

THE Northglenn Heights Lifestyle



NORTHGLENN HEIGHTS
SENIOR LIVING AT EASE

Like Us!  

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

MAY 2024

Community Leadership

Dallas Mulvin Executive Director
Autumn Stringer Wellness Director
Sharon Juarez Business Office Director
Nellie Otero Marketing Director
Shreya Panwala Activities Director
Ryan West Culinary Director
Anthony Holden Facilities Director

A Note From the Executive Director

Welcome, May! As the vibrant colors continue to blossom around us, we are reminded of the beauty and resilience of nature. May flowers symbolize renewal, hope and the promise of brighter days. We would also like to recognize our mothers who have continued to uplift our spirits and feel our hearts with love. Mother's Day is a time to celebrate the incredible women who have shaped our lives with their love, wisdom, and strength. As we honor our mothers, grandmothers, and maternal figures within our community, let us reflect on the invaluable role they play in our lives. To all the remarkable mothers in our assisted living community, we extend our heartfelt gratitude and wish you a day filled with joy, love, and cherished memories. Happy Mother's Day. Thank you for your continued love, patience and strength which you continue to give. We Appreciate You!!

Many Blessings,
Dallas Mulvin



Flourish of Flowers

Whether it's tulips, daffodils or azaleas, each Spring season, from coast to coast, folks celebrate the flowers of spring. In some places, multi-day festivals have blossomed around their arrival. Resident Betty D. encourages other residents at Northglenn Heights to involve in the spring art and embrace the joy of flower season along with others.

Appreciation for Nurses

Salute the hard work and dedication of those who help provide patient care by celebrating National Nurses Week in May. We honor all the nurses who provided their services to our residents at Northglenn Heights.

MAY 2024

Happy Birthday!

Count your life by smiles, not tears. Count your age by friends, not years. *Happy birthday to all of our residents celebrating their birthdays this month!*

Happy Birthday to Eleanor M. (5/11/24)

Welcome to Our Family

We're always excited to welcome new residents. We know that moving to a new place can be an overwhelming experience, which is why we do everything we can to make the transition a little easier. We host a regular Welcome to Our Community social each month to 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!

May Flower

Lily of the valley is the birth flower for May. The fragrant flower symbolizes sweetness, humility and happiness.

"Wherever you go, no matter what the weather, always bring your own sunshine."
—Anthony J. D'Angelo

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Resident Birthdays 1. Eleanor M. 5/11	 MEMORIAL DAY REMEMBER AND HONOR	Hawaiian Lei Day & May Day 1 9:30 Maze of the Day 10:00 Baking Hour: Banana Bread 11:00 Parachute Game 1:30 Crafts: Foam Flower Leis 2:30 Banana Bread w/ Tea & Coffee 3:30 Chair Yoga 6:00 Finish the Phrases	National Day of the Prayer 2 9:45 Exercises 10:30 Hymns Singing 11:00 Water the Plants 2:00 Outing @ Hammond's Candy Factory 4:00 In the News Today 4:15 Guess the Price Game 6:00 Bingo	Garden Meditation Day 3 9:30 Puzzles & Hydration 10:30 Plant Flowers 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 Easy Trivia 6:00 Coloring Activity Sheets	National Fitness Day & Kentucky Derby Day 4 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 & Ice Cream Floats - Living Room 3:00 New Life Christian Church Services-AL 6:00 Kentucky Derby Race -TV Lounge
Cinco De Mayo 5 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 Cinco De Mayo Celebrations 3:30 Bean Bag Toss 6:00 Game Show of Your Choice - TV Lounge 1st. Floor	National Nurses Day 6 9:30 Count & Match 10:00 Nurses Day Appreciation Posters 11:00 Exercises 1:30 Dog Therapy with "Zack" 2:00 Hot Chocolate Social 2:30 Easy Trivia 3:30 Walking Club Around Assisted Living Community 4:00 Photo Matching 6:00 Movie of Your Choice	National Teacher's Day 7 9:30 Teacher's Day Cards 10:00 Noodle Exercises 11:00 Patriotic Sing-Alongs 2:00 Ice cream Social w/ New Residents 2:30 Jingo Mania 3:30 Nail Care Spa & Hand Massages 6:00 Armchair Travel	World Red Cross Day 8 9:30 Maze of the Day 10:00 Balloons & Noodles 10:45 Baking Club: Banana Muffins 1:30 Crafts: Mother's Day Art 2:00 Muffin Break 2:30 Learn Self CPR Presentation 3:30 Chair Yoga 6:00 Finish the Phrases	9:30 Word Find 10:00 Mother's Day Tea Party 11:00 Water the Plants 1:30 Exercises 2:30 Scenic Drive w/ Ice Cream 4:00 In the News Today 4:15 Guess the Price Game 6:00 Bingo	Military Spouses Day 10 9:30 Puzzles & Hydration 10:30 Resident's Council Meeting 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 Easy Trivia 6:00 Coloring Activity Sheets	Happy Birthday Eleanor M. 11 9:30 Take a Stroll in the Patio 10:00 Color your own Mother's Day Bouquet 11:00 Dance Workout w / Oldies Music on TV- Living Room 1:30 Crafts: Mother's Day Wooden Art 3:00 Movie & Ice Cream Floats - Living Room 3:00 New Life Christian Church Services-AL 4:00 All About Birds 6:00 Solve a Word Search
Mother's Day 12 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: Mother's Day Flower Pots 3:30 Bean Bag Toss 6:00 Game Show of Your Choice - TV Lounge 1st. Floor	Leprechaun Day 13 9:30 Count & Match 10:00 Water the Garden 11:00 Exercises 1:30 Dog Therapy with "Zack" 2:00 Ice-Cream Mondays 2:30 Easy Trivia 3:30 Walking Club Around Assisted Living Community 4:00 Photo Matching 6:00 Movie of Your Choice	9:30 Activity Sheets 10:00 Noodle Exercises 11:00 Patriotic Sing-Alongs 1:30 Ice-cream Social w/ New Residents 2:00 Activity Meeting w/ Shreya & Team- Fireplace 2:30 Jingo Mania 3:30 Nail Care Spa & Hand Massages 6:00 Armchair Travel	National Chocolate Chips Day 15 9:30 Maze of the Day 10:00 Baking Hour: Chocolate Chip Cookies 11:00 Parachute Game 1:30 Crafts: Suncatchers 2:00 Hydration & Snacks 3:30 Chair Yoga 6:00 Finish the Phrases	Wear Purple for Peace Day 16 9:30 Peace Day Art 10:00 Outing to Butterfly Pavilion 11:00 Water the Plants 1:30 Exercises 2:30 Chef's Chats w/ Residents-FP 2:30 Guess the Price Game 4:00 In the News Today 6:00 Bingo	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 Easy Trivia 6:00 Coloring Activity Sheets	Armed Forces Day 18 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 Crafts: Patriotic Glasses 3:00 Movie & Ice Cream Floats - 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 11:00 Sort & Match 1:30 Bible Study in Activity Room in MC 2:00 Crafts: Foam Flower Wreaths 3:30 Bean Bag Toss 6:00 Game Show of Your Choice - TV Lounge 1st. Floor	National Amelia Earhart Day 20 9:30 Count & Match 10:00 Water the Garden 11:00 Exercises 1:30 Dog Therapy with "Zack" 2:00 Ice-Cream Mondays 2:30 Easy Trivia 3:00 All About Amelia Earhart Day 3:30 Walking Club Around Assisted Living Community 4:00 Photo Matching 6:00 Movie of Your Choice	9:30 Activity Sheets 10:00 Noodle Exercises 11:00 Patriotic Sing-Alongs 1:30 Popcorn Social 2:30 Jingo Mania 3:30 Nail Care Spa & Hand Massages 6:00 Armchair Travel	National Maritime Day 22 9:30 Maze of the Day 10:00 Baking Hour: Blueberry Muffins 11:00 Parachute Game 1:30 Crafts: Make Patriotic God Bless America Wooden Sign 2:00 Muffin Break 3:30 Chair Yoga 6:00 Finish the Phrases	9:30 Word Find 10:00 Games in the Patio 10:00 Patriotic Songs 11:00 Water the Plants 12:00 Memorial Day BBQ 2:30 Memorial Day Celebration w/ The Vets & Tunes 4:00 In the News Today 4:15 Guess the Price Game 6:00 Bingo	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 Easy Trivia 6:00 Coloring Activity Sheets	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 Crafts: Patriotic Firecracker Hat 3:00 Movie & Ice Cream Floats - 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 11:00 Sort & Match 1:30 Bible Study in Activity Room in MC 2:00 Crafts: Patriotic Star Wreath 3:30 Bean Bag Toss 6:00 Game Show of Your Choice - TV Lounge 1st. Floor	Memorial Day 27 9:30 Count & Match 10:00 Patriotic Sing Along- TV Lounge 11:00 Exercises 1:30 Dog Therapy with "Zack" 2:00 Ice-Cream Mondays 2:30 Easy Trivia 3:30 Walking Club Around Assisted Living Community 4:00 Photo Matching 6:00 Movie of Your Choice	9:30 Activity Sheets 10:00 Noodle Exercises 11:00 Patriotic Sing-Alongs 1:30 Popcorn Social 2:30 Jingo Mania 3:30 Nail Care Spa & Hand Massages 6:00 Armchair Travel	9:30 Maze of the Day 10:00 Baking Hour: Jam Pastries 11:00 Parachute Game 1:30 Crafts: Patriotic Sunflower Sign Foam Craft 2:00 Hydration Hour 3:30 Chair Yoga 6:00 Finish the Phrases	9:30 Word Find 10:00 Outing @ Hammond's Candy Factory 11:00 Water the Plants 2:30 Games in the Patio 4:00 In the News Today 4:15 Guess the Price Game 6:00 Bingo	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 Easy Trivia 6:00 Coloring Activity Sheets	 CINCO DE MAYO Fiesta



Trip to Butterfly Pavilion

Residents at Northglenn Heights took a trip to the butterfly pavilion where they enjoyed watching butterflies flit from flower to flower. Not only did they see variety of butterflies but they also learned about their colors, shapes, heights, and habitat. Residents loved watching butterflies being attracted to bright, warm colors—think reds, oranges, pinks, etc.



Exercise to Improve Memory

Exercise helps your hippocampus, the region of the brain involved in memory formation, and as little as 15 minutes three times a week can help keep your brain young, according to researchers.

Tailgate Party Spirit!



Why watch the big game on your TV when you could watch all the action on our big-screen? Residents at Northglenn Heights had all the snacks and drinks during the watch party of March Madness and Baseball game. Not only could the residents feel their school spirit, but they brought in a good cheer as well. All the families and friends are welcomed to participate in our tailgate parties for upcoming games. We'll be there until the final buzzer!



We Salute America's Military

In May, America observes National Military Appreciation Month, when the country takes time to honor the men and women of the armed forces, past and present, and their families. Our community salutes their service to our nation.

