

# THE Northglenn Heights Lifestyle



NORTHGLENN  
HEIGHTS  
SENIOR LIVING AT EASE

Like Us!  

ASSISTED LIVING COMMUNITY  
11475 Pearl Street · Northglenn, CO 80233 · (303) 452-0501

## Community Leadership

Lori Lee Gilbert	Executive Director
Sharon Juarez	Business Office Director
Nellie Otero	Marketing Director
Melissa Barnett	Memory Care Director
Shreya Panwala	Activities Director
Shannon Steele	Culinary Director
Kristopher Serna	Maintenance Director



## Happy New Year to One & All

Hope your holidays were full of warm memories, special times with family & friends, and last, but not least, plenty of delicious food and Christmas cookies. Christmastime is a very special occasion here at Northglenn Heights and we celebrate in style each year. Things are starting to get back to normal now that the holidays have passed and the last of the cookies have been eaten. As wonderful a time as it is, it's also nice to get back into a regular rhythm again. Here though, things never stay very low-key for long, and we have plenty of great things happening this month and next to keep our days full and exciting. "A new year is like having a big white sheet of paper to draw on!" -Bill W. Please stop by anytime for the events listed in our monthly activity calendar. We can't wait to see you!  
-Lori Lee Gilbert, Executive Director

## JANUARY 2025

### Resident Appreciation

The respected residents of Northglenn Heights: Violet F., Charlene W., Margaret D., Gloria A., Betty B., Judy G., Dora M., Irene, Lovie Y., & Joline O. took the initiative by coming together to work on the Christmas Helping Hands project, where they all worked together toward making Christmas cards and putting together gifts for the community residents by donating coffee mugs, chocolates, snacks, Christmas baskets, and more. We appreciate all the residents for contributing their time and showing their generosity.

### Happy Chinese New Year!



The Chinese New Year, called the Spring Festival, is a celebration that marks the beginning of the lunar-solar Chinese calendar year. Honoring ancestors, watching a Spring Festival Gala on television and feasting are all part of the holiday. On the 15th day, a Lantern Festival is held and events come to a climax with parades, fireworks, lantern displays and dragon dances.

### A New Year's Toast

To new beginnings, love, laughter and a happily ever after.

**JANUARY 2025**

**Happy Birthday!**

We'd like to send a big "happy birthday" out to all our residents celebrating their special day this month.

1. Sharon S. 01/02
2. Barbara W. 01/06
3. Elsie D. 01/07
4. Malamaty V. 01/07
5. Joline O. 01/12
6. Charlene W. 01/16
7. Mary S. 01/21
8. Anna K. 01/22
9. Le Niem 01/23
10. Thomas C. 01/24
11. Paul H. 01/30

**We're Glad You're Here**

Our management staff is dedicated to serving you. We would like to take this opportunity to thank all of our current residents who have decided to continue making this community their home, and we extend a special warm welcome to our new neighbors.

**Brainteaser**

**Q:** What flies around when it's born, lies still when it's living, and runs when its life is over? **A:** A snowflake.

**"The imagination is a palette of bright colors. You can use it to touch up memories—or you can use it to paint dreams."**  
—Robert Brault

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<b>Residents' Birthdays</b> 1. Sharon S. 01/02 2. Barbara W. 01/06 3. Elsie D. 01/07 4. Malamaty V. 01/07 5. Joline O. 01/12 6. Charlene W. 01/16 7. Mary S. 01/21 8. Anna K. 01/22 9. Le Niem 01/23 10. Thomas C. 01/24 11. Paul H. 01/30	<b>Activity Location Abbreviations</b> CH- Chapel AR- Activity Room DR- Assisted Living Dining Room FP- Fireplace CT- Courtyard Please find the Schedule of Baseball/Football Games & The National Western Stock Show & Rodeo at the Front Desk.	<b>New Year's Day</b> 9:45 Muscles in Motion- CH <b>10:30 Crafts: Pinecone Painting</b> 1:30 Necklaces & Bracelets- FP 2:30 You be the Judge 3:30 Bingo- 3rd Floor AR 6:00 Grab a Short Story- Front Desk	<b>Happy Birthday Sharon S.</b> 9:45 Sit & Be Fit Exercises- CH 10:30 Pretty Nails- FP <b>2:00 Hot Chocolate Social</b> 2:30 Trivia-FP 3:30 Let's Play Blackjack- 3rd Floor AR <b>6:00 Hanukkah Ends</b> <b>6:30 Bible Study- CH</b>	9:45 Noodle Exercises- CH <b>10:30 Crafts: Winter Wonderland Foam Trees- FP</b> 1:30 Puzzle Race- FP <b>3:00 Happy Hour w/ Big Bingo- DR</b> 6:00 Grab a Word Search from the Front Desk Staff	9:45 Exercises - CH <b>10:45 Dominos- FP</b> 2:00 Saturday Holiday Movie of Residents' Choice 3:00 New Christian Life Church Services- CH <b>3:30 Solve a Trivia - collect by front desk</b>	
	9:45 Exercises- CH 10:30 Catholic Services- CH <b>1:30 Documentary on Birds-TV Lounge</b> <b>2:30 Popcorn Social</b> 3:30 January Jingo- FP 6:00 Collect Your Holiday Crosswords- From Front Desk Staff	<b>Happy Birthday Barbara W.</b> 9:45 Exercises- CH 10:45 Snowman Vases - FP <b>1:30 "Zack," our Therapy Dog</b> 2:00 Scrabble- FP 3:30 Bingo- 3rd Floor AR 6:00 Take an Evening Stroll	<b>Happy Birthday Elsie D. &amp; Malamaty V.</b> 9:45 Chair Exercises- CH <b>10:15 Touching Lives Program: Hallelujah Hour- AL Dining Room</b> <b>10:30 Catholic Services- CH</b> 1:30 Color Pencil Art - FP 2:30 Dominos- FP 3:30 Poker Club- 3rd Floor AR 6:00 Grab a Puzzle of the Day- Front Desk	<b>Happy Birthday Elvis Presley</b> 9:45 Muscles in Motion- CH <b>10:30 Resident Council Meeting- DR</b> 1:30 Celebrate Hot Tea Month w/ Assorted Tea Tasting - FP <b>2:30 All About Elvis Presley Documentary: TV Lounge</b> 3:30 Bingo- 3rd Floor AR 6:00 Grab a Short Story- Front Desk	9:45 Sit & Be Fit Exercises- CH 10:30 Pretty Nails- FP <b>2:00 Hot Chocolate Social</b> 2:30 Trivia-FP 3:30 Let's Play Blackjack- 3rd Floor AR <b>6:30 Bible Study- CH</b>	9:45 Noodle Exercises- CH <b>10:30 Computer Learning Presentation w/ Fixalize IT- CH</b> 1:30 Puzzle Race- FP <b>3:00 Happy Hour w/ Concert By Andre Rieu - DR</b> 6:00 Grab a Word Search from the Front Desk Staff	<b>The National Western Stock Show &amp; Rodeo Begins</b> 9:45 Exercises - CH <b>10:45 Dominos- FP</b> 2:00 Saturday Holiday Movie of Residents' Choice 3:00 New Christian Life Church Services- CH 3:30 Brain Games- collect by front desk
	<b>Happy Birthday Joline O.</b> 9:45 Exercises- CH 10:30 Catholic Services- CH 1:30 Audio Book Club- FP <b>2:30 Popcorn Social</b> 3:30 January Jingo- FP <b>6:00 National Rubber Duckie Day: Collect a Rubber Duckie for your Grandkids from the Front Desk</b>	9:45 Exercises- CH <b>10:45 Snowflake Mason Jars- FP</b> <b>1:00 Optimal Home Care &amp; Hospice Vitals Clinic - FP</b> <b>1:30 "Zack," our Therapy Dog</b> <b>2:00 Activity Meeting w/ Residents- FP</b> 3:30 Bingo- 3rd Floor AR 6:00 Take an Evening Stroll	9:45 Chair Exercises- CH <b>10:15 Touching Lives Program: Hallelujah Hour- AL Dining Room</b> 1:30 Color Pencil Art - FP 2:30 Dominos- FP 3:30 Poker Club- 3rd Floor AR 6:00 Grab a Puzzle of the Day- Front Desk	<b>National Bagel Day</b> 9:45 Muscles in Motion- CH <b>10:30 Crafts: 3-D Snowflake Ornaments</b> 1:30 Necklaces & Bracelets- FP <b>2:30 Come &amp; Grab Bagels &amp; Cream Cheese- FP</b> 3:30 Bingo- 3rd Floor AR 6:00 Grab a Short Story- Front Desk	<b>Happy Birthday Charlene W.</b> 9:45 Sit & Be Fit Exercises- CH 10:30 Pretty Nails- FP <b>2:00 Hot Chocolate Social</b> <b>2:30 Chef's Corner w/ The Residents- FP</b> 3:30 Let's Play Blackjack- 3rd Floor AR <b>6:30 Bible Study- CH</b>	9:45 Noodle Exercises- CH <b>10:30 Crafts: Make Snowflakes- FP</b> 1:30 Puzzle Race- FP <b>3:00 Happy Hour - DR</b> 6:00 Grab a Word Search from the Front Desk Staff	9:45 Exercises - CH <b>10:45 Dominos- FP</b> 2:00 Saturday Holiday Movie of Residents' Choice 3:00 New Christian Life Church Services- CH 3:30 Brain Games- collect by front desk
	<b>National Activity Professionals Week Begins</b> 9:45 Exercises- CH 10:30 Catholic Services- CH <b>1:30 Snowball Fight- FP</b> <b>2:30 Celebrate National Popcorn Day- Assorted Popcorn Tasting- TV Lounge</b> 3:30 January Jingo- FP 6:00 Collect Your Holiday Crosswords- From Front Desk Staff	<b>Martin Luther King Jr. Day</b> 9:45 Exercises- CH 10:45 Canvas Art- FP <b>1:00 Guess the Count in Candy Jar &amp; Win a Prize- FP</b> <b>1:30 "Zack," our Therapy Dog</b> 2:00 Scrabble- FP 3:30 Bingo- 3rd Floor AR 6:00 Take an Evening Stroll	<b>Happy Birthday Mary S. &amp; Activity Staff Recognition Party</b> 9:45 Chair Exercises- CH <b>10:15 Touching Lives Program: Hallelujah Hour- AL Dining Room</b> <b>1:30 Come &amp; Celebrate Activity Professionals Week w/ Shreya &amp; Acacia - FP</b> 2:30 Dominos- FP 3:30 Poker Club- 3rd Floor AR 6:00 Grab a Puzzle of the Day- Front Desk	<b>Happy Birthday Anna K.</b> 9:45 Muscles in Motion- CH <b>10:30 Crafts: Color Me Ceramic Star Votives</b> 1:30 Necklaces & Bracelets- FP <b>2:30 Walker/Wheelchair/Cane Decorating Contest Winner Announcement- FP</b> 3:30 Bingo- 3rd Floor AR 6:00 Grab a Short Story- Front Desk	<b>Happy Birthday Le Niem</b> 9:45 Sit & Be Fit Exercises- CH 10:30 Pretty Nails- FP <b>2:00 Winter Wonderland Tea Party- FP</b> 3:30 Let's Play Blackjack- 3rd Floor AR <b>6:30 Bible Study- CH</b>	<b>Happy Birthday Thomas C.</b> 9:45 Noodle Exercises- CH <b>10:00 Slide Your Name In the Activity Jar to Win the Raffle -FP</b> <b>10:30 Crafts: Snowman Wall Art- FP</b> 1:30 Puzzle Race- FP <b>3:00 Happy Hour w/ Big Bingo- DR</b> 6:00 Grab a Word Search from the Front Desk Staff	<b>National Activity Professionals Week Ends</b> <b>9:00 Wear Your Favorite Sweater</b> 9:45 Exercises - CH <b>10:45 Dominos- FP</b> 2:00 Saturday Holiday Movie of Residents' Choice 3:00 New Christian Life Church Services- CH 3:30 Brain Games- collect by front desk
<b>The National Western Stock Show &amp; Rodeo Ends</b> 9:45 Exercises- CH 10:30 Catholic Services- CH 1:30 Audio Book Club- FP <b>2:30 Popcorn Social</b> 3:30 January Jingo- FP 6:00 Collect Your Holiday Crosswords- From Front Desk Staff	9:45 Exercises- CH 10:45 Canvas Art- FP <b>1:30 "Zack," our Therapy Dog</b> 2:00 Scrabble- FP 3:30 Bingo- 3rd Floor AR 6:00 Take an Evening Stroll	9:45 Chair Exercises- CH <b>10:15 Touching Lives Program: Hallelujah Hour- AL Dining Room</b> <b>10:30 Baking Club- FP</b> 1:30 Color Pencil Art - FP 3:30 Poker Club- 3rd Floor AR 6:00 Grab a Puzzle of the Day- Front Desk	<b>Chinese New Year</b> 9:45 Muscles in Motion- CH <b>10:30 Crafts: Winter Snow globes</b> 1:30 Necklaces & Bracelets- FP 2:30 You be the Judge 3:30 Bingo- 3rd Floor AR 6:00 Grab a Short Story- Front Desk	<b>Happy Birthday Paul H.</b> 9:45 Sit & Be Fit Exercises- CH 10:30 Pretty Nails- FP <b>12:30 Grand Celebration for Monthly Birthdays- AL Dining Room</b> <b>2:00 Activity Meeting w/ Residents- FP</b> 2:30 Trivia-FP 3:30 Let's Play Blackjack- 3rd Floor AR <b>6:30 Bible Study- CH</b>	9:45 Noodle Exercises- CH <b>10:30 Crafts: Snowman Wreath- FP</b> 1:30 Puzzle Race- FP <b>3:00 Happy Hour w/ Trivia- DR</b> 6:00 Grab a Word Search from the Front Desk Staff		

# Welcome to All the New Residents

We would like to take this opportunity to extend a warm welcome to all of our new residents. Thank you for choosing us. Let us know if you need any help.



## Wheelchair/Cane/Walker/Scooter Decorating Contest Rules:

Interested residents will decorate their assistive devices (Wheelchair/Cane/Walker/Scooter) and bring them down by the fireplace on 22nd January to enter the competition at 2:15 pm, from which the residents and staff will choose and vote for the best decorated Wheelchair/Cane/Walker/Scooter and the winner will be announced thereafter.

## Activities Staff Recognition Month

January 19th-25th is Activity Professionals Recognition week. We offer a wide variety of activities each month and invite every one of you to come and join in on the fun. Whether it's exercises, crafts, happy hour, spiritual services or special events, it's a great way to meet friends, engage and try something new! We appreciate all the residents, staff, families, friends and the leadership team who put in their hard work and positive attitude toward making every special event and activity fun and successful. Our Activities Team: **Shreya P., the Activities Director, & Acacia S., the Activities Assistant.**



We are proud to have so many wonderful residents here at our community! You get a special feeling each time you walk through the property and see so many friendly faces. If you see one of our new residents, stop and say hello. Anyone can be a neighbor, but it takes a special person to be a friend.



Resident Bea K.



Resident Elsie D.



Resident Gary B.

**Community Outings:** The outings on the calendar will be posted on a separate flyer as soon as we find a van driver/activities assistant for our community. Until then, please reach out to the Activities Director for scheduling any future doctor's appointments.