


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

Barbara Dice	Executive Director
Sharon Juarez	Business Office Director
Nellie Otero	Marketing Director
Autumn Stringer	Memory Care Director
Shreya Panwala	Activities Director
Anthony Holden	Facilities Director

Merry Christmas

With Christmas near, we want to wish everyone a joyous holiday season. May your days be merry and bright!



'Tis the Season. Ho, ho, ho! Break out the mistletoe! Merry Christmas and a very Happy New Year to you and your family. With the holidays coming quickly, we hope yours will be wonderful. The word "celebrate" means "to observe a notable occasion with festivities," and this month delivers multiple celebrations. Season's Greetings, everyone! Christmas, Hanukkah, Kwanzaa—whatever holiday you're celebrating, we hope it's safe and joyful! Happy holidays, everyone! Please watch for information about all the activities we have planned for this special time of year. You are cordially invited to celebrate Christmas with our residents & staff on Saturday, December 16th with Holiday Christmas Caroling in the morning at 10:00 am and live holiday music, hot cocoa & desserts from 2:30 pm to 4:00 pm.

DECEMBER 2023



Happy Hanukkah

The Jewish holiday Hanukkah is a joyous eight-day celebration. Known as the Festival of Lights, the holiday brings family and friends together to light a menorah, sing songs, play games and eat special foods. Hanukkah marks the victory of a group of Jewish rebels over the armies of Syria in 165 B.C. and the rededication of the Temple in Jerusalem.

Happy Kwanzaa

To all our neighbors celebrating this traditional festival, we wish you peace and prosperity. Have a joyous holiday!

Holidays & Your Safety

We want all our residents to have a safe, joyful holiday season. With that in mind, please take a few simple precautions to avoid holiday fire hazards:

- Unplug all electric decorations before leaving your home or going to bed.
- Shop for wrapping paper, ornaments, and decorations that are labeled "flame retardant."
- If you're displaying a freshly cut Christmas tree, water it daily to keep it from drying out. Dry trees are extremely flammable.

DECEMBER 2023

Happy Birthday!

To all our neighbors celebrating birthdays this month, we offer best wishes.

Resident Birthdays

- 1 Mary M. 12/20
- 2 Patti L. 12/26

Welcome to the Family.

We're always excited to welcome new residents. Moving to a new place can be overwhelming. But starting this month, we will be hosting an ice cream social on the first Tuesday of every month, where the new residents will be introduced to all other residents and staff members present. This will 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!

Find Your Happy Place

"Home isn't a place, it's a feeling." —Cecelia Ahern

"Bells are music's laughter."
—Thomas Hood

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Resident Birthdays • Mary M. 12/20 • Patti L. 12/26				9:30 Word Search- Collect From the Front Desk 10:30 Bingo 1:45 Balloons & Noodles 2:30 Christmas Hymns 3:30 Activity Boxes	9:30 Coloring Pages -Collect From Front Desk 10:45 Christmas Carols & Songs w/ Faith Church Group 1:30 Puzzles & Hydration 2:30 Active Minds Water Painting 3:00 Holiday Movie Special 3:00 New Life Christian Church Services- AL
10:00 Christmas Preparations 10:30 Catholic Services 11:00 Exercises 1:45 Bible Study-1st Floor AL Activity Room 2:05 Denver Broncos @ Texans- TV Lounge 3:30 Mr. and Mrs. Right Game	National Cookie Day 9:45 News & Views 10:45 Exercises 1:30 Dog Therapy with "Zack" 2:00 Oatmeal Raisin Cookies & Easy Listening 2:30 Christmas Tree Decoration 2:30 Easy Trivia 3:30 Christmas Carols w / Hot Chocolate	9:45 Dance Workout w/ Staff 10:30 Popsicle Stick Christmas Trees 1:30 Individual & Group Activities 2:15 Popcorn Social 3:00 Nail Care Spa & Hand Massages	9:45 Chair Yoga 10:45 Baking Hour: Peanut Butter Fudge 2:00 Peanut Butter Fudge Break 2:30 Walking Club 3:30 Bingo	Hanukkah Begins 9:45 Roll the Can 10:00 Pear Harbor: Movie 10:45 Family Collage Christmas Trees 1:30 Afternoon Stroll 2:00 Tea & Coffee Hour 2:15 Exercises 3:30 Book Club	9:30 Word Search- Collect From the Front Desk 10:30 Bingo 1:45 Balloons & Noodles 2:30 Christmas Hymns 3:00 Happy Hour @ AL Dining Room 3:30 Activity Boxes	9:30 Coloring Pages -Collect From Front Desk 10:30 Christmas Carols & Songs 1:30 Puzzles & Hydration 2:30 Active Minds Water Painting 3:00 Holiday Movie Special 3:00 New Life Christian Church Services- AL
10:00 Shaving Cream Art 10:30 Catholic Services 11:00 Exercises 1:45 Bible Study-1st Floor AL Activity Room 2:25 Denver Broncos @ Chargers- TV Lounge 3:30 Mr. and Mrs. Right Game	9:45 Water Paint a Picture 10:45 Exercises 1:30 Dog Therapy with "Zack" 2:30 Easy Trivia 3:30 Name that Tune w / Hot Chocolate	9:45 Dance Workout w/ Staff 10:30 Christmas Tree Ornaments 1:30 Individual & Group Activities 2:15 EggNog Social w / Christmas Caroling in AL Dining Room 3:00 Nail Care Spa & Hand Massages	9:45 Chair Yoga 10:45 Baking Hour: Ginger Bread Cookies 2:00 Ginger Bread Cookies Decoration 2:30 Walking Club 3:30 Bingo	9:45 Snowball Toss Game 11:00 Family Collage Christmas Trees 1:30 Afternoon Stroll 2:00 Root Beer Floats 2:15 Exercises 3:30 Book Club	Hanukkah Ends 9:30 Word Search- Collect From the Front Desk 10:30 Bingo 1:45 Balloons & Noodles 2:30 Christmas Hymns 3:30 Activity Boxes	9:30 Coloring Pages -Collect From Front Desk 10:00 Christmas Caroling w / Brownie Troop 68377 1:30 Puzzles & Hydration 2:30 Celebrate Christmas w/ Families 3:00 New Life Christian Church Services- AL 3:45 Holiday Movie Special
9:30 Snowflakes Art 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	9:45 Water Paint a Picture 10:45 Exercises 1:30 Dog Therapy with "Zack" 2:30 Easy Trivia 3:30 Christmas Carols w / Hot Chocolate	9:45 Dance Workout w/ Staff 10:30 Christmas Cards 1:30 Individual & Group Activities 2:15 Popcorn Social 3:00 Nail Care Spa & Hand Massages	9:45 Chair Yoga 10:30 Baking Club: Shaping Christmas Cookie 2:00 Baking Hour: Decorate Christmas Cookies 2:30 Coffee & Tea Social 2:45 Walking Club 3:30 Bingo	9:45 Roll the Can 10:45 Family Collage Christmas Trees 1:30 Afternoon Stroll 2:00 Tea & Coffee Hour 2:15 Exercises 3:30 Book Club	9:30 Word Search- Collect From the Front Desk 10:30 Bingo 1:45 Balloons & Noodles 2:30 Christmas Hymns 3:30 Activity Boxes	9:30 Coloring Pages -Collect From Front Desk 10:30 Christmas Carols & Songs 1:30 Puzzles & Hydration 2:30 Active Minds Water Painting 3:00 Holiday Movie Special 3:00 New Life Christian Church Services- AL
9:30 Christmas Pencil Art 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	Christmas 10:00 Christmas Dance Party Celebration: Staff & Residents 1:30 Dog Therapy with "Zack" 2:30 Easy Trivia 2:45 Meet & Greet our Holiday Guest: 'The Grinch- Assisted Living Fireplace	9:45 Dance Workout w/ Staff 10:30 New Year's Yarn Sparklers 1:30 Individual & Group Activities 2:15 Popcorn Social 3:00 Nail Care Spa & Hand Massages	9:45 Chair Yoga 10:45 Baking Hour: No Bake Pies 2:00 Pie Break 2:30 Walking Club 3:00 Grand Celebration w Live Music: All December Birthdays	9:45 Roll the Can 10:45 Family Collage Christmas Trees 1:30 Afternoon Stroll 2:00 Root Beer Floats 2:15 Exercises 3:30 Book Club	9:30 Word Search- Collect From the Front Desk 10:30 Bingo 1:45 Balloons & Noodles 2:30 Christmas Hymns 3:30 Activity Boxes	9:30 Coloring Pages -Collect From Front Desk 10:30 Christmas Carols & Songs 1:30 Puzzles & Hydration 2:30 Active Minds Water Painting 3:00 Holiday Movie Special 3:00 New Life Christian Church Services- AL
9:30 Christmas Pencil Art 10:30 Catholic Services 10:40 Exercises 2:25 Chargers vs Broncos- TV Lounge 3:00 New Year's Eve Celebration & Live Music w / The Vets & Tunes						



Exercises with Noodles & Balloons

Exercise is an important part of our day-to-day lives. The residents love to participate in playing balloons & badminton games. This helps them to remain fit, know each other more, and remain engaged in a fun activity.



Baking Club

Residents love to bake muffins or cookies. Once they are done baking, the activities staff helps the residents color and decorate the baked goods, with either frosting or whipped cream.



Veterans Day sing-along party; past month

Residents get together to celebrate Veterans Day by paying tribute and honoring the veterans on Veterans Day by singing all the patriotic songs and respecting those who served our country.



Resident Appreciation

Resident Linda, is one of the hardest-working residents at Northglenn Heights. She loves what she does. She loves to set up the dining room and help the staff clean and organize the dining room before and after lunch or dinner hour. She also helps put up table covers with the help of other residents before any big event or party that is to be held in Northglenn Heights.

