



NorthRidge

Gracious Retirement Living

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

FEBRUARY 2021

NORTHRIDGE STAFF

Managers..... CHUCK & CHARLENE TURNER
Assistant Managers SCOTT & SUSAN LANE
Executive Chef..... BRANDY FELTS
Community SalesKASHIA 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

Confections of Affection

Sweets for the sweet, candy has become a symbol of love and friendship on Valentine's Day. Here are some holiday favorites:

Chocolate samplers — They come in pretty packages large and small. Chocolates and truffles inside decorated heart-shaped boxes have been popular gifts since the late 1800s.

Conversation hearts — “Be mine.” “True love.” “Marry me.” It's the cute stamped-on messages that have made conversation hearts a fun tradition for over a century.

Hershey's Kisses — These familiar foil-wrapped drops of chocolate have the perfect name for Valentine's Day: Kisses! They were one of the first candies to change their packaging for the holidays in the 1960s. Their valentine wrappers of red and pink premiered in 1986.

M&M's — Recognized by the “m” on each one, M&M's have been enjoyed by the handful since they debuted in 1941. The milk chocolate candies show off candy-coated shells in holiday colors of red, pink, purple and white, and come in special flavors, such as triple chocolate and cheesecake.

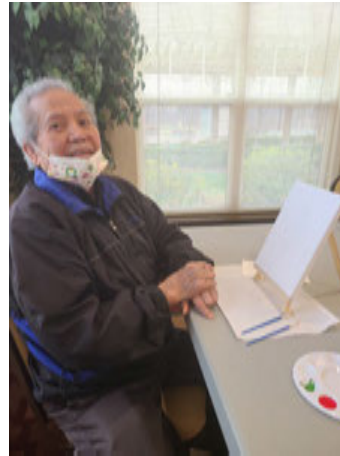
Cupid corn — Traditional candy corn has its fans, especially in the fall months. But with color swaps from yellow, orange and white to red, pink and white, this tri-colored treat is renamed Cupid corn in February.

Red Hots hearts — A switch from most sweets, the spicy, chewy mini cinnamon candies known as Red Hots take the shape of tiny hearts for the holiday, with no color change needed.



Painting With Dennis

Let me tell you a little about Dennis. Dennis never knew she had artistic talent until she took a painting class just a few years ago. She specializes in watercolor portraits of birds. Her work is amazing and she now is teaching a painting class here at Northridge each week.



Simple Ways To Show Yourself Some Love

Taking time for self-care doesn't have to be complicated or costly. There are many quick, simple habits that can help keep you happy and healthy.

Get a houseplant: Studies show that taking care of a plant creates a sense of calm, and being around green things boosts your mood.

Do a little dance: Find an opportunity to play a favorite tune and get your groove on—maybe while you're getting ready for the day or when you're cooking dinner. The physical action will get your blood flowing and put a smile on your face.

Unplug: Put down your phone, turn off the TV and close your eyes. For five minutes, focus on your breathing and forget about the outside world.

Engage in a hobby: Carving out 10 to 15 minutes a day to read, sketch, write, play music or work on a craft can help you find balance between work and play.

Help others: Showing kindness to others is a way of showing kindness to yourself, which is what self-care is all about. Holding the door for someone, giving compliments and sending out cards are ways to do good and feel good.



Celebrating Black History Month

Each February, America observes Black History Month. This tribute to African Americans who have made an impact on the U.S. and the world was born from one man's call to action.

Historian and author Carter G. Woodson wanted the contributions of heroic Black men and women who helped shape the nation and its culture to be recognized and celebrated. In 1926, he created a weeklong event to promote Black history, and chose the second week in February because it included the birthdays of abolitionist Frederick Douglass and President Abraham Lincoln.

Fifty years later, after decades of support, the event expanded to Black History Month, a national observance, as part of the country's bicentennial. When President Gerald Ford signed the proclamation, he urged everyone to join in the "tribute to Black History Month and the message of courage and perseverance it brings to all of us."

Groundhog Stars

Every year, in the early hours of February 2nd, Punxsutawney Phil is pulled from his temporary tree trunk den at Gobbler's Knob in western Pennsylvania. There, thousands gather and many more watch on TV to see if Phil sees his shadow. If he does, it's a sign of six more weeks of winter. If he doesn't, spring is just around the corner.

But there are other weather-forecasting groundhogs who take the spotlight on Groundhog Day. Phil has a rival across the way in eastern Pennsylvania: Grover the Groundhog. Head to the Midwest and Buckeye Chuck carries on the tradition in the Buckeye State of Ohio.

In New York City, Charles G. Hogg, also known as Staten Island Chuck, makes his prediction from his log cabin home at the Staten Island Zoo. For over 50 years, western New York has looked to Dunkirk Dave for a seasonal projection.

Down South, folks in Raleigh, North Carolina, check in with Sir Walter Wally outside the city's science museum. And there's the Cajun groundhog, a nutria rodent named Pierre C. Shadeaux, who forecasts how long spring will last before the summer heat hits Louisiana.

The Great Debate

Northridge Statistics show that most people prefer to have the toilet paper go "over." Although Sally here may beg to differ. She said it goes one way in her home and it's "under."



Thank You, Fishers Twp

Words cannot describe our appreciation for everything that our Township has done for us this holiday season. They know and understand how tough this holiday has been for many seniors. They have gone above and beyond to reach out to our seniors to help make their holiday extra special.



FEB 2021

Birthdays

John Dietterle, 4th
Doris Newman, 8th
Carol Richards, 11th
Brandy Felts, 13th (Employee)
George Boser, 25th
Jim Johnson, 27th (Employee)
Carol Richard, 28th
Bill Ziebell, 29th

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>7</div>	<div>1</div> <div>9:30 Sunrise Stretches, AR</div> <div>10:30 Strength and Balance, FC</div> <div>11:30 The Bible Today/ Devotion, CH</div> <div>2:00 Pictionary, AR</div> <div>2:00 Pictionary, AT</div> <div>3:00 Golf, AR</div> <div>7:00 Cards, TV</div>	<div>2</div> <div>9:00 Meijer, LB</div> <div>9:30 Beach Yoga, AR</div> <div>10:30 Strength & Balance, FC</div> <div>12:00 Resident Meeting, DR</div> <div>2:00 Bingo, AR</div> <div>3:00 Family Feud, AT</div> <div>4:00 Dominoes, AR</div> <div>7:00 Wii Bowling: Open</div>	<div>3</div> <div>9:00 Walmart</div> <div>9:30 Sunrise Stretches, AR</div> <div>10:30 Circuit Training, FC</div> <div>1:45 Blood Pressure Clinic</div> <div>2:00 Team Trivia</div>	<div>4</div> <div>9:15 Kitchen Tour, DR</div> <div>9:30 Beach Yoga, AR</div> <div>10:00 Aggravation Time!</div> <div>10:30 Zoomba, FC</div> <div>2:00 Balloon Volleyball</div> <div>3:00 Bean Bag Baseball</div> <div>6:45 Euchre Game, AR</div> <div>6:45 “It’s a Guy’s Thing” Pool, BL</div> 	<div>5</div> <div>9:30 Fiesta Walk, AR</div> <div>10:30 Cornhole, AT</div> <div>11:30 The Bible Today/ Devotion, CH</div> <div>3:00 Golf</div> <div>7:00 Bridge Game</div>	<div>6</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 Disciples at Work, CH</div>
<div>9:30 Northridge Fellowship “Trinity,” CH</div> <div>11:00 Prayer Group, CH</div> <div>2:00 Aggravation Time!, AR</div> <div>7:00 9 Ball, BL</div>	<div>8</div> <div>9:30 Sunrise Stretches, AR</div> <div>10:30 Strength and Balance, FC</div> <div>11:30 The Bible Today/ Devotion, CH</div> <div>2:00 Pictionary, AR</div> <div>2:00 Pictionary, AT</div> <div>3:00 Golf, AR</div> <div>7:00 Cards, TV</div> 	<div>9</div> <div>9:00 Meijer, LB</div> <div>9:30 Beach Yoga, AR</div> <div>10:30 Strength & Balance, FC</div> <div>11:00 Bible Study with Pastor Ben, CH</div> <div>2:00 Bingo, AR</div> <div>3:00 Family Feud, AT</div> <div>4:00 Dominoes, AR</div> <div>7:00 Wii Bowling: Open</div>	<div>10</div> <div>9:00 Walmart</div> <div>9:30 Sunrise Stretches, AR</div> <div>10:30 Circuit Training, FC</div> <div>1:45 Blood Pressure Clinic</div> <div>2:00 Team Trivia</div>	<div>11</div> <div>9:30 Beach Yoga, AR</div> <div>10:00 Aggravation Time!</div> <div>10:30 Zoomba, FC</div> <div>2:00 Balloon Volleyball</div> <div>3:00 Bean Bag Baseball</div> <div>6:45 Euchre Game, AR</div> <div>6:45 “It’s a Guy’s Thing” Pool, BL</div> 	<div>12</div> <div>9:30 Fiesta Walk, AR</div> <div>10:30 Cornhole, AT</div> <div>11:30 The Bible Today/ Devotion, CH</div> <div>3:00 Golf</div> <div>4:00 Happy Hour with Priority</div> <div>7:00 Bridge Game</div>	<div>13</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 Disciples at Work, CH</div> 
<div>VALENTINE'S DAY</div> <div>14</div> <div>10:00 Northridge Church Service, AR</div> <div>11:00 Prayer Group, CH</div> <div>2:00 Aggravation Time!, AR</div> <div>7:00 9 Ball, BL</div>	<div>PRESIDENTS DAY</div> <div>15</div> <div>9:30 Sunrise Stretches, AR</div> <div>10:30 Strength and Balance, FC</div> <div>11:30 The Bible Today/ Devotion, CH</div> <div>2:00 Pictionary, AR</div> <div>2:00 Pictionary, AT</div> <div>3:00 Golf, AR</div> <div>7:00 Cards, TV</div>	<div>16</div> <div>9:00 Meijer, LB</div> <div>9:30 Beach Yoga, AR</div> <div>10:30 Strength & Balance, FC</div> <div>2:00 Bingo, AR</div> <div>3:00 Family Feud, AT</div> <div>4:00 Dominoes, AR</div> <div>7:00 Wii Bowling: Open</div>	<div>ASH WEDNESDAY</div> <div>17</div> <div>9:00 Walmart</div> <div>9:30 Sunrise Stretches, AR</div> <div>10:30 Circuit Training, FC</div> <div>1:45 Blood Pressure Clinic</div> <div>2:00 Team Trivia</div>	<div>9:30 Beach Yoga, AR</div> <div>18</div> <div>10:00 Aggravation Time!</div> <div>10:30 Zoomba, FC</div> <div>11:00 Bethel Lutheran Church Service</div> <div>2:00 Balloon Volleyball</div> <div>3:00 Bean Bag Baseball</div> <div>6:45 Euchre Game, AR</div> <div>6:45 “It’s a Guy’s Thing” Pool, BL</div>	<div>19</div> <div>9:30 Fiesta Walk, AR</div> <div>10:30 Cornhole, AT</div> <div>11:30 The Bible Today/ Devotion, CH</div> <div>3:00 Golf</div> <div>7:00 Bridge Game</div>	<div>20</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 Disciples at Work, CH</div>
<div>9:30 Northridge Fellowship “Trinity,” CH</div> <div>11:00 Prayer Group, CH</div> <div>2:00 Aggravation Time!, AR</div> <div>3:00 Chef Demo, AR</div> <div>7:00 9 Ball, BL</div> <div>21</div>	<div>9:30 Sunrise Stretches, AR</div> <div>22</div> <div>10:30 Strength and Balance, FC</div> <div>11:30 The Bible Today/ Devotion, CH</div> <div>2:00 Pictionary, AR</div> <div>2:00 Pictionary, AT</div> <div>3:00 Golf, AR</div> <div>7:00 Cards, TV</div>	<div>9:00 Meijer, LB</div> <div>23</div> <div>9:30 Beach Yoga, AR</div> <div>10:30 Strength & Balance, FC</div> <div>11:00 Bible Study with Pastor Ben, CH</div> <div>2:00 Bingo, AR</div> <div>3:00 Family Feud, AT</div> <div>4:00 Dominoes, AR</div> <div>7:00 Wii Bowling: Open</div>	<div>9:00 Walmart</div> <div>24</div> <div>9:30 Sunrise Stretches, AR</div> <div>10:30 Circuit Training, FC</div> <div>1:45 Blood Pressure Clinic</div> <div>2:00 Team Trivia</div> <div>4:00 Happy Hour with Wright Touch</div>	<div>9:30 Beach Yoga, AR</div> <div>25</div> <div>10:00 Aggravation Time!</div> <div>10:30 Zoomba, FC</div> <div>11:30 Chef Chat, MT</div> <div>2:00 Balloon Volleyball</div> <div>3:00 Bean Bag Baseball</div> <div>6:45 Euchre Game, AR</div> <div>6:45 “It’s a Guy’s Thing” Pool, BL</div> 	<div>26</div> <div>9:30 Fiesta Walk, AR</div> <div>10:30 Cornhole, AT</div> <div>11:30 The Bible Today/ Devotion, CH</div> <div>3:00 Golf</div> <div>7:00 Bridge Game</div>	<div>27</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 Disciples at Work, CH</div> 
<div>10:00 Northridge Church Service, AR</div> <div>11:00 Prayer Group, CH</div> <div>2:00 Aggravation Time!, AR</div> <div>7:00 9 Ball, BL</div> <div>28</div> 						



Bean Bag Baseball Is Back

Join us for a hot, hot game of Bean Bag Baseball. The heat gets turned up on Thursdays, at 3 p.m. You don't want to miss it.



The Grinch Who Stole Christmas

Once again, it was that time of year to turn in our Gingerbread project. A huge shout out to all the residents who helped bring this together. Chef Brandy couldn't have pulled it off without your help. It turned out amazing and we can't wait to find out the winning results. Stay tuned!



And the Winner Is ...

Congratulations, Janice, our first place winner of our holiday door decorating contest. Thank you for taking the time to participate. We hope you had as much fun decorating as we did in judging.

A huge shout-out to all of our Facebook friends for helping us decide on a winner. We know it was a difficult decision.



Happy New Year

Goodbye 2022 and Hello 2021. You don't know how happy we are to see you. We have been waiting for you all year! We are so ready to get back in our groove and start exploring again.

A big thank you to our fabulous Culinary team for delivering the most delicious Surf and Turf New Year's Eve meal. It was definitely a night to remember.





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