

Remember When: Drive-In Movies

Premiering in 1933, drive-in movie theaters grew in popularity, hitting their peak in the 1950s and capitalizing on America's love for the automobile. From families with pajama-clad children to couples on a date night, carloads of folks took in big-screen features from the comfort of their own vehicles—both in them and on top of them. Since admission was often charged per person, some patrons took to hiding passengers in their car trunks.

Self-Care Corner: Summer Fitness

Exercise is important for self-care, and summer's longer days and warmer temps provide lots of opportunities to stay active. Try a water-based workout, such as swimming laps, playing water polo or adventuring on a kayak. For fun with friends, try a boot camp or outdoor yoga or dance class. And an evening walk under a stunning summer sunset is healthy for your body and mind.



Salute to the Union

Every July 4, a national salute booms out at noon, when military bases across the country fire cannons honoring the United States. A total of 50 rounds, one for each state, is blasted out in a span of roughly 4 minutes. Called the Salute to the Union, the tradition dates back to the first anniversary of Independence Day, when a 13-gun salute was fired to commemorate the original American Colonies.



KINSHIP POINTE

Northridge

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

July 2024



Wonderful Watermelon

Nothing says summer like a juicy slice of watermelon. Not only is this refreshing fruit a great way to stay hydrated on hot days, but it also contains a type of amino acid that can provide relief to sore muscles.

Get Ready for the Games!

The 2024 Summer Olympics are set to begin this month in Paris. Featuring more than 30 different sports, the global competition will take place July 26 through Aug. 11.

Celebrate Our Freedom

On July 4, all across the land of the free and the home of the brave, the U.S. commemorates the adoption of the Declaration of Independence by the Continental Congress in 1776. Happy birthday, America!



Executive Team

Executive Director

Janet Graham

Office Manager

JoLynn Kugler

Sales & Marketing Director

Steve Andrews

Health & Wellness Director

Wendy Georgiana

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

Brainteaser

Q: Outside or inside, on a wall or in a pot, working with me may relax you a lot. Admire or devour—both choices apply. Have you figured it out? What word am I?

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>All Events Are Subject to Change</p>	<p>1 9:30 RR Chair Yoga with Marsha Yeagley 1:00 Walmart 2:30 CH Margarita Monday 4:00 Gayle Taubenheim will be playing the Piano in the Front Lobby for your enjoyment</p>	<p>2 9:15 Dynamic Stretching (Assisted Living Only) 10:00 SR Men's Coffee 10:30 RR Exercise 2:00 RR Resident Council 3:00 C Coffee with Friends</p>	<p>3 9:15 FD Bible Study 10:30 RR Exercise by Video 2:00 CH 4th of July Social Extravaganza</p>	<p>4 Independence Day </p>	<p>5 9:30 RR Cardio Drumming 10:00 WS Catholic Communion Service 10:30 RR Exercise by Video 2:00 RR Pitch for Fun</p>	<p>6 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>7 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>8 9:30 RR Cardio Drumming 10:30 RR Exercise 1:00 T Movie Of The Month 1:00 Walmart 3:00 C Coffee with Friends</p>	<p>9 9:15 Dynamic Stretching (Assisted Living Only) 10:00 SR Men's Coffee 10:30 RR Exercise 2:00 RR Food Demonstration w/Kaiti from Hy-Vee 2:30 L Book Club</p>	<p>10 9:15 FD Bible Study 10:30 RR Exercise by Video 1:15 RR Brain Games 2:45 Farmers Market 3:00 C Coffee with Friends</p>	<p>11 9:30 WS Community Worship Service in the Chapel 10:30 RR Exercise 2:00 RR Music Entertainer Fred Lauer 3:00 C Coffee and Conversation</p>	<p>12 9:45 RR Ladies' Coffee Theme is Summer Fun 2:00 RR Pitch for Fun</p>	<p>13 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>14 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>15 9:30 RR Cardio Drumming 10:30 RR Exercise 1:15 GR Wii Bowling 2:00 RR Northridge Volleyball Game 4:00 Gayle Taubenheim will be playing the Piano in the Front Lobby for your enjoyment 5:30 RR Entertainment - The 1733 Barber Shop</p>	<p>16 9:15 Dynamic Stretching (Assisted Living Only) 10:00 SR Men's Coffee 10:30 RR Exercise 1:00 Walmart 2:30 CH Arnold Palmer Cocktail Social</p>	<p>17 9:15 FD Bible Study 10:30 RR Exercise by Video 2:00 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 4:00 Cruise Night Social</p>	<p>18 9:30 WS Community Worship Service 10:30 RR Exercise 2:30 CH Happy Hour Social</p>	<p>19 9:30 RR Cardio Drumming 10:30 RR Exercise by Video 2:00 RR Pitch for Fun</p>	<p>20 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>21 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>22 9:30 RR Cardio Drumming 10:30 RR Exercise 2:00 RR Speaker Marva will be showcasing her trip to Turkey (part 2) 3:00 C Coffee with Friends</p>	<p>23 9:15 Dynamic Stretching (Assisted Living Only) 10:00 SR Men's Coffee 10:30 RR Exercise 2:00 S'mores Social - Outside the Front Lobby</p>	<p>24 9:15 FD Bible Study 10:00 Pet Therapy with Horses - Outside the West Lobby from Assisted Living Area 10:30 RR Exercise by Video 2:00 CH County Fair Social - Wear your Cowboy boots and Straw Hat -</p>	<p>25 9:30 WS Community Worship Service in the Chapel 10:30 RR Exercise 1:00 Walmart 2:00 SR Missouri Synod Lutheran Church 2:30 CH Happy Hour Social</p>	<p>26 9:30 RR Cardio Drumming 10:30 RR Exercise by Video 2:00 RR Pitch for Fun</p>	<p>27 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>28 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>29 9:30 RR Cardio Drumming 10:30 RR Exercise 2:00 C Happy Birthday Social</p>	<p>30 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</p>	<p>31 9:15 FD Bible Study 10:30 RR Exercise by Video 1:00 T Movie 2:45 Farmers Market 3:00 C Coffee with Friends</p>	