

CATCH SOME LAUGHS:

“There is nothing in the world so irresistibly contagious as laughter and good humor.”



BANISH WINTER BLAHS:

Banish the winter blahs with a dose of natural light. Get some sun by opening up room blinds, and sit near sun lit windows whenever possible!



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.



9:30 Music & the Spoken Word (TV Channel 5)
10:30 LDS Sacrament Meeting
11:15 Relief Society & Priesthood
12:00 Lunch
5:00 Dinner

9:30 Let's Move!
10:15 Jokes & Question of the Week?!
10:25 We throw horseshoes
11:00 Sort It Out
12:00 Lunch
3:00 B-I-N-G-O
5:00 Dinner

9:30 Music & the Spoken Word (TV Channel 5)
10:30 LDS Sacrament Meeting
11:15 Relief Society & Priesthood
12:00 Lunch
5:00 Dinner

9:30 Let's Move!
10:15 Jokes & Question of the Week?!
10:25 Carrington Court Horse Racing - Everyone will wear a HAT!!!
11:00 Sherbet & Niagara Falls Documentary
12:00 Lunch
3:00 Singers & Guitars - Country Blue Folk Perform
5:00 Dinner

9:30 Music & the Spoken Word (TV Channel 5)
10:30 LDS Sacrament Meeting
11:15 Relief Society & Priesthood
12:00 Lunch
5:00 Dinner

9:30 Let's Move!
10:15 Jokes & Question of the Week?!
10:20 Make that putt for your team
11:00 ZZZZZZ Day
12:00 Lunch
3:00 Singer - Lynda Davidson
5:00 Dinner

9:30 Music & the Spoken Word (TV Channel 5)
10:30 LDS Sacrament Meeting
11:15 Relief Society & Priesthood
12:00 Lunch
5:00 Dinner

9:30 Let's Move!
10:10 Resident Council Meeting - All residents are encouraged to attend!
11:00 State Trivia B-I-N-G-O
12:00 Lunch
3:00 Singer - Heidi Zaylen
5:00 Dinner

9:30 Let's Move!
10:15 Picture of the Week
10:20 Fill-in-the-Blanks
12:00 Lunch
1:30 LDS Gospel Doctrine
3:00 B-I-N-G-O
5:00 Dinner

9:30 Let's Move!
10:15 Picture of the Week
10:20 Fill-in-the-Blanks
11:00 Manicures
12:00 Lunch
1:30 LDS Gospel Doctrine Lesson
3:00 Singers & Piano - Moods-N-Music Perform
5:00 Dinner

9:30 Let's Move!
10:15 Picture of the Week
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

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5:00 Dinner

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11:00 Manicures
12:00 Lunch
1:30 LDS Gospel Doctrine Lesson
3:00 B-I-N-G-O
5:00 Dinner

BEAUTY SHOP OPEN
9:30 Let's Move!
10:15 Clever Crossword Puzzle
11:15 Craft Corner - Blue Snowflake Tree
12:00 Lunch
2:30 Afternoon Matinee - Charade starring Cary Grant
5:00 Dinner

BEAUTY SHOP OPEN
9:30 Let's Move!
10:15 Clever Crossword Puzzle
11:15 The BAG game
12:00 Lunch
3:30 Afternoon Matinee - Windwalker
5:00 Dinner
6:00 Relief Society - Everyone Welcomed

BEAUTY SHOP OPEN
9:30 Let's Move!
10:15 Clever Crossword Puzzle
11:15 Craft Corner - Let it SNOW
12:00 Lunch
3:00 Afternoon Matinee - The Book Thief
5:00 Dinner

BEAUTY SHOP OPEN
9:30 Let's Move!
10:15 Clever Crossword Puzzle
11:00 Concentration - Everything Alaska
12:00 Lunch
2:30 Afternoon Matinee - Singing With Angels
5:00 Dinner

BEAUTY SHOP OPEN
9:30 Let's Move!
10:15 Clever Crossword Puzzle
11:00 Name That Tune
12:00 Lunch
3:00 Afternoon Matinee - Jungle Book
5:00 Dinner

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

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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



9:30 Outing - Scenic Drive
12:00 Lunch
3:00 B-I-N-G-O

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12:00 Lunch
3:00 B-I-N-G-O
5:00 Dinner

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12:00 Lunch
3:00 B-I-N-G-O
5:00 Dinner

9:30 Let's Move!
10:15 Activities Upstairs
12:00 Lunch
3:00 B-I-N-G-O
5:00 Dinner
6:00 Lawrence Welk Show (TV Channel 11)

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# Marilyn and her puzzles



Assisted Living



*Carrington Court*

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## January 2018

### Ring in a Resolution

**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.

**Spend time with family.** Invite family for a meal in our dining room or a visit.



Janice and her daughter visiting over a meal



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.



Nancy enjoying a visit from her sister

### Wasatch Avian Education Society Visits



### Happy Birthday!

- Scott C. - 3rd
- Lynn H. - 5th
- Molly E. - 11th
- Myrna O. - 11th
- Elle S. - 15th