

NorthRidge

Gracious Retirement Living

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

MAY 2020

NORTHRIDGE STAFF

Managers.....MIKE & MIRIAM LUBINSKI

Assistant Managers SCOTT & SUSAN LANE

Executive Chef..... BRANDY FELTS

Community SalesKASHIA 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

Gardens Around the Globe

With blooming flowers and budding trees, a garden in springtime is an inviting place to enjoy nature's splendor. Take a virtual stroll through some of the world's grandest gardens.

Keukenhof — Called the “garden of Europe,” this park in the town of Lisse, in the western Netherlands, is famous for its brilliant display of Dutch tulips, along with daffodils, crocuses, hyacinths and bluebells. More than 7 million bulbs are planted each year for the burst of color that unfolds from March through May.

Gardens of Versailles — Commissioned by King Louis XIV in 1661, this formal French garden outside of Paris covers 2,000 acres on the grounds at the Palace of Versailles. Visitors can walk along topiary-lined pathways or ride a boat on the Grand Canal to view thousands of trees and flowering plants and hundreds of statues and fountains.

Nong Nooch Tropical Botanical Garden — The coastal city of Pattaya, Thailand, is home to 600 acres that showcase and conserve hundreds of native plants. Thai culture is also highlighted in dance performances and martial arts demonstrations.

Villa d'Este — The enchanted terraced gardens of this Renaissance-style estate in Tivoli, Italy, date back to the 16th century and are known for their elaborate water features, including waterfalls, fish ponds, and over 50 fountains, one of which plays organ music.



Just Sewing Away

June is just one of our very talented residents here at a Northridge. I enjoyed listening to June's story about her mom who also used to sew. Her mom would sew all day and cut the strands of thread off her projects and just toss them on the floor next to the sewing machine until they piled up high and when October would roll around she would finally take the time to pick them all up. June doesn't have a pile of thread on her floor but she definitely is always working hard on her sewing.

Pictured here is June making surgical masks for healthcare providers in need. And there is also a picture of her hand-sewn bunnies that she graciously decorated a table with outside her door for Easter.



Honoring Women in the Military

Nearly 3 million women have served in and with the U.S. military. The Women in Military Service for America Memorial honors the contributions of servicewomen past, present and future.

Dedicated in 1997, the memorial is located at the entrance to Arlington National Cemetery, outside the nation's capital. The 30,000-square-foot monument and museum is devoted to telling the stories of women who have helped defend the nation since the American Revolution.

Photos, uniforms and other artifacts are exhibited, documenting the many jobs women have held for the country's defense, from nurse to fighter pilot. A hall of honor recognizes those who gave the ultimate sacrifice, were held prisoners of war, or received awards for service and valor.

The heart of the memorial is an interactive, computerized register that has the goal of including every woman who has served. Currently, the database has the names, photos and histories of about 270,000 women, and visitors can look up their grandmother, mother or friend. Female veterans or family and friends of women veterans are encouraged to register at the memorial's website, WomensMemorial.org.

The memorial also honors women who have served in organizations that support the U.S. armed forces, including the Red Cross, USO and U.S. Public Health Service Cadet Nurse Corps.



The Anniversary of V-E Day

On May 7, 1945, Germany surrendered to the Allies, ending World War II in Europe. The following day, May 8th, was declared Victory in Europe Day, and this year marks the 75th anniversary of the momentous occasion.

After six years of conflict, unconditional surrender documents were signed in Reims, France, at the headquarters of U.S. Army General Dwight D. Eisenhower, the commander of the Allied forces in Europe. As news of Germany's formal surrender spread, celebrations broke out in cities around the world. Massive crowds gathered in the streets for parties, parades, dancing and singing.

V-E Day also fell on the birthday of U.S. President Harry S. Truman, who had taken office only a few weeks earlier, after the death of President Franklin D. Roosevelt. In a statement, Truman dedicated the day to Roosevelt, who had led the country through most of the war.

Truman also reminded Americans that despite the victory, "much remains to be done," since the war with Japan continued. It would be another three months, in August 1945, before the battle in the Pacific theater would end.

May Birthdays

Shirley Sauer, 1st	Mary Jane Laycock, 15th
Linda Beach, 9th	Steve Sindors, 22nd
Ruth Smith, 10th	Karen May, 26th
John Johnson, 10th	Mike Yauney, 30th

Anniversaries

Duane & Betty Jacobs, 5/9/1959

Movies

Movies shown daily at 3 p.m. and 6:45 p.m.

Garden Time

It's that time and I'm so excited! Let's put a plan of action together to get our garden ready. Do you have some suggestions for the garden this year? Well, we would love to hear them.

Keep an eye on the schedule for our garden meeting. We will need some volunteers to help turn dirt, pull weeds, divide and plant perennials. This will be so much fun!



Staying Active

Staying active is so important — not only physically, but mentally and socially as well. These ladies right here will tell you firsthand how their friendship has helped them stay more active. Staying social and building friendships gives you something to look forward to when getting up in the morning — to head down to breakfast with your friends. What better way to get your exercise in than to have a workout buddy with you; so grab that breakfast and grab your friend and join us for morning stretches or a brisk walk outside.



Movie Moms

Each of the ladies listed are film characters. Can you match the mom to her movie?

- | | |
|---------------------|-------------------------------|
| 1. Winifred Banks | A. "Mamma Mia!" |
| 2. Lena Younger | B. "The Grapes of Wrath" |
| 3. Mary Bailey | C. "A Tree Grows in Brooklyn" |
| 4. Donna Sheridan | D. "Mary Poppins" |
| 5. Leigh Anne Tuohy | E. "Imitation of Life" |
| 6. Ma Joad | F. "The Blind Side" |
| 7. Lora Meredith | G. "A Raisin in the Sun" |
| 8. Katie Nolan | H. "It's a Wonderful Life" |

Feathered Friends

This is a zigzag word search. Words go left, right, up, down, and can bend at a right angle, but not diagonally. Every letter is used only once.

R	O	D	D	R	O	D	U	N	K
C	O	N	W	O	N	N	I	L	A
S	P	A	R	R	G	I	S	O	K
O	D	M	A	W	O	B	I	P	A
V	K	B	G	O	R	C	R	I	M
E	N	O	P	I	E	K	H	W	O
K	I	B	S	T	O	R	E	I	T
I	L	O	F	I	N	C	A	K	M
E	L	I	L	E	R	H	W	A	O
Q	U	A	P	E	T	M	A	C	T

BOBOLINK
CONDOR
~~CROW~~
DOVEKIE
DRONGO
DUNLIN
FINCH
IBIS
KAKAPO

KIWI
MACAW
MAGPIE
MOTMOT
PETREL
QUAIL
RHEA
SPARROW
STORK

Brain Bender: What a Doll

Amy owns a four-piece set of Russian nesting dolls. Each of the four dolls has her own name—Anastasia, Irina, Katya or Natasha. Each is painted a different color—blue, purple, red or yellow. Using the following clues, can you place the dolls in order from smallest to largest, and determine the color of each one?

- When the dolls are nested, Natasha is only touching one other doll, the purple one.
- Katya is the red doll.
- The blue doll is larger than Irina, but smaller than Katya.
- The second-largest doll is not yellow.

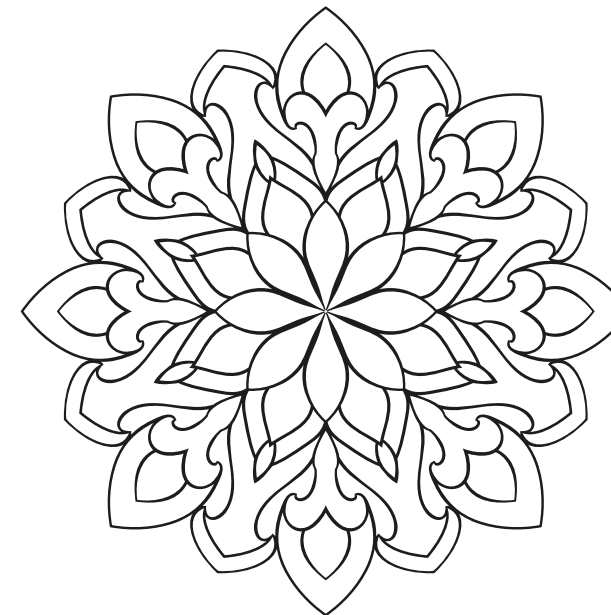


Simple Ways To Practice Mindfulness

- Savor a snack. Whether it's a crisp, fresh apple or a decadent candy bar, enjoy a snack slowly and deliberately. Close your eyes and think about the food's flavors and textures and the rhythm of your chewing.
- Enjoy nature — even from indoors. Look out your window to study birds and plants. Notice as much detail as you can. Or look at a nature photo from a book or the internet and gaze at it peacefully.
- Set aside specific times of the day to read a meaningful poem, quotation, mantra or prayer.
- Download a free guided meditation app. Search "meditation" in your device's app store to see available options.

Mandala Meditation

From a Sanskrit word meaning "circle," a mandala is a popular tool used in meditation, often representing wholeness. You may have seen a mandala without realizing what it was. Simply stated, it is a circular shape filled with repeating geometric patterns. Creating your own mandala — by drawing at least three concentric circles, then filling in the spaces between the circles with various shapes — can be therapeutic and relaxing. Coloring or painting pre-drawn mandalas has the same effect.



A Dose of Deep Breathing

Deep breathing, also known as belly breathing, can help alleviate stress, increase relaxation and lower heart rate and blood pressure. You can do it almost anywhere. Breathe in slowly through your nose for four counts until your abdomen feels fully expanded, hold your breath for one count, then exhale through your mouth for five counts. Experts recommend doing this three times an hour.

Puzzle Solutions

Movie Moms Answers

1. D; 2. G; 3. H; 4. A; 5. F; 6. B; 7. E; 8. C

Brain Bender Answers

The smallest doll, Natasha, is yellow. The second-smallest doll, Irina, is purple. The second-largest doll, Anastasia, is blue. The largest doll, Katya, is red.

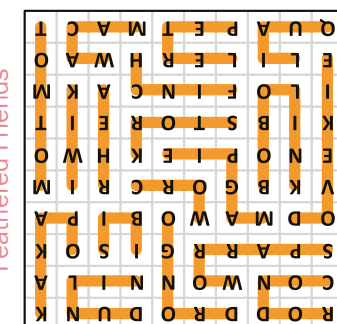
Take a Closer Look

See if you can identify 12 differences in these two illustrations.

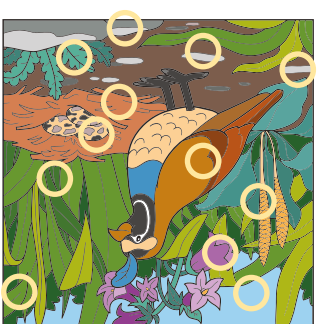
Solution can be found at the bottom of this page.



Feathered Friends



Take a Closer Look





Puzzle Fun for You!

MOTHER'S DAY WORD SEARCH

W Y U P B U T D N I K
N R Q Z W N B T M Q T
T U E V E S S E C U K
P B S I S R E A I U E
D W T I E M I C E Q Q
R A L N S O K H S T C
P U N E S M O E R Z G
C I L V I M O R U G Q
P A I O K Y C H N A X
Y S F L O W E R S J O
P E S G U H A C N R G

MOMMY TEACHER
LOVE KIND
HUGS PATIENT
KISSES NURSE
FLOWERS COOKIES



Mother's Day Scramble

Show me how good you are. How many words can you get from Happy Mother's Day? Use a separate piece of paper if needed.

Make as many words as you can
using the letters in
Happy Mother's Day



superheroesandteacups.com



Sweatin' to the Oldies

Step outside your box and join us for a fun drumming class. Or maybe just come and watch how we drum to the beat of the music while raising our heart rates a little. It's definitely a great way to burn off all those extra sweets we have been eating.

Let us know your favorite song — we take special requests.



Bob turns the hat around when he plays the drums.





Tailgating Fun

Switching things up and rolling down the halls with an ice cream trolley and hot dog stand really got everybody smiling. The music was pumping and the fans were cheering.



Putting Around

Windmills, pirate ships, dinosaurs and waterfalls are often par for the course when you're playing a round of miniature golf.

Early courses for the game didn't have the whimsical designs seen today. They were simply scaled-down golf courses for players to focus on their putting stroke. The first of these was created in 1867 at golf's birthplace, Scotland, for the St. Andrews Ladies' Putting Club. In the U.S., compact, putting-only courses with artificial greens became popular in the early 1900s, including more than 150 built on New York City rooftops.

The trend got a new twist in the late 1920s, when businessman Garnet Carter built a mini golf course outside his hotel on Lookout Mountain, near Chattanooga, Tennessee. With its fairyland theme, quirky features such as gnome statues, and obstacles that included hollow logs, it was a hit with guests. Mini golf mania swept the nation, and by 1930, there were 25,000 courses in the U.S.

After a decline due to the Depression, mini golf teed off again in the 1950s. Today, it's an amusement for players of all ages, and the variety of silly course setups and hazards adds an element of surprise.

For those who like more serious competition, there are U.S. and international mini golf organizations that hold annual championship tournaments.

Priority Rehab and Wellness

Dr. Blake Wiseman, DPT
317-688-8232

Wright Touch Styling Salon

317-773-8808

Church

Transportation to Hazel Dell Christian Church — Sunday mornings at 8:45 a.m. for 9:15 a.m. worship service.



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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