

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
Autumn Stringer	Wellness Director
Sharon Juarez	Business Office Director
Nellie Otero	Marketing Director
Shreya Panwala	Activities Director
Shannon Steele	Culinary Director
Kristopher Serna	Maintenance Director



Happy Halloween

Boo! It's that time when we've asked the mini ghosts and goblins from our area to join us for a truly spook-tacular time this Halloween. Now, we invite all the kids, friends, families, neighbors and our residents, to join the fun by donning your most ghoulish attire and having plenty of treats available for the witches and wizards who may sweep through our community at our Halloween party on 31st October from 2:00–4:00 pm. We'll have magical potions to quench your thirst and plenty of tasty goodies for you to enjoy. There will be tricks, treats, and prizes for the best costume. So sign up, come down and celebrate the spirit of Halloween. We hope that everyone will join us for our Halloween event. Have a safe and Happy Halloween.

OCTOBER 2024

Resident Appreciation



Watering. Container plants that are exposed to breezes and full sun need extra watering because they lose moisture more quickly than plants in protected areas. In hot, dry weather, you may need to water your plants daily. Resident Bobby F. at NGH helps water the garden to save its beauty on some of the hot days of this summer season.

Trick or Treat

We'd love to have our community's little ghosts and goblins stop by the office when they're out trick-or-treating. Trick-or-treaters are asked to visit only those homes displaying the welcome sign. Of course, we'd love to have you stop by the office during our regular hours—we'll be handing out all kinds of goodies. Have a spooktacular holiday.

OCTOBER 2024

Resident Birthdays

Birthday greetings to all residents celebrating their birthdays this month.

1. Duane R. 10/4
2. Carol E. 10/9
3. Michael N. 10/14
4. Virginia A. 10/15
5. Olivia L. 10/16
6. Erma G. 10/16

Welcome to Our Family

We're always excited to welcome new residents. We know that moving to a new place can be an overwhelming experience, which is why we do everything we can to make the transition a little easier. We host a regular Welcome to Our Community social each month to give our newest residents the chance to meet each other and the rest of our community family. We hope that everyone will join us in making our newest residents feel right at home!

Happy New Year to all our residents celebrating Rosh Hashanah this month.
-From the Staff

"Listen! The wind is rising, and the air is wild with leaves, We have had our summer evenings, now for October eves!"
—Humbert Wolfe

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Residents' Birthdays 1. Duane R. 10/4 2. Carol E. 10/9 3. Michael N. 10/14 4. Virginia A. 10/15 5. Olivia L. 10/16 6. Erma G. 10/16	Halloween Door Decoration Contest Begins 9:00 Optimal Home Care & Hospice Vitals Clinic - FP 10:30 Catholic Services- CH 10:30 Pretty Nails- FP 1:30 Halloween Decorations 2:30 Dominos- FP 3:30 Poker Club- 3rd Floor AR 5:30 International Day of the Elderly- Read a Short Uplifting Story at Your Dinner Table	Rosh Hashanah Begins (at Sundown) 9:45 Muscles in Motion- CH 10:30 Discuss Rosh Hashanah w/ Apple & Honey- FP 1:30 Trip to Walmart 2:30 Coffee & Tea Social- FP 3:30 Bingo- 3rd Floor AR 6:00 Grab Funny Stories- Front Desk	Pet Costume Contest Begins- Read the Rules on Last Page 9:45 Sit & Be Fit Exercises- CH 10:30 Armchair Travel- 1st Floor AR 1:30 Ice Cream Social w/New Residents-Fireplace in AL 2:30 Necklaces & Bracelets 3:30 Let's Play Blackjack- 3rd Floor AR	Happy Birthday Duane R. Rosh Hashanah Ends (at Sundown) 9:45 Noodle Exercises- CH 10:30 Halloween Wooden Crafts- FP 1:30 Puzzle Race- FP 3:00 Happy Hour w/ Big Bingo- DR 6:00 Grab a Word Search from the Front Desk Staff	9:45 Exercises - CH 10:45 Morning Trivia- FP 2:00 Saturday Halloween Movie of Residents' Choice 3:00 New Christian Life Church Services- CH 3:30 Monopoly- FP
9:45 Exercises- 1st Floor AR 10:30 Catholic Services- CH 10:30 Walking Club 1:30 Audio Book Club- 1st Floor AR 2:30 Popcorn Social 3:30 Jingo- 1st Floor AR 6:00 Collect Your Crosswords- From Front Desk Staff	9:45 Exercises- CH 10:45 Pumpkin Foam Crafts- FP 1:30 "Zack," our Therapy Dog 2:00 Singing Club- FP 3:30 Bingo- 3rd Floor AR 6:00 Take an Evening Stroll- CT	9:45 Chair Exercises- AR 1st Floor 10:30 Baking Club: Monster Eye Cake Balls 1:30 Short Uplifting Stories- FP 2:30 Dominos- FP 3:30 Poker Club- 3rd Floor AR 6:00 Grab a Puzzle of the Day- Front Desk	Happy Birthday Carol E. 9:45 Muscles in Motion- CH 10:30 Resident Council Meeting- DR 1:30 Outing to the Pumpkin Patch 2:30 Tea & Coffee Social- FP 3:30 Bingo- 3rd Floor AR 6:00 Grab Funny Stories- Front Desk	9:45 Sit & Be Fit Exercises- CH 10:30 Paint a Suncatcher Mandala- FP 1:30 Short Uplifting Stories- FP 2:30 Necklaces & Bracelets 3:30 Let's Play Blackjack- 3rd Floor AR	Yom Kippur Begins (at Sundown) 9:45 Noodle Exercises- CH 10:30 Halloween Crafts: 3D Haunted House- FP 1:30 Puzzle Race- FP 3:00 Happy Hour w/ Vets & Tunes- DR 6:00 Grab a Word Search from the Front Desk Staff	Yom Kippur Ends (at Sundown) 9:45 Exercises - CH 10:45 Morning Trivia- FP 2:00 Saturday Halloween Movie of Residents' Choice 3:00 New Christian Life Church Services- CH 3:30 Monopoly- FP
Breast Cancer Awareness Day: Wear Pink 9:45 Exercises- 1st Floor AR 10:30 Catholic Services- CH 10:30 Walking Club 1:30 Audio Book Club- 1st Floor AR 2:30 Popcorn Social 3:30 Jingo- 1st Floor AR 6:00 Collect Your Crosswords- From Front Desk Staff	Columbus Day & Indigenous Peoples' Day 9:45 Exercises- CH 10:45 All About Columbus Day & Indigenous Peoples' Day- FP 12:00 Happy Birthday Michael N. 1:30 "Zack," our Therapy Dog 1:30 Crafts: Halloween Foam Wreath - FP 2:30 Pumpkin Spiced Latte Tasting - FP 3:30 Bingo- 3rd Floor AR 6:00 Take an Evening Stroll- CT	Happy Birthday Virginia A. 9:45 Chair Exercises- AR 1st Floor 10:15 Pretty Nails- FP 1:30 Halloween Centerpieces - FP 2:30 Dominos- FP 3:30 Poker Club- 3rd Floor AR 6:00 Grab a Puzzle of the Day- Front Desk	Happy Birthday Olivia L. & Erma G. 9:45 Trip to the Black Hawk Casino 10:45 You be the Judge 12:00 World Dictionary Day- Read & Learn New Words at Your Lunch Table 1:30 Sing-Alongs- FP 2:30 Tea & Coffee Social- FP 3:30 Bingo- 3rd Floor AR 6:00 Grab Funny Stories- Front Desk	9:45 Sit & Be Fit Exercises- CH 10:30 Fall Foam Tree 1:30 Ice Cream Social- FP 2:00 Chef's Corner w/ Residents- FP 3:30 Meet & Greet Lori Lee G. 5:00 Maze of the Day at Your Dinner Table	9:45 Noodle Exercises- CH 10:30 Meet & Greet the Pets of Residents' Families 1:30 Halloween Velvet Art- FP 3:00 Happy Hour w/ Concert By Andre Rieu - DR 6:00 Grab a Word Search from the Front Desk Staff	9:45 Exercises - CH 10:45 Morning Trivia- FP 2:00 Saturday Halloween Movie of Residents' Choice 3:00 New Christian Life Church Services- CH 3:30 Monopoly- FP
9:45 Exercises- 1st Floor AR 10:30 Catholic Services- CH 10:30 Walking Club 1:30 Audio Book Club- 1st Floor AR 2:30 Popcorn Social 3:30 Jingo- 1st Floor AR 6:00 Collect Your Crosswords- From Front Desk Staff	9:45 Exercises- CH 10:45 Paint a Wooden 3D Pumpkin- FP 1:30 "Zack," our Therapy Dog 2:30 A Walk to End Alzheimer's: NGH Courtyard (Wear Purple) 3:30 Bingo- 3rd Floor AR 6:00 Take an Evening Stroll- CT	9:45 Chair Exercises- AR 1st Floor 10:30 Baking Club- Pumpkin Spiced Cupcakes FP 1:30 Halloween Giant Coloring Poster - 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 10:45 You be the Judge 11:00 Lunch Outing: Wishbone Restaurant 1:30 Crafts: Color Your Own Pumpkin Tote Bag 2:30 Tea & Coffee Social- FP 3:30 Bingo- 3rd Floor AR 6:00 Grab Funny Stories- Front Desk	United Nations Day 9:45 Sit & Be Fit Exercises- CH 10:30 Necklaces & Bracelets 1:00 Monthly Birthday Celebrations - AL DR 2:30 Activity Meeting w/ Residents- FP 3:30 Let's Play Blackjack- 3rd Floor AR 5:00 Read & Learn about the United Nations Day at Your Dinner Table	9:45 Noodle Exercises- CH 10:30 Book Sale: A Fundraiser for the Breast Cancer Awareness Month - FP 1:30 Puzzle Race- FP 3:00 Happy Hour w/ Big Bingo- DR 6:00 Frankenstein Fun Friday- Softly Howl at the Moonlight	9:45 Exercises - CH 10:45 Morning Trivia- FP 2:00 Saturday Halloween Movie of Residents' Choice 3:00 New Christian Life Church Services- CH 3:30 Monopoly- FP
9:45 Exercises- 1st Floor AR 10:30 Catholic Services- CH 10:30 Walking Club 1:30 Audio Book Club- 1st Floor AR 2:30 Popcorn Social 3:30 Jingo- 1st Floor AR 6:00 Collect Your Crosswords- From Front Desk Staff	9:45 Exercises- CH 10:45 Happy Halloween Banner- FP 1:30 "Zack," our Therapy Dog 1:30 Caramel Apple Smoothie Tasting 2:30 Singing Club- FP 3:30 Bingo- 3rd Floor AR 6:00 Take an Evening Stroll- CT	9:45 Chair Exercises- AR 1st Floor 10:15 Pretty Nails- FP 1:30 Halloween Large Wooden Ornaments - FP 2:30 Dominos- FP 3:30 Poker Club- 3rd Floor AR 6:00 Grab a Puzzle of the Day- Front Desk	National Candy Corn Day 9:45 Muscles in Motion- CH 10:45 Candy Corn: Crafts 1:30 Crafts: Carve a Foam Pumpkin 2:30 Candy Corn Social- FP 3:30 Bingo- 3rd Floor AR 6:00 Grab Funny Stories- Front Desk	Happy Halloween 9:45 Sit & Be Fit Exercises- CH 10:30 Halloween Costume Photo Shoots 2:00 Halloween Celebrations, Costume & Door Decor Contest Winner Announcement 4:00 Trick or Treat	<p>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.</p>	

Family Appreciation

Resident at NGH had a cuddle break while receiving pet therapy from the furry friends brought in by our Activities Assistant, Janelle, and the respected family members, Margaret and Tavy, who are lovely daughters of our resident, Robert D. We really appreciate you putting in the efforts to give our residents a warm and memorable experience.



Holiday Décor Reminder

"There is something incredibly nostalgic and significant about the annual cascade of autumn leaves." —Joe L. Wheeler. Keep all decorations fun and tasteful! Use your favorite figurines & trimmings, but be considerate of your neighbors when hanging objects like lights or signs.

Pet Costume Contest Rules

We're are hosting a pet costume contest for the whole month, where friends, families & residents would dress up their lovely furry babies, bring them to the community, take a picture & text it to our Activities Director at 781-249-7297. The pictures will be put up on the activity board by the TV Lounge, for everyone to vote. The voting and the contest ends on the 30th October. The winners will be announced on Halloween Day.

Book Sale: A Fundraiser for Breast Cancer Awareness

As October is recognized as Breast Cancer Awareness Month, we are raising funds for this noble cause by organizing a book sale by the fireplace of our NGH community, on October 25th from 10:30 am to 1:30 pm. Take a look at our "Books for Sale." Save yourself some money and some time by checking out what we have for sale. All Donations are welcome.

Candy Donations: We're collecting candy to hand out to trick-or-treaters during our Halloween celebrations. If you'd like to contribute, please reach out to the front desk, they will direct you to the Activities Director. Thank you for your generosity!