



Carrington Court

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

January 2017



Glenn and two sons



Leon with son and daughter-in-law



Wanda and two daughters

WELCOMING IN THE NEW YEAR AT CARRINGTON COURT ASSISTED LIVING

Happy New Year to all!! 2016 has been a good one here at Carrington Court. As employees, we are always striving to go above and beyond to provide all of you (our residents) with exceptional care. We are here to serve you in anyway we can. So as we all forge ahead in January, let the staff know what we can do to make your day better. From owners, management, nurse assistants, kitchen, maintenance, laundry, housekeeping, activities and transportation - rest assured that you (our residents) are our #1 priority. Together, let's make 2017 a memorable year. Keep the SMILES coming.

HAPPY BIRTHDAY

Scott Chancellor - January 3
Robert Oyler - January 8
Myrna Olsen - January 11
Elle Shepherd - January 15
Emma Serassio - January 17
Faye Meier - January 23

Plan some play. Studies show that social interaction promotes emotional and brain health creating a more satisfied life.

Stretch your legs. As we grow older, exercise can provide many benefits. Plan a daily walk or join in exercises with Diane in the morning, to get your muscles moving. You'll soon notice a difference in your body, including looser joints and better balance.

Take precautions. Prevent falls by making sure cords are against the walls and there are no loose edges on rugs. Use a nightlight or lamp to help you see better when walking.

One of our goals at Carrington Court is to provide you choices to stay involved and be active. Please take the opportunity to look over the newsletter every month and attend the activities that you find enjoyable.

CATCH SOME LAUGHS

"There is nothing in the world so irresistibly contagious as laughter and good humor."
Charles Dickens



Sunday	Monday	Tuesday
1	2	3
9:30 Music & The Spoken Word (TV Channel 5) 10:30 LDS Sacrament Meeting 11:15 Relief Society & Priesthood 12:00 Lunch 3:00 Afternoon Movie 5:00 Dinner	<h1>HAPPY New Year!</h1>	9:30 Let's Move! 10:15 Picture of the Day 10:20 Fill-in-the-Blanks 11:00 Manicures 11:00 Walker/Wheelchair Tune Up in Activity Rm 12:00 Lunch 1:30 LDS Gospel Doctrine Lesson 3:00 B-I-N-G-O 5:00 Dinner
8	9	10
9:30 Music & The Spoken Word (TV Channel 5) 10:30 LDS Sacrament Meeting 11:15 Relief Society & Priesthood 12:00 Lunch 3:00 Afternoon Movie 5:00 Dinner	9:30 Let's Move! 10:15 Jokes & Question of the Week?! 10:20 Nibble & Natter??? 11:00 Quarters Program - Parks and Sites Honored 12:00 Lunch 3:00 <u>Singers/Piano - Moods-N-Music Perform</u> 5:00 Dinner	9:30 Let's Move! 10:15 Picture of the Day 10:20 Fill-in-the-Blanks 11:00 Manicures 12:00 Lunch 1:30 LDS Gospel Doctrine Lesson 3:00 B-I-N-G-O 5:00 Dinner
15	16	17
9:30 Music & The Spoken Word (TV Channel 5) 10:30 LDS Sacrament Meeting 11:15 Relief Society & Priesthood 12:00 Lunch 3:00 Afternoon Movie 5:00 Dinner	9:30 Let's Move! 10:15 Jokes & Question of the Week?! 10:20 Fact or Fiction Game?! 11:00 National Geographic Scavenger Hunt 12:00 Lunch 3:00 <u>Singers/Instrumental - New Fiddlers Perform</u> 5:00 Dinner	9:30 Let's Move! 10:15 Picture of the Day 10:20 Fill-in-the-Blanks 11:00 Manicures 12:00 Lunch 1:30 LDS Gospel Doctrine Lesson 3:00 B-I-N-G-O 5:00 Dinner
22	23	24
9:30 Music & The Spoken Word (TV Channel 5) 10:30 LDS Sacrament Meeting 11:15 Relief Society & Priesthood 12:00 Lunch 3:00 Afternoon Movie 5:00 Dinner	9:30 Let's Move! 10:15 Jokes & Question of the Week?! 10:20 History of Mints 11:00 Urban Myth Game 12:00 Lunch 3:00 <u>Singer - Lynda Davidson Performs</u> 5:00 Dinner	9:30 Let's Move! 10:15 Picture of the Day 10:20 Fill-in-the-Blanks 11:00 Manicures 12:00 Lunch 1:30 LDS Gospel Doctrine Lesson 3:00 B-I-N-G-O 5:00 Dinner 6:00 Singing Program - Group of Youth in Large Activity Room
29	30	31
9:30 Music & The Spoken Word (TV Channel 5) 10:30 LDS Sacrament Meeting 11:15 Relief Society & Priesthood 12:00 Lunch 3:00 Afternoon Movie 5:00 Dinner	9:30 Let's Move! 10:15 Jokes & Question of the Week?! 10:20 Resident Council Meeting - All Residents Are Encouraged to Attend 11:00 We Meet at the Fireplace and Have a Sing-A-Long 12:00 Lunch 3:00 <u>Singers/Instrumental - Utah Old Time Fiddlers</u> 5:00 Dinner	9:30 Let's Move! 10:15 Picture of the Day 10:20 Fill-in-the-Blanks 11:00 Manicures 12:00 Lunch 1:30 LDS Gospel Doctrine Lesson 3:00 B-I-N-G-O 5:00 Dinner


Calendar of Events

Wednesday

Thursday

Friday

Saturday

<p>BEAUTY SHOP OPEN ⁴</p> <p>9:30 Let's Move! 10:00 Clever Crossword Puzzle 11:00 New Year's Traditions, Superstitions, Spelling, And Numbers 12:00 Lunch 2:30 Movie "Sarah, Plain & Tall" & Snack 5:00 Dinner</p>	<p>BEAUTY SHOP OPEN ⁵</p> <p>9:30 Let's Move! 10:15 Balloon Badminton 11:00 Cranium Crunches 12:00 Lunch 2:30 Diane Makes Apartment Visit With a Resident 3:30 B-I-N-G-O 5:00 Dinner</p>	<p>BEAUTY SHOP OPEN ⁶</p> <p>9:30 Let's Move! 10:15 Classical Composers 11:00 We Meet at the Fireplace and Have a Sing-A-Long 12:00 Lunch 1:30 Outing - Scenic Drive 5:00 Dinner</p>	<p>BEAUTY SHOP OPEN ⁷</p> <p>9:30 Let's Move! 10:00 Activities Upstairs With Azia 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner 7:00 Lawrence Welk Show - Channel 11</p>
<p>BEAUTY SHOP OPEN ¹¹</p> <p>9:30 Let's Move! 10:00 Clever Crossword Puzzle 11:00 Craft Corner - Snowflake Tree 12:00 Lunch 2:30 Movie "Skylark" & Snack 5:00 Dinner 6:00 Relief Society - All Residents Are Welcomed</p>	<p>BEAUTY SHOP OPEN ¹²</p> <p>9:30 Let's Move! 10:15 Balloon Badminton 11:00 Cranium Crunches 12:00 Lunch 2:30 Diane Makes Apartment Visit With a Resident 3:30 B-I-N-G-O 5:00 Dinner</p>	<p>BEAUTY SHOP OPEN ¹³</p> <p>9:30 Let's Move! 10:15 Carrington Court Horse Races 11:00 January Word Games 12:00 Lunch 1:30 Outing - Scenic Drive 5:00 Dinner</p>	<p>BEAUTY SHOP OPEN ¹⁴</p> <p>9:30 Let's Move! 10:00 Activities Upstairs With the Azia 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner 7:00 Lawrence Welk Show - Channel 11</p>
<p>BEAUTY SHOP OPEN ¹⁸</p> <p>9:30 Let's Move! 10:00 Clever Crossword Puzzle 11:00 Craft Corner - Beautiful Snowflakes 12:00 Lunch 2:30 Movie "Seven Brides for Seven Brothers" & Snack 5:00 Dinner</p>	<p>BEAUTY SHOP OPEN ¹⁹</p> <p>9:30 Let's Move! 10:15 Balloon Badminton 11:00 Cranium Crunches 12:00 Lunch 2:30 Diane Makes Apartment Visit With a Resident 3:30 B-I-N-G-O 5:00 Dinner</p>	<p>BEAUTY SHOP OPEN ²⁰</p> <p>9:30 Let's Move! 10:15 Bocce Ball 11:00 Milk Day - Come and Hear the News! 12:00 Lunch 1:30 Outing - Scenic Drive 5:00 Dinner</p>	<p>BEAUTY SHOP OPEN ²¹</p> <p>9:30 Let's Move! 10:00 Activities Upstairs With Azia 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner 7:00 Lawrence Welk Show - Channel 11</p>
<p>BEAUTY SHOP OPEN ²⁵</p> <p>9:30 Let's Move! 10:00 Clever Crossword Puzzle 11:00 Concentration Game - Winter Pictures 12:00 Lunch 2:30 Movie "The Harvey Girls" & Snack 5:00 Dinner</p>	<p>BEAUTY SHOP OPEN ²⁶</p> <p>9:30 Let's Move! 10:15 Balloon Badminton 11:00 Cranium Crunches 12:00 Lunch 2:30 Diane Makes Apartment Visit With a Resident 3:30 B-I-N-G-O 5:00 Dinner</p>	<p>BEAUTY SHOP OPEN ²⁷</p> <p>9:30 Let's Move! 10:15 Celebrating Alaska's Statehood 11:00 Why Whales and Seals Don't Get Cold Science Project 12:00 Lunch 1:30 Outing - Scenic Drive 5:00 Dinner</p>	<p>BEAUTY SHOP OPEN ²⁸</p> <p>9:30 Let's Move! 10:00 Activities Upstairs With Azia 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner 7:00 Lawrence Welk Show - Channel 11</p>
<p><i>We have a Eucharistic minister available for our Catholic residents during the week. Residents, or families, may contact Diane if they would like to request a visit.</i></p>	<p><i>We have a pet therapy dog that visits Carrington Court two times a month on Wednesday afternoons. Let Diane know if you would like a visit.</i></p>		<p><i>January</i></p>

January 2017

GRANDMA'S HANDS



The Beautiful Hands of One of Our Many Loving Grandmothers - Do you recognize these hands?? These hands are always ready to offer assistance!

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. 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 WONDERFUL Grandma hands at Carrington Court Assisted Living. All of these hands hold stories that will make you laugh and cry.

POSITIVITY AND HEALTHY AGING

Keep on the sunny side of life.

1. **SMILE** - A University of Kansas study found that smiling - even fake smiling - reduces heart rate and blood pressure during stressful situations.

2. **KEEP A POSITIVE ATTITUDE** - See the bright side of everything.

3. **STAY CONNECTED** - Maintaining social interactions and relationships can result in feeling more optimistic about life.

4. **KEEP THE BRAIN ACTIVE** - Engage in activities which require your brain to do some thinking.

5. **SPEND TIME WITH POSITIVE THINKERS** - Research hints that these kinds of relationships with sunny-side types can make you feel better.



Rhea and her son enjoy time together with a SMILE! Rhea is always positive and kind; we appreciate her!