

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
Shreya Panwala Activities Director
Shannon Steele Culinary Director
Kristopher Serna Maintenance Director

Happy Valentine's Day



Valentine's Day is coming and it reminds us of the people we love the most: you, our residents! And we're not thinking about just hearts and flowers either. We are committed to making your home here the best ever. As Valentine's Day approaches, we'd like to take a moment to express our affection for our residents. Thanks for making our community such a fun and beautiful place to live. Happy Valentine's Day to all our lovely residents. Hope your day is sweet and filled with lots of love and care from all our staff here at Northglenn Heights. Please don't hesitate to let us know if there's anything else we can do to make it that way!

**From the Executive Director,
Lori Lee Gilbert**

FEBRUARY 2025

Resident Heart Health Moment With Zack



Every Monday, all the residents wait for Zack, our therapy dog, who visits the community residents and spreads its joy of unconditional love and care to everyone around.

A Heartfelt Month

February is also American Heart Month. We'll be focusing on the heart all month, with lots of activities, wellness talks and more to promote healthy tickers. Please check the schedule to find out more.

We Heart Caregivers!

We honor our staff, the health care professionals, family members and friends who provide needed help and support to the residents.

FEBRUARY 2025

Happy Birthday!

We'd like to send a big "happy birthday" out to all our residents celebrating their special day this month. We hope your day is filled with joy! Come down in the dining room during the lunch hour on the last Thursday of every month to celebrate the monthly birthdays of all the residents celebrating their birthdays in that respective month, where our Chef, Shannon Steele, prepares a giant birthday cake for all the residents.

1. Paula E. 2/12
2. Diane H. 2/17
3. Emin H. 2/20
4. Robert S. 2/20
5. Bobby F. 2/21

We're Happy You're Here!

We are happy you've chosen our community as your home. We take pride in offering comfortable, affordable living close to campus as well as great amenities and services created with students in mind. If we can help you in any way, just stop by the office or give us a call.

"While it is February, one can taste the full joys of anticipation. Spring stands at the gate with her finger on the latch."
—Patience Strong

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Residents' Birthdays 1. Paula E. 2/12 2. Diane H. 2/17 3. Ermin H. 2/20 4. Robert S. 2/20 5. Bobby F. 2/21			Activity Location Abbreviations CH- Chapel AR- Activity Room DR- Assisted Living Dining Room FP- Fireplace CT- Courtyard Please find the Schedule of Baseball/Football Games at the Front Desk		9:45 Exercises - CH 10:45 Scrabble- FP 2:00 Saturday Movie of Residents' Choice 3:00 New Christian Life Church Services- CH 3:30 Brain Games- Collect by Front Desk
Groundhog Day 2 9:45 Exercises- CH 10:30 Catholic Services- CH 1:30 Groundhog Hunt Game- 1st FLR. Hallway 2:30 Popcorn Social 3:30 Be My Valentine Jingo- FP 6:00 Collect Your Crosswords- From Front Desk Staff	9:45 Exercises- CH 10:45 Canvas Art- FP 1:30 "Zack," Our Therapy Dog 2:30 Monopoly- FP 3:30 Bingo- 3rd Floor AR 6:00 Take an Evening Stroll	9:45 Chair Exercises- CH 10:15 Touching Lives Program: Hallelujah Hour- AL Dining Room 10:30 Catholic Services- CH 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	9:45 Muscles in Motion- CH 10:30 Crafts: Paint a Wooden Heart 1:30 Make Friendship Bracelets- FP 2:30 Guess the Word 3:30 Bingo- 3rd Floor AR 6:00 Write & Share Your Heart- Healthy Tip on the Bulletin Board by the TV Lounge	9:45 Sit & Be Fit Exercises- CH 10:30 Crafts: Make Your Own Valentine Flower Pot- FP 10:30 Pretty Nails- FP 2:00 Hot Chocolate Social 2:30 Trivia- FP 3:30 Let's Play Blackjack- 3rd Floor AR 6:30 Bible Study- CH	National Wear Red Day to Show Your Support for the Heart Health 9:45 Noodle Exercises- CH 10:30 Indoor Heart Health Walking Challenge- 2 Laps of NGH 1st Floor (Sign Up for the Walk Challenge & the Raffle) 1:30 Puzzle Race- FP 3:00 Happy Hour w/ Vets & Tunes- DR 6:00 Grab a Word Search from the Front Desk Staff	9:45 Exercises - CH 10:45 Scrabble- FP 2:00 Saturday Movie of Residents' Choice 3:00 New Christian Life Church Services- CH 3:30 Brain Games- Collect by Front Desk
Super Bowl Sunday 9 10:30 Catholic Services- CH 1:30 Audio Book Club- FP 2:30 Make Super Bowl Sunday Banners- FP 3:30 Be My Valentine Jingo- FP 6:30 Super Bowl Watch Party- TV Lounge	9:45 Exercises- CH 10:45 Paint Your Own Wooden Jewelry Box- FP 1:00 Optimal Home Care & Hospice Vitals Clinic - FP 1:30 "Zack," Our Therapy Dog 2:30 Monopoly- FP 3:30 Bingo- 3rd Floor AR 6:00 Take an Evening Stroll	9:45 Chair Exercises- CH 10:15 Touching Lives Program: Hallelujah Hour- AL Dining Room 1:30 Paint a Large Valentine Wooden Ornament- FP 2:30 Dominos- FP 3:30 Poker Club- 3rd Floor AR 6:00 Grab a Puzzle of the Day- Front Desk	Happy Birthday Paula E. 12 9:45 Muscles in Motion- CH 10:30 Resident Council Meeting- DR 1:30 Crafts: Valentines Foam Wreath- FP 2:30 Happy Birthday Abraham Lincoln: All About Abraham Lincoln - FP 3:30 Bingo- 3rd Floor AR 6:00 Write & Share Your Heart- Healthy Tip on the Bulletin Board by the TV Lounge	9:45 Sit & Be Fit Exercises- CH 10:30 Pretty Nails- FP 2:00 Hot Chocolate Social 2:30 Trivia- FP 3:30 Let's Play Blackjack- 3rd Floor AR 6:30 Bible Study- CH	9:45 Noodle Exercises- CH 10:30 Valentine's Day Scavenger Hunt- 1st Floor Hallways 1:30 Puzzle Race- FP 3:00 Valentine's Day Party w/ Music & Dance - DR 6:00 Grab a Valentine's Word Search from the Front Desk Staff	9:45 Exercises - CH 10:45 Scrabble- FP 2:00 Saturday Movie of Residents' Choice 3:00 New Christian Life Church Services- CH 3:30 Brain Games- Collect by Front Desk 3:30 Read About Susan B. Anthony on Bulletin Board by TV Lounge
9:45 Exercises- CH 10:30 Catholic Services- CH 1:30 Audio Book Club- FP 2:30 Popcorn Social 3:30 Be My Valentine Jingo- FP 6:00 Collect Your Crosswords- From Front Desk Staff	Presidents Day 17 9:45 Exercises- CH 10:45 Canvas Art- FP 12:00 Happy Birthday Diane H. 1:30 "Zack," Our Therapy Dog 2:30 Monopoly- FP 2:45 Activity Meeting w/ Residents- FP 3:30 Bingo- 3rd Floor AR 6:00 Take an Evening Stroll	9:45 Chair Exercises- CH 10:15 Touching Lives Program: Hallelujah Hour- AL Dining Room 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	9:45 Muscles in Motion- CH 10:30 Crafts: Heart Suncatchers 1:30 Make Bracelets- FP 2:30 Presentation on Heart Health- CH 3:30 Bingo- 3rd Floor AR 6:00 Write & Share Your Heart- Healthy Tip on the Bulletin Board by the TV Lounge	Happy Birthday Ermin H. & Robert S. 20 9:45 Sit & Be Fit Exercises- CH 10:30 Pretty Nails- FP 2:00 Hot Chocolate Social 2:30 Chef's Corner w/ the Residents 3:30 Let's Play Blackjack- 3rd Floor AR 6:30 Bible Study- CH	National Caregivers Day 21 9:45 Noodle Exercises- CH 10:30 Crafts: Thank You Caregivers Poster- FP 12:00 Happy Birthday Bobby F. 1:30 Puzzle Race- FP 3:00 Happy Hour w/ Bingo- DR 6:00 Grab a Word Search from the Front Desk Staff	9:45 Exercises - CH 10:45 Scrabble- FP 2:00 Happy Birthday George Washington: Read About George Washington on Bulletin Board by TV Lounge 3:00 New Christian Life Church Services- CH 3:30 Brain Games- Collect by Front Desk
9:45 Exercises- CH 10:30 Catholic Services- CH 1:30 Audio Book Club- FP 2:30 Popcorn Social 3:30 Be My Valentine Jingo- FP 6:00 Collect Your Crosswords- From Front Desk Staff	9:45 Exercises- CH 10:45 Canvas Art- FP 1:30 "Zack," Our Therapy Dog 2:30 Monopoly- FP 3:30 Bingo- 3rd Floor AR 6:00 Take an Evening Stroll	9:45 Chair Exercises- CH 10:15 Touching Lives Program: Hallelujah Hour- AL Dining Room 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	9:45 Muscles in Motion- CH 10:30 Crafts: Foam Flower Bouquet 1:30 Make Bracelets- FP 2:30 Guess the Word 3:30 Bingo- 3rd Floor AR 6:00 Write & Share Your Heart- Healthy Tip on the Bulletin Board by the TV Lounge	9:45 Sit & Be Fit Exercises- CH 10:30 Pretty Nails- FP 12:30 Grand Celebration for Monthly Birthdays- AL Dining Room 2:00 Hot Chocolate Social 2:30 Trivia- FP 3:30 Let's Play Blackjack- 3rd Floor AR 6:30 Bible Study- CH	9:45 Noodle Exercises- CH 10:30 Crafts: Paint a Heart on a Wine Glass- FP 1:30 Puzzle Race- FP 3:00 Happy Hour- DR 6:00 Grab a Word Search from the Front Desk Staff	

Residents and Electronics



Computers, smartphones and tablets ... oh, my! There's a lot these digital tools can do, and our technology experts are here to help you conquer any questions you have about your gadgets and how to avoid scams. Check the calendar for the date and time of our next computer class, or just ask the activity staff member for one-on-one help.

Indoor Heart Health Walking Challenge

February is the Heart Health Awareness month. To participate in the Indoor Heart Health Walking Challenge, interested residents are required to sign up at the front desk, where they will be entered in to win the walking raffle. On February 7th at 10:30 am, the signed up participants/residents have to walk 2 laps of the 1st floor hallways and around the 1st floor. We will draw TWO winners and YOU could be one of them! Come and walk toward supporting Heart Health with us here at NGH.

Winter Workouts

When exercising outdoors in winter's cooler temperatures, be sure to include a warmup. Fitness experts advise taking a brisk walk and doing squats and shoulder and arm circles before your workout. Also remember to drink plenty of water while you exercise, because you can still get dehydrated in cold weather.

Valentine's Day King & Queen of Hearts

Residents, staff, friends and families will cast their vote for NGH King and Queen of Hearts in the box across the dining room. The winners will be crowned on the 14th of February between 2:30pm to 4:00 pm. Voting starts from February 2nd-13th.



Love Is All Around: "When you put love out in the world, it travels, and it can touch people and reach people in ways that we never even expected."

Honoring Black History

February is Black History Month, a time to reflect on the achievements of African Americans who helped shape our great nation. These heroes will be the focus of several events this month.

A Presidential Month

Two of America's most famous leaders, first President George Washington and 16th President Abraham Lincoln, were born in February, contributing to the establishment of Presidents Day. The federal holiday on the third Monday of the month celebrates all U.S. presidents. Two other chief executives were also born in February: William Henry Harrison and Ronald Reagan.

Super Bowl Party!

It's Super Bowl time! Which team are you rooting for? Or are you cheering for the commercials, or just looking for the chips and dip? Whatever draws you to the big game, join us for football, food and fun during our Super Bowl party on Sunday, February 9th, 2025, by the TV Lounge at 6:30 pm!

Wear Red

The first Friday in February is National Wear Red Day, dedicated to raising awareness of heart disease in women. Remember to wear red to support the cause, and join us for some heart-healthy activities. Write and share a heart-healthy tip on the poster at the bulletin board by the TV Lounge.