



Carrington Court

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

Spring Is Here!

Equinox is when day and night are the same length. This happens twice a year, in September and in March. The vernal equinox, which this year is on March 20, is considered the first day of spring.



Word for March: Growth

March is a season of growth and renewal. Green blades of grass push through the ground, and green buds of leaves sprout on the trees. **NO** matter how old we may get, we never stop growing! This March, consider ways you can grow your mind, heart, health and happiness.

HAPPY BIRTHDAY

Thomas Bunkall - March 5

Glyde Whitney - March 17

Larene McBride - March 20

Iris Welch - March 22

Rose Marie Fullmer - March 26

Positive Thought

"The longer I live, the more beautiful life becomes." —Frank Lloyd Wright

March 2014



Sally enjoying the beauty of Temple Square.

YOU CAN'T BLOOM IN YOUR ROOM

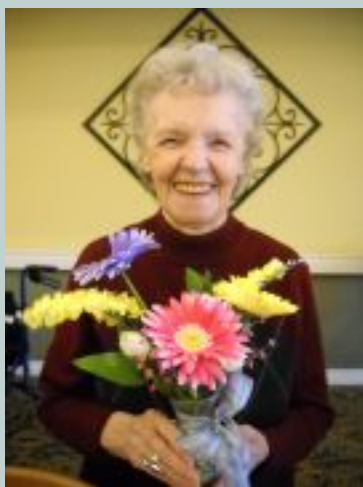
As the weather warms, the Carrington Court bus will be heading out on some adventures. Our surprise stops will always be sure to delight!



Nora displaying her beautiful reminder of Spring!



Mada has such a beautiful smile!



When Dorothy smiles, it makes us all smile!

SURROUND YOURSELF WITH SMILES AND YOU WILL SOON FIND YOURS!

Sunday	Monday	Tuesday
<p><i>We have a music therapist who makes individual visits on Sunday afternoons. If you would like to request that she visit you, please let Diane know.</i></p>	<p>March</p>	<p>--Irish Blessing-- May Your Neighbors Respect You, Troubles Neglect You, The Angels Protect You, And Heaven Accept You</p>
<p style="text-align: right;">2</p> <p>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</p>	<p style="text-align: right;">3</p> <p>9:30 Let's Move! 10:15 Jokes & Question of the Week?! 10:20 March is Red Cross Month - we learn some interesting facts. 11:00 Biography - Shirley Temple Black on the Big Screen. 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner</p>	<p style="text-align: right;">4</p> <p>9:30 Let's Move! 10:15 Picture of the Day 10:20 Fill-in-the-Blanks 11:00 Marvelous Manicures 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner</p>
<p style="text-align: right;">9</p> <p>Daylight Saving Time Begins 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</p>	<p style="text-align: right;">10</p> <p>9:30 Let's Move! 10:15 Jokes & Question of the Week?! 10:30 Saint Andrew Catholic School Perform an Irish Dance & visit with us. 12:00 Lunch 3:00 <u>Country/Western - New Fiddlers</u> 5:00 Dinner</p>	<p style="text-align: right;">11</p> <p>9:30 Let's Move! 10:15 Picture of the Day 10:20 Concentration - St. Patty's Day Theme 11:00 Marvelous Manicures 12:00 Lunch 1:30 LDS Gospel Doctrine Lesson 3:00 B-I-N-G-O 5:00 Dinner</p>
<p style="text-align: right;">16</p> <p>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</p>	<p style="text-align: right;">17</p> <p>St. Patrick's Day 9:30 Let's Move! 10:20 History & Traditions of St. Patrick's Day, It's Not Easy Being Green Word Game. 11:00 We enjoy green jello and learn the history of jello. 12:00 Lunch 3:00 <u>Singing Trio With Piano - Moods & Music</u> 5:00 Dinner</p>	<p style="text-align: right;">18</p> <p>9:30 Let's Move! 10:15 Picture of the Day 10:20 Fill-in-the-Blanks 11:00 Marvelous Manicures 12:00 Lunch 1:30 LDS Gospel Doctrine Lesson 3:00 B-I-N-G-O 5:00 Dinner</p>
<p style="text-align: right;">23/30</p> <p>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</p>	<p style="text-align: right;">24/31</p> <p>9:30 Let's Move! 10:15 Jokes & Question of the Week?! 10:20 The History of the Song "Danny Boy" 11:00 Name That Tune? 12:00 Lunch 3:00 <u>Accordion - Jim Reilly</u> 5:00 Dinner March 31-10:20 Resident Council</p>	<p style="text-align: right;">25</p> <p>9:30 Let's Move! 10:15 Picture of the Day 10:20 Concentration - All Things Spring 11:00 Marvelous Manicures 12:00 Lunch 1:30 LDS Gospel Doctrine Lesson 3:00 B-I-N-G-O 5:00 Dinner</p>

Wednesday	Thursday	Friday	Saturday
<p style="text-align: center;">1</p> <p><i>We have a Eucharistic minister available for our Catholic residents on Wednesday afternoon. 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 me know if you would like a visit.</i></p>	<p>Old Faithful's Home - On March 1, 1872, Congress created the first national park - Yellowstone, covering more than 3,400 square miles, mostly in Wyoming.</p>	<p>9:30 Let's Move! 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;">5</p> <p>9:30 Let's Move! 10:00 Clever Crossword Puzzle 11:00 Craft Corner - Lucky Shamrocks 12:00 Lunch 3:00 Movie "Lassie" & Creamies 5:00 Dinner</p>	<p style="text-align: right;">6</p> <p>BEAUTY SHOP OPEN</p> <p>9:30 Let's Move! 10:00 Balloon Badminton 11:00 Cranium Crunches 12:00 Lunch 2:30 Apartment Visits With Residents 3:30 B-I-N-G-O 5:00 Dinner</p>	<p style="text-align: right;">7</p> <p>9:30 Let's Move! 10:10 Paradigm Prep School Boys Visit and Join Activities 11:00 Math Madness & Word Workout 12:00 Lunch 1:30 Outing - Scenic Drive SURPRISE STOP - We Do Not Get Off the Bus! 5:00 Dinner</p>	<p style="text-align: right;">8</p> <p>9:30 Let's Move! 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;">12</p> <p>9:30 Let's Move! 10:00 Clever Crossword Puzzle 11:00 Craft Corner - Green & Pearl Beaded Bracelet 12:00 Lunch 3:00 Movie "My Wild Irish Rose" & Creamies 5:00 Dinner 6:15 Relief Society - Everyone Welcome!</p>	<p style="text-align: right;">13</p> <p>BEAUTY SHOP OPEN</p> <p>9:30 Let's Move! 10:00 Balloon Badminton 11:00 Cranium Crunches 12:00 Lunch 2:30 Apartment Visits With Residents 3:30 B-I-N-G-O 5:00 Dinner</p>	<p style="text-align: right;">14</p> <p>9:30 Outing - Scenic Drive 12:00 Lunch 3:00 <u>Irish Dance - Provided by Rinceoiri Don Spraoi</u> 3:45 B-I-N-G-O 5:00 Dinner</p>	<p style="text-align: right;">15</p> <p>9:30 Let's Move! 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;">19</p> <p>9:30 Let's Move! 10:00 Clever Crossword Puzzle 11:00 Craft Corner - We make Kites & paint them using shaving cream and food coloring! 12:00 Lunch 3:00 Movie "Sound of Music" Part 1 & Creamies 5:00 Dinner</p>	<p style="text-align: right;">20</p> <p>BEAUTY SHOP OPEN First Day of Spring!!!!</p> <p>9:30 Let's Move! 10:00 Balloon Badminton 11:00 Cranium Crunches 12:00 Lunch 2:30 Apartment Visits With Residents 3:30 B-I-N-G-O 5:00 Dinner</p>	<p style="text-align: right;">21</p> <p>9:30 Sit & Be Fit! 10:10 Paradigm Prep School Boys Visit and Join Activities 11:15 Oral Health Education 12:00 Lunch 1:30 Outing - Scenic Drive SURPRISE STOP - We do not get off the Bus! 5:00 Dinner</p>	<p style="text-align: right;">22</p> <p>9:30 - 12:00 Massages Provided free of charge by students from the College of Myotherapy 9:30 Let's Move! 10:00 Activities Upstairs 12:00 Lunch 2:30 <u>Utah Dance Artists Perform</u> 3:00 B-I-N-G-O 5:00 Dinner</p>
<p style="text-align: right;">26</p> <p>9:30 Let's Move! 10:00 Clever Crossword Puzzle 11:00 Craft Corner - Spring/Easter - Bunnies, Chicks & Eggs 12:00 Lunch 3:00 Movie "Sound of Music" Part 2 & Creamies 5:00 Dinner</p>	<p style="text-align: right;">27</p> <p>BEAUTY SHOP OPEN</p> <p>9:30 Let's Move! 10:00 Balloon Badminton 11:00 Cranium Crunches 12:00 Lunch 2:30 Apartment Visits With Residents 3:30 B-I-N-G-O 5:00 Dinner</p>	<p style="text-align: right;">28</p> <p>9:30 Let's Move! 10:10 Talent Show Performed by Paradigm Prep School Boys 11:15 Oral Health Re-check 12:00 Lunch 1:30 Outing - Scenic Drive 5:00 Dinner</p>	<p style="text-align: right;">29</p> <p>9:30 Let's Move! 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>

March 2014

the whispers

of an eagerly anticipated spring



marchwordsearch

Bird	Mist
Fresh	Parade
Gold	Rainbow
Green	Rain
Ireland	Shamrock
Leprechaun	Spring
Lucky	Violet
March	Wind

L	K	Z	G	N	I	E	K	D	N	I	W	H	W	L
E	C	R	Q	N	I	D	N	R	N	M	V	L	O	Q
P	O	Z	I	O	I	A	I	I	V	B	J	S	B	V
R	R	R	T	S	L	R	R	B	Y	N	L	N	I	J
E	M	Q	J	E	A	A	P	Q	H	D	I	A	P	A
C	A	B	R	I	L	P	G	S	C	A	I	U	A	L
H	H	I	B	U	N	O	E	M	R	U	B	M	R	M
A	S	O	C	A	L	R	I	L	A	M	S	A	W	L
U	W	K	U	D	F	S	Z	V	M	S	I	H	I	P
N	Y	G	W	W	T	C	Z	N	J	N	D	Q	E	Q
E	V	W	H	Q	J	L	I	I	B	W	L	H	K	U
E	F	U	M	U	H	U	J	O	A	V	X	S	X	P
R	N	T	S	K	S	A	W	R	X	S	Z	A	N	B
G	Y	D	W	U	X	I	D	C	B	P	V	N	Z	A