Irish immigrants came to the U.S., and they brought their recipes from home. That includes a dish that combines both vegetables, colcannon, which is a mixture of mashed potatoes and chopped cabbage.

## Global Ways To Get Happy

Various cultures across the globe have approaches to creating happiness and well-being in everyday life.

**Hygge:** This Danish concept, which focuses on coziness and comfort, has become a worldwide lifestyle trend. Soft blankets, warm beverages and simple pleasures, such as reading, can create hygge in your daily routine.

**Lagom:** Sometimes called the Goldilocks principle, this Swedish philosophy is about balance and determining what's "just right" for you. For example, eating until you feel full, but not stuffed, is practicing lagom.

**Wabi-sabi:** The ancient Japanese concept of wabi-sabi celebrates life's imperfections by embracing the beauty in broken or worn objects, as well as one's personal flaws.

**Gezellig:** At the heart of Dutch culture, gezellig can be loosely translated as the enjoyable things in life. Being social is a key element, since anything can be considered gezellig — even something unpleasant, such as waiting in a long line — if you're with a friend.





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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