



INDEPENDENT LEISURE

At any time, you may request independent leisure materials from the Activity Department at no charge. Some materials you may request are:

- Word puzzles
- Books
- Magazines
- Watercolor Supplies
- Coloring materials
- Music pages
- Jigsaw puzzles
- Knitting/Crocheting/Yarn
- Movies
- CD's/ Radios
- Cards (Birthday, Thank You, Get Well, Sympathy, etc.)
- TV and music channel guide
- Trivia
- Games
- Notepads
- Pens, Pencils, Markers
- Stuffed animals or baby dolls



North Shore Health & Rehab Facility

Happenings

JANUARY 2022

1365 West 29th Street
Loveland, CO
970-667-6111

- ADMINISTRATOR**
Clinton Dale
- ADMISSIONS**
Chelsea Meehan
- ACTIVITY DIRECTOR**
Katrina Good
- BUSINESS OFFICE COORDINATOR**
Jackie Avitia
- DIETARY MANAGER**
Natalie Kirkiakos
- DIRECTOR OF NURSING**
Jordyn Pim
- HOUSEKEEPING SUPERVISOR**
Selena Gomez
- LAUNDRY SUPERVISOR**
Louise Aragon
- MAINTENANCE SUPERVISOR**
Josef Davis
- MEDICAL RECORDS SUPERVISOR**
Julie Sleath
- OFFICE MANAGER**
- SOCIAL SERVICES DIRECTOR**
Lacey Hodges
- TRANSPORTATION**
Stacey Huber



HAPPY NEW YEAR!

Happy New Year from North Shore Health and Rehab's staff! We hope everyone has a positive and rewarding 2022!

JANUARY BIRTHDAY PARTY

Happy Birthday to everyone whose birthday falls in January! We will be having a birthday celebration on Tuesday, January 25th, 2021 to celebrate!

RESIDENT OF THE MONTH

Congratulations to Mark Victory, North Shore's Resident of the Month! Mark is originally from Colorado Springs, CO. He went to Tech school and worked in the service industry. Here at North Shore, Mark enjoys many group activities such as socials, crafts, trivia, and musical programs. He is a comedian and spreads laughter and smiles to everyone he

meets. Mark's life advice is to "follow the ten commandments". We are very grateful to have Mark as part of the North Shore family!

WE WELCOME YOU BUT NOT THE FLU!

If you are experiencing any flu-like symptoms such as a sore throat, cough, fever, or muscle aches – please DO NOT come into the facility. We need your help to keep your loved ones healthy this flu season.

VISITATION: COVID UPDATE HOTLINE: 720-257-6179

If you are planning to visit loved ones, please make sure to follow current visitation regulations. If you have any visitation questions, please call our Covid Update Hotline at 720-257-6179 or North Shore at 970-667-6111.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

JANUARY

North Shore Health & Rehab Facility

1 New Year's Day

-9:15am Aromatherapy Wake Up and Relaxation MV or CH
 -10:30am Morning Reading MV or CC
 -2:15pm Group Mural MV

2
 - 9:15am Sensory Group MV
 -10:30am Sunday Program CH or MV
 -1:30pm Nail Salon MV or R
 -2:05pm Bronco Watching Party! MV

3
 -8:45am News and Views Mv or PV
 -9:30am Shake and Shine MV
 -10:00am Music with Mo CC
 -2:00pm Bingo CC
 -3:15pm Activity Planning Meeting MV or CC

4 [National Trivia Day]
 -8:30am Sensory Group MV
 -9:30am Morning Muscle Exercise MV
 - 10:15am Trivia Twister MV
 -1:30pm Group Crossword Puzzle CC
 -2:15pm Handbell Practice Mv or PV

5
 -8:45am News and Views MV or PV
 -9:30am Movers and Shakers MV
 -10:15am Nail Salon MV
 -1:30pm Winter Coloring CC
 -2:30 Happy Hour CC
 -6:00pm Scrabble MV

6
 -8:30am Sensory Group MV
 -9:30am Morning Muscle Exercise MV
 -10:00 Catholic Communion CH
 -10:30am Hymn Sing with Rebecca MV
 -2:00pm Bingo CC

7
 -9:45am Morning Warm Up MV
 -10:30 Ski Jumping Winter Olympics Game am MV
 -2:00pm Travelogue: Zambian Safari MV or PV
 -3:15pm Ice Cream Social CC
 -6:00pm Movie Night

8 [Elvis Presley's Birthday]
 -9:15am Aromatherapy Wake Up and Relaxation MV or CH
 -10:30am Morning Reading Social CC
 -2:15 pm Remembering Elvis Songs MV
 -3:00 Elvis Documentary MV

9
 10:30am Sunday Program CH or MV
 -Nail Salon/Sensory Group R
 -2:25 pm Bronco Watching Party! MV

10 National Houseplant Appreciation Day
 -9:30am Group Air Golf MV
 -10:30am Bingo CC
 -1:30pm Painting Planting Pots MV
 -3:00pm Indoor Gardening MV or PV

11
 -8:30am Sensory Group MV
 - 9:30am Muscle Morning Exercise MV
 -10:30am Zigzag Abstract Painting MV or PV
 -2:00pm Music with Rex MV
 -3:15pm Scrabble MV

12
 -9:30am Snowman Bowling MV
 -10:15am Nail Salon MV
 -1:30pm Uno Flip MV
 -2:30pm Happy Hour CC
 -6:00pm Dominoes MV

13
 -8:30am Sensory Group MV
 - 9:30am Muscle Morning Exercise MV
 -10:00 am Hymn Sing with Rebecca M
 -2:00pm Bingo CC

14
 - 9:45am Bean Bag Toss: Snowman Edition MV
 -10:00am Winter Mural MV
 -1:45pm Men's Group MV
 -2:00pm Women's Group PV or CC
 -3:00pm Hot Chocolate Social CC

15
 -9:15am Aromatherapy Wake Up and Relaxation MV or CH
 - 10:30am Morning Reading CC or MV
 -1:30pm Snowflake Making MV
 - 2:30pm Zig Zag Zoom Game MV

16
 - 9:15am Sensory Group MV
 -10:30am Sunday Program CH or MV
 -1:30pm Nail Salon MV or R
 -2:30pm Z-A Music Trivia MV

17 MLK Jr. Day
 -8:45am News and Views Mv or PV
 -9:30am Shuffleboard MV
 -10:30am Bingo CC
 -1:30pm Martin Luther King History and Discussion MV
 -2:30pm Nerf Poker MV or PV

18
 -8:30am Sensory Group MV
 - 9:30 amMuscle Morning Exercise MV
 - 10:00am Music with Paul CC
 -Lunch In
 -2:30pm Resident Council MV or PV

19 [National Popcorn Day]
 -8:45am News and Views Mv or PV
 - 9:30am Dice Game MV
 -10:15am Nail Salon MV
 -1:45pm Cranium Crunches CC or MV
 -2:30pm Happy Hour CC
 -6:00pm Game Night

20
 -8:30am Sensory Group MV
 - 9:30am Muscle Morning Exercise MV
 -10:30am Hymn Sing with Rebecca MV
 -2:00pm Bingo MV

21
 -9:45am Morning Warm Up MV
 -10:30am 3D Snowman Craft Part 1 MV
 -2:00pm Let's Build a Snowman! MV or PV
 -3:00pm Pie Social MV
 -6:00pm Movie Night! MV

22
 -9:15am Aromatherapy Wake Up and Relaxation MV or CH
 - 10:30am Morning Reading CC or MV
 - 1:30pm 3D Snowman Craft Part 2 MV
 3:00pm Finish the Sayings Game MV

23
 - 9:15am Sensory Group MV
 -10:30am Sunday Program CH or MV
 -Nail Salon R
 -2:25pm Who am I? Discussion MV

24 National Compliment Day
 -8:45am News and Views Mv or PV
 - 9:30am Movers and Shakers MV
 -10:30 Family Feud MV
 -2:00pm Harp Music with Mary Ellen
 3:00pm Compliment Me Discussion and Inspiration MV

25
 -8:30am Sensory Group MV
 -9:30am Muscle Morning Exercise MV
 -10:30am Handbell Practice MV or PV
 -2:00 January Birthday Party! MV or CC

26
 -8:45am News and Views Mv or PV
 - 9:30am Hot Potato! MV
 -10:15am Nail Salon MV
 -1:30 Ice Breakers Mv or CC
 -2:30 Happy Hour CC
 -6:00pm Poker!

27
 -8:30am Sensory Group MV
 - 9:30am Muscle Morning Exercise MV
 -10:30am Hymn Sing with Rebecca MV
 -2:00pm Bingo CC

28 [National Lego Day]
 -9:30am Snowman Bowling MV
 -10:30am Building Contest MV
 -2:00pm Break the Ice Game MV or CC
 -3:00pm Hot Chocolate Social CC

29

30
 - 9:15am Sensory Group MV
 -10:30am Sunday Program CH or MV
 -1:30pm Nail Salon MV or R
 -2:00pm Penguin Painting MV

31
 -8:45am News and Views Mv or PV
 -9:30am Fly Swatter Circle MV
 -10:30am Bingo CC
 -1:30pm Logic puzzles/ Crossword MV
 -2:00pm Shrinky Dinks MV
 -3:15pm Snowball Toss/Fight MV

MV= Mountianview Family Room
CC= Courtyard Café
CH= Chapel
C= Courtyard

A= Outside Activities Office
FL= Front Lobby
R= Individual Rooms
***Activities subject to change**