

THE Northglenn Heights Lifestyle



NORTHGLENN HEIGHTS
SENIOR LIVING AT EASE

Like Us!  

MEMORY CARE COMMUNITY
11475 Pearl Street · Northglenn, CO 80233 · (303) 452-0501

JANUARY 2024

Community Leadership

Barbara Dice	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



Happy New Year, Everyone!

I hope your holidays were full of warm memories, special times with family and friends and last, but not least, plenty of delicious food and Christmas cookies. Christmastime is a very special occasion here at Northglenn Heights and we celebrate in style each year. Things are starting to get back to normal now that the holidays have passed and the last of the cookies have been eaten. As wonderful a time as it is, it's also nice to get back into a regular rhythm again. Here though, things never stay very low-key for long, and we have plenty of great things happening this month and next to keep our days full and exciting. Please stop by anytime for the events listed in our monthly activity calendar. We can't wait to see you!

-Barbara D. Dice, Executive Director

Happy New Year!

We wish all our residents Happy New Year! May your next 12 months be prosperous and blessed with family, friends and fun.



Group Activities Are Good for Your Brain

Whether it's a book club, bridge, lunch out with friends or singing in a choir, being connected can lead to better cognition. There's growing evidence that taking part in group activities benefits brain health because these experiences involve socializing and provide a sense of belonging. Involvement in a variety of social groups also offers opportunities to get emotional support, as well as give it to others.

JANUARY 2024

Resident Birthdays

Birthday greetings to all residents celebrating their birthdays this month.

1. Anthony C.
2. Frances M.
3. Betty S.
4. Betty C.
5. Betty D.
6. Otha R.
7. Cheryl R.

Welcome to All the New Residents

We would like to warmly welcome all of our new residents. We want you to be comfortable in your new home, and we'd like your suggestions about how we might help. Good, bad or indifferent—we want to hear your comments. They are our best guidelines for serving you better. Thanks!

Get Ready for Winter

The trees are bare and the air is chilly—it's time to dig out the earmuffs, scarves, boots and mittens. Winter is on the way, so be ready for snowball fights and sleds. We hope you enjoy the season!

"And now let us believe in a long year that is given to us, new, untouched, full of things that have never been."
—Rainer Maria Rilke

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	New Year's Day 1 9:45 Pencil Art 10:45 Exercises 11:15 Discuss: New Year's Resolutions 1:30 Dog Therapy with "Zack" 2:30 Easy Trivia 3:30 Walking Club	2 9:45 Noodle Exercises 10:30 Sing-Alongs 1:30 Opposites 2:15 Popcorn Social 3:00 Nail Care Spa & Hand Massages	3 9:45 Chair Yoga 10:45 Baking Club: Banana Muffins 1:30 Bingo 2:15 Muffin Break 3:00 Scenic Drive 3:30 Balloons & Noodles	4 National Trivia Day 9:45 Make New Year Banners 10:45 Trivia Ball Toss 1:30 Exercises 2:30 Ice Cream Social 3:30 Book Club	5 National Bird Day 9:30 Coloring Sheets & Word Search- Collect From the Front Desk 10:30 Hymns Singing w/ Shreya 1:45 Balloons & Noodles 3:00 Happy Hour in Assisted Living Dining Room 3:00 Learn About Birds	6 9:30 Coloring Pages -Collect From Front Desk 10:30 Puzzles & Hydration 2:00 Active Minds Water Painting 3:00 New Life Christian Church Services- AL 3:00 Winter Movie Special
7 9:30 Activity Boxes 10:30 Catholic Services 10:40 Exercises 1:45 Bible Study-1st Floor AL Activity Room 2:45 Afternoon Stroll 3:30 Mr. and Mrs. Right Game	8 9:45 Pencil Art 10:45 Exercises 1:30 Dog Therapy with "Zack" 2:30 Easy Trivia 3:30 Walking Club	9 9:45 Noodle Exercises 10:30 Sing-Alongs 1:30 Write Complimentary Notes to Your Community Friends 2:15 Root Beer Floats Social 3:00 Nail Care Spa & Hand Massages	10 Bittersweet Chocolate Day 9:45 Chair Yoga 10:30 Residents' Council Meeting in Assisted Living Dining Room 10:45 Baking Club: Bittersweet Choco-Chip Cookies 1:30 Bingo 2:00 Bittersweet Choco-Chip Cookie Tasting 2:00 Food Committee Meeting 3:00 Scenic Drive 3:30 Balloons & Noodles	11 9:45 Snowflake Door Hangers 10:45 Water Paint a Picture 1:30 Exercises 2:30 News & Views 3:00 New Year's Party	12 9:30 Coloring Sheets & Word Search- Collect From the Front Desk 9:45 Balloons & Noodles 10:45 Tea & Oatmeal Cookies 1:45 Hymns Singing w/ Shreya 3:00 Happy Hour in Assisted Living Dining Room 3:00 Puzzles & Hydration	13 9:30 Coloring Pages -Collect From Front Desk 10:30 Puzzles & Hydration 2:00 Active Minds Water Painting 3:00 New Life Christian Church Services- AL 3:00 Winter Movie Special
14 9:30 Activity Boxes 10:30 Catholic Services 10:40 Exercises 1:45 Bible Study-1st Floor AL Activity Room 2:45 Afternoon Stroll 3:30 Mr. and Mrs. Right Game	15 Martin Luther King Jr. Day 9:45 Pencil Art 10:45 Exercises 1:30 Dog Therapy with "Zack" 2:00 Celebrate National Bagel Day: Come, grab a bagel & meet your community neighbors. 2:30 Walking Club 4:00 Easy Trivia	16 9:45 Noodle Exercises 10:30 Sing-Alongs 1:30 Opposites 2:15 Popcorn Social & Dragon Dance Documentary 3:00 Nail Care Spa & Hand Massages	17 9:45 Chair Yoga 10:45 Baking Club: Let's Make Brownie Bites 1:30 Bingo 2:00 Brownie Bites w/ Coffee & Tea 3:00 Scenic Drive 3:30 Balloons & Noodles	18 Winnie the Pooh Bear's Birthday 9:45 Winter Wreaths 10:45 Water Paint a Picture 2:00 Enrich Your Life w/ "Autumn" 2:45 Winnie the Pooh Raffle Prize 3:30 Exercises	19 9:30 Coloring Sheets & Word Search- Collect From the Front Desk 10:30 Hymns Singing w/ Shreya 1:45 Balloons & Noodles 3:00 Happy Hour in Assisted Living Dining Room 3:00 Puzzles & Hydration	20 9:30 Coloring Pages -Collect From Front Desk 10:30 Puzzles & Hydration 2:00 Active Minds Water Painting 3:00 New Life Christian Church Services- AL 3:00 Winter Movie Special
21 Activity Professionals Week Starts 9:30 Activity Boxes 10:30 Catholic Services 10:40 Exercises 1:45 Bible Study-1st Floor AL Activity Room 2:45 Afternoon Stroll 3:30 Mr. and Mrs. Right Game	22 Blonde Brownie Day 9:45 Pencil Art 10:45 Exercises 1:30 Dog Therapy with "Zack" 2:00 Blonde Brownies w/ Coffee & Tea 2:30 Easy Trivia 3:30 Walking Club	23 National Pie Day 9:45 Noodle Exercises 10:30 Sing-Alongs 11:00 Make Pie Banners 1:30 Opposites 2:00 Activity Meeting w/ Shreya & Team 3:00 Nail Care Spa & Hand Massages	24 9:45 Chair & Laughter Yoga 10:45 Baking Club: Shaping Assorted Winter Sugar Cookies 11:15 Share a Joke 1:30 Bingo 2:00 Assorted Winter Sugar Cookies Decorating & Tasting 3:00 Scenic Drive 3:30 Balloons & Noodles	25 9:45 Winter Crafts 10:45 Water Paint a Picture 11:15 Opposites 1:30 Exercises 2:30 News & Views 3:00 Grand Celebration w/ Live Music: All January Birthdays	26 9:30 Coloring Sheets & Word Search- Collect From the Front Desk 10:30 Hymns Singing w/ Shreya 1:45 Balloons & Noodles 3:00 Happy Hour in Assisted Living Dining Room 3:00 Puzzles & Hydration	27 Activity Professionals Week Ends 9:30 Coloring Pages -Collect From Front Desk 10:30 Puzzles & Hydration 2:00 Active Minds Water Painting 3:00 New Life Christian Church Services- AL 3:00 Winter Movie Special
28 9:30 Activity Boxes 10:30 Catholic Services 10:40 Exercises 1:45 Bible Study-1st Floor AL Activity Room 2:45 Afternoon Stroll 3:30 Dance Hour w/ Staff	29 9:45 Crossword Puzzles w/ Acacia 10:45 Exercises 1:30 Dog Therapy with "Zack" 2:15 Hymns Singing 3:30 Walking Club	30 9:45 Noodle Exercises 10:30 Sing-Alongs 1:30 Opposites 2:15 Popcorn Social 3:00 Nail Care Spa & Hand Massages	31 National Art Day 9:45 Chair Yoga 10:45 Baking Club: Apple Cinnamon Muffins 1:30 Inspire Your Heart w/ Canvas Art 2:15 Muffin Break 3:00 Scenic Drive 3:30 Balloons & Noodles		Residents' Birthdays 1. Anthony C. 2. Frances M. 3. Betty S. 4. Betty C. 5. Betty D. 6. Otha R. 7. Cheryl R.	



Monthly Birthday Celebrations

We have a lot of birthday babies this month, and we hope you'll help us by wishing them a fantastic birthday. Each month we celebrate all the monthly birthdays and if you know any of the listed residents in this month's calendar, don't let them off the hook! Swing by our community to wish the residents happy birthday and enjoy our grand birthday celebration this month and after, with them. Residents will wave to their birthday buddies and will sing "Happy Birthday" to them on 25th of January at 3 pm in the AL dining room during the grand monthly birthday celebration. Count your life by smiles, not tears. Count your age by friends, not years.

Happy birthday to all of our residents celebrating this month!



Group Exercises

Residents can be involved in group exercises every day to boost their brain power and preserve good memories. Their gentle, flowing movements and mindfulness practices can help those with lower back pain and arthritis aches, say doctors. It improves mood and makes you feel fresh.

Get Creative for Your Brain

Taking on challenging, artistic interests can keep your brain alert into your later years. Whether you're picking up a paintbrush, a musical instrument, or a dance step for the first time, experts say giving your gray matter a new or surprising activity prevents it from slowing down. Whatever your creative pursuit, make it an interest that requires some effort to learn; when it gets too easy, look to a new goal.

