

# THE Northglenn Heights Lifestyle



NORTHGLENN  
HEIGHTS  
SENIOR LIVING AT EASE

Like Us!  

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

## JULY 2024

### Community Leadership

Dallas Mulvin	Executive Director
Sharon Juarez	Business Office Director
Nellie Otero	Marketing Director
Shreya Panwala	Activities Director
Shannon Steele	Culinary Director
Anthony Holden	Facilities Director



### A Message From the Leadership Team

This month, we celebrate our nation's birthday and Summer Carnival. With the signing of the Declaration of Independence, our forefathers began a series of events that resulted in the freedom and prosperity we treasure today. So that our staff may enjoy the holiday with their friends and family, our community will be celebrating this holiday on July 3rd with a nice BBQ cookout, patriotic songs & more. As a reminder to all our residents, fireworks are not permitted on the property. Have a Happy Independence Day! We will also be having our summer carnival on the 18th July with some exciting games, music, food trucks, raffles & much more. All the friends & families are welcome to all of our July celebrations, BBQ cookout and our summer carnival.

Thanks!  
The Leadership Team



You've probably heard the old saying "Stop and smell the roses." Researchers confirm that taken literally, it's good advice. The scent of fresh flowers or floral scents in general can boost your mood, lower stress, and even encourage friendliness. If you don't favor these fragrances, simply taking in the color of flowers can kindle positive emotions. Pastel-colored varieties tend to make people feel more relaxed, while bold colors are energizing. Residents at Northglenn Heights get together to arrange roses and other flowers in the vases which enriches the dining room with fresh natural flower scent and positive energy associated with it.





**JULY 2024**

**Happy Birthday!**

Happy birthday to all our residents celebrating birthdays this month! The world is a better place because you're here. We think you're great for our community, too! Have a Happy Birthday & a wonderful day.  
1. Barbara M. 7/3  
2. Kathleen N. 7/10  
3. Frank W. 7/26

**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. When you see a new face, say hello!

**Watercolor Your World**

Grab a brush! July is a World Watercolor Month. Come down and join us for some watercolor painting art.

**"Even the smallest victory is never to be taken for granted. Each victory must be applauded."**  
—Audre Lorde

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Canada Day</b> 1 9:45 Exercises- CH 10:30 Writing Club- FP 11:00 Trivia Challenge-FP <b>1:30 "Zack," our Therapy Dog</b> <b>2:30 Ice Cream Mondays- FP</b> 3:30 Bingo- 3rd Floor AR 6:00 Drop Off Your Recycling Items- 1st Floor AR	2 9:45 Chair Exercises- AR 1st Floor 10:15 Pretty Nails- FP 11:00 Giant Crosswords- FP 2:00 Flower Arrangements- FP <b>2:45 Fruit Salad &amp; Trivia</b> 3:30 Poker Club- 3rd Floor AR 6:30 Puzzle Race - FP	3 <b>9:30 Outing to the Thrift Store</b> 9:45 Muscles in Motion- CH 10:45 Flower Arrangements- FP <b>12:00 4th of July Celebration: BBQ Cookout</b> 2:30 Patriotic Sing-Alongs 3:30 Bingo- 3rd Floor AR 6:30 Pictionary- FP	<b>Independence Day</b> 4 9:30 Current Events- CH 10:00 Sit & Be Fit Exercises- CH 10:30 Water the Plants 1:30 Make a Necklace- FP <b>2:00 Popsicle Break</b> 2:30 Jingo 3:30 Let's Play Blackjack- 3rd Floor AR 6:30 Guess the Word	5 9:30 Noodle Exercises- CH 10:30 Morning Trivia- FP <b>11:00 Lunch Outing @ Olive Garden</b> 1:30 Monopoly <b>3:00 Happy Hour w/ Vets &amp; Tunes- DR</b> 6:00 Grab a Word Search from the Front Desk Staff	6 9:45 Exercises - CH 11:00 Solve the Riddles- FP <b>1:30 Ice Cream Soda- FP</b> 2:00 Saturday Movie Special- The Tijuana Story 2:30 Scrabble- FP 3:00 New Christian Life Church Services- CH <b>3:30 Walker's Club</b> 6:00 Grab & Read a Daily Chronicles by the Dining Room Entrance
7 9:45 Exercises- 1st Floor AR 10:30 Catholic Services- CH 1:30 Audio Book Club- 1st Floor AR 2:30 Painting Club- FP 3:30 Jingo- 1st Floor AR 6:00 Collect Your Crosswords- From Front Desk Staff	8 <b>9:30 Visit to Sprouts</b> 9:45 Exercises- CH 10:30 Writing Club- FP 11:00 Trivia Challenge-FP <b>1:30 "Zack," our Therapy Dog</b> <b>2:30 Ice Cream Mondays- FP</b> 3:30 Bingo- 3rd Floor AR 6:00 Drop Off Your Recycling Items- 1st Floor AR	9 <b>9:30 Outing @ Denver Art Museum</b> 9:45 Chair Exercises- AR 1st Floor 10:15 Pretty Nails- FP 11:00 Giant Crosswords- FP 1:30 Watercolor Painting- FP <b>2:45 Watermelon &amp; Trivia</b> 3:30 Poker Club- 3rd Floor AR 6:30 Puzzle Race - FP	10 9:45 Muscles in Motion- CH <b>10:30 Resident Council Meeting</b> 1:30 Crafts: Patriotic Wreath <b>1:30 Trip to Walmart</b> 2:30 Tea & Coffee Social- FP 2:45 Funny Story Telling- FP 3:30 Bingo- 3rd Floor AR 6:30 Pictionary- FP	11 9:30 Currents Events- CH 10:00 Sit & Be Fit Exercises- CH 10:30 Water the Plants 1:30 Make a Necklace- FP <b>2:00 Chef's Corner w/ Residents-FP</b> 3:30 Let's Play Blackjack- 3rd Floor AR 6:30 Guess the Word	12 9:30 Noodle Exercises- CH 10:00 Morning Trivia- FP <b>11:00 Lunch Outing to Black Eyed Pea Restaurant</b> 1:30 Monopoly <b>3:00 Happy Hour w/ Music- DR</b> 6:00 Grab a Word Search from the Front Desk Staff	13 9:45 Exercises - CH 11:00 Solve the Riddles- FP <b>1:30 Ice Cream Soda- FP</b> 2:00 Saturday Movie Special- The Sherlock Holmes & Secret Weapon 2:30 Scrabble- FP 3:00 New Christian Life Church Services- CH <b>3:30 Walker's Club</b> 6:00 Grab & Read a Daily Chronicles by the Dining Room Entrance
14 9:45 Exercises- 1st Floor AR 10:30 Catholic Services- CH 1:30 Audio Book Club- 1st Floor AR 2:30 Painting Club- FP 3:30 Jingo- 1st Floor AR 6:00 Collect Your Crosswords- From Front Desk Staff	15 9:30 Exercises- CH 10:00 Fun Facts 11:00 Walking Club <b>1:30 "Zack," our Therapy Dog</b> <b>1:30 Trip to Walmart</b> <b>2:30 Ice Cream Mondays- FP</b> 3:30 Bingo- 3rd Floor AR 6:00 Drop Off Your Recycling Items- 1st Floor AR	16 9:45 Chair Exercises- AR 1st Floor 10:15 Pretty Nails- FP 11:00 Giant Crosswords- FP <b>1:30 Activities Meeting w/ The Residents- FP</b> <b>2:45 Fruit Salad &amp; Trivia</b> 3:30 Poker Club- 3rd Floor AR 6:30 Puzzle Race - FP	17 10:00 Muscles in Motion- CH 10:45 Baking Club- FP 1:30 Crafts: Summer Wreath 2:30 Tea & Coffee Social- FP 2:45 Funny Story Telling- FP <b>2:45 Outing to Dollar Tree</b> 3:30 Bingo- 3rd Floor AR <b>6:00 Summer Concert at E.B. Rains Jr. Memorial Park</b>	18 9:30 Sit & Be Fit Exercises- CH <b>10:30 Carnival in the NGH Backyard</b> 10:30 Water the Plants 2:00 Outdoor Games in the Backyard <b>2:30 Music @ NGH Carnival: Backyard</b> 6:30 Guess the Word	19 <b>9:30 Outing @ Butterfly Pavilion</b> 9:45 Noodle Exercises- CH 10:30 Morning Trivia- FP 1:30 Monopoly <b>3:00 Happy Hour w/ Big Bingo- DR</b> 6:00 Grab a Word Search from the Front Desk Staff	20 9:45 Exercises - CH 11:00 Solve the Riddles- FP <b>1:30 Ice Cream Soda- FP</b> 2:00 Saturday Movie Special- The Red Beret 2:30 Scrabble- FP 3:00 New Christian Life Church Services- CH <b>3:30 Walker's Club</b> 6:00 Grab & Read a Daily Chronicles by the Dining Room Entrance
21 9:45 Exercises- 1st Floor AR 10:30 Catholic Services- CH 1:30 Audio Book Club- 1st Floor AR 2:30 Painting Club- FP 3:30 Jingo- 1st Floor AR 6:00 Collect Your Crosswords- From Front Desk Staff	22 9:45 Exercises- CH 10:30 Writing Club- FP 11:00 Trivia Challenge-FP <b>1:30 "Zack," our Therapy Dog</b> <b>1:30 Trip to Safeway</b> <b>2:30 Ice Cream Mondays- FP</b> 3:30 Bingo- 3rd Floor AR 6:00 Drop Off Your Recycling Items- 1st Floor AR	23 9:45 Chair Exercises- AR 1st Floor 10:30 Giant Crosswords- FP 1:30 Watercolor Painting- FP 2:00 Flower Arrangements- FP <b>2:45 Fruit Salad &amp; Trivia</b> 3:30 Poker Club- 3rd Floor AR 6:30 Puzzle Race - FP	24 <b>Trip to the Black Hawk</b> 9:45 Muscles in Motion- CH <b>10:00 Outing @ Black Hawk</b> 1:30 Crafts: Paint a Vase 2:30 Tea & Coffee Social- FP 2:45 Funny Story Telling- FP 3:30 Bingo- 3rd Floor AR 6:30 Pictionary- FP	25 9:30 Current Events- CH 10:00 Sit & Be Fit Exercises- CH 10:30 Water the Plants 1:30 Make a Necklace- FP 2:00 Jingo <b>2:30 Popsicle Break</b> 3:30 Let's Play Blackjack- 3rd Floor AR 6:30 Guess the Word	26 9:30 Noodle Exercises- CH 10:00 Morning Trivia- FP <b>11:00 Lunch Outing: Cheddars Scratch Kitchen</b> 1:30 Monopoly <b>3:00 Happy Hour w/ Tim- DR</b> 6:00 Grab a Word Search from the Front Desk Staff	27 9:45 Exercises - CH 11:00 Solve the Riddles- FP <b>1:30 Ice Cream Soda- FP</b> 2:00 Saturday Movie Special- The Good Die Young 2:30 Scrabble- FP 3:00 New Christian Life Church Services- CH <b>3:30 Walker's Club</b> 6:00 Grab & Read a Daily Chronicles by the Dining Room Entrance
<b>Parents' Day</b> 28 9:45 Exercises- 1st Floor AR 10:30 Catholic Services- CH 1:30 Audio Book Club- 1st Floor AR 2:30 Painting Club- FP 3:30 Jingo- 1st Floor AR 6:00 Collect Your Crosswords- From Front Desk Staff	29 <b>9:30 Visit to King Soopers</b> 9:45 Exercises- CH 10:30 Writing Club- FP 11:00 Trivia Challenge-FP <b>1:30 "Zack," our Therapy Dog</b> <b>2:30 Ice Cream Mondays- FP</b> 3:30 Bingo- 3rd Floor AR 6:00 Drop Off Your Recycling Items- 1st Floor AR	30 9:45 Chair Exercises- AR 1st Floor 10:15 Pretty Nails- FP 11:00 Giant Crosswords- FP 1:30 Watercolor Painting- FP <b>2:45 Fruit Salad &amp; Trivia</b> 3:30 Poker Club- 3rd Floor AR 6:30 Puzzle Race - FP	31 <b>10:00 Picnic in the Park</b> 11:00 Grab a Word Search-FP 1:30 Crafts: Felt Roses 2:30 Tea & Coffee Social- FP 2:45 Funny Story Telling- FP 3:30 Bingo- 3rd Floor AR 6:30 Pictionary- FP		<b>Residents' Birthdays</b> 1. Barbara M. 7/3 2. Kathleen N. 7/10 3. Frank W. 7/26 <b>Activity Location Abbreviations</b> CH- Chapel AR- Activity Room DR- Assisted Living Dining Room FP- Fireplace CT- Courtyard Saturday Movies: TV Lounge	





## Residents & Family Appreciation

Northglenn Heights appreciates the residents and their families who participated in the Vintage Car Show that was organized this past month. We really appreciate resident Maria's family who gave the residents of NGH a chance to see the family bring their own awesome classic cars.



Residents Kenneth J. & Gloria participated & enjoyed watching the car show, conducted the past month at NGH community.



Resident Bob D. and others participated and enjoyed the Vintage Car Show event which was organized at Northglenn Heights Assisted Living the past month.



## Hello, Summer!

Welcome to the days of porch-sitting, fruit dishes, ice cream socials and cookouts! I hope you enjoy these warmer days and take advantage of our many summertime celebrations. We'll be seeing you around our community, and please stop by the front office any time!