



Carrington Court

1928 W 9800 S. • South Jordan, UT 84095 • (801) 676-7616



Meet our resident Laura Polin. Laura was born on May 5, 1926. Her daughter says she was married to a funny character by the name of Marco Polin. They had four children and many grand and great-grandchildren. She spent most of her adult life in Sacramento, California. Laura used to love to peruse yard sales and find great deals. Her daughter says, "She was the queen of couponing. She would wait for sales and combine coupons and could spend almost nothing on an item." Laura was also a very compassionate caregiver to many special needs children. She has such a clever and fun sense of humor. It's rare that she doesn't make one laugh out loud with each encounter she has. She loves to watch TV at this point in her life and have her hair and nails done. In her younger years she was a fabulous cook and seamstress. We are so happy to have Laura with us and we appreciate her loving family as well.

April 2015

Record-Breaking Rain

April is known for its rain showers, but Mount Waialeale, on the Hawaiian island of Kauai, has a wet forecast nearly every day of the year. Due to the shape and location of the island, the volcanic mountain sees rain up to 350 days each year, with an average annual rainfall of 467 inches.

April by the Numbers

90 million. Number of chocolate bunnies produced each year in the U.S.

260. Pounds of oxygen produced on average by a single tree in one year—enough to support two people.

30. Percentage of Americans who plan to save their tax refund, according to a 2014 financial survey.

Positive Thought

"Keep the enthusiasm of your youth and treasure the wisdom of old age." —Lailah Gifty Akita




April's outing will be a shopping trip at South Towne mall and ice cream! We will be going Monday, April 13, and Wednesday, April 15. Look for more information and a link to RSVP on our website soon!



Come and join us anytime to have a good time!

Sunday	Monday	Tuesday
 Happy Easter	<p>We have a Eucharistic Minister available for our Catholic residents on Wednesday afternoon. Contact Debbie if a visit is requested and it will be arranged.</p>	 *April*
<p>9:00 Rejuvenation 5 9:30 LDS Sacrament Meeting 10:30 Getting to Know You Visits With Our Residents 12:30 Lunch 1:00 Lawrence Welk Show 2:00 Table Games 3:00 Ice Cream Social 4:00 Quiet Movie 5:00 Dinner Easter Day</p>	<p>6 9:00 Senior Yoga 10:00 Circle Games/Parachute 11:00 Magazines/Newspaper 12:00 Lunch 1:30 Van Ride/1:1 Activities 3:00 Snack Time / Walk About 4:00 Fun With Words 5:00 Dinner</p>	<p>7 9:00 Rejuvenation 10:00 Bend & Stretch 11:00 Reminiscing 12:00 Lunch 1:30 Gospel Doctrine Lesson (AL Side) / Target Practice Beanbags 2:30 Check It Out! Activities at the Tables 3:00 Snacks 4:00 Pet Therapy 5:00 Dinner</p>
<p>12 9:00 Rejuvenation 9:30 LDS Sacrament Meeting 10:30 Getting to Know You Visits With Our Residents 12:30 Lunch 1:00 Lawrence Welk Show 2:00 Table Games 3:00 Ice Cream Social 4:00 Quiet Movie 5:00 Dinner</p>	<p>13 9:00 Senior Yoga 10:00 Circle Games/Parachute 11:00 Magazines/Newspaper 12:00 Lunch 1:30 Van Ride/1:1 Activities 3:00 Snack Time / Walk About 4:00 Fun With Words 5:00 Dinner</p>	<p>14 9:00 Rejuvenation 10:00 Bend & Stretch 11:00 Reminiscing 12:00 Lunch 1:30 Gospel Doctrine Lesson (AL Side) / Target Practice Beanbags 2:30 Check It Out! Activities at the Tables 3:00 Snacks 4:00 Pet Therapy 5:00 Dinner</p>
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<p>26 9:00 Rejuvenation 9:30 LDS Sacrament Meeting 10:30 Getting to Know You Visits With Our Residents 12:30 Lunch 1:00 Lawrence Welk Show 2:00 Table Games 3:00 Ice Cream Social 4:00 Quiet Movie 5:00 Dinner</p>	<p>27 9:00 Senior Yoga 10:00 Circle Games/Parachute 11:00 Magazines/Newspaper 12:00 Lunch 1:30 Van Ride/1:1 Activities 3:00 Snack Time / Walk About 4:00 Fun With Words 5:00 Dinner</p>	<p>28 9:00 Rejuvenation 10:00 Bend & Stretch 11:00 Reminiscing 12:00 Lunch 1:30 Gospel Doctrine Lesson (AL Side) / Target Practice Beanbags 2:30 Check It Out! Activities at the Tables 3:00 Snacks 4:00 Pet Therapy 5:00 Dinner</p>

Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>9:00 Senior Yoga 10:00 Internet Adventures 11:00 Chair Dancing & Singing 12:00 Lunch 1:30 Van Ride / Skills Practice 3:00 Snacks 3:30 Memorable Movie 5:00 Dinner</p> <p>April Fools' Day</p>	<p>2</p> <p>9:00 Rejuvenation 10:00 Play Ball / Counting Our Blessings 11:00 Book Club/Stories 12:00 Lunch 1:30 Cut & Paste Journals 3:00 Snack Time 4:00 Music/West Jordan Senior Band 5:00 Dinner</p> <p>Beautician Day!</p>	<p>3</p> <p>9:00 Rejuvenation 10:00 Rhythm Band & Move With the Music 11:00 Time for Learning 12:00 Lunch 1:30 Table Games / Crafts 3:00 Snack Time 4:00 Music/Debra Bowers 5:00 Dinner</p>	<p>4</p> <p>9:00 Rejuvenation 10:00 Sit N' Be Fit / "Sing-Along" Karaoke 11:00 Indoor Sports 12:00 Lunch 1:00 Coloring / Building 3:00 Snack / Bingo 4:00 Puzzles / Patterns 5:00 Dinner</p>
<p>8</p> <p>9:00 Senior Yoga 10:00 Internet Adventures 11:00 Chair Dancing & Singing 12:00 Lunch 1:30 Van Ride / Skills Practice 3:00 Snacks 3:30 Memorable Movie 5:00 Dinner</p>	<p>9</p> <p>9:00 Rejuvenation 10:00 Play Ball / Counting Our Blessings 11:00 Book Club/Stories 12:00 Lunch 1:30 Cut & Paste Journals 3:00 Snack Time 4:10 Music/Bob Shorten 5:00 Dinner</p> <p>Beautician Day!</p>	<p>10</p> <p>9:00 Rejuvenation 10:00 Rhythm Band & Move With the Music 11:00 Time for Learning 12:00 Lunch 1:30 Table Games / Crafts 3:00 Snack Time 4:00 Manicures and Melodies 5:00 Dinner</p>	<p>11</p> <p>9:00 Rejuvenation 10:00 Sit N' Be Fit / "Sing-Along" Karaoke 11:00 Indoor Sports 12:00 Lunch 1:00 Coloring / Building 3:00 Snack / Bingo 4:00 Puzzles / Patterns 5:00 Dinner</p>
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<p>22</p> <p>9:00 Senior Yoga 10:00 Internet Adventures 11:00 Chair Dancing & Singing 12:00 Lunch 1:30 Van Ride / Skills Practice 3:00 Snacks 3:30 Memorable Movie 5:00 Dinner</p>	<p>23</p> <p>9:00 Rejuvenation 10:00 Play Ball / Counting Our Blessings 11:00 Book Club/Stories 12:00 Lunch 1:30 Cut & Paste Journals 3:00 Snack Time 4:00 Music/Terry Spencer 5:00 Dinner</p> <p>Beautician Day!</p>	<p>24</p> <p>9:00 Rejuvenation 10:00 Rhythm Band & Move With the Music 11:00 Time for Learning 12:00 Lunch 1:30 Table Games / Crafts 3:00 Snack Time 4:00 Manicures and Melodies 5:00 Dinner</p>	<p>25</p> <p>9:00 Rejuvenation 10:00 Sit N' Be Fit / "Sing-Along" Karaoke 11:00 Indoor Sports 12:00 Lunch 1:00 Coloring / Building 3:00 Snack / Bingo 4:00 Puzzles / Patterns 5:00 Dinner</p>
<p>29</p> <p>9:00 Senior Yoga 10:00 Internet Adventures 11:00 Chair Dancing & Singing 12:00 Lunch 1:30 Van Ride / Skills Practice 3:00 Snacks 3:30 Memorable Movie 5:00 Dinner</p>	<p>30</p> <p>9:00 Rejuvenation 10:00 Play Ball / Counting Our Blessings 11:00 Book Club/Stories 12:00 Lunch 1:30 Cut & Paste Journals 3:00 Snack Time 4:10 Music/ Bob Shorten 5:00 Dinner</p> <p>Beautician Day!</p>	<p>We Strive to Support These Parts of Everyone's Lives.</p> <p>Social Physical Emotional Spiritual Intellectual</p>	

April 2015



Wake Up, Astronauts!

NASA often played music and celebrity voices as wake-up calls for astronauts working in space. Here are some of the selections sent into orbit over the years.

Dec. 15, 1965	“Hello, Dolly!”
Aug. 24, 1973	“Come Fly With Me”
Nov. 13, 1981	The Muppets performing “Pigs in Space”
Oct. 12, 1984	“Star Wars” Theme
Nov. 25, 1991	Patrick Stewart as Capt. Jean-Luc Picard
June 19, 2002	“I Got You Babe”
Jan. 29, 2003	“Imagine”
July 21, 2011	“God Bless America”

“Then & Now”

“This Month In History”

APRIL

1775: In a midnight ride, Paul Revere alerts Boston-area colonists that the British are coming. The following day’s battles at Lexington and Concord began the American Revolution.

1841: Edgar Allan Poe’s “The Murders in the Rue Morgue” is published. The work is considered the first detective story.

1860: Mail delivery by the Pony Express begins with horse and rider teams leaving from St. Joseph, Mo., and Sacramento, Calif.

1896: The first Olympic Games of the modern era are held in Athens, Greece.

1912: Four days into its maiden voyage, the luxury ship Titanic hits an iceberg and sinks in the North Atlantic.

1924: Rand McNally publishes its first comprehensive road atlas.

1953: “TV Guide” debuts, featuring comedienne Lucille Ball’s newborn son, Desi Arnaz Jr., on the cover.

1961: Soviet cosmonaut Yuri Gagarin is the first man to travel into space.

1975: Bill Gates and Paul Allen form Microsoft in Albuquerque, N.M. Today, it is the world’s largest software company.

1982: With 212 total goals and assists, Wayne Gretzky becomes the first player in National Hockey League history to break 200 points in a season.

2011: More than 1 million people line the streets of London as Great Britain’s Prince William marries Catherine Middleton at Westminster Abbey.