



Carrington Court

1928 West 9800 S • South Jordan, UT 84095 • (801) 676-8787

A Winter Wonder

Snow may be fun to play in and beautiful to watch fall, but there's more to this winter phenomenon than meets the eye ...

- Snowflakes have six points.
- Rochester, N.Y., is the snowiest large city in the U.S., averaging about 94 inches of snow per year (almost 8 feet!).
- Snowflakes are made up of snow crystals, which are single crystals of ice.
- The greatest snowfall ever recorded in 24 hours happened in Silver Lake, Colo., in 1921—more than 6 feet!
- How snow crystals grow depends largely on temperature.
- About 105 snow-producing storms hit the continental U.S. every year.

Positive Thought

"Don't let what you cannot do interfere with what you can do." —John Wooden

New Year's Resolutions

If at first you don't succeed, try, try again to avoid being among the majority when it comes to making New Year's resolutions. After all, only 46 percent of people who make New Year's resolutions are actually able to keep them six months later, according to www.New-Year-Resolution.net.



HAPPY BIRTHDAY

Helen Nightingale - Jan. 7

Elle Shepherd - Jan. 15

January 2012

HAPPY NEW YEAR

Wishing you health and happiness in 2012!

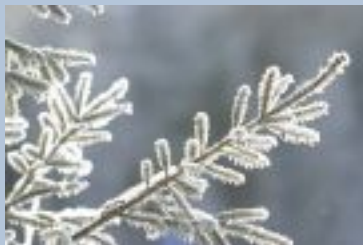


Great Penmanship

We celebrate John Hancock's birth in 1737 on Jan. 23, National Handwriting Day. He was the first to sign the Declaration of Independence, and made a bold statement with his large, legible signature.

Melatonin Keeps Your Clock Ticking

The pineal gland in the brain produces a much-needed hormone called melatonin, which regulates our bodies and keeps our internal clocks ticking away. The production of this hormone directly affects our sleeping patterns by allowing us to fall asleep when it's dark and waking us up when it's light. The pineal gland produces more melatonin when it's dark, so too much exposure to bright lights in the evening or too little light during the day can disrupt our natural sleep cycle.



Walt's Humble Start

A Kansas City slide company needed a cartoonist, so it hired a guy named Walt Disney for \$35 a week on Jan. 29, 1920.



Sunday	Monday	Tuesday
1	2	3
8:30 Music & The Spoken Word 10:30 LDS Sacrament Meeting 11:15 Relief Society & Priesthood 12:00 Lunch 3:00 Afternoon Movie 5:00 Dinner	9:30 Sit & Be Fit 10:00 24/7 Picture of America 10:10 Winter Humor 10:30 New Year's Day Quiz 11:00 Fact or Fiction Game 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	9:30 Sit & Be Fit 10:00 24/7 Picture of America 10:10 Fill-in-the-Blanks 11:00 Marvelous Manicures 12:00 Lunch 1:30 LDS Gospel Doctrine Lesson 3:00 B-I-N-G-O 5:00 Dinner
8	9	10
8:30 Music & The Spoken Word 10:30 LDS Sacrament Meeting 11:15 Relief Society & Priesthood 12:00 Lunch 3:00 Afternoon Movie 5:00 Dinner	9:30 Sit & Be Fit 10:00 24/7 Picture of America 10:10 Joke & Question of the Week?? 10:20 Mystery Person of the Week??? 10:30 "Are You Smarter Than a Fifth Grader?" 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner 5:20 Piano Performance	9:30 Sit & Be Fit 10:00 24/7 Picture of America 10:10 Fill-in-the-Blanks 11:00 Marvelous Manicures 12:00 Lunch 1:30 LDS Gospel Doctrine Lesson 3:00 <u>Piano & Singing - Kevin Christensen</u> 5:00 Dinner
15	16	17
8:30 Music & The Spoken Word 10:30 LDS Sacrament Meeting 11:15 Relief Society & Priesthood 12:00 Lunch 3:00 Afternoon Movie 5:00 Dinner	Martin Luther King Jr. Day 9:30 Sit & Be Fit 10:00 24/7 Picture of America 10:10 Joke & Question of the Week?? 10:20 Mystery Person of the Week??? 10:40 Know It or Blow It 11:15 Throwing Horseshoes 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	9:30 Sit & Be Fit 10:00 24/7 Picture of America 10:10 Fill-in-the-Blanks 11:00 Marvelous Manicures 12:00 Lunch 1:30 LDS Gospel Doctrine Lesson 3:00 B-I-N-G-O 5:00 Dinner
22	23	24
8:30 Music & The Spoken Word 10:30 LDS Sacrament Meeting 11:15 Relief Society & Priesthood 12:00 Lunch 3:00 Afternoon Movie 5:00 Dinner	9:30 Sit & Be Fit 10:00 24/7 Picture of America 10:10 Joke & Question of the Week?? 10:20 Mystery Person of the Week??? 10:40 Over or Under Game 11:00 Name That Tune 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	9:30 Sit & Be Fit 10:00 24/7 Picture of America 10:10 Fill-in-the-Blanks 11:00 Marvelous Manicures 12:00 Lunch 1:30 LDS Gospel Doctrine Lesson 3:00 B-I-N-G-O 5:00 Dinner 5:15 <u>Harp - Eelisha Plays During Dinner</u>
29	30	31
8:30 Music & The Spoken Word 10:30 LDS Sacrament Meeting 11:15 Relief Society & Priesthood 12:00 Lunch 3:00 Afternoon Movie 5:00 Dinner	9:30 Sit & Be Fit 10:00 24/7 Picture of America 10:10 Joke & Question of the Week?? 10:20 Resident Council Meeting (All Residents Are Encouraged to Attend) 11:00 "Pictionary" Game 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	9:30 Sit & Be Fit 10:00 24/7 Picture of America 10:10 Fill-in-the-Blanks 11:00 Marvelous Manicures 12:00 Lunch 1:30 LDS Gospel Doctrine Lesson 3:00 B-I-N-G-O 5:00 Dinner

Wednesday

Thursday

Friday

Saturday

4	5	6	7
<p>9:30 Sit & Be Fit 10:00 24/7 Picture of America 10:10 Clever Crossword Puzzle 11:00 Craft Corner 12:00 Lunch 3:00 <u>Quartet - Moods & Music</u> 5:00 Dinner</p>	<p>BEAUTY SHOP OPEN</p> <p>9:30 Sit & Be Fit 10:00 24/7 Picture of America 10:10 Balloon Badminton 11:00 Cranium Crunches 12:00 Lunch 2:30 Apartment Visits With Residents 3:30 B-I-N-G-O 5:00 Dinner</p>	<p>9:30 Sit & Be Fit 10:10 Kitchen Talk - Presented By: Iva Jean, Kitchen Manager 11:00 Buzz Word Game 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner</p>	<p>9:30 Sit & Be Fit 10:00 Activities Upstairs 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner 7:00 Lawrence Welk Show - Channel 11</p>
<p>9:30 Sit & Be Fit 10:00 24/7 Picture of America 10:10 Clever Crossword Puzzle 11:00 Skip-Bo Card Game 12:00 Lunch 3:00 Movie & Ice Cream 5:00 Dinner 6:30 Relief Society - Everyone Invited</p>	<p>BEAUTY SHOP OPEN</p> <p>9:30 Sit & Be Fit 10:00 24/7 Picture of America 10:10 Balloon Badminton 11:00 Cranium Crunches 12:00 Lunch 2:30 Apartment Visits With Residents 3:30 B-I-N-G-O 5:00 Dinner 6:30 Visiting Relief Society</p>	<p>9:30 Sit & Be Fit 10:00 Marble Lagging 11:00 Trivia While We Snack on Diane's Zucchini Bread 12:00 Lunch 1:30 Outing - Scenic Drive 5:00 Dinner</p>	<p>9:30 Sit & Be Fit 10:00 Activities Upstairs 11:00 <u>Women's Quartet - Harmony Road</u> 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner 7:00 Lawrence Welk Show - Channel 11</p>
<p>9:30 Sit & Be Fit 10:00 24/7 Picture of America 10:10 Clever Crossword Puzzle 11:00 Dominos 12:00 Lunch 3:00 Movie & Popcorn 5:00 Dinner</p>	<p>BEAUTY SHOP OPEN</p> <p>9:30 Sit & Be Fit 10:00 24/7 Picture of America 10:10 Balloon Badminton 11:00 Cranium Crunches 12:00 Lunch 2:30 Apartment Visits With Residents 3:30 B-I-N-G-O 5:00 Dinner</p>	<p>9:00 Van Leaves for LDS Jordan River Temple</p> <p>9:30 Sit & Be Fit 10:00 24/7 Picture of America 10:10 Guesstimation Game 11:00 Make the Putt Golf 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner</p>	<p>9:30 Sit & Be Fit 10:00 Activities Upstairs 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner 7:00 Lawrence Welk Show - Channel 11</p>
<p>9:30 Sit & Be Fit 10:00 24/7 Picture of America 10:10 Clever Crossword Puzzle 11:00 Craft Corner - Making Valentine Cards With Thersa 12:00 Lunch 3:00 Movie & Ice Cream 5:00 Dinner</p>	<p>BEAUTY SHOP OPEN</p> <p>9:30 Sit & Be Fit 10:00 24/7 Picture of America 10:10 Balloon Badminton 11:00 Cranium Crunches 12:00 Lunch 2:30 Apartment Visits With Residents 3:30 B-I-N-G-O 5:00 Dinner</p>	<p>9:30 Outing - Scenic Drive 12:00 Lunch 3:00 <u>Singer - Lynda Davidson Performs</u> 5:00 Dinner</p>	<p>9:30 Sit & Be Fit 10:00 Activities Upstairs 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner 7:00 Lawrence Welk Show - Channel 11</p>
<p>We have a Chaplain available for our residents, or their families, on Monday, Tuesday and Thursday. If you would like to request a visit, please contact Diane, Activities Director.</p>	<p>We have a Eucharistic minister available for our Catholic residents on Wednesday afternoon. Residents, or families, may contact Diane if they would like to request a visit.</p>	<p><i>Happy New Year</i></p>	<p> January </p>

January 2012

Flower of [January]

Botanical name | Dianthus

Other names | Carn, Chinese pink

Description | A multipetaled single flower atop a long stem

Colors | Available in nearly every color except for blue; can be solid, striped or bicolored

Facts | Carnations make an excellent cut flower and last quite a long time making them an ideal choice for bouquets.

[Carnation]

Meaning | Fascination, admiration, pure love



Happy New Year!

Word Search

Birthday	Hot Cocoa
Celebration	January
Champagne	Mittens
Cold	New Year
Confetti	Resolution
Fireworks	Slippers
Goal	Snow
Hockey	Start

N	X	Z	I	N	D	H	K	P	S	N	O	W	Q	R
B	B	S	W	J	O	L	H	X	O	S	N	B	G	K
E	G	S	J	C	J	I	O	I	W	T	V	R	B	H
N	E	R	K	A	V	Y	T	C	H	A	T	I	S	H
G	T	E	I	U	A	A	C	U	P	R	R	K	Z	L
A	Y	P	T	A	R	V	O	V	L	T	R	I	I	L
P	G	P	T	B	G	V	C	F	H	O	Z	D	R	R
M	S	I	E	O	L	O	O	D	W	X	S	Q	A	V
A	N	L	F	I	G	Y	A	E	F	S	J	E	W	Y
H	E	S	N	Q	V	Y	R	L	P	A	Y	K	R	C
C	T	B	O	M	Y	I	K	Z	O	W	I	A	H	Z
H	T	C	C	C	F	V	K	D	E	J	U	B	R	Y
G	I	Q	Y	M	I	Q	A	N	G	N	G	L	H	L
I	M	V	A	J	M	M	G	L	A	Y	J	Y	A	Q
P	C	Z	X	X	K	R	C	J	A	F	X	B	A	H