

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

Dallas Mulvin	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



Hello Everyone,
I am honored and excited to take on the role as executive director with Tarantino here at Northglenn Heights. I have worked with the senior population for 30 years in various roles.
I look forward to meeting with all of you and getting to know each of you. Please feel free to come by and say hi or say hi to me as I walk around the community. My goal is to have the best community and I hope each of you enjoy living at Northglenn Heights. My door is always open. If you have a concern or a compliment, please let me know. Thank you again for the opportunity to be your executive director. I look forward to serving you.
Sincerely,
Dallas Mulvin

FEBRUARY 2024



Resident Appreciation of the Month

We can't say thank you enough for being our valued resident. Resident Jackie volunteers to help out in winding up a few of the decorations after the grand birthday party event celebration gets over at NGH. Resident participation in any activity helps them feel a part of this community and gives them a chance to feel united.

Happy Valentine's Day

As Valentine's Day approaches, we'd like to take a moment to express our affection for our residents. Thanks for making our community such a fun place to live. Happy Valentine's Day from your staff.

Ash Wednesday Service

Join us for prayer and contemplation at our Ash Wednesday service in Chapel at 9:30 am.

FEBRUARY 2024

Residents Birthdays

- Mary L. 2/8
- Paula E. 2/12
- Clara S. 2/12
- Diane H. 2/17
- Bobby F. 2/21
- Susan H. 2/22
- Romaine H. 2/25
- Clifford C. 2/25
- Kathleen G. 2/28

Happy Birthday

You're not getting older—you're getting better! Happy birthday to all our residents celebrating birthdays this month.

Welcome New Residents

We are proud to have so many wonderful residents here at our community! You get a special feeling each time you walk through the property and see so many friendly faces. If you see one of our new residents, stop and say hello. Anyone can be a neighbor, but it takes a special person to be a friend.

"Connecting our hearts through love yields a nectar so sweet we are forever full."
—Amy Leigh Mercree

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Resident Birthdays 1. Mary L. 2/8 2. Paula E. 2/12 3. Clara S. 2/12 4. Diane H. 2/17 5. Bobby F. 2/21 6. Susan H. 2/22 7. Romaine H. 2/25 8. Clifford C. 2/25 9. Kathleen G. 2/28			National Girls & Women in Sports Day 9:45 Sit & Be Fit Exercises- CH 10:45 Women's Bowling Competition- CH 1:30 Nail Care & Hand Massages- FP 2:30 Guess the Phrase w/ Hot Chocolate- FP 3:30 Let's Play Blackjack- 3rd Floor AR. 6:30 Trivia Challenge- FP	Groundhog Day 9:30 Noodle Exercises- CH 10:30 Discussion: All About Groundhogs- CH 11:00 Writing Club- FP 1:00 Make Valentine's Day Table Runners- FP 2:30 Happy Hour w /Doug- DR 6:00 Grab a Word Search from the Front Desk Staff	American Painters Day 10:00 Music & Movement- CH 11:00 Hymns Singing- TV Lounge 1:30 Saturday Movie: "Love Nest"- TV Lounge 3:00 New Christian Life Church Services- CH 3:30 Bean Bag Toss- 1st Floor AR 6:00 Grab & Read a Daily Chronicles by the Dining Room Entrance
Wear Your Favorite Sweater Day 9:45 Exercises-1st Floor AR 10:30 Catholic Services- CH 1:30 Sunday Bible Study- 1st Floor AR. 2:30 Daily Chronicles- FP 3:00 Jingo-1st Floor AR. 6:00 Collect your Crosswords - From Front Desk Staff	9:45 Exercises- CH 10:30 Make Mardi Gras Necklaces- FP 11:15 Daily Chronicles- FP 1:30 "Zack," our Therapy Dog 1:30 Scrabble- FP 2:30 Celebrate National Chocolate Fondue Day w/ Assorted Dippers- FP 3:30 Bingo- 3rd Floor AR. 6:00 Drop off Your Recycling Items- 1st Floor AR.	9:45 Chair Exercises- AR 1st Floor 10:30 Catholic Services- CH 10:30 Sing A longs w/ Shreya- TV Lounge 1:00 Walking Club - Inside - Community 2:00 Frozen Yogurt Tasting w/ New Residents- FP 3:30 Poker Club-3rd Floor AR. 6:30 Giant Crosswords- FP	9:30 Morning Workout- 1st Floor AR. 10:00 Daily Chronicles- CH 10:45 Crafters Corner: Make A Garland of Hearts - FP 1:30 Valentines Day Centerpieces 2:15 Hot Chocolate Social- FP 3:30 Bingo- 3rd Floor AR. 4:00 Dinner Outing to Hu Hot Restaurant 6:00 Finish the Phrases- FP	Happy Birthday Mary L. 9:30 Daily Chronicles- CH 10:00 Sit & Be Fit Exercises- CH 10:40 Paint a Heart on a Wine Glass- FP 1:30 Activity Meeting w/ Shreya & Team- 1st Floor AR. 2:30 Bake Sale w/ Hot Chocolate -FP 3:30 Let's Play Black Jack- 3rd Floor AR. 6:30 Trivia Challenge- FP	National Pizza Day 9:30 Noodle Exercises- CH 10:15 Name that Phrase - FP 11:00 Writing Club- FP 1:00 One-to-One Resident Connections w/ Activities Staff 3:00 Happy Hour w /Big Bingo & Pizza Bites- DR 6:00 Grab a Word Search from the Front Desk Staff	Chinese New Year 10:00 Music & Movement- CH 11:00 Solve the Riddles- FP 1:30 Hymns Singing- TV Lounge 2:30 Dragon & Lion Dance Showcase- 1st Floor AR. 3:00 New Christian Life Church Services- CH 3:30 Bean Bag Toss- 1st Floor AR 6:00 Grab & Read a Daily Chronicles by the Dining Room Entrance
Super Bowl 58 10:30 Catholic Services- CH 10:45 Exercises-1st Floor AR 1:30 Sunday Bible Study- 1st Floor AR. 2:30 Daily Chronicles- FP 3:30 Jingo 6:00 Super Bowl 58 Party -TV Lounge	Happy Birthday Paula E. & Clara S. 9:30 Exercises- CH 10:00 Food Committee Meeting-FP 11:15 Daily Chronicles- FP 1:30 "Zack," our Therapy Dog 1:30 Happy Birthday Abraham Lincoln: All About Abraham Lincoln Jr.-1st Floor AR 2:15 Flower Arrangements-FP 3:30 Bingo- 3rd Floor AR. 6:00 Drop off Your Recycling Items- 1st Floor AR.	Mardi Gras 9:30 Chair Exercises- CH 10:30 Sing A longs w/ Shreya- TV Lounge 11:00 Daily Chronicles- FP 2:00 Mardi Gras Dance & Crafts Party-1st Floor AR 3:30 Poker Club-3rd Floor AR. 6:30 Giant Crosswords- FP	Valentine's Day & Ash Wednesday 9:30 Ash Wednesday Service- CH 9:30 Trip to Target 9:45 Morning Workout- 1st Floor AR. 10:30 Resident Council Meeting- DR 11:30 Grab & Read a Daily Chronicle 1:00 Crafters Corner: Valentine's Day Cookies Decoration 3:00 Valentine's Day Party Celebration w/ Vets & Tunes 6:30 Bingo- 3rd Floor AR.	Susan B. Anthony Day 9:30 Daily Chronicles- CH 10:00 Sit & Be Fit Exercises- CH 10:45 Read & Discuss About Susan B. Anthony-1st Floor AR. 1:30 Nail Care w/ Acacia- TV Lounge 1st. Floor 2:30 All About World Anthropology Day- FP 3:30 Let's Play Blackjack- 3rd Floor AR. 6:30 Puzzles- FP	National Caregivers Day 9:30 Noodle Exercises- CH 10:30 Celebrate National Caregivers Day w/ Almond Crisps, Tea & Coffee - FP 11:00 Writing Club- FP 1:00 One-to-One Resident Connections w/ Activities Staff 3:00 Happy Hour w /Tara H. 6:00 Grab a Word Search from the Front Desk Staff	Happy Birthday Diane H. 10:00 Music & Movement- CH 11:00 Solve the Riddles- FP 1:30 Hymns Singing- TV Lounge 2:30 Saturday Movie Special- "Breakfast At Tiffany's"-TV Lounge 1st. Floor 3:00 New Christian Life Church Services- CH 3:30 Bean Bag Toss- 1st Floor AR 6:00 Grab & Read a Daily Chronicles by the Dining Room Entrance
Pluto Day 10:00 Exercises-1st Floor AR 10:30 Catholic Services- CH 1:30 Sunday Bible Study- 1st Floor AR. 2:30 Daily Chronicles & All About Whales- FP 3:30 Jingo-1st Floor AR. 6:00 Collect your Crosswords - From Front Desk Staff	Presidents Day 9:45 Exercises- CH 10:45 Sing-Alongs w/ Shreya- TV Lounge 1st. Floor 11:15 Daily Chronicles- FP 1:30 "Zack," our Therapy Dog 1:30 Presidents Day Documentary- 1st Floor AR 1:30 Scrabble- FP 2:15 Popcorn Social- FP 3:30 Bingo- 3rd Floor AR. 6:00 Drop off Your Recycling Items- 1st Floor AR.	9:30 Chair Exercises- CH 10:30 Creative Kitchen: Prepare Assorted Mini Muffins- FP 1:30 Daily Chronicles- FP 2:45 Celebrate National Muffins Day w/ Mini Muffins & Hot Chocolate- FP 3:30 Poker Club-3rd Floor AR. 6:30 Giant Crosswords- FP	Happy Birthday Bobby F. 9:30 Muscles in Motion- CH 10:00 Fun With Words - FP 10:45 Crafters Corner - FP 11:00 Lunch Outing @ Olive Garden 1:30 Daily Chronicles- FP 2:30 Short Stories- 1st Floor AR 2:30 Trip to Walmart 3:30 Balloons & Noodles-1st Floor AR. 6:30 Bingo- 3rd Floor AR.	Happy Birthday Susan H. 9:30 Daily Chronicles- CH 10:00 Sit & Be Fit Exercises- CH 11:00 Education Presentation on Heart Health - 1st Floor AR. 1:30 Nail Care & Hand Massages- FP 2:30 Book Sale w/ Root Beer Floats- FP 3:30 Let's Play Blackjack- 3rd Floor AR. 6:30 Trivia Challenge- FP	9:30 Noodle Exercises- CH 10:30 Enjoy Banana Bread w/Tea & Coffee 11:00 Writing Club- FP 1:00 One-to-One Resident Connections w/ Activities Staff 2:00 Grab a Tootsie Roll by Front Desk 3:00 Happy Hour w / Tim- DR 6:00 Grab a Word Search from the Front Desk Staff	10:00 Music & Movement- CH 11:00 Solve the Riddles- FP 1:30 Hymns Singing- TV Lounge 2:30 Saturday Movie Special- "It Happened to Jane"- TV Lounge 3:00 New Christian Life Church Services- CH 3:30 Bean Bag Toss- 1st Floor AR 6:00 Grab & Read a Daily Chronicles by the Dining Room Entrance
Happy Birthday Romaine H. & Clifford C. 9:45 Exercises-1st Floor AR 10:30 Catholic Services- CH 1:30 Sunday Bible Study- 1st Floor AR. 2:30 Daily Chronicles- FP 3:00 Jingo-1st Floor AR. 6:00 Collect your Crosswords - From Front Desk Staff	9:45 Exercises- CH 10:30 Let's Make a Bracelet- FP 11:15 Daily Chronicles- FP 1:30 "Zack," our Therapy Dog 1:30 Scrabble- FP 2:30 Popcorn Social- FP 3:30 Bingo- 3rd Floor AR. 6:00 Drop off Your Recycling Items- 1st Floor AR.	9:30 Chair Exercises- CH 10:30 Sing A longs w/ Shreya- TV Lounge 11:00 Daily Chronicles- FP 1:30 Come Celebrate National Strawberry with us w/ Chocolate covered strawberries- FP 2:30 Make a Necklace- FP 3:30 Poker Club-3rd Floor AR. 6:30 Giant Crosswords- FP	Happy Birthday Kathleen G. 9:30 Daily Chronicles - FP 10:45 Muscles in Motion- CH 1:30 Crafters Corner - FP 2:15 Celebrate National Pancake Day: Enjoy Pancake Bites w/ Coffee & Tea- FP 2:30 Short Stories- 1st Floor AR 3:30 Finish the Phrases 4:00 Dinner Outing @ Texas Roadhouse Restaurant 6:30 Bingo- 3rd Floor AR.	National Leap Day 9:30 Daily Chronicles- CH 10:00 Sit & Be Fit Exercises- CH 11:00 Fun with Facts About Leap Year - FP 1:30 Nail Care & Hand Massages- FP 2:30 Hot Chocolate Social- FP 3:30 Let's Play Blackjack- 3rd Floor AR. 6:30 Reminisce About Leap Year - FP		Activity Location Abbreviations CH- Chapel AR- Activity Room DR- Assisted Living Dining Room FP- Fireplace



Activities for Heart Month

American Heart Month has been observed every February since 1964, encouraging people to learn more about heart disease and ways to practice heart-healthy habits. These ideas can help you take charge of your health as well as raise awareness in your community.

Wear red. Sport some crimson clothing on National Wear Red Day, the first Friday in February, to show your support for Heart Month. Consider wearing a red ribbon all month long to spark conversation about heart health.

Know your numbers. Take advantage of blood pressure checks and health screenings in your community. Record your numbers and work with your doctor to make any needed changes.

Get fit with a friend. Exercise is one of the best ways to help your heart, and it's often more fun with another person. Invite a friend to join you for a walk or to try a new exercise class.

Set a nutritious example. Focus on making heart-healthy foods a regular part of your diet. When others see you choosing options such as fish, whole grains, beans, fruits, and veggies, they may be motivated to do the same.

Happy New Year

Old Man Time has once again passed his sash to a brand new year, filled with hopes of great things to come. Our resolution is to make this the best year ever in our community, and we hope you'll join in the fun. Happy New Year!

