



# KINSHIP POINTE

## *Northridge*

5410 17th Avenue • Kearney, NE 68845 • (308) 698-5410

### Executive Team

Executive Director

Janet Graham

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JoLynn Kugler

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Steve Andrews

Health & Wellness Director

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Assisted Living Coordinator

Staci Gleason

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### Thanksgiving Walk

Feeling stuffed after the feast is part of what Thanksgiving is all about! But before you settle on the couch to watch football or take a nap, go for a quick walk. Even a stroll as short as 15 minutes will regulate blood sugar levels and help you digest that heavy meal. And the healthy group activity provides more opportunities to bond—it could be your new holiday tradition!



### November Greetings

Hello, everyone, and welcome to November! There's excitement in the air as we begin preparing for the holidays. Our community will be hosting a bounty of festivities in the next couple of months, and we hope everyone can join us for the activities we have planned. As always, we are thankful for our residents and their families.

### Don't Forget To Fall Back

Daylight saving time ends on Sunday, Nov. 5, so remember to set your clocks and watches back one hour the night before.

**Kinship Pointe Northridge**  
**Follow Us and Like Us on**  
**Social Media!**

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### Social Visits With Family And Friends

If family members are interested in enjoying time with their loved ones during an activity social, please let the front desk know so we can make accommodations for all.





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>All Events Are Subject to Change</p>			<p>1</p> <p>9:15 <b>FD</b> Bible Study            10:30 <b>RR</b> Exercise            1:30 <b>RR</b> Health Talk - For our Residents on various Health Topics            2:00 <b>RR</b> Resident Council Meeting - For All Residents            2:30 <b>RR</b> Play LCR - Left Center Right</p>	<p>2</p> <p>9:30 <b>WS</b> Community Worship Service in the Chapel            10:30 <b>RR</b> Exercise            1:00 Walmart            3:00 <b>CH</b> Men on Break</p>	<p>3</p> <p>9:45 <b>SR</b> First Friday Ladies' Coffee            10:00 <b>WS</b> Catholic Communion Service            1:00 <b>RR</b> POP UP SHOP HOLIDAY SHOPPING</p>	<p>4</p> <p>9:30 <b>RR</b> Hand &amp; Foot Card Game            10:30 <b>WS</b> Rosary Group Meets in the Chapel            1:30 <b>CR</b> Individual Art Projects            1:30 <b>AR</b> Individual Art Projects            2:00 <b>C</b> Coffee Time            6:00 <b>RR</b> BINGO</p>
<p>Daylight Saving Time Ends</p> <p>5</p> <p>9:30 <b>WS</b> Catholic Communion Service (Chapel)            1:30 <b>AR</b> Individual Art Projects            3:00 <b>RR</b> Card Bingo</p>	<p>6</p> <p>9:15 <b>RR</b> Standing Pilates Class            10:30 <b>RR</b> Exercise            2:00 <b>CH</b> Margarita Monday            4:00 Lorna Lane will be playing the piano in the Front Lobby for your enjoyment!</p>	<p>7</p> <p>9:15 Dynamic Stretching (Assisted Living Only)            9:45 <b>RR</b> Cardio Drumming            10:00 <b>SR</b> Men's Coffee            10:30 <b>RR</b> Exercise            2:00 <b>RR</b> Kearney Police Chief Waugh will be here to talk about our community</p>	<p>8</p> <p>9:15 <b>FD</b> Bible Study            10:30 <b>RR</b> Exercise            2:00 <b>RR</b> Pitch for fun            3:00 <b>C</b> Coffee with Friends</p>	<p>9</p> <p>9:30 <b>WS</b> Community Worship Service in the Chapel            10:30 <b>RR</b> Exercise            1:00 Walmart            2:00 <b>WS</b> Missouri Synod Lutheran Church service and communion            3:00 <b>CH</b> Men on Break</p>	<p>10</p> <p>Veterans Day (Observed)            2:00 <b>RR</b> Veterans Day Program</p>	<p>11</p> <p>Veterans Day            9:30 <b>RR</b> Hand &amp; Foot Card Game            10:30 <b>WS</b> Rosary Group Meets in the Chapel            1:30 <b>CR</b> Individual Art Projects            1:30 <b>AR</b> Individual Art Projects            2:00 <b>C</b> Coffee Time            6:00 <b>RR</b> BINGO</p>
<p>12</p> <p>9:30 <b>WS</b> Catholic Communion Service (Chapel)            1:30 <b>AR</b> Individual Art Projects            3:00 <b>RR</b> Card Bingo</p>	<p>13</p> <p>MAD PLAID MONDAY!!!            9:15 <b>RR</b> Standing Pilates Class            10:30 <b>RR</b> Exercise            1:30 <b>RR</b> Brain Games            2:30 <b>CH</b> Happy Hour Social            6:00 <b>RR</b> UNK Ladies' Basketball Team - BINGO!!!</p>	<p>14</p> <p>CRANBERRY TUESDAY            9:15 Dynamic Stretching (Assisted Living Only)            9:45 <b>RR</b> Cardio Drumming            10:00 <b>SR</b> Men's Coffee            10:30 <b>RR</b> Exercise            2:00 <b>RR</b> Food Demonstration w/ Kaiti from Hy-Vee            2:30 <b>L</b> Book Club</p>	<p>15</p> <p>9:15 <b>FD</b> Bible Study            10:30 <b>RR</b> Exercise            1:30 <b>CR</b> Card Creations with Judy Farber            2:00 <b>CH</b> Pet Therapy will be here            2:15 <b>HH</b> Blood Pressure Checks from 2:15pm to 2:45pm            3:00 <b>RR</b> Ambassador Meeting</p>	<p>16</p> <p>THANKFUL THURSDAY            9:30 <b>WS</b> Community Worship Service in the Chapel            10:30 <b>RR</b> Exercise            1:00 <b>AR</b> Paint Pouring - Men's Group            1:00 Walmart            2:30 <b>CR</b> Paint Pouring - Women's Group</p>	<p>17</p> <p>FRIENDSGIVING FRIDAY            10:30 <b>RR</b> Exercise            2:15 <b>C</b> Friendsgiving Social</p>	<p>18</p> <p>9:30 <b>RR</b> Hand &amp; Foot Card Game            10:30 <b>WS</b> Rosary Group Meets in the Chapel            1:30 <b>CR</b> Individual Art Projects            1:30 <b>AR</b> Individual Art Projects            2:00 <b>C</b> Coffee Time            6:00 <b>RR</b> BINGO</p>
<p>19</p> <p>9:30 <b>WS</b> Catholic Communion Service (Chapel)            1:30 <b>AR</b> Individual Art Projects            2:00 <b>RR</b> Sing A-Long with Jan Welch            3:00 <b>RR</b> Card Bingo</p>	<p>20</p> <p>9:15 <b>RR</b> Standing Pilates Class            10:30 <b>RR</b> Exercise            2:30 <b>DR</b> Welcome Party for new Residents            4:00 Lorna Lane will be playing the piano in the Front Lobby for your enjoyment!.</p>	<p>21</p> <p>9:15 Dynamic Stretching (Assisted Living Only)            9:45 <b>RR</b> Cardio Drumming            10:00 <b>SR</b> Men's Coffee            10:30 <b>RR</b> No Exercise            1:00 <b>T</b> Movie            3:00 <b>C</b> Coffee and Conversation</p>	<p>22</p> <p>9:15 <b>FD</b> Bible Study            10:30 <b>RR</b> Exercise            2:15 <b>C</b> Happy Birthday Social</p>	<p>23</p> 	<p>24</p> <p>11:00 HUSKER GAME!!! GO BIG RED            1:00 <b>RR</b> Variety of Board Games will be set out for your enjoyment</p>	<p>25</p> <p>9:30 <b>RR</b> Hand &amp; Foot Card Game            10:30 <b>WS</b> Rosary Group Meets in the Chapel            1:30 <b>CR</b> Individual Art Projects            1:30 <b>AR</b> Individual Art Projects            2:00 <b>C</b> Coffee Time            6:00 <b>RR</b> BINGO</p>
<p>26</p> <p>9:30 <b>WS</b> Catholic Communion Service (Chapel)            1:00 <b>T</b> Movie            1:30 <b>AR</b> Individual Art Projects            3:00 <b>RR</b> Card Bingo</p>	<p>27</p> <p>10:30 <b>RR</b> Exercise on your own            2:00 <b>RR</b> Music Entertainer Dan Ridder</p>	<p>28</p> <p>10:00 <b>SR</b> Men's Coffee            10:30 <b>RR</b> Exercise            1:30 <b>GR</b> Wii Bowling            2:00 <b>GR</b> Wii Bowling            3:00 <b>C</b> Coffee with Friends</p>	<p>29</p> <p>9:15 <b>FD</b> Bible Study            10:30 <b>RR</b> Exercise on your own            2:00 <b>RR</b> Entertainers Simmons &amp; May            3:00 Chocolates and Conversation</p>	<p>30</p> <p>9:30 <b>WS</b> Community Worship Service in the Chapel            10:30 <b>RR</b> Exercise            1:00 <b>T</b> Movie            1:00 Walmart            1:30 <b>AR</b> Diane's Art Studio - Canvas Painting            3:00 <b>CH</b> Men on Break</p>		





Decorating for Fall in our community is so much fun.

