

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

A Note From the Executive Director

Hello, Residents and Families,
It's Springtime in the Rockies!!

I hope you are all staying healthy and warm. I would like to thank each of you for your understanding and support during our Covid outbreak. We hope to be out of Covid soon. I am looking forward to having activities up and going again. As the weather warms up, the activity department can plan a trip to Blackhawk. This is always a fun trip to go on and you never know who will get lucky at the slot machines.

As many of you know, we had State in our building last month. We need to fix some things, but we are making improvements. Your leadership team is working hard to make corrections and improve Northglenn Heights. We would like to thank you for the opportunity to provide quality care to each of you. If you have any questions, please feel free to stop by my office. My door is always open.

Many Blessings,
Dallas Mulvin



APRIL 2024



We Appreciate You

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! Resident Patty L. participates and encourages other residents to participate in the watercolor painting session in the community.

Happy Spring

The season is in full bloom, and so are our best wishes for all of our residents. Here's to a happy spring full of smiles, laughter and beautiful weather!

APRIL 2024

Happy Birthday

To all our residents celebrating birthdays this month, we'd like to offer best wishes for the coming year. Enjoy your day! Folks with April birthdays can claim both daisies and sweet peas as their birth flower. The cheerful daisy and fragrant sweet pea both have strong connections to friendship, making them excellent choices for a birthday bouquet.

- 1. Dixie B. - 4/6
- 2. JD R. - 4/18

Welcome, New Residents!

As you settle into your new home, please feel free to call the office if we can help you in any way. We're sure you'll find our community is the friendliest in the area, and we owe it all to our residents. We're glad to have you with us!

Spring Vibes

"A kind word is like a spring day." —Russian proverb

"Tomorrow morning, when the sun shines through your window, choose to make it a happy day."
—Lynda Resnick

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	April Fools' Day 1 9:30 Count & Match 10:00 Water the Garden 11:00 Exercises 1:30 Dog Therapy with "Zack" 2:30 Easy Trivia 3:30 Walking Club Around Assisted Living Community 4:00 The Laughing Game 6:00 Movie of Your Choice	2 9:30 Activity Sheets 10:00 Noodle Exercises 11:00 Sing-Alongs 1:45 Ice Cream Social w/New Residents-Fireplace in AL 2:30 Jingo Mania 3:30 Nail Care Spa & Hand Massages 6:00 Armchair Travel	3 9:30 Maze of the Day 10:00 Baking Hour: Banana Muffins 10:45 Crafts: Spring Signs 1:30 Outing @ Butterfly Pavilion 3:30 Chair Yoga 4:00 Parachute Game 6:00 Finish the Phrases	4 9:30 Word Find 10:00 Q & A 11:00 Bowling Game 1:30 Exercises 2:45 Scenic Drive 4:00 In the News Today 4:15 Balloon Toss 6:30 Bingo	5 National Dandelion 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	6 Happy Birthday Dixie B. 9:30 Take a Stroll in the Patio 10:00 Watercolor Painting in the Patio 11:00 Dance Workout w / Oldies Music on TV- Living Room 1:30 Down the Memory Lane 3:00 Movie & Popcorn - Living Room 3:00 New Life Christian Church Services- AL 6:00 Solve a Word Search
7 9:30 Activity Boxes 10:30 Catholic Services- CH in AL 10:40 Exercises 11:00 Sort & Match 1:30 Bible Study in Activity Room in MC 2:00 Crafts: Fuzzy Stick Tulips 3:30 Bean Bag Toss	8 Total Solar Eclipse 9:30 Count & Match 10:00 Water the Garden 11:00 Exercises 1:30 Dog Therapy with "Zack" 2:00 Milkshake Mondays 2:30 Easy Trivia 3:30 Walking Club Around Assisted Living Community 4:00 Photo Matching 6:00 Movie of Your Choice	9 Winston Churchill Day 9:30 Activity Sheets 10:00 Noodle Exercises 11:00 Sing-Alongs 2:00 Tea Party w/ Families-Fireplace in AL 3:00 Jingo Mania 4:00 Nail Care Spa & Hand Massages 6:00 Armchair Travel	10 Farm Animals Day 9:30 Maze of the Day 10:00 Baking Hour: Chocolate Chip Muffins 11:00 Parachute Game 1:30 Crafts: Paint Flower Pots 2:00 Muffin Break 3:30 Chair Yoga 6:00 Finish the Phrases	11 National Pet Day 9:30 Word Find 10:00 Q & A 11:00 Resident Council Meeting 1:30 Exercises 2:30 Chef's Chats by Fireplace in AL 2:45 Scenic Drive 4:00 In the News Today 4:15 Balloon Toss 6:30 Bingo	12 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 4:00 Wooden Peg Board 6:00 Coloring Activity Sheets	13 National Scrabble Day 9:30 Take a Stroll in the Patio 10:00 Watercolor Painting in the Patio 11:00 Dance Workout w / Oldies Music on TV- Living Room 1:30 Down the Memory Lane 3:00 Movie & Popcorn - Living Room 3:00 New Life Christian Church Services- AL 6:00 Solve a Word Search
14 National Gardening Day 9:30 Activity Boxes 10:30 Catholic Services- CH in AL 10:40 Exercises 11:00 Sort & Match 1:30 Bible Study in Activity Room in MC 2:00 Gardening: Plant Flowers 3:30 Bean Bag Toss	15 World Art Day 9:30 Count & Match 10:00 Water the Garden 11:00 Exercises 1:30 Dog Therapy with "Zack" 2:00 Milkshake Mondays 2:30 Residents' Art Gallery in Assisted Living Community 3:30 Easy Trivia 4:00 Photo Matching 6:00 Movie of Your Choice	16 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	17 National Cheese Balls Day 9:30 Maze of the Day 10:00 Baking Hour: Blueberry Muffins 11:00 Parachute Game 1:30 Crafts: Spring Wreath 2:00 Cheese Balls Tasting 2:30 Activity Meeting- by Fireplace in AL 3:30 Chair Yoga 6:00 Finish the Phrases	18 Happy Birthday JD R. 9:30 Word Find 9:45 Exercises 10:30 Scenic Drive: EB Rains Park 11:00 Bowling Game 2:00 Spring Party 4:00 Q & A 4:15 Balloon Toss 6:30 Bingo	19 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 4:00 Wooden Peg Board 6:00 Coloring Activity Sheets	20 9:30 Take a Stroll in the Patio 10:00 Watercolor Painting in the Patio 11:00 Dance Workout w / Oldies Music on TV- Living Room 1:30 Down the Memory Lane 3:00 Movie & Popcorn - Living Room 3:00 New Life Christian Church Services- AL 6:00 Solve a Word Search
21 9:30 Activity Boxes 10:30 Catholic Services- CH in AL 10:40 Exercises 11:00 Sort & Match 1:30 Bible Study in Activity Room in MC 2:00 Wooden Art Piece Painting 3:30 Bean Bag Toss	22 Earth Day & First Day of Passover 9:30 Count & Match 10:00 Water the Garden 11:00 Exercises 1:30 Dog Therapy with "Zack" 2:30 Easy Trivia & Kosher Food Tasting 3:30 Walking Club Around Assisted Living Community 4:00 Photo Matching 6:00 Movie of Your Choice	23 National Picnic & Book Day 9:30 Activity Sheets 10:00 Noodle Exercises 11:00 Sing-Alongs 12:00 Picnic in the Patio 2:30 Jingo Mania 3:30 Nail Care Spa & Hand Massages 6:00 Armchair Travel	24 National Pigs in the Blanket Day 9:30 Maze of the Day 10:00 Baking Hour: Wrap Pigs in the Blanket 11:00 Parachute Game 1:30 Crafts: Paint a Rock 2:00 Afternoon Snacks 3:30 Chair Yoga 6:00 Finish the Phrases	25 9:30 Word Find 10:00 Q & A 11:00 Bowling Game 1:30 Exercises 2:30 Chef's Chats by Fireplace in AL 2:45 Scenic Drive 4:00 In the News Today 4:15 Balloon Toss 6:30 Bingo	26 National Arbor Day 9:30 Puzzles & Hydration 10:30 Hymns Singing w/ Staff 11:00 Flex & Stretch Exercises 1:45 Balloons & Noodles 3:00 Happy Hour w/ Music 3:30 Napkins & Socks Folding 4:00 Wooden Peg Board 6:00 Coloring Activity Sheets	27 Babe Ruth Day 9:30 Take a Stroll in the Patio 10:00 Watercolor Painting in the Patio 11:00 Dance Workout w / Oldies Music on TV- Living Room 1:30 Down the Memory Lane 3:00 Movie & Popcorn - Living Room 3:00 New Life Christian Church Services- AL 6:00 Solve a Word Search
28 National Superhero Day 9:30 Activity Boxes 10:30 Catholic Services- CH in AL 10:40 Exercises 11:00 Sort & Match 1:30 Bible Study in Activity Room in MC 2:00 Crafts: Make Spring Flowers 3:30 Bean Bag Toss	29 International Dance Day 9:30 Count & Match 10:00 Water the Garden 11:00 Exercises 1:30 Dog Therapy with "Zack" 2:00 Milkshake Mondays 2:30 Easy Trivia 3:30 Walking Club Around Assisted Living Community 4:00 Photo Matching 6:00 Movie of Your Choice	30 Passover Ends 9:30 Activity Sheets 10:00 Noodle Exercises 11:00 Sing-Alongs 1:30 Jingo Mania 2:30 April Showers: Welcome Rain Party- AL Dining Room 3:30 Nail Care Spa & Hand Massages 6:00 Armchair Travel			Residents' Birthdays 1. Dixie B. - 4/6 2. JD R. - 4/18	

No Excuse Not to Exercise

Some seniors may think that staying sedentary conserves their energy and keeps them safe, but nothing could be further from the truth. Research shows that inactivity contributes to chronic health problems, and keeping muscles toned can help prevent falls. Other seniors may worry that they're too old to start exercising, but better fitness can begin at any age. Diminished mobility is no reason to shun exercise, either. Parachute exercise is a fun and engaging activity that can deliver big benefits. Check with your doctor before starting an exercise program.



Self-Care Corner: Dose of Daylight

Did you know sunlight is a natural mood booster? As spring starts, take advantage of longer daylight hours and schedule time for sunshine, whether it's eating lunch outdoors or going for a walk after dinner. Research shows that letting sunlight hit your eyes can raise levels of serotonin, which helps keep you calm, and regulate your sleep cycle.

Improve Your Hand Strength

Research shows that hand strength is often an indicator of overall well-being. Improving grip power can help you maintain independence and lower your risk of injury. Try this simple exercise: Extend your palm and touch your thumb to each finger, one at a time, to make an "O." Hold and squeeze each "O" for 15 to 30 seconds. Repeat the complete exercise three times per hand.



Laugh for Health

Go ahead and engage in a funny, friendly prank on April Fools' Day. A good belly laugh has been proven to elevate mood, reduce pain, and boost immunity.



Resident Linda M., in her cloud nine with Band-Aid who is one of our resident's pet and is spoiled the most by the residents' love and care for it.

Happy Pet Parents Day!

Cats, dogs, lizards, horses, guinea pigs, rabbits—all can become a part of the family. To honor all the people who make pets a part of their lives, National Pet Parents Day is observed on the last Sunday in April.

This yearly holiday honors the pet parents who love and care for critters of all shapes and sizes, whether they have two legs, four legs or no legs at all! The unconditional love and companionship that pets provide is what makes it so easy for them to become valued members of your family. For all the wonderful things you do as a pet parent, treat yourself to something special on National Pet Parents Day!

