



KINSHIP POINTE

Northridge

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March 2024

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Dietary Liaison



Spare a Moment for Sparrows

Cheep along with our small, feathered friends on March 20 for World Sparrow Day!

A Better You

Taking care of yourself mentally can lower stress levels and risk of illness, leading to better physical health and increased energy. You are never done growing as a person, so do all you can to continue to learn, challenge yourself, prioritize your well-being and focus on the positive.

MOVIE OF THE MONTH

"The Quiet Man" starring John Wayne and Maureen O'Hara. This is a star studded 3x Oscar winning movie. John Wayne plays boxer Sean Thornton. He leaves America for the countryside of Ireland to live in peace, but falls in love instead.

Five a Day

National Nutrition Month, observed during March, is a reminder to make healthy eating a priority. For many adults, an attainable goal is to eat three servings of vegetables and two servings of fruit every day. This "five a day" suggestion is linked with a lower risk of chronic disease and increased longevity.

Brainteaser

Q: I go forward; I go back.
I'm in some mattresses when
you hit the sack! I'm also a
break and a form of training.
I'm a fever, water and a type of
cleaning. What am I?

A: Spring!

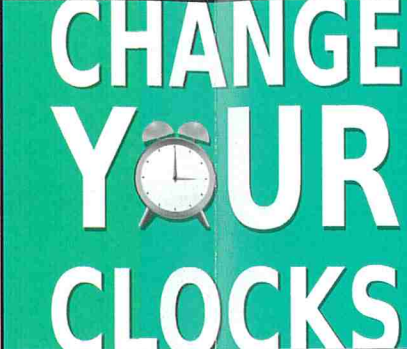
Kinship Pointe Northridge
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Social Visits With Family And Friends

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
All Events Are Subject to Change						
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	9:30 RR Cardio Drumming 10:30 RR Exercise 2:00 L Book Club 3:00 C Coffee with Friends 4:00 Gayle Taubenheim will be playing the Piano in the Front Lobby for your enjoyment	9:15 Dynamic Stretching (Assisted Living Only) 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 Talks for all Residents 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's Club	9:30 RR Cardio Drumming 10:00 WS Catholic Communion Service 10:30 RR Exercise 2:00 RR Pitch for Fun	9:30 RR Hand & Foot Card Game 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
Daylight Saving Time Begins 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	9:30 RR Cardio Drumming 10:30 RR Exercise 1:00 T Movie Of The Month 3:00 C Coffee with Friends 6:00 RR UNK Ladies Basketball Team - BINGO!!!	9:15 Dynamic Stretching (Assisted Living Only) 10:00 SR Men's Coffee 10:30 RR Exercise 2:00 RR Irish Entertainment - Miles From Dublin Band	9:15 FD Bible Study 10:30 RR Exercise 11:30 Ice Cream Bar 2:00 Northridge Volleyball game	9:30 WS Community Worship Service in the Chapel 10:30 RR Exercise 11:30 Ice Cream Bar 1:00 Walmart 2:00 WS Missouri Synod Lutheran Church service and communion 3:00 CH Men's Club	9:30 RR Cardio Drumming 10:30 RR Exercise 2:00 CH St. Patrick's Day Pot of Gold Social	9:30 RR Hand & Foot Card Game 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
Happy St. Patrick's Day 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	9:30 RR Cardio Drumming 10:30 RR Exercise 1:15 RR Brain Games 2:15 CH Margarita Monday 4:00 Gayle Taubenheim will be playing the Piano in the Front Lobby for your enjoyment	First Day of Spring 9:15 Dynamic Stretching (Assisted Living Only) 10:00 SR Men's Coffee 10:30 RR Exercise 2:00 C Happy Birthday Social	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 3:00 C Coffee with Friends	10:30 RR Exercise 2:00 The Merryman Performing Arts Center	9:00 Breakfast Club 2:00 RR Pitch for Fun	9:30 RR Hand & Foot Card Game 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
Palm Sunday 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	9:30 RR Cardio Drumming 10:30 RR Exercise 2:00 C Egg-Cellent Muffin Monday	9:15 Dynamic Stretching (Assisted Living Only) 10:00 SR Men's Coffee 10:30 RR Exercise 1:00 Walmart 3:00 RR Ambassador Meeting	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 2:15 RR Entertainers Kevin and Heidi Cheng	9:30 RR Cardio Drumming 10:30 RR Exercise 2:00 RR Pitch for Fun	9:30 RR Hand & Foot Card Game 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
Easter Sunday- The Lord Has Risen 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						

Keep Calm and Carrot On

Root out some fun facts about sweet and crunchy carrots.

- Carrots became popular in the U.S. following World War I. Today, they are Americans' fourth-favorite vegetable (after potatoes, onions and tomatoes).
- One teaspoon can hold 2,000 tiny carrot seeds.
- Although linked with rabbits (thanks, Bugs Bunny!), carrots are high in sugar and should only be fed to rabbits as an occasional treat.



Remember When: Gloves and Hats

Ladies, young and old, once considered even the nicest ensemble to be incomplete without a pair of gloves and a hat, especially in springtime. Gloves were often short and white, but sometimes matched the color of a coordinating hat. Ranging from simple to showstoppers, hats were made of materials like felt, straw or velvet, and were frequently embellished with feathers, ribbons, flowers and netting.



Wearing of the Green

It's hard to imagine a color other than green dominating St. Patrick's Day celebrations, but for centuries, blue was associated with Ireland. One reason for the color switch was the Irish Rebellion of 1798, an uprising against British rule in which Irish soldiers wore green uniforms. As made famous by the lyrics of the ballad "The Wearing of the Green," people began displaying the color as an expression of national pride.

