

THE Northglenn Heights Lifestyle



NORTHGLENN
HEIGHTS
SENIOR LIVING AT EASE

Like Us!  

ASSISTED LIVING COMMUNITY
11475 Pearl Street · Northglenn, CO 80233 · (303) 452-0501

Community Leadership

Barbara Dice	Executive Director
Sharon Juarez	Business Office Director
Nellie Otero	Marketing Director
Autumn Stringer	Memory Care Director
Shreya Panwala	Activities Director
Carl Briggs	Culinary Director
Anthony Holden	Facilities Director



Happy New Year, Everyone!

I hope your holidays were full of warm memories, special times with family and friends and last, but not least, plenty of delicious food and Christmas cookies. Christmastime is a very special occasion here at Northglenn Heights and we celebrate in style each year. Things are starting to get back to normal now that the holidays have passed and the last of the cookies have been eaten. As wonderful a time as it is, it's also nice to get back into a regular rhythm again. Here though, things never stay very low-key for long, and we have plenty of great things happening this month and next to keep our days full and exciting. Please stop by anytime for the events listed in our monthly activity calendar. We can't wait to see you!

-Barbara D. Dice, Executive Director

JANUARY 2024



Resident Appreciation

Every year, resident Margaret D. is very happy to decorate the Christmas tree with her handmade crocheted ornaments, which are individually made with love and care. Her passion for crocheting reflected the spirit of Christmas in the decorated Christmas tree, which was placed at the entrance door of the community during this past Christmas.

Happy New Year!

As Father Time adds another year, we look forward to the coming 12 months with optimism, and we resolve to make this the best year yet in our community. May the year ahead bring you many blessings.

As the new year starts, many people make resolutions to change their lives in some way. Others simply resolve to enjoy what life has to offer. Whatever your outlook, we wish you a wonderful new year.

JANUARY 2024

Resident Birthdays

1. Joline O.
2. Charlene W.
3. Thomas C.
4. Maria V.
5. Anna K.
6. Mary S.
7. Sharon S.

Welcome to All the New Residents

We would like to take this opportunity to extend a warm welcome to all of our new residents. We want you to be comfortable in your new home, and we'd like your suggestions about how we might help. Good, bad or indifferent—we want to hear your comments. They are our best guidelines for serving you better. Thanks!

Winter Weather

We want to remind residents that winter weather may affect some of our outings. If we do cancel any activities, we will let you know as early as possible.

“And now let us believe in a long year that is given to us, new, untouched, full of things that have never been.”
—Rainer Maria Rilke

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	New Year's Day 1 10:00 Exercises- CH 10:45 Nail Care Spa & Hand Massages- FP 1:30 “Zack,” our Therapy Dog 1:30 Inspirational Stories 2:00 Popcorn Social- FP 3:00 Bingo- 3rd Floor AR.	9:45 Chair Exercises- AR 2 1st Floor 10:30 Catholic Services- CH 1:00 Ice Cream Social w/ New Residents 3:30 Poker Club-3rd Floor AR.	9:00 Trip to Walmart 3 10:00 Morning Workout- CH 10:45 Crafts 11:00 Lunch Outing: Cheddar's Scratch Kitchen 1:30 Down the Memory Lane Game- 1st Floor AR. 2:30 Hydration Hour 3:00 Bingo- 3rd Floor AR.	National Trivia Day 4 10:00 Sit & Be Fit Exercises- CH 10:45 Make New Year Banners 1:30 Hot Chocolate Social- FP 2:45 Let's Play Blackjack- 3rd Floor AR. 3:45 Trivia Contest-1st. Floor AR	National Bird Day 5 9:00 Come & Get Your Vitals Checked- Optimal Clinic Visits 10:00 Noodle Exercises- CH 11:00 Discussion: All About Birds- 1st Floor AR 1:30 One-to-One Resident Connections w/ Shreya 3:00 Happy Hour w Tim	Celebrate “Mr. Bean” Sitcom 6 10:00 Go for a Walk 10:30 Grab a Word Search from Front Desk Staff 2:15 Mr. Bean Comedy Episodes - TV Lounge (YouTube) 1st. Floor 3:00 New Christian Life Church Services- CH
	Feast of the Epiphany – Three Kings 7 9:30 Collect your Crosswords - From Front Desk Staff 10:00 Take a Walk in the Hallway 10:30 Catholic Services- CH 1:45 Sunday Bible Study- 1st Floor AR. 2:45 Hallmark Movies-TV Lounge	10:00 Exercises- CH 8 10:45 Nail Care Spa & Hand Massages- FP 1:30 “Zack,” our Therapy Dog 1:30 Inspirational Stories 2:00 Popcorn Social- FP 3:00 Bingo- 3rd Floor AR.	Play God Day 9 10:00 Chair Exercises- CH 11:00 Lunch Club Preparations: FP 12:00 Ladies' Lunch Club & New Year's Resolutions- FP 2:30 Make Welcome Cards 3:30 Poker Club-3rd Floor AR.	Bittersweet Chocolate Day 10 9:00 Trip to the Thrift Store 10:00 Morning Workout- CH 10:30 Residents' Council Meeting 1:00 Trip to Walmart 1:30 Assorted Chocolate Tasting- FP 2:00 Food Committee Meeting 2:45 Water Your Plants 3:15 Bingo- 3rd Floor AR.	10:00 Sit & Be Fit Exercises- CH 11 10:45 Make Snow Globes- FP 1:30 Discuss All About Morse Code Day over Root Beer Floats Social- FP 2:30 Let's Play Blackjack- 3rd Floor AR. 3:00 New Year's Party	Pharmacist Appreciation Day 12 10:00 Noodle Exercises- CH 11:00 Celebrate Hot Tea Month w/ Assorted Tea Tasting & Cookies- FP 1:30 Write Thank-You Cards to Our Pharmacists- FP 3:00 Happy Hour w /Big Bingo- DR
9:30 Collect your Crosswords - From Front Desk Staff 14 10:00 Take a Walk in the Hallway 10:30 Catholic Services- CH 1:45 Sunday Bible Study- 1st Floor AR. 2:45 Hallmark Movies-TV Lounge	Martin Luther King Jr. Day 15 10:00 Exercises- CH 10:45 All About Martin Luther King Jr.-1st Floor AR 1:30 “Zack,” our Therapy Dog 1:45 Celebrate National Bagel Day: Come, Grab a Bagel & meet your community neighbors 3:00 Bingo- 3rd Floor AR.	Dragon Day 16 10:00 Chair Exercises- CH 11:00 Lunch Club Preparations: FP 12:00 Men's Lunch Club & New Year's Resolutions- FP 2:30 Documentary on Dragon Dance & Zodiac Signs- 1st Floor AR 3:30 Poker Club-3rd Floor AR.	9:30 Trip to Walmart 17 10:00 Morning Workout- CH 10:45 Snowball Fight Game 1:00 Trip to the Dollar Tree 1:30 Down the Memory Lane Game- 1st Floor AR. 2:30 Hydration Hour 3:15 Bingo- 3rd Floor AR.	Winnie the Pooh Bear's Birthday 18 10:00 Sit & Be Fit Exercises- CH 10:30 Sign Up Your Name at the Front Desk for a chance to Win “A Winnie the Pooh Teddy Bear” 11:00 Let's Play Scrabble- FP 2:00 Enrich Your Life w/ “Autumn” 3:30 Let's Play Blackjack- 3rd Floor AR.	National Popcorn Day 19 10:00 Noodle Exercises- CH 11:00 Assorted Popcorn Tasting Social- FP 1:30 One-to-One Resident Connections w/ Shreya 3:00 Happy Hour - DR	National Buttercrunch Day 20 10:00 Go for a Walk 10:30 Grab a Word Search & Buttercrunch Candy from the Front Desk Staff 2:15 Saturday Documentary Special on Penguins- TV Lounge 1st. Floor 3:00 New Christian Life Church Services- CH
Activity Professionals Week Starts 21 9:30 Collect your Crosswords - From Front Desk Staff 10:00 Celebrate National Hugging Day- Meet & Greet Your Community Neighbors 10:30 Catholic Services- CH 1:45 Sunday Bible Study- 1st Floor AR. 2:45 Hallmark Movies-TV Lounge	10:00 Exercises- CH 22 10:45 Nail Care Spa & Hand Massages- FP 1:30 “Zack,” our Therapy Dog 1:30 Learn About the Importance of Chinese New Year- 1st Floor AR 2:00 Blonde Brownies w/ Coffee & Tea Social- FP 3:00 Bingo- 3rd Floor AR.	National Pie Day 23 10:00 Chair Exercises- CH 10:40 Make Pie Banners & Handwrite a Winter Greetings Letter to Your Community Neighbors 2:00 Activities Meeting w/ Shreya & Team 3:30 Poker Club-3rd Floor AR.	9:00 Trip to Target 24 10:00 Morning Workout- CH 10:45 Write Complimentary Notes to Your Community Friends- FP 1:00 Trip to Walmart 1:30 Share a Joke- 1st Floor AR. 2:00 Assorted Winter Sugar Cookies Decorating & Tasting- FP 3:15 Bingo- 3rd Floor AR.	10:00 Sit & Be Fit Exercises- CH 25 10:45 Popsicle Stick Snowflakes- FP 1:30 Let's Play Blackjack- 3rd Floor AR. 3:00 Grand Birthday Party Celebration w/ The Vets & Tunes: All the January Birthdays	10:00 Noodle Exercises- CH 26 10:45 Discover Australia- 1st Floor AR 1:30 Word Search of the Day 3:00 Happy Hour w /Big Bingo- DR	Activity Professionals Week Ends 27 10:00 Go for a Walk 10:30 Grab a Word Search from Front Desk Staff 2:15 Saturday Movie Special- TV Lounge 1st. Floor 3:00 New Christian Life Church Services- CH
9:30 Collect your Crosswords - From Front Desk Staff 28 10:00 Take a Walk in the Hallway 10:30 Catholic Services- CH 1:45 Sunday Bible Study- 1st Floor AR. 2:45 Hallmark Movies-TV Lounge	National Corn Chips Day 29 10:00 Exercises- CH 10:45 Book Sale- FP 1:30 “Zack,” our Therapy Dog 1:30 Book Sale- FP Continuous 2:30 Solve a Crossword Puzzle 3:00 Bingo- 3rd Floor AR.	10:00 Chair Exercises- CH 30 10:45 Jewelry Corner- FP 1:30 Take Down New Year Decorations 2:30 Root Beer Floats- FP 3:30 Poker Club-3rd Floor AR.	9:00 Trip to the Dollar Tree 31 10:00 Morning Workout- CH 10:45 Inspire Your Heart w/Canvas Art- FP 11:00 Lunch Outing: The Wishbone Restaurant 1:30 Down the Memory Lane Game- 1st Floor AR. 2:30 Hydration Hour 3:15 Bingo- 3rd Floor AR.	Welcome January 2024 Residents' Birthdays 1. Joline O. 2. Charlene W. 3. Thomas C. 4. Maria V. 5. Anna K. 6. Mary S. 7. Sharon S.	Activity Location Abbreviations CH- Chapel AR- Activity Room DR- Assisted Living Dining Room FP- Fireplace	



Put on Your Game Face!

On a regular basis, we have games and activities for your pleasure. Come and join our Poker Club. Gather your neighbors or friends and come down for some friendly Poker game afternoons with us on Tuesdays, held at the 3rd Floor Activity Room! We appreciate all the residents who are participating in the game.



Noodle Exercises

Exercises Every Senior Needs

For seniors who want to stay independent and healthy, there are four types of recommended exercise: *Strength exercises* build older muscles and increase metabolism, keeping weight and blood sugar in check. *Balance exercises* build leg muscles and help prevent falls. *Stretching exercises* give you more freedom of movement and allow you to be more active. *Endurance exercises* improve your heart health and increase your metabolism.

Residents at Northglenn Heights enjoyed this past Christmas by decorating the Christmas trees beautifully.

