

**Interesting Facts About Utah**

1. Completion of the world's first transcontinental railroad was celebrated at Promontory where the Central Pacific and Union Pacific Railroads met on May 10, 1869. It is now known as Golden Spike National Historic Site
2. Levan, is "navel" spelled backwards. It is so named because it is in the middle of Utah.
3. Utah is the site of the nations first department store. Zions Co-operative Mercantile Institution was established in the late 1800's. It is still in operation today as ZCMI.
4. The Mormon Temple in Salt Lake City took 40 years to complete. The Mormon temples in St. George, Manti and Logan Utah were completed before the Salt Lake Temple.
5. Interstate 70 enters the eastern edge of the state, from Grand Junction Colorado, and ends where it intersects Interstate 15, near Cove Fort. This section of Interstate 70 is one of the most deserted stretches of Interstate in the United States.
6. Rainbow Bridge, Nature's abstract sculpture carved of solid sandstone, is the world's largest natural-rock span. It stands 278 feet wide and 309 feet high.
7. The Great Salt Lake covers 2,100 square miles, with an average depth of 13 feet. The deepest point is 34 feet.
8. The average snowfall in the mountains near Salt Lake City is 500 inches.
9. Because of the state's inland location Utah's snow is unusually dry. Earning it the reputation of having the world's greatest powder. 14 Alpine ski resorts operate in Utah.
10. Utah mountain peaks, on average, are the tallest in the country. The average elevation of the tallest peaks in each of Utah's counties is 11,222 ft.-higher than the same average in any other state.
11. Salt Lake City was originally named Great Salt Lake City. Great was dropped from the name in 1868.
12. State symbol: The Beehive symbolizes thrift and industry.
13. State animal: The Rocky Mountain Elk.
14. State fish: The Rainbow Trout.
15. The Uinta mountain range is named after the Ute Indians.

30  
**ENJOY YOUR SUNDAY!**  
 8:00 Breakfast  
 9:30 Music and the Spoken Word  
 (Watch on TV Channel 5)  
 12:00 Lunch  
 5:00 Dinner

2  
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9  
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16  
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23  
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 12:00 Lunch  
 5:00 Dinner

31  
 9:30 Let's Move!  
 10:15 Team Ice Relay & Snowball Fight  
 11:00 Popsicles and the "Price is Right"  
 12:00 Lunch  
 3:00 Coloring with Diane in the Activity Room  
 5:00 Dinner

3  
 9:30 Let's Move!  
 10:15 Parachute Craziiness  
 11:00 Answer the Question??  
 12:00 Lunch  
 3:00 B-I-N-G-O  
 5:00 Dinner

10  
 9:30 Let's Move!  
 10:15 Ladder Golf  
 11:15 Sing-A-Long by the fireplace  
 12:00 Lunch  
 3:00 B-I-N-G-O  
 5:00 Dinner

17  
 9:30 Let's Move!  
 10:15 **Resident Council Meeting – All Residents Are Encouraged to Attend!**  
 11:00 Sort it Out!  
 12:00 Lunch  
 3:00 B-I-N-G-O  
 5:00 Dinner

24  
 9:30 Let's Move!  
 10:15 Watermelon Treat  
 11:00 All the words we can think of that start with "W"  
 12:00 Lunch  
 3:00 B-I-N-G-O  
 5:00 Dinner

**Please note these are the last two days of August!!!**



4  
 9:30 Let's Move!  
 10:15 August in History  
 10:30 Fill-in-the-Blanks  
 11:00 Marvelous Manicures  
 12:00 Lunch  
 3:00 **Shelby Sings For Us**  
 5:00 Dinner

11  
 9:30 Let's Move!  
 10:15 August in History  
 10:30 Fill-in-the-Blanks  
 11:00 Marvelous Manicures  
 12:00 Lunch  
 3:00 B-I-N-G-O  
 5:00 Dinner

18  
 9:30 Let's Move!  
 10:15 August in History  
 10:30 Fill-in-the-Blanks  
 11:00 Marvelous Manicures  
 12:00 Lunch  
 3:00 B-I-N-G-O  
 5:00 Dinner

25  
 9:30 Let's Move!  
 10:15 August in History  
 10:30 Fill-in-the-Blanks  
 11:00 Marvelous Manicures  
 12:00 Lunch  
 3:00 B-I-N-G-O  
 5:00 Dinner

5  
 9:30 Let's Move!  
 10:15 August in History  
 10:30 Fill-in-the-Blanks  
 11:00 Marvelous Manicures  
 12:00 Lunch  
 3:00 **Shelby Sings For Us**  
 5:00 Dinner

5  
 9:30 Let's Move!  
 10:15 Clever Crossword Puzzle  
 11:15 Craft Corner  
 12:00 Lunch  
 2:00 *Afternoon Matinee "The Big Country" starring Gregory Peck, Charlton Heston*  
 5:00 Dinner

12  
 9:30 Let's Move!  
 10:15 Clever Crossword Puzzle  
 11:15 Concentration  
 12:00 Lunch  
 2:30 *Afternoon Matinee "The Call of the Wild" starring Harrison Ford*  
 5:00 Dinner

19  
 9:30 Let's Move!  
 10:15 Clever Crossword Puzzle  
 11:15 Concentration  
 12:00 Lunch  
 2:30 *Afternoon Matinee "The Happiest Millionaire" starring Fred McMurray*  
 5:00 Dinner

26  
 9:30 Let's Move!  
 10:15 Clever Crossword Puzzle  
 11:15 Guess the item in the sack  
 12:00 Lunch  
 2:30 *Afternoon Matinee "Yours, Mine and Ours" starring Henry Fonda and Lucille Ball*  
 5:00 Dinner

6  
 9:30 Let's Move!  
 10:15 Balloon Badminton  
 11:00 Cranium Crunches  
 12:00 Lunch  
 3:30 B-I-N-G-O  
 5:00 Dinner

6  
 9:30 Let's Move!  
 10:15 Balloon Badminton  
 11:00 Cranium Crunches  
 12:00 Lunch  
 3:30 B-I-N-G-O  
 5:00 Dinner

13  
 9:30 Let's Move!  
 10:15 Balloon Badminton  
 11:00 Cranium Crunches  
 12:00 Lunch  
 3:30 B-I-N-G-O  
 5:00 Dinner

20  
 9:30 Let's Move!  
 10:15 Balloon Badminton  
 11:00 Cranium Crunches  
 12:00 Lunch  
 3:30 B-I-N-G-O  
 5:00 Dinner

27  
 9:30 Let's Move!  
 10:15 Balloon Badminton  
 11:00 Cranium Crunches  
 12:00 Lunch  
 3:30 B-I-N-G-O  
 5:00 Dinner

7  
**9:30 Outing – Scenic Drive**  
 12:00 Lunch  
 3:00 **We Make S'mores - Please Come Join Us!**  
 5:00 Dinner

7  
**9:30 Outing – Scenic Drive**  
 12:00 Lunch  
 3:00 **We Make S'mores - Please Come Join Us!**  
 5:00 Dinner

14  
**9:30 Outing – Scenic Drive**  
 12:00 Lunch  
 3:00 B-I-N-G-O  
 5:00 Dinner

21  
**9:30 Outing – Scenic Drive**  
 12:00 Lunch  
 3:00 **Ice Cream Social - Please Come Join Us!**  
 5:00 Dinner

28  
**9:30 Outing – Scenic Drive**  
 12:00 Lunch  
 3:00 B-I-N-G-O  
 5:00 Dinner

1  
 9:30 Let's Move!  
 10:15 Activities upstairs with Sarah in the large activity room  
 12:00 Lunch  
 3:00 B-I-N-G-O  
 5:00 Dinner

8  
 9:30 Let's Move!  
 10:15 Activities upstairs with Sarah in the large activity room  
 12:00 Lunch  
 3:00 B-I-N-G-O  
 5:00 Dinner

15  
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22  
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29  
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# AUGUST

# GRANDMA'S HANDS

Assisted Living



Grandma's hands are worn and weary, wrinkles certainly tell her age as she sits and studies them at this old and tired stage. From a small and toddling baby they caught her before she fell and she fed herself in hunger, they have served her very well. Grandma's hands were used for others through so many, many years. They have tended her sick family, holding children through their fears. Combed her hair and washed her body, worked in many tasks through the years, held here handkerchief in sorrow, through unhappiness and tears. She has pressed her hands together as she's talked to Him at night. Yes, Grandma's hands are such a miracle, now I squeeze and hold them tight! --Written by Marilyn Lott

We are honored to have many Grandma hands at Carrington Court. All of these hands hold stories that will make you and laugh and cry. The picture of the hands above belong to a past Carrington Court Grandma.



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## August 2020

### 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 every weekday morning for Let's Move! exercise class at 9:30 a.m. – you will be glad you did.

Another Million People: On August 1, 1790 the first U.S. Census was conducted. Every 10 years since, the Census has gathered information about the number and demographics of people living in the country. Here is a look at the population numbers over the years.

DATE:	U.S. CENSUS NUMBERS:
1790. ....	3,929,214
1810. ....	7,239,881
1830. ....	12,866,020
1850. ....	23,191,876
1870. ....	38,558,371
1890. ....	62,979,766
1910. ....	92,228,496
1930. ...	123,202,624
1950. ...	151,325,798
1970. ...	202,302,031
1990. ...	248,709,873
2010. ...	308,745,538
2020. ...	???????????

**United States of America**



Source: www.census.gov



**Happy Birthday!**

Dorothy W. - 25th

