

# 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

<del>January 15</del>	July 15
<del>February 19</del>	August 19
<del>March 18</del>	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 & Terri 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*



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> AM: Beauty Shop AM: Exercise PM: Movie and Snacks PM: Coloring Activity	<b>2</b> AM: Exercise PM: Travel Tuesday PM Trivia	<b>3</b> AM: Exercise PM: Craft PM: Outdoor Game— weather permitting	<b>4</b> AM: Exercise PM: Chapel PM: BINGO	<b>5</b> AM: Exercise PM: IN2L Sing Along 2:00 –2:45 Music with Pat- rick	<b>6</b> AM: Exercise PM: Balloon Ball PM: Outdoor Time— weather Permitting
<b>7</b> AM: Cornerstone Church Service AM: Exercise PM: Catholic Church Ser- vice PM: Nail Grooming	<b>8</b> AM: Beauty Shop AM: Exercise PM: Movie and Snacks PM: Coloring Activity	<b>9</b> AM: Exercise PM: Travel Tuesday PM Trivia	<b>10</b> AM: Exercise PM: Craft PM: Outdoor Game— weather permitting	<b>11</b> AM: Exercise PM: Chapel PM: BINGO	<b>12</b> AM: Exercise PM: IN2L Sing Along PM: Outdoor Game— weather permitting	<b>13</b> AM: Exercise PM: Balloon Ball PM: Outdoor Time— weather Permitting
<b>14</b> AM: Cornerstone Church Service AM: Exercise PM: Catholic Church Ser- vice PM: Nail Grooming	<b>15</b> AM: Beauty Shop AM: Exercise PM: Movie and Snacks PM: Coloring Activity 1:00 ALZ Support Group—Main Building	<b>16</b> AM: Exercise PM: Travel Tuesday PM Trivia 12:00 Maggie’s Town Hall 2:00 Music with Larry and Kathy	<b>17</b> AM: Exercise PM: Craft/Game PM: Outdoor Game— weather permitting	<b>18</b> AM: Exercise PM: Chapel PM: Wait List Activity PM: Great Plains Pizza Party For Dinner	<b>19</b> AM: Exercise PM: IN2L Sing Along 3:00 Rosary Prayer Ser- vice	<b>20</b> AM: Exercise PM: Balloon Ball PM: Outdoor Time— weather Permitting
<b>21</b> AM: Cornerstone Church Service AM: Exercise PM: Catholic Church Ser- vice PM: Nail Grooming 4:00 –4:35 Sold Rock Bap- tist Church Devotional and sing along	<b>22</b> AM: Beauty Shop AM: Exercise PM: Movie and Snacks PM: Coloring Activity	<b>23</b> AM: Exercise PM: Travel Tuesday PM Trivia	<b>24</b> AM: Exercise PM: Craft/Game PM: Outdoor Game— weather permitting	<b>25</b> AM: Exercise PM: Chapel PM: BINGO	<b>26</b> AM: Exercise AM: IN2L Sing Along 1:00-1:45 Harp Music with Mackenzie	<b>27</b> AM: Exercise PM: Balloon Ball PM: Out- door Time—weather Per- mitting
<b>28</b> AM: Cornerstone Church Service AM: Exercise PM: Catholic Church Ser- vice PM: Nail Grooming	<b>29</b> AM: Beauty Shop AM: Exercise PM: Movie and Snacks PM: Coloring Activity	<b>30</b> AM: Exercise PM: Travel Tuesday PM Trivia	<h2>April 2024 Activity Calendar</h2>			