



Carrington Court

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

SARAH COLLINS, OUR NEW ASSISTANT ACTIVITIES DIRECTOR

Sarah was born on January 4, 1995, in Salt Lake City, Utah. She grew up in South Jordan with two younger sisters. She attended Bingham High School, and graduated in 2013. Sarah then went on a mission with the LDS church to Paraguay, South America, where she learned to speak fluent Spanish. She lived there for a little over a year; it was a great experience for her.

Sarah loves to hike and camp, basically anything outdoors. Her favorite place is to be up in the mountains. She also enjoys knitting and sewing; she even sews her own clothes sometimes. Sarah plays the piano, listens to music, and has danced since she was nine years old. Her favorite type of dance is Irish step dancing; she loves the music and performing this style. Eventually she would like to learn Latin dancing and how to Polka.

Sarah's goals are to attend college, and to someday travel the world. She has visited many of the western states, but would like to see more. We are so glad that Sarah is here with us at Carrington Court; she has a lot to add to the program. We appreciate all she does for the residents.



January 2017

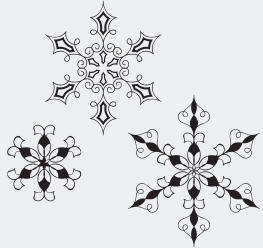

CONFERENCE CENTER TOUR TRIP

Please join us on Wednesday, January 18, and Monday, January 23. We will leave by 1:30 p.m. to be ready for our 2:30 p.m. tour. Please RSVP at the front desk. We always need volunteers so the residents can go on these great activities.



HAPPY NEW YEAR!

Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending. We will open the book, with its pages blank. We are going to put words on them ourselves. The book is called opportunity, and its first chapter is New Year's Day. Live life to the fullest, because it only happens once. All of us here at Carrington Court wish everyone a very happy New Year.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
New Year's Day 1 9:00 Rejuvenation 9:30 LDS Sacrament Meeting 10:30 Ladies' Spa Day 12:00 Lunch 1:30 One-on-One Activities 3:00 Afternoon Movie/Lawrence Welk 4:00 Music/Piano 5:00 Dinner	2 9:00 Rejuvenation 9:30 Groove'N & Move'N 10:00 Trivia 10:30 Time For Learning 11:00 Rhythm Band & Singing 12:00 Lunch 1:30 Van Ride/One-on-One Activities 3:30 Snack Time 4:00 Sing-Along Karaoke 5:00 Dinner	3 9:00 Rejuvenation 9:30 Music'n Movement/Singing 10:30 Indoor Sports 11:30 Beanbag & Noodle Fun 12:00 Lunch 1:30 Book Club/Story Time 1:30 Gospel Doctrine Lesson (AL Side) 2:30 Balloon Badminton/Games 3:30 Snack Time 4:00 Comedy Hour 5:00 Dinner	4 9:00 Rejuvenation 9:30 Groove'N & Move'N 10:00 Circle Games/Parachute 11:00 Coloring Fun 12:00 Lunch 1:30 Van Ride/One-on-One Activities 1:30 Music/Piano Leigh 3:30 Snack Time 4:00 Hand Massages & Memories 5:00 Dinner	SALON DAY! 5 9:00 Rejuvenation 9:30 Music'n Movement/Singing 10:30 Carrington Court Bowling 12:00 Lunch 1:30 Craft Class 3:30 Snack Time 4:00 Puzzles 5:00 Dinner	6 9:00 Rejuvenation 10:00 What's Cookin'?? 11:00 Check it Out! Activities with the White Board 12:00 Lunch 1:30 B-I-N-G-O 3:30 Memorable Movie/Tasty Treat 5:00 Dinner	7 9:00 Rejuvenation 9:30 Groove'N & Move'N 10:30 Art/Table Games/Puzzles 12:00 Lunch 1:30 B-I-N-G-O 3:30 Fun & Games 3:30 Snack Time 5:00 Dinner
8 9:00 Rejuvenation 9:30 LDS Sacrament Meeting 10:30 Ladies' Spa Day 12:00 Lunch 1:30 One-on-One Activities 3:00 Afternoon Movie/Lawrence Welk 4:00 Music/Piano 5:00 Dinner	9 9:00 Rejuvenation 9:30 Groove'N & Move'N 10:00 Trivia 10:30 Time For Learning 11:00 Rhythm Band & Singing 12:00 Lunch 1:30 Van Ride/One-on-One Activities 3:30 Snack Time 4:00 Sing-Along Karaoke 5:00 Dinner	10 9:00 Rejuvenation 9:30 Music'n Movement/Singing 10:30 Indoor Sports 11:30 Beanbag & Noodle Fun 12:00 Lunch 1:30 Book Club/Story Time 1:30 Gospel Doctrine Lesson (AL Side) 2:30 Music/Heart & Soul 3:30 Snack Time 4:00 Comedy Hour 5:00 Dinner	11 9:00 Rejuvenation 9:30 Groove'N & Move'N 10:00 Circle Games/Parachute 11:00 Coloring Fun 12:00 Lunch 1:30 Van Ride/One-on-One Activities 3:30 Snack Time 4:00 Hand Massages & Memories 5:00 Dinner	SALON DAY! 12 9:00 Rejuvenation 9:30 Music'n Movement/Singing 10:30 Carrington Court Bowling 12:00 Lunch 1:30 Craft Class 3:30 Snack Time 3:30 Music/Rosie & Sheri 5:00 Dinner	13 9:00 Rejuvenation 10:00 What's Cookin'?? 11:00 Check it Out! Activities with the White Board 12:00 Lunch 1:30 B-I-N-G-O 3:30 Memorable Movie/Tasty Treat 5:00 Dinner	14 9:00 Rejuvenation 9:30 Groove'N & Move'N 10:30 Art/Table Games/Puzzles 12:00 Lunch 1:30 B-I-N-G-O 3:30 Snack Time 3:30 Fun & Games 5:00 Dinner
15 9:00 Rejuvenation 9:30 LDS Sacrament Meeting 10:30 Ladies' Spa Day 12:00 Lunch 1:30 One-on-One Activities 3:00 Afternoon Movie/Lawrence Welk 4:00 Music/Piano 5:00 Dinner	Martin Luther King Jr. Day 16 9:00 Rejuvenation 9:30 Groove'N & Move'N 10:00 Trivia 10:30 Time For Learning 11:00 Rhythm Band & Singing 12:00 Lunch 1:30 Van Ride/One-on-One Activities 3:30 Snack Time 4:00 Sing-Along Karaoke 5:00 Dinner	17 9:00 Rejuvenation 9:30 Music'n Movement/Singing 10:30 Indoor Sports 11:30 Beanbag & Noodle Fun 12:00 Lunch 1:30 Book Club/Story Time 1:30 Gospel Doctrine Lesson (AL Side) 2:30 Balloon Badminton/Games 3:30 Snack Time 4:00 Comedy Hour 5:00 Dinner	18 9:00 Rejuvenation 9:30 Groove'N & Move'N 10:00 Circle Games/Parachute 11:00 Coloring Fun 12:00 Lunch 1:30 Field Trip to LDS Conference Center 3:30 Snack Time 4:00 Hand Massages & Memories 5:00 Dinner	SALON DAY! 19 9:00 Rejuvenation 9:30 Music'n Movement/Singing 10:30 Carrington Court Bowling 12:00 Lunch 1:30 Craft Class 3:30 Snack Time 3:30 Music/Country Blue Folk 5:00 Dinner	20 9:00 Rejuvenation 10:00 What's Cookin'?? 11:00 Check it Out! Activities with the White Board 12:00 Lunch 1:30 B-I-N-G-O 3:30 Memorable Movie/Tasty Treat 5:00 Dinner	21 9:00 Rejuvenation 9:30 Groove'N & Move'N 10:30 Art/Table Games/Puzzles 12:00 Lunch 1:30 B-I-N-G-O 3:30 Fun & Games 3:30 Snack Time 5:00 Dinner
22 9:00 Rejuvenation 9:30 LDS Sacrament Meeting 10:30 Ladies' Spa Day 12:00 Lunch 1:30 One-on-One Activities 3:00 Afternoon Movie/Lawrence Welk 4:00 Music/Piano 5:00 Dinner	23 9:00 Rejuvenation 9:30 Groove'N & Move'N 10:00 Trivia 10:30 Time For Learning 11:00 Rhythm Band & Singing 12:00 Lunch 1:30 Field Trip to LDS Conference Center 3:30 Snack Time 4:00 Sing-Along Karaoke 5:00 Dinner	24 9:00 Rejuvenation 9:30 Music'n Movement/Singing 10:30 Indoor Sports 11:30 Beanbag & Noodle Fun 12:00 Lunch 1:30 Gospel Doctrine Lesson (AL Side) 1:30 Book Club/Story Time 2:30 Balloon Badminton/Games 3:30 Snack Time 4:00 Comedy Hour 5:00 Dinner	25 9:00 Rejuvenation 9:30 Van Ride/One-on-One Activities 12:00 Lunch 1:30 One-on-One Activities 3:30 Snack Time 4:00 Hand Massages & Memories 5:00 Dinner	SALON DAY! 26 9:00 Rejuvenation 9:30 Music'n Movement/Singing 10:30 Carrington Court Bowling 12:00 Lunch 1:30 Craft Class 3:30 Music/Lynda Davidson 3:30 Snack Time 5:00 Dinner	27 9:00 Rejuvenation 10:00 What's Cookin'?? 11:00 Check it Out! Activities with the White Board 12:00 Lunch 1:30 B-I-N-G-O 3:30 Memorable Movie/Tasty Treat 5:00 Dinner	28 9:00 Rejuvenation 9:30 Groove'N & Move'N 10:30 Art/Table Games/Puzzles 12:00 Lunch 1:30 B-I-N-G-O 3:30 Snack Time 3:30 Fun & Games 5:00 Dinner
29 9:00 Rejuvenation 9:30 LDS Sacrament Meeting 10:30 Ladies' Spa Day 12:00 Lunch 1:30 One-on-One Activities 3:00 Afternoon Movie/Lawrence Welk 4:00 Music/Piano 5:00 Dinner	30 9:00 Rejuvenation 9:30 Groove'N & Move'N 10:00 Trivia 10:30 Time For Learning 11:00 Rhythm Band & Singing 12:00 Lunch 1:30 Van Ride/One-on-One Activities 3:30 Snack Time 4:00 Sing-Along Karaoke 5:00 Dinner	BIRTHDAY BASH! 31 9:00 Rejuvenation 9:30 Music'n Movement/Singing 10:30 Indoor Sports 11:30 Beanbag & Noodle Fun 12:00 Lunch 1:30 Book Club/Story Time 1:30 Gospel Doctrine Lesson (AL Side) 2:30 Balloon Badminton/Games 3:30 Snack Time 4:00 Comedy Hour 5:00 Dinner	<div style="text-align: center; font-size: 2em; font-family: cursive;">January</div>		<div style="text-align: center; font-size: 2em; font-family: cursive;">HAPPY New Year!</div>	

January 2017

a winter *welcome*



ENTERTAINMENT **TRIVIA**

Winter Wonderland

Movie

- 1) "Serendipity"
- 2) "Home Alone"
- 3) "White Fang"
- 4) "Little Women"
- 5) "Grumpy Old Men"
- 6) "Happy Feet"

Setting

- A) Minnesota
- B) New England
- C) Antarctica
- D) New York
- E) Illinois
- F) Canada

Snow and ice serve as backdrops for many films set in winter. Can you match the cold weather-themed movies to their setting?

Answers: 1) D; 2) E; 3) F; 4) B; 5) A; 6) C