

Senior Health and Fitness Day

Fitness at any age is the message of National Senior Health and Fitness Day, the last week in May. The health and wellness event features exercise classes and healthy foods to eat. Check your Monday Memo for more information.



Perks of Walking Your Pup

The warmer weather has many of us eager to get outdoors—and that includes our dogs, too. Check out the benefits of walking your dog, then grab your leash and your pup and head out!

Longevity: Research shows that people who walk often are at a lower risk for depression, high cholesterol and high blood pressure. Vets say regular exercise also helps your dog maintain a healthy weight. All this could lead to a longer life—and more shared walks—for the two of you.

Socialization: A dog introduced to people of all ages becomes

better behaved and more confident, while one that spends too much time indoors may become fearful in unfamiliar situations.

And don't forget to pick up your pet's messes so our community can stay nice and clean for ALL!



KINSHIP POINTE Northridge

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May 2024

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Robert Owen

Dietary Liaison

History of Memorial Day

Memorial Day, originally called Decoration Day, is a day of remembrance for those who died in our nation's service. It was officially proclaimed on May 5, 1868, by a general. It was first observed on May 30, 1868, when flowers were placed on the graves of Union and Confederate soldiers at Arlington National Cemetery.



Buttoned Up

Many folks have memories of opening up a box or tin at Grandma's house and finding a bunch of buttons! These little accessories are popular items to collect, not only to use in sewing and crafting, but also for their window into history. Like jewelry, buttons were often status symbols, and both the material and style of button can indicate what era it's from and who might have worn it. With buttons in every size, shape and color, plus endless ways to display them, button collecting is a hobby anyone can pick up.



Mother's Day Celebration





Moms, it's your day to shine! Join us for our Mother's Day event, where we will be celebrating YOU! Check the calendar for details.

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 | | | |
|--|---|--|---|--|--|---|--|---|---|
| <p style="text-align: center;">All Events Are Subject to Change</p> |  |  | <p>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</p> | <p>9:30 WS Community Worship Service in the Chapel 10:30 RR Exercise 1:00 Walmart 3:00 CH Happy Hour Social</p> | <p>9:45 SR First Friday Ladies' Coffee 10:00 WS Catholic Communion Service 2:00 RR Cinco De Mayo Social</p> | <p>KENTUCKY DERBY 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</p> | | | |
| | | | <p>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 6:00 RR Dominoes - Mexican Train</p> | <p>9:30 RR Cardio Drumming 10:30 RR Exercise 2:00 CH Pop & Popcorn Social 4:00 Gayle Taubenheim will be playing the Piano in the Front Lobby for your enjoyment</p> | <p>9:15 Dynamic Stretching (Assisted Living Only) 10:00 SR Men's Coffee 10:30 RR Exercise 2:00 RR Meadowlark Elementary Program 3:00 C Coffee with Friends</p> | <p>9:15 FD Bible Study 10:30 RR Exercise 2:00 RR Pitch for Fun 3:00 Wine Down Wednesday</p> | <p>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 3:00 CH Happy Hour Social</p> | <p>9:30 RR Cardio Drumming 10:30 RR Exercise 2:00 RR Happy Mother's Day Social</p> | <p>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</p> |
| | | | <p>Happy Mother'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 6:00 RR Dominoes - Mexican Train</p> | <p>9:30 RR Cardio Drumming 10:30 RR Exercise 1:15 RR Brain Games 2:00 CH Margarita Monday</p> | <p>9:15 Dynamic Stretching (Assisted Living Only) 10:00 SR Men's Coffee 10:30 RR Exercise 2:15 RR North East Elementary School Program 2:30 L Book Club 3:00 Coffee and Conversation</p> | <p>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</p> | <p>9:30 Community Worship Service 10:30 RR Exercise 1:00 Walmart 3:00 CH Happy Hour Social</p> | <p>9:30 RR Cardio Drumming 2:00 RR Pitch for Fun</p> | <p>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</p> |
| | | | <p>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 6:00 RR Dominoes - Mexican Train</p> | <p>9:30 RR Cardio Drumming 10:30 RR Exercise 2:00 C Happy Birthday Social 4:00 Gayle Taubenheim will be playing the Piano in the Front Lobby for your enjoyment</p> | <p>9:15 Dynamic Stretching (Assisted Living Only) 10:00 SR Men's Coffee 10:30 RR Exercise 1:00 T Movie Of The Month</p> | <p>9:15 FD Bible Study 10:30 RR Exercise 1:30 AR Paint Paradise - Summer Fun 3:00 Coffee with Friends</p> | <p>9:30 Community Worship Service 10:30 RR Exercise 1:00 Walmart 2:00 SR Missouri Synod Lutheran Church 3:00 C Chocolates and Conversation</p> | <p>10:30 RR Exercise 2:00 RR Pitch for Fun 3:00 Weekend Scavenger Hunt</p> | <p>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</p> |
| | | | <p>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 6:00 RR Dominoes - Mexican Train</p> | <p>Memorial Day </p> | <p>9:15 Dynamic Stretching (Assisted Living Only) 10:00 SR Men's Coffee 10:30 RR Exercise 2:00 RR Northridge Volleyball Game 3:00 RR Ambassador Meeting</p> | <p>9:15 FD Bible Study 10:30 RR Exercise 2:30 DR Welcome Party for new Residents</p> | <p>9:30 WS Community Worship Service in the Chapel 10:30 RR Exercise 1:00 Walmart 2:00 RR Pitch for Fun 3:00 C Coffee and Conversation</p> | <p>9:00 SENIOR HEALTH AND FITNESS DAY!!!!</p> |  |