

Carrington Court

1928 West Shields Ln • South Jordan, UT 84095 • (801) 676-8787

THANK YOU VETERANS

On Nov. 11, we pay tribute to the men and women who have served and continue to serve our country in the armed forces. A special thank you to our veterans Garry Watson, Phil Seal, Scott Gardner, Harold Himle, Don Woolley, Eugene Brewer, Connell Roberts, Thomas Bunkall, Ernie Sodja and Keith Schofield.

No Excuse Not to Exercise

Some seniors may think that staying sedentary conserves their energy and keeps them safe, but nothing could be further from the truth. Research shows that inactivity contributes to chronic health problems, and keeping muscles toned can help prevent falls. Other seniors may worry that they're too old to start exercising, but better fitness can begin at any age. Walking and other light activities can deliver big benefits. Diminished mobility is no reason to shun exercise, either. Many exercises, such as lifting light weights and stretching, can be performed in a chair. So come and join Diane in Sit & Be Fit at 9:30 a.m. You will be glad you did!



Happy Birthday

Emelia Roberts - November 22

November 2011



FAMILY THANKSGIVING DINNER

On **Thursday, Nov. 17, at 5:30 p.m.** all families are invited to our annual Thanksgiving dinner. Carrington Court staff are grateful for all our wonderful residents and their families. Thank you for making our community such a pleasant place. Please plan on attending and enjoying a traditional dinner of turkey with all the trimmings. Here's to friends, family, good food and fun! **R.S.V.P.** to the front desk with the total number of guests who will be attending.

Stuffing or Dressing?

You say "stuffing." I say "dressing." Thanksgiving turkey's savory side dish goes by two names. What you call it probably has more to do with where you grew up than whether the mixture is served inside or outside the bird. Generally residents of the northern U.S. say stuffing, while Southerners tend to call it dressing. One theory is that the word "dressing" is more palatable to genteel Southern sensibilities than the graphic-sounding "stuffing."

Wit & Wisdom

"What we're really talking about is a wonderful day set aside on the fourth Thursday of November when no one diets. I mean, why else would they call it

Thanksgiving?"

—*Erma Bombeck*

"You can tell you ate too much for Thanksgiving when you have to let your bathrobe out."

—*Jay Leno*

"It took me three weeks to stuff the turkey. I stuffed it through the beak."

—*Phyllis Diller*

"Most turkeys taste better the day after. My mother's tasted better the day before."

—*Rita Rudner*

"A boy doesn't have to go to war to be a hero; he can say he doesn't like pie when he sees there isn't enough to go around."

—*E.W. Howe*

"Vegetables are a must on a diet. I suggest carrot cake, zucchini bread and pumpkin pie."

—*Jim Davis*



'Most Trusted Man in America'

Former CBS News anchor Walter Cronkite was born on Nov. 4, 1916.



Sunday	Monday	Tuesday
	We have Chaplains available to our residents, and their families, on Monday, Tuesday, and Thursday. Please feel free to contact Diane, Activities Director, if you would like to request a visit.	9:30 Sit & Be Fit ¹ 10:00 24/7 Picture of America 10:10 Words That Begin With the Letter "B" 11:00 Marvelous Manicures 11:00 Foot pampering: Alpha Home Health 12:00 Lunch 1:30 LDS Gospel Doctrine 3:00 B-I-N-G-O 5:00 Dinner
6 DAYLIGHT SAVING TIME ENDS 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	7 9:30 Sit & Be Fit 10:00 Question & Joke of the Week?? 10:00 24/7 Picture of America 10:20 Nat. Authors' Celebration 11:00 Bowling for a Turkey (NOT One You Cook) 12:00 Lunch 3:00 B-I-N-G-O 5:15 <u>Harp - Eelisha Plays During Dinner</u>	8 ELECTION DAY 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 3:00 B-I-N-G-O 5:00 Dinner
13 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 6:30 Family Home Evening	14 9:30 Sit & Be Fit 10:00 Question & Joke of the Week?? 10:10 24/7 Picture of America 10:20 Bodies of Water Word Game 11:00 Making Our Wall of Peace 12:00 Lunch 3:00 <u>Country Music - New Fiddlers</u> 5:00 Dinner	15 9:30 Sit & Be Fit 10:00 24/7 Picture of America 10:10 Fill-in-the-Blanks 11:00 Marvelous Manicures 11:00 "Fix It" Clinic for Walkers & Wheelchairs Provided by AAMCO 12:00 Dinner 1:30 LDS Gospel Doctrine 3:00 B-I-N-G-O 5:00 Dinner
20 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	21 9:30 Sit & Be Fit 10:00 Question & Joke of the Week?? 10:10 24/7 Picture of America 10:20 Pilgrims and Food Facts 10:45 Sack Game 12:00 Lunch 3:00 <u>Piano - Kevin Pace</u> (Grand Piano in Dining Room) 5:00 Dinner	22 BEAUTY SHOP OPEN 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 3:00 B-I-N-G-O 5:00 Dinner
27 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 6:30 Family Home Evening	28 9:30 Sit & Be Fit 10:00 Question & Joke of the Week?? 10:10 24/7 Picture of America 10:20 Resident Council Meeting - (All Residents Are Encouraged to Attend) 11:00 Clichés and Tongue Twisters 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	29 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 3:00 B-I-N-G-O 5:00 Dinner

Wednesday

Thursday

Friday

Saturday

<p style="text-align: right;">2</p> <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 Movie & Ice Cream 5:00 Dinner</p>	<p style="text-align: right;">3</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 2:45 <u>Women's Choir - Act III</u> 3:30 B-I-N-G-O 5:00 Dinner</p>	<p style="text-align: right;">4</p> <p>9:30 Sit & Be Fit 10:00 24/7 Picture of America 10:10 Marble Lagging 11:00 Riddles "Perfect Sense" 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner</p>	<p style="text-align: right;">5</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 style="text-align: right;">9</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 & Ice Cream 5:00 Dinner 6:30 Relief Society</p>	<p style="text-align: right;">10</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 3:00 <u>Piano & Singing - Kevin Christensen - Patriotic Music</u> 5:00 Dinner</p>	<p style="text-align: right;">11</p> <p>VETERANS DAY 9:30 Sit & Be Fit 10:00 24/7 Picture of the Day 10:10 Documentary - "<i>Arlington Cemetery: Field of Honor</i>" 11:30 Outing - Little America Restaurant 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner</p>	<p style="text-align: right;">12</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 style="text-align: right;">16</p> <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 Movie & Ice Cream 5:00 Dinner</p>	<p style="text-align: right;">17</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 5:30 Thanksgiving Dinner - All Families Invited</p>	<p style="text-align: right;">18</p> <p>9:00 Van Leaves for LDS Jordan River Temple 9:30 Sit & Be Fit 10:00 24/7 Picture of America 10:10 Carrington Court Run for Roses 11:00 "<i>Seabiscuit</i>" Movie Clips and Root Beer Floats 12:00 Lunch 1:30 Outing - Scenic Drive 5:00 Dinner</p>	<p style="text-align: right;">19</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 style="text-align: right;">23</p> <p>BEAUTY SHOP OPEN</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 B-I-N-G-O 5:00 Dinner</p>	<p style="text-align: right;">24</p> <p style="text-align: center;">  </p>	<p style="text-align: right;">25</p> <p>9:30 Sit & Be Fit 10:00 24/7 Pictures of America 10:10 Hole in One Golf (Most Holes in One Takes the Prize) 11:00 Game - Smart Donkey 12:00 Lunch 3:00 <u>Singer - Linda Davidson</u> 5:00 Dinner</p>	<p style="text-align: right;">26</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 style="text-align: right;">30</p> <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 Movie & Ice Cream 5:00 Dinner</p>		<p style="text-align: center;"> <i>"As We Express Our Gratitude, We Must Never Forget That the Highest Appreciation Is Not to Utter Words, But to Live by Them."</i> --John F. Kennedy, 35th President of the United States (1961-1963) </p>	

November 2011

Resident Spotlight - Iris Colleen Welch



Iris is an only child and born in San Antonio, TX. She was raised by her mother and her grandmother (while Iris' mother was working for the Union Pacific Railroad). Iris moved to California when she was 7. She graduated from UCLA in 1950 with a degree in physical therapy. She worked for 30 years as a physical therapist for the state of CA. Her area of expertise was working with children with cerebral palsy. She was highly respected in her field and earned many awards and recognitions. Iris retired in the early 80s and spent 20 years traveling between her two homes in San Antonio, TX, and Dana Point, CA. She has owned many dogs throughout her life, each one being a yellow lab and each one being named Buck. During her life, Iris has had many hobbies including gardening (beautiful rose bushes in CA), cross stitch (which she has won several blue ribbons) and collecting antiques.

Resident Spotlight - Thomas Merlin Bunkall

Thomas was born in SLC, UT. He had one brother and four sisters. Growing up, he was known by his middle name, Merlin. It wasn't until he served in the Army during the Korean War that everyone began calling him Tom. He also picked up a hobby during the war that he still enjoys today—playing the harmonica. Tom married Marjorie Peterson in 1953 and they had six daughters. He spent the largest part of his career working for Mountain Bell. He enjoyed and was good at fixing and building things. This became obvious when he built his own home. His talents also extended to landscaping and gardening in the beautiful yards he created. Tom and Marjorie loved the outdoors and often took the family fishing, camping and boating. Tom faithfully served in many callings in his church, including membership on the stake high council. In later years, Tom developed a talent for woodcarving. His family of 18 grandchildren and four great-grandchildren still enjoys the birdhouses, driftwood faces, ducks and decorative shelves.

