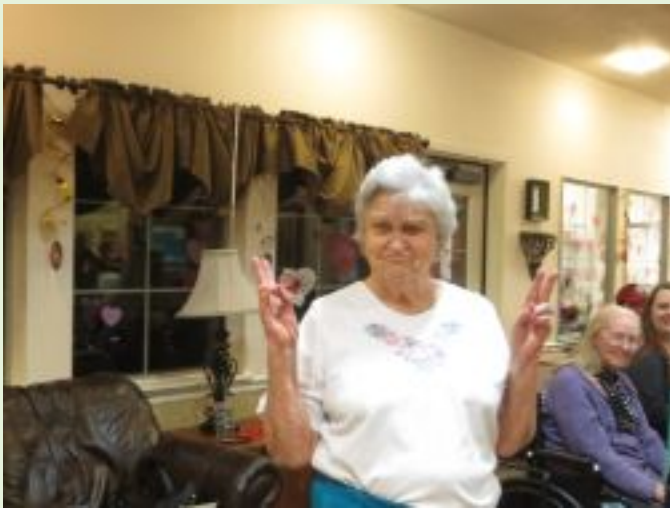




# Carrington Court

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

August 2014



Our spotlight lady resident is Grace Sheldon. She was born on June 19, 1928. She grew up in the Salt Lake City, Utah, area. She was the baby of her family, with two sisters and three brothers. She was married 54 years. She has four children, one girl and three boys, 11 grandchildren and five great-grandchildren. She was a secretary. Her favorite holiday is Thanksgiving, because her family was together. Her favorites are reading, knitting and crocheting afghans for her family. She enjoys playing games, bridge and cards. Grace has always been known as a big tease. We love you, Grace.

## AUGUST FIELD TRIP CHURCH HISTORY MUSEUM

We are going to the Church History Museum on Mon., Aug. 18, and Wed. Aug. 20. We will meet there at 2:30. The bus loads at 1 p.m. Chaperones can ride the bus. Please RSVP at [carringtoncourtal.com](http://carringtoncourtal.com) or call (801) 285-8311. Wheelchairs can be arranged and ask about parking. The Museum is closing for 1 yr. in Oct.



Jay Jackson is our gentleman spotlight. He was born on Feb. 15, 1922, in LaVerkin, UT, where he grew up. He was in the Navy and flew the blimps. He was a fireman for 30 yrs. He was the Fire Chief for Draper City, UT, for 2 yrs. He also was an appraiser and inspector of homes. In 1943, he married his sweetheart and raised 4 children. Jay's favorite things are spending time with family, his 15 grandchildren + 11 great and serving his church. He and his wife served a mission for the LDS church at the Los Angeles Temple visitors center. Jay built 4 homes for his family, including the one they retired at, in Monroe, UT. Jay is a wonderful person.



## Sunday

## Monday

## Tuesday

One-on-One Activities: Time to engage one resident at a time in appropriate exercise or movements. Focus on who they are and what may interest them. Communicate. Talk and walk. See them smile.



Skills Practice: Coupon Cutting  
Follow a Pattern / Dot to Dot  
Reading Stories  
Building Blocks  
Sorting / Folding  
Making a Sentence / Poems  
Problem Solving / Remember  
Counting and Shapes

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

3

9:00 Rejuvenation  
10:00 **Kickball Circle / Walk About / Ring Toss**  
11:00 Magazines/Current Events  
12:00 Lunch  
**1:30 Van Ride/1:1 Activities**  
3:00 Snack Time  
**4:00 Puzzles / Music With Lynda Davidson**  
5:00 Dinner

4

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

5

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

10

9:00 Rejuvenation  
10:00 **Kickball Circle / Walk About / Ring Toss**  
11:00 Magazines/Current Events  
12:00 Lunch  
**1:00 Field Trip to Church History Museum Meet There at 2:30. 1:1 Activities**  
3:00 Snack Time  
**4:00 Puzzles**  
5:00 Dinner

11

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

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

17

9:00 Rejuvenation  
10:00 **Kickball Circle / Walk About / Ring Toss**  
11:00 Magazines/Current Events  
12:00 Lunch  
**1:30 Van Ride/1:1 Activities**  
3:00 Snack Time  
**4:00 Puzzles**  
5:00 Dinner

18

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

19

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

24/31

9:00 Rejuvenation  
10:00 **Kickball Circle / Walk About / Ring Toss**  
11:00 Magazines/Current Events  
12:00 Lunch  
**1:30 Van Ride/1:1 Activities**  
3:00 Snack Time  
**4:00 Puzzles**  
5:00 Dinner

25

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

26

### Positive Thought

"When you change the way you look at things, the things you look at change." —Max Planck

Wednesday	Thursday	Friday	Saturday
<p>We have a Eucharistic Minister available for our Catholic residents on Wednesday afternoon. Contact Shana if a visit is requested and it will be arranged.</p>	<p>ARTS &amp; CRAFTS Watercolors Card Making With Stamps Beading Coloring or Drawing Seasonal Crafts TABLE GAMES Cards Bingo Checkers Dominoes and Others</p>	<p style="text-align: right;">1</p> <p>9:00 Rejuvenation 10:00 Rhythm Band &amp; Move With the Music 11:00 Time for School 12:00 Lunch 1:30 Golf/Crafts 3:00 Snack Time <b>4:00 Manicures</b> 5:00 Dinner</p>	<p style="text-align: right;">2</p> <p>9:00 Rejuvenation <b>10:00 Sit N' Be Fit / "Sing-Along" Karaoke</b> <b>11:00 Sports / Bowling</b> 12:00 Lunch 1:00 Coloring <b>3:00 Snack / Bingo</b> 5:00 Dinner</p>
<p style="text-align: right;">6</p> <p>9:00 Rejuvenation <b>10:00 Chair Dancing/ Parachute Circle</b> 11:00 "Sing Me a Song" 12:00 Lunch <b>2:00 VAN RIDE/Skills Practice</b> 3:00 Snack Time 4:00 Quiet Movie 5:00 Dinner</p>	<p style="text-align: right;">7</p> <p>9:00 Rejuvenation <b>10:00 Play Ball/Cheerleading</b> 11:00 Book Club/Stories 12:00 Lunch <b>1:30 Cut &amp; Paste Journals</b> 3:00 Snack Time <b>4:00 Massages</b> 5:00 Dinner Beautician Day!</p>	<p style="text-align: right;">8</p> <p>9:00 Rejuvenation 10:00 Rhythm Band &amp; Move With the Music 11:00 Time for School 12:00 Lunch 1:30 Golf/Crafts 3:00 Snack Time <b>4:00 Manicures</b> 5:00 Dinner</p>	<p style="text-align: right;">9</p> <p>9:00 Rejuvenation <b>10:00 Sit N' Be Fit / "Sing-Along" Karaoke</b> <b>11:00 Sports / Bowling</b> 12:00 Lunch 1:00 Coloring <b>3:00 Snack / Bingo</b> 5:00 Dinner</p>
<p style="text-align: right;">13</p> <p>9:00 Rejuvenation <b>10:00 Kickball Circle / Walk About / Ring Toss</b> 11:00 Magazines/Current Events 12:00 Lunch <b>1:00 Field Trip to Church History Museum Meet at 2:30</b> <b>1:1 Activities</b> 3:00 Snack Time <b>4:00 Puzzles</b> 5:00 Dinner</p>	<p style="text-align: right;">14</p> <p>9:00 Rejuvenation <b>10:00 Play Ball/Cheerleading</b> 11:00 Book Club/Stories 12:00 Lunch <b>1:30 Cut &amp; Paste Journals</b> 3:00 Snack Time <b>4:00 Massages / Music With Debra Bowers</b> 5:00 Dinner Beautician Day!</p>	<p style="text-align: right;">15</p> <p>9:00 Rejuvenation 10:00 Rhythm Band &amp; Move With the Music 11:00 <b>Music With Karalyn Roundy</b> 12:00 Lunch 1:30 Golf/Crafts 3:00 Snack Time <b>4:00 Manicures</b> 5:00 Dinner</p>	<p style="text-align: right;">16</p> <p>9:00 Rejuvenation <b>10:00 Sit N' Be Fit / "Sing-Along" Karaoke</b> <b>11:00 Sports / Bowling</b> 12:00 Lunch 1:00 Coloring <b>3:00 Snack / Bingo</b> 5:00 Dinner</p>
<p style="text-align: right;">20</p> <p>9:00 Rejuvenation <b>10:00 Chair Dancing/ Parachute Circle</b> 11:00 "Sing Me a Song" 12:00 Lunch <b>2:00 VAN RIDE/Skills Practice</b> 3:00 Snack Time 4:00 Quiet Movie 5:00 Dinner</p>	<p style="text-align: right;">21</p> <p>9:00 Rejuvenation <b>10:00 Play Ball/Cheerleading</b> 11:00 Book Club/Stories 12:00 Lunch <b>1:30 Cut &amp; Paste Journals</b> 3:00 Snack Time <b>4:00 Massages</b> 5:00 Dinner Beautician Day! HAPPY BIRTHDAY TO NANCY EICHBAUER</p>	<p style="text-align: right;">22</p> <p>9:00 Rejuvenation 10:00 Rhythm Band &amp; Move With the Music 11:00 Time for School 12:00 Lunch 1:30 Golf/Crafts 3:00 Snack Time <b>4:00 Manicures</b> 5:00 Dinner</p>	<p style="text-align: right;">23</p> <p>9:00 Rejuvenation <b>10:00 Sit N' Be Fit / "Sing-Along" Karaoke</b> <b>11:00 Sports / Bowling</b> 12:00 Lunch 1:00 Coloring <b>3:00 Snack / Bingo</b> 5:00 Dinner</p>
<p style="text-align: right;">27</p> <p>9:00 Rejuvenation <b>10:00 Chair Dancing/ Parachute Circle</b> 11:00 "Sing Me a Song" 12:00 Lunch <b>2:00 VAN RIDE/Skills Practice</b> 3:00 Snack Time 4:00 Quiet Movie 5:00 Dinner</p>	<p style="text-align: right;">28</p> <p>9:00 Rejuvenation <b>10:00 Play Ball/Cheerleading</b> 11:00 Book Club/Stories 12:00 Lunch <b>1:30 Cut &amp; Paste Journals</b> 3:00 Snack Time <b>4:00 Massages / Music With Sue Talmage</b> 5:00 Dinner Beautician Day!</p>	<p style="text-align: right;">29</p> <p>9:00 Rejuvenation 10:00 Rhythm Band &amp; Move With the Music 11:00 Time for School 12:00 Lunch 1:30 Golf/Crafts 3:00 Snack Time <b>4:00 Manicures / Music With Paul Kramer</b> 5:00 Dinner</p>	<p style="text-align: right;">30</p> <p>9:00 Rejuvenation <b>10:00 Sit N' Be Fit / "Sing-Along" Karaoke</b> <b>11:00 Sports / Bowling</b> 12:00 Lunch 1:00 Coloring <b>3:00 Snack / Bingo</b> 5:00 Dinner</p>

# August 2014

## Carrington Court CNAs Are the Best!



Our CNA focus is Kirstin Madeline Kiernan. She was born on Dec. 22, 1994, in Sandy, UT. One of her accomplishments is that she had her associate degree just out of high school. Her favorite things are going out with friends, the food at Cafe Rio, the color pink and Christmas. She enjoys playing the piano and singing. She likes going to the beach. She has traveled to Hawaii, California, Florida, Boston and Las Vegas. She admires her mom. Kirstin works hard and brings cheerfulness to our residents. She plans to become a nurse. Thank you, Kirstin. We hope all of your dreams come true.

We appreciate our employees for all that they do for our residents. It is Carrington Court's goal that our residents feel happy, safe and cared for. Also, that they are treated with respect, cheerfulness, kindness and efficiency. Good work, everyone!

## International Peace Gardens

We had a lovely time at the Peace Gardens. The gardens are artistically arranged flowers that represent several countries around the world. We enjoyed seeing the different colors and types of flowers and grasses used in their designs. It was a pleasant walk in the sun with resting places in the shade. Thank you to all who participated.

The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart.  
—Helen Keller

