

# 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

## Spring Is in Full Swing



Welcome spring. It's time to clear away the winter clutter. Spring cleaning can also extend to the common areas around our community. You deserve a beautiful place to call home, and now that the weather is getting warmer, you may want to spend more time outdoors. If you see litter on the ground, pick it up and throw it in the trash. Let's all do our part to keep our property looking great! May the luck of the Irish be with you on all the days to come. Happy St. Patrick's Day to all our residents! Vietnam War Veterans Day is on March 29. We salute all the Vietnam War vets in our community and thank you for your service.

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

## MARCH 2025

## Resident Appreciation



Do you enjoy creating handmade projects? If so, join us for our weekly crafts! We love to have fun, and we welcome all skill levels and abilities. We would like to thank the respective resident Donna P. for participating in craft activities.

## An Irish Wish

"May your thoughts be as glad as the shamrocks. May your heart be as light as a song. May each day bring you bright, happy hours that stay with you all the year long." —Irish saying

## Five a Day

National Nutrition Month, observed during March, is a reminder to make healthy eating a priority. For many adults, an attainable goal is to eat three servings of vegetables and two servings of fruit every day. This "five a day" suggestion is linked with a lower risk of chronic disease and increased longevity.

**MARCH 2025**

**Happy Birthday**

You're not getting older—you're getting better! Happy Birthday to all our residents celebrating birthdays this month. Remember, this is the one time each year when you can have your cake and eat it, too!  
1. **Sarah N. 3/31**

**A Warm Welcome**

We are pleased to welcome all of our new residents this month. Moving can be very stressful, as we all know. If there is anything we can do to make your transition easier—answer any questions about your new home, provide numbers for city services or take you on a tour of the property—please don't hesitate to call or stop by the front desk. Thanks again for choosing us to call home.  
**Green on St. Patrick's Day:** Wearing green on the 17th makes a person invisible to leprechauns, who will only pinch those they can see.

**Thanks, Doc!:** National Doctors' Day is March 30.

**"Flowers don't worry about how they're going to bloom. They just open up and turn toward the light and that makes them beautiful."**  
—Jim Carrey

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Resident's Birthday</b> 1. Sarah N. 3/31					1 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
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	3 9:30 Solve the Puzzle <b>10:00 Bible Study</b> 11:00 Exercises 1:30 Dog Therapy with "Zack" 2:30 Card Games 3:30 Watercolor Painting 6:00 Movie of Your Choice	4 <b>Mardi Gras</b> 9:45 Noodle Exercises <b>11:00 Touching Lives Program: Assisted Living Dining Room</b> <b>1:30 Monopoly</b> <b>3:00 Mardi Gras Celebration w/ Tim</b> 3:30 Lacing Cards 6:00 Game Show of Choice	5 <b>Ash Wednesday</b> 9:45 Balloon Badminton <b>10:30 Jingo</b> 1:30 Afternoon Stroll <b>2:00 Bowling Game</b> 3:30 Canvas Art Painting 4:00 Winter Word Search 6:00 TV Show of Choice	6 9:45 Parachute Game <b>10:45 Crafts: Color Your Own Wreath</b> 1:30 Walking Club <b>2:30 Education Presentation on Nutrition By ComForCare</b> 4:00 Trivia 6:00 Comedy Episode of Lucy Desi	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 in Assisted Living Dining Room</b> 4:00 Balloons & Noodles 6:00 Coloring Activity Sheets	8 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>Daylight Saving Time Begins</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> 6:00 Game Show of Your Choice - TV Lounge	10 9:30 Solve the Puzzle <b>10:00 Bible Study</b> 11:00 Exercises 1:30 Dog Therapy with "Zack" 2:30 Card Games <b>2:30 Optimal Home Care &amp; Hospice Vitals Clinic</b> 3:30 Watercolor Painting 6:00 Movie of Your Choice	11 9:45 Noodle Exercises <b>11:00 Touching Lives Program: Assisted Living Dining Room</b> <b>1:30 Monopoly</b> 3:30 Lacing Cards 3:30 Nail Care Spa & Hand Massages 6:00 Game Show of Choice	12 9:45 Balloon Badminton <b>10:30 Jingo</b> 1:30 Afternoon Stroll <b>2:00 Bowling Game</b> <b>3:30 Resident Council Meeting</b> 4:00 Winter Word Search 6:00 TV Show of Choice	13 9:45 Parachute Game <b>10:45 Crafts: St. Patrick's Wreath</b> 1:30 Walking Club 2:30 Afternoon Trivia 4:00 Mini Golf 6:00 Comedy Episode of Lucy Desi	14 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	15 <b>Ides of March</b> 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
16 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	17 <b>St. Patrick's Day</b> 9:30 Solve the Puzzle <b>10:00 Bible Study</b> 11:00 Exercises 1:30 Dog Therapy with "Zack" 2:30 Card Games <b>3:00 St. Patrick's Day Party w/ Vets &amp; Tunes</b> 6:00 Movie of Your Choice	18 <b>March Madness Begins</b> 9:45 Noodle Exercises <b>11:00 Touching Lives Program: Assisted Living Dining Room</b> <b>1:30 Monopoly</b> 3:30 Lacing Cards 3:30 Nail Care Spa & Hand Massages 6:00 Game Show of Choice	19 9:45 Balloon Badminton <b>10:30 Jingo</b> 1:30 Afternoon Stroll <b>2:00 Balloon Noodle Tournament</b> 3:30 Velvet Art Poster Painting 4:00 Winter Word Search 6:00 TV Show of Choice	20 <b>Spring Equinox</b> 9:45 Parachute Game <b>10:45 Crafts: Spring Wreath</b> 1:30 Walking Club 2:30 Spring Tea Party 4:00 Mini Golf 6:00 Comedy Episode of Lucy Desi	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	22 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>Family Council Meeting</b> 23 9:45 Puzzles 10:30 Exercises 1:30 Bingo 2:30 Family Council Meeting- Family Appreciating Party 3:30 Colored Pencil Art	24 9:30 Solve the Puzzle <b>10:00 Bible Study</b> 11:00 Exercises 1:30 Dog Therapy with "Zack" 2:30 Card Games 3:30 Watercolor Painting	25 <b>Feast of the Annunciation</b> 9:45 Noodle Exercises <b>11:00 Touching Lives Program: Assisted Living Dining Room</b> <b>1:30 Monopoly</b> 3:30 Lacing Cards 3:30 Nail Care Spa & Hand Massages 6:00 Game Show of Choice	26 9:45 Balloon Badminton <b>10:30 Jingo</b> 1:30 Afternoon Stroll <b>2:00 Bowling Game</b> 3:30 Velvet Art Poster Painting 4:00 Winter Word Search 6:00 TV Show of Choice	27 9:45 Parachute Game <b>10:45 Crafts: Paint a Bird feeder</b> 1:30 Walking Club 2:30 Afternoon Trivia 4:00 Mini Golf 6:00 Comedy Episode of Lucy Desi	28 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/ Josh in Assisted Living Dining Room</b> 4:00 Balloons & Noodles 6:00 Coloring Activity Sheets	29 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
30 9:45 Puzzles 10:30 Exercises 1:30 Bingo 2:30 Individual Activities 3:30 Colored Pencil Art 6:00 Game Show of Your Choice - TV Lounge	31 <b>Happy Birthday Sarah N.</b> 9:30 Solve the Puzzle <b>10:00 Bible Study</b> 11:00 Exercises 1:30 Dog Therapy with "Zack" 2:30 Card Games 3:30 Watercolor Painting					

## Tea for Two

As Spring season approaches, try a cup of tea. Studies have shown teas to slow down brain-cell degeneration, as well as enhance learning and memory. All teas contain catechins. This helps maintain cognitive ability and keeps the mind sharp well into old age. It also intensifies learning and memory by increasing concentration. It is most effective when you are most stressed and preoccupied by many thoughts. Tea helps relax your mind and allows you to focus on the task at hand. Tea also promotes more restful sleep because it reduces the interruption of random thoughts—a common sleep disturbance. Residents at NGH attended and enjoyed the winter tea party this past month.



## Parachute Game

Getting regular exercise is one way to prevent falls and fractures that result from falls. Exercise keeps muscles strong and improves balance. It also helps keep joints, tendons and ligaments flexible. In turn, your balance and the way you walk may improve, lowering your risk of falling. Residents at NGH participate in group exercises like parachute game which is a sensory-based strength training approach.



## Heart Health Challenge

Exercise walking is by far the most popular sports activity for people 65 and older. In fact, 12.4 million seniors say they engage in this activity at least six times a year. Last month, the residents engaged themselves in finishing 2 laps of the community by either walking or by strolling themselves in their wheelchair to support the heart health month and awareness.

## Oscars Watch Party

Film and fashion are the focus of the Oscars, and we'll be watching all the glamour on our big-screen TV. Come join us for the fun!

## Time Change

Daylight saving time begins at 2 a.m. on the second Sunday in March. Be sure to "spring forward" the night before by setting your clocks an hour ahead, and consider going to bed early to help you rise and shine on Sunday morning instead of sleeping in.

## Famous Faces Born in March

March 3, 1997: Camila Cabello  
March 7, 1974: Jenna Fischer  
March 9, 1979: Oscar Isaac  
March 16, 1986: Alexandra Daddario  
March 23, 1973: Jason Kidd  
March 27, 1997: Lalisa "Lisa" Manobal  
March 31, 1948: Rhea Perlman

**Cheep along with our small, feathered friends on March 20 for World Sparrow Day!**