



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

Janice Benson - March 9
Leon Robertson - March 20
Oren Randall - March 21
LaRae Anderson - March 28
Frank Haight - March 31

Positive Thought

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



WE SURE MADE THE BEST BIRDHOUSES

March 2017



MUSIC, MUSIC, MUSIC

Above is a picture of Sharon and her daughter, Leigh. The next picture is what happens when Leigh starts playing the piano. DANCING LADIES!



**Memorable Melody:
‘Oh, What a
Beautiful Mornin’**

Optimism abounds in this opening number from the musical “Oklahoma!” which debuted on Broadway in 1943. Written by acclaimed songwriting team Richard Rodgers and Oscar Hammerstein, the upbeat tune is sung by the lead character, cowboy Curly McLain. Evoking images of golden meadows and sunshine, the song soared into popularity outside of Broadway and was often featured on radio and TV programs. Frank Sinatra, Ray Charles and Rosemary Clooney are a few of the artists who recorded versions of the song.



**“OH, WHAT A
BEAUTIFUL
MORNIN’**

Come and Spend Your Morning in Activities - You Never Know What’s Going to Happen??!!!!

| Sunday | Monday | Tuesday |
|--|--|--|
| <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> | <h1>March</h1> | <p><i>We have a pet therapy dog that visits Carrington Court two times a month. Let Diane know if you would like a visit.</i></p> |
| 5 | 6 | 7 |
| <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>9:30 Let’s Move! 10:15 Jokes & Question of the Week?! 10:20 Music & Movies - Name That Tune & Watch That Tune 11:00 GREEN JELLO Tasting & The History of J-E-L-L-O 12:00 Lunch 3:00 <u>Country/Western - New Fiddlers Perform</u> 5:00 Dinner</p> | <p>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</p> |
| 12 | 13 | 14 |
| <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>9:30 Let’s Move! 10:15 Jokes & Question of the Week?! 10:20 Diane’s Blarney Shakes - And Some Irish Music 11:00 Discussion of the Irish Potato Famine 12:00 Lunch 3:00 <u>Singing Trio With Piano - Moods-N-Music Perform</u> 5:00 Dinner</p> | <p>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</p> |
| 19 | 20 | 21 |
| <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>SPRING BEGINS 9:30 Let’s Move! 10:15 Jokes & Question of the Week?! 10:20 Sort It Out Game 11:00 We Make a “Surprise” Stop and Visit Some Residents in Their Room and Bring a Treat 12:00 Lunch 3:00 <u>Singing/Guitar - David Fairbanks Perform</u> 5:00 Dinner</p> | <p>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</p> |
| 26 | 27 | 28 |
| <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>9:30 Let’s Move! 10:20 Resident Council - 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>Singer - Lynda Davidson Performs</u> 5:00 Dinner</p> | <p>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</p> |

| Wednesday | Thursday | Friday | Saturday |
|--|--|--|---|
| <p style="text-align: right;">1</p> <p>BEAUTY SHOP OPEN</p> <p>9:30 Let's Move! 10:00 Clever Crossword Puzzle 11:00 Name That Tune?! 12:00 Lunch 2:30 Afternoon Matinee "<i>Bridge to Terabithia</i>" & Creamies 5:00 Dinner</p> | <p style="text-align: right;">2</p> <p>BEAUTY SHOP OPEN</p> <p>9:30 Let's Move! 10:15 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;">3</p> <p>9:30 Outing - Scenic Ride 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! 10:00 Activities Upstairs With the U of U Students 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner 6:00 Lawrence Welk Show - Channel 11</p> |
| <p style="text-align: right;">8</p> <p>BEAUTY SHOP OPEN</p> <p>9:30 Let's Move! 10:00 Clever Crossword Puzzle 11:00 Concentration - St. Patty's Themed 12:00 Lunch 2:30 Afternoon Matinee - "<i>To Dance With the White Dog</i>" & Popcorn 5:00 Dinner 6:15 Relief Society - Everyone Welcomed</p> | <p style="text-align: right;">9</p> <p>BEAUTY SHOP OPEN</p> <p>9:30 Let's Move! 10:15 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;">10</p> <p>9:30 Let's Move! 10:15 Canadian Geese, Springtime Thoughts and "Green Eggs and Ham" 11:00 We Meet at the Fireplace and Have a Sing-a-long 12:00 Lunch 1:00 Outing - Loveland Living Planet Aquarium - Sharks, Octopus and Star Fishes "OH, MY"!! 5:00 Dinner</p> | <p style="text-align: right;">11</p> <p>9:30 Let's Move! 10:00 Activities Upstairs With the U of U Students 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner 6:00 Lawrence Welk Show - Channel 11</p> |
| <p style="text-align: right;">15</p> <p>BEAUTY SHOP OPEN</p> <p>9:30 Let's Move! 10:00 Clever Crossword Puzzle 11:00 Irish Dance - The Keltic Colleens Perform 12:00 Lunch 2:30 Afternoon Matinee - "<i>On Golden Pond</i>" & Popcorn 5:00 Dinner</p> | <p style="text-align: right;">16</p> <p>BEAUTY SHOP OPEN</p> <p>9:30 Let's Move! 10:15 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;">17</p> <p>ST. PATRICK'S DAY 9:30 Outing - Scenic Ride 12:00 Lunch 2:30 IRISH B-I-N-G-O 4:00 Irish Dance - Provided by <u>Rinceoiri Don Spraoi</u> 5:00 Dinner</p> | <p style="text-align: right;">18</p> <p>9:30 Massages Provided Free of Charge by the Students from the College of Myotherapy! 9:30 Let's Move! 10:00 Activities Upstairs With the U of U Students 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner 6:00 Lawrence Welk Show - Channel 11</p> |
| <p style="text-align: right;">22</p> <p>BEAUTY SHOP OPEN</p> <p>9:30 Let's Move! 10:00 Clever Crossword Puzzle 11:00 Craft Corner - Spring Themed 12:00 Lunch 2:30 Afternoon Matinee - "<i>The Daughter of Rosie O'Grady</i>" & Creamies 5:00 Dinner</p> | <p style="text-align: right;">23</p> <p>BEAUTY SHOP OPEN</p> <p>9:30 Let's Move! 10:15 Balloon Badminton 11:00 Cranium Crunches 12:00 Lunch 2:30 <u>Women's Choir - Act III Performs</u> 3:30 B-I-N-G-O 5:00 Dinner</p> | <p style="text-align: right;">24</p> <p>9:30 Let's Move! 10:15 We Run for the Roses - Carrington Court Horse Races 11:00 Short Film - Cronkite Remembers 12:00 Lunch 1:30 Outing - Leatherby's Ice Cream Parlor - Come celebrate the beginning of spring with ice cream! 5:00 Dinner</p> | <p style="text-align: right;">25</p> <p>9:30 Let's Move! 10:00 Activities Upstairs With the U of U Students 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner 6:00 Lawrence Welk Show - Channel 11</p> |
| <p style="text-align: right;">29</p> <p>BEAUTY SHOP OPEN</p> <p>9:30 Let's Move! 10:00 Clever Crossword Puzzle 11:00 What's in the Sack? You May Use Every Sense, but Sight! 12:00 Lunch 2:30 Afternoon Matinee - "<i>Secret Garden</i>" & Popcorn 5:00 Dinner</p> | <p style="text-align: right;">30</p> <p>BEAUTY SHOP OPEN</p> <p>9:30 Let's Move! 10:15 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;">31</p> <p>9:30 Outing - Scenic Ride 12:00 Lunch 3:00 Surprise B-I-N-G-O??? 5:00 Dinner</p> | <p style="text-align: center;"><i>happy spring!</i> </p> |

March 2017

FAMILY, FAMILY, FAMILY



If you doubt the power of family, visit Carrington Court on an evening that we have one of our wonderful family parties. You will see families gathered around the dining room table enjoying the fellowship. It may be sons, daughters, grandchildren, great-grandchildren or friends. The joy is palpable in the dining room.

Pictured to the left is Carrington Court resident Oren with his grandson and granddaughter. Oren is a perfect example of a man who is proud and full of love for his family. He enjoys sharing pictures and stories from family gatherings, always smiling as he tells his story. Thank you, Oren, for spreading the joy of family. You make everyone around you smile. Carrington Court is a home to many, and we are happy to provide a place for loved ones to gather and SMILE!



LET'S GO FLY A KITE - SPRING IS HERE!!!!