



KINSHIP POINTE

Northridge

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

August 2024

Executive Team

Executive Director

Janet Graham

Office Manager

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Sales & Marketing Director

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Health & Wellness Director

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Assisted Living Coordinator

Staci Gleason

Home Health Coordinator

Marlyce Gordier

Dietary Director

Brenda Garrelts

Activity Director

Monica J. Richard

Maintenance Director

Scott Danielson

Robert Owen

Dietary Liaison

Self-Care: Cool Down

We often hear of the winter blues, but hot weather is also linked to mood. High temperatures can cause adrenaline and cortisol to rise, making you feel stressed and short-tempered. If your temper starts to flare, pause for a self-check. Are you really angry, or do you just need to cool down—literally? Find a cool, quiet spot; take some deep breaths; and drink some water. Once your body feels more comfortable, you may find your emotional state is better, too.

Hard To Resist

Resistance bands are a smart addition to your fitness routine. They are inexpensive, are great for all fitness levels, add variety to your workout and are easy to bring along when you travel.

Share Your Wisdom

What are some things you've learned about life that you wish you had known in your younger years? Write them down and share them with your children and grandchildren. There's nothing like the gift of wisdom!

Life's a Peach

The peach, that sweet summer fruit, has long been a way to describe someone or something lovely—think "You're a peach!" or "Things are just peachy." The 1950s brought the fun phrase "peachy keen," and an idyllic existence is sometimes called "peaches and cream"—as in "Life is not always peaches and cream." Get a true taste of what these words are all about by enjoying some fresh peaches this month. You may find the experience just peachy!

Kinship Pointe Northridge

Follow Us and Like Us on Social Media!

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.

Find us on 



What a great 4th of July social.

All laughs and smiles with great friends and family celebrating our freedom!!

Brainteaser

Q: What is bought by the yard but worn by the foot?

A: A carpet.



Sunday

Monday

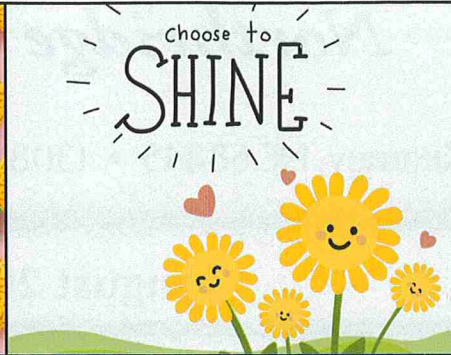
Tuesday

Wednesday

Thursday

Friday

Saturday



**All Events
Are Subject
to Change**

9:30 **WS** Community Worship Service in the Chapel
10:30 **RR** Exercise
2:30 **CH** Happy Hour Social

10:00 **WS** Catholic Communion Service
10:00 **RR** Exercise by Video
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

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

9:30 **RR** Cardio Drumming
10:30 **RR** Exercise
1:00 **HH** Miracle Ear is here today
1:00 **T** Movie Of The Month
3:00 Coffee with Friends
4:00 Gayle Taubenheim will be playing the Piano in the Front Lobby for your enjoyment

9:15 Yanney Park Tour
10:00 **SR** Men's Coffee
10:30 **RR** Exercise
2:00 **RR** Yard Games
3:00 **C** Coffee and Conversation

9:15 **FD** Bible Study
10:30 **RR** Exercise
2:00 **RR** Resident Council Meeting - For All Residents
3:00 **RR** Board Games - Resident Choice

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
2:30 **CH** Happy Hour Social

9:45 **RR** LADIES COFFEE SOCIAL
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

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

9:30 **RR** Cardio Drumming
10:30 **RR** Exercise
2:00 **CH** Margarita Monday

9:15 Dynamic Stretching (Assisted Living Only)
10:00 **SR** Men's Coffee
10:30 **RR** Exercise
1:30 **CR** Sip, Snack and Paint with Diane
2:30 **L** Book Club

9:15 **FD** Bible Study
10:30 **RR** Exercise
12:00 Brown Bag Series at the Kearney Library
2:00 **GR** Wii Bowling
2:45 Andrew's Market

9:30 **WS** Community Worship Service
10:30 **RR** Exercise
1:00 Walmart
2:30 **CH** Happy Hour Social
6:00 **RR** Entertainers - The Shockitanos a husband and wife duo

10:00 **RR** Exercise by Video
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

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

9:30 **RR** Cardio Drumming
10:30 **RR** Exercise
1:00 **T** Movie
3:00 **C** Chocolates and Conversation
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** Lemonade Slushie 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 **RR** Ambassador Meeting

9:30 **WS** Community Worship Service
10:30 **RR** Exercise
1:00 Target
2:00 **SR** Missouri Synod Lutheran Church
2:30 **CH** Happy Hour Social

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

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

9:30 **RR** Cardio Drumming
10:30 **RR** Exercise
2:00 **C** Happy Birthday Social

9:15 Dynamic Stretching (Assisted Living Only)
10:00 **SR** Men's Coffee
10:30 **RR** Exercise
2:30 **DR** Welcome Social for new Residents

9:15 **FD** Bible Study
10:30 **RR** Exercise
1:15 **RR** Brain Games
2:45 Andrew's Market

9:30 **WS** Community Worship Service in the Chapel
10:30 **RR** Exercise
1:00 Walmart
2:30 **CH** Happy Hour Social

10:00 **RR** Exercise by Video
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