



KINSHIP POINTE

Northridge

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January Greetings

Welcome to a new year! I am looking forward to what 2024 has to offer. We're planning a variety of fun events and activities in the coming months, so stay tuned! From the Activities Department.

January 2024



Warm Up With Ginger Tea

If the winter weather leaves you with cold hands and feet, try drinking a cup of ginger tea. The herb can help improve blood circulation, making your extremities feel warmer.

Banish Winter Blahs

Banish the winter blahs with a dose of natural light. When sunlight hits the eye's retina, it boosts the body's levels of serotonin, which balances your mood. If cold weather keeps you indoors, get some sun by opening up room blinds, and sit near windows whenever possible.

Popcorn Pick: 'The Parent Trap'

What would you do if you went to summer camp and met a sibling you never knew you had? In "The Parent Trap," long-lost twin sisters develop a scheme to reunite their parents, revive an abandoned love story, join their families and live happily ever after. Full of laughs and hijinks, "The Parent Trap" is a classic, made in 1961 starring Hayley Mills, Maureen O'Hara and Brian Keith. This is our Movie of the Month!







Kinship Pointe Northridge
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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
						
9:30 WS Catholic Communion Service (Chapel) 1:30 AR Individual Art Projects 3:00 RR Card Bingo 5:00 Hymns Sing-Along with Grace in the Front Lobby	2:00 CH Coffee and Conversation 4:00 Gayle Taubenheim will be playing the Piano in the Front Lobby for your enjoyment 6:00 RR UNK Ladies' Basketball Team - BINGO!!!	9:15 Dynamic Stretching (Assisted Living Only) 9:45 RR Cardio Drumming 10:00 SR Men's Coffee 10:30 RR Exercise 2:00 CH Pop & Popcorn Social	9:15 FD Bible Study 10:30 RR Exercise 1:30 RR Health Talk - For our Residents on various Health Topics 2:00 RR Resident Council Meeting - For All Residents 2:30 RR Play LCR - Left Center Right	9:30 WS Community Worship Service in the Chapel 10:30 RR Exercise 1:00 Walmart 3:00 CH Men on Break	9:45 SR First Friday Ladies' Coffee 10:00 WS Catholic Communion Service 10:30 RR Exercise 2:00 RR Pitch for Fun	10:30 WS Rosary Group Meets in the Chapel 1:30 CR Individual Art Projects 1:30 AR Individual Art Projects 2:00 C Coffee Time 6:00 RR BINGO
9:30 WS Catholic Communion Service (Chapel) 1:30 AR Individual Art Projects 3:00 RR Card Bingo 5:00 Hymns Sing-Along with Grace in the Front Lobby	2:00 CH Coffee and Conversation 4:00 Gayle Taubenheim will be playing the Piano in the Front Lobby for your enjoyment 6:00 RR UNK Ladies' Basketball Team - BINGO!!!	10:30 RR Exercise 2:00 RR Food Demonstration w/ Kaiti from Hy-Vee 2:30 L Book Club	9:15 FD Bible Study 1:00 T Movie 3:00 C Chocolates and Conversation	9:30 WS Community Worship Service in the Chapel 10:30 RR Exercise 1:00 Walmart 2:00 WS Missouri Synod Lutheran Church service and communion	2:00 RR Pitch for Fun 3:00 C Coffee with Friends	10:30 WS Rosary Group Meets in the Chapel 1:30 CR Individual Art Projects 1:30 AR Individual Art Projects 2:00 C Coffee Time 6:00 RR BINGO
9:30 WS Catholic Communion Service (Chapel) 1:30 AR Individual Art Projects 3:00 RR Card Bingo 5:00 Hymns Sing-Along with Grace in the Front Lobby	Martin Luther King Jr. Day 10:30 RR Exercise 1:15 Brain Games 2:15 CH Margarita Monday	9:15 Dynamic Stretching (Assisted Living Only) 9:45 RR Cardio Drumming 10:00 SR Men's Coffee 10:30 RR Exercise 1:00 T Movie Of The Month 3:00 C Coffee and Conversation	9:15 FD Bible Study 10:30 RR Exercise 1:30 CR Card Creations with Judy Farber 2:00 CH Pet Therapy will be here 2:15 HH Blood Pressure Checks from 2:15pm to 2:45pm	9:30 WS Community Worship Service in the Chapel 10:30 RR Exercise 1:00 Walmart 3:00 CH Men on Break	9:00 The BREAKFAST CLUB 2:00 RR Pitch for Fun	10:30 WS Rosary Group Meets in the Chapel 1:30 CR Individual Art Projects 1:30 AR Individual Art Projects 2:00 C Coffee Time 6:00 RR BINGO
9:30 WS Catholic Communion Service (Chapel) 1:30 AR Individual Art Projects 3:00 RR Card Bingo 5:00 Hymns Sing-Along with Grace in the Front Lobby	10:30 RR Exercise 2:15 CH Winter Wonderland Social 4:00 Gayle Taubenheim will be playing the Piano in the Front Lobby for your enjoyment	9:15 Dynamic Stretching (Assisted Living Only) 9:45 RR Cardio Drumming 10:00 SR Men's Coffee 10:30 RR Exercise 1:00 T Movie 3:00 C Coffee with Friends	9:15 FD Bible Study 10:30 RR Exercise 2:30 DR Welcome Party for new Residents	9:30 WS Community Worship Service in the Chapel 10:30 RR Exercise 1:00 Walmart 2:00 SR Missouri Synod Lutheran Church 3:00 CH Men on Break 6:00 RR The Amazing Shockitanos Husband and Wife Duo	10:30 RR Exercise 2:00 RR Pitch for Fun	10:30 WS Rosary Group Meets in the Chapel 1:30 CR Individual Art Projects 1:30 AR Individual Art Projects 2:00 C Coffee Time 6:00 RR BINGO
9:30 WS Catholic Communion Service (Chapel) 1:30 AR Individual Art Projects 3:00 RR Card Bingo 5:00 Hymns Sing-Along with Grace in the Front Lobby	10:30 RR Exercise 2:15 C Happy Birthday Social	9:15 Dynamic Stretching (Assisted Living Only) 9:45 RR Cardio Drumming 10:00 SR Men's Coffee 10:30 RR Exercise 3:00 RR Ambassador Meeting	9:15 FD Bible Study 10:30 RR Exercise 2:30 CH Happy Hour Social			All Events Are Subject to Change



The Christmas season was amazing. Our residents did so many fun things. We are so blessed to have many friends here at Northridge.

