

April is National Move More Month

Were you aware that there is a National Move More Month? Me neither, but April brings the arrival of National Move More Month—a time dedicated to embracing the power of movement and reaping its myriad benefits. Here at Northridge Village, we're excited to embark on this journey together, nurturing our health and well-being through simple yet impactful activities.

First and foremost, we extend our deepest gratitude to our diligent maintenance team for their dedication in mapping out a mile-long route in our Commons Building, Assisted Living and Independent Living areas. This thoughtful endeavor provides us with an opportunity to indulge in invigorating walks, surrounded by the comfort and beauty of our home.

Yet, our options for movement extend far beyond these designated routes. Simple activities like chair exercises (check the calendar for times), dance parties, stretching routines, balloon ball (see calendar for times), and yoga offer abundant opportunities to infuse our days with movement and vitality. Let's seize each moment, each opportunity, to move together as a community, fostering not only physical health but also camaraderie and joy.

Together, let's embrace National Move More Month with open arms, celebrating the gift of movement and the boundless possibilities it brings to our lives.

YOU'RE INVITED

MAGGIE'S PLACE MEMORY CARE MONTHLY ACTIVITY

JOIN US FOR A DEMENTIA FRIENDLY ACTIVITY EVERY MONTH

WHEN: 3RD THURSDAY EACH MONTH

TIME: 1:30

WHERE: MAGGIE'S PLACE
3301 STANGE ROAD, AMES

Alzheimer's / Dementia Support Group

Northridge Village will host a support group for those with a connection to someone on the dementia or any memory loss journey. All are welcome.

WHEN: 3rd Monday each month at 1:00 PM
WHERE: Northridge Village Chapel at 3300 George W. Carver Ave, Ames, IA 50010

2024 Schedule

January 15	July 15
February 19	August 19
March 18	September 16
April 15	October 21
May 20	November 18
June 17	December 16

Questions can be directed to Luke Borst at 515.450.5776

SUNCREST

Grief Support Group

Suncrest Hospice is holding a weekly session

Every Tuesday 3:00

Main Building

Open to the public.

Non-residents are encouraged to join.

3300 George W. Carver
515.232.1000

OFFICIAL NEWSLETTER OF NORTHRIDGE VILLAGE

April 2024

March Highlights

New Residents

- Jeanne Porter - IL
- Rosemary Nelson - IL
- Gloria Rademacher - Commons
- Tom & Mary Budnik - Commons
- Viginia Gee - AL

New Employees

- Arianna Keller - CNA
- Rylee Steffes - Culinary Aide
- Anna Krause - Concierge

Employee Anniversaries

- Kari Owen-Bahr - 2 years
- Tristan Cook - 2 years
- Sydney Jackson - 2 years
- Laci Lucas - 3 years
- Kennedy Steffes - 3 years
- Chirs Dankel - 5 years
- Maria Morales - 6 years

Birthdays

- Sherry Sargent - 5th
- Stevie Walsh - 5th
- Richard Lang - 7th
- Ron Black - 7th
- Lois Hill - 8th
- Mary-Lou Mumm - 10th
- Carolyn Adcock - 12th
- Ginny Fletchall - 12th
- Evelyn Pierce - 15th
- Betty Beard - 17th
- Darlene Nelson - 18th
- Ted Floden - 18th
- Marilyn Burkheimer - 19th
- Arden Williams - 19th
- Doris Anderson - 20th
- Sharon Johnson - 25th

EASTER

He is Risen



