



## NORTHGATE PARK

A GRACE MGMT COMMUNITY

It's not like home. It *is* home.™

## August 2022

### Your Team

**Rosemarie Caldwell** -Executive Director  
**Angela Kosmyna**- Business Office Manager  
**Kim Shepherd-Lust**- Sales Director  
**Diana Burton**- Interim Wellness Director  
**Martha Buckley** - Senior Life Enrichment Director  
**Casey Honchul**- Maintenance Director  
**Brian Farley** - Dining Service Director

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

### Resident Birthdays

#### HAPPY BIRTHDAY!

|            |           |
|------------|-----------|
| Ben H.     | August 11 |
| Irmgard M. | August 21 |
| Robert C.  | August 23 |
| Richard S. | August 23 |
| Charlie R. | August 26 |



### REFER A FRIEND AND EARN NEW REWARDS THROUGH OUR GOOD NEIGHBOR PROGRAM!

Do you know someone who is looking for a new place to call home?  
Refer a friend and you may earn some perks!

Contact Kim Shepherd- Lust at 513-923-3711 for more information!

## 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.

**Arlene B.**  
**Martin Q.**  
**Sheila S.**  
**Richard S.**  
**Al W.**





**NORTHGATE PARK**  
A GRACE MGMT COMMUNITY

# AUGUST 2

| Sunday   | Monday   | Tuesday   | Wednesday  |
|--|--|---|--|
| <p>Country Store Open:<br/>Tuesday and Thursday 12:30-1:30<br/>Saturdays 10:30-12:00<br/>North Side Bank Open:<br/>Thursday 12:30-1:30</p>   | <p><b>1</b></p> <p><b>PY</b> 9:00 Morning Stretch (ACT)<br/><b>SP</b> 10:00 Rosary (CH)<br/><b>SO</b> 1:30 Horse Racing (ACT)<br/><b>PY</b> 3:00 Flex Fitness and Whack-It Volleyball (ACT)<br/><b>SO</b> 6:15 Bingo (5/6)</p>   | <p><b>2</b></p> <p><b>PY</b> 9:00 Morning Stretch (ACT)<br/><b>PR</b> 9:30 Shop Out: Kroger<br/><b>SP</b> 10:00 Rosary (CH)<br/><b>SO</b> 1:30 Nickel LCR (ACT)<br/><b>CO</b> 3:00 Trivia Tuesday (ACT)<br/><b>PY</b> 5:30 Wii Bowling (ACT)</p>  | <p><b>3</b></p> <p><b>PY</b> 9:00 Morning Stretch (ACT)<br/><b>SP</b> 10:00 Rosary (CH)<br/><b>PY</b> 1:00 Chair Exercise (ACT)<br/><b>PR</b> 1:30 Horse Racing (ACT)<br/><b>SP</b> 2:30 Bible Study (CH)<br/><b>SO</b> 3:00 Happy Hour<br/><b>E</b> 5:30 Variety Show</p> |
| <p><b>7</b></p> <p><b>SP</b> 10:00 Liturgy of the Word and Communion (CH)<br/><b>SO</b> 1:30 Banana Split Sundae Social (ACT)<br/>2:45 Art Therapy: Creative Coloring (ACT)<br/><b>SO</b> 6:00 Open Cards (ACT)<br/><b>SO</b> 6:15 The Waltons (1/2)</p> | <p><b>8</b></p> <p><b>PY</b> 9:00 Morning Stretch (ACT)<br/><b>SP</b> 10:00 Rosary (CH)<br/><b>SO</b> 1:30 Horse Racing (ACT)<br/><b>PR</b> 2:45 Resident Meeting (1/2)<br/><b>PY</b> 3:00 Flex Fitness and Whack-It Volleyball (ACT)<br/><b>SO</b> 6:15 Bingo (5/6)</p> | <p><b>9</b></p> <p><b>PY</b> 9:00 Morning Stretch (ACT)<br/><b>PR</b> 9:30 Shop Out: Kroger<br/><b>SP</b> 10:00 Rosary (CH)<br/><b>SO</b> 1:30 Nickel LCR (ACT)<br/><b>CO</b> 2:45 Trivia Tuesday at Panera (BUS)<br/><b>PY</b> 5:30 Wii Bowling (ACT)</p>  | <p><b>10</b></p> <p><b>PY</b> 9:00 Morning Stretch (ACT)<br/><b>SP</b> 10:00 Rosary (CH)<br/><b>PY</b> 1:00 Chair Exercise (ACT)<br/><b>PR</b> 1:30 Horse Racing (ACT)<br/><b>SO</b> 3:00 Happy Hour<br/><b>E</b> 5:30 Variety Show</p>                                    |
| <p><b>14</b></p> <p><b>SP</b> 10:00 Liturgy of the Word and Communion (CH)<br/><b>SO</b> 1:30 Orange Creamsicle Float Social (ACT)<br/><b>SO</b> 2:45 Penny Tripoly (ACT)<br/><b>SO</b> 6:00 Open Cards (ACT)<br/><b>SO</b> 6:15 The Waltons (1/2)</p>   | <p><b>15</b></p> <p><b>PY</b> 9:00 Morning Stretch (ACT)<br/><b>SP</b> 10:00 Rosary (CH)<br/><b>SO</b> 1:30 Horse Racing (ACT)<br/><b>PY</b> 3:00 Flex Fitness and Whack-It Volleyball (ACT)<br/><b>SO</b> 6:15 Bingo (5/6)</p>  | <p><b>16</b></p> <p><b>PY</b> 9:00 Morning Stretch (ACT)<br/><b>PR</b> 9:30 Shop Out: Kroger<br/><b>SP</b> 10:00 Rosary (CH)<br/><b>SO</b> 1:30 Nickel LCR (ACT)<br/><b>CO</b> 3:00 Trivia Tuesday (ACT)<br/><b>PY</b> 5:30 Wii Bowling (ACT)</p>   | <p><b>17</b></p> <p><b>PY</b> 9:00 Morning Stretch (ACT)<br/><b>SP</b> 10:00 Rosary (CH)<br/><b>PY</b> 1:00 Chair Exercise (ACT)<br/><b>PR</b> 1:30 Horse Racing (ACT)<br/><b>SO</b> 3:00 Happy Hour<br/><b>E</b> 5:30 Variety Show</p>                                    |
| <p><b>21</b> <b>Senior Citizen's Day</b></p> <p><b>SP</b> 10:00 Liturgy of the Word and Communion (CH)<br/><b>SO</b> 2:30 National Senior Citizens Day Celebration! (5/6)<br/><b>SO</b> 6:00 Open Cards (ACT)<br/><b>SO</b> 6:15 The Waltons (1/2)</p>   | <p><b>22</b></p> <p><b>PY</b> 9:00 Morning Stretch (ACT)<br/><b>SP</b> 10:00 Rosary (CH)<br/><b>SO</b> 1:30 Horse Racing (ACT)<br/><b>PY</b> 3:00 Flex Fitness and Whack-It Volleyball (ACT)<br/><b>SO</b> 6:15 Bingo (5/6)</p>  | <p><b>23</b></p> <p><b>PY</b> 9:00 Morning Stretch (ACT)<br/><b>PR</b> 9:30 Shop Out: Kroger<br/><b>SP</b> 10:00 Rosary (CH)<br/><b>SO</b> 11:15 Lunch Out: Cracker Barrel (BUS)<br/><b>SO</b> 1:30 Nickel LCR (ACT)<br/><b>CO</b> 3:00 Trivia Tuesday (ACT)<br/><b>PY</b> 5:30 Wii Bowling (ACT)</p> | <p><b>24</b></p> <p><b>PY</b> 9:00 Morning Stretch (ACT)<br/><b>SP</b> 10:00 Rosary (CH)<br/><b>PY</b> 1:00 Chair Exercise (ACT)<br/><b>PR</b> 1:30 Horse Racing (ACT)<br/><b>SO</b> 3:00 Happy Hour<br/><b>E</b> 5:30 Variety Show</p>                                    |
| <p><b>28</b></p> <p><b>SP</b> 10:00 Liturgy of the Word and Communion (CH)<br/><b>SO</b> 1:30 Strawberry Delight Sundae Social (ACT)<br/><b>E</b> 2:45 Penny Tripoly (ACT)<br/><b>SO</b> 6:00 Open Cards (ACT)<br/><b>SO</b> 6:15 The Waltons (1/2)</p>  | <p><b>29</b></p> <p><b>PY</b> 9:00 Morning Stretch (ACT)<br/><b>SP</b> 10:00 Rosary (CH)<br/><b>SO</b> 1:30 Horse Racing (ACT)<br/><b>PY</b> 3:00 Flex Fitness and Whack-It Volleyball (ACT)<br/><b>SO</b> 6:15 Bingo (5/6)</p>  | <p><b>30</b></p> <p><b>PY</b> 9:00 Morning Stretch (ACT)<br/><b>PR</b> 9:30 Shop Out: Kroger<br/><b>SP</b> 10:00 Rosary (CH)<br/><b>SO</b> 1:30 Nickel LCR (ACT)<br/><b>PR</b> 2:45 Food For Thought Meeting (1/2)<br/><b>CO</b> 3:00 Trivia Tuesday (ACT)<br/><b>PY</b> 5:30 Wii Bowling (ACT)</p>   | <p><b>31</b></p> <p><b>PY</b> 9:00 Morning Stretch (ACT)<br/><b>SP</b> 10:00 Rosary (CH)<br/><b>PY</b> 1:00 Chair Exercise (ACT)<br/><b>PR</b> 1:30 Horse Racing (ACT)<br/><b>SO</b> 2:45 Happy Hour w/ Powell<br/><b>E</b> 5:30 Variety Show</p>                          |

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

|   |  |   |  |
|---|--|---|--|
| <p>g Stretch (ACT)<br/>(CH)<br/>xercises (AC)<br/>Racing (ACT)<br/>Study-Rev. Torie<br/>Hour (ACT)<br/>Hour (ACT)</p>         | <p>4</p> <p>9:30 Shop Out: Walmart<br/>SP 10:30 Catholic Mass (CH)<br/>PY 1:00 Chair Exercises (ACT)<br/>SO 1:30 Bingo (5/6)<br/>SE 2:45 Baker's Club: Lemon<br/>Cool Whip Cookies<br/>(ACT)<br/>SO 6:15 Movie with Andrew (1/2)</p>                                   | <p>5</p> <p>SP 10:00 Rosary (CH)<br/>SO 1:15 Outing: The Goody<br/>Shop Ice Cream (BUS)<br/>SO 1:30 LCR Game (ACT)<br/>SO 3:00 Signature Cocktail<br/>Social (ACT)<br/>SO 6:00 Open Cards (ACT)<br/>SO 6:15 The Waltons (1/2)</p> | <p>6</p> <p>SP 10:00 Rosary (CH)<br/>SO 1:30 Resident Bingo (5/6)<br/>SE 2:45 Scenic Drive (BUS)<br/>SO 6:00 Open Card Games<br/>(ACT)<br/>SO 6:15 Movie Night: "A Few<br/>Dollars More" (1/2)</p>                 |
| <p>g Stretch (ACT)<br/>(CH)<br/>xercises (AC)<br/>Racing (ACT)<br/>Hour (ACT)<br/>Hour (ACT)</p>                              | <p>11</p> <p>9:30 Shop Out: Walmart<br/>SP 10:30 Catholic Mass (CH)<br/>PY 1:00 Chair Exercises (ACT)<br/>SO 1:30 Bingo (5/6)<br/>SE 2:45 What's That Fruit?-<br/>History and Tasting<br/>(ACT)<br/>SO 6:15 Movie with Andrew (1/2)</p>                                | <p>12</p> <p>PY 9:00 Morning Stretch (ACT)<br/>SP 10:00 Rosary (CH)<br/>SO 1:30 Nickle LCR Game<br/>(ACT)<br/>SO 3:00 Signature Cocktail<br/>Social (ACT)<br/>SO 6:00 Open Cards (ACT)<br/>SO 6:15 The Waltons (1/2)</p>          | <p>13</p> <p>SP 10:00 Rosary (CH)<br/>SO 1:30 Resident Bingo (5/6)<br/>3:00 Coffee Break with Katie<br/>(ACT)<br/>SO 6:00 Open Card Games<br/>(ACT)<br/>SO 6:15 Movie Night: "A League<br/>of Their Own" (1/2)</p> |
| <p>g Stretch (ACT)<br/>(CH)<br/>xercises (AC)<br/>Racing (ACT)<br/>Hour (ACT)<br/>Hour (ACT)</p>                              | <p>18</p> <p>PY 9:00 Morning Stretch (ACT)<br/>9:30 Shop Out: Walmart<br/>SP 10:30 Catholic Mass (CH)<br/>PY 1:00 Chair Exercises (ACT)<br/>SO 1:30 Bingo (5/6)<br/>CR 2:45 Craft Club: Farmhouse<br/>Signs (ACT)<br/>SO 6:15 Movie with Andrew (1/2)</p>              | <p>19</p> <p>PY 9:00 Morning Stretch (ACT)<br/>SP 10:00 Rosary (CH)<br/>SO 1:30 Nickle LCR Game<br/>(ACT)<br/>SO 3:00 Signature Cocktail<br/>Social (ACT)<br/>SO 6:00 Open Cards (ACT)<br/>SO 6:15 The Waltons (1/2)</p>          | <p>20</p> <p>SP 10:00 Rosary (CH)<br/>SO 1:30 Resident Bingo (5/6)<br/>SE 2:45 Scenic Drive (BUS)<br/>SO 6:00 Open Card Games<br/>(ACT)<br/>SO 6:15 Movie Night: "Ground<br/>Hog Day" (1/2)</p>                    |
| <p>g Stretch (ACT)<br/>(CH)<br/>xercises (AC)<br/>Racing (ACT)<br/>Hour (ACT)<br/>Hour (ACT)</p>                              | <p>25</p> <p>PY 9:00 Morning Stretch (ACT)<br/>9:30 Shop Out: Walmart<br/>SP 10:30 Catholic Mass (CH)<br/>PY 1:00 Chair Exercises (ACT)<br/>SO 1:30 Bingo (5/6)<br/>CR 2:45 Painter's Pallet: Step-<br/>by-Step Painting (ACT)<br/>SO 6:15 Movie with Andrew (1/2)</p> | <p>26</p> <p>SP 10:00 Rosary (CH)<br/>SO 12:30 Outing: Sign Museum<br/>(BUS)<br/>SO 3:00 Signature Cocktail<br/>Social (ACT)<br/>SO 6:00 Open Cards (ACT)<br/>SO 6:15 The Waltons (1/2)</p>                                       | <p>27</p> <p>SP 10:00 Rosary (CH)<br/>SO 1:30 Resident Bingo (5/6)<br/>3:00 Coffee Break with Katie<br/>(ACT)<br/>SO 6:00 Open Card Games<br/>(ACT)<br/>SO 6:15 Movie Night: "Cutting<br/>Edge" (1/2)</p>          |
| <p>g Stretch (ACT)<br/>(CH)<br/>xercises (AC)<br/>Racing (ACT)<br/>Birthday Happy<br/>with Tammy<br/>(ACT)<br/>Hour (ACT)</p> | <p>CARRY-IN WITH VICKI<br/>Wednesday, August 10: Skyline<br/>Wednesday, August 31: Graeters<br/>Please see Vicki at the front desk<br/>to place your order.</p>  | <p>CO - Cognitive<br/>CR - Creative<br/>E - Emotional<br/>PY - Physical<br/>PR - Purposeful<br/>SE - Sensory<br/>SO - Social<br/>SP - Spiritual</p>   | <p>LOCATION KEY:<br/>ACT: Activity Room<br/>CH: Chapel<br/>1/2: 1/200 Lounge<br/>5/6: 5/600 Lounge</p>   |



# UPCOMING EVENTS AND NEWS



## Ice Cream Run!

The Goody Shop  
Friday, August 5th- 1:15 pm

We're taking a trip to The Goody Shop for a sweet treat!

Residents are responsible the cost of their treat.

Please sign up in the outing binder to participate.

## Farmer's Market Day!

Tuesday, August 9th  
11am-1pm

We're celebrating National Farmer's Market Month with an indoor Farmer's Market.

Residents are welcomed to "shop" and enjoy some fresh fruit!

Our Farmer's Market will be hosted in the lobby by the mailboxes.

## WHAT'S THAT FRUIT? A History and Tasting of Odd but Exotic Fruits

Thursday, August 11th  
2:45 pm- Activity Room

Join us as we discover some odd but exotic fruits! Where are they from? How do they taste? Come and discover!



## National Senior Citizens Day Celebration!

Sunday, August 21st  
2:30 pm- 5/600 Lounge

Mark your calendars for an afternoon to celebrate that age is just a number!

Fun, Food, Drinks, and Friends!

Formal invite to follow!

## Take a Trip to the American Sign Museum

Friday, August 26- 12:30 pm  
\$10 Per Person Entry Fee

The American Sign Museum is 20,000 square feet of more than a century of American signage. From early, pre-electric signs adorned in goldleaf, to the earliest electric signs, to beautiful art-deco neon, to the modern plastic-faced sign, the museum covers it all. Stroll down your personal memory lane!

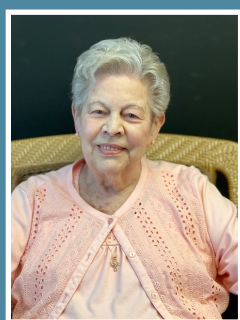
This outing will require periods of longer walks but has seating throughout the museum for resting.

Please see Martha to sign up. Limited seating available.

## INTRODUCING OUR NORTHGATE PARK COMMUNITY AMBASSADORS



Yvonne H.



Carol M.



Eda P.



Barb T.



Dorie V.

Northgate Park is excited to announce our new Community Ambassador Program! Our Community Ambassadors are committed and passionately dedicated volunteers who welcome new residents into the community and helping them integrate into their new home. They are volunteers who greet tours of prospective residents and represents the Community in philanthropy and community service. We are excited and proud to introduce to you our Community Ambassadors; Yvonne H., Carol M., Eda P., Barb T., and Dorie V.