

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

Mary Evans Assisted Living Director
Sharon Juarez Business Office Director
Nellie Otero Marketing Director
Shreya Panwala Activities Director
Shannon Steele Culinary Director



Let's Have a Luau.

Aloha! You may think that luaus are just a great way to throw a tropic-inspired party, but the luau has a tradition displaying the Hawaiian royalty, where men and women sit together to eat. So, it's time to get out your Hawaiian shirt, grass skirt, and lei! We're having a Summer luau on the 8th of August at noon, with a delicious Hawaiian BBQ cookout, tropical soft drinks & Polynesian Dance Show at 2:30 pm in the courtyard of our community.

We would love to invite all the residents, friends, and family members to join us for a tropical fun afternoon.

Interested family members & friends are requested to call the front desk at 303-452-0501, to sign up for the Hawaiian BBQ meal, which will be 7\$ per guest ticket. Thank you and hope to see you soon.

-From the community leadership team.

AUGUST 2024

Resident's Family Appreciation



Resident Betty and her daughter embraced and engaged themselves in the freshness of fresh flowers during the flower-arranging activity. The family members help encourage other residents to participate in the activities. I appreciate all the families for being a part of this community in one or the other ways. Your presence adds charm to this community. "Everything good, everything magical happens between the months of June and August."
—Jenny Han



AUGUST 2024

Welcome Home!

Our community is dedicated to making sure you feel at home. We've had several residents move in this month, and we'd like to extend a special welcome to those folks who are new to our community. Our job is to make sure that your life in our community is comfortable, safe, and enjoyable. We want you to be happy here and to feel like you've found a place to stay. If you do like it here—and we truly hope you do—please tell the people you know. Wouldn't it be great to have your friends as your neighbors?

Slurp Up a Taste of Summer

A snow cone is a classic summertime treat. Depending on where you live, the cool concoction may be called a different name, such as a snowball or shaved ice. Join us to get a snow cone for yourself and your loved one on August 25th in the afternoon.

**"It's never too late in life to have a genuine adventure."
—Robert Kurson**

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:30 Walking Club 10:00 Active Minds Painting 11:00 Water the Plants 1:30 Exercises 2:30 Popsicle Breaks 3:30 Guess the Word Game 4:00 In the News Today 6:00 Comedy Episode of Lucy Desi	2 9:30 Puzzles & Hydration 10:00 Flex & Stretch Exercises 10:45 Music Therapy (Religious Services) 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	3 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 2:00 Flower Arrangements 3:00 Saturday Movie Special- TV Lounge 1st. Floor 6:00 Solve a Word Search
4 9:30 Sort & Match 10:00 Hawaiian Crafts 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	5 9:30 Solve the Puzzle 10:00 Exercises 11:00 Water Paint a Picture 1:30 Dog Therapy with "Zack" 2:00 Frozen Yogurt- FP 2:30 Jingo 3:30 Sing Alongs- TV Lounge 4:00 Photo Matching 6:00 Movie of Your Choice	6 9:30 Scenic Drives 10:30 Noodle Exercises 1:30 Hymn Singing 2:30 Watermelon & Trivia 3:30 Nail Care Spa & Hand Massages 3:30 Sort & Match 3:30 Tiki Mask Painting 6:00 Opposites	7 9:30 Balloon Badminton 10:00 Parachute Game 10:45 Honeycomb Centerpieces 1:30 Bingo 2:30 Q & A 3:30 Paint a Picture 6:00 Dance Hour	8 9:30 Balloons & Noodles 10:00 Active Minds Painting 12:00 Celebrate "Summer Luau" w / Hawaiian Cookout followed by Polynesian Dance Show at 2:30pm in Courtyard 2:30 Polynesian Dance Show- AL Courtyard 4:00 Puzzles & Hydration 6:00 Comedy Episode of Lucy Desi	9 9:30 Puzzles & Hydration 10:00 Flex & Stretch Exercises 10:45 Music Therapy (Religious Services) 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	10 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 2:00 Flower Arrangements 3:00 Saturday Movie Special- TV Lounge 1st. Floor 6:00 Solve a Word Search
11 9:30 Sort & Match 10:00 Hawaiian Crafts 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	12 9:30 Solve the Puzzle 10:00 Exercises 11:00 Water Paint a Picture 1:30 Dog Therapy with "Zack" 2:00 Frozen Yogurt- FP 2:30 Jingo 3:30 Sing Alongs- TV Lounge 4:00 Photo Matching 6:00 Movie of Your Choice	13 9:30 Activity Sheets 10:00 Noodle Exercises 10:30 Sea Shells Painting 1:30 Hymn Singing 1:30 Trip to the Denver Art Museum 2:30 Watermelon & Trivia 3:30 Nail Care Spa & Hand Massages 6:00 Opposites	14 9:30 Balloon Badminton 10:00 Parachute Game 10:45 Baking Hour 1:30 Bingo 2:30 Q & A 3:30 Paint a Picture 6:00 Dance Hour	15 9:30 Walking Club 10:00 Active Minds Painting 11:00 Water the Plants 1:30 Exercises 2:30 Popsicle Breaks 3:30 Guess the Word Game 4:00 In the News Today 6:00 Comedy Episode of Lucy Desi	16 9:30 Puzzles & Hydration 10:00 Flex & Stretch Exercises 10:45 Music Therapy (Religious Services) 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	17 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 2:00 Flower Arrangements 3:00 Saturday Movie Special- TV Lounge 1st. Floor 6:00 Solve a Word Search
18 9:30 Sort & Match 10:00 Hawaiian Crafts 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	19 9:30 Solve the Puzzle 10:00 Exercises 11:00 Water Paint a Picture 1:30 Dog Therapy with "Zack" 2:00 Frozen Yogurt- FP 2:30 Jingo 3:30 Sing Alongs- TV Lounge 4:00 Photo Matching 6:00 Movie of Your Choice	20 9:30 Activity Sheets 10:00 Noodle Exercises 1:30 Hymn Singing 1:30 Scenic Drives 2:30 Watermelon & Trivia 3:30 Nail Care Spa & Hand Massages 3:30 Sort & Match 6:00 Opposites	National Senior Citizens Day 21 9:30 Balloon Badminton 10:15 Celebrate "National Senior Citizens Day" w/ Piano Performance by Larry 1:30 Outing @ Hammond's Candy Factory 2:30 Bingo 3:30 Q & A 6:00 Dance Hour	22 9:30 Walking Club 10:00 Active Minds Painting 11:00 Water balloon Fight 1:30 Exercises 2:30 Chef's Corner w/ Residents-FP 3:30 Guess the Price Game 4:00 In the News Today 6:00 Comedy Episode of Lucy Desi	23 9:30 Puzzles & Hydration 10:00 Flex & Stretch Exercises 10:45 Music Therapy (Religious Services) 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	24 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 2:00 Flower Arrangements 3:00 Saturday Movie Special- TV Lounge 1st. Floor 6:00 Solve a Word Search
25 9:30 Sort & Match 10:00 Hawaiian Crafts 11:00 Exercises 1:30 Bible Study in Activity Room in MC 2:30 Join us for a Snow Cone Treat - CT 3:30 Color Pencil Art 6:00 Game Show of Your Choice - TV Lounge	26 9:30 Solve the Puzzle 10:00 Exercises 11:00 Water Paint a Picture 1:30 Dog Therapy with "Zack" 2:00 Frozen Yogurt- FP 2:30 Jingo 3:30 Sing Alongs- TV Lounge 4:00 Photo Matching 6:00 Movie of Your Choice	27 9:30 Activity Sheets 9:30 Trip to the Butterfly Pavilion 10:30 Noodle Exercises 1:30 Hymn Singing 2:30 Watermelon & Trivia 3:30 Nail Care Spa & Hand Massages 3:30 Sort & Match 6:00 Opposites	28 9:30 Balloon Badminton 10:00 Parachute Game 10:45 Baking Hour 1:30 Bingo 2:30 Q & A 3:30 Paint a Picture 6:00 Dance Hour	29 9:30 Walking Club 10:00 Active Minds Painting 11:00 Water the Plants 1:30 Exercises 2:30 Popsicle Breaks 3:30 Guess the Word Game 4:00 In the News Today 6:00 Comedy Episode of Lucy Desi	30 9:30 Puzzles & Hydration 10:00 Flex & Stretch Exercises 10:45 Music Therapy (Religious Services) 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	31 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 2:00 Flower Arrangements 3:00 Saturday Movie Special- TV Lounge 1st. Floor 6:00 Solve a Word Search



Resident Cheryl embraces the smell and beauty of fresh flowers while doing the flower arranging activity this past month at Northglenn Heights.



We Salute You, All the Staff

This past 4th of July, Northglenn Heights celebrated Independence Day in honor of soldiers and veterans who fought for the freedom of our Country. The whole kitchen team worked hard under the direction of Culinary Director Shannon Steele, to put together a delicious 4th of July BBQ cookout. For all the things the staff did, from assisting the residents with serving the food to preparing, setting, and laying out the food, they deserve much praise. We offer heartfelt thanks and a special salute to all the staff and caregivers in our community for making every event a successful one!



The Power of Flowers

You've probably heard the old saying "Stop and smell the roses." The scent of fresh flowers or floral scents in general can boost your mood, lower stress, and even encourage friendliness. Simply taking in the color of flowers can kindle positive emotions. Residents of Northglenn Heights often engage in the flower arranging activity.



Flowers provide an energy boost, happiness, and enthusiasm.

