



NORTHGATE PARK

A GRACE MGMT COMMUNITY

It's not like home. It *is* home.™

January 2022

## Your Team

**Rosemarie Caldwell** -Executive Director  
**Diana Burton**- Interim Wellness Director  
**Martha Buckley** - Senior Life Enrichment Director  
**Brian Farley** - Dining Service Director  
**Jim Goldberg**- Business Office Manager  
**Audri Bundy**-Move-In Coordinator

**Front Desk Concierge**  
**513-923-3711**

## Resident Birthdays

### HAPPY BIRTHDAY!

Joann M.	January 1	Ruth S.	January 16
Diana S.	January 3	Rosetta W.	January 16
Bobbie R.	January 7	Martha R.	January 17
Betty K.	January 11	Will H.	January 25
Jean K.	January 13	Seth H.	January 29
Pat H.	January 14	Pauline T.	January 31



HAPPY NEW YEAR!

WELCOME 2022! AS WE ENTER A NEW YEAR WE WOULD LIKE TO TAKE THIS OPPORTUNITY TO THANK OUR NORTHGATE PARK FAMILY AND FRIENDS FOR YOUR CONTINUED TRUST AND SUPPORT. WE LOOK FOWARD TO A NEW YEAR FILLED WITH JOY AND EXCITEMENT AS WE PLAN FOR THE NEW YEAR.

WISHING YOU HEALTH AND HAPPINESS IN THE NEW YEAR!

2022

*Happy New Year*

## Welcome to the Family

Our story is yours. We grow older and wiser but are sure to never lose the spark that started it all. Grace Management Continues to evolve, and we're ever more dedicated to nurturing our company and our team to be healthy contributors to communities across the U.S. Delivering exceptional living experiences, we can focus on the big issues that concern the daily lives of our residents-from health care and finances to overall quality of life-while never losing sight of the details that matter most: the connections we make along the way.





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# JANUARY 2020

Sunday		Monday		Tuesday		Wednesday	
Country Store Open every Tuesday and Thursday 12:30-1:30 North Side Bank open every Thursday 12:30-1:30		CARRY-IN WITH VICKI Thursday, Jan. 13: P&S Diner Thursday, Jan. 27: Steak and Shake					
<b>2</b>	<b>SP</b> 10:00 Liturgy & Communion (CH) <b>SO</b> 1:30 Hot Fudge Sundae Social (ACT) <b>CR</b> 3:00 Creative Coloring Club (ACT) <b>SO</b> 6:00 Open Card Games (ACT) <b>SO</b> 6:15 "The Chosen" S.2, Ep. 5: Spirit (1/2)	<b>3</b>	<b>SP</b> 10:00 Rosary (CH) <b>SO</b> 1:30 Bingo (5/6) <b>PY</b> 3:00 Whack-It Volleyball (ACT) <b>SO</b> 6:15 Monday Movie Classics: "The Bishop's Wife" (1/2) <b>SO</b> 6:15 Horse Racing Game (ACT)	<b>4</b>	<b>PY</b> 9:00 Morning Stretch (ACT) <b>SO</b> 9:30 Shop Out: Kroger (ACT) <b>SP</b> 10:30 Catholic Mass (CH) <b>SO</b> 1:30 Bingo (5/6) <b>CO</b> 3:00 Trivia Tuesday (ACT) <b>PY</b> 5:30 Wii Bowling (ACT)	<b>5</b>	<b>PY</b> 9:00 Morning S <b>SP</b> 10:00 Rosary (C <b>PY</b> 1:00 Chair Exe <b>SO</b> 1:30 Horse Ra <b>SP</b> 2:30 Bible Stud <b>SO</b> 3:00 Happy Ho <b>SE</b> 5:30 Creative C
<b>9</b>	<b>SP</b> 10:00 Liturgy & Communion (CH) <b>SO</b> 1:30 Spumoni Ice Cream Social (ACT) 2:45 Scenic Drive (BUS) <b>SO</b> 6:00 Open Card Games (ACT) <b>SO</b> 6:15 "The Chosen" Season 2, Ep. 6: Unlawful (1/2)	<b>10</b>	<b>SP</b> 10:00 Rosary (CH) <b>PY</b> 1:00 Chair Fitness with Care Conn. <b>SO</b> 1:30 Bingo (5/6) <b>PR</b> 2:45 Resident Meeting (1/2) <b>PY</b> 3:00 Whack-It Volleyball (ACT) <b>SO</b> 6:15 Movie: "The Odd Couple" <b>SO</b> 6:15 Horse Racing Game (ACT)	<b>11</b>	9:00 Morning Stretch (ACT) 9:30 Shop Out: Kroger (ACT) <b>SP</b> 10:30 Catholic Mass (CH) <b>SO</b> 1:30 Bingo (5/6) <b>CO</b> 3:00 Trivia Tuesday at Panera (BUS) <b>PY</b> 5:30 Wii Bowling (ACT)	<b>12</b>	9:00 Morning S 10:00 Rosary (C 1:00 Chair Exe 1:30 Horse Ra 3:00 Happy Ho 6:15 Entertainm Moores (5
<b>16</b>	<b>SP</b> 10:00 Liturgy & Communion (CH) <b>SO</b> 1:30 Banana Split Social (ACT) <b>CR</b> 3:00 Creative Coloring Club (ACT) <b>SP</b> 6:00 Open Card Games (ACT) <b>SP</b> 6:15 "The Chosen" Season 2, Ep. 7: Reckoning (1/2)	<b>17</b>	<b>Martin Luther King Day</b>	<b>18</b>	9:00 Morning Stretch (ACT) 9:30 Shop Out: Kroger (ACT) <b>SP</b> 10:30 Catholic Mass (CH) <b>SO</b> 1:30 Bingo (5/6) <b>CO</b> 3:00 Trivia Tuesday (ACT) <b>PY</b> 5:30 Wii Bowling (ACT)	<b>19</b>	9:00 Morning S 10:00 Rosary (C 1:00 Chair Exe 1:30 Horse Ra 3:00 Happy Ho 5:30 Creative C
<b>23</b>	<b>SP</b> 10:00 Liturgy & Communion (CH) <b>SO</b> 1:30 Butter Pecan Crunch Social (ACT) <b>SE</b> 2:45 Scenic Drive (BUS) <b>SO</b> 6:00 Open Card Games (ACT) <b>SP</b> 6:15 "The Chosen" Season 2, Ep. 8: Beyond Mountains (1/2)	<b>24</b>	<b>SP</b> 10:00 Rosary (CH) <b>PY</b> 1:00 Chair Fitness with Care Conn. <b>SO</b> 1:30 Bingo (5/6) <b>PY</b> 3:00 Whack-It Volleyball (ACT) <b>SO</b> 6:15 Movie Classics: "The Pajama Game" (1/2) <b>SO</b> 6:15 Horse Racing Game (ACT)	<b>25</b>	9:00 Morning Stretch (ACT) 9:30 Shop Out: Kroger (ACT) <b>SP</b> 10:30 Catholic Mass (CH) <b>SO</b> 1:30 Bingo (5/6) <b>PR</b> 2:45 Food For Thought Mtg (1/2) <b>CO</b> 3:00 Trivia Tuesday (ACT) <b>PY</b> 5:30 Wii Bowling (ACT)	<b>26</b>	9:00 Morning S 10:00 Rosary (C 1:00 Chair Exe 1:30 Horse Ra 3:00 Happy Ho 6:15 Entertainm (5/6)
<b>30</b>	<b>SP</b> 10:00 Liturgy & Communion (CH) <b>SO</b> 1:30 Caramel Sundae Social (ACT) <b>CR</b> 3:00 Creative Coloring Club (ACT) <b>SO</b> 6:00 Open Card Games (ACT) <b>SO</b> 6:15 "Highway to Heaven" Series (1/2)	<b>31</b>	<b>SP</b> 10:00 Rosary (CH) <b>SO</b> 1:30 Bingo (5/6) <b>PY</b> 3:00 Whack-It Volleyball (ACT) <b>SO</b> 6:15 Monday Movie Classics: "Roman Holiday" (1/2) <b>SO</b> 6:15 Horse Racing Game (ACT)	<b>CO</b> - Cognitive <b>CR</b> - Creative <b>PY</b> - Physical <b>PR</b> - Purposeful <b>SE</b> - Sensory <b>SO</b> - Social <b>SP</b> - Spiritual		<b>LOCATION KEY:</b> ACT- Activity Room CH- Chapel 1/2- 1/200 Lounge 5/6- 5/600 Lounge	

Events are Subject to Change.

# 2022

9191 Round Top Road  
Cincinnati, Ohio 45251

513-268-6305

[www.northgateparkseniorliving.com](http://www.northgateparkseniorliving.com)



Wednesday

Thursday

Friday

Saturday

			<b>1</b> <b>New Year's Day</b> SP 10:00 Rosary (CH) PR 10:15 MOD Chat (ACT) SO 1:30 Bingo (5/6) SO 3:00 Weekend Wine Down (ACT) SO 6:15 Movie Night: "Heidi" (1/2)
Stretch (ACT) CH Exercises (AC) cing Game (ACT) dy-Rev. Torie (CH) our (5/6) Coloring Club (ACT)	<b>6</b> PY 9:00 Morning Stretch (ACT) SP 9:30 Shop Out: Walmart (BUS) PY 10:00 Rosary (CH) SO 1:00 Chair Exercises (ACT) SE 1:30 Bingo (5/6) SO 2:45 Baking: Blueberry Pies (ACT) SO 6:15 Movie Night with Andrew (1/2)	<b>7</b> PY 9:00 Morning Stretch (ACT) SP 10:00 Rosary (CH) SO 1:30 Bingo (5/6) SO 3:00 Signature Cocktail Social (5/6) SO 6:00 Open Card Games (ACT) SO 6:15 Highway to Heaven (1/2)	<b>8</b> SP 10:00 Rosary (CH) PR 10:15 MOD Chat (ACT) SO 1:30 Bingo (5/6) SE 2:45 Scenic Drive (BUS) SO 6:15 Movie Night: "Three Men and a Baby" (1/2)
Stretch (ACT) CH Exercises (AC) cing Game (ACT) our (5/6) ment: The Merri 5/6)	<b>13</b> SP 9:30 Shop Out: Walmart (BUS) PY 10:00 Rosary (CH) SO 1:00 Chair Exercises (ACT) SO 1:30 Bingo (5/6) SO 3:00 Entertainment: The Songs of Stephen Foster (5/6) SO 6:15 Movie Night with Andrew (1/2)	<b>14</b> SP 10:00 Rosary (CH) SO 12:45 Craft with Mary from Vitas SO 1:30 Bingo (5/6) SO 3:00 Signature Cocktail Social (5/6) SO 6:00 Open Card Games (ACT) SO 6:15 Highway to Heaven (1/2)	<b>15</b> SP 10:00 Rosary (CH) PR 10:15 MOD Chat (ACT) SO 1:30 Bingo (5/6) SO 3:00 Weekend Wine Down (ACT) SO 6:15 Movie Night: "We Bought a Zoo" (1/2)
Stretch (ACT) CH Exercises (AC) cing Game (ACT) our (5/6) Coloring Club (ACT)	<b>20</b> SP 9:30 Shop Out: Walmart (BUS) PY 10:00 Rosary (CH) SO 1:00 Chair Exercises (ACT) SO 1:30 Bingo (5/6) SO 3:00 Gabbing with Gourmet Goodies and Martha (ACT) SO 6:15 Movie Night with Andrew (1/2)	<b>21</b> SP 9:00 Morning Stretch (ACT) SO 10:00 Rosary (CH) SO 1:30 Bingo (5/6) SO 3:00 Signature Cocktail Social (5/6) SO 6:00 Open Card Games (ACT) SO 6:15 Highway to Heaven (1/2)	<b>22</b> SP 10:00 Rosary (CH) PR 10:15 MOD Chat (ACT) SO 1:30 Bingo (5/6) SE 2:45 Scenic Drive (BUS) SO 6:15 Movie Night: "Mrs. Doubtfire" (1/2)
Stretch (ACT) CH Exercises (ACT) cing Game (ACT) our (5/6) ment: Edde Osborne	<b>27</b> SP 9:00 Morning Stretch (ACT) PY 9:30 Shop Out: Walmart (BUS) SO 10:00 Rosary (CH) PY 1:00 Chair Exercises (ACT) SO 1:30 Bingo (5/6) CR 3:00 Craft: Valentine Craft (ACT) SO 6:15 Movie Night with Andrew (1/2)	<b>28</b> SP 9:00 Morning Stretch (ACT) SO 10:00 Rosary (CH) SO 1:30 Bingo (5/6) SO 3:00 Signature Cocktail Social (5/6) SO 6:00 Open Card Games (ACT) SO 6:15 Highway to Heaven (1/2)	<b>29</b> SP 10:00 Rosary (CH) PR 10:15 MOD Chat (ACT) SO 1:30 Bingo (5/6) SO 3:00 Weekend Wine Down (ACT) SO 6:15 Movie Night: "The Magic of Belle Isle" (1/2)



# UPCOMING EVENTS AND NEWS

## BIBLE STUDY WITH REV. TORIE

Wed. January 5- 2:30pm- Chapel

We would like to welcome Rev. Torie from St. John UCC. Rev. Torie will be here the first Wednesday of each month to visit and have a Bible Study program with any resident who is interested.

Please join Rev. Torie on Wednesday, January 5th at 2:30pm.

## SONGS OF STEPHEN FOSTER WITH MARGIE

Thurs. January 13- 3pm- 5/600 Lounge

Stephen Foster Memorial Day on January 13th commemorates America's first popular songs composed by Foster. Join us as we listen, sing-a-long, and learn the history and songs of this historic musician.

## GABBING WITH GOURMET GOODIES AND MARTHA

Thursday, January 20- 3 pm- Activity Room

New to our programming! Join Martha for a gourmet treat and gab with your Life Enrichment Director. A casual yet social setting to have great conversation and make new friends.

Hope you can join us!

## ENTERTAINMENT THE MERRI MOORES

Wednesday, Jan. 12

6:15pm- 5/600

## EDDE OSBORNE

Wednesday, Jan. 26

6:15pm-5/600

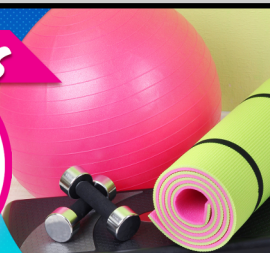
With the possibility of snow and icy weather during the winter months, all bus outings are subject to change. Cancellations of outings may be made with short notice.

Thank you for your understanding and cooperation.

### HEALTH *Tips*

#### Exercise Daily!

Did you know that daily exercise can reduce all of the biomarkers of aging? This includes improving eyesight, blood pressure, lean muscle, cholesterol, and bone density.



Stay Healthy!

Check your calendars for available exercise programs.

Stay Healthy!

Join us for some games, fun, and laughs! It's great exercise!

### HEALTH *Tips*

#### Laugh!

People who laugh more are better able to tolerate pain. Additionally, laughing together with others is more effective than laughing alone.



### HEALTH *Tips*

#### Wash Your Hands!

Viruses can live on surfaces for up to 24 hours. Wash your hands with warm soapy water often, and for at least 20 seconds.



Stay Healthy!

Remember to wash your hands often with soap and water!