



Notes from Northview

Nov. 22-28, 2020

301 E. Talmage St. | 837-5808



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

Notes from Northview

Greetings,

I truly hope everyone has been able to stay happy and healthy.

We had a few classes scheduled but due to the rise in COVID numbers it has been decided to postpone until after the first of the year. When classes are held, we want to ensure everyone is as healthy as possible.

With that being said, we would love to start doing online group get togethers. Many of you have heard of Zoom or WebX. These online forums allow us to meet and see each other while staying in the comfort and safety of your own home. What platforms do you use? Please check out the short survey on the second page, to help give us feedback. We look forward to diving into this new avenue, and would love your feedback.

Do you need a box of Christmas cards to send to your friends and family? Several boxes of cards have been donated to Northview. Give us a call to schedule a time to pick up a box.

Reopening...We will continue to abide by the guidelines from Centers for Disease and 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 returning.

Happiness Challenge:

Everyday this week get up and move for at least ten minutes. Moving is good for your brain, body and mood. Check out Doling Silver Sneakers on Facebook for work outs, meals, and other important information.

Ceramics!

Would you like to paint a ceramic project? Call 837-5808! There are a variety of ceramic molds available. We can discuss the piece or theme you are searching for. Order and schedule your project pick up time. Christmas ceramics are ready for pick up!

Cost: Small \$6, Medium \$8, Large \$10
(Paint not included in take home project)

SeniorAge News

- **Drive Through Hot Meal** (*Registration Suggested*)
Please call SeniorAge at 864-8606 to reserve your meal.

When: Wed., Dec. 2

Menu: Chicken Fried Steak, Mashed Potatoes & Country Gravy, Brussels sprouts, Roll and Dessert

Register by: Fri., Nov. 13

Pick up: 11:30 a.m. - 12:30 p.m.

Suggested contribution is \$3.75 for guest 60 and older, under 60 is \$6.

- **Medicare Open Enrollment: Oct. 15-Dec. 5**
SeniorAge is ready to help you find a plan that meets your health and prescription needs for 2021. Phone appointments will protect the health and safety of both you and our staff. Call 862-0762 to schedule an appointment We can help you:
 1. Explore your plan options
 2. Sign up for a plan that fits your needs
 3. Understand any changes there to medicare.
- Check out Northview Senior Center's Facebook page for information and updates from SeniorAge.
- Call Grace Health, 417-705-1586 for foot clinic questions.
- Call 864-8606 (SeniorAge at Northview):
 - Schedule frozen meal delivery or pick up
 - Frozen meal pick up is available from 10:30 a.m-1:30 p.m.
 - Drivers are needed! Let us know 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 contains important information, notices and alerts.

Smile if you want a smile from another face. ""-Dalai Lama

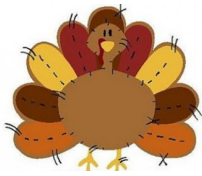
Thanksgiving

Online Group survey

Please call or email us with your answers!
837-5808 or NVC@springfieldmo.gov

For each new morning with its light,
For rest and shelter of the night,
For health and food,
For love and friends,
For everything
thy goodness sends

- Ralph Waldo Emerson



- 1) Would you be interested in an online socializing group? Yes No
- 2) What would interest you? (Check all that apply)
 Coffee and Conversations
 Guest Speaker
 Group discussion over previously selected topics
 Other (Please Explain) _____
- 3) Do you have a computer or cell phone with a camera and internet access for an online group?
Yes No
- 4) Do you already have group meetings with friends, family ECT.? Yes No
- 4a) If yes, what platform do you use? (i.e Zoom, WebX, Facebook Chat, _____)

Looking for something fun to do?

Gardens Aglow

A walking tour at Mizumoto Japanese Stroll Garden

Age: All Ages

Date: Nov. 27, 2020-Jan. 3, 2021;
Mon.-Wed., Dec. 21-23, 2020
Closed Christmas Eve & Day
Closed New Year's Day

Time: Fri.-Sun. nights, 5-8:30 p.m.

Location: Mizumoto Japanese Stroll Garden

Fee: \$5/Adult; \$2/Children 3-12 years

Candy Cane Lane

A drive through tour at Rutledge- Wilson Farm Park

Age: All Ages

Date: Dec. 4-20

Time: Fri., Sat. and Sun. nights, 5-8 p.m.

Location: Rutledge-Wilson Farm Park

Fee: \$5 per vehicle. Cash or card are accepted as payment.

Hot cocoa and concessions available for purchase.

Fun holiday to celebrate

Thanksgiving Day

Thurs., Nov. 26

Thanksgiving was first celebrate in 1621. In 1941, congress made it a national holiday celebrated on the fourth Thursday of November. What are your favorite traditions?

26th Annual Thanksgiving Day Turkey Trot 5k Run/Walk goes virtual.

Nothing can stop Springfield's Thanksgiving tradition, even if we can't all be together this year. The 26th annual Thanksgiving Day Turkey Trot 5k Run/Walk presented by Brad Bradshaw, MD, JD, LC, takes place Thurs., Nov. 26 through Sun., Nov. 29 rain or shine, at the location of your choice. Registration includes a long-sleeved Turkey Trot shirt, race bib, suggested race routes and the option to upload race time to qualify for awards. Participants may also share photos of themselves in their shirts and race bibs to compete in contest: largest family, best costume, best dressed pet, ect. All race times and contest entries must be submitted by midnight on Sun., Nov. 29.

Proceeds benefit the Park Board Scholarship fund and the Developmental Center of the Ozarks.

Please drop off canned food items in the Ozark Food Harvest donation boxes at each of the family centers.

Check out ParkBoard.org for race information.