


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

Mary Evans Assisted Living Director
Sharon Juarez Business Office Director
Nellie Otero Marketing Director
Shreya Panwala Activities Director
Shannon Steele Culinary Director



Let's Have a Luau!

Aloha! You may think that luaus are just a great way to throw a tropic-inspired party, but the luau has a tradition displaying the Hawaiian royalty, where men and women sit together to eat. So, it's time to get out your Hawaiian shirt, grass skirt, and lei! We're having a Summer Luau on the 8th of August at noon, with a delicious Hawaiian BBQ cookout, tropical soft drinks & Polynesian Dance Show at 2:30 pm in the courtyard of our community.

We would love to invite all the residents, friends, and family members to join us for a tropical fun afternoon.

Interested family members & friends are requested to call the front desk at 303-452-0501, to sign up for the Hawaiian BBQ meal, which will be \$7 per guest ticket. Thank you and hope to see you soon.

-From the Community Leadership Team.

AUGUST 2024

Trip to the Denver Art Museum



Residents of Northglenn Heights visited the Denver Art Museum recently and enjoyed the beautiful works of art and paintings which was a unique and exciting experience. Stay tuned to our activities calendar to find out about upcoming trips and outings, and to see if you are interested in signing up for the outings.



AUGUST 2024

Happy Birthday!

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

Residents' Birthdays

1. Madelina H. 8/5
2. Nadine M. 8/12
3. Sandy V. 8/19
4. Dolores G. 8/20
5. Lovie Y. 8/20
6. Sally R. 8/22
7. Eldon G. 8/24
8. Alma Glor S. 8/24

Slurp Up a Taste of Summer

A snow cone is a classic summertime treat. Depending on where you live, the cool concoction may be called a different name, such as a snowball or shaved ice, but it's usually topped with brightly colored syrups in fruity flavors. Join us on the 20th of August by Fireplace to get a snow cone for yourself and your loved ones.

"It's never too late in life to have a genuine adventure."
—Robert Kurson

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Residents' Birthdays 1. Madelina H. 8/5 2. Nadine M. 8/12 3. Sandy V. 8/19 4. Dolores G. 8/20 5. Lovie Y. 8/20 6. Sally R. 8/22 7. Eldon G. 8/24 8. Alma Glor S. 8/24		Activity Location Abbreviations CH- Chapel AR- Activity Room DR- Assisted Living Dining Room FP- Fireplace CT- Courtyard Please find the Schedule of Baseball Games at the front desk	Adams County Fair 9:30 Current Events- CH 9:45 Sit & Be Fit Exercises- CH 10:30 Word Search- Collect From the Front Desk 1:30 Crosswords- FP 2:30 Assorted Popsicles 3:30 Let's Play Blackjack- 3rd Floor AR 6:30 Water the Garden	Adams County Fair 9:30 Noodle Exercises- CH 10:30 Summer Crafts- FP 11:00 Music Therapy- TV Lounge 1:30 Monopoly 3:00 Happy Hour w/ Big Bingo- DR 6:00 Grab a Word Search from the Front Desk Staff	Adams County Fair 9:45 Exercises - CH 11:00 Flower Arrangements- FP 1:30 Ice-Cream Soda- FP 2:00 Saturday Movie of Residents' Choice 2:30 Scrabble- FP 3:00 New Christian Life Church Services- CH 3:30 Gardening- CT 6:00 Grab & Read a Daily Chronicles by the Dining Room Entrance
4 9:45 Exercises- 1st Floor AR 10:30 Catholic Services- CH 10:30 Walking Club 1:30 Darts- FP 2:30 Audio Book Club- 1st Floor AR 3:30 Jingo- 1st Floor AR 6:00 Collect Your Crosswords- From Front Desk Staff	5 Happy Birthday Madelina H. 9:30 Exercises- CH 10:45 Paint a Picture- FP 1:30 "Zack," our Therapy Dog 1:30 Singing Club- FP 2:30 Frozen Yogurt- FP 3:30 Bingo- 3rd Floor AR 6:00 Drop Off Your Recycling Items- 1st Floor AR	6 9:45 Chair Exercises- AR 1st Floor 10:30 Catholic Services- CH 10:30 Honeycomb Centre Pieces- FP 1:30 Celebrate National Root Beer Floats Day- FP 1:30 Outing to the Thrift Store 2:30 Let's Learn to Play Mexican Train Game- FP 3:30 Poker Club- 3rd Floor AR 6:30 Puzzle Race - FP	7 9:45 Muscles in Motion- CH 10:45 Cornhole & Outdoor games- CT 1:30 Crafts: Tiki Masks 1:30 Trip to Walmart 2:30 Diced Watermelon - FP 3:30 Bingo- 3rd Floor AR 6:00 Free Concert at Central Park at Fox Run	8 9:30 Current Events- CH 10:00 Sit & Be Fit Exercises- CH 11:00 Get Ready for the Party 12:00 Celebrate "Summer Luau" w/ Hawaiian BBQ followed by Polynesian Dance Show at 2:30pm in Courtyard 4:00 Let's Play Blackjack- 3rd Floor AR 6:30 Water the Garden	9 9:30 Noodle Exercises- CH 10:30 Hawaiian Crafts: Aloha Painting- FP 11:00 Music Therapy- TV Lounge 1:30 Monopoly 3:00 Happy Hour w/ Big Bingo- DR 6:00 Grab a Word Search from the Front Desk Staff	10 9:45 Exercises - CH 11:00 Flower Arrangements- FP 2:00 Celebrate National S'mores Day in Courtyard 2:30 Saturday Movie of Residents' Choice 3:00 New Christian Life Church Services- CH 3:30 Bowling Competition in Courtyard 6:00 Grab & Read a Daily Chronicles by the Dining Room Entrance
11 9:45 Exercises- 1st Floor AR 10:30 Catholic Services- CH 10:30 Walking Club 1:30 Darts- FP 2:30 Audio Book Club- 1st Floor AR 3:30 Jingo- 1st Floor AR 6:00 Collect Your Crosswords- From Front Desk Staff	12 Happy Birthday Nadine M. 9:30 Exercises- CH 10:45 Paint a Picture- FP 1:30 "Zack," our Therapy Dog 1:30 Singing Club- FP 2:30 Frozen Yogurt- FP 3:30 Bingo- 3rd Floor AR 6:00 Drop Off Your Recycling Items- 1st Floor AR	13 9:30 Chair Exercises- AR 1st Floor 10:00 Brunch Outing @ Gunther Toody's 11:00 Giant Crosswords- FP 1:30 Trip to the Denver Art Museum 2:30 Squirt Gun Painting w/ Strawberry Lemonade- CT 3:30 Poker Club- 3rd Floor AR 6:30 Puzzle Race - FP	14 National Creamsicle Day 9:45 Muscles in Motion- CH 10:30 Residents' Council Meeting- DR 1:30 Crafts: Picture Frames 1:30 Trip to Walmart 2:30 Creamsicles & Trivia - FP 3:30 Bingo- 3rd Floor AR 4:15 Dinner Outing @ Wishbone Restaurant	15 9:30 Current Events- CH 10:00 Sit & Be Fit Exercises- CH 10:30 Writing Club 2:00 Karaoke w/ Acacia & Shreya- 1st FLR. AR. 2:30 Diced Watermelon 3:30 Let's Play Blackjack- 3rd Floor AR 6:30 Water the Garden	16 9:30 Noodle Exercises- CH 10:30 Crafts : Paint Sea Shells- FP 11:00 Music Therapy- TV Lounge 1:30 Monopoly 3:00 Happy Hour w/ Vets & Tunes- DR 6:00 Grab a Word Search from the Front Desk Staff	17 9:45 Exercises - CH 11:00 Flower Arrangements- FP 1:30 Ice-Cream Soda- FP 2:00 Saturday Movie of Residents' Choice 2:30 Scrabble- FP 3:00 New Christian Life Church Services- CH 3:30 Gardening- CT 6:00 Grab & Read a Daily Chronicles by the Dining Room Entrance
18 9:45 Exercises- 1st Floor AR 10:30 Catholic Services- CH 10:30 Walking Club 1:30 Darts- FP 2:30 Audio Book Club- 1st Floor AR 3:30 Jingo- 1st Floor AR 6:00 Collect Your Crosswords- From Front Desk Staff	19 Happy Birthday Sandy V. 9:30 Exercises- CH 10:45 Paint a Picture- FP 1:30 "Zack," our Therapy Dog 1:30 Singing Club- FP 2:30 Frozen Yogurt- FP 3:30 Bingo- 3rd Floor AR 6:00 Drop Off Your Recycling Items- 1st Floor AR	20 Happy Birthday Lovie Y. & Dolores G. 9:45 Chair Exercises- AR 1st Floor 10:00 Visit to the Dollar Store 10:15 Pretty Nails- FP 1:30 Come down & Get a Snow Cone- FP 2:30 Let's Learn to Play Mexican Train Game- FP 3:30 Poker Club- 3rd Floor AR 4:00 Dinner Outing @ Cheddars Restaurant	21 National Senior Citizens Day 9:45 Muscles in Motion- CH 10:15 Celebrate "National Senior Citizens Day" w/ Piano Performance by Larry 1:30 Crafts: Paint a Wooden Box 2:30 Senior Scavenger Hunt & Rainbow Sherbets- FP 3:30 Bingo- 3rd Floor AR 6:00 Outing to Denver Science Museum	22 Happy Birthday Sally R. 9:30 Current Events- CH 10:00 Sit & Be Fit Exercises- CH 10:30 Tips on Healthier Living- FP 1:30 Crosswords- FP 2:30 Chef's Corner w/ Residents-FP 3:30 Let's Play Blackjack- 3rd Floor AR 6:30 Water the Plants	23 9:30 Noodle Exercises- CH 10:30 Hawaiian Suncatchers Painting- FP 11:00 Music Therapy- TV Lounge 1:30 Monopoly 3:00 Happy Hour w/ Big Bingo- DR 6:00 Grab a Word Search from the Front Desk Staff	24 Happy Birthday Eldon G. & Alma Glor S. 9:45 Exercises - CH 11:00 Flower Arrangements- FP 1:30 Ice-Cream Soda- FP 2:00 Saturday Movie of Residents' Choice 2:30 Scrabble- FP 3:00 New Christian Life Church Services- CH 3:30 Water Balloon Fight- CT 6:00 Grab & Read a Daily Chronicles by the Dining Room Entrance
25 9:45 Exercises- 1st Floor AR 10:30 Catholic Services- CH 10:30 Walking Club 1:30 Darts- FP 2:30 Audio Book Club- 1st Floor AR 3:30 Jingo- 1st Floor AR 6:00 Collect Your Crosswords- From Front Desk Staff	26 National Cherry Popsicle Day 9:30 Exercises- CH 10:30 Come Down & Meet Our Community Pet Dogs on "National Dog Day" 1:30 "Zack," our Therapy Dog 1:30 Singing Club- FP 2:30 Cherry Popsicles- FP 3:30 Bingo- 3rd Floor AR 6:00 Drop Off Your Recycling Items- 1st Floor AR	27 9:45 Chair Exercises- AR 1st Floor 10:15 Pretty Nails- FP 11:00 Giant Crosswords- FP 1:30 Trip to the Butterfly Pavilion 2:30 Ice Cream Social 3:30 Poker Club- 3rd Floor AR 6:30 Puzzle Race - FP	28 9:30 Trip to Black Hawk Casino 9:45 Muscles in Motion- CH 10:45 Singing w/ Acacia-FP 1:30 Crafts: Paint Wooden Ornaments 2:30 Mango Smoothie Social- FP 3:30 Bingo- 3rd Floor AR 6:30 Maze of the Day- Collect From the Front Desk	29 9:30 Current Events- CH 10:00 Sit & Be Fit Exercises- CH 10:30 Writing Club 2:00 Activity Meeting w Residents -FP 2:30 Assorted Popsicles 3:30 Let's Play Blackjack- 3rd Floor AR 6:30 Water the Garden	30 9:30 Noodle Exercises- CH 10:30 Summer Crafts- FP 11:00 Music Therapy- TV Lounge 1:30 Monopoly 3:00 Happy Hour w/ Concert by Andre Rieu on Big Screen- DR 6:00 Grab a Word Search from the Front Desk Staff	31 9:45 Exercises - CH 11:00 Flower Arrangements- FP 1:30 Ice-Cream Soda- FP 2:00 Saturday Movie of Residents' Choice 2:30 Scrabble- FP 3:00 New Christian Life Church Services- CH 3:30 Gardening- CT 6:00 Grab & Read a Daily Chronicles by the Dining Room Entrance

The Power of Flowers Amongst Residents



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.

We Salute You, All the Staff



This past 4th of July, Northglenn Heights celebrated Independence Day in honor of soldiers and veterans who fought for the freedom of our country. The whole kitchen team worked hard under the direction of Culinary Director Shannon Steele to put together a delicious 4th of July BBQ cookout. For all the things the staff did, from assisting the residents, with serving the food, to preparing, setting, and laying out the food, they deserve much praise. We offer heartfelt thanks and a special salute to all the staff and caregivers in our community for making every event a successful one!

Residents and families of Northglenn Heights participated in the 4th of July BBQ celebration. We appreciate the whole family of NGH for being actively involved in any event to make it a hit.

