

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
Ryan West	Culinary Director
Anthony Holden	Facilities Director



From the Executive Director

Greetings to all our residents! We are so happy you have made your home in our community. If you have any questions or concerns, or simply want to say "hello," please stop by my office! My door is always open, and I would love to hear from you. I look forward to meeting all of you. This first month has been exciting. We have implemented a variety of changes in our community. I am excited to hear your thoughts and opinions. The activity team has added evening activities to their calendar, and I heard the dinner outing was a success.

In March we will be hosting an Easter Egg hunt. Please be sure to invite your little ones. Whoever finds the Golden Egg will receive a prize. The children will be sure to go home with a lot of plastic eggs. I hope each of you have a blessed Easter.

Thank you to each of you for all you do in your community. As you see new faces, please be sure to introduce yourself. We have had several new residents move in. Many Blessings.

Dallas Mulvin

MARCH 2024

Resident Appreciation



Last month we successfully conducted a book sale to raise money to purchase bingo prizes for the residents. Respected resident, Charlene W., volunteered to help out for an hour to run the book sale alongside the activities team after the lunch hour. We had residents and staff participate in the book sale, where they got a chance to scroll a book, buy it, and meet their community neighbors.



MARCH 2024

Resident Birthdays

Birthday greetings to all residents celebrating their birthdays this month.

1. Irene M. 3/3
2. Joyce B. 3/9
3. Alex A. 3/21
4. Kenneth J. 3/25
5. Paula S. 3/27
6. Della S. 3/29
7. Jacqueline B. 3/31

A Warm Welcome

We are pleased to welcome all of our new residents this month. Moving can be very stressful, as we all know. If there is anything we can do to make your transition easier—answer any questions about your new home, provide numbers for city services or take you on a tour of the property—please don't hesitate to call or stop by the front desk. Thanks again for choosing us to call home. Our community is a better place because you are in it!

Green on St. Patrick's Day

Wearing green on the 17th makes a person invisible to leprechauns, who will only pinch those they can see.

"Life is a painting, and you are the artist.

You have on your palette all the colors in the spectrum."

—Paul J. Meyer

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Resident Birthdays 1. Irene M. 3/3 2. Joyce B. 3/9 3. Alex A. 3/21 4. Kenneth J. 3/25 5. Paula S. 3/27 6. Della S. 3/29 7. Jacqueline B. 3/31			Activity Location Abbreviations CH- Chapel AR- Activity Room DR- Assisted Living Dining Room FP- Fireplace	Employee Appreciation Day 1 9:00 Optimal Clinic Visits- Come & Get your Vitals Checked- FP 9:30 Noodle Exercises- CH 11:00 Writing Club- FP 1:30 Celebrate National Salesperson Day: Meet our Sales Manager: Nellie Otero- FP 3:00 Happy Hour w /Big Bingo- DR 6:00 Grab a Word Search from the Front Desk Staff	2 9:45 Music & Movement- CH 11:00 Solve the Riddles- FP 2:00 Girl Scout Cookies On Sale- FP 2:30 Saturday Movie Special- Sabrina (1954)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 Irene M. 3 9:45 Exercises-1st Floor AR 10:00 National Anthem Day- TV Lounge 10:30 Catholic Services- CH 10:45 Spring Canvas Art 1:30 Audio Book Club-1st Floor AR 2:30 Daily Chronicles- FP 3:00 Jingo-1st Floor AR 6:00 Collect your Crosswords - From Front Desk Staff	4 9:45 Exercises- CH 10:30 Daily Chronicles- FP 11:00 Hymns Singing - TV Lounge 1:30 "Zack," our Therapy Dog 2:00 Scrabble- FP 3:30 Bingo- 3rd Floor AR 6:00 Drop off Your Recycling Items- 1st Floor AR	5 9:30 Chair Exercises- AR 1st Floor 10:30 Catholic Services- CH 10:30 Sing Alongs- TV Lounge 1:30 Ice Cream Social w/ New Residents-FP 2:30 Daily Chronicles 3:30 Poker Club-3rd Floor AR 6:30 Giant Crosswords- FP	6 10:00 Muscles in Motion- CH 10:30 Fun With Words - FP 11:00 Lunch Outing: Applebee's 1:30 Let's Make Tulips w/ Pipe Cleaners - FP 2:30 Lucky Charm Cookies w/ Hot Chocolate - 1st Floor AR 2:45 Discuss About Dentists Day- 1st Floor AR 2:45 Trip to the Dollar Store 3:30 Bingo- 3rd Floor AR 6:30 Trivia Challenge-1st. Floor AR	7 9:30 Daily Chronicles- CH 10:00 Sit & Be Fit Exercises- CH 1:45 Peppermint Shake Social- 1st Floor AR 2:30 Bowling Game- 1st Floor AR 3:30 Let's Play Blackjack- 3rd Floor AR 6:00 Paint & Sip-FP 6:30 Bible Study-CH	8 International Working Women's Day 9:30 Noodle Exercises- CH 10:30 Sing-Alongs-TV Lounge 11:00 Paint a Vase 1:30 Writing Club- FP 3:00 Happy Hour w/ Tim- DR 6:00 Grab a Word Search from the Front Desk Staff	9 Happy Birthday Joyce B. 9:45 Music & Movement- CH 11:00 Solve the Riddles- FP 1:30 Saturday Movie Special- His Girl Friday TV Lounge 2:30 Let's Play Dominoes- FP 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
10 9:45 Exercises-1st Floor AR 10:30 Catholic Services- CH 10:45 Paint a Shamrock 1:30 Audio Book Club-1st Floor AR 2:30 Daily Chronicles- FP 3:00 Jingo-1st Floor AR 6:00 Oscars Night- TV Lounge	11 Ramadan 9:45 Exercises- CH 10:30 Facts About Ramadan- FP 11:00 Hymns Singing - TV Lounge 1:30 "Zack," our Therapy Dog 2:00 Scrabble- FP 3:30 Bingo- 3rd Floor AR 6:00 Drop off Your Recycling Items- 1st Floor AR	12 Girl Scouts Day 9:30 Chair Exercises- AR 1st Floor 10:30 Plant a Flower Seed- 1st Floor AR 11:00 Discuss About Flowers: FP 1:30 Make Bracelets for Girl Scouts Troop -FP 2:30 Mint Cookies w/ Hot Chocolate-FP 3:30 Poker Club-3rd Floor AR 6:30 Giant Crosswords- FP	13 9:30 Muscles in Motion- CH 10:30 Resident Council Meeting 1:30 Shamrock Rainbow Art - FP 2:00 Tea & Coffee Social- 1st Floor AR 3:30 Bingo- 3rd Floor AR 4:00 Dinner Outing: Chili's Restaurant 6:30 Trivia Challenge-1st. Floor AR	14 National Potato Chips Day 9:30 Daily Chronicles- CH 10:00 Sit & Be Fit Exercises- CH 1:30 Assorted Potato Chips Tasting- FP 2:30 Chef's Chats w/ Residents: FP 3:30 Let's Play Blackjack- 3rd Floor AR 6:00 Paint & Sip-FP 6:30 Bible Study-CH	15 9:30 Noodle Exercises- CH 10:15 Discuss All About Ides of March 11:00 Writing Club- FP 1:00 One-to-One Resident Connections w/ Activities Staff 3:00 Happy Hour w /Big Bingo- DR 6:00 Grab a Word Search from the Front Desk Staff	16 International Sports Car Racing Day 9:45 Music & Movement- CH 10:30 Sports Car Racing-TV Lounge 11:00 Solve the Riddles- FP 1:30 Saturday Movie Special- Breakfast At Tiffany's - TV Lounge 2:30 Let's Play Dominoes- FP 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
17 St. Patrick's Day 9:45 Exercises-1st Floor AR 10:30 Catholic Services- CH 10:30 Treasure Hunt for Gold Coins begins- 1st Floor common areas 11:00 Make a Beaded Necklace 1:30 All About St. Patrick's Day-1st Floor AR 2:45 St. Patrick's Day Party w/ Dave 6:00 Collect your Crosswords - From Front Desk Staff	18 9:45 Exercises- CH 10:30 Daily Chronicles- FP 11:00 Hymns Singing - TV Lounge 1:30 "Zack," our Therapy Dog 2:00 Easter Crafts: Jelly Bean Topiary- FP 3:30 Bingo- 3rd Floor AR 6:00 Drop off Your Recycling Items- 1st Floor AR	19 Spring Equinox 9:30 Chair Exercises- AR 1st Floor 10:15 Assorted Tea Tasting 11:00 Welcome Spring: Take a Stroll in the Sunlight 1:30 Daily Chronicles- 1st Floor AR 2:00 Discuss About World Agriculture Day-1st Floor AR 3:30 Poker Club-3rd Floor AR 6:30 Giant Crosswords- FP	20 International Earth Day 9:30 Outing: Denver Museum of Science 10:00 Muscles in Motion- CH 10:30 Fun With Words - FP 1:30 Let's Make Easter Egg Wreath - FP 2:30 Tea & Coffee Social- 1st Floor AR 2:45 Short Stories- 1st Floor AR 3:30 Bingo- 3rd Floor AR 6:30 Trivia Challenge-1st. Floor AR	21 Happy Birthday Alex A. 21 9:30 Daily Chronicles- CH 10:00 Sit & Be Fit Exercises- CH 1:30 Hot Chocolate Social- FP 2:30 Activities Meeting w/ Activities Team 3:30 Let's Play Blackjack- 3rd Floor AR 6:00 Paint & Sip-FP 6:30 Bible Study-CH	22 9:30 Noodle Exercises- CH 10:30 Sing-Alongs-TV Lounge 11:00 Writing Club- FP 1:00 One-to-One Resident Connections w/ Activities Staff 3:00 Happy Hour w /Carlos- DR 6:00 Grab a Word Search from the Front Desk Staff	23 9:45 Music & Movement- CH 11:00 Solve the Riddles- FP 1:30 Saturday Movie Special- The Tourist TV Lounge 2:30 Let's Play Dominoes- FP 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
24 9:45 Exercises-1st Floor AR 10:30 Catholic Services- CH 10:45 Paint a Wooden Art Piece- FP 1:30 Audio Book Club-1st Floor AR 3:00 Jingo-1st Floor AR 6:00 Collect your Crosswords - From Front Desk Staff	25 Happy Birthday Kenneth J. 25 9:45 Exercises- CH 10:30 Discuss About: Feast of the Annunciation 10:45 Easter Egg Flower Art-FP 1:30 "Zack," our Therapy Dog 2:00 Tea & Coffee w/ Waffle Bites- FP 3:30 Bingo- 3rd Floor AR 6:00 Drop off Your Recycling Items- 1st Floor AR	26 9:30 Chair Exercises- AR 1st Floor 10:30 Sing Alongs- TV Lounge 1:30 Daily Chronicles- 1st Floor AR 2:00 Education Presentation on Nutrition - 1st Floor AR 3:30 Poker Club-3rd Floor AR 6:30 Giant Crosswords- FP	27 Happy Birthday Paula S. 27 9:30 Outing At Butterfly Pavilion 10:00 Muscles in Motion- CH 10:30 Fun With Words - FP 1:30 Pipe Cleaner Easter Eggs - FP 2:30 Get a Cup of Joe (Coffee) Social- 1st Floor AR 2:45 Short Stories- 1st Floor AR 3:30 Bingo- 3rd Floor AR 6:30 Trivia Challenge-1st. Floor AR	28 9:30 Daily Chronicles- CH 10:00 Sit & Be Fit Exercises- CH 1:30 Hot Chocolate Social- FP 2:00 Feather Tree Art- FP 3:30 Let's Play Blackjack- 3rd Floor AR 6:00 Bowling Game- 1st Floor AR 6:30 Bible Study-CH	29 Happy Birthday Della S. 29 9:30 Noodle Exercises- 1st Floor AR 10:30 Sing-Alongs-TV Lounge 11:00 Writing Club: Write a Thank You Letter to Your Doctor- FP 1:00 One-to-One Resident Connections w/ Activities Staff 2:00 Stations of the Cross (Good Friday Services)- CH 3:00 Happy Hour w /Vets & Tunes- DR 6:00 Grab a Word Search from the Front Desk Staff	30 National Doctors Day 9:45 Music & Movement- CH 10:30 Easter Sugar Cookies Decorating & Tasting 11:00 Solve the Riddles- FP 2:00 Easter Egg Hunt 2:30 Saturday Movie Special- Rita Hayworth 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
Easter & Birthday Wishes to Jacqueline B. 31 10:00 Easter Egg Dyeing 10:30 Catholic Services- CH 12:00 Easter Special lunch 3:45 Jingo-1st Floor AR 6:00 Collect your Crosswords - Front Desk Staff						



Ice Cream Social W/ New Residents

Take a break and join your neighbors for an ice cream social by the fireplace in our community. We schedule our gatherings for the first Tuesday of every month, so check with the front office for when we'll host the next one.

Resident Council Meeting

Please check the calendar for the date and time of this month's resident council meeting. Usually, it is conducted every 2nd Wednesday of every month, at 10:30 am, in the Assisted Living Dining Room of our community.



Avoid Falls

As you grow older, you are at greater risk for head injuries from falls, which in turn increases the risk for Alzheimer's disease and dementia. Balance exercises can increase coordination and help you avoid falls. We welcome and appreciate new resident *Le Niem* to our exercise class.

Bake Sale

Last month, we conducted a bake sale to raise funds for the Colorado Heart Association, where there were cookies, pastries, muffins, bagels, donuts, and coffee. Residents of Northglenn Heights not only participated but also enjoyed the tasty treats and more during our bake sale event.

