

April 2023

The Residence at North Ridge



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Celebrating April

Jazz Appreciation Month

Humor Month

Kite Month

April Fools' Day

April 1

World Party Day

April 3

Passover

April 5–13

Easter

April 9

Scrabble Day

April 13

Earth Day

April 22

Sky Awareness Week

April 23–29

Gathering of Nations

Pow Wow

April 27–29

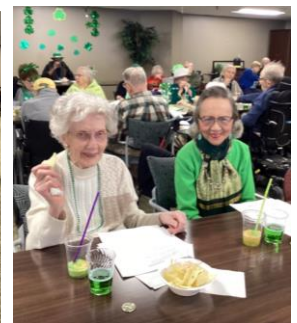
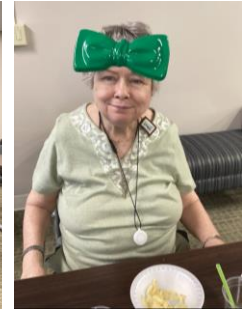
Arbor Day

April 28

March Madness



Leprechaun Races



St. Patrick's Day Party

Resident Spotlight

Our Spotlight Resident, Jean, has the most fascinating stories to share. One of which begins with how she came into this world. She was born on June 17, 1924, two months earlier than expected. They lived on a farm in South Dakota. There was a terrible storm coming so her mother needed to get all the chickens into the coop. Her father was gone on a fishing trip, so her mother called some friends to help. All this excitement caused Jean's mother to go into premature labor. The friends who were called to help with the chickens ended up helping deliver Baby Jean. She weighed less than 3 pounds at birth! Jean loved being on the farm and helping her dad milk the cows. He even built her a little milking stool, which made her feel quite important. Jean went to a country school which was 2 1/2 miles from their farm. She was always small for her age, so the older girls would play with her and carry her around like a little doll. One spring there was a bad snowstorm that came up on her way to school. Her overshoes got filled with snow and she ended up freezing her feet. It was so painful that she couldn't walk for quite some time. Despite the trials she's faced, Jean, at age 98, is always positive and optimistic. She's got a twinkle in her eye and a wonderful sense of humor. She has a strong determination and is very dedicated to her exercise routine. Jean also takes part in many of our activities, with Bingo being top on her list! She's got many more great stories to tell, just stop and chat with her sometime.



Young
At
Heart



Donut Make You Wonder

An outing to the Crystal Community Center for an informative program and of course, donuts! This Month's topic is "A Backyard Farm." Learn about the non-profit organization that helps keep the Crystal Community Center's edible courtyard bountiful from spring through fall. The program is Wednesday, April 19. Our Bus will leave here at 9:15 AM. Cost is \$3, pay at the door. Please sign up in the book.



Here's to all
volunteers, those
dedicated people
who give selflessly
of their time, talent
and treasures.



THANK YOU
FOR MAKING THE WORLD
A BETTER PLACE

April is Volunteer Appreciation Month. We are blessed with many wonderful volunteers who are willing to give of their time and their talents. These individuals contribute to our North Ridge community in many ways. Leading Exercise Class or Bible Study Group, helping with Bingo or Pokeno, and in many other ways, these folks make a big impact on our lives. We greatly appreciate their contributions and the fact that they help add so much to our activity programming. We would like to recognize them with a special gathering. Please join us-

Wednesday, April 19

2:00

Activity Room

All are welcome!

Let's Dance!

April 29 is International Dancing Day. Neuroscientists have mapped the regions of the brain that are activated when we dance. Unsurprisingly, various parts of our brains associated with locomotion and coordination are involved. Perhaps more surprisingly, dance activates areas associated with emotions, memory, and social interaction. This has led evolutionary scientists to suggest that dancing has long played a vital role in social cohesion and group dynamics. Group dancing also imparts psychological benefits. When we dance, our brains release endorphins. These feel-good chemicals boost our moods and create a stronger sense of social bonding. A society that dances together is quite likely to be considered stronger than one that does not dance. In this way, dancing could have been advantageous to a society's survival. The next time you hit the dance floor, your survival may not depend on it, but you are participating in a ritual that has been performed by humans since the dawn of civilization.

Please consider joining us for
Chair Dance Class
on Mondays
at 1:30
in the Activity Room.

All our dance routines are done while seated in a chair. It's so much fun! Stop by and check it out.



Special Entertainment

League Aires
 SHARING THE JOY OF MUSIC

Serving the community since 1966



Monday, April 17
1:30
Activity Room

Celebration of Life Service



We Remember

Ardelle Carlson 2/14/23
 Joyce Carlson 3/09/23
 Janie Burke 3/11/23

Four times a year we remember & celebrate the lives of those we have lost from our community. This month our Celebration of Life will be April 27 at 1:30 in the activity room. We will be remembering those who passed away in January, February and March. All are welcome to attend. If you would be interested in helping to plan or to participate in this service, please see Cindy in the Life Enrichment Department.



Childrens' Style Show

Childrens' Spring Style Show

Saturday, April 15th

2:00

Activity Room

Come see some delightful darlings showcase their spectacular spring styles!



Staff Birthdays

Malisa (HHA) 4/04

Heather (RN) 4/05

Bendu G (HHA) 4/07

Dennis (RN) 4/07

Janice (HHA) 4/13

Atee (HHA) 4/30

Staff Anniversaries

Hodan (HHA) 2 years

Jouye (HHA) 2 years

Lydia (Switchboard) 3 Years



April Birthdays

In astrology, those born from April 1–19 are Aries' Rams. Rams are headstrong, charging forward into adventures with confidence and ambition. Aries' charisma and confidence make them effective leaders. Those born from April 20–30 are Taurus' Bulls. Bulls are reliable workers who take a slow-and-steady approach to finishing tasks. They do expect a reward for their hard work and love little indulgences.

Marvin Gaye (singer) – April 2, 1939

Eddie Murphy (comedian) – April 3, 1961

Maya Angelou (poet) – April 4, 1928

Billie Holiday (singer) – April 7, 1915

Omar Sharif (actor) – April 10, 1932

Al Green (singer) – April 13, 1946

Kareem Abdul-Jabbar (athlete) – April 16, 1947

Rick Moranis (actor) – April 18, 1953

Jack Nicholson (actor) – April 22, 1937

Ella Fitzgerald (singer) – April 25, 1917

Carol Burnett (comedienne) – April 26, 1933

Duke Ellington (composer) – April 29, 1899

Resident Birthdays



Linda J. 4/02

Kathy S. 4/02

Norman T. 4/06

Muriel M. 4/07

Larry S. 4/08

Dawn R. 4/17

Dorothy J. 4/23

David T. 4/23

David F. 4/25

Annella R. 4/30