



Carrington Court

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

THANKSGIVING DINNER WITH GUESTS

Thursday, November 17, we will be celebrating an early Thanksgiving dinner at Carrington Court. Every resident is asked to invite two special guests to join them that evening for dinner. We look forward to serving you the traditional Thanksgiving dinner feast.



HAPPY BIRTHDAY

Vicki Cram - November 12
Deloris Speirs - November 13
Rhea Perry - November 18
Joyce Beck - November 29



November 2016



THANKFUL FOR OUR FAMILIES

November is the month that we think of the many things in life we are thankful for. The residents here at Carrington Court speak of their family so often and express their appreciation and love for their support. Families bring happiness and smiles all around here at Carrington. We want to encourage family members to call and make a reservation in the months ahead to join their loved one for a meal. Eating together is a great way to spend family time and enjoy great conversation with the ones you LOVE!

A Seasonal Smile

"Autumn—the year's last, loveliest smile."
William Cullen Bryant

Amazing Herbs: Sage


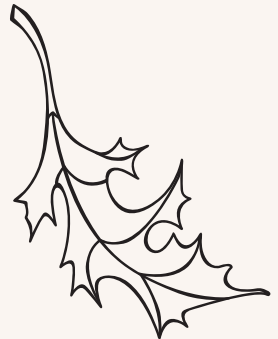
A popular herb used in Thanksgiving recipes, sage is also commonly found in sausages and dishes containing beans, cheese, tomatoes and eggs. Its botanical name comes from the Latin word *salvere*, meaning "to be saved"—an appropriate moniker given its extensive healing properties. A natural preservative and antiseptic, sage has been used to treat wounds, bites and ulcers for thousands of years. More recently, the herb's essential oils have been studied in Alzheimer's research, due to evidence they may enhance memory and cognitive function.

Celebrate Sweet Potatoes

November is Sweet Potato Awareness Month. The orange root vegetable is a great source of vitamins A and C, manganese, and beta carotene. Sweet potatoes are also high in fiber and complex carbohydrates, and they contain compounds that have anti-inflammatory benefits. Try them baked or grilled, in a casserole or pie, or as a soup or french fries.



Sunday	Monday	Tuesday
<h1>November</h1>		1 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
6 CLOCKS FALL BACK ONE HOUR 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	7 9:30 Let's Move! 10:15 Jokes & Question of the Week?! 10:20 It All Happened in November 11:00 For the Birds!! 11:30 Person, Place, Or Thing? 12:00 Lunch 3:00 <u>Singers & Instrumental - Mixed Nuts Perform Patriotic Music</u> 5:00 Dinner	8 ELECTION DAY Carrington Court Presidential Election - Who will Win the Election at Carrington!!! 9:30 Let's Move! 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
13 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	14 9:30 Let's Move! 10:15 Jokes & Question of the Week?! 10:20 Musical Notes: John Philip Sousa 11:00 Pickles! Pickles! Pickles! 12:00 Lunch 3:00 <u>Singers & Instrumental - New Fiddlers Perform</u> 5:00 Dinner	15 9:30 Let's Move! 10:15 Picture of the Day 10:20 Fill-in-the-Blanks 11:00 <u>West Jordan Band Performs a Classic Country Program</u> 12:00 Lunch 1:30 LDS Gospel Doctrine Lesson 3:00 B-I-N-G-O 5:00 Dinner
20 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	21 BEAUTY SHOP OPEN 9:30 Let's Move! 10:15 Jokes & Question of the Week?! 10:20 Thanksgiving Readers' Theater 11:00 Thanksgiving Pictionary 12:00 Lunch 3:00 <u>Singer - Lynda Davidson Performs</u> 5:00 Dinner	22 BEAUTY SHOP OPEN 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
27 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	28 9:30 Let's Move! 10:15 Jokes & Question of the Week?! 10:20 Resident Council - We Encourage All Residents to Attend This Monthly Meeting 11:00 We Meet at the Fireplace and Have a Sing-A-Long 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	29 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

Wednesday	Thursday	Friday	Saturday
<p>BEAUTY SHOP OPEN 2</p> <p>9:30 Let's Move! 10:00 Clever Crossword Puzzle 11:00 Craft Corner - "Colorful Turkey" 12:00 Lunch 2:30 Movie "Coat of Many Colors" (Based on the Life of Dolly Parton) & Popcorn 5:00 Dinner</p>	<p>BEAUTY SHOP OPEN 3</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>BEAUTY SHOP OPEN 4</p> <p>9:30 Let's Move! 10:15 Can You List That? 11:00 Horseshoes 12:00 Lunch 1:30 Outing - Scenic Drive 5:00 Dinner</p>	<p>BEAUTY SHOP OPEN 5</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 7:00 Lawrence Welk Show - Channel 11</p>
<p>BEAUTY SHOP OPEN 9</p> <p>9:30 Let's Move! 10:00 Clever Crossword Puzzle 11:00 Concentration - Thanksgiving Theme 12:00 Lunch 2:30 Movie "All Mine to Give" & Popcorn 5:00 Dinner 6:00 Relief Society - Everyone Welcomed</p>	<p>BEAUTY SHOP OPEN 10</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>VETERANS DAY 11</p> <p>9:30 Let's Move! 10:15 <u>Jordan Ridge Elementary 5th Graders Perform a Veterans Day Musical Program</u> 11:15 Veterans Day History 12:00 Lunch 3:00 Outing - Scenic Drive 5:00 Dinner</p>	<p>BEAUTY SHOP OPEN 12</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 7:00 Lawrence Welk Show - Channel 11</p>
<p>BEAUTY SHOP OPEN 16</p> <p>9:30 Let's Move! 10:00 Clever Crossword Puzzle 11:00 November Scavenger Hunt 12:00 Lunch 2:30 Movie "The Singing Nun" & Popcorn 5:00 Dinner</p>	<p>BEAUTY SHOP OPEN 17</p> <p>9:30 Let's Move! 10:15 Balloon Badminton 11:00 Cranium Crunches 12:00 Lunch 2:30 Apartment Visits With Residents 5:00 **Family Thanksgiving Dinner - Residents Please Invite Two Guests**</p>	<p>BEAUTY SHOP OPEN 18</p> <p>9:30 Let's Move! 10:15 Carrington Court Bowling 11:00 State B-I-N-G-O 12:00 Lunch 1:30 Outing - Scenic Drive 5:00 Dinner</p>	<p>BEAUTY SHOP OPEN 19</p> <p>9:30 Let's Move! 10:00 Activities Upstairs With the U of U Students 11:00 <u>Dance Program - Utah Dance Artists Perform</u> 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner 7:00 Lawrence Welk Show - Channel 11</p>
<p>23</p> <p>9:30 Let's Move! 10:00 Clever Crossword Puzzle 11:00 History of Thanksgiving and Trivia Word Game 11:45 "Twas the Night Before Thanksgiving" 12:00 Lunch 2:30 Movie "Boys Town" & Popcorn 5:00 Dinner</p>	<p>24</p> <p></p>	<p>25</p> <p>9:30 Let's Move! 10:15 The Day After Thanksgiving Horse Races!!! 11:00 Guesstimation 12:00 Lunch 1:30 Outing - Scenic Drive 5:00 Dinner</p>	<p>26</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 7:00 Lawrence Welk Show - Channel 11</p>
<p>BEAUTY SHOP OPEN 30</p> <p>9:30 Let's Move! 10:00 Clever Crossword Puzzle 11:00 Craft Corner - Beaded Christmas Bracelet 12:00 Lunch 12:00 <u>Piano Duo in the Dining Room During Lunch</u> 2:30 Movie "Christmas Miracle" & Popcorn 5:00 Dinner</p>		<p>"Gratitude Can Transform Common Days Into Thanksgivings, Turn Routine Jobs Into Joy, And Change Ordinary Opportunities Into Blessings." - William Arthur Ward</p>	<p></p>

November 2016

Thanksgiving

There's Much To Be Thankful For!

Have a terrific Thanksgiving holiday.



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|-------------------|------------------|
| 1. Autumn | 9. Nuts |
| 2. Colorful | 10. Pilgrim |
| 3. Cool | 11. Pumpkin |
| 4. Cornucopia | 12. Rake |
| 5. Eleventh Month | 13. Thankful |
| 6. Feast | 14. Thanksgiving |
| 7. Holiday | 15. Turkey |
| 8. Jacket | 16. Windy |

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