

NATIONAL ANTHEM DAY

President Herbert Hoover signs a congressional act making “The Star-Spangled Banner” the official national anthem of the United States. On September 14, 1814, Francis Scott Key composed the lyrics to “The Star-Spangled Banner” after witnessing the massive overnight British bombardment of Fort McHenry in Maryland during the War of 1812. Key, an American lawyer, watched the siege while under detainment on a British ship and penned the famous words after observing with awe that Fort McHenry’s flag survived the 1,800-bomb assault. After circulating as a handbill, the patriotic lyrics were published in a Baltimore newspaper on September 20, 1814. Key’s words were later set to the tune of “To Anacreon in Heaven,” a popular English song. Throughout the 19th century, “The Star-Spangled Banner” was regarded as the national anthem by most branches of the U.S. armed forces and other groups, but it was not until 1916, and the signing of an executive order by President Woodrow Wilson, that it was formally designated as such. In March 1931, Congress passed an act confirming Wilson’s presidential order, and on March 3 President Hoover signed it into law.



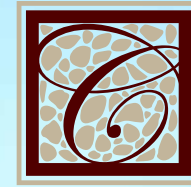
<p>9:30 Let’s Move! ¹ 10:15 March in History 10:30 Fill-in-the-Blanks 11:00 Marvelous Manicures 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner</p>	<p>9:30 Let’s Move! ² 10:15 Clever Crossword Puzzle 11:15 Concentration 12:00 Lunch 2:30 <i>Afternoon Matinee</i> – “<i>The Man Who Shot Liberty Valance</i>” starring <i>John Wayne & James Stewart</i> 5:00 Dinner</p>	<p>9:30 Let’s Move! ³ 10:15 Balloon Badminton 11:00 Cranium Crunches 12:00 Lunch 3:30 B-I-N-G-O 5:00 Dinner</p>	<p>9:30 Let’s Move! ⁴ 9:00 Outing – Scenic Drive 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner</p>	<p>9:30 Let’s Move! ⁵ 9:30 Activities with the University of Utah 12:00 Lunch 5:00 Dinner</p>		
<p>6 ENJOY YOUR SUNDAY! 8:00 Breakfast 9:30 Music and the Spoken Word (TV Channel 5) 10:30 LDS Sacrament Meeting 12:00 Lunch 5:00 Dinner</p>	<p>7 9:30 Let’s Move! 10:30 Resident Council Monthly Meeting – All residents are encouraged to attend 11:00 Frisbee Toss with teams 11:30 Popcorn tasting and trivia 12:00 Lunch 3:00 Musical Entertainment – Kathy Campbell (Violin) 5:00 Dinner</p>	<p>8 9:30 Let’s Move! 10:15 March in History 10:30 Fill-in-the-Blanks 11:00 Marvelous Manicures 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner</p>	<p>9 9:30 Let’s Move! 10:15 Clever Crossword Puzzle 11:15 Concentration 12:00 Lunch 2:30 <i>Afternoon Matinee</i> – “<i>Show Boat</i>” starring <i>Howard Keel & Ava Gardner</i> 5:00 Dinner</p>	<p>10 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</p>	<p>11 9:00 Outing – Scenic Drive 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner</p>	<p>12 9:30 Activities with the University of Utah 12:00 Lunch 5:00 Dinner</p>
<p>13 DAYLIGHT SAVINGS TIME BEGINS TURN YOUR CLOCKS AHEAD ONE HOUR ENJOY YOUR SUNDAY! 8:00 Breakfast 9:30 Music and the Spoken Word (TV Channel 5) 10:30 LDS Sacrament Meeting 12:00 Lunch 5:00 Dinner</p>	<p>14 9:30 Let’s Move! 10:15 Parachute Crazyiness! 11:00 Family Feud 12:00 Lunch 3:00 Musical Performance – Heart & Soul 5:00 Dinner</p>	<p>15 9:30 Let’s Move! 10:15 March in History 10:30 Fill-in-the-Blanks 11:00 Marvelous Manicures 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner</p>	<p>16 9:30 Let’s Move! 10:15 Clever Crossword Puzzle 11:00 Thin Ice Dice Game 12:00 Lunch 2:30 <i>Afternoon Matinee</i> – “<i>The Daughter of Rosie O’Grady</i>” starring <i>June Haver & Gordon MacRae</i> 5:00 Dinner</p>	<p>17 ST. PATRICK’S DAY 9:30 Let’s Move! 10:15 Balloon Badminton 11:00 Cranium Crunches 12:00 Lunch 3:00 Blarney Shakes 5:00 Dinner</p>	<p>18 9:00 Outing – Scenic Drive 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner</p>	<p>19 9:30 Activities with the University of Utah 12:00 Lunch 5:00 Dinner</p>
<p>20 FIRST DAY OF SPRING! ENJOY YOUR SUNDAY! 8:00 Breakfast 9:30 Music and the Spoken Word (TV Channel 5) 10:30 LDS Sacrament Meeting 12:00 Lunch 5:00 Dinner</p>	<p>21 9:30 Let’s Move! 10:15 Lucky Day Carrington Court Horse Race 11:00 Cronkite Remembers on the big screen with refreshment 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner</p>	<p>22 9:30 Let’s Move! 10:15 March in History 10:30 Fill-in-the-Blanks 11:00 Marvelous Manicures 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner</p>	<p>23 9:30 Let’s Move! 10:15 Clever Crossword Puzzle 11:15 How many baskets can you make for the team?? 12:00 Lunch 2:30 <i>Afternoon Matinee</i> – “<i>We Bought a Zoo</i>” starring <i>Matt Damon & Scarlett Johansson</i> 5:00 Dinner</p>	<p>24 9:30 Let’s Move! 10:15 Balloon Badminton 11:00 Cranium Crunches 12:00 Lunch 3:30 Musical Entertainment - Terry McClellan Performs 5:00 Dinner</p>	<p>25 9:00 Outing – Scenic Drive 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner</p>	<p>26 9:30 Activities with the University of Utah 12:00 Lunch 5:00 Dinner</p>
<p>27 ENJOY YOUR SUNDAY! 8:00 Breakfast 9:30 Music and the Spoken Word (TV Channel 5) 10:30 LDS Sacrament Meeting 12:00 Lunch 5:00 Dinner</p>	<p>28 9:30 Let’s Move! 10:15 Luck of the Irish Scavenger Hunt 11:00 Table Tennis Toppling 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner</p>	<p>29 9:30 Let’s Move! 10:15 March in History 10:30 Fill-in-Blanks 11:00 Marvelous Manicures 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner</p>	<p>30 9:30 Let’s Move! 10:15 Clever Crossword Puzzle 11:00 Charades 12:00 Lunch 2:30 <i>Afternoon Matinee</i> - “<i>The Quiet Man</i>” starring <i>John Wayne & Maureen O’Hara</i> 5:00 Dinner</p>	<p>31 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</p>		



Ireland is an island nation on the westernmost edge of Europe. It is the continent's second largest island (after Great Britain). The Republic of Ireland occupies 80 percent of this landmass, while a large chunk of land in the north, called Northern Ireland, is part of the United Kingdom. Altogether, the island of Ireland is made up of 32 counties.

Ireland is known for its wide expanses of lush, green fields – so much so, that its nickname is the Emerald Isle. But there are also large areas of rugged, rocky landscape, too. About 15,000 years ago, Ireland was completely covered by thick glaciers. The movement of these giant sheets of ice stripped the soil, leaving huge tracts of flat, limestone ground.

The midlands and west coast of Ireland are dotted with damp peat bogs, the soggy remains of dried-up ancient lakes left by the glaciers. Ireland's highlands rise mainly in the southwest, often ending at sheer cliffs that plunge thousands of feet into the Atlantic Ocean.



Carrington Court

1928 W 9800 S

South Jordan, UT 84095

801-676-8787

March 2022

SPRING IS COMING

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.



HAPPY ST. PATRICK'S DAY

Please wear your green on March 17, let's celebrate the country of Ireland.

YOU CAN'T BLOOM IN YOUR ROOM

As the weather warms the Carrington Court bus will continue heading out on our Friday adventures. Our surprise stops will always be sure to delight! NO matter how old we may get, we never stop growing. This March, consider ways you can grow you mind, heart, health and happiness. Be bold and join us in the activity room, make it a routine, I think you will find yourself smiling.



Happy Birthday!

- Janet O. - 10th
- Kaye G. - 18th
- Chad G. - 22nd

