



# Carrington Court

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



Mona Johnston is our focus resident. She was born on April 3, 1932, in Lincoln, Nebraska. She worked at many jobs, but her first was with ZCMI in the ladies' clothing department. Mona's husband was a Civil Engineer, and worked all over the world. Their favorite place that they got to visit was beautiful Singapore! They loved to travel and experience new adventures together. Mona has four children and 13 grandchildren. She had a little farm in Kamas with horses, donkeys, goats, a fish pond and chickens. She has many talents, including decorating, sewing, ceramics and was a great skier. Some of her favorite hobbies were gardening and going to yard sales. Mona has lots of energy and also loves to dance and sing. We all love her!

## Summer ABCs

D is for Days of lounging around  
O is for the Ongoing heat  
G is for Green Grass  
D is for Drinking lots of water  
A is for All the yummy summer treats  
Y is for Yellow lemonade to cool you down  
S is for Sunscreen to protect you

July 2015

### JULY FIELD TRIP DAYS OF '47 PARADE OF FLOATS

Monday, July 20, we will load the bus at 1 p.m. to head to the South Towne Expo Center. Please RSVP at [carringtoncourtal.com](http://carringtoncourtal.com). Thank you!



### FIELD TRIP TO LEATHERBY'S

Wednesday, July 22, we will load the bus at 1 p.m. and go enjoy some wonderful ice cream sundaes.






## Mother's Day Pictures!

Everyone had such a wonderful time visiting with loved ones, eating great food and building lasting memories.

Sunday	Monday	Tuesday
<p><i>Appreciate each other and our journey in this life. Smile and make a friend every day. We all can make a difference in someone's life. We appreciate you!</i></p>		<p>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.</p>
<p>9:00 Rejuvenation  <b>9:30 LDS Sacrament Meeting</b>                      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>9:00 Rejuvenation                      10:00 Time for Learning                      11:00 Chair Dancing &amp; Singing                      12:00 Lunch                      1:30 <b>Van Ride / Skills Practice</b>                      3:00 Snacks                      4:00 Dean Martin/I Love Lucy                      5:00 Dinner</p>	<p>9:00 Rejuvenation                      10:00 Mindful Yoga                      11:00 Reminiscing                      12:00 Lunch  <b>1:30 Gospel Doctrine Lesson (AL Side)</b>                      2:00 Sports/Games/Puzzles                      3:00 Snacks                      4:00 Pet Therapy                      5:00 Dinner  <b>Sally McDaniel's Birthday!</b></p>
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Wednesday	Thursday	Friday	Saturday
1	2	3	4
9:00 Rejuvenation 10:00 Sittercise 11:00 Sing-A-Long 12:00 Lunch <b>1:30 Van Ride/1:1 Activities</b> 3:00 Snack Time / Walk About 3:30 Memorable Movie 5:00 Dinner	9:00 Rejuvenation 10:00 Bend & Stretch 11:00 Rhythm Band & Singing 12:00 Lunch 1:30 Crafts 3:00 Snack Time 4:00 Hand Massage/Music 5:00 Dinner <b>Beautician Day!</b>	9:00 Rejuvenation 10:00 Mindful Yoga 11:00 Book Club/Stories 12:00 Lunch 1:30 Table Games 3:00 Snack Time 4:00 Manicures and Melodies 5:00 Dinner	9:00 Rejuvenation 10:00 Parachute/Beach Ball 11:00 Sorting 12:00 Lunch 1:00 Coloring / Building 3:00 Snack 4:00 Dean Martin/I Love Lucy 5:00 Dinner
8	9	10	11
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15	16	17	18
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22	23	24	25
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29	30	31	
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# July 2015

## ZACK VALLENTINE, OUR EMPLOYEE SPOTLIGHT FOR JULY



ZACK LIKES TO HUNT, HIKE AND WEIGHT LIFT

Our Employee of the Month of July is John Zachary Vallentine, better know as Zack. He has an older sister, Jodi, a younger brother, Mike, and was raised in West Jordan, Utah. He has been in construction for many years. He earned an Associate of Science degree at Salt Lake Community College. Zack loves to travel and has been to every state this side of the Mississippi River, including parts of Canada and Mexico. He was a very accomplished wrestler, ranked number one in his division, but unfortunately he hurt his knee and couldn't compete anymore. His hobbies include water skiing, weight lifting, hunting and hiking. He loves pizza and watching the Utes and Broncos play football. The most important things in life to Zack are family and friends. He married his high school sweetheart, and they have been married for five years. His dream is to have a couple of children, and a house in the mountains. Thank you, Zack, for all you do, especially for your kindness with the residents!

**We hope your  
Independence Day  
is a Blast!**

**Have a safe and happy Fourth!**