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.

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

February 19

March 18

April 15

May 20

July 15

November 18

June 17

December 16

Ouestions can be directed to Luke Borst at 515.450.5776

alzheimer's 95 association°



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.



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

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

Wirthdays

- Sherry Sargent 🔊 🕅
- Stevie Walsh 5th
- Richard Lang 7th
- Ron Black 7th
- Lois Hill 8th
- Mary Lou Mumm 10th
- Carolyn Addock 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



March Highlights



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:30am Exercise– East 1:00 Nail Painting (PHCD) 3:00 Bingo (HCD)	2 9:30am Exercise- North 10:30 Pet Therapy-East 1:00 Word Power-HCD 3:00pm Rosary (PHCD) 3:00pm Grief Support Group (CH)	10:30am Worship Service w/ Pastor Tom (CH) 11:30 Resident Council (HCD) 3:00pm Social/Happy Hour (HCD)	2:30 Ice Cream Social with Homemade Ice Cream! (HCD)	9:30am Exercise- North 10:30 Trivia on the IN2L (HCD) 2:30 Noodle Ball (HCD)	Please check #995 for NRV/Calendar Updates
10.00am Camono	9:30am Exercise– East Ames Public Library 10:30 Sing-a-long—North 2:00 Pearl Vision (CMR)	9 9:30am Exercise- North 10:30 Pet Therapy-North 1:00 Word Power-HCD 3:00pm Grief Support Group (CH)	9:30am Exercise- East 10:30am Worship Service w/ Pastor Tom (CH) 3:00pm Social/Happy Hour (HCD)	2:20 Music with Donton	9:30am Exercise- North 10:15 Spring Treats and sweet memories (HCD) 2:30Resident choice Movie (HCD)	Please check #995 for NRV/Calendar Updates
10:30am Catholic Gathering (CH)	9:30am Exercise-East 10:30 Nail Painting (HCD) 2:30 Heartland Senior Band (HCD) Happy Birthday	3:00nm Grief Support	17 9:30am Exercise- East 10:30am Worship Service w/ Pastor Tom (CH) 2:00pm Early Ames Leaders with Paul & Paula (CH) 3:00pm Bingo (HCD)	2:30 Music Entertainment w/ Tom Hofer (HCD)	9:30am Exercise- North 10:30 Fresh air out on the Courtyard 2:30 Social/Happy Hour featuring a specialty drink! (HCD)	Please check #995 for NRV/Calendar Updates
Gathering (CH)	9:30am Exercise-East 10:30 Sing-a-long-North 3:00 Bingo (HCD)	23 9:30am Exercise- North 10:30 Pet Therapy-North 1:00 Word Power-HCD 3:00pm Rosary (PHCD) 3:00pm Grief Support	24 9:30am Exercise- East 10:30am Worship Service w/ Pastor Tom (CH) 3:00pm Social/Happy Hour (HCD)	AM Care Plans 2:30 Games against Aubry (HCD)	9:30am Exercise- North 10:30 Jokes and Brain Teasers (HCD) 2:30 Pretzel bar (HCD) National Pretzel Day!	Please check #995 for NRV/Calendar Updates
10:30am Catholic Gathering (CH)	1:00 Nail Painting (PHCD) 3:00 Bingo (HCD)	30 9:30am Exercise– North 10:30 Pet Therapy-East 1:00 Word Power-HCD 3:00pm Rosary (PHCD) 3:00pm Grief Support	April 20 NRV Health Activity Ca	h Care	CC-Coffee Cafe PHCD- Private HCD- Health Ca Mail delivery is Monday th	re Dining ru Saturday -33 <mark>7-1</mark> 900