

NorthRidge

Gracious Retirement Living

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

JANUARY 2021

NORTHRIDGE STAFF

Managers..... CHUCK & CHARLENE TURNER
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

Good Neighbors, Good Friends

I'd like to take a moment to feature a longtime resident of ours — Gina.

Gina has been living at Northridge from almost the beginning. I remember the first day I met Gina, she was in the Dining Room waiting for some friends to arrive, not only to be sure that they made it down to lunch, but she made sure they had a seat.



Gina

I see Gina every morning in the Activity Room while she is grabbing newspapers and daily newsletters for her friends and neighbors who don't come down early. She is always making sure they get their "goods." If Gina doesn't see someone that she normally sees on a daily basis, she will mention to a staff member to check on them. Gina is an all-around great neighbor and a great friend! She is so loved by her friends here at Northridge and we want her to know how much we appreciate her!



The “Not So” Newlywed Game Show

Mark your calendars now for a VIP seat on the best game show ever! How well do you know your significant other?



If you would like to be a contestant on the show, be sure to see your activity director to reserve your spot. You don't want to miss this!

One lucky couple will receive a special private dinner reservation.

February 12, 2021

2 p.m.



Good-bye 2020, Hello 2021

You're probably more than ready to say goodbye to 2020 — So get out your fanciest clothes, because we will be ringing in the new year in style and dancing the blues of 2020 away!

We have a fabulous surf-and-turf dinner planned for our special evening, a champagne toast and, of course, music!

Picture Yourself Here

Swaying palms, powder-fine beaches, and clear blue waters — get ready, Northridge, for a tropical getaway you won't soon forget! Beginning the week of January 18th through February 5th, Northridge will be embarking on an island-hopping adventure through the Pacific Islands! You'll enjoy three weeks of sun, sand, rest and relaxation as we explore these amazing destinations:



— Hawaii

— Fiji

— New Zealand

As we make our scheduled stops, we will be experiencing the food, history and culture of each of these beautiful destinations. Be sure to attend the Island-Hopping Kickoff on January 15th 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 Travel Guide Denise for all the details!

A Poem by Brian Fox

Year of the Covid

Now is the time for
us to begin focusing
on hope,
Not hindered by a
year filled with illness
and isolation;
This Christmas of
2020 has been
unlike any other,
Often restricting us to
only the immediate household.



Brian Fox: Author

Loved ones have needed to keep their distance,
Hiding behind masks to stilt an insidious disease;

Even with stringent restrictions imposed upon us,
Many have striven to share themselves;
To fill the world with expanding services,
Thereby aiding one another to escape loneliness.

During this holiday season we share what we can,
be it of material value, or by volunteering our time;
Many individuals have communicated on Twitter
or socialized on Facebook, or visually on Zoom.

Each of us shows concern for the welfare of others,
From that part within us that emerges during
a crisis;
In those moments we prove how we can be better,
Than we ever thought we were capable
of achieving.

We have lost many, some were close, others not so,
Yet each loss diminishes us in so many
different ways;
Let us hope that in the year ahead we
work together,
To bring about a healthier world, and one filled
with Peace.

Brian Fox

Golfin' Around the Christmas Tree

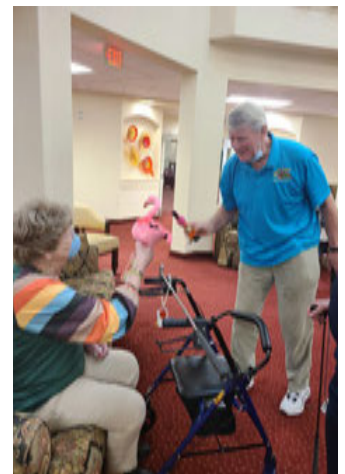
Denny and Andy are proudly representing First
and Second place positions in golf this week!!



Denny, 1st Place



Bruce, 2nd Place



JAN 2021

Birthdays

Janice Bastin, 1st
Dick McGee, 2nd
Millie Allman, 4th
Mike Schofield, 14th
Joanne Kinnett, 15th
Marilyn Kingery, 17th
Rosevelt Colvin, 22nd
Carl Ricks, 23rd
Lynn Denison, 23rd
Ann James, 25th
Barb Rafferty, 26th
Herb Price, 26th

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>NEW YEAR'S DAY1</div> <div>9:30 Fiesta Walk, AR 10:30 Cornhole, AT 11:30 The Bible Today/ Devotion, CH 2:00 New Year's Day Bingo, AR 3:00 Golf 7:00 Bridge Game</div>	<div>2</div> <div>2:00 Bridge Game, TV 2:00 Liverpool 3:00 Wii Bowling League 4:00 Dominoes, AR 7:00 Disciples at Work, CH</div>
<div>3</div> <div>9:30 Northridge Fellowship "Trinity," CH 11:00 Prayer Group, CH 11:00 Joy of Coloring, AR 2:00 Aggravation Time!, AR 7:00 9 Ball, BL</div>	<div>4</div> <div>9:30 Sunrise Stretches, AR 10:30 Strength and Balance, FC 11:30 The Bible Today/ Devotion, CH 2:00 Pictionary, AR 3:00 Golf, AR 7:00 Cards, TV</div>	<div>5</div> <div>9:00 Meijer, LB 9:30 Beach Yoga, AR 10:30 Strength & Balance, FC 2:00 Bingo, AR 3:00 Family Feud, AT 4:00 Dominoes, AR 7:00 Wii Bowling: Open</div>	<div>6</div> <div>9:00 Walmart 9:30 Sunrise Stretches, AR 10:30 Circuit Training, FC 11:30 Resident Meeting, DR 1:45 Blood Pressure Clinic 2:00 Team Trivia 3:00 Right Center Left</div>	<div>7</div> <div>9:15 Kitchen Tour, DR 9:30 Beach Yoga, AR 10:00 Aggravation Time! 10:30 Zoomba, FC 2:00 Balloon Volleyball 3:00 Bean Bag Baseball 6:45 Euchre Game, AR 6:45 "It's a Guy's Thing" Pool, BL</div>	<div>8</div> <div>9:30 Fiesta Walk, AR 10:30 Cornhole, AT 11:30 The Bible Today/ Devotion, CH 2:00 Wheel of Fortune, AT 3:00 Golf 4:00 Happy Hour with Priority 7:00 Bridge Game</div>	<div>9</div> <div>2:00 Bridge Game, TV 2:00 Liverpool 3:00 Wii Bowling League 4:00 Dominoes, AR 7:00 Disciples at Work, CH</div>
<div>10</div> <div>10:00 Northridge Church Service, AR 11:00 Prayer Group, CH 2:00 Aggravation Time!, AR 7:00 9 Ball, BL</div>	<div>11</div> <div>9:30 Sunrise Stretches, AR 10:30 Strength and Balance, FC 11:30 The Bible Today/ Devotion, CH 2:00 Pictionary, AR 3:00 Golf, AR 7:00 Cards, TV</div>	<div>12</div> <div>9:00 Meijer, LB 9:30 Beach Yoga, AR 10:30 Strength & Balance, FC 11:00 Bible Study with Pastor Ben, CH 2:00 Bingo, AR 3:00 Family Feud, AT 4:00 Dominoes, AR 7:00 Wii Bowling: Open</div>	<div>13</div> <div>9:00 Walmart 9:30 Sunrise Stretches, AR 10:30 Circuit Training, FC 1:45 Blood Pressure Clinic 2:00 Team Trivia 3:00 Right Center Left</div>	<div>14</div> <div>9:30 Beach Yoga, AR 10:00 Aggravation Time! 10:30 Zoomba, FC 2:00 Balloon Volleyball 3:00 Bean Bag Baseball 6:45 Euchre Game, AR 6:45 "It's a Guy's Thing" Pool, BL</div>	<div>15</div> <div>9:30 Fiesta Walk, AR 10:30 Cornhole, AT 11:30 The Bible Today/ Devotion, CH 2:00 Island Hopping Kickoff Party, AR 3:00 Golf 7:00 Bridge Game</div>	<div>16</div> <div>2:00 Bridge Game, TV 2:00 Liverpool 3:00 Wii Bowling League 4:00 Dominoes, AR 7:00 Disciples at Work, CH</div>
<div>17</div> <div>9:30 Northridge Fellowship "Trinity," CH 11:00 Prayer Group, CH 2:00 Aggravation Time!, AR 3:00 Chef Demo, AR 7:00 9 Ball, BL</div>	<div>MARTIN LUTHER KING JR. DAY18</div> <div>9:30 Sunrise Stretches, AR 10:30 Strength and Balance, FC 11:30 The Bible Today/ Devotion, CH 2:00 Hawaiian Pictionary, AT 3:00 Golfin' In Maui, AT 7:00 Cards, TV</div>	<div>19</div> <div>9:00 Meijer, LB 9:30 Beach Yoga, AR 10:30 Strength & Balance, FC 2:00 Luau Bingo, AR 3:00 Family Feud, AT 4:00 Dominoes, AR 7:00 Wii Bowling: Open</div>	<div>20</div> <div>9:00 Walmart 9:30 Sunrise Stretches, AR 10:30 Circuit Training, FC 1:45 Blood Pressure Clinic 2:00 Team Trivia 3:00 Create a Cocktail, AR</div>	<div>21</div> <div>9:30 Beach Yoga, AR 10:00 Aggravation Time! 10:30 Zoomba, FC 11:00 Bethel Lutheran Church Service 2:00 Beach Volleyball, AT 3:00 Bean Bag Baseball 6:45 Euchre Game, AR 6:45 "It's a Guy's Thing" Pool, BL</div>	<div>22</div> <div>9:30 Fiesta Walk, AR 10:30 Cornhole, AT 11:30 The Bible Today/ Devotion, CH 2:00 Wheel of Fortune 3:00 Golf on the Big Island 7:00 Bridge Game</div>	<div>23</div> <div>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 Disciples at Work, CH</div>
<div>24</div> <div>10:00 Northridge Church Service, AR 11:00 Prayer Group, CH 2:00 Aggravation Time!, AR 7:00 9 Ball, BL</div>	<div>25</div> <div>9:30 Sunrise Stretches, AR 10:30 Strength and Balance, FC 11:30 The Bible Today/ Devotion, CH 2:00 Pictionary, AR 3:00 Golf, AR 7:00 Cards, TV</div>	<div>26</div> <div>9:00 Meijer, LB 9:30 Beach Yoga, AR 10:30 Strength & Balance, FC 11:00 Bible Study with Pastor Ben, CH 2:00 Bingo, AR 3:00 Family Feud, AT 4:00 Dominoes, AR 7:00 Wii Bowling: Open</div>	<div>27</div> <div>9:00 Walmart 9:30 Sunrise Stretches, AR 10:30 Circuit Training, FC 1:45 Blood Pressure Clinic 2:00 Team Trivia 3:00 Fun Facts About Fiji with Steve, MT 4:00 Happy Hour with Wright Touch</div>	<div>28</div> <div>9:30 Beach Yoga, AR 10:00 Aggravation Time! 10:30 Zoomba, FC 11:30 Chef Chat, MT 2:00 Balloon Volleyball 3:00 Bean Bag Baseball 6:45 Euchre Game, AR 6:45 "It's a Guy's Thing" Pool, BL</div>	<div>29</div> <div>9:30 Fiesta Walk, AR 10:30 Cornhole, AT 11:30 The Bible Today/ Devotion, CH 3:00 Golf 7:00 Bridge Game</div>	<div>30</div> <div>2:00 Bridge Game, TV 2:00 Liverpool 3:00 Wii Bowling League 4:00 Dominoes, AR 7:00 Disciples at Work, CH</div>
<div>31</div> <div>11:00 Prayer Group, CH 2:00 Aggravation Time!, AR 7:00 9 Ball, BL</div>						



Winter Wonders

It's winter here in the Northern Hemisphere, bringing cooler temperatures. Keep warm with this bundle of cold-weather facts:

- While it may not snow in every city, about 1,200 cubic miles of the fluffy stuff falls on North America every year.
- The Great Lakes region is known as the snow belt of the U.S.
- Fairbanks, Alaska, gets the title of America's coldest city in winter. Its average low temperature is a frosty 16 below zero.
- Residents of Bethel, Maine, built a record-breaking snowperson in 2008. Named Olympia, she stood 122 feet high—almost as tall as the Statue of Liberty—and was made of 13 million pounds of snow!
- You don't have to wait for spring to see beautiful blossoms. Pansies, snowdrops and English primroses are some common flowers that bloom during the chilly months.



App Adventures

From phone calls and video chats to text messaging and social media, smartphones and tablets help us keep in touch with family and friends. And with apps available for nearly every interest, they can also keep you busy! Explore your device's app store by searching some of these topics:

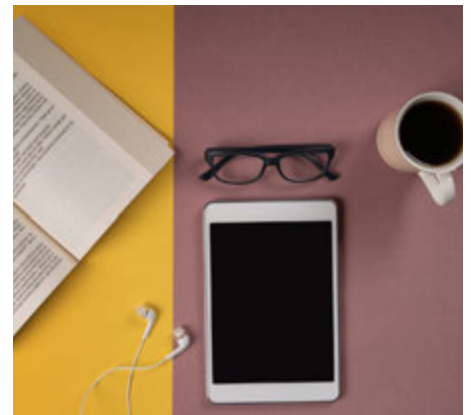
Games and puzzles: Brainteasers, crosswords, jigsaw puzzles, hidden objects ... Today's mobile games provide a variety of engaging options. You can also play with loved ones, helping you stay connected.

Nature hobbies: Are you a bird-watcher? You can download apps with bird guides and a spot to log your sightings. Love to take outdoor walks? Find out the name of a shrub or flower by using a nature identification app.

Books: Literary apps let you manage your to-read list, browse and write reviews, and find new titles. If you want to read on your device, you'll find apps with e-books you can buy, rent or download for free. There are also apps for audiobooks.

Foreign languages: Multiple apps make learning a language fun with daily challenges and interactive games. Developing this new skill can benefit your brain.

Mindfulness: Apps aimed at relaxing are popular. Featuring guided meditations and soothing sounds, these programs can help you rest physically and mentally.





The Words of MLK

In honor of Martin Luther King Jr. Day on January 18th, here are some of his most enduring speeches.

Montgomery bus boycott speech — One of King's first public speeches took place on December 5th, 1955, in Alabama, just a few days after Rosa Parks was arrested for refusing to give up her bus seat. His inspiring words about peaceful protests launched his role as a leader of the civil rights movement.

"I Have a Dream" — King delivered these iconic words from the steps of the Lincoln Memorial in Washington, D.C., on August 28th, 1963. Over 250,000 people gathered there and heard King describe his vision of the future, where his children "will not be judged by the color of their skin, but by the content of their character."

Nobel Peace Prize speech — In 1964, King was 35 and at the time, was the youngest person to win the Nobel Peace Prize. Accepting the honor on December 10th, 1964, he described the beauty of brotherhood and peace as "more precious than diamonds or silver or gold."

"How Long, Not Long" — On March 25th, 1965, after marching with 25,000 protesters from Selma to the Alabama Capitol in Montgomery, King encouraged the crowd, saying, "The road ahead is not altogether a smooth one. ... But we must keep going."

"I've Been to the Mountaintop" — King gave his final address in Memphis, Tennessee, on April 3rd, 1968, the night before he was assassinated. Speaking to a group of striking city workers, King emphasized the importance of unity in the fight for justice.

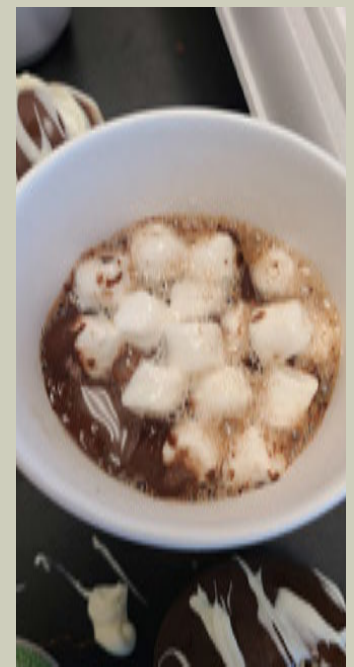
Did You Know?

Long before people nibbled on bars and brownies, chocolate was consumed in liquid form. Historians credit the Olmec civilization of southern Mexico as being the first to roast the fruit from the cacao tree, then grind it down and mix it with water and other ingredients. Archaeologists have discovered Olmec pottery with trace amounts of chocolate dating back to around 1700 BCE.

The Mayans and Aztecs, who picked up the habit from the Olmecs, drank a bitter brew they called "xocoatl," typically made with chilies, water and toasted corn, and served lukewarm and frothy.

The Spanish, who were introduced to cacao drinks after conquistadors brought them home, sweetened things up by adding cinnamon, sugar and other spices to the mix. This, however, was still nothing like the sweet concoction that characterizes hot chocolate today.

And this brings us to Chef Brandy's homemade hot chocolate bombs — hollow milk chocolate balls filled with cocoa, sugar and marshmallows! Boy, hot chocolate sure has changed a lot over the years!





14532 Allisonville Road
Fishers, IN 46038



It's always Warm at

NorthRidge
Gracious Retirement Living

We invite you to experience the warmth of our community. Our caring staff is here for you any time, day or night. We take care of the cooking, cleaning, and maintenance, leaving you more time to enjoy your lifestyle. We'll even drive you to appointments, shopping and other outings.

317-776-1980