

Things You Didn't Know About Utah Snow: In 1985, a skier and the slogan The Greatest Snow on Earth first appeared on Utah's license plates. Here in Utah, we're crazy about our snow and had a heck of a time limiting this list of Utah snow facts to 10.

Annual Snowfall: Utah's Cottonwood Canyons are one of the snowiest places in the world, with Alta averaging 551 inches of snow annually. 1 Foot every 5 Days From December through March, more than a foot of snow falls every five days. Snow density is 8.5 percent This creates the perfect "body" to float your skis through powder.

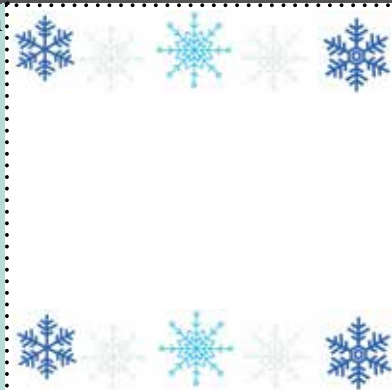
Utah Powder Days! If you live for the snorkel-deep days, the good news is that Utah receives, on average, 18 Utah Powder Days (12"+ in 24hrs) throughout the winter. January 13; According to historical data, this is the golden winter day. In other words, this day has the highest likelihood of receiving snowfall over any other winter day.

Spring Fever; On average, 6.7 feet of snow falls each April. Spring skiing is a locals' secret. Now you know.

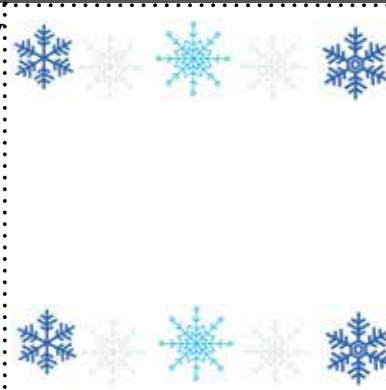
Lake Effect; The Great Salt Lake does not freeze, so lake effect is a possibility all ski season long. Resorts within proximity to the lake enjoy lake-effect periods which produce about five percent of the average precipitation from September to May.

Bluebird Pow Days; Over the course of an extended weekend vacation, it's very likely you'll see both new snow and bluebird skies. Do the math, you'll find nearly 300 days of sunshine a year and a foot of snow every five days.

At 8,750 feet in Utah, 99 percent of the precipitation during the ski season falls in the form of snow.



This is the 31st - the last day of the month!!
9:30 Let's Move!
10:15 Peanut Butter Lid Races
11:00 Famous Firsts
12:00 Lunch
3:00 B-I-N-G-O
5:00 Dinner



January

HAPPY NEW YEAR
8:00 Breakfast
12:00 Lunch
3:00 B-I-N-G-O
5:00 Dinner

ENJOY YOUR SUNDAY!
9:30 Music and the Spoken Word (TV Channel 5)
10:30 LDS Sacrament Meeting
12:00 Lunch
5:00 Dinner

9:30 Let's Move!
10:15 Marble Lagging
11:00 Sort-it-Out
12:00 Lunch
3:00 **Cathy Campbell Violin – "Beat the Blues" LIVE**
5:00 Dinner

9:30 Let's Move!
10:15 January in History
10:30 Fill-in-the-Blanks
11:00 Marvelous Manicures
12:00 Lunch
3:00 B-I-N-G-O
5:00 Dinner

9:30 Let's Move!
10:15 Clever Crossword Puzzle
11:00 We name all the words we can think of that start with N or Y??
12:00 Lunch
2:30 *Afternoon Matinee – "Funny Girl" starring Barbra Streisand*
5:00 Dinner

9:30 Let's Move!
10:15 Balloon Badminton
11:00 Cranium Crunches
12:00 Lunch
3:30 B-I-N-G-O
5:00 Dinner

9:00 Outing – Scenic Drive
12:00 Lunch
3:00 B-I-N-G-O
5:00 Dinner

8:00 Breakfast
12:00 Lunch
3:00 B-I-N-G-O
5:00 Dinner

ENJOY YOUR SUNDAY!
8:00 Breakfast
9:30 Music and the Spoken Word (TV Channel 5)
10:30 LDS Sacrament Meeting
12:00 Lunch
5:00 Dinner

9:30 Let's Move!
10:30 Corn Hole with teams
11:15 Listography
12:00 Lunch
3:00 **Heart & Soul Entertainment - LIVE**
5:00 Dinner

9:30 Let's Move!
10:15 January in History
10:30 Fill-in-the-Blanks
11:00 Marvelous Manicures
12:00 Lunch
3:00 B-I-N-G-O
5:00 Dinner

9:30 Let's Move!
10:15 Clever Crossword Puzzle
11:15 Concentration
12:00 Lunch
3:00 **Root Beer Floats and Sing-A-Long**
5:00 Dinner

9:30 Let's Move!
10:15 Balloon Badminton
11:00 Cranium Crunches
12:00 Lunch
3:30 B-I-N-G-O
5:00 Dinner

9:00 Outing – Scenic Drive
12:00 Lunch
3:00 B-I-N-G-O
5:00 Dinner

8:00 Breakfast
12:00 Lunch
3:00 B-I-N-G-O
5:00 Dinner

ENJOY YOUR SUNDAY!
8:00 Breakfast
9:30 Music and the Spoken Word (TV Channel 5)
10:30 LDS Sacrament Meeting
12:00 Lunch
5:00 Dinner

9:30 Let's Move!
10:15 Parachute Crazyness!
11:00 Breyers Ice Cream Cups
11:15 Tongue Twisters
12:00 Lunch
3:00 **Singer - Ron Hadley LIVE**
5:00 Dinner

9:30 Let's Move!
10:15 January in History
10:30 Fill-in-the-Blanks
11:00 Marvelous Manicures
12:00 Lunch
3:00 B-I-N-G-O
5:00 Dinner

9:30 Let's Move!
10:15 Clever Crossword Puzzle
11:00 Dice Game
12:00 Lunch
2:30 *Afternoon Matinee – "The Black Stallion"*
5:00 Dinner

9:30 Let's Move!
10:15 Balloon Badminton
11:00 Cranium Crunches
12:00 Lunch
3:30 **Accordion - Steve Warren LIVE**
5:00 Dinner

9:00 Outing – Scenic Drive
12:00 Lunch
3:00 B-I-N-G-O
5:00 Dinner

8:00 Breakfast
12:00 Lunch
3:00 B-I-N-G-O
5:00 Dinner

ENJOY YOUR SUNDAY!
8:00 Breakfast
9:30 Music and the Spoken Word (TV Channel 5)
10:30 LDS Sacrament Meeting
12:00 Lunch
5:00 Dinner

9:30 Let's Move!
10:15 Pass the Snowballs, PLEASE
11:00 Golfing with teams
12:00 Lunch
3:00 B-I-N-G-O
5:00 Dinner

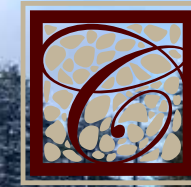
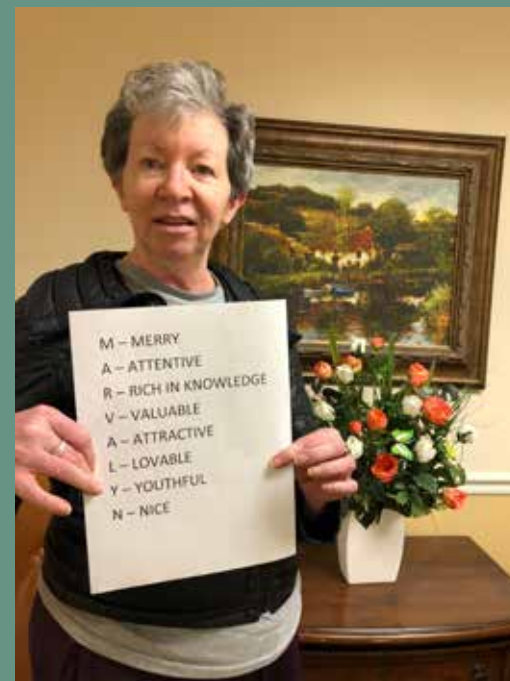
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9:30 Let's Move!
10:15 Clever Crossword Puzzle
11:15 Concentration
12:00 Lunch
2:30 *Afternoon Matinee – "Uncross the Stars"*
5:00 Dinner

9:30 Let's Move!
10:15 Balloon Badminton
11:00 Cranium Crunches
12:00 Lunch
3:30 **Terry McClellan Performs - LIVE**
5:00 Dinner

9:00 Outing – Scenic Drive
12:00 Lunch
3:00 B-I-N-G-O
5:00 Dinner

9:30 Exercise with the U of U students
12:00 Lunch
3:00 B-I-N-G-O
5:00 Dinner



Carrington Court

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South Jordan, UT 84095

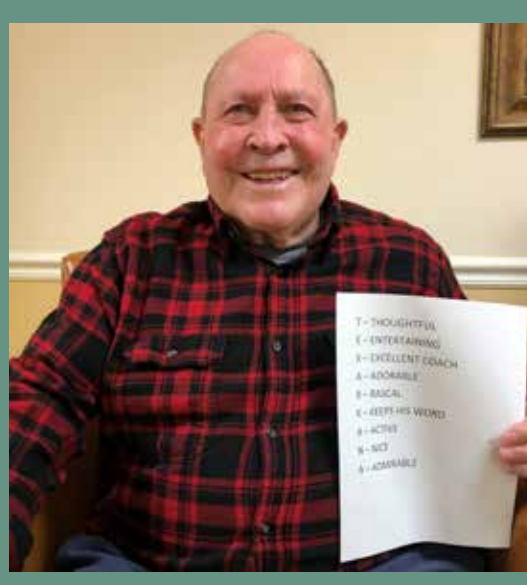
801-676-8787

HAPPY NEW YEAR

Reflecting on 2021

This past year has been full of B-I-N-G-O, trivia, music, games, manicures, crafty-crafts and crossword puzzles! Oh my, did I forget to mention "Let's Move and Balloon Badminton"!

Every day is an adventure here at Carrington Court – we might be having a horse race with mint juleps; marble lagging or playing bocce ball. Thank you, residents, for being great sports and being willing to participate in everything I throw at you. Let's ring in 2022 and continue to make every day the best we can. Remember, that when everyone participates great things happen.



January 2022

Banish Winter Blahs

Banish the winter blahs with a dose of natural light. When sunlight hits the eye's retina, it boosts the body's levels of serotonin, which balances your mood. If cold weather keeps you indoors, get some sun by opening up room blinds, and sit near windows whenever possible.

Happy Birthday!

- Scott C. - 3rd
- Myrna O. - 11th
- Bob T. - 14th
- Jean H. - 20th

"There is nothing in the world so irresistibly contagious as laughter and good humor." -Charles Dickens