



1
9:00 Rejuvenation
9:30 LDS Sacrament Meeting
10:30 Music & Memory Therapy
10:30 Ladies' Spa Day
12:00 Lunch
1:30 Afternoon Movie
3:30 Snack Time
5:00 Dinner

8
9:00 Rejuvenation
9:30 LDS Sacrament Meeting
10:30 Music & Memory Therapy
10:30 Ladies' Spa Day
12:00 Lunch
1:30 Afternoon Movie
3:30 Snack Time
5:00 Dinner

15
9:00 Rejuvenation
9:30 LDS Sacrament Meeting
10:30 Music & Memory Therapy
10:30 Ladies' Spa Day
12:00 Lunch
1:30 Afternoon Movie
3:30 Snack Time
5:00 Dinner

22
9:00 Rejuvenation
9:30 LDS Sacrament Meeting
10:30 Music & Memory Therapy
10:30 Ladies' Spa Day
12:00 Lunch
1:30 Afternoon Movie
3:30 Snack Time
5:00 Dinner

29
9:00 Rejuvenation
9:30 LDS Sacrament Meeting
10:30 Music & Memory Therapy
10:30 Ladies' Spa Day
12:00 Lunch
1:30 Afternoon Movie
3:30 Snack Time
5:00 Dinner

2
9:00 Rejuvenation
9:30 Groove'n & Move'n
9:30 Music & Memory Therapy
10:00 Mind Joggers
10:30 Old Time Radio/Singing
11:00 Time for Learning Games
12:00 Lunch
2:00 "Out on the Town" Van Ride
3:30 Snack Time
5:00 Dinner

9
CELEBRATE ASSISTED LIVING WEEK
9:00 Rejuvenation
9:30 Groove'n & Move'n
9:30 Music & Memory Therapy
10:00 Mind Joggers
10:30 Create a Portrait of Grandma & Grandpa
12:00 Lunch
2:00 "Out on the Town" Van Ride
3:30 Snack Time
5:00 Dinner

16
9:00 Rejuvenation
9:30 Groove'n & Move'n
9:30 Music & Memory Therapy
10:00 Mind Joggers
10:30 Old Time Radio/Singing
11:00 Time for Learning Games
12:00 Lunch
2:00 "Out on the Town" Van Ride/One-on-One Activities
3:30 Snack Time
5:00 Dinner

23
9:00 Rejuvenation
9:30 Groove'n & Move'n
9:30 Music & Memory Therapy
10:00 Mind Joggers
10:30 Old Time Radio/Singing
11:00 Time for Learning Games
12:00 Lunch
2:00 "Out on the Town" Van Ride
3:30 Snack Time
5:00 Dinner

30
9:00 Rejuvenation
9:30 Groove'n & Move'n
9:30 Music & Memory Therapy
10:00 Mind Joggers
10:30 Old Time Radio/Singing
11:00 Time for Learning Games
12:00 Lunch
2:00 "Out on the Town" Van Ride
3:30 Snack Time
5:00 Dinner

3
9:00 Rejuvenation
9:30 Singing
9:30 Music & Memory Therapy
10:00 Carrington Court Bowling
11:00 Mike/Exercises
12:00 Lunch
1:30 Book Club/ Visits with Residents
1:30 Gospel Doctrine (AL Side)
2:30 Balloon Badminton
3:30 Snack Time
4:00 B-I-N-G-O
5:00 Dinner

10
9:00 Rejuvenation
9:30 Music'n Movement/Singing
9:30 Music & Memory Therapy
10:00 Becky/ Sit & Dance
11:00 Mike/Bible Stories
12:00 Lunch
1:30 Book Club/ Visits with Residents
1:30 Gospel Doctrine (AL Side)
2:30 Create a Banner "A Spark of Creativity"
3:30 Snack Time
4:00 B-I-N-G-O
5:00 Dinner

17
9:00 Rejuvenation
9:30 Music'n Movement/Singing
9:30 Music & Memory Therapy
10:00 Carrington Court Bowling
11:00 Mike/Exercises
12:00 Lunch
1:30 Book Club/ Visits with Residents
1:30 Gospel Doctrine (AL Side)
3:00 Music/ Heart & Soul
3:30 Snack Time
4:00 B-I-N-G-O
5:00 Dinner

24
9:00 Rejuvenation
9:30 Music'n Movement/Singing
9:30 Music & Memory Therapy
10:00 Becky/ Sit & Dance
11:00 Mike/Bible Stories
12:00 Lunch
1:30 Book Club/ Visits with Residents
1:30 Gospel Doctrine (AL Side)
2:30 Balloon Badminton
3:30 Snack Time
4:00 B-I-N-G-O
5:00 Dinner



4
9:00 Rejuvenation
9:30 Music & Memory Therapy
9:30 Groove'n & Move'n
10:00 Manicures & Melodies
11:15 Library Story Time
12:00 Lunch
2:00 "Out on the Town" Van Ride/One-on-One Activities
3:30 Snack Time
5:00 Dinner

11
9:00 Rejuvenation
9:30 Music & Memory Therapy
9:30 Groove'n & Move'n
10:00 Circle Games/Parachute Fitness
10:30 Manicures & Melodies
12:00 Lunch
2:00 Field Trip to The Utah State Fair
5:00 Dinner

18
9:00 Rejuvenation
9:30 Groove'n & Move'n
9:30 Music & Memory Therapy
10:00 Manicures & Melodies
12:00 Lunch
2:00 "Out on the Town" Van Ride/One on One Activities
3:30 Snack Time
5:00 Dinner

25
9:00 Rejuvenation
9:30 "Out on the Town" Van Ride/One-on-One Activities
9:30 Music & Memory Therapy
12:00 Lunch
3:30 Manicures & Melodies
3:30 Snack Time
5:00 Dinner

5
Salon Day!
9:00 Rejuvenation
9:30 Music'n Movement/Singing
9:30 Music & Memory Therapy
10:30 Beanbag & Noodle Fun
11:00 Celebrity Guessing Game
12:00 Lunch
1:30 Creative Craft Class
3:30 Music/Terry Spencer
5:00 Dinner

12
Salon Day!
9:00 Rejuvenation
9:30 Music'n Movement/Singing
9:30 Music & Memory Therapy
10:30 Bean Bag & Noodle Fun
11:00 ABC Game
12:00 Lunch
1:30 Special Creative Craft
3:30 Music/Country Blue Folk
4:00 B-I-N-G-O
3:30 Snack Time
5:00 Dinner

19
Salon Day!
9:00 Rejuvenation
9:30 Music'n Movement/Singing
9:30 Music & Memory Therapy
10:30 Beanbag & Noodle Fun
11:00 This or That
12:00 Lunch
1:30 Creative Craft Class
3:30 B-I-N-G-O
3:30 Snack Time
5:00 Dinner

26
Salon Day!
9:00 Rejuvenation
9:30 Music'n Movement/Singing
9:30 Music & Memory Therapy
10:30 Beanbag & Noodle Fun
11:00 Can You List This?
12:00 Lunch
1:30 Creative Craft Class
3:30 Music/Lynda Davidson
3:30 Snack Time
5:00 Dinner

6
9:00 Rejuvenation
9:30 Groove'n & Move'n
9:30 Music & Memory Therapy
10:00 What's Cookin'?
11:00 Check it out! Activities on the White Board
12:00 Lunch
1:30 Memorable Movie/Tasty Treat
3:30 B-I-N-G-O
5:00 Dinner

13
9:00 Rejuvenation
9:30 Groove'n & Move'n
9:30 Music & Memory Therapy
10:00 What's Cookin'? Apple Pie
11:00 Check it out!
12:00 Lunch
1:30 Memorable Movie/Tasty Treat
3:30 B-I-N-G-O
5:00 Dinner

20
9:00 Rejuvenation
9:30 Groove'n & Move'n
9:30 Music & Memory Therapy
10:00 What's Cookin'?
11:00 Check it out! Activities with the White Board
12:00 Lunch
1:30 Memorable Movie/Tasty Treat
3:30 B-I-N-G-O
5:00 Dinner

27
9:00 Rejuvenation
9:30 Groove'n & Move'n
9:30 Music & Memory Therapy
10:00 What's Cookin'?
11:00 Check it out! Activities with the White Board
12:00 Lunch
3:30 Memorable Movie/Tasty Treat
4:00 B-I-N-G-O
5:00 Dinner

7
9:00 Rejuvenation
9:30 Groove'n & Move'n
9:30 Music & Memory Therapy
10:30 Fun & Games
12:00 Lunch
1:30 B-I-N-G-O
3:30 Arts & Crafts
3:30 Snack Time
5:00 Dinner

14
9:00 Rejuvenation
9:30 Groove'n & Move'n
9:30 Music & Memory Therapy
10:30 Fun & Games
12:00 Lunch
1:30 B-I-N-G-O
3:30 Special Arts & Crafts
3:30 Snack Time
5:00 Dinner

21
9:00 Rejuvenation
9:30 Groove'n & Move'n
9:30 Music & Memory Therapy
10:30 Fun & Games
12:00 Lunch
1:30 B-I-N-G-O
3:30 Arts & Crafts
3:30 Snack Time
5:00 Dinner

28
9:00 Rejuvenation
9:30 Groove'n & Move'n
9:30 Music & Memory Therapy
10:30 Fun & Games
12:00 Lunch
1:30 B-I-N-G-O
3:30 Arts & Crafts
3:30 Snack Time
5:00 Dinner



WONDERFUL TIMES SEEING THE CUTE ANIMALS, BEAUTIFUL CRAFTS, AND GREAT SMELLS OF FOOD, AT THE UTAH STATE FAIR!!!!



Carrington Court

1928 W 9800 S

South Jordan, UT 84095

801-676-8787

24TH ANNUAL NATIONAL ASSISTED LIVING WEEK

September 2019

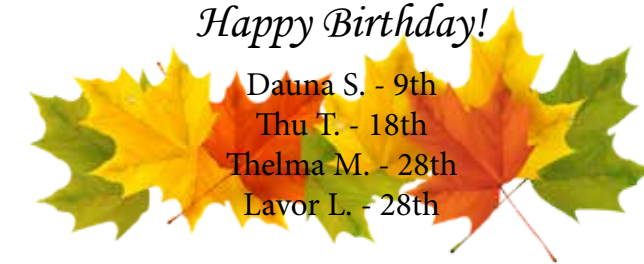
Utah State Fair



Wednesday, September 11, we will load the bus at 1 p.m. to the Utah State Fairgrounds. Please sign up at the front desk. This is a great annual trip where we get to see crafts, fun acts, and animals!

Happy Birthday!

- Dauna S. - 9th
- Thu T. - 18th
- Thelma M. - 28th
- Lavor L. - 28th



September 8-14 is National Assisted Living Week, the theme for this year is "A SPARK OF CREATIVITY". This year's theme encourages residents to connect with their creative side, whether through the arts or beyond. Here at Carrington Court we will be offering a variety of activities to improve each resident's quality of life. It is an opportunity for all of us to recognize the important role we have in caring for seniors, and giving them purpose.



A SPARK of Creativity

National Assisted Living Week®
SEPTEMBER 8-14, 2019

