

THE Northglenn Heights Lifestyle



NORTHGLENN HEIGHTS
SENIOR LIVING AT EASE

Like Us!  

MEMORY CARE 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
Carl Briggs	Culinary Director
Anthony Holden	Facilities Director



Hello Everyone,
I am honored and excited to take on the role as executive director with Tarantino here at Northglenn Heights. I have worked with the senior population for 30 years in various roles.
I look forward to meeting with all of you and getting to know each of you. Please feel free to come by and say hi or say hi to me as I walk around the community. My goal is to have the best community and I hope each of you enjoy living at Northglenn Heights. My door is always open. If you have a concern or a compliment, please let me know. Thank you again for the opportunity to be your executive director. I look forward to serving you.
Sincerely,
Dallas Mulvin

FEBRUARY 2024

Resident Appreciation: You're a Star



Resident Rosemary tunes into the music of patriotic songs, and engages herself and other residents to sing together some of the old classics sing-alongs. She likes to dance and encourages other residents by actively cheering them up to dance and move around.

Happy Valentine's Day



As Valentine's Day approaches, we'd like to take a moment to express our affection for our residents. Thanks for making our community such a fun place to live. Happy Valentine's Day from your staff.

FEBRUARY 2024

Resident Birthdays

- 1. Catalina V. 2/12
- 2. Wilma P. 2/22

Happy Birthday

You're not getting older—you're getting better! Happy birthday to all our residents celebrating birthdays this month. Remember, this is the one time each year when you can have your cake and eat it, too!

Welcome New Residents

Of all the communities you could have chosen to call home, you selected us. We're thrilled you are here! We'll do our very best to make sure your home is peaceful and relaxing and encourage you to call on us with all of your needs and concerns. We're here for you!

The Only One

February is the only month that can pass without a full moon.

"Connecting our hearts through love yields a nectar so sweet we are forever full."
—Amy Leigh Mercree

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Residents Birthdays 1. Catalina V. 2/12 2. Wilma P. 2/22			National Girls & Women in Sports Day 9:30 Paint a Heart on a Wine Glass 10:30 Bean Bag Toss Competition 1:30 Exercises 2:30 Bingo 4:00 Daily Chronicles 6:00 Q & As	Groundhog Day 9:30 Puzzles & Hydration 10:30 Hymns Singing w/ Staff 1:30 Music Program w/ Doug 3:00 Happy Hour in Assisted Living Dining Room 3:30 Napkins & Socks Folding 6:00 Coloring Activity Sheets	American Painters Day 10:00 Daily Chronicles 11:00 Balloon Toss w / Oldies Music on TV- Living Room 1:30 Active Minds Water Painting 3:00 Movie & Popcorn - Living Room 3:00 New Life Christian Church Services- AL 6:00 Solve an American Painters Word Search
Wear Your Favorite Sweater Day 9:30 Activity Boxes 10:30 Catholic Services- CH in AL 10:40 Exercises 1:45 Bible Study- Activity Room in MC 2:30 Hot Chocolate Social 3:30 Color Pencil Art & Word Searches 6:00 Doll Therapy	9:30 Count & Match 10:45 Exercises 1:30 Dog Therapy with "Zack" 2:30 Celebrate National Chocolate Fondue Day w/ Assorted Dippers- FP 3:30 Guess the Phrase 6:00 Daily Chronicles	9:30 Noodle Exercises 10:15 Daily Chronicles 10:30 Sing-Alongs 1:30 Opposites 2:00 Frozen Yogurt Tasting w/ New Residents- FP 3:30 Nail Care Spa & Hand Massages 6:00 Jingo Mania	9:30 Balloons & Noodles 10:30 Scenic Drive 1:30 Would You Rather? 3:00 Chair Yoga 4:00 Daily Chronicles 6:00 Finish the Phrases	Fat Thursday 9:30 Paint a Picture 10:00 Baking Club: Banana Muffins 11:00 Exercises 1:30 Activity Meeting w/ Shreya & Team- 1st Floor AR. 2:30 Make a Heart Garland 4:00 Daily Chronicles 6:00 Q & As	National Pizza Day 9:30 Puzzles & Hydration 10:30 Hymns Singing w/ Staff 1:45 Balloons & Noodles 3:00 Happy Hour in Assisted Living Dining Room 3:30 Easy Listening w/ Pizza Bites 3:30 Napkins & Socks Folding 6:00 Coloring Activity Sheets	Chinese New Year 10:00 Daily Chronicles 11:00 Chinese New Year Celebration Showcase- Activity Room in MC 1:30 Active Minds Water Painting 3:00 Movie & Popcorn - Living Room 3:00 New Life Christian Church Services- AL 4:00 Balloon Toss w / Oldies Music on TV- Living Room 6:00 Solve a Word Search
Super Bowl 58 10:30 Catholic Services- CH in AL 10:40 Exercises 1:30 Valentine's Day Table Runners 3:00 Hot Chocolate Social 3:30 Bible Study- Activity Room in MC 4:00 Doll Therapy 6:15 Super Bowl Party- TV Lounge	Happy Birthday Catalina V. 9:30 Count & Match 10:30 Exercises 11:00 Happy Birthday Abraham Lincoln: All About Abraham Lincoln Jr. 1:30 Dog Therapy with "Zack" 2:30 Easy Trivia 3:30 Walking Club Around Assisted Living Community 6:00 Daily Chronicles	Mardi Gras 9:30 Noodle Exercises 10:30 Food Committee Meeting-FP 10:30 Sing-Alongs 1:30 Opposites 2:30 Mardi Gras Dance Party- AL 1st Floor AR. 3:30 Nail Care Spa & Hand Massages 6:00 Jingo Mania	Valentine's Day & Ash Wednesday 9:30 Ash Wednesday Service- CH in AL 9:30 Balloons & Noodles 10:30 Resident's Council Meeting in Assisted Living Dining Room 10:45 Hot Chocolate Social 11:15 Daily Chronicles 1:30 Scenic Drive 3:00 Valentine's Day Party Celebration w/ Vets & Tunes 6:00 Romantic Episode of Lucy Desi Comedy Show	Susan B. Anthony Day 9:30 Paint a Picture 10:30 Bean Bag Toss 1:30 Exercises 2:30 Bingo 3:30 Q & As 6:00 Read the Daily Chronicles	National Caregivers Day 9:30 Puzzles & Hydration 10:00 Celebrate National Caregivers Day w/ Almond Crisps & Hydration 10:30 Hymns Singing w/ Staff 1:45 Balloons & Noodles 3:00 Happy Hour in Assisted Living Dining Room 3:30 Napkins & Socks Folding 6:00 Coloring Activity Sheets	10:00 Daily Chronicles 11:00 Balloon Toss w / Oldies Music on TV- Living Room 1:30 Active Minds Water Painting 3:00 Movie & Popcorn - Living Room 3:00 New Life Christian Church Services- AL 6:00 Solve a Word Search
Pluto Day 9:30 Activity Boxes 10:30 Catholic Services- CH in AL 10:40 Exercises 1:45 Bible Study- Activity Room in MC 2:30 Hot Chocolate Social 3:30 Color Pencil Art & Word Searches 6:00 Doll Therapy	Presidents Day 9:30 Count & Match 10:45 Exercises 1:30 Dog Therapy with "Zack" 2:30 Discussion About Presidents Day 3:30 Walking Club Around Assisted Living Community 6:00 Daily Chronicles	9:30 Noodle Exercises 10:30 Sing-Alongs 11:00 Baking Club: Banana Muffins 1:30 Opposites 2:15 Celebrate National Muffins Day w/ Mini Muffins- Hot Chocolate 3:30 Nail Care Spa & Hand Massages 6:00 Jingo Mania	9:30 Balloons & Noodles 10:30 Bowling Game 11:15 Daily Chronicles 1:30 Education Presentation on Heart Health 2:15 Puzzles & Hydration 3:00 Chair Yoga 6:00 Finish the Phrases	Happy Birthday Wilma P. 9:30 Paint a Picture 10:30 Bean Bag Toss 1:30 Exercises 2:45 Scenic Drive 4:00 Daily Chronicles 6:00 Q & As	9:30 Puzzles & Hydration 10:15 Enjoy Banana Bread w/Tea & Coffee 10:30 Hymns Singing w/ Staff 1:45 Balloons & Noodles 3:00 Happy Hour in Assisted Living Dining Room 3:30 Napkins & Socks Folding 6:00 Coloring Activity Sheets	10:00 Daily Chronicles 11:00 Balloon Toss w / Oldies Music on TV- Living Room 1:30 Active Minds Water Painting 3:00 Movie & Popcorn - Living Room 3:00 New Life Christian Church Services- AL 6:00 Solve a Word Search
9:30 Activity Boxes 10:30 Catholic Services- CH in AL 10:40 Exercises 1:45 Bible Study- Activity Room in MC 2:30 Hot Chocolate Social 3:30 Color Pencil Art & Word Searches 6:00 Doll Therapy	9:30 Count & Match 10:45 Exercises 1:30 Dog Therapy with "Zack" 2:30 Easy Trivia 3:30 Walking Club Around Assisted Living Community 6:00 Daily Chronicles	9:30 Noodle Exercises 10:30 Sing-Alongs 1:30 Opposites 2:15 Celebrate National Strawberry Day w/ Chocolate Covered Strawberries 3:30 Nail Care Spa & Hand Massages 6:00 Jingo Mania	National Pancake Day 9:30 Balloons & Noodles 10:30 Scenic Drive 1:30 Would You Rather ? 2:15 Pancake Bites w/ Coffee & Tea 3:00 Chair Yoga 4:00 Daily Chronicles 6:00 Finish the Phrases	National Leap Day 9:30 Paint a Picture 10:30 Bean Bag Toss 11:00 Reminisce About the Leap Year 1:30 Exercises 2:30 Bingo 4:00 Daily Chronicles 6:00 Leap Year Facts		



Outings Are Good for Your Brain

Northglenn Heights residents take a scenic drive around the town once a week, to see the mountains, parks, and other interesting scenic places.

Scenic Drives are not just fun ways to spend a day—they can also boost your cognitive abilities! After you've returned home, tell a friend or write about the experience to help retain what you've learned.



It's a New Year!

Northglenn Heights celebrated and welcomed the New Year 2024 with a New Year's Party this past month, where residents got together to celebrate a wonderful New Year's party with appetizers, drinks, and live music while saying goodbye to the past year and saying hello to a brand new one.

Resident Happy Hour

Residents of Northglenn Heights get ready to come down and engage themselves in Happy Hour on Fridays, where there is live music or Big Bingo.

Residents of the Memory Care community get a chance to meet their friends and neighbors for a Resident Happy Hour where they relax, chat, and enjoy themselves with delicious appetizers and drinks.

