

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
Ryan West	Culinary Director
Anthony Holden	Facilities Director



From the Executive Director

Greetings to all our residents! We are so happy you have made your home in our community. If you have any questions or concerns, or simply want to say "hello," please stop by my office! My door is always open, and I would love to hear from you. I look forward to meeting all of you.

This first month has been exciting. We have implemented a variety of changes in our community. I am excited to hear your thoughts and opinions. The activity team has added evening activities to their calendar, and I heard the dinner outing was a success.

In March we will be hosting an Easter Egg hunt. Please be sure to invite your little ones. Whoever finds the Golden Egg will receive a prize. The children will be sure to go home with a lot of plastic eggs. I hope each of you have a blessed Easter.

Thank you to each of you for all you do in your community. As you see new faces, please be sure to introduce yourself. We have had several new residents move in.

Many Blessings.
Dallas Mulvin

MARCH 2024

Resident Appreciation



Thanks to all our residents who do their part to help keep our community looking great. Your attitude makes this a better place to live for everyone! Resident Helen participates in a painting class while encouraging other residents to do the same.



We'd like to take a moment to let each of you know what a valuable asset you are to our community. Thank you all for taking pride in our community and making it such a terrific place to live. If there's anything we can do to make your home more comfortable, don't hesitate to let us know!

MARCH 2024

Resident Birthdays

Birthday greetings to all residents celebrating their birthdays this month.
1. Patricia G. 3/16

A Warm Welcome

We are pleased to welcome all of our new residents this month. Moving can be very stressful, as we all know. If there is anything we can do to make your transition easier—answer any questions about your new home, provide numbers for city services, or take you on a tour of the property—please don't hesitate to call or stop by the front desk. Thanks again for choosing to call us home. Our community is a better place because you are in it!

Going Green on March 17

St. Patrick's Day has become a celebration of Irish culture and a whole lot of green. Folklore says that wearing the color makes a person invisible to leprechauns, who will only pinch those they can see.

"Life is a painting, and you are the artist. You have on your palette all the colors in the spectrum."
—Paul J. Meyer

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Residents' Birthdays 1. Patricia G. 3/16				Employee Appreciation Day 1 9:30 Puzzles & Hydration 10:30 Hymns Singing w/ Staff 11:00 Flex & Stretch Exercises 1:45 Balloons & Noodles 3:00 Happy Hour in Assisted Living Dining Room 3:30 Napkins & Socks Folding 6:00 Coloring Activity Sheets	2 9:30 Take a Stroll 10:00 Water Paint a Picture 11:00 Dance Workout with Oldies Music on TV- Living Room 2:00 Puzzles 3:00 Documentary on Rita Hayworth 3:00 New Life Christian Church Services- AL 6:00 Solve a Word Search
National Anthem Day 3 9:30 Activity Boxes 10:30 Catholic Services- CH in AL 10:40 Exercises 1:30 Bible Study in Activity Room in MC 2:30 Tissue Paper Flowers 3:30 Bean Bag Toss 6:00 Doll Therapy	4 9:30 Count & Match 10:00 Paint a Glass 11:00 Exercises 1:30 Dog Therapy with "Zack" 2:30 Easy Trivia 3:30 Walking Club Around Assisted Living Community 6:00 Read the Daily Chronicles	5 9:30 Activity Sheets 10:00 Noodle Exercises 11:00 Sing-Alongs 1:30 Ice Cream Social w/ New Residents- FP 2:30 Jingo Mania 3:30 Nail Care Spa & Hand Massages 6:00 Armchair Travel	6 9:30 Maze of the Day 10:30 Baking Hour: Green Velvet Cupcakes 11:15 Daily Chronicles 1:30 Crafts: Paint a Shamrock 2:00 Coffee & Tea Social 3:30 Chair Yoga 6:00 Finish the Phrases	7 9:30 Word Search 10:00 Paint a Wooden Art Piece- FP 11:00 Bowling Game 1:30 Exercises 2:00 Peppermint Shake- FP 2:45 Scenic Drive 4:00 Daily Chronicles 6:30 Bingo	8 International Working Women's Day 9:30 Puzzles & Hydration 10:30 Hymns Singing w/ Staff 11:00 Flex & Stretch Exercises 1:45 Balloons & Noodles 3:00 Happy Hour in Assisted Living Dining Room 3:30 Napkins & Socks Folding 6:00 Coloring Activity Sheets	9 9:30 Take a Stroll 10:00 Water Paint a Picture 11:00 Dance Workout with Oldies Music on TV- Living Room 2:00 Balloon & Badminton 3:00 Movie Special: Breakfast At Tiffany's 3:00 New Life Christian Church Services- AL 6:00 Solve a Word Search
10 9:30 Activity Boxes 10:30 Catholic Services- CH in AL 10:40 Exercises 1:30 Bible Study in Activity Room in MC 2:30 Rainbow Shamrock Art 3:30 Bean Bag Toss 6:00 Doll Therapy	11 Ramadan 9:30 Count & Match 10:00 Make Tulips w/ Pipe Cleaners 11:00 Exercises 1:30 Dog Therapy with "Zack" 2:30 Easy Trivia 3:30 Walking Club Around Assisted Living Community 6:00 Read About Ramadan	12 Girl Scouts Day 9:30 Activity Sheets 10:00 Noodle Exercises 11:00 Sing-Alongs 1:30 Popcorn Social 2:30 Jingo Mania 3:30 Nail Care Spa & Hand Massages 6:00 Armchair Travel	13 9:30 Maze of the Day 10:00 Baking Hour: Lucky Charm Cookies 10:30 Residents' Council Meeting in Assisted Living Dining Room 11:15 Daily Chronicles 1:30 Crafts: Shamrock Garland 2:00 Muffin Break 3:30 Chair Yoga 6:00 Finish the Phrases	14 National Potato Chips Day 9:30 Word Search 10:30 Scenic Drive 11:00 Bowling Game 1:30 Assorted Potato Chips Tasting- FP 2:30 Chef's Chats w/ Residents -FP 3:30 Exercises 4:00 Daily Chronicles 6:30 Bingo	15 9:30 Puzzles & Hydration 10:30 St. Patrick's Day Wind Chimes 11:00 Flex & Stretch Exercises 1:45 Balloons & Noodles 2:00 Happy Hour w / Tim 3:30 Napkins & Socks Folding 6:00 Coloring Activity Sheets	16 Happy Birthday Patricia G. 9:30 Take a Stroll 10:00 Water Paint a Picture 11:00 Dance Workout with Oldies Music on TV- Living Room 2:00 Balloon & Badminton 3:00 Movie: The Tourist 3:00 New Life Christian Church Services- AL 6:00 Solve a Word Search
17 St. Patrick's Day 9:30 Activity Boxes 10:30 Catholic Services- CH in AL 10:40 Exercises 1:30 Bible Study in Activity Room in MC 2:45 St. Patrick's Day Party w/ Dave in AL Dining Room 3:30 Bean Bag Toss 6:00 Doll Therapy	18 9:30 Count & Match 10:00 Easter Egg Wreath 11:00 Exercises 1:30 Dog Therapy with "Zack" 2:30 Easy Trivia 3:30 Walking Club Around Assisted Living Community 6:00 Read the Daily Chronicles	19 Spring Equinox 9:30 Activity Sheets 10:00 Noodle Exercises 11:00 Sing-Alongs 2:15 Assorted Tea Tasting 2:30 Jingo Mania 3:30 Nail Care Spa & Hand Massages 4:00 Discuss About World Agriculture Day 6:00 Armchair Travel	20 International Earth Day 9:30 Maze of the Day 10:30 Easter Cactus Bunnies 11:15 Daily Chronicles 1:30 Crafts: Decorate Easter Eggs 2:30 Coffee & Tea Social 3:30 Chair Yoga 6:00 Finish the Phrases	21 9:30 Word Search 10:30 Scenic Drive 11:00 Bowling Game 1:30 Exercises 2:30 Activity Meeting w/ Activities Team- FP 4:00 Daily Chronicles 6:30 Bingo	22 9:30 Puzzles & Hydration 10:30 Hymns Singing w/ Staff 11:00 Flex & Stretch Exercises 1:45 Balloons & Noodles 3:00 Happy Hour in Assisted Living Dining Room 3:30 Napkins & Socks Folding 6:00 Coloring Activity Sheets	23 9:30 Take a Stroll 10:00 Water Paint a Picture 11:00 Dance Workout with Oldies Music on TV- Living Room 2:00 Balloon & Badminton 3:00 New Life Christian Church Services- AL 3:30 Laurel & Hardy Episodes 6:00 Solve a Word Search
24 9:30 Activity Boxes 10:40 Exercises 1:30 Bible Study in Activity Room in MC 2:30 Easter Arts & Crafts 3:30 Bean Bag Toss 6:00 Doll Therapy	25 Feast of the Annunciation 9:30 Count & Match 10:00 Foam Egg Crafts 11:00 Exercises 1:30 Dog Therapy with "Zack" 2:30 Easy Trivia 3:30 Walking Club Around Assisted Living Community 6:00 Read the Daily Chronicles	26 9:30 Activity Sheets 10:00 Noodle Exercises 11:00 Jingo Mania 1:30 Popcorn Social 2:00 Music w/ Doug 3:30 Nail Care Spa & Hand Massages 6:00 Armchair Travel	27 National Joe Day 9:30 Maze of the Day 10:30 Make Pom Pom Eggs 11:15 Daily Chronicles 1:30 Crafts: Make a Carrot Garland 2:00 Tea & Coffee Social 3:30 Chair Yoga 6:00 Finish the Phrases	28 9:30 Word Search 10:00 Make Easter Wreath 11:00 Bowling Game 1:30 Exercises 2:45 Scenic Drive 4:00 Daily Chronicles 6:30 Bingo	29 Good Friday 9:30 Puzzles & Hydration 10:30 Hymns Singing w/ Staff 11:00 Flex & Stretch Exercises 1:45 Balloons & Noodles 3:00 Happy Hour in Assisted Living Dining Room 3:30 Napkins & Socks Folding 6:00 Coloring Activity Sheets	30 National Doctors Day 9:30 Take a Stroll 10:00 Water Paint a Picture 11:00 Dance Workout with Oldies Music on TV- Living Room 2:00 Easter Egg Hunt- 1st Floor Common Areas 3:00 Easter Coloring Pages 3:00 New Life Christian Church Services- AL 3:30 Movie: His Girl Friday 6:00 Solve a Word Search
31 Easter 9:45 Exercises 10:30 Catholic Services- CH in AL 10:30 Easter Egg Dyeing 12:00 Easter Special Lunch 2:30 Balloons & Noodles 6:00 Color Pencil Art & Word Searches						



Ice Cream Social w/New Residents

Take a break and join your neighbors for an ice cream social by the fireplace in our community. We schedule our gatherings for the first Tuesday of every month, so check with the front office for when we'll host the next one.



Fitness Tip for March

When our mind sleeps, so do our muscles. To help redistribute blood through the muscles in the morning, residents perform three to four minutes of easy exercises or stretching after they wake up and devour their breakfast.

Happy Hour

Residents of Northglenn Heights enjoy the happy hour, especially with Bingo on one of the Fridays of every month.



Arts & Crafts

Do you enjoy creating handmade projects? If so, join us for our weekly crafts! We love to have fun, and we welcome all skill levels and abilities. Stop by the front desk or check the calendar for the dates and times.

