


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
Autumn Stringer	Wellness Director
Sharon Juarez	Business Office Director
Nellie Otero	Marketing Director
Shreya Panwala	Activities Director
Shannon Steele	Culinary Director
Kristopher Serna	Maintenance Director

Fall in Love With September



We say farewell to summer and let's welcome the fall and colorful autumn season. As the cool breezes blow the leaves off the trees, take a moment to enjoy autumn's beauty.

Observed on the first Monday in September, Labor Day recognizes the achievements of American workers. We are hosting an "End of summer bash" with BBQ and live entertainment with the Vets & Tunes in honor of Labor Day on Tuesday, 3rd September, at noon.

NFL Season Begins: The week of Labor Day also marks the start of the National Football League's regular season, where we plan to do watch parties with popcorn and other snacks in our NGH TV Lounge.

It's Oktoberfest Time: We're rolling out the fun at our Oktoberfest party as well! Don your dirndl or lederhosen, or just come as you are, and celebrate the season with tasty treats and lively music. Check the calendar for details! All the families, friends and residents are welcome to all the events. Interested guests are requested to call the front desk at +1(303)-452-0501 and sign up for the BBQ before 28th August, where there will be 7\$ per guest meal ticket.

-From the Community Leadership team

SEPTEMBER 2024

Family Appreciation



Flower Power: Flowers play an important role in our daily lives. Specifically, research reveals that people feel more compassionate, have less worry and anxiety, and feel less depressed when around fresh-cut flowers. Respective resident Betty's daughter helps engage her mom and other residents around her in arranging fresh flowers.

Flowers chase away anxieties, worries, and the blues. Residents simply felt positive after being around flowers for a few days.

Flowers provide an energy boost, happiness, and enthusiasm. The residents felt much happier and more energetic when the flowers were in their living environments.

Fall in Love With Fall

"There is something incredibly nostalgic and significant about the annual cascade of autumn leaves." —Joe L. Wheeler

SEPTEMBER 2024

Residents' Birthdays

- Ellaline F. 9/16
- Donna P. 9/23

Count Your Candles, Not Your Years

Birthdays are filled with yesterday's memories, today's joys and tomorrow's dreams. To all of our residents who are celebrating birthdays this month, we hope you have your cake and eat it too!

You're Great Neighbors

We'd like to thank all of our residents for continuing to make your home with us. You are the reason this is such a great place to live! You'll be seeing some unfamiliar faces around the community this month, and we'd like to encourage you to introduce yourself to your new neighbors. Show them why our community is the best! Again, welcome to all the new residents around the community.

"The journey between what you once were and who you are now becoming is where the dance of life really takes place."
—Barbara de Angelis

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>9:45 Puzzles 10:30 Read the Daily Bread 11:00 Exercises 1:30 Orioles Vs Rockies Baseball Game- TV Lounge 2:30 Football Game: Broncos Vs Seahawks 3:30 Color Pencil Art 6:00 Game Show of Your Choice - TV Lounge</p>	<p>2</p> <p>Labor Day 9:30 Solve the Puzzle 10:00 Exercises 1:30 Dog Therapy with "Zack" 2:30 Jingo 3:30 Patriotic Sing Alongs- TV Lounge 4:00 Giant Word Search 6:00 Movie of Your Choice</p>	<p>3</p> <p>9:45 Noodle Exercises 11:00 Fabric Folding 12:00 End of summer Bash w/ BBQ 2:00 Celebrate Labor Day w/ Vets & Tunes - AL DR. 3:30 Nail Care Spa & Hand Massages 3:30 Pencil Art 5:30 Baseball Game: Rockies vs Braves</p>	<p>4</p> <p>9:30 Balloon Badminton 10:00 Parachute Game 11:00 Photo Albums 1:30 Bingo 2:30 Hymns Singing 3:30 Crafts: Fabric Art 6:00 Baseball Game: Rockies vs Tigers -TV Lounge</p>	<p>5</p> <p>9:30 Walking Club 10:45 Paint a Vase 1:30 Exercises 2:00 Ice Cream Social 2:30 Scenic Drive 3:30 Scrapbooking 6:00 Comedy Episode of Lucy Desi</p>	<p>6</p> <p>9:30 Puzzles & Hydration 10:00 Flex & Stretch Exercises 10:45 Creative Lab Paintings 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</p>	<p>7</p> <p>9:30 Take a Stroll in the Patio 10:00 Dance Workout w / Oldies Music on TV- Living Room 11:00 Aqua Painting 1:30 Bingo 2:30 You Be The Judge 3:30 Saturday Movie Special- TV Lounge 1st. Floor 6:00 Solve a Word Search</p>
<p>8</p> <p>Grandparents Day 9:45 Puzzles 10:30 Read the Daily Bread 11:00 Exercises 1:30 Connect w/ Families to Celebrate Grandparents Day 2:05 Football Game: Broncos Vs Seahawks 3:30 Color Pencil Art 6:00 Game Show of Your Choice - TV Lounge</p>	<p>9</p> <p>9:30 Solve the Puzzle 10:00 Exercises 10:45 Seasonal Crafts: Make Banners 1:30 Dog Therapy with "Zack" 2:30 Jingo 3:30 Sing Alongs- TV Lounge 4:00 Giant Word Search 6:00 Grab a Sudoku by the front desk</p>	<p>10</p> <p>9:45 Noodle Exercises 10:45 Baking Club: Banana Bread 11:00 Fabric Folding 1:30 Ring Toss 1:30 Trip to the Denver Art Museum 2:30 Opposites 3:30 Nail Care Spa & Hand Massages 3:30 Pencil Art 6:00 Baseball Game: Rockies vs Tigers- TV Lounge</p>	<p>11</p> <p>Patriot Day 9:30 Balloon Badminton 10:30 Photo Albums 11:00 Patriotic Sing Along- TV Lounge 1:30 Bingo 2:30 Resident Council Meeting 3:30 Crafts: Fabric Garland 5:30 Baseball Game: Rockies vs Tigers -TV Lounge</p>	<p>12</p> <p>9:30 Walking Club 10:45 Crafts: Suncatchers 11:00 Baseball Game: Rockies vs Tigers- TV Lounge 1:30 Exercises 2:30 Fall Scenic Drive 3:30 Scrapbooking 4:00 In the News Today 6:00 Comedy Episode of Lucy Desi</p>	<p>13</p> <p>9:30 Puzzles & Hydration 10:00 Flex & Stretch Exercises 10:45 Crafts: Make a Flower Pot 1:30 Pray the Rosary (Religious Services) 3:00 Happy Hour w/ Dan in Assisted Living Dining Room 4:00 Balloons & Noodles 6:00 Coloring Activity Sheets</p>	<p>14</p> <p>9:30 Take a Stroll in the Patio 10:00 Dance Workout w / Oldies Music on TV- Living Room 11:00 Aqua Painting 1:30 Bingo 2:30 You Be The Judge 3:30 Saturday Movie Special- TV Lounge 1st. Floor 6:00 Solve a Word Search</p>
<p>15</p> <p>9:45 Puzzles 10:30 Read the Daily Bread 11:00 Exercises 12:00 National Hispanic Heritage Month Celebration w Special Lunch 1:30 Bible Study in Activity Room in MC 2:25 Steelers Vs Broncos Watch Party w/ Popcorn 3:30 Color Pencil Art 6:00 Game Show of Your Choice - TV Lounge</p>	<p>16</p> <p>Happy Birthday Ellaline F. 9:30 Solve the Puzzle 10:00 Exercises 11:00 Paint a Mandala on Rock - FP 1:30 Dog Therapy with "Zack" 2:30 Jingo 3:30 Sing Alongs- TV Lounge 4:00 Giant Word Search 6:00 Baseball Game: Diamondbacks Vs Rockies - TV Lounge</p>	<p>17</p> <p>9:45 International Country Music Day- Dancing Through the Decades 11:00 Chats on Importance of Hydration w/ Philip- FP in AL 11:00 Fabric Folding 1:30 Ring Toss 2:30 Opposites 3:30 Nail Care Spa & Hand Massages 3:30 Pencil Art 6:00 Baseball Game: Diamondbacks Vs Rockies - TV Lounge</p>	<p>18</p> <p>U.S. Air Force Day 9:30 Balloon Badminton 10:00 Parachute Game 11:00 Photo Albums 1:00 Baseball Game: Diamondbacks Vs Rockies - TV Lounge 1:30 Bingo 2:30 Hymns Singing 3:30 Crafts: Paint a Wooden Sunflower 4:00 All About U.S. Air Force Day-TV Lounge 6:00 TV show of choice</p>	<p>19</p> <p>9:30 Walking Club 10:45 Seasonal Crafts- Sunflower Wreaths 2:00 Chef's Chats w/ Residents-FP 2:30 Fall Scenic Drive 2:30 Ice Cream Social 3:30 Scrapbooking 6:00 Comedy Episode of Lucy Desi</p>	<p>20</p> <p>9:30 Puzzles & Hydration 10:00 Flex & Stretch Exercises 10:45 Creative Lab Paintings 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</p>	<p>21</p> <p>9:30 Take a Stroll in the Patio 10:00 Dance Workout w / Oldies Music on TV- Living Room 11:00 Aqua Painting 1:30 Bingo 2:30 You Be The Judge 3:30 Saturday Movie Special- TV Lounge 1st. Floor 6:00 Solve a Word Search</p>
<p>22</p> <p>Welcome Fall 9:45 Puzzles 10:30 Read the Daily Bread 11:00 Football Game: Broncos vs Buccaneers 1:30 All About Fall 2:30 Football Game: Broncos Vs Seahawks 3:30 Color Pencil Art 6:00 Game Show of Your Choice - TV Lounge</p>	<p>23</p> <p>Happy Birthday Donna P. 9:30 Solve the Puzzle 10:00 Exercises 10:45 NGH Family Photo Session 1:30 Dog Therapy with "Zack" 2:30 Jingo 3:30 Sing Alongs- TV Lounge 4:00 Giant Word Search 6:00 Movie of Your Choice</p>	<p>24</p> <p>9:45 Noodle Exercises 10:45 Baking Club: Pumpkin Cinnamon Muffins 11:00 Fabric Folding 1:30 Hello Fall Foam Craft 2:30 You Be The Judge 3:30 Activity Meeting w/ Residents 3:30 Pencil Art 6:00 Baseball Game: Rockies vs Cardinals- TV Lounge</p>	<p>25</p> <p>National Women's Health and Fitness Day 9:30 Balloon Badminton 10:00 Parachute Game 11:00 Health & Fitness Tips 1:30 Bingo 2:30 Hymns Singing 3:30 Crafts: Fall Foam Tree 6:00 Baseball Game: Rockies vs Cardinals- TV Lounge</p>	<p>26</p> <p>9:30 Walking Club 10:45 Fall Floral Wreath 1:30 Baseball Game: Rockies vs Cardinals- TV Lounge 1:30 Exercises 2:30 Celebration for All the September Birthdays 2:30 Fall Scenic Drive 3:30 Scrapbooking 5:00 Family Council Meeting 6:00 Comedy Episode of Lucy Desi</p>	<p>27</p> <p>9:30 Puzzles & Hydration 10:00 Flex & Stretch Exercises 10:45 Crafts: Paint Fall Leaves 1:30 Pray the Rosary (Religious Services) 2:00 Oktoberfest Celebration in Assisted Living Dining Room 4:00 Autumn Seasonal Photo Showcase-TV Lounge 6:00 Coloring Activity Sheets</p>	<p>28</p> <p>9:30 Take a Stroll in the Patio 10:00 Dance Workout w / Oldies Music on TV- Living Room 11:00 Aqua Painting 1:30 Bingo 2:30 You Be The Judge 3:30 Saturday Movie Special- TV Lounge 1st. Floor 6:00 Solve a Word Search</p>
<p>29</p> <p>World Heart Day 9:45 Puzzles 10:30 Read the Daily Bread 11:00 Football Game: Broncos Vs Jets 1:30 Bible Study in Activity Room in MC 2:30 Healthy Heart Tips & Discussions 3:30 Color Pencil Art 6:00 Game Show of Your Choice - TV Lounge</p>	<p>30</p> <p>9:30 Solve the Puzzle 10:00 Exercises 11:00 Crafts: Apple Tissue Paper Sign 1:30 Dog Therapy with "Zack" 2:30 Jingo 3:30 Sing Alongs- TV Lounge 4:00 Giant Word Search 6:00 Movie of Your Choice</p>				<p>Residents' Birthdays</p> <ul style="list-style-type: none"> • Ellaline F. 9/16 • Donna P. 9/23 	

Autumn Is Approaching

Summer comes to a close when fall arrives in September. As the days gradually get shorter and cooler, a variety of trees will begin to prepare for winter, indicated by their leaves changing to brilliant colors of red, orange, and yellow before dropping to the ground. Ash, birch and maple trees are often among those that will lose their leaves first. Have a Great September!

Aging in Your Autumn Years

This month, summer turns to fall, and many people view the change in seasons as a good time to make personal changes. Healthy Aging Month in September encourages older adults to adopt and maintain habits that will help them stay fit, stay connected and stay adventurous in their golden years.

Sporty September

September marks the beginning of the NFL season, and the MLB season is nearing an exciting end. Two of the most popular sports in America, football and baseball share just one person in their halls of fame: Cal Hubbard, who was a linebacker for three NFL teams and spent 16 seasons as an MLB umpire. Popcorn Party will be held on Sunday afternoons, to gear up the sports season.

Patriot Day

Sept. 11 is Patriot Day, marking the anniversary of Sept. 11, 2001. Let's take a moment of silence, when all Americans unite to remember the heroes and victims of that day and honor their extreme acts of bravery and patriotism.

Thank You to the Maintenance Team



We appreciate our maintenance director, Kristopher S., and maintenance assistant, Francisco C. We call on them to fix up our community inside and out, and they help keep our facility running smoothly every day. We want to keep our property well-maintained and a place that you continue to love to call home. Help us stay in top-notch shape by promptly reporting all maintenance issues, big or small, to the office. Thanks. Our maintenance staff works hard behind the scenes, but we'd like to put them front and center and tell them "Thank you for all you do!"

Luau Party at NGH

Residents of Northglenn Heights had a tropical experience at the Summer Luau party the past month where they tasted a variety of Hawaiian food dishes, enjoyed the Hawaiian music and the Polynesian dance show.

