

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

Happy Halloween

Boo! It's that time when we've asked the mini ghosts and goblins from our area to join us for a truly spook-tacular time this Halloween. Now, we invite all the kids, friends, families, neighbors and of course, our residents, to join the fun by donning your most ghoulish attire and having plenty of treats available for the witches and wizards who may sweep through our community at our Halloween Party on October 31st, from 2:30 pm-4 pm. We'll have magical potions to quench your thirst and plenty of tasty goodies for you to enjoy. There will be tricks, treats and prizes for the best costume. So come down and celebrate the spirit of Halloween. We hope that everyone will join us for our Halloween event. Have a safe and Happy Halloween.



OCTOBER 2024

Resident Appreciation



Flower Power: Flowers play an important role in our daily lives. Respective resident Urszula K. engages herself 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.

Trick or Treat

We'd love to have our community's little ghosts and goblins stop by the office when they're out trick-or-treating. Trick or treaters are asked to visit only those homes displaying the welcome sign. Of course, we'd love to have you stop by the office during our regular hours—we'll be handing out all kinds of goodies. Have a spooktacular holiday.

OCTOBER 2024

Residents' Birthdays

- Linda M. 10/11
- Urszula K. 10/24
- Mercedes C. 10/25
- Jeannine B. 10/25

Birthday Wishes

We have a lot of birthday babies this month and we hope you'll help us in wishing them a fantastic birthday. If you know anyone from the list above, don't let them off the hook! Wave them over and sing "Happy Birthday" to them.

To the New Residents

Of all the communities you could have chosen to call home, you selected us. We're thrilled you are here! We'll do our very best to make sure your home is peaceful and relaxing, and encourage you to call on us with all of your needs and concerns. We're here for you! Have a Happy Halloween and Happy New Year to all our residents celebrating Rosh Hashanah this month.

"Listen! The wind is rising, and the air is wild with leaves, We have had our summer evenings, now for October eves!" —Humbert Wolfe

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Residents' Birthdays <ul style="list-style-type: none"> • Linda M. 10/11 • Urszula K. 10/24 • Mercedes C. 10/25 • Jeannine B. 10/25 	Halloween Door Decoration Contest Begins 9:45 Noodle Exercises 11:00 Fabric Folding 1:30 International Day of the Elderly- Read a Short Uplifting Story 2:30 Halloween Decorations 3:30 Nail Care Spa & Hand Massages 3:30 Pencil Art 6:00 Game Show of Choice	Rosh Hashanah Begins (at Sundown) 9:45 Balloon Badminton 10:30 Halloween Bingo 1:30 Parachute Game 2:30 Crafts: Halloween Banner 3:30 Hymns Singing 6:00 TV show of choice	Pet Costume Contest Begins- Read the Rules on Last Page 9:30 Walking Club 10:45 Mosaic Art on a Card Stock 1:30 Ice Cream Social w/New Residents 2:30 Fall Scenic Drive 3:30 Short Uplifting Stories 4:00 Guitar Performance by Resident's Family 6:00 Comedy Episode of Lucy Desi	Rosh Hashanah Ends (sundown) 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	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 Halloween Movie Special- TV Lounge 6:00 Solve a Word Search
9:45 Puzzles 10:30 Hymns Singing 11:00 Exercises 1:30 Jingo Mania 2:30 Sports Channel 3:30 Colored Pencil Art 6:00 Game Show of Your Choice - TV Lounge	9:30 Solve the Puzzle 10:00 Exercises 10:45 Pumpkin Foam Crafts 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	9:45 Noodle Exercises 10:30 Baking Club 11:00 Fabric Folding 1:30 Halloween Giant Coloring Poster 2:30 Opposites 3:30 Nail Care Spa & Hand Massages 3:30 Pencil Art 6:00 Game Show of Choice	9:45 Balloon Badminton 1:30 Parachute Game 1:30 Residents' Council Meeting 2:30 Crafts: Halloween Fabric Garland 3:30 Hymns Singing 6:00 TV show of choice	9:30 Walking Club 10:45 Paint a Suncatcher Mandala 1:30 Visit to the Hammond's Candy Factory 2:30 Exercises 3:30 Short Uplifting Stories 4:00 Guitar Performance by Resident's Family 6:00 Comedy Episode of Lucy Desi	Happy Birthday Linda M. 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 w/ Vets & Tunes- AL DR 4:00 Balloons & Noodles 6:00 Yom Kippur Begins (at Sundown)	Yom Kippur Ends (sundown) 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 Halloween Movie Special- TV Lounge 6:00 Solve a Word Search
Breast Cancer Awareness Day: Wear Pink 9:45 Puzzles 10:30 Hymns Singing 11:00 Exercises 1:30 Jingo Mania 2:30 Sports Channel 3:30 Colored Pencil Art 6:00 Game Show of Your Choice - TV Lounge	Columbus Day & Indigenous Peoples' Day 9:30 Solve the Puzzle 10:00 Exercises 10:45 Pumpkin Foam Wreath 1:30 Dog Therapy with "Zack" 2:30 Pumpkin Spiced Latte Social 3:30 Sing Alongs- TV Lounge 4:00 All About Columbus Day 6:00 Movie of Your Choice	9:45 Noodle Exercises 10:30 Paint a 3D Pumpkin Art Piece 1:30 Visit to the Pumpkin Patch 2:30 Opposites 3:30 Afternoon Trivia 3:30 Pencil Art 6:00 Game Show of Choice	9:45 Balloon Badminton 10:30 Halloween Bingo 1:30 Parachute Game 2:30 Crafts: Halloween Haunted Houses 3:30 Hymns Singing 6:00 TV show of choice	9:30 Walking Club 10:45 Paint a Wooden Art Piece 1:30 Exercises 2:30 Chef's Corner w/ Residents-FP in AL 2:30 Fall Scenic Drive 2:30 Ice Cream Social 3:30 Short Uplifting Stories 4:00 Guitar Performance by Resident's Family	9:30 Creative Lab Paintings 10:00 Flex & Stretch Exercises 11:00 Meet & Greet the Pets of Residents' Families 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	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 Halloween Movie Special- TV Lounge 6:00 Solve a Word Search
9:45 Puzzles 10:30 Hymns Singing 11:00 Exercises 1:30 Jingo Mania 2:30 Sports Channel 3:30 Colored Pencil Art 6:00 Game Show of Your Choice - TV Lounge	9:30 Solve the Puzzle 10:00 Exercises 11:00 Water Paint a Picture 1:30 Dog Therapy with "Zack" 2:30 A Walk to End Alzheimer's: NGH Courtyard (Wear Purple) 3:30 Sing Alongs- TV Lounge 4:00 Giant Word Search 6:00 Movie of Your Choice	9:45 Noodle Exercises 10:30 Baking Club 11:00 Fabric Folding 1:30 Ring Toss 2:30 Opposites 3:30 Nail Care Spa & Hand Massages 3:30 Pencil Art 6:00 Game Show of Choice	9:45 Balloon Badminton 10:30 Halloween Bingo 1:30 Parachute Game 2:30 Crafts: Halloween Velvet Art 3:30 Hymns Singing 6:00 TV show of choice	Happy Birthday Urszula K. 9:30 Walking Club 10:45 Carve a Foam Pumpkin 1:30 Exercises 2:30 Monthly Birthday Celebrations 3:30 Short Uplifting Stories 4:00 Guitar Performance by Resident's Family 6:00 Comedy Episode of Lucy Desi	Happy Birthday Mercedes C. & 25 Jeannine B. 9:30 Puzzles & Hydration 10:00 Book Sale: A Fundraiser for the Breast Cancer Awareness Month - FP 10:45 Coloring w/ Gel Pens 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	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 Halloween Movie Special- TV Lounge 6:00 Solve a Word Search
9:45 Puzzles 10:30 Hymns Singing 11:00 Exercises 1:30 Jingo Mania 2:30 Sports Channel 3:30 Colored Pencil Art 6:00 Game Show of Your Choice - TV Lounge	9:30 Solve the Puzzle 10:00 Exercises 11:00 Water Paint a Picture 1:30 Dog Therapy with "Zack" 2:00 Caramel Apple Smoothie Tasting 2:30 Jingo 3:30 Sing Alongs- TV Lounge 4:00 Giant Word Search 6:00 Movie of Your Choice	9:45 Noodle Exercises 11:00 Fabric Folding 1:30 Ring Toss 2:30 Opposites 3:30 Nail Care Spa & Hand Massages 3:30 Pencil Art 6:00 Game Show of Choice	9:45 Balloon Badminton 10:30 Halloween Bingo 1:30 Parachute Game 2:30 Crafts: Color Your Own Pumpkin Tote Bag 3:30 Hymns Singing 6:00 TV show of choice	Happy Halloween 9:45 Halloween Stories 10:30 Halloween Costume Photo Shoots 2:00 Halloween Celebrations, Costume & Door Decor Contest Winner Announcement 4:00 Trick or Treat 6:00 Halloween Movie of Choice		

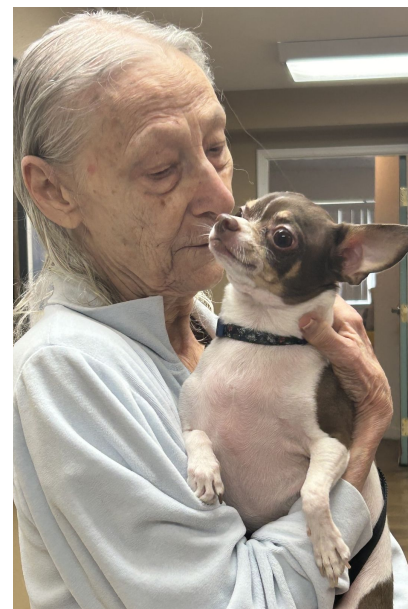
Family Appreciation

Residents at NGH had a cuddle break while receiving pet therapy from the furry friends brought in by our Activities Assistant, Janelle, and the respected family members, Margaret and Tavy, who are lovely daughters of our resident, Robert D. We really appreciate the effort you made to give our residents a warm and a memorable experience.



Pet a Pooch

There's a pack of research that shows dogs and cats deliver happiness on four legs, but you don't need to own a dog or a cat to benefit from them. The simple act of petting them can improve your mood and lower your blood pressure.



Holiday Decor Reminder

"There is something incredibly nostalgic and significant about the annual cascade of autumn leaves." —Joe L. Wheeler. Keep all decorations fun and tasteful! Use your favorite figurines and trimmings, but be considerate of your neighbors when hanging objects such as lights or signs.

Pet Costume Contest Rules

We're hosting a pet costume contest for the whole month, where friends, families & residents would dress up their lovely, furry babies, bring them to the community, take a picture & text it to our Activities Director at 781-249-7297. The pictures will be put up on the activity board by the TV Lounge, for everyone to vote. The voting and the contest ends on October 30th. The winners will be announced on Halloween Day.

Book Sale: A Fundraiser for Breast Cancer Awareness

As October is recognized as Breast Cancer Awareness Month, we are raising funds for this noble cause by organizing a book sale by the fireplace of our NGH community, on October 25th, from 10:30 AM-1:30 PM. Take a look at our "Books for Sale." Save yourself some money and some time by checking out what we have for sale. All donations are welcome.

Candy Donations: We're collecting candy to hand out to trick or treaters during our Halloween celebrations. If you'd like to contribute, please reach out to the front desk; they will direct you to the Activities Director. Thank you for your generosity!

