



# Notes from Northview

August 2-8, 2020



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

## **Note from the Northview Staff,**

Greetings!

I have been working to get programs approved to start back up at Northview. Things will be different. Northview Center will remain closed. We are doing our best to think outside of the box to provide programs to our seniors. Please be patient as we navigate this new world.

**Re-Opening . . .** We will continue to abide by the guidelines from Centers for Disease Control (CDC), Greene County health department, City of Springfield and our Parks department for the safest re-opening protocol. We will rely on you to do your part following these protocols when you return!

Treat others with respect and kindness! As the City moves to Road to Recovery Plan Phase 3A, remember to wear your mask if you are out in public places! Social distance 6 feet from others. Wash your hands! Stay safe and healthy!

## **Now Hiring!**

Congratulations to Michael for taking a full-time position at Chesterfield Family Center. Northview Center is looking for a part-time custodian. If you, or you know of someone interested please apply online at [ParkBoard.org/employment](http://ParkBoard.org/employment) or call 837-5808 for more details.

## **SeniorAge News**

- ♦ Call 864-8606 (SeniorAge at Northview):
  - \* To schedule frozen meal pickup or delivery.
  - \* If you, or someone you know, are able to assist with meal delivery.
- ♦ Call 862-0762 (SeniorAge Main Office) for:
  - \* **SeniorAge Alert Program** will provide Text or E-mail containing important information, notices and alerts.
  - \* Income tax or property tax credit questions.
- ♦ Call Grace Health at 417-705-1586 about Foot Clinic questions.

Weekly flyers can be viewed at [ParkBoard.org/Northview](http://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.

"Happiness is a function of accepting what is."  
- Werner Erhard

## **Riddle of the Week**

I follow you all the time, and copy your every move. What am I?

## **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)*

## **Fun things to celebrate at home:**

### **National Coloring Book Day**

**Sun., Aug. 2**

Rediscover your childhood! Coloring has proven to have health and wellness benefits. Find your happiness coloring the fun picture on the back.

### **National Watermelon Day**

**Mon., Aug. 3**

I love a nice cold watermelon. It is so refreshing. Anyone else? Today is the day to slice open that watermelon and enjoy!

### **U.S. Coast Guard Day**

**Tues., Aug. 4**

On August 4, 1790, Congress authorized the construction of ten ships. They were built to enforce U.S. tariff laws. The name "Coast Guard" was first used in 1915. Thank you to those who served and are serving!

### **Happy Birthday!**

**Wed., Aug. 5, 1930**

Neil Armstrong, the first man to walk on the moon, would be celebrating his 90th birthday today! "One small step for man, and one giant leap for mankind."

### **Happy Birthday!**

**Thurs., Aug. 6, 1911**

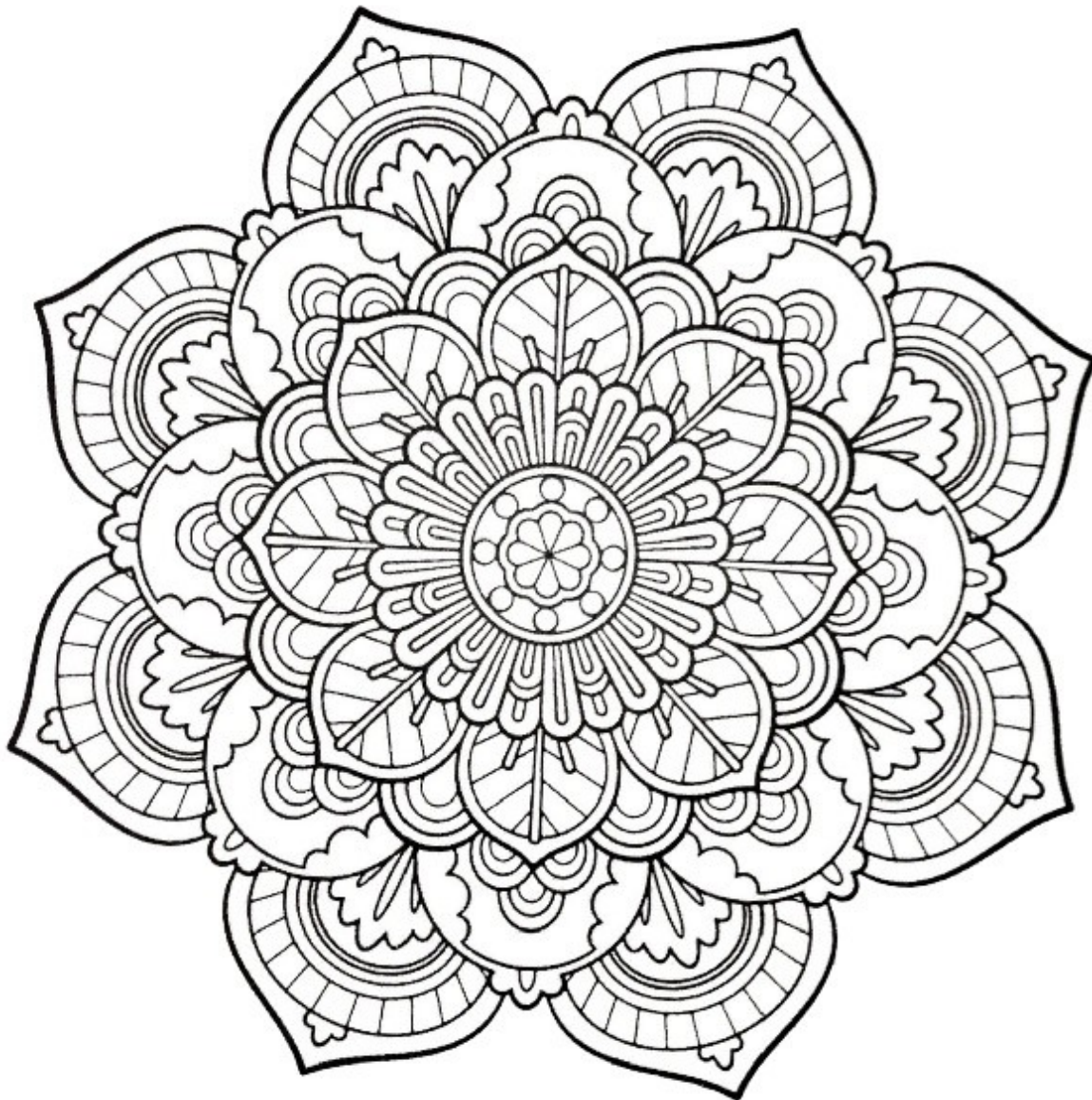
Lucille Ball, an American actress, would be celebrating her 109th birthday today. Celebrate by watching "I Love Lucy".

### **Sneak Some Zucchini Onto Your Neighbor's Porch Day**

**Sat., Aug. 8**

That's right. There is a day to share of that extra zucchini you have growing in your garden! Maybe you might find some on your porch. You never know!

Riddle: Your Shadow



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***NEED SOMETHING TO DO?******Guided Float***

***Aug. 14 & 28 5:30-7:30 P.M. @  
Lake Springfield Park***

Join us for a guided float on the James River Water Trail and group hike! Great for beginners and a fun opportunity to get out on the water at Lake Springfield Park. Park staff will go over safety and give a basic paddling demonstration before we launch and head to the Springfield Conservation Nature Center to go hiking. Ages: 10 and up. Please note that ages 10-17 must have an adult with them on the water to participate (ages 14-17 can be in their own boat, ages 10-13 must be in a boat with an adult). \$30/participant. Includes boat rental, paddle and life jacket. Register by calling the Lake Springfield Boathouse at 417-891-1550.

***Beginner & Intermediate Pickleball:***

An instructor-led course focusing on the rules and fundamentals of pickleball at Doling Family Center. All equipment provided. This two-week session is Aug. 4-13, Tuesday and Thursday nights. For ages 10 years and up. \$20/member or \$30/non-member. Register at [ParkBoard.org/Doling](http://ParkBoard.org/Doling) or 417-837-5900. Beginner Pickleball, 8-9 p.m.; Intermediate Pickleball, 7-8 p.m.

***Watercolor USA at the Springfield Art Museum***

Closes Aug. 16

This is the 59th exhibition of Watercolor USA, a national, annual juried exhibition recognizing aqueous media painting. A link to a Virtual Tour of the exhibition is at [sgfmuseum.org/246/Watercolor-USA](http://sgfmuseum.org/246/Watercolor-USA).