

A WINTER WONDER


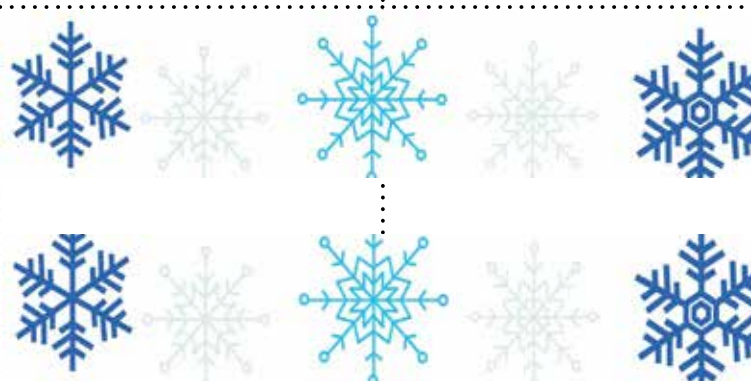
Snow may be fun to play in and beautiful to watch fall, but there's more to this winter phenomenon that meets the eye. . . .

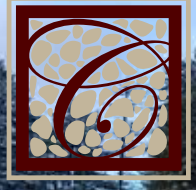
- Snowflakes have six points
- Rochester, N.Y., is the snowiest large city in the U.S., averaging about 94 inches of snow per year (almost 8 feet).
- Snowflakes are made up of snow crystals, which are single crystals of ice.
- The greatest snowfall ever recorded in 24 hours happened in Silver Lake, Colorado 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



			1	2	3	4	5
				9:30 Let's Move! 10:15 Clever Crossword Puzzle 11:15 Craft Corner - Snowflakes 12:00 Lunch 2:30 <i>Afternoon Matinee</i> – <i>"Three Little Words" starring Fred Astaire & Red Skelton</i> 5:00 Dinner	Let's Move! 10:15 Balloon Badminton 11:00 Cranium Crunches 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	9:30 Outing – Scenic Drive 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	7	8	9	10	11	12	
9:30 Music & Spoken Word (BYU TV) 10:30 LDS Sacrament Meeting 11:15 Relief Society & Priesthood 12:00 Lunch 5:00 Dinner	9:30 Let's Move! 10:15 List words that begin with "re" 11:00 Bocce Ball 12:00 Lunch 3:00 Singing/Guitar/Bass – Rosie & Sheri 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	9:30 Let's Move! 10:15 Clever Crossword Puzzle 11:15 Concentration – Everything from the state of Georgia 12:00 Lunch 2:30 <i>Afternoon Matinee</i> – <i>"Gunfight at the O.K. Corral" starring Burt Lancaster & Kirk Douglas</i> 5:00 Dinner 6:00 Relief Society – Everyone Welcomed	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 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	
13	14	15	16	17	18	19	
9:30 Music & the Spoken Word (BYU TV) 10:30 LDS Sacrament Meeting 11:15 Relief Society & Priesthood 12:00 Lunch 5:00 Dinner	9:30 Let's Move! 10:15 Parachute Workout 11:00 Bowling 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	9:30 Let's Move! 10:15 Picture of the Day 10:30 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	9:30 Let's Move! 10:15 Clever Crossword Puzzle 11:00 Name That Item 12:00 Lunch 2:30 <i>Afternoon Matinee</i> – <i>"The Farmer's Daughter" starring Loretta Young & Ethel Barrymore</i> 5:00 Dinner	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 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	
20	21	22	23	24	25	26	
9:30 Music & the Spoken Word (BYU-TV) 10:30 LDS Sacrament Meeting 11:15 Relief Society & Priesthood 12:00 Lunch 5:00 Dinner	9:30 Let's Move! 10:15 Name the Famous Firsts and the State Is?? 11:00 Carrington Court Horserace – Be the first winner of 2019!!!! 12:00 Lunch 3:00 Singing/Instruments – New Fiddlers Perform 5:00 Dinner	9:30 Let's Move! 10:15 Picture of the Day 10:30 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	9:30 Let's Move! 10:15 Clever Crossword Puzzle 11:15 Team Game 12:00 Lunch 2:30 <i>Afternoon Matinee</i> – <i>"The More the Merrier" starring Jean Arthur & Joel McCrea</i> 5:00 Dinner 6:00 Young Women Visit in apartments with a craft	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 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	
27	28	29	30	31			
9:30 Music & the Spoken Word (BYU TV) 10:30 LDS Sacrament Meeting 11:15 Relief Society & Priesthood 12:00 Lunch 5:00 Dinner	9:30 Let's Move! 10:15 Resident Council Meeting – All residents are encouraged to attend 11:00 Pass the Ice Relay 12:00 Lunch 3:00 Singer – Lynda Davidson Performs 5:00 Dinner 6:00 Family Home Evening with the LDS Church	9:30 Let's Move! 10:15 Picture of the Day 10:30 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	9:30 Let's Move! 10:15 Clever Crossword Puzzle 11:15 State B-I-N-G-O 12:00 Lunch 2:30 <i>Afternoon Matinee</i> – <i>"McLintock!" starring John Wayne & Maureen O'Hara</i> 5:00 Dinner	9:30 Let's Move! 10:15 Balloon Badminton 11:00 Cranium Crunches 12:00 Lunch 3:30 B-I-N-G-O – Prizes Awarded 5:00 Dinner			



Carrington Court

1928 W 9800 S

South Jordan, UT 84095

801-676-8787



IN THE COLD MONTH OF JANUARY, WARM YOURSELF WITH THOUGHTS OF FAMILY AND FRIENDS, REMEMBER YOU MAY INVITE A GUEST TO DINE WITH YOU DURING THE MONTH. EACH RESIDENT MAY HAVE 15 DINNER GUESTS A MONTH WITH NO CHARGE, WE ENCOURAGE FAMILY TO ALWAYS CALL AHEAD TO MAKE DINING RESERVATIONS.

REFLECTING ON 2018

This has been an exciting, eventful and absolutely superb year at Carrington Court. Everyday we celebrate the "perfect moments". We have traveled, created, listened to heavenly voices, jammed our minds with trivia, exercised, and of course, we have played B-I-N-G-O! We have done all this and much more with a sense of humor and strong community bond. So, from all the employees at Carrington Court, let us say we are honored to be welcomed into the lives of so many wonderful people. People with lives so full and extraordinary, that we are humbled.

January 2019

HAPPY NEW YEAR TO ALL OUR RESIDENTS



American Heritage Academy made beautiful music with the bells

It's a brand-new year! While you've been busy making your New Year's resolutions, we have been making our own, and at the top of the list: We resolve to do everything we can to make you, our residents, feel at home. We appreciate all of you so much! Thanks for ringing in the new year as one of our residents. We would like to extend good wishes for the new year to all of you and your families. We hope this year brings good health, the love of family, peace and contentment, and days that are filled with joy!

The Puzzle Ladies!



Marilyn Winning a Prize playing the "Price is Right"



Floyd and Jim filling the baskets we donated to the "Family Promise of Salt Lake"

Happy Birthday!

Scott C. - 3rd
Lynn H. - 5th
Suzanne T. - 9th

Molly E. - 11th
Myrna O. - 11th
Elle S. - 15th