


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
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Happy Holidays

With Christmas near, we want to wish everyone a joyous holiday season. May your days be merry and bright!



'Tis the Season. Ho, ho, ho! Break out the mistletoe! Merry Christmas and a very Happy New Year to you and your family. With the holidays coming quickly, we hope yours will be wonderful. The word "celebrate" means "to observe a notable occasion with festivities," and this month delivers multiple celebrations. Season's Greetings, everyone! Christmas, Hanukkah, Kwanzaa—whatever holiday you're celebrating, we hope it's safe and joyful! Happy holidays, everyone! Please watch for information about all the activities we have planned for this special time of year. You are cordially invited to celebrate Christmas with our residents & staff on Saturday, December 16th, with Holiday Christmas Caroling in the morning at 10:00 am and live holiday music, hot cocoa & desserts from 2:30 pm to 4:00 pm.

DECEMBER 2023

Happy Hanukkah

The Jewish holiday Hanukkah is a joyous eight-day celebration. Known as the Festival of Lights, the holiday brings family and friends together to light a menorah, sing songs, play games, and eat special foods. Hanukkah marks the victory of a group of Jewish rebels over the armies of Syria in 165 B.C. and the rededication of the Temple in Jerusalem. Happy Hanukkah to all our residents celebrating the Festival of Lights! May your holiday be filled with peace and joy.



Please join us for the lighting of the menorah each night of Hanukkah.

Happy Kwanzaa

To all our neighbors celebrating this traditional festival, we wish you peace and prosperity. Have a joyous holiday!

Holiday Safety

When shopping, take a moment to look for "flame retardant" labels on items such as wrapping paper, decorations, and tree ornaments. Use only lights that have been approved by Underwriters Laboratories. Water the Christmas trees, if they are real.

DECEMBER 2023

Happy Birthday!

To all our residents who are celebrating birthdays this month, we offer them our best wishes.

Residents' Birthdays

- Flor M. 12/04
- Delva H. 12/22
- Jose V. 12/23
- Georgia J. 12/27
- Wayne W. 12/31
- James K. 12/31

Welcome to Our Family

We're always excited to welcome new residents. Moving to a new place can be overwhelming. But starting this month, we will be hosting an ice cream social on the first Tuesday of every month, where the new residents will be introduced to all other residents and staff members present. This will give our newest residents the chance to meet each other and the rest of our community family. We hope that everyone will join us in making our newest residents feel right at home!

"Bells are music's laughter."
—Thomas Hood

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Residents' Birthdays • Flor M. 12/04 • Delva H. 12/22 • Jose V. 12/23 • Georgia J. 12/27 • Wayne W. 12/31 • James K. 12/31		Activity Location Abbreviations CH- Chapel AR- Activity Room DR- AL Dining Room FP- Fireplace		1 10:00 Noodle Exercises- CH 10:45 Christmas Tree Set Up & Decorations- 1st Floor Hallways 2:00 Christmas Hymns w/ Shreya- DR 3:00 Happy Hour w/ Big Bingo- DR	2 10:00 Go for a Walk 10:30 Grab a Christmas Word Search from Front Desk Staff 2:15 Holiday Movie Special- TV Lounge 1st Floor 3:00 New Christian Life Church Services- CH
3 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 2:05 Denver Broncos @ Texans- TV Lounge	4 National Cookie Day 10:00 Exercises- CH 10:45 Christmas Tree Decoration- 1st Flr. 1:30 "Zack," our Therapy Dog 1:30 Oatmeal Raisin Cookies & Trivia- FP 2:15 Christmas Carols & Songs- By the Tree 3:15 Bingo- 3rd Floor AR	5 9:45 Exercises- 1st Floor AR 10:30 Catholic Services- CH 1:00 Welcome Party for New Residents with Ice Cream Social- FP 2:30 Write Christmas Cards- FP 3:30 Poker Club- 3rd Floor AR	6 10:00 Morning Workout- CH 10:45 Holiday Centerpieces- FP 1:30 Making Centerpieces Continues- FP 2:30 Hydration Hour 3:00 Bingo- 3rd Floor AR	7 Hanukkah Begins 10:00 Sit & Be Fit Exercises- CH 10:45 Make Paper Christmas Trees- CH 1:30 Hot Chocolate Social- FP 2:30 Let's Play Blackjack- 3rd Floor AR 3:30 Christmas Sing-Alongs w/ Shreya- TV Lounge 1st Floor	8 9:00 Optimal Clinic- Come & Get Your Vitals Checked- FP 10:30 Noodle Exercises- CH 1:30 One-to-One Resident Connections w/ Shreya 3:00 Happy Hour w/ Tim- DR	9 10:00 Go for a Walk 10:30 Grab a Christmas Word Search from Front Desk Staff 2:15 Holiday Movie Special- TV Lounge 1st Floor 3:00 New Christian Life Church Services- CH
10 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 2:25 Denver Broncos @ Chargers- TV Lounge	11 10:00 Exercises- CH 10:45 Make Christmas Tree Ornaments- FP 1:30 "Zack," our Therapy Dog 1:30 Snowball Fight Indoor Game- FP 2:00 Popcorn Social- FP 3:15 Bingo- 3rd Floor AR	12 10:00 Chair Exercises- CH 10:45 Christmas Wreath- FP 2:00 Coffee & Tea Social 2:30 Christmas Carols & Eggnog Tasting w/ Faith Church Group- DR 3:30 Poker Club- 3rd Floor AR	13 9:45 Morning Workout- CH 10:30 Residents' Council Meeting 1:30 Make Angels w/ Doilies- FP 2:30 Hydration Hour 3:00 Bingo- 3rd Floor AR	14 10:00 Sit & Be Fit Exercises- CH 10:45 Make Pine Cone Christmas Trees- CH 1:30 Hot Chocolate Social- FP 2:30 Let's Play Blackjack- 3rd Floor AR 3:30 Christmas Sing-Alongs w/ Shreya- TV Lounge 1st Floor	15 Hanukkah Ends 10:00 Noodle Exercises- CH 11:00 Make Merry Christmas Banners- FP 1:30 One-to-One Resident Connections w/ Shreya 3:00 Happy Hour & Games- DR	16 Christmas Gatherings With Families 10:00 Christmas Caroling w/ Brownie Troop 68377 11:00 Party Preparations 1:30 Get Read for the Christmas Party 2:30 Enjoy Christmas w/ Live Holiday Music, Hot Cocoa & Desserts
17 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 Christmas Holiday Movie- TV Lounge	18 10:00 Christmas Caroling 11:00 Grab a Word Search 1:30 "Zack," our Therapy Dog 2:00 Coffee & Tea w/ Brownie Bites- FP 2:00 Wrap Christmas Gifts- FP 3:15 Bingo- 3rd Floor AR	19 10:00 Chair Exercises- CH 10:45 Make Felt Poinsettia- FP 1:40 Poker Club- 3rd Floor AR 3:00 Spill The Tea w/ "Barb" 4:15 Word Search of the Day	20 10:00 Morning Workout- CH 10:45 Baking Club: Shaping Christmas Cookies- FP 1:45 Creative Kitchen: Decorate Christmas Cookies- FP 2:30 Hydration Hour 3:00 Bingo- 3rd Floor AR	21 10:00 Sit & Be Fit Exercises- CH 10:45 Paper Cone Christmas Trees- FP 1:40 Let's Play Blackjack- 3rd Floor AR 2:30 Root Beer Floats- FP 3:30 Christmas Sing-Alongs w/ Shreya- TV Lounge 1st Floor	22 10:00 Noodle Exercises- CH 1:30 Christmas Hymns w/ Shreya 1:30 One-to-One Resident Connections w/ Shreya 3:00 Happy Hour w /Trivia Contest- DR	23 10:00 Go for a Walk 10:30 Grab a Christmas Word Search from Front Desk Staff 2:15 Holiday Movie Special- TV Lounge 1st Floor 3:00 New Christian Life Church Services- CH
24 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 Christmas Holiday Movie- TV Lounge	25 Christmas 10:00 Meet & Greet Your Community Neighbors 10:30 Christmas Holiday Movie 2:00 Grab a White Chocolate 2:45 Meet & Greet our Holiday Guest: The Grinch- FP	26 Kwanzaa Begins 10:00 Chair Exercises- CH 10:45 Taking Down Decorations 1:30 Make Snowflakes- FP 2:30 Root Beer Floats Social - FP 3:30 Poker Club- 3rd Floor AR	27 10:00 Morning Workout- CH 10:45 Scrabble- FP 1:30 Happy New Year Banners- 1st Floor AR 2:30 Hydration Hour 3:00 Grand Celebration with Live Music: All December Birthdays- DR	28 10:00 Sit & Be Fit Exercises- CH 10:45 Scrabble- FP 1:30 Grab a Crossword Puzzle From the Front Desk 2:00 Enrich Your Life w/ "Barb" 3:30 Let's Play Blackjack- 3rd Floor AR	29 10:00 Noodle Exercises- CH 10:30 Spiritual Hymns Singing w/ Shreya- TV Lounge 1st Floor 1:30 One-to-One Resident Connections w/ Shreya 3:00 Happy Hour w /Big Bingo- DR	30 10:00 Go for a Walk 10:30 Grab a Christmas Word Search from Front Desk Staff 2:15 Holiday Movie Special- TV Lounge 1st Floor 3:00 New Christian Life Church Services- CH
31 9:30 Collect Your Crosswords - From Front Desk Staff 10:00 Take a Walk in the Hallway 10:30 Catholic Services- CH 2:25 Chargers vs Broncos- TV Lounge 3:00 New Year's Eve Celebration & Live Music w/ Vets & Tunes						



Spill the Tea with Barbara

Residents at Northglenn Heights get together once a month with our Executive Director for a Tea Social. Interested residents meet at the tea and introduce themselves to each other and share their past memorable stories, which makes everyone laugh or get emotional. The residents' life stories are very interesting and it makes me feel very proud to be able to acknowledge them. If you haven't been a part of this, we would like for you to come down and experience one.



Happy Hour w/ Live Music

Last month the residents enjoyed the Happy Hour & live music with Josh. It was a very engaging hour for the residents at Northglenn Heights, where they danced, and ate yummy appetizers, with drinks. We always encourage the current and the new residents to come down for Happy Hours whether it is with Live music or with Big Bingo in the dining room.



Residents' Appreciation Moment

Respected Resident Patricia T. took the initiative to collect all the Bingo and Poker game chips and took them to the kitchen so that they could run them through the dishwasher and clean them. Patricia takes it to the activity room to clean and pat dry those chips.



Bingo Club

Residents love to play Bingo twice or thrice a week. It is one of their favorite activities where they enjoy each other's company and get an opportunity to get along with each other and any new residents, if any. Moreover, they also connect with any new residents joining the Bingo Club and other activities, so to make them feel well-settled within the community.

