

THE Northglenn Heights Lifestyle



NORTHGLENN
HEIGHTS
SENIOR LIVING AT EASE

Like Us!  

MEMORY CARE 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
Melissa Barnett	Memory Care Director
Shannon Steele	Culinary Director
Shreya Panwala	Activities Director
Kristopher Serna	Maintenance Director



Happy New Year to One & All

Hope your holidays were full of warm memories, special times with family & friends, and last, but not least, plenty of delicious food and Christmas cookies. Christmas time is a very special occasion here at Northglenn Heights and we celebrate in style each year. Things are starting to get back to normal now that the holidays have passed and the last of the cookies have been eaten. As wonderful a time as it is, it's also nice to get back into a regular rhythm again. Here though, things never stay very low-key for long, and we have plenty of great things happening this month and next to keep our days full and exciting. "A new year is like having a big white sheet of paper to draw on!" -Bill W. Please stop by anytime for the events listed in our monthly activity calendar. We can't wait to see you!
-Lori Lee Gilbert, Executive Director

JANUARY 2025

Resident Appreciation

We appreciate the residents for being active, energetic and happily participating in the monthly activities and crafts. We wish you a happy new year and a healthy life ahead.

A New Year's Toast

"The new year stands before us, a new chapter, waiting to be written." To love, laughter & a happily ever after.

Happy Chinese New Year!

The Chinese New Year, called the Spring Festival, is a celebration that marks the beginning of the lunar-solar Chinese calendar year. Honoring ancestors, watching a Spring Festival Gala on television and feasting are all part of the holiday. On the 15th day, a Lantern Festival is held and events come to a climax with parades, fireworks, lantern displays and dragon dances.



JANUARY 2025

Residents' Birthdays

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

1. Cheryl R. 01/05
2. James M. 01/06
3. Betty C. 01/11
4. Betty S. 01/15
5. Anthony C. 01/19
6. Frances M. 01/28

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.

Brainteaser

Q: What flies around when it's born, lies still when it's living, and runs when its life is over? A: A snowflake.

Knock-Knock, New Year:
January gets its name from the Latin word for door, since it opens the new year.

"The imagination is a palette of bright colors. You can use it to touch up memories—or you can use it to paint dreams."
—Robert Brault

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Residents' Birthdays 1. Cheryl R. 01/05 2. James M. 01/06 3. Betty C. 01/11 4. Betty S. 01/15 5. Anthony C. 01/19 6. Frances M. 01/28		New Year's Day 1 9:45 Balloon Badminton 10:30 January Jingo 1:30 Afternoon Stroll 2:00 Bible Study 3:30 Sing-Alongs- TV Lounge 4:00 Winter Word Search 6:00 TV Show of Choice	2 9:45 Exercises 10:45 Winter Wonderland Crafts 1:30 Walking Club 2:30 Afternoon Trivia 4:00 Guitar Performance by Resident's Family 6:00 Comedy Episode of Lucy Desi	3 9:30 Puzzles & Hydration 10:15 Flex & Stretch Exercises 11:00 Hymns Singing 1:30 Pray the Rosary (Religious Services) 3:00 Happy Hour in Assisted Living Dining Room 4:00 Balloons & Noodles 6:00 Coloring Activity Sheets	4 9:30 Take a Stroll in the Patio 10:00 Dance Workout w / Oldies Music on TV- Living Room 11:00 Aqua Painting 1:30 Bingo 2:30 Fidget Blanket 3:30 Saturday Christmas Movie Special- TV Lounge 6:00 Solve a Maze of the Day
Happy Birthday Cheryl R. 5 9:45 Puzzles 10:30 Exercises 1:30 Fabric Folding 2:30 Elderly Sing Alongs 3:30 Colored Pencil Art 4:00 Sports Channel 6:00 Game Show of Your Choice - TV Lounge	Happy Birthday James M. 6 9:30 Solve the Puzzle 9:45 Exercises 11:00 Residents' Council Meeting 1:30 Dog Therapy with "Zack" 2:30 Bingo 3:30 Sing Alongs- TV Lounge 4:00 Giant Crosswords 6:00 Movie of Your Choice	7 9:45 Noodle Exercises 10:15 Touching Lives Program: Assisted Living Dining Room 1:30 Winter Crafts: 3-D Snowflake 2:30 Opposites 3:30 Lacing Cards 3:30 Nail Care Spa & Hand Massages 6:00 Game Show of Choice	8 9:45 Balloon Badminton 10:30 January Jingo 1:30 Afternoon Stroll 2:00 Bible Study 3:30 Sing-Alongs- TV Lounge 4:00 All About Elvis Presley Documentary: TV Lounge 6:00 TV Show of Choice	9 9:45 Exercises 10:45 Winter Wonderland Crafts: Paint a Snowflake 1:30 Walking Club 2:30 Afternoon Trivia 4:00 Guitar Performance by Resident's Family 6:00 Comedy Episode of Lucy Desi	10 9:30 Puzzles & Hydration 10:15 Flex & Stretch Exercises 11:00 Hymns Singing 1:30 Pray the Rosary (Religious Services) 3:00 Happy Hour in Assisted Living Dining Room 4:00 Balloons & Noodles 6:00 Coloring Activity Sheets	11 Happy Birthday Betty C. 9:30 Take a Stroll in the Patio 10:00 Dance Workout w / Oldies Music on TV- Living Room 11:00 Aqua Painting 1:30 Bingo 2:30 Fidget Blanket 3:30 Saturday Christmas Movie Special- TV Lounge 6:00 The National Western Stock Show & Rodeo Begins
12 9:45 Puzzles 10:30 Exercises 1:30 Fabric Folding 2:30 Elderly Sing Alongs 3:30 Colored Pencil Art 4:00 Sports Channel 6:00 National Rubber Duckie Day: Collect a Rubber Duckie for your Grandkids from the Front Desk	13 9:30 Solve the Puzzle 9:45 Exercises 11:00 Activity Meeting w/ Residents 1:30 Dog Therapy with "Zack" 2:00 Optimal Home Care & Hospice Vitals Clinic 2:30 Bingo 3:30 Sing Alongs- TV Lounge 4:00 Giant Crosswords 6:00 Movie of Your Choice	14 9:45 Noodle Exercises 10:15 Touching Lives Program: Assisted Living Dining Room 1:30 Winter Crafts: Ceramic Star Votives 2:30 Opposites 3:30 Lacing Cards 3:30 Nail Care Spa & Hand Massages 6:00 Game Show of Choice	15 Happy Birthday Betty S. 9:45 Balloon Badminton 10:30 January Jingo 1:30 Afternoon Stroll 2:00 Bible Study 2:45 National Bagel Day: Come & Grab Bagels & Cream Cheese 3:30 Sing-Alongs- TV Lounge 4:00 Winter Word Search 6:00 TV Show of Choice	16 9:45 Exercises 10:45 Winter Wonderland Crafts: Snowman Wreath 1:30 Walking Club 2:30 Chef's Corner w/ Residents-FP 4:00 Guitar Performance by Resident's Family 6:00 Comedy Episode of Lucy Desi	17 9:30 Puzzles & Hydration 10:15 Flex & Stretch Exercises 11:00 Hymns Singing 1:30 Pray the Rosary (Religious Services) 3:00 Happy Hour in Assisted Living Dining Room 4:00 Balloons & Noodles 6:00 Coloring Activity Sheets	18 9:30 Take a Stroll in the Patio 10:00 Dance Workout w / Oldies Music on TV- Living Room 11:00 Aqua Painting 1:30 Bingo 2:30 Fidget Blanket 3:30 Saturday Christmas Movie Special- TV Lounge 6:00 Solve a Maze of the Day
Happy Birthday Anthony C. 19 9:45 Puzzles 10:30 Exercises 1:30 Fabric Folding 2:30 Celebrate National Popcorn Day Assorted Popcorn Tasting -TV Lounge 3:30 Colored Pencil Art 4:00 Sports Channel 6:00 National Activity Professionals Week Begins	20 Martin Luther King Jr. Day 9:30 Solve the Puzzle 9:45 Exercises 10:30 Guess the Count in Candy Jar & Win a Prize 11:00 All About Martin Luther King Jr. 1:30 Dog Therapy with "Zack" 2:30 Bingo 3:30 Sing Alongs- TV Lounge	21 9:45 Noodle Exercises 10:15 Touching Lives Program: Assisted Living Dining Room 1:30 Snowball Fight indoor Game 2:30 Opposites 3:30 Lacing Cards 3:30 Nail Care Spa & Hand Massages 6:00 Game Show of Choice	22 9:45 Balloon Badminton 10:30 January Jingo 2:00 Bible Study 2:30 Walker/Wheelchair/Cane Decorating Contest Winner Announcement 3:30 Sing-Alongs- TV Lounge 4:00 Winter Word Search 6:00 TV Show of Choice	23 9:45 Exercises 10:45 Winter Wonderland Crafts: Paint a Vase 1:30 Walking Club 2:30 Winter Wonderland Tea Party- FP 4:00 Guitar Performance by Resident's Family 6:00 Comedy Episode of Lucy Desi	24 9:30 Puzzles & Hydration 10:15 Flex & Stretch Exercises 11:00 Hymns Singing 1:30 Pray the Rosary (Religious Services) 3:00 Happy Hour in Assisted Living Dining Room 4:00 Slide Your Name In the Activity Jar to Win the Raffle 6:00 Coloring Activity Sheets	25 National Activity Professionals Week Ends 9:30 Wear Your Favorite Sweater 10:00 Dance Workout w / Oldies Music on TV- Living Room 11:00 Aqua Painting 1:30 Bingo 2:30 Fidget Blanket 3:30 Saturday Christmas Movie Special- TV Lounge 6:00 Solve a Maze of the Day
The National Western Stock Show & Rodeo Ends 26 9:45 Puzzles 10:30 Exercises 1:30 Fabric Folding 2:30 Elderly Sing Alongs 3:30 Colored Pencil Art 4:00 Sports Channel 6:00 Game Show of Your Choice - TV Lounge	27 9:30 Solve the Puzzle 9:45 Exercises 11:00 Velvet Art 1:30 Dog Therapy with "Zack" 2:30 Bingo 3:30 Sing Alongs- TV Lounge 4:00 Giant Crosswords 6:00 Movie of Your Choice	28 Happy Birthday Frances M. 9:45 Noodle Exercises 10:15 Touching Lives Program: Assisted Living Dining Room 1:30 Winter Crafts: Snow Globe 2:30 Opposites 3:30 Lacing Cards 3:30 Nail Care Spa & Hand Massages 6:00 Game Show of Choice	29 9:45 Balloon Badminton 10:30 January Jingo 1:30 Afternoon Stroll 2:00 Bible Study 3:30 Sing-Alongs- TV Lounge 4:00 Winter Word Search 6:00 TV Show of Choice	30 9:45 Exercises 10:45 Winter Wonderland Crafts: Snowman Banner 12:30 Grand Celebration for Monthly Birthdays 2:30 Afternoon Trivia 4:00 Guitar Performance by Resident's Family 6:00 Comedy Episode of Lucy Desi	31 9:30 Puzzles & Hydration 10:15 Flex & Stretch Exercises 11:00 Hymns Singing 1:30 Pray the Rosary (Religious Services) 3:00 Happy Hour in Assisted Living Dining Room 4:00 Balloons & Noodles 6:00 Coloring Activity Sheets	

Christmas Celebrations

Residents at NGH had a wonderful time celebrating Christmas at the NGH Open House this past December 2024, where they had drinks and other Christmas delights. Of course, we can't forget Santa Claus visiting the community and bringing in Christmas gifts for all the residents with him, in the form of other community residents of Northglenn Heights, Violet F., Charlene W., Margaret D., Gloria A., Betty B., Judy G., Dora M., Irene, Lovie Y., & Joline O. who took the initiative by coming together to work on the Christmas Helping Hands project, where they all worked together toward making Christmas cards and putting together gifts for the community residents by donating coffee mugs, chocolates, snacks, Christmas baskets, and more. We appreciate all the residents for taking this initiative.



Activities Staff Recognition Month

January 19th-25th is the Activity Professionals Recognition week. We offer a wide variety of activities each month and invite every one of you to come and join in on the fun. Whether it's exercises, crafts, happy hour, spiritual services or special events, it's a great way to meet up with friends, engage and maybe even try something new! We appreciate all the residents, staff, families, friends and the leadership team for putting in their hard work and positive attitude toward making every special event and activity fun and successful. **Shreya P., the Activities Director, & Acacia S., the Activities Assistant** (Activities Team).



We Appreciate You



Resident Carol H. & Family

We would like to tell our residents how much we appreciate them! People like you make living here fun and exciting!

Be Thankful

Start your year off with kindness and appreciation—January is National Thank You Month. Often people are critical instead of thankful, and an honest “thank you” can mean the world to someone. This month, focus on expressing gratitude and doing nice deeds for others.

Stay Healthy This Season

During cold and flu season, bolster your immunity by practicing the basics of good health: Wash your hands often, eat a nutritious diet, exercise regularly and get plenty of rest.

Community Outings

The outings on the calendar will be posted on a separate flyer as soon as we find a van driver/activities assistant for our community. Until then, please reach out to the Activities Director for scheduling any future doctor's appointments.