

# 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  
Shannon Steele ..... Culinary Director  
Shreya Panwala ..... Activities Director  
Kristopher Serna ..... Maintenance Director

## Happy Valentine's Day



Valentine's Day is coming, and it reminds us of the people we love the most: you, our residents! And we're not thinking about just hearts and flowers, either. We are committed to making your home here the best ever. As Valentine's Day approaches, we'd like to take a moment to express our affection for our residents. Thanks for making our community such a fun and beautiful place to live. Happy Valentine's Day to all our lovely residents. Hope your day will be sweet and filled with lots of love and care from all our staff here at Northglenn Heights. Please don't hesitate to let us know if there's anything else we can do to make it that way!

**-From the Executive Director,  
Lori Lee Gilbert.**

## FEBRUARY 2025

### Resident Heart Health Moment With Zack

Every Monday all the residents wait for Zack, our therapy dog who visits the community residents and spreads its joy of unconditional love and care to everyone around.



### A Heartfelt Month

February may be the shortest month, but it has three birth flowers: the violet, the primrose and the iris. February is also American Heart Month. We'll be focusing on the heart all month, with lots of activities, wellness talks and more to promote healthy tickers.

### We Heart Caregivers!

We honor our staff, the health care professionals, family members and friends who provide needed help and support to the residents.

**FEBRUARY 2025**

**Happy Birthday!**

We'd like to send a big "happy birthday" out to all our residents celebrating their special day this month. We hope your day is filled with joy! Come down in the dining room during the lunch hour on the last Thursday of every month to celebrate the monthly birthdays of all the residents celebrating their birthdays in that respective month, where our Chef Shannon Steele prepares a giant birthday cake for all the residents.

- 1. Catalina V. 2/12
- 2. Ann E. 2/23

**We're Happy You're Here!**

We are happy you've chosen our community as your home. We take pride in offering comfortable, affordable living close to campus as well as great amenities and services created with students in mind. If we can help you in any way, just stop by the office or give us a call.

**A Little Self-Love:** "To fall in love with yourself is the first secret to happiness."

**"While it is February, one can taste the full joys of anticipation. Spring stands at the gate with her finger on the latch."**  
—Patience Strong

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Resident Birthdays</b> 1. Catalina V. 2/12 2. Ann E. 2/23					9:30 Individual Activities <b>10:30 Dance Workout w / Oldies Music on TV- Living Room</b> 11:00 Aqua Painting 1:30 Afternoon Stroll 2:30 Fidget Blanket 3:30 Saturday Movie Special- TV Lounge 6:00 Solve a Maze of the Day
<b>Groundhog Day</b> 2 9:45 Puzzles 10:30 Exercises 1:30 Bingo 2:30 Individual Activities 3:30 Colored Pencil Art <b>4:00 Sports Channel</b> 6:00 Game Show of Your Choice - TV Lounge	9:30 Solve the Puzzle <b>10:00 Bible Study</b> 11:00 Exercises 1:30 Dog Therapy with "Zack" 2:30 Guess the Word 3:30 Watercolor Painting 6:00 Movie of Your Choice	9:45 Noodle Exercises <b>10:15 Touching Lives Program: Assisted Living Dining Room</b> <b>1:30 Crafts: Make Valentine Hearts</b> 2:30 Opposites 3:30 Lacing Cards 3:30 Nail Care Spa & Hand Massages 6:00 Game Show of Choice	9:45 Balloon Badminton <b>10:30 Be My Valentine Jingo</b> 1:30 Afternoon Stroll <b>2:00 Bowling Game</b> 3:30 Sing-Alongs- TV Lounge 4:00 Winter Word Search 6:00 TV Show of Choice	9:45 Parachute Game <b>10:45 Crafts: Foam Bouquet of Hearts</b> <b>1:30 Indoor Heart Health Walking Challenge- 3 Laps of MC</b> 2:30 Afternoon Trivia 4:00 Guitar Performance by Resident's Family 6:00 Comedy Episode of Lucy Desi	<b>Wear Red Day</b> 7 9:30 Puzzles & Hydration 10:15 Flex & Stretch Exercises <b>11:00 Hymns Singing</b> <b>1:30 Pray the Rosary (Religious Services)</b> <b>3:00 Happy Hour w/ Vets &amp; Tunes</b> 4:00 Balloons & Noodles 6:00 Coloring Activity Sheets	9:30 Individual Activities <b>10:30 Dance Workout w / Oldies Music on TV- Living Room</b> 11:00 Aqua Painting 1:30 Afternoon Stroll 2:30 Fidget Blanket <b>3:00 Bible Study w/ Acapella Music</b> 6:00 Solve a Maze of the Day
<b>Super Bowl Sunday</b> 9 9:45 Puzzles 10:30 Exercises 1:30 Bingo 2:30 Individual Activities 3:30 Colored Pencil Art <b>4:00 Sports Channel</b> <b>6:00 Super Bowl Watch Party</b>	9:30 Solve the Puzzle <b>10:00 Bible Study</b> <b>11:00 Activity Meeting w/ Residents</b> 1:30 Dog Therapy with "Zack" <b>2:30 Optimal Home Care &amp; Hospice Vitals Clinic</b> 3:30 Watercolor Painting 4:00 Giant Crosswords 6:00 Movie of Your Choice	9:45 Noodle Exercises <b>10:15 Touching Lives Program: Assisted Living Dining Room</b> <b>1:30 Crafts: Valentine Flower Pots</b> 2:30 Opposites 3:30 Lacing Cards 3:30 Nail Care Spa & Hand Massages 6:00 Game Show of Choice	<b>Happy Birthday Catalina V.</b> 12 9:45 Balloon Badminton <b>10:30 Be My Valentine Jingo</b> <b>1:30 Resident's Council Meeting</b> <b>2:00 Bowling Game</b> 3:30 Sing-Alongs- TV Lounge 4:00 Happy Birthday: All About Abraham Lincoln 6:00 TV Show of Choice	9:45 Parachute Game <b>10:45 Crafts: Paint Valentine Wooden Ornaments</b> 1:30 Walking Club 2:30 Afternoon Trivia 4:00 Guitar Performance by Resident's Family 6:00 Comedy Episode of Lucy Desi	9:30 Puzzles & Hydration 10:15 Flex & Stretch Exercises <b>11:00 Hymns Singing</b> <b>1:30 Pray the Rosary (Religious Services)</b> <b>3:00 Valentine's Day Celebration w / Music &amp; Dance</b> 4:00 Balloons & Noodles 6:00 Valentine's Word Search	9:30 Individual Activities <b>10:30 Dance Workout w / Oldies Music on TV- Living Room</b> 11:00 Aqua Painting 1:30 Afternoon Stroll 2:30 Fidget Blanket 3:30 Saturday Movie Special- TV Lounge 6:00 Solve a Maze of the Day
9:45 Puzzles 10:30 Exercises 1:30 Bingo 2:30 Individual Activities 3:30 Colored Pencil Art <b>4:00 Sports Channel</b> 6:00 Game Show of Your Choice - TV Lounge	<b>Presidents Day</b> 17 9:30 Solve the Puzzle <b>10:00 Bible Study</b> 11:00 Exercises 1:30 Dog Therapy with "Zack" 2:30 Guess the name of the President 3:30 Watercolor Painting 6:00 Movie of Your Choice	9:45 Noodle Exercises <b>10:15 Touching Lives Program: Assisted Living Dining Room</b> <b>1:30 Crafts: Foam Valentine Wreath</b> 2:30 Opposites 3:30 Lacing Cards 3:30 Nail Care Spa & Hand Massages 6:00 Game Show of Choice	9:45 Balloon Badminton <b>10:30 Be My Valentine Jingo</b> <b>1:30 Presentation on Heart Health</b> <b>2:30 Bowling Game</b> 3:30 Sing-Alongs- TV Lounge 4:00 Afternoon Stroll 6:00 TV Show of Choice	9:45 Parachute Game <b>10:45 Crafts: Thank you Hearts for Caregivers</b> 1:30 Walking Club <b>2:30 Chef's Corner w/ the Residents</b> 3:30 Afternoon Trivia 4:00 Guitar Performance by Resident's Family 6:00 Comedy Episode of Lucy Desi	<b>National Caregivers Day</b> 21 9:30 Puzzles & Hydration 10:15 Flex & Stretch Exercises <b>11:00 Hymns Singing</b> <b>1:30 Pray the Rosary (Religious Services)</b> <b>3:00 Happy Hour in Assisted Living Dining Room</b> 4:00 Balloons & Noodles 6:00 Coloring Activity Sheets	9:30 Individual Activities <b>10:30 Dance Workout w / Oldies Music on TV- Living Room</b> 11:00 Aqua Painting 1:30 Afternoon Stroll 2:30 Fidget Blanket 3:30 Saturday Movie Special- TV Lounge 6:00 Solve a Maze of the Day
<b>Happy Birthday Ann E.</b> 23 9:45 Puzzles 10:30 Exercises 1:30 Bingo 2:30 Individual Activities 3:30 Colored Pencil Art <b>4:00 Sports Channel</b> 6:00 Game Show of Your Choice - TV Lounge	<b>9:30 Bible Study</b> 10:30 Exercises 1:30 Dog Therapy with "Zack" 2:30 Guess the Word 3:30 Watercolor Painting 6:00 Movie of Your Choice	9:45 Noodle Exercises <b>10:15 Touching Lives Program: Assisted Living Dining Room</b> <b>1:30 Crafts: Heart Suncatchers</b> 2:30 Opposites 3:30 Lacing Cards 3:30 Nail Care Spa & Hand Massages 6:00 Game Show of Choice	9:45 Balloon Badminton <b>10:30 Be My Valentine Jingo</b> 1:30 Afternoon Stroll <b>2:00 Bowling Game</b> 3:30 Sing-Alongs- TV Lounge 4:00 Winter Word Search 6:00 TV Show of Choice	9:45 Parachute Game <b>10:45 Crafts: Paint a Wooden Heart</b> 1:30 Walking Club 2:30 Afternoon Trivia 4:00 Guitar Performance by Resident's Family 6:00 Comedy Episode of Lucy Desi	9:30 Puzzles & Hydration 10:15 Flex & Stretch Exercises <b>11:00 Hymns Singing</b> <b>1:30 Pray the Rosary (Religious Services)</b> <b>3:00 Happy Hour in Assisted Living Dining Room</b> 4:00 Balloons & Noodles 6:00 Coloring Activity Sheets	

## Good for Your Body and Soul



Many people attend worship services for spiritual renewal, but a new study shows that attending weekly religious services can also help you live longer. Researchers say being a part of a religious community promotes healthier habits and provides social support, two key factors that affect lifespan. The residents at NGH participate in the rosary services every Friday at 1:30 pm.

## Cold and Flu Truth

“Feed a cold, starve a fever.” This saying has been around for centuries, but how much truth is behind it? Doctors say nutritious foods can provide energy to fight an illness, but don’t force yourself to eat if you aren’t hungry. However, staying hydrated is important, so drink plenty of fluids.

## Indoor Heart Health Walking Challenge

February is the Heart Health Awareness Month. To participate in the Indoor Heart Health Walking challenge, interested residents are required to sign up with Acacia S., where they will be entered in to win the walking raffle. On February 6th at 1:30 pm, signed-up participants/residents have to walk 3 laps around the Memory Care. We will draw TWO winners and YOU could be one of them! Come and walk towards supporting Heart Health with us here at NGH.

## Winter Workouts

When exercising outdoors in winter’s cooler temperatures, be sure to include a warm-up. Fitness experts advise taking a brisk walk and doing squats and shoulder and arm circles before your workout. Also remember to drink plenty of water while you exercise, because you can still get dehydrated in cold weather.

## Valentine’s Day King & Queen of Hearts

Residents, Staff, friends and families will cast their vote for Northglenn Heights King and Queen of hearts and the winners will be crowned on the 14th of February between 2:30pm to 4:00 pm. Voting starts from February 2nd until February 13th.



**Love Is All Around:** “When you put love out in the world, it travels, and it can touch people and reach people in ways that we never even expected.”

## A Presidential Month

Two of America’s most famous leaders, first President George Washington and 16th President Abraham Lincoln, were born in February, contributing to the establishment of Presidents Day. The federal holiday on the third Monday of the month celebrates all U.S. presidents. Two other chief executives were also born in February: William Henry Harrison and Ronald Reagan.

## Super Bowl Party!

It’s Super Bowl time! Which team are you rooting for? Or are you cheering for the commercials, or just looking for the chips and dip? Whatever draws you to the big game, join us for football, food and fun during our Super Bowl party on Sunday February 9th, 2025 by the TV Lounge at 6:30 PM!

## Wear Red

The first Friday in February is National Wear Red Day, dedicated to raising awareness of heart disease in women. Remember to wear red to support the cause, and join us for some heart-healthy activities. Write and share a heart healthy tip on the poster at the bulletin board by the TV Lounge.

## Honoring Black History

February is Black History Month, a time to reflect on the achievements of African Americans who helped shape our great nation. These heroes will be the focus of several events this month.