

THE Northglenn Heights Lifestyle



NORTHGLENN HEIGHTS
SENIOR LIVING AT EASE

Like Us!  

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

MAY 2024

Community Leadership

Dallas Mulvin	Executive Director
Autumn Stringer	Wellness Director
Sharon Juarez	Business Office Director
Nellie Otero	Marketing Director
Shreya Panwala	Activities Director
Ryan West	Culinary Director
Anthony Holden	Facilities Director

A Note From the Executive Director

Welcome, May! As the vibrant colors continue to blossom around us, we are reminded of the beauty and resilience of nature. May flowers symbolize renewal, hope and the promise of brighter days. We would also like to recognize our mothers who have continued to uplift our spirits and fill our hearts with love. Mother's Day is a time to celebrate the incredible women who have shaped our lives with their love, wisdom and strength. As we honor our mothers, grandmothers and maternal figures within our community, let us reflect on the invaluable role they play in our lives. To all the remarkable mothers in our assisted living community, we extend our heartfelt gratitude and wish you a day filled with joy, love and cherished memories. Happy Mother's Day. Thank you for your continued love, patience and strength which you continue to give. We Appreciate You!!
Many Blessings,
Dallas Mulvin



Watch Party

Why watch the big game on your TV, when you could watch all the action on our big-screen? Residents at Northglenn Heights had all the snacks and drinks during the watch party of March Madness and Baseball game. Not only could the residents feel their school spirit, but they brought in a good cheer as well. All the families and friends are welcomed to participate in our tailgate parties for upcoming games. We'll be there until the final buzzer!



MAY 2024

Birthday Wishes

We have a lot of birthday babies this month, and we hope you'll help us in wishing them a fantastic birthday. If you know any of the following people, don't let them off the hook! Wave them over and sing "Happy Birthday" to them.

1. J.W. D. 5/3
2. Gwen T. 5/6
3. Sherrill D. 5/12
4. Sharon G. 5/14
5. Mary B. T. 5/17
6. Deborah W. 5/18
7. Linda H. 5/28

Welcome One and All!

We'd like to say welcome to all our new residents! We are always excited to see new faces. We hope you have a blast meeting all your neighbors. And don't be a stranger—stop by the office and say hello every once in a while!

May Flower

Lily of the valley is the birth flower for May. The fragrant flower symbolizes sweetness, humility and happiness.

"Wherever you go, no matter what the weather, always bring your own sunshine."
—Anthony J. D'Angelo

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Residents' Birthdays 1. J.W. D. 5/3 2. Gwen T. 5/6 3. Sherrill D. 5/12 5. Sharon G. 5/14 6. Mary B. T. 5/17 7. Deborah W. 5/18 8. Linda H. 5/28	 MEMORIAL DAY REMEMBER AND HONOR	Hawaiian Lei Day & May Day 1 9:30 Trip to the Thrift Store 9:45 Muscle in Motion- CH 10:30 Crafts: Foam Flower Leis-1st Floor AR. 11:00 Fun With Words- FP 1:30 Outing to Hammond's Candies Factory 2:30 Tea & Coffee Social- 1st Floor AR. 3:30 Bingo- 3rd Floor AR 6:30 Family Feud- 1st Floor AR	National Day of the Prayer 2 9:30 Current Events- CH 10:00 Sit & Be Fit Exercises- CH 11:00 Hymn Singing & Prayers-1st FLR AR. 1:30 Make a Necklace- FP 2:00 Ice Cream Social- FP 2:30 Crafts: Tissue Paper Flowers 3:30 Let's Play Blackjack- 3rd Floor AR 6:30 Armchair Travel	Happy Birthday J.W. D. 3 9:30 Noodle Exercises- CH 10:15 Out in the Garden 10:30 Monopoly- FP 1:00 Crafts: Wind Chimes 3:00 Happy Hour w/ Carlos- DR 6:00 Grab a Word Search from the Front Desk Staff	National Fitness Day & Kentucky Derby Day 4 9:45 Music & Movement- In the Patio 11:00 Solve the Riddles- FP 1:30 Saturday Movie Special- The Star Wars- 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 6:30 Kentucky Derby Race -TV Lounge
Cinco de Mayo 5 9:45 Exercises- 1st Floor AR 10:30 Catholic Services- CH 11:00 Cartoonist Day Comics- 1st Floor AR 2:00 Celebrate Cinco de Mayo - 1st FLR AR. 3:30 Jingo- 1st Floor AR 6:00 Collect Your Crosswords- From Front Desk Staff	Happy Birthday Gwen T. 6 9:45 Exercises- CH 10:30 News & Views- FP 11:00 Hymns Singing- TV Lounge 1:30 "Zack," our Therapy Dog 2:00 Nurses Day Appreciation Posters 3:30 Bingo- 3rd Floor AR 6:00 Drop Off Your Recycling Items- 1st Floor AR	National Teachers' Day 7 9:45 Chair Exercises- AR 1st Floor 10:15 Scrabble- FP 10:30 Catholic Services- CH 11:00 National Tourism Day Presentation - 1st FLR AR. 1:30 Flower Arrangements- FP 2:30 Pack Treat Bags for Teachers- 1st Floor AR. 3:30 Poker Club- 3rd Floor AR 6:30 Trivia Challenge- FP	World Red Cross Day 8 9:30 Muscles in Motion- CH 10:30 Resident Council Meeting- DR 11:30 Read About V-E Day 1:30 Outing to Dollar Tree 2:00 World Receptionist Day Recognition- FP 2:45 Learn Self CPR Presentation- 1st Floor AR. 4:00 Dinner Outing @ Wishbone Restaurant 6:30 Bingo- 3rd Floor AR	9 9:30 Current Events- CH 10:00 Mother's Day Tea Party- DR 1:30 Crafts: Mother's Day Jewelry Box- FP 2:00 Ice Cream Social- FP 2:45 Exercises 3:30 Let's Play Blackjack- 3rd Floor AR 6:30 Armchair Travel	Military Spouses Day 10 9:30 Noodle Exercises- CH 10:30 Monopoly- FP 11:00 Patriotic Sing Alongs- TV Lounge 1:00 Crafts: Wooden Key Chains 3:00 Happy Hour w /Big Bingo 4:00 Military Spouses Appreciation- DR 6:00 Grab a Word Search from the Front Desk Staff	International Migratory Birds Day 11 9:45 Music & Movement- CH 10:30 Crafts: Mother's Day Cards 11:00 Solve the Riddles- FP 1:30 Saturday Special- All About Windmills -TV Lounge 2:30 Color Your Gift Bag-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
Mother's Day & Birthday Wishes to Sherrill D. 12 9:45 Exercises- 1st Floor AR 10:30 Catholic Services- CH 11:00 Learn about Lilacs-1st floor AR. 2:00 Mother's Day Arts & Crafts 3:30 Jingo- 1st Floor AR 6:00 Collect Your Crosswords- From Front Desk Staff	Leprechaun Day 13 9:45 Exercises- CH 10:30 News & Views- FP 11:00 Hymns Singing- TV Lounge 1:30 "Zack," our Therapy Dog 2:00 Celebrate National Apple Pie Day w/ Apple Pies- FP 2:45 Treasure Hunt for Gold Coins begins- 1st Floor common areas 3:30 Bingo- 3rd Floor AR 6:00 Drop Off Your Recycling Items- 1st Floor AR	Happy Birthday Sharon G. 14 9:30 Dance Exercises- AR 1st Floor (Dance like a Chicken) 10:15 Mahjong- FP 11:00 Fun Facts 1:30 Ice Cream Social w/ New Residents- FP 2:00 Activity Meeting w/ Shreya & Team- FP 2:30 Crafts: Foam Flower Wreaths 3:30 Poker Club- 3rd Floor AR 6:30 Trivia Challenge- FP	National Chocolate Chip Day 15 9:30 Muscles in Motion- CH 10:00 Fun With Words- FP 11:00 Lunch Outing @ Applebee's 2:30 Coffee, Cookies & Stories w/ Police Officers- 1st Floor AR. 3:30 Bingo- 3rd Floor AR 6:30 Family Feud- 1st Floor AR	Wear Purple for Peace Day 16 9:30 Current Events- CH 10:00 Sit & Be Fit Exercises- CH 11:00 Bowling Game- 1st Floor AR 1:30 Make a Purple Necklace- FP 2:00 Chef's Chats w/ Residents-FP 3:30 Let's Play Blackjack- 3rd Floor AR 6:30 Armchair Travel	Happy Birthday Mary B. T. 17 9:30 Noodle Exercises- CH 10:30 Monopoly- FP 11:00 Patriotic Sing Alongs- TV Lounge 1:00 Crafts: Suncatchers 3:00 Happy Hour w/ Tara- DR 6:00 Grab a Word Search from the Front Desk Staff	Happy Birthday Deborah W. 18 9:45 Music & Movement- CH 10:30 Armed Forces Ceremony- FP 1:30 Saturday Movie Special- Indiana Jones TV Lounge 1:30 Yard Sale- FP 3:00 New Christian Life Church Services- CH 3:30 Color Your Own Flowerpot- 1st Floor AR. 6:00 Grab & Read a Daily Chronicles by the Dining Room Entrance
19 9:45 Exercises- 1st Floor AR 10:30 Catholic Services- CH 1:30 Audio Book Club- 1st Floor AR 2:00 Plant a Vegetable Garden Day- FP 3:30 Jingo- 1st Floor AR 6:00 Collect Your Crosswords- From Front Desk Staff	National Amelia Earhart Day 20 9:45 Exercises- CH 10:30 Discuss about National Amelia Earhart Day- FP 11:00 Hymns Singing- TV Lounge 1:30 "Zack," our Therapy Dog 2:00 Hot Chocolate w/ Cookies- FP 2:30 Crafts: Firecrackers Hats 3:30 Bingo- 3rd Floor AR 6:00 Drop Off Your Recycling Items- 1st Floor AR	21 9:45 Chair Exercises- AR 1st Floor 10:15 Mahjong- FP 11:00 Fun Facts 1:30 Crafts: Patriotic Art- FP 2:45 Career Day Special w/ Root Beer Floats 3:30 Poker Club- 3rd Floor AR 6:30 Trivia Challenge- FP	National Maritime Day 22 10:00 Muscles in Motion- CH 10:00 Trip to Black Hawk Casino 11:00 Fun With Words- FP 2:30 All About National Maritime Day- 1st Floor AR. 2:45 Short Stories- 1st Floor AR 3:30 Bingo- 3rd Floor AR 6:30 Family Feud- 1st Floor AR	23 9:30 Current Events- CH 10:00 Sit & Be Fit Exercises- CH 11:00 Bowling Game- 1st Floor AR 12:00 Memorial Day BBQ 2:30 Memorial Day Celebration w/ The Vets & Tunes 3:30 Let's Play Blackjack- 3rd Floor AR 6:30 All About turtles	24 9:30 Noodle Exercises- CH 10:30 Monopoly- FP 11:00 Patriotic Sing Alongs- TV Lounge 1:00 Crafts: God Bless America Signs 3:00 Happy Hour w/ Big Bingo- DR 6:00 Grab a Word Search from the Front Desk Staff	25 9:45 Music & Movement- CH 10:30 Crafts: Flower Glitter Globes-FP 11:00 Solve the Riddles- FP 1:30 Saturday Movie Special- Indiana Jones TV Lounge 2:00 Paper Fan Flowers- FP 3:00 New Christian Life Church Services- CH 3:30 What's in the Bag?- 1st Floor AR 6:00 Grab & Read a Daily Chronicles by the Dining Room Entrance
26 9:45 Exercises- 1st Floor AR 10:30 Catholic Services- CH 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	Memorial Day 27 9:45 Exercises- CH 10:30 News & Views- FP 11:00 Patriotic Sing Along- TV Lounge 1:30 "Zack," our Therapy Dog 2:00 Crafts: Memorial Day Star Signs- FP 2:00 Memorial Day Happenings- Watch in the News 3:30 Bingo- 3rd Floor AR 6:00 Drop Off Your Recycling Items- 1st Floor AR	Happy Birthday Linda H. 28 9:45 Chair Exercises- AR 1st Floor 10:15 Mahjong- FP 11:00 Fun Facts 1:30 Crafts: Flower Recipe Holder Craft- FP 2:00 Ice Cream Social - FP 3:30 Poker Club- 3rd Floor AR 6:30 Trivia Challenge- FP	29 10:30 Picnic in the Park 11:00 Fun With Words- FP 2:30 Tea & Coffee Social- 1st Floor AR. 2:45 Short Stories- 1st Floor AR 3:30 Bingo- 3rd Floor AR 6:30 Family Feud- 1st Floor AR	30 9:30 Current Events- CH 10:00 Sit & Be Fit Exercises- CH 10:45 Water the Flowers 1:30 Paint a Birdhouse 2:30 Chef's Chats w/ Residents - FP 3:30 Let's Play Blackjack- 3rd Floor AR 6:30 Armchair Travel	31 9:30 Noodle Exercises- CH 10:30 Monopoly- FP 11:00 Patriotic Sing Alongs- TV Lounge 1:00 Mason Jar Crafts 3:00 Happy Hour w/ Big Bingo- DR 6:00 Grab a Word Search from the Front Desk Staff	



Power of Flower Arrangements

You've probably heard the old saying "Stop and smell the roses." The scent of fresh flowers or floral scents in general can boost your mood, lower stress and even encourage friendliness. If you don't favor these fragrances, simply taking in the color of flowers can kindle positive emotions. Pastel-colored varieties tend to make people feel more relaxed, while bold colors are energizing.



Timely Fitness

Whether you're a morning or an evening person, plan your workout for the time of day that suits you best. Your exercise regimen will be easier to tackle when you're at your most alert and energetic. Residents of Northglenn Heights are always excited to participate in the regular exercise sessions.

Fitness Tip: Stress the Stretch

Not working out today? Go ahead and stretch anyway to keep limber and possibly prevent injuries down the road.



Remember and Honor

This Memorial Day, we remember all the brave men and women who gave their lives for our country. Our heartfelt thanks goes out to them and to all of our community's veterans for their service.



Resident Joline is always excited to make some pearl and flower beaded necklaces.

Welcoming Wreaths

Wreaths made of greenery have been used since ancient Greece, symbolizing victory, strength and honor. Residents Deborah W. and Gwen T. come together and share their spirit of spring by making beautiful spring wreaths. Wreaths became a symbol of welcoming, as well as a sign of new life to come in the spring.