



# KINSHIP POINTE

## *Northridge*

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

### Executive Team

Executive Director

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Steve Andrews

Health & Wellness Director

Wendy Georgiana

Assisted Living Coordinator

Staci Gleason

Home Health Coordinator

Karla Molinaris Perez

Dietary Director

Brenda Garrelts

Activity Director

Monica J. Richard

Maintenance Director

Shawn Munster



## October 2023

### Popcorn Pick: 'Abbott and Costello Meet Frankenstein'

Hilarity and horror combine in this 1948 monster-filled flick that stars the era's most popular comedy act, Bud Abbott and Lou Costello, in one of their top films. Along with scary creatures: Frankenstein's monster; Dracula; the Wolf Man; and the Invisible Man. Bud and Lou play bumbling porters whose delivery to a mysterious house leads to funny and frightening run-ins with the creepy characters.



### Improve Your Hand Strength

Research shows that hand strength is often an indicator of overall well-being. Improving grip power can help you maintain independence and lower your risk of injury. Try this simple exercise: Extend your palm and touch your thumb to each finger, one at a time, to make an "O." Hold and squeeze each "O" for 15 to 30 seconds. Repeat the complete exercise three times per hand.

### Brainteaser

Q: What is harder to catch the faster you run?



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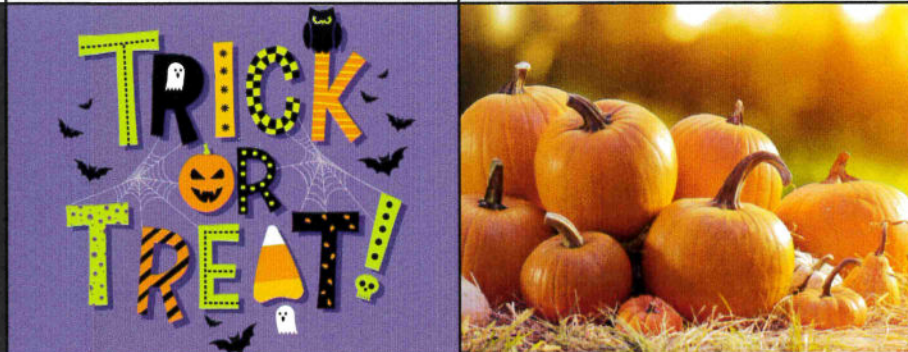
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### Social Visits With Family And Friends

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
<b>1</b> 9:30 <b>WS</b> Catholic Communion Service (Chapel) 1:30 <b>AR</b> Individual Art Projects 2:00 <b>C</b> Coffee Time 3:00 <b>RR</b> Card Bingo	<b>2</b> 10:30 <b>RR</b> Exercise 1:00 <b>HH</b> Miracle Ear is here today 2:30 <b>CH</b> Margarita Monday 4:00 Lorna Lane will be playing the piano in the Front Lobby for your enjoyment!	<b>3</b> 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 1:00 <b>T</b> Movie 3:00 <b>C</b> Coffee with Friends	<b>4</b> 9:15 <b>FD</b> Bible Study 10:30 <b>RR</b> Exercise 1:30 <b>RR</b> Health Talks - For All Residents 2:00 <b>RR</b> Resident Council Meeting - For All Residents 2:45 <b>RR</b> Play LCR - Left Center Right	<b>5</b> 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 (scary storytelling)	<b>6</b> 9:45 <b>SR</b> First Friday Ladies' Coffee 10:00 <b>WS</b> Catholic Communion Service 2:00 <b>RR</b> Pitch for Fun	<b>7</b> 9:30 <b>RR</b> Hand & 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
<b>8</b> 9:30 <b>WS</b> Catholic Communion Service (Chapel) 1:30 <b>AR</b> Individual Art Projects 2:00 <b>C</b> Coffee Time 3:00 <b>RR</b> Card Bingo	<b>9</b> Columbus Day 9:15 <b>RR</b> Standing Pilates Class 10:30 <b>RR</b> Exercise 2:15 <b>C</b> Happy Birthday Social 6:00 <b>RR</b> UNK Ladies Basketball Team - BINGO!!!	<b>10</b> 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	<b>11</b> 9:15 <b>FD</b> Bible Study 10:30 <b>RR</b> Exercise 2:00 <b>RR</b> City Manager - Mike Morgan will be speaking about our wonderful community 3:00 <b>C</b> Coffee with Friends	<b>12</b> HAPPY OCTOBERFEST 9:30 <b>WS</b> Community Worship Service in the Chapel 10:30 <b>RR</b> Exercise 11:00 <b>DR</b> Octoberfest Luncheon 1:00 <b>RR</b> Entertainer - The Czechlanders Polka Band 2:00 <b>WS</b> Missouri Synod Lutheran Church service and communion 3:00 <b>CH</b> Men on Break (scary storytelling)	<b>13</b> 10:30 <b>RR</b> Exercise 1:00 Fall Bus Tour 2:00 <b>RR</b> Pitch for Fun 3:00 <b>C</b> Coffee and Conversation	<b>14</b> 9:30 <b>RR</b> Hand & Foot Card Game 10:30 <b>WS</b> Rosary Group Meets in the Chapel 11:00 Jason Robertson will be playing Classical and Jazz piano music in the Lobby for your enjoyment 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
<b>15</b> 9:30 <b>WS</b> Catholic Communion Service (Chapel) 1:30 <b>AR</b> Individual Art Projects 2:00 <b>C</b> Coffee Time 3:00 <b>RR</b> Card Bingo	<b>16</b> 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! 6:30 <b>RR</b> Kearney Barbershop Chorus will be singing for our pleasure	<b>17</b> 10:00 <b>RR</b> Veterans' group & individual pictures in the Ridge Room. 2:00 <b>RR</b> BOO BINGO	<b>18</b> 9:15 <b>FD</b> Bible Study 9:45 <b>RR</b> Cardio Drumming 1:15 <b>GR</b> Play LCR- Left Center Right 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>C</b> Coffee with Friends	<b>19</b> 9:30 <b>WS</b> Community Worship Service in the Chapel 10:30 <b>RR</b> Exercise 1:00 Walmart 2:00 <b>RR</b> Entertainer - Shirley Collins	<b>20</b> 10:30 <b>RR</b> Exercise 2:00 <b>RR</b> Pitch for Fun 3:00 <b>C</b> Chocolates and Conversation	<b>21</b> 9:30 <b>RR</b> Hand & 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
<b>22</b> 9:30 <b>WS</b> Catholic Communion Service (Chapel) 1:30 <b>AR</b> Individual Art Projects 2:00 <b>C</b> Coffee Time 3:00 <b>RR</b> Card Bingo	<b>23</b> Spirit Week!!!! 10:30 <b>RR</b> Exercise 2:00 <b>CH</b> Pop & Popcorn Social	<b>24</b> TRICKER OR TREAT TUESDAY 9:45 <b>RR</b> Cardio Drumming 10:00 <b>SR</b> Men's Coffee 10:30 <b>RR</b> Exercise 1:00 <b>T</b> Movie 1:15 <b>GR</b> Wii Bowling 2:00 <b>GR</b> Wii Bowling 3:00 <b>C</b> Coffee with Friends	<b>25</b> WICKED WITCH WEDNESDAY 9:15 <b>FD</b> Bible Study 10:30 <b>RR</b> Exercise 1:30 <b>AR</b> Pumpkin Painting 3:00 <b>C</b> Coffee with Friends	<b>26</b> SCARY STORIES THURSDAY 9:30 <b>WS</b> Community Worship Service in the Chapel 10:30 <b>RR</b> Exercise 1:00 Walmart 2:00 <b>SR</b> Missouri Synod Lutheran Church 3:00 <b>CH</b> Men on Break (scary storytelling) 6:00 <b>RR</b> Entertainers - The Shockitanos a husband and wife duo	<b>27</b> FREAKY FRIDAY WEAR ORANGE OR BLACK 9:15 <b>RR</b> Standing Pilates Class 10:30 <b>RR</b> Exercise 2:00 <b>RR</b> Pitch for Fun 3:00 <b>CH</b> Halloween Scavenger Hunt	<b>28</b> 9:30 <b>RR</b> Hand & 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
<b>29</b> 9:30 <b>WS</b> Catholic Communion Service (Chapel) 1:30 <b>AR</b> Individual Art Projects 2:00 <b>C</b> Coffee Time 3:00 <b>RR</b> Card Bingo	<b>30</b> Decorating for Halloween 9:15 <b>RR</b> Standing Pilates Class 10:30 <b>RR</b> Exercise 1:00 <b>T</b> Movie 3:00 Coffee with Friends	<b>31</b> 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>C</b> Halloween party - Wear Orange, Black or Purple	All Events Are Subject to Change			





Celebrating Patriot Day was such an honor. We will never forget our brave men and women who protect and serve our community and country.

