

THE Northglenn Heights Lifestyle



NORTHGLENN
HEIGHTS
SENIOR LIVING AT EASE

Like Us!  

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

APRIL 2024

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

A Note From the Executive Director

Hello, Residents and Families,
It's Springtime in the Rockies!!

I hope you are all staying healthy and warm. I would like to thank each of you for your understanding and support during our Covid outbreak. We hope to be out of Covid soon. I am looking forward to having activities up and going again. As the weather warms up, the activity department can plan a trip to Blackhawk. This is always a fun trip to go on and you never know who will get lucky at the slot machines.

As many of you know, we had State in our building last month. We need to fix some things, but we are making improvements. Your leadership team is working hard to make corrections and improve Northglenn Heights. We would like to thank you for the opportunity to provide quality care to each of you. If you have any questions, please feel free to stop by my office. My door is always open.

Many Blessings,
Dallas Mulvin



We Appreciate You

Our residents make our community the best in the area. We'd like to thank all of you for making this such a wonderful place to live. If we can do anything to make your home more comfortable, please let us know!

Resident Clarence B. reorganized the library area on the 2nd and the 3rd floor located in the community. He also helps all the residents in some or the other way, which makes the community bring together.



APRIL 2024

Happy Birthday

To all our residents celebrating birthdays this month, we'd like to offer best wishes for the coming year. Enjoy your day! Folks with April birthdays can claim both daisies and sweet peas as their birth flower. The cheerful daisy and fragrant sweet pea both have strong connections to friendship, making them excellent choices for a birthday bouquet.

1. Gene R. 4/1
2. Betty B. 4/15
3. Margaret D. 4/17
4. Erma V. 4/22
5. Violet F. 4/26
6. Marilyn H. 4/29
7. Ethel H. 4/30

Welcome, New Residents!

As you settle into your new home, please feel free to call the office if we can help you in any way. We're sure you'll find our community is the friendliest in the area, and we owe it all to our residents. We're glad to have you with us!

"Tomorrow morning, when the sun shines through your window, choose to make it a happy day."
—Lynda Resnick

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Happy Birthday Gene R. 1 9:45 Exercises- CH 10:30 News & Views- FP 11:00 Hymns Singing- TV Lounge 1:30 "Zack," our Therapy Dog 1:30 April Fools' Day Jokes 2:00 Milkshake Monday 2:30 Scrabble- FP 3:30 Bingo- 3rd Floor AR 6:00 Drop Off Your Recycling Items- 1st Floor AR	2 9:30 Chair Exercises- AR 1st Floor 10:15 Sing Along- TV Lounge 10:30 Catholic Services- CH 11:00 Fun Facts 1:30 Ice Cream Social w/ New Residents- FP 2:30 Indoor Gardening 3:30 Poker Club- 3rd Floor AR 6:30 Trivia Challenge- FP	3 8:00 Breakfast Outing @ Gunther Toody's 10:00 Muscles in Motion- CH 11:00 Fun With Words- FP 1:30 Crafts: Fuzzy Stick Flowers- 1st Floor AR 2:30 Let's Take a Stroll in the Courtyard 3:30 Bingo- 3rd Floor AR 6:30 Family Feud- 1st Floor AR	4 9:30 Current Events- CH 10:00 Sit & Be Fit Exercises- CH 11:00 Sing Alongs w/ Shreya- TV Lounge 1:30 Chit Chat with Dallas (ED) 2:45 Armchair Travel- 1st Floor AR 3:30 Let's Play Blackjack- 3rd Floor AR 6:30 Bible Study- CH 6:30 Paint & Sip- FP	5 National Dandelion Day 9:00 Optimal Clinic Visits- Come & Get your Vitals Checked- FP 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/ Big Bingo- DR 6:00 Grab a Word Search from the Front Desk Staff	6 9:45 Music & Movement- CH 11:00 Solve the Riddles- FP 1:30 Saturday Movie Special- The Tourist- TV Lounge 2:00 Making Spring Wreath- FP 3:00 New Christian Life Church Services- CH 3:30 Puzzle Race- FP 6:00 Grab & Read a Daily Chronicles by the Dining Room Entrance
World Health Day 7 9:45 Exercises- 1st Floor AR 10:30 Catholic Services- CH 10:30 Make Paper Daffodils- FP 1:30 Audio Book Club- 1st Floor AR 2:30 Daily Chronicles- FP 3:30 Jingo- 1st Floor AR 6:00 Collect Your Crosswords- From Front Desk Staff	Total Solar Eclipse 8 9:45 Exercises- CH 10:30 News & Views- FP 11:00 Hymns Singing- TV Lounge 1:30 "Zack," our Therapy Dog 1:45 Snacks & Games in the Courtyard 3:30 Bingo- 3rd Floor AR 6:00 Drop Off Your Recycling Items- 1st Floor AR	Winston Churchill Day 9 9:30 Chair Exercises- AR 1st Floor 10:15 Sing Along- TV Lounge 11:00 Facts About Winston Churchill- FP 1:30 Maze of the Day- FP 2:00 Tea Party w/ Families- Fireplace 3:30 Poker Club- 3rd Floor AR 6:30 Trivia Challenge- FP	Farm Animals Day 10 10:00 Muscles in Motion- CH 10:30 Resident Council Meeting 1:30 Crafts: Flower Pot Painting- 1st Floor AR 2:30 Discuss About Farm Animals- 1st Floor AR 3:30 Bingo- 3rd Floor AR 4:00 Dinner Outing @ The Old Spaghetti Factory 6:30 Family Feud- 1st Floor AR	National Pet Day 11 9:30 Current Events- CH 10:00 Sit & Be Fit Exercises- CH 11:00 Story Sharing w/ Pets 1:30 Make a Necklace- FP 2:30 Chef's Chats w/ Residents by Fireplace 3:30 Let's Play Blackjack- 3rd Floor AR 6:00 Armchair Travel 6:30 Bible Study- CH	12 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/ Vets & Tunes- DR 6:00 Grab a Word Search from the Front Desk Staff	National Scrabble Day 13 9:45 Music & Movement- CH 10:30 Scrabble Challenge- FP 1:30 Saturday Movie Special- Charade- TV Lounge 2:30 Let's Play Dominos- FP 3:00 New Christian Life Church Services- CH 3:30 Puzzle Race- 1st Floor AR 6:00 Grab & Read a Daily Chronicles by the Dining Room Entrance
National Gardening Day 14 9:45 Exercises- 1st Floor AR 10:30 Catholic Services- CH 10:30 Paint a Vase- 1st Floor AR 1:30 Audio Book Club- 1st Floor AR 2:30 Plant a Seed- CT 3:30 Jingo- 1st Floor AR 6:00 Collect Your Crosswords- From Front Desk Staff	Happy Birthday Betty B. 15 9:45 Exercises- CH 10:30 News & Views- FP 11:00 Titanic Remembrance Day- TV Lounge 1:30 "Zack," our Therapy Dog 2:30 World Art Day: Residents' Art Gallery Showcase- FP 3:30 Bingo- 3rd Floor AR 6:00 Drop Off Your Recycling Items- 1st Floor AR	16 9:30 Chair Exercises- AR 1st Floor 10:15 Sing Along- TV Lounge 11:00 Fun Facts 1:30 Root Beer Floats- FP 2:30 Indoor Gardening 3:30 Poker Club- 3rd Floor AR 6:15 Pajama Party & Pictionary- FP	Happy Birthday Margaret D. 17 10:00 Muscles in Motion- CH 10:00 Trip to Black Hawk Casino 11:00 Fun With Words- FP 1:30 Crafts & Cheese Balls Tasting- 1st Floor AR 3:30 Bingo- 3rd Floor AR 6:30 Family Feud- 1st Floor AR	18 9:30 Current Events- CH 10:00 Sit & Be Fit Exercises- CH 11:00 Sing Alongs w/ Shreya- TV Lounge 1:30 Make a Necklace- FP 2:30 Spring Garden Party w/ Tara 4:00 Let's Play Blackjack- 3rd Floor AR 6:00 Armchair Travel 6:30 Bible Study- CH	19 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/ Big Bingo- DR 6:00 Grab a Word Search from the Front Desk Staff	20 9:45 Music & Movement- CH 11:00 Solve the Riddles- FP 1:30 Saturday Movie Special- The Last Time I Saw Paris- TV Lounge 2:30 Let's Play Dominos- 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
21 9:45 Exercises- 1st Floor AR 10:30 Catholic Services- CH 10:30 Paint a Wooden Art Piece 1:30 Audio Book Club- 1st Floor AR 2:30 Daily Chronicles- FP 3:30 Jingo- 1st Floor AR 6:00 Collect Your Crosswords- From Front Desk Staff	Happy Birthday Erma V. & First Day of Passover 22 9:45 Exercises- CH 10:30 All About Earth Day Discussions- FP 11:00 Hymns Singing- TV Lounge 1:30 "Zack," our Therapy Dog 1:30 Scrabble- FP 2:30 Kosher Food Tasting- FP 3:30 Bingo- 3rd Floor AR 6:00 Drop Off Your Recycling Items- 1st Floor AR	National Picnic & Book Day 23 9:30 Chair Exercises- AR 1st Floor 10:15 Sing Along- TV Lounge 11:00 Fun Facts 1:30 Snacks & Games in the Courtyard 2:00 Root Beer Floats- FP 2:30 Shakespeare's Quotes- CT 3:30 Poker Club- 3rd Floor AR 6:30 Trivia Challenge- FP	National Pigs in the Blanket Day 24 10:00 Muscles in Motion- CH 11:00 Fun With Words- FP 11:00 Lunch Outing @ Tokyo Joe's 1:30 Crafts: Spring Bonnets- 1st Floor AR 2:00 Pigs in the Blanket Tasting- 1st Floor AR 3:30 Butterfly Bash- 1st Floor AR 6:30 Bingo- 3rd Floor AR	25 9:30 Current Events- CH 10:00 Sit & Be Fit Exercises- CH 11:00 Sing Alongs w/ Shreya- TV Lounge 1:30 Make a Necklace- FP 2:30 Chef's Chats w/ New Residents by Fireplace 3:30 Let's Play Blackjack- 3rd Floor AR 6:00 Armchair Travel 6:30 Bible Study- CH	Happy Birthday Violet F. 26 9:30 Noodle Exercises- CH 10:30 Sing Alongs- TV Lounge 11:00 National Arbor Day Discussions- FP 1:00 One-to-One Resident Connections w/ Activities Staff 3:00 Happy Hour w/ Tim- DR 6:00 Grab a Word Search from the Front Desk Staff	Babe Ruth Day 27 9:45 Music & Movement- CH 11:00 Solve the Riddles- FP 1:30 Saturday Movie Special- The Proud Rebel- TV Lounge 2:30 Story Telling- FP 3:00 New Christian Life Church Services- CH 3:30 Puzzle Race- 1st Floor AR 6:00 Grab & Read a Daily Chronicles by the Dining Room Entrance
National Superhero Day 28 9:45 Exercises- 1st Floor AR 10:30 Beaded Bracelet- FP 10:30 Catholic Services- CH 1:30 Audio Book Club- 1st Floor AR 2:30 All About Superheroes- FP 3:30 Jingo- 1st Floor AR 6:00 Collect Your Crosswords- From Front Desk Staff	Happy Birthday Marilyn H. 29 9:45 Celebrate International Dance Day w/ Dance Workout- CH 10:30 News & Views- FP 11:00 Hymns Singing- TV Lounge 1:30 "Zack," our Therapy Dog 2:00 Scrabble- FP 2:30 Milkshake Monday 3:30 Bingo- 3rd Floor AR 6:00 Drop Off Your Recycling Items- 1st Floor AR	Happy Birthday Ethel H. & Passover Ends 30 9:30 Chair Exercises- AR 1st Floor 10:15 Make Spring Wreaths 11:00 Fun Facts 1:30 Sing Alongs- TV Lounge 2:30 April Showers: Welcome Rain Party w/ Dave 4:00 Poker Club- 3rd Floor AR 6:30 Photo Puzzle Race- FP		Resident Birthdays 1. Gene R. 4/1 2. Betty B. 4/15 3. Margaret D. 4/17 4. Erma V. 4/22 5. Violet F. 4/26 6. Marilyn H. 4/29 7. Ethel H. 4/30		Activity Location Abbreviations CH- Chapel AR- Activity Room DR- Assisted Living Dining Room FP- Fireplace CT- Courtyard

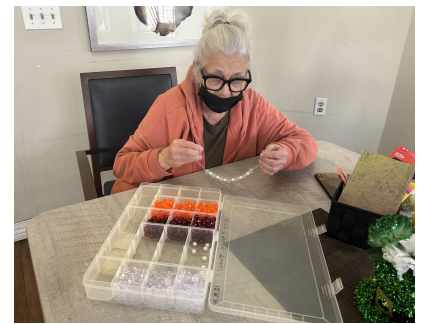


Be a Puzzle Pro

When working on a jigsaw puzzle, move completed sections to different areas with a spatula. It's quicker than using your hands, and your hard work won't go to pieces! Resident Sandy stops by the puzzle in the community hallway to solve the interesting puzzle with multiple pieces.



As part of COVID safety precautions, residents are involved in hallway exercises in the community.



Jewelry Hour

Residents, with the help of the activities team, love to select, pick, and bead their necklaces or bracelets for themselves.