

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.







MEMORY CARE

#### **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

5         2. James M. 01/06 3. Betty C. 01/11         2. James M. 01/06 3. Betty C. 01/11         2. James M. 01/06 3. Betty C. 01/11         10:45 Winter Wonderland 1:30 Mating Club 2:00 Bible Study 3:30 Sing-Alongs- TV Lounge 4:00 Baltons & Noodles 6:00 Cloired Penil Art 4:00 Sports Channel 6:00 Cloired Penil Art 4:00 Sports Channel 6:00 Cloired Penil Art 4:00 Sports Channel 6:00 Mariona Rubber Duckies 1:30 Fabric Folding 2:30 Bing Alongs- TV Lounge 4:00 Bing Alongs- T	4 9:30 Take a Stroll in the Patio 0:00 Dance Workout w / Oldies Music on TV- Living Room 1:00 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 Betty C. 11 9:30 Take a Stroll in the Patio 0:00 Dance Workout w / Oldies Music on TV- Living Room 1:00 Aqua Painting 1:30 Bingo 2:30 Fidget Blanket 3:30 Saturday Christmas Movie
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9:45 Puzzles       9:30 Solve the Puzzle       9:45 Noodle Exercises       9:45 Noodle Exercises       9:45 Balloon Badminton       9:45 Exercises       9:30 Puzzles & Hydration       Pr         10:30 Exercises       9:45 Exercises       10:15 Touching Lives Program:       10:30 January Jingo       10:45 Winter Wonderland Crafts:       10:15 Flex & Stretch Exercises       9	0.00 Solve a Maze of the Day
10:30 Exercises 9:45	lational Activity 25
	Professionals Week Ends
	9:30 Wear Your Favorite Sweater
	0:00 Dance Workout w / Oldies
2:30 Celebrate National Popcorn       Candy Jar & Win a Prize       1:30 Snowball Fight indoor Game       2:30 Walker/Wheelchair/Cane       1:30 Walking Club       1:30 Pray the Rosary (Religious         Day Assorted Popcorn       Candy Jar & Win a Prize       1:30 Opposites       2:30 Opposites       1:30 Walking Club       1:30 Pray the Rosary (Religious       1:10 Pray the Rosary	Music on TV- Living Room 1:00 Aqua Painting
	1:30 Bingo
	2:30 Fidget Blanket
	3:30 Saturday Christmas Movie
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	6:00 Solve a Maze of the Day
The National Western Stock 26       27       Happy Birthday Frances M. 28       29       30       31         31       31       31       31       31       31       31	The second of the
Show & Rodeo Ends       9:30 Solve the Puzzle       9:45 Noodle Exercises       9:45 Balloon Badminton       9:45 Exercises       9:30 Puzzles & Hydration	A PART NEW PARTY
9:45 Puzzles 9:45 Exercises 10:15 Touching Lives Program: 10:30 January Jingo 10:45 Winter Wonderland Crafts: 10:15 Flex & Stretch Exercises	MAR IN A CAR
10:30 Exercises       11:00 Velvet Art       Assisted Living Dining Room       1:30 Afternoon Stroll       1:30 Afternoon Stroll       1:30 Grand Celebration for         1:30 Exercises       1:30 Winter Crafts: Snow Globe       1:30 Afternoon Stroll       1:30 Afternoon Stroll       1:30 Afternoon Stroll	
P 1.30 Dog Therapy with "Zack" 2:30 Opposites 2:00 Bible Study Monthly Birthdays 1:30 Pray the Rosary	
e 2:30 Elderly Sing Alongs 2:30 Bingo 3:30 Lacing Cards 3:30 Sing-Alongs- TV Lounge 2:30 Afternoon Trivia (Religious Services)	
3:30 Colored Pencil Art 3:30 Sing Alongs- TV Lounge 3:30 Nail Care Spa & Hand 4:00 Winter Word Search 4:00 Guitar Performance by 3:00 Happy Hour in Assisted	
4:00 Sports Channel       4:00 Giant Crosswords       Massages       6:00 TV Show of Choice       Resident's Family       Living Dining Room	
6:00 Game Show of Your 6:00 Movie of Your Choice 6:00 Game Show of Choice 6:00 Comedy Episode of Lucy Desi 4:00 Balloons & Noodles	
Choice - TV Lounge 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.

