



Notes from Northview

July 5-11, 2020



301 E. Talmage St ▪ 837-5808

NVC@springfieldmo.gov ▪ ParkBoard.org/Northview ▪ Facebook: Northview Center

Note from the Northview Staff,

It's July... National Parks and Recreation Month!



Hopefully you are able to enjoy one of our Parks facilities, a park or trail that is close to your home! Share your photos: NVC@springfieldmo.gov

Re-Opening . . . We will abide by the Centers for Disease Control (CDC) and health department guidelines, as well as our Parks department, for the best protocol to re-open. We will rely on you to do your part to follow those protocols when you return!

Weekly flyers can be viewed at ParkBoard.org/Northview or emailed (if we have your email address) to help provide the most up-to-date information. As you know, things are changing daily. Call Northview if you have any questions.

SeniorAge News

- ♦ **SeniorAge Alert Program** will provide you with important information, notices and alerts. Sign up for Text or E-mail alerts. For questions about the SeniorAge Alert program, call 862-0762.
- * **Farmers Market Voucher** program registration will be held through July. Call SeniorAge at 862.0762.
- * If you need to schedule frozen meals for pickup or delivery, call 864-8606.
- * SeniorAge needs assistance delivering meals. If you are able to assist, call 864-8606
- * Income tax or property tax credit, call SeniorAge Office at 862-0762
- * Foot Clinic questions, call Grace Health at 417.705.1586

Ceramics!

If you would like to paint a **ceramic project**, call 837-5808 to order and schedule your pick up time. Cost: Small \$6, Medium \$8, Large \$10. *(Paint is not included in take out project)*

Riddle of the Week

Q. What do you see every 27 days?

A. A full moon, it takes 27 days, 7 hour, and 43 mins. for our Moon to complete one full orbit around Earth.

Mirrors should think longer before they reflect.

Jean Cocteau, poet, playwright, writer, filmmaker, artist

Fun things to celebrate at home:

Full Buck Moon

July's full Moon will rise after sunset **Sat., July 4**, reaching peak illumination at 11:44pm. Look towards the southeast to watch it rise above the horizon.

National Bird Day

Sun., July 5

Sit outside or take a walk in the park and see how many birds you can identify!

National Fried Chicken Day

Mon., July 6

Make your own or have your favorite restaurant deliver some to you! Yummy!

Chocolate Day

Tues., July 7

Did you know, Chocolate is a vegetable. It comes from the Cacao tree found in tropical rain forests. What is your favorite flavor ... White, Milk or Dark?

National Blueberry Day

Wed., July 8

How do you like your Blueberries ... In a muffin or pie? on top of ice cream or cereal? This tiny fruit is one of the healthiest you can eat! It is loaded with fiber and rich in antioxidants -enjoy a serving today!

National Sugar Cookie Day

Thurs., July 9

A day to satisfy your sweet tooth. Popular with all ages, sugar cookies usually don't last long around the house.

Teddy Bear Picnic Day

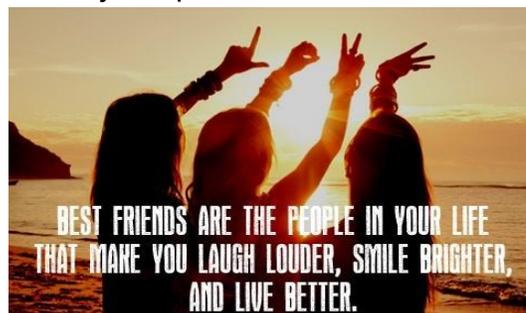
Fri., July 10

Grab your Teddy & enjoy a picnic! (inside or out!) Register your grandchild for the Teddy Bear Picnic at Nathanael Greene Park! *Event is free but registration is required, 891-1515.* The 45-min. session includes story time, a craft, a game, scavenger hunt, photo ops and popsicles. Bring your picnic to enjoy before or after your session. To ensure social distancing, each adult is limited to bringing two children. Register by July 8.

Cheer up the Lonely Day

Sat., July 11

We're all dealing with a changed lifestyle! Would someone you know appreciate a phone call or note from you to help cheer them up? Chances are, it would cheer you up also!



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Sudoku - Puzzle 1

Answer will be provided next week

Sudoku - Puzzle 2

Answer will be provided next week

**Springfield Art Museum
Virtual Exhibition Tours**

Take a virtual walk through the Art Museum's galleries by visiting one of our virtual exhibition offerings:

Watercolor USA 2020

<https://www.sgfmuseum.org/246/Watercolor-USA>

*Framed: The Art of the
Picture Frame*

<https://www.sgfmuseum.org/248/Framed-The-Art-of-the-Picture-Frame>

Decades: 90 Years of Collecting:

<https://www.sgfmuseum.org/233/Decades-90-Years-of-Collecting>

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