

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

Spring Is in Full Swing



Welcome spring. It's time to clear away the winter clutter. Spring cleaning can also extend to the common areas around our community. You deserve a beautiful place to call home, and now that the weather is getting warmer, you may want to spend more time outdoors. If you see litter on the ground, pick it up and throw it in the trash. Let's all do our part to keep our property looking great! May the luck of the Irish be with you on all the days to come. Happy St. Patrick's Day to all our residents! Since Vietnam War Veterans Day is on March 29, we salute all the Vietnam War vets in our community and thank you for your service.

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

MARCH 2025

Resident Appreciation



Do you enjoy creating handmade projects? If so, join us for our weekly crafts! We love to have fun, and we welcome all skill levels and abilities. We would like to thank the respective resident, Deborah W., for participating in craft activities.

Happy Purim!

To our residents celebrating Purim, we hope you have a joyous holiday!

An Irish Wish

"May your thoughts be as glad as the shamrocks. May your heart be as light as a song. May each day bring you bright, happy hours that stay with you all the year long." —Irish saying



MARCH 2025

Happy Birthday!

Happy birthday to all our residents celebrating birthdays this month! The world is a better place because you're here.

- 1. Irene M. 3/3
- 2. Catherine S. 3/7
- 3. Mary W. 3/14
- 4. Karen C. 3/15
- 5. Donald D. 3/19
- 6. Kenneth J. 3/25
- 7. Paula S. 3/27

A Warm Welcome

We are pleased to welcome all of our new residents this month. Moving can be very stressful, as we all know. If there is anything we can do to make your transition easier—answer any questions about your new home, provide numbers for city services or take you on a tour of the property—please don't hesitate to call or stop by the front desk. Thanks again for choosing us to call home.

Green on St. Patrick's Day: Wearing green on the 17th makes a person invisible to leprechauns, who will only pinch those they can see.

"Flowers don't worry about how they're going to bloom. They just open up and turn toward the light and that makes them beautiful."
—Jim Carrey

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Residents' Birthdays 1. Irene M. 3/3 2. Catherine S. 3/7 3. Mary W. 3/14 4. Karen C. 3/15 5. Donald D. 3/19 6. Kenneth J. 3/25 7. Paula S. 3/27			Activity Location Abbreviations CH- Chapel DR- Assisted Living Dining Room FP- Fireplace AR- Activity Room 3rd Floor Please find the Schedule of Baseball/Football/March Madness 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
2 9:45 Exercises- CH 10:30 Catholic Services- CH 1:30 Audio Book Club- FP 2:30 Jingo- FP 2:30 Popcorn Social 4:00 Oscars Watch Party- TV Lounge 6:00 Collect Your Crosswords- From Front Desk Staff	3 Happy Birthday Irene M. 9:45 Exercises- CH 10:45 Thank you cards to caregivers- FP 1:30 "Zack," our Therapy Dog 2:30 Men's Coffee Talk- FP 3:30 Bingo- 3rd Floor AR 5:30 Read About National Anthem Day- At Your Dining Table	4 Mardi Gras 9:45 Chair Exercises- CH 10:15 Touching Lives Program: Hallelujah Hour- AL Dining Room 10:30 Catholic Services- CH 1:30 Dominos- FP 3:00 Mardi Gras Celebration w/ Live Music 6:00 Mardi Gras Parade- TV Lounge	5 Ash Wednesday 9:45 Muscles in Motion- CH 10:30 Crafts: Color Your Own Flower Wreath 1:30 Make Bracelets- FP 2:30 Monopoly- FP 3:30 Bingo- 3rd Floor AR 6:00 Maze of the Day- Collect From the Front Desk	6 9:45 Sit & Be Fit Exercises- CH 10:30 Pretty Nails- FP 1:30 All About National Oreo Cookie Day- FP 2:30 Education Presentation on Healthy Nutrition By ComForCare- FP 3:30 Let's Play Blackjack- 3rd Floor AR 6:30 Bible Study- CH	7 Happy Birthday Catherine S. 9:45 Noodle Exercises- CH 10:30 Crafts: Door Hangers- FP 1:30 Solve the Puzzles 3:00 Happy Hour w/ Bingo - DR 6:00 Grab a Word Search from the Front Desk Staff	8 International Working Women's Day 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
9 Daylight Saving Time Begins 9:45 Exercises- CH 10:30 Catholic Services- CH 1:30 Audio Book Club- FP 2:30 Popcorn Social 3:30 Jingo- FP 6:00 Collect Your Crosswords- From Front Desk Staff	10 9:45 Exercises- CH 10:45 Craft: Shamrock Suncatchers- FP 1:00 Optimal Home Care & Hospice Vitals Clinic - FP 1:30 "Zack," our Therapy Dog 2:30 Men's Coffee Talk- FP 3:30 Bingo- 3rd Floor AR 6:00 Take an Evening Stroll	11 9:45 Chair Exercises- CH 10:15 Touching Lives Program: Hallelujah Hour- AL Dining Room 1:30 Coloring Club- FP 2:30 Dominos- FP 3:30 Poker Club- 3rd Floor AR 6:00 Grab a Puzzle of the Day- Front Desk	12 9:45 Muscles in Motion- CH 10:30 Resident Council Meeting- DR 1:30 Crafts: Wooden Plaques- FP 2:30 Monopoly- FP 3:30 Bingo- 3rd Floor AR 6:00 Maze of the Day- Collect From the Front Desk	13 9:45 Sit & Be Fit Exercises- CH 10:30 Pretty Nails- FP 1:45 Shamrock Punch Tasting w/ New Residents- FP 2:30 Trivia- FP 3:30 Let's Play Blackjack- 3rd Floor AR 6:30 Bible Study- CH	14 Happy Birthday Mary W. 9:45 Noodle Exercises- CH 10:30 Crafts: Shamrock Wreath- FP 1:30 Solve the Puzzle- FP 3:00 Happy Hour w/ Bingo by Accent Care Team- DR 6:00 Grab a Word Search from the Front Desk Staff	15 Happy Birthday Karen C. 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 Read All About Ides of March - Bulletin Board by TV
16 9:45 Exercises- CH 10:30 Catholic Services- CH 1:30 All About Women's History Month- TV Lounge 2:30 Popcorn Social 3:30 Jingo- FP 6:00 Collect Your Crosswords- From Front Desk Staff	17 St. Patrick's Day 9:45 Exercises- CH 10:30 Canvas Art- FP 1:30 "Zack," our Therapy Dog 1:30 Treasure Hunt- 1st Floor Hallways 3:00 St. Patrick's Day Celebration w/ Vets & Tunes 6:00 Take an Evening Stroll	18 March Madness Begins 9:45 Chair Exercises- CH 10:15 Touching Lives Program: Hallelujah Hour- AL Dining Room 1:30 Coloring Club- FP 2:30 Dominos- FP 3:30 Poker Club- 3rd Floor AR 6:00 Grab a Puzzle of the Day- Front Desk	19 Happy Birthday Donald D. 9:45 Muscles in Motion- CH 10:30 Crafts: Velvet Art Poster Painting 1:30 Learn the Game Backgammon- FP 2:30 Monopoly- FP 3:30 Bingo- 3rd Floor AR 6:00 Maze of the Day- Collect From the Front Desk	20 Welcome Spring 9:45 Sit & Be Fit Exercises- CH 10:30 Pretty Nails- FP 1:30 Spring Tea Social- FP 2:30 Chef's Corner w/ The Residents- FP 3:30 Let's Play Blackjack- 3rd Floor AR 6:30 Bible Study- CH	21 9:45 Noodle Exercises- CH 10:30 Crafts: Spring Wreath- FP 1:30 Solve the Puzzle- FP 3:00 Happy Hour w/ Bingo - DR 6:00 Grab a Word Search from the Front Desk Staff	22 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
23 9:45 Exercises- CH 10:30 Catholic Services- CH 1:30 Audio Book Club- FP 2:30 Popcorn Social 3:30 Jingo- FP 6:00 Collect Your Crosswords- From Front Desk Staff	24 9:45 Exercises- CH 10:45 Watercolor Velvet Art- FP 1:30 "Zack," our Therapy Dog 2:30 Men's Coffee Talk- FP 3:30 Bingo- 3rd Floor AR 6:00 Take an Evening Stroll	25 Happy Birthday Kenneth J. 9:45 Chair Exercises- CH 10:15 Touching Lives Program: Hallelujah Hour- AL Dining Room 1:30 Activity Meeting w/ Residents- FP 2:30 Dominos- FP 3:30 Poker Club- 3rd Floor AR 6:00 Read About Feast of the Annunciation- Bulletin Board by the TV	26 9:45 Muscles in Motion- CH 10:30 Crafts: Spring Wreath- FP 1:30 Make Bracelets- FP 2:30 Monopoly- FP 3:30 Bingo- 3rd Floor AR 6:00 Maze of the Day- Collect From the Front Desk	27 Happy Birthday Paula S. 9:45 Sit & Be Fit Exercises- CH 10:30 Pretty Nails- FP 12:30 Grand Celebration for Monthly Birthdays- AL Dining Room 2:30 Trivia- FP 3:30 Let's Play Blackjack- 3rd Floor AR 6:30 Bible Study- CH	28 9:45 Noodle Exercises- CH 10:30 Crafts: Ceramic Bird Feeders- FP 1:30 Solve the Puzzle- FP 3:00 Happy Hour w/ Josh- DR 6:00 Grab a Word Search from the Front Desk Staff	29 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
30 National Doctors Day 9:45 Exercises- CH 10:30 Catholic Services- CH 1:30 Audio Book Club- FP 2:30 Popcorn Social 3:30 Jingo- FP 6:00 Collect Your Crosswords- From Front Desk Staff	31 9:45 Exercises- CH 10:45 Canvas Art- FP 1:30 "Zack," our Therapy Dog 2:30 Men's Coffee Talk- FP 3:30 Bingo- 3rd Floor AR 6:00 Take an Evening Stroll					

Tea for Two



As the spring season approaches, try a cup of tea. Studies have shown teas to slow down brain-cell degeneration, as well as enhance learning and memory. All teas contain catechins. This helps maintain cognitive ability and keeps the mind sharp well into old age. It also intensifies learning and memory by increasing concentration. It is most effective when you are most stressed and preoccupied by many thoughts. Tea helps relax your mind and allows you to focus on the task at hand. Tea also promotes more restful sleep because it reduces the interruption of random thoughts—a common sleep disturbance. Residents at NGH attended and enjoyed the winter tea party this past month.

Nail Care Tips for Everyone

You use your hands every day, but how often do you think about the health of your fingernails? The essentials of nail care are important for everyone to know. Washing your hands often keeps your body healthy in many ways, including your nails. Fingernails can get dry and brittle, just like hair and skin, so one of the main ways to keep them healthy is to moisturize them often. Gently massage the lotion or balm into your cuticles and nail beds.



Heart Health Month



Exercise walking is by far the most popular sports activity for people 65 and older. In fact, 12.4 million seniors say they engage in this activity at least six times a year. Last month, the residents engaged themselves in finishing 2 laps of the community by either walking or by strolling themselves in their wheelchair to support heart health month and awareness.

Oscars Watch Party

Film and fashion are the focus of the Oscars, and we'll be watching all the glamour on our big-screen TV. Come join us for the fun!