

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 & 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
April 2024 IL / AL Activity Calendar Purpose, Passion, Joy in Life!						
7 10:30 Catholic Gathering CH 2:00 Dominoes ILL Friendly Reminder to ready your library books for Rose tomorrow. Happy Birthday Ron Black!	8 9:30 Exercise CH 10:30 Bible Study ALL 1:00 Bridge CHL & Sticks AL 2:00 Pearl Vision CMR 2:00 Happy Hour ALD 2:00 Knit/Crochet Club IL 3:00 Pool Practice 2nd Floor Happy Birthday Lois Hill!	9 9:00 Mahjong CHL 9:30 Exercise ALD 10:00 Euchre CC 10:30 Gospel Sing w/ Pastor Jim Mead CH 1:30 Noodle Ball CH 2:30 Knowledge at Northridge At the Commons 3:00 Grief Support CH	10 9:30 Exercise CH 10:30 Chapel w/Pastor Tom 2:00 Bingo ALD 3:00 Reminisce Group ALD 3:30 Ladybugs CC Happy Birthday Mary Lou Mumm!	11 9:30 Cribbage HCDR 9:30 Exercise ALD 10:30 Noodle Ball CH 1:00 Movie TBA in the CH 1:30 Shopping to Target	12 8:00 to 9:30 Hearing Unlimited 2nd floor AL 9:30 Exercise CH 10:00 Nail Grooming CHL 10:00 Men's Group CC 2:00 Dominoes ILL Happy Birthday Stevie Walsh!	6 9:30 Fun Adult Coloring CC 2:00 Chat Time CC Tune into Channel 995 for activity schedule and the latest happenings
14 10:30 Catholic Gathering CH 2:00 Dominoes ILL 1:30 Delta Zeta Tea Party Field Trip	15 9:30 Exercise CH 10:30 Bible Study ALL 1:00 Bridge CHL & Sticks AL 2:00 Happy Hour ALD 2:00 Knit/Crochet Club IL 3:00 Pool Practice 2nd Floor	16 9:00 Mahjong CHL 9:30 Exercise ALD 10:00 Euchre CC 10:30 Noodle Ball CH 2:00 Program w/Paul & Paula "Off The Beaten Path" CH 3:00 Rosary Service HCDR 3:00 Grief Support CH	17 National Banana Day! 9:30 Exercise CH 10:30 Chapel w/Pastor Tom 2:00 Bingo ILD 3:00 Reminisce Group ALD 3:30 Ladybugs Meet CC	18 9:30 Cribbage HCDR 9:30 Exercise ALD 10:30 Noodle Ball CH 1:30 Prep work for Party 4:00 Senior Prom! Music w/Tom Hoefler Happy Birthday Darlene Nelson!	19 9:30 Exercise CH 10:00 Nail Grooming CHL 10:00 Men's Group CC 2:00 Dominoes ILL 6:30 Soeghay Piano Music Student Recital ILD	20 9:30 Fun Adult Coloring CC 2:00 Chat Time CC Tune into Channel 995 for activity schedule and the latest happenings Plant Appreciation Day!
21 10:30 Catholic Gathering CH 2:00 Dominoes ILL 3:00 Solid Rock Church Devotions and Sing-A-Long CH	22 Earth Day! 9:30 Exercise CH 10:30 Bible Study ALL 1:00 Alzheimer's Support Group CH 1:00 Bridge CHL & Sticks AL 2:00 Heart of Iowa Band ILD 2:00 Knit/Crochet Club IL 3:00 Pool Practice 2nd Floor	23 9:00 Mahjong CHL 9:30 Exercise ALD 10:00 Euchre CC 10:30 Noodle Ball CH 1:30 Travel Tuesday CH 3:00 Rosary Service HCDR 3:00 Grief Support CH Ask Wanda Button about National Ping Pong Day!	24 9:30 Exercise CH 10:30 Chapel w/Helen CH 1:30 Popcorn & Movie CH 2:00 Bingo ALD 3:00 Reminisce Group ALD 3:30 Ladybugs Meet CC	25 9:30 Cribbage HCDR 9:30 Exercise ALD 10:30 Noodle Ball CH 2:00 Music w/Jason Kincel ILD 3:00 Book Club Meets CH Happy Birthday Sharon Johnson!	26 Arbor Day! 9:30 Exercise CH 10:00 Nail Grooming CHL 10:00 Men's Group CC 1:30 Word Power CC 2:00 Dominoes ILL 3:00 Happy Hour ILD National Pretzel Day!	27 9:30 Fun Adult Coloring CC 2:00 Chat Time CC Tune into Channel 995 for activity schedule and the latest happenings Get Organized Day!
28 10:30 Catholic Gathering CH 2:00 Dominoes ILL	29 9:30 Exercise CH 10:30 Bible Study ALL 1:00 Bridge CHL & Sticks AL 2:00 Happy Hour ALD 2:00 Knit/Crochet Club IL 3:00 Pool Practice 2nd Floor	30 9:00 Mahjong CHL 9:30 Exercise ALD 10:00 Euchre CC 10:30 Noodle Ball CH 2:00 Bingo ILD 3:00 Rosary Service HCDR 3:00 Grief Support CH	ALD - Assisted Living Dining CMR - Community Room ALL - Assisted Living Lobby 2nd Floor CH - Chapel ILD - Ind. Living Dining CC - Coffee Café HCDR - Healthcare Dining CHL- Chapel Lobby IL- Library ILL- Ind. Lobby Mail Delivery is Monday through Saturday			
Northridge Village 3300 George Washington Carver Ave. Ames, IA 50010 (515)232-1000 www.northridgevillage.com *All Activities Subject to Change* Rose Fowler-Activity Director for AL/IL						