



## NORTHGATE PARK

A GRACE MGMT COMMUNITY

It's not like home. It *is* home.™

# November 2022

## Your Team

**TBA** -Executive Director

**Mickie Crisson**- 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!**

Hube F.	November 5	Martin Q.	November 11
Barb H.	November 6	Frank C.	November 17
Jerry W.	November 6	Jean S.	November 23
Barbara H.	November 10	Shirley L.	November 24
		Dorie V.	November 25



WE ARE SO GRATEFUL FOR OUR RESIDENTS AND THEIR FAMILIES.  
WISHING YOU ALL A SAFE AND HAPPY THANKSGIVING!

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

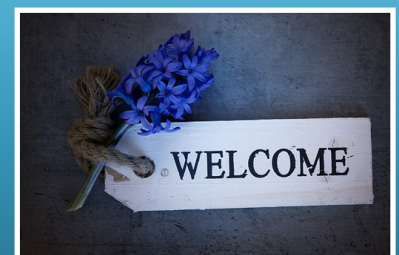
Do you know someone who is looking for a new place to call home?  
Refer a friend and you may earn some perks!

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.

**Pearl L.**  
**Shirley L.**  
**Tom P.**  
**Dale W.**  
**Pam H.**





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# NOVEMBER

Sunday	Monday	Tuesday	Wednesday
Country Store Open: Tuesdays and Thursdays 12:30-1:30 Saturdays 11:00-12:00 North Side Bank Open: Thursdays 12:30-1:30	CARRY-IN WITH VICKI Wednesday, November 9: Steak and Shake Wednesday, November 30: Arby's Please see Vicki at the front desk to place your order.	1 PY 9:00 Morning Stretch (ACT) PR 9:30 Shop Out: Kroger SP 10:00 Rosary (CH) SO 1:30 Nickel LCR (ACT) CO 3:00 Trivia Tuesday (ACT) PY 5:30 Wii Bowling (ACT)	2 PY 9:00 Morning SP 10:00 Rosary PY 1:00 Chair E PR 1:30 Horse R SO 3:00 Happy E 5:30 Variety
6 Daylight Saving Ends	7	8 Election Day	9
SP 10:00 Liturgy of the Word and Communion (CH) SO 1:30 Hot Fudge Sundae Social and Bengals Watch Party (ACT) SO 6:00 Open Cards (ACT) SO 6:15 The Waltons (1/2)	PY 9:00 Morning Stretch (ACT) SP 10:00 Rosary (CH) SO 1:30 Horse Racing (ACT) PY 3:00 Flex Fitness and Whack-It Volleyball (ACT) SO 6:15 Bingo (5/6)	PY 9:00 Morning Stretch (ACT) PR 9:30 Shop Out: Kroger SP 10:00 Rosary (CH) SO 1:30 Nickel LCR (ACT) CO 2:45 Trivia Tuesday at Panera (BUS) PY 5:30 Wii Bowling (ACT)	PY 9:00 Morning SP 10:00 Rosary PY 1:00 Chair E PR 1:30 Horse R SO 3:00 Happy E 5:30 Variety
13	14	15	16
SP 10:00 Liturgy of the Word and Communion (CH) SO 1:30 Brownie Ice Cream Sundae Social (ACT) 2:45 Penny Tripoly (ACT) SO 6:00 Open Cards (ACT) SO 6:15 The Waltons (1/2)	SP 10:00 Rosary (CH) E 12:45 Cody Therapy Dog Visits (LR) SO 1:30 Horse Racing (ACT) PR 2:45 Resident Meeting (1/2) PY 3:00 Whack-It Volleyball (ACT) SO 6:15 Bingo (5/6)	PY 9:00 Morning Stretch (ACT) PR 9:30 Shop Out: Kroger SP 10:00 Rosary (CH) SO 11:15 Lunch Out: Red Lobster (BUS) SO 1:30 Nickel LCR (ACT) CO 3:00 Trivia Tuesday (ACT) PY 5:30 Wii Bowling (ACT)	PY 9:00 Morning SP 10:00 Rosary PY 1:00 Chair E PR 1:30 Horse R SO 3:00 Happy E 5:30 Variety
20	21	22	23
SP 10:00 Liturgy of the Word and Communion (CH) SO 1:30 Brownie Ice Cream Sundae Social (ACT) E 2:45 Baking with Barb: Pumpkin Cookies (ACT) SO 6:00 Open Cards (ACT) SO 6:15 The Waltons (1/2)	PY 9:00 Morning Stretch (ACT) SP 10:00 Rosary (CH) SO 1:30 Horse Racing (ACT) PY 2:45 Graceful Giving: Baking Corn Muffins for LBFE (ACT) SO 6:15 Bingo (5/6)	PY 9:00 Morning Stretch (ACT) PR 9:30 Shop Out: Kroger SP 10:00 Rosary (CH) SO 1:30 Nickel LCR (ACT) CO 3:00 Trivia Tuesday (ACT) PY 5:30 Wii Bowling (ACT)	PY 9:00 Morning SP 10:00 Rosary PY 1:00 Chair E PR 1:30 Horse R SO 3:00 Happy E 5:30 Variety
27	28	29	30
SP 10:00 Liturgy of the Word and Communion (CH) SO 1:30 Brownie Ice Cream Sundae Social and Bengals Watch Party (ACT) 2:45 Creative Coloring (ACT) SO 6:00 Open Cards (ACT)	PY 9:00 Morning Stretch (ACT) SP 10:00 Rosary (CH) SO 1:30 Horse Racing (ACT) PY 3:00 Flex Fitness and Whack-It Volleyball (ACT) SO 6:15 Bingo (5/6)	PR 9:30 Shop Out: Kroger SP 10:00 Rosary (CH) SO 1:30 Nickel LCR (ACT) 2:45 Food For Thought Meeting (1/2) CO 3:00 Trivia Tuesday (ACT) PY 5:30 Wii Bowling (ACT)	PY 9:00 Morning SP 10:00 Rosary PY 1:00 Chair E PR 1:30 Horse R SO 3:00 Happy Hour (A E 5:30 Variety

Events are Subject to Change.

# R 2022

9191 Round Top Road  
Cincinnati, Ohio 45251

513-268-6305

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



## Wednesday Thursday Friday Saturday

g Stretch (ACT) (CH) Exercises (AC) Racing (ACT) Hour (ACT) Hour (ACT)	3 9:30 Shop Out: Walmart SP 10:30 Catholic Mass (CH) PY 1:00 Chair Exercises (ACT) SO 1:30 Bingo (5/6) PR 2:45 Baker's Table: Homemade Star Crunch (ACT) SO 6:15 Movie Night (1/2)	4 PY 9:00 Morning Stretch (ACT) SP 10:00 Rosary (CH) SO 1:30 Nickle LCR Game (ACT) SO 3:00 Signature Cocktail Social (ACT) SO 6:00 Open Cards (ACT) SO 6:15 The Waltons (1/2)	5 SP 10:00 Rosary (CH) SO 1:30 Resident Bingo (5/6) 3:00 Coffee Break with Katie (ACT) SO 6:00 Open Card Games (ACT) SO 6:15 Movie Night: "Respect" The Story of Aretha
g Stretch (ACT) (CH) Exercises (AC) Racing (ACT) Hour (ACT) Hour (ACT)	10 PY 9:00 Morning Stretch (ACT) 9:30 Shop Out: Walmart SP 10:30 Catholic Mass (CH) PY 1:00 Chair Exercises (ACT) SO 1:30 Bingo (5/6) 2:45 Honoring our Veterans (5/6) SO 6:15 Movie with Andrew (1/2)	11 <b>Veterans Day</b> PY 9:00 Morning Stretch (ACT) SP 10:00 Rosary (CH) SO 1:30 Nickle LCR Game (ACT) SO 3:00 Signature Cocktail Social (ACT) SO 7:00 Fall Ball (DR)	12 SP 10:00 Rosary (CH) SO 1:30 Resident Bingo (5/6) SE 2:45 Scenic Drive (BUS) SO 6:00 Open Card Games (ACT) SO 6:15 Movie Night: "Singing in the Rain" (1/2)
g Stretch (ACT) (CH) Exercises (AC) Racing (ACT) Hour (ACT) Hour (ACT)	17 9:30 Shop Out: Walmart SP 10:30 Catholic Mass (CH) PY 1:00 Chair Exercises (ACT) SO 1:30 Bingo (5/6) SE 2:45 Taste Bud Tours: Snacks of the World (ACT) SO 6:15 Movie with Andrew (1/2)	18 PY 9:00 Morning Stretch (ACT) SP 10:00 Rosary (CH) SO 1:30 Nickle LCR Game (ACT) SO 3:00 Signature Cocktail Social (ACT) SO 6:00 Open Cards (ACT) SO 6:15 The Waltons (1/2)	19 SP 10:00 Rosary (CH) SO 1:30 Resident Bingo (5/6) 3:00 Coffee Break with Katie (ACT) SO 6:00 Open Card Games (ACT) SO 6:15 Movie Night: "Fried Green Tomatoes" (1/2)
g Stretch (ACT) (CH) Exercises (AC) Racing (ACT) Hour (ACT) Hour (ACT)	24 <b>Thanksgiving</b> PY 9:00 Morning Stretch (ACT) SP 10:30 Catholic Mass (CH) PY 1:00 Chair Exercises (ACT) SO 1:30 Bingo (5/6) SO 6:15 Movie Night: "A Christmas Story" (1/2)	25 PY 9:00 Morning Stretch (ACT) SP 10:00 Rosary (CH) SO 1:30 Nickle LCR Game (ACT) SO 3:00 Signature Cocktail Social (ACT) SO 6:00 Open Cards (ACT) SO 6:15 The Waltons (1/2)	26 SP 10:00 Rosary (CH) SO 1:30 Resident Bingo (5/6) SE 2:45 Scenic Drive (BUS) SO 6:00 Open Card Games (ACT) SO 6:15 Movie Night: "Elvis: King of Entertainment" (1/2)
g Stretch (ACT) (CH) Exercises (AC) Racing (ACT) Birthday Happy Hour (ACT) Hour (ACT)	CO - Cognitive E - Emotional PY - Physical PR - Purposeful SE - Sensory SO - Social SP - Spiritual	LOCATION KEY: ACT: Activity Room CH: Chapel LR: Living Room 1/2: 1/200 Lounge 5/6: 5/600 Lounge	



# NOVEMBER HIGHLIGHTS

## *Fall Ball*

FRIDAY, NOVEMBER 11TH, 7PM-9PM, DINING ROOM

YOU, YOUR FRIENDS AND YOUR FAMILY ARE CORDIALLY INVITED TO  
NORTHGATE PARK'S FALL BALL.

PLEASE JOIN US FOR AN EVENING OF HORS D' OEUVRES, DESSERTS, DRINKS,  
DANCING, AND LIVE MUSIC PERFORMED BY

THE PETE WAGNER BAND

PLEASE RSVP FOR AT THE FRONT DESK BY TUESDAY, NOV. 9TH

### **Get Out and About**

#### ***Trivia at Panera with Kim***

Tuesday, November 8 at 2:45 pm

Cost: \$0

#### ***Lunch Out at Red Lobster***

Tuesday, November 15 at 11:15 am

Cost: Price of Meal plus Tip

Please sign up in the outing book if you  
would like to attend.

### **Taste Bud Tours: Snacks from Around the World**

Thursday, November 17 at 2:45 pm

Activity Room

Ever wonder what people like to snack  
on in Japan or Sweden? Come join us  
as we take our taste buds on a tour of  
snacks from around the world!

### **Graceful Giving Project**

#### ***Baking Corn Muffins for our friends at Little Brother's Friends of the Elderly***

Monday, November 21st

2:45 pm in the Activity Room

Thank you to all who helped arrange the  
Halloween Goodie Bags last month for the  
Little Brothers Friends of the Elderly  
Halloween Party.

This month we will be baking corn muffins to  
donate towards their Thanksgiving dinner.

### **Flu Season**

It's flu season and it's that time of year when we  
need to take extra precautions to stay healthy.  
Below are some tips to keep you healthy during  
the flu season.

1. Wash your hands often.
2. Avoid touching your eyes, nose, and mouth.
3. Avoid close contact with those who are sick.
4. Stay in your apartment if you are feeling ill and make our nursing staff aware.
5. Cover your mouth and nose when coughing and/or sneezing.