

THE Northglenn Heights Lifestyle



NORTHGLENN HEIGHTS
SENIOR LIVING AT EASE

Like Us!  

MEMORY CARE COMMUNITY
11475 Pearl Street • Northglenn, CO 80233 • (303) 452-0501

JULY 2024

Community Leadership

Dallas Mulvin	Executive Director
Sharon Juarez	Business Office Director
Nellie Otero	Marketing Director
Shreya Panwala	Activities Director
Shannon Steele	Culinary Director
Anthony Holden	Facilities Director



A Message From the Leadership Team

This month, we celebrate our nation's birthday and Summer Carnival. With the signing of the Declaration of Independence, our forefathers began a series of events that resulted in the freedom and prosperity we treasure today. So that our staff may enjoy the holiday with their friends and family, our community will be celebrating this holiday on July 3rd with a nice BBQ cookout, patriotic songs & more. As a reminder to all our residents, fireworks are not permitted on the property. Have a Happy Independence Day! We will also be having our summer carnival on the 18th July with some exciting games, music, food trucks, raffles & much more. All the friends & families are welcome to all of our July celebrations, BBQ cookout and our summer carnival.

Thanks!
The Leadership Team

Vintage Car Show



Residents At Northglenn Heights participated and enjoyed the Classic Car show this past month, where they were able to see and learn about the variety of old vintage cars that were driven in by the wonderful group from the Ford Club.



JULY 2024

Happy Birthday!

Happy birthday to all our residents celebrating birthdays this month! The world is a better place because you're here. Have a wonderful day.

1. Larry F. 7/1
2. Dorothy S. 7/12
3. Tin K. 7/14

We Are Glad You Are 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. When you see a new face, say hello!

Watercolor Your World

Grab a brush! July is World Watercolor Month.

"Everything good, everything magical happens between the months of June and August."

—Jenny Han

"Even the smallest victory is never to be taken for granted. Each victory must be applauded."

—Audre Lorde

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Canada Day 1 9:30 Solve the Puzzle 10:00 Exercises 11:00 Water the Garden 1:30 Dog Therapy with "Zack" 2:00 Ice Cream Mondays- FP 2:30 Jingo 3:30 Sing Alongs- TV Lounge 4:00 Photo Matching 6:00 Movie of Your Choice	2 9:30 Activity Sheets 9:30 Veterans' Museum 10:00 Noodles & Balloons 1:30 Hymn Singing 2:00 Watermelon & Trivia 2:30 Sort & Match 3:30 Nail Care Spa & Hand Massages 6:00 Opposites	3 9:30 Balloon Badminton 10:00 Baking Hour 11:00 Parachute Game 12:00 4th of July Celebration: BBQ Cookout 2:00 Bingo 3:30 Chair Yoga 6:00 Dance Hour	4 Independence Day 9:30 Outing @ The Rose Gardens 9:30 Walking Club 10:00 Active Minds Painting 1:30 Exercises 2:30 Popsicle Breaks 3:30 Sing Alongs- TV Lounge 4:00 In the News Today 6:00 Trivia Night	5 9:30 Puzzles & Hydration 10:00 Flex & Stretch Exercises 10:45 Music Therapy 1:30 Pray the Rosary (Religious Services) 3:00 Happy Hour in Assisted Living Dining Room 3:30 Audio Book Club 4:00 Balloons & Noodles 6:00 Coloring Activity Sheets	6 9:30 Take a Stroll in the Patio 10:00 Dance Workout w / Oldies Music on TV- Living Room 11:00 Watercolor Painting 1:30 Down the Memory Lane 3:00 New Life Christian Church Services- AL 6:00 Solve a Word Search
7 9:30 Sort & Match 10:00 Crafts: Paint a Birdhouse 11:00 Exercises 1:30 Bible Study in Activity Room in MC 2:30 Daily News & Discussions 3:30 Color Pencil Art 6:00 Game Show of Your Choice - TV Lounge	8 9:30 Solve the Puzzle 10:00 Exercises 11:00 Water the Garden 1:30 Dog Therapy with "Zack" 2:00 Ice Cream Mondays- FP 2:30 Jingo 3:30 Sing Alongs- TV Lounge 4:00 Photo Matching 6:00 Movie of Your Choice	9 9:30 Activity Sheets 10:00 Noodle Exercises 1:30 Hymn Singing 2:30 Sort & Match 3:30 Nail Care Spa & Hand Massages 6:00 Opposites	10 9:30 Balloon Badminton 10:00 Baking Hour 11:00 Parachute Game 1:30 Canvas Painting 2:00 Bingo 3:30 Chair Yoga 6:00 Dance Hour	11 9:30 Walking Club 10:00 Active Minds Painting 10:30 Resident Council Meeting 11:00 Water the Plants 1:30 Exercises 2:00 Popsicle Breaks 2:45 Scenic Drive 4:00 In the News Today 4:15 Guess the Price Game 6:00 Trivia Night	12 9:30 Puzzles & Hydration 10:00 Flex & Stretch Exercises 10:45 Music Therapy 1:30 Pray the Rosary (Religious Services) 3:00 Happy Hour in Assisted Living Dining Room 3:30 Audio Book Club 4:00 Balloons & Noodles 6:00 Coloring Activity Sheets	13 9:30 Take a Stroll in the Patio 10:00 Dance Workout w / Oldies Music on TV- Living Room 11:00 Watercolor Painting 1:30 Down the Memory Lane 3:00 New Life Christian Church Services- AL 6:00 Solve a Word Search
14 9:30 Sort & Match 10:00 Crafts: Ice Cream Stick Signs 11:00 Exercises 1:30 Bible Study in Activity Room in MC 2:30 Daily News & Discussions 3:30 Color Pencil Art 6:00 Game Show of Your Choice - TV Lounge	15 9:30 Solve the Puzzle 10:00 Exercises 11:00 Water the Garden 1:30 Dog Therapy with "Zack" 2:00 Ice Cream Mondays- FP 2:30 Jingo 3:30 Sing Alongs- TV Lounge 4:00 Photo Matching 6:00 Movie of Your Choice	16 9:30 Outing @ The Petting Zoo 10:00 Noodle Exercises 1:30 Hymn Singing 2:00 Watermelon & Trivia 2:30 Sort & Match 3:30 Nail Care Spa & Hand Massages 6:00 Opposites	17 9:30 Balloon Badminton 10:00 Baking Hour 11:00 Parachute Game 1:30 Canvas Painting 2:00 Bingo 3:30 Chair Yoga 6:00 Dance Hour	18 9:30 Walking Club 10:00 Carnival in the NGH Backyard 11:00 Water the Plants 1:30 Exercises 2:00 Popsicle Breaks 2:30 Music in the Courtyard 4:00 In the News Today 4:15 Guess the Price Game 6:00 Trivia Night	19 9:30 Puzzles & Hydration 10:00 Flex & Stretch Exercises 10:45 Music Therapy 1:30 Pray the Rosary (Religious Services) 3:00 Happy Hour in Assisted Living Dining Room 3:30 Audio Book Club 4:00 Balloons & Noodles 6:00 Coloring Activity Sheets	20 9:30 Take a Stroll in the Patio 10:00 Dance Workout w / Oldies Music on TV- Living Room 11:00 Watercolor Painting 1:30 Down the Memory Lane 3:00 New Life Christian Church Services- AL 6:00 Solve a Word Search
21 9:30 Sort & Match 10:00 Crafts: Door Signs 11:00 Exercises 1:30 Bible Study in Activity Room in MC 2:30 Daily News & Discussions 3:30 Color Pencil Art 6:00 Game Show of Your Choice - TV Lounge	22 9:30 Solve the Puzzle 10:00 Exercises 11:00 Water the Garden 1:30 Dog Therapy with "Zack" 2:00 Ice Cream Mondays- FP 2:30 Jingo 3:30 Sing Alongs- TV Lounge 4:00 Photo Matching 6:00 Movie of Your Choice	23 9:30 Outing @ U-Pick Fruits 10:00 Noodle Exercises 1:30 Hymn Singing 2:00 Watermelon & Trivia 2:30 Sort & Match 3:30 Nail Care Spa & Hand Massages 6:00 Opposites	24 9:30 Tell an Old Joke Day 10:00 Baking Hour 11:00 Parachute Game 1:30 Canvas Painting 2:00 Bingo 3:30 Chair Yoga 6:00 Dance Hour	25 9:30 Walking Club 10:00 Active Minds Painting 11:00 Water the Plants 1:30 Exercises 2:00 Outing @ Butterfly Pavilion 2:30 Popsicle Breaks 4:00 Sing Alongs- TV Lounge 6:00 Trivia Night	26 9:30 Puzzles & Hydration 10:00 Flex & Stretch Exercises 10:45 Music Therapy 1:30 Pray the Rosary (Religious Services) 3:00 Happy Hour in Assisted Living Dining Room 3:30 Audio Book Club 4:00 Balloons & Noodles 6:00 Coloring Activity Sheets	27 9:30 Take a Stroll in the Patio 10:00 Dance Workout w / Oldies Music on TV- Living Room 11:00 Watercolor Painting 1:30 Down the Memory Lane 3:00 New Life Christian Church Services- AL 6:00 Solve a Word Search
Parents Day 28 9:30 Sort & Match 10:00 Crafts: Patriotic Wreath 11:00 Exercises 1:30 Bible Study in Activity Room in MC 2:30 Daily News & Discussions 3:30 Color Pencil Art 6:00 Game Show of Your Choice - TV Lounge	29 9:30 Solve the Puzzle 10:00 Exercises 11:00 Water the Garden 1:30 Dog Therapy with "Zack" 2:00 Ice Cream Mondays- FP 2:30 Jingo 3:30 Sing Alongs- TV Lounge 4:00 Photo Matching 6:00 Movie of Your Choice	30 9:30 Activity Sheets 10:00 Noodle Exercises 11:00 Lunch @ McDonald's 1:30 Hymn Singing 2:00 Watermelon & Trivia 2:30 Sort & Match 3:30 Nail Care Spa & Hand Massages 6:00 Opposites	31 9:30 Balloon Badminton 10:00 Baking Hour 11:00 Parachute Game 1:30 Canvas Painting 2:00 Bingo 3:30 Chair Yoga 6:00 Dance Hour		Residents' Birthdays 1. Larry F. 7/1 2. Dorothy S. 7/12 3. Tin K. 7/14	



Whether putting together a holiday craft, making music, or baking cookies, engaging in creative activities can help you feel happier.

Art Therapy for Seniors



Research indicates that artistic activities help seniors and caregivers connect, relax, and express feelings. Painting, drawing and making crafts stimulate the visual and tactile senses. Working on projects together provides companionship and a sense of accomplishment. Art therapy also may include viewing and discussing drawings and paintings.

B-I-N-G-O!



Several folks in our community have expressed an interest in setting up a regular Bingo for Happy Hour. Would you be interested? If so, contact the office and let us know whether you simply want to participate or want to help out. Then we'll work together to set one up.

Double the Hydration

Nutrition experts say you can double up your hydration by snacking on fresh produce. Eating fruits and veggies with a high water content, such as an apple or some carrot sticks, along with drinking H2O can help you stay better hydrated.

