

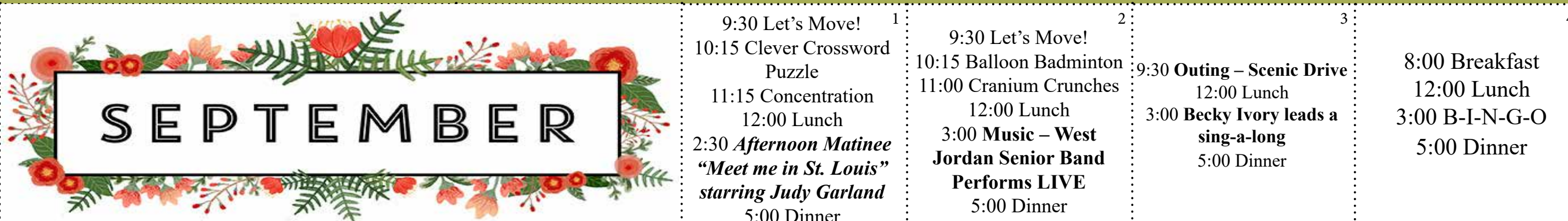
Some interesting facts about the State of Utah

Utah is where you can find one of the heaviest organisms on earth. The Trembling Giant, or Pando, in the Fish lake National Forest, is made up of 47,000 genetically identical trees that share a single root system. In addition to being notably massive, it's also among the oldest organisms on earth—it's been alive for more than 80,000 years.

Philo T. Farnsworth the man best known for inventing a prototype of the first all-electric television, was born in Beaver, Utah in 1906. His love of tinkering was apparent from a young age. As a teenager, he converted his parents' home appliances to electric power and won a national contest by inventing a magnetized car lock. He first sketched out his concept for the vacuum tube that would later revolutionize television in his high school chemistry class, but it was brushed off by his teacher and classmates at the time.

In 1869, the nation's first transcontinental railroad was completed in Promontory, Utah. Construction on the project began in Sacramento to the west and in Omaha to the east and took seven years to build.

Utahans eat twice the amount of lime green Jell-O as the rest of the population. A popular way to consume the sweet treat in Utah is to add shredded carrots to the mix. Utah is the only state whose capital is three words long. At one point it was even longer: Salt Lake City was originally named "Great Salt Lake City" for its proximity to the Great Salt Lake, but they decided to drop the "Great" in 1868.



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| <p>5 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</p> | <p>6 ENJOY YOUR LABOR DAY! 8:00 Breakfast 12:00 Lunch 5:00 Dinner</p> | <p>7 9:30 Let's Move! 10:15 September 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</p> | <p>8 9:30 Let's Move! 10:15 Clever Crossword Puzzle 11:15 Backward Dictionary 12:00 Lunch 2:30 <i>Afternoon Matinee "State Fair" starring Jeanne Crain & Dick Haymes</i> 5:00 Dinner 6:00 LDS Carrington Court Branch Activity – Everyone is Invited</p> | <p>9 9:30 Let's Move! 10:15 Balloon Badminton 11:00 Cranium Crunches 12:00 Lunch 3:30 Enjoy some watermelon in the courtyard 5:00 Dinner</p> | <p>10 9:30 Outing – Scenic Drive (with a secret adventure stop) 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner</p> | <p>11 8:00 Breakfast 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner</p> |
| <p>12 HAPPY GRANDPARENTS' DAY! 8:00 Breakfast 9:30 Music and the Spoken Word (TV Channel 5) 10:30 LDS Sacrament Meeting 12:00 Lunch 5:00 Dinner</p> | <p>13 9:30 Let's Move! 10:15 Parachute Craziess! 11:00 Sort it Out 12:00 Lunch 3:00 Singer – Lynda Davidson Performs LIVE 5:00 Dinner</p> | <p>14 9:30 Let's Move! 10:15 September 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</p> | <p>15 9:30 Learn some stress relieving exercises from Laura Chamberlain, Nurse Practitioner 10:15 Clever Crossword Puzzle 11:15 Musical B-I-N-G-O 12:00 Lunch 2:30 <i>Afternoon Matinee – "The Princess Diaries" starring Julie Andrews & Anne Hathaway</i> 5:00 Dinner</p> | <p>16 9:30 Let's Move! 10:15 Balloon Badminton 11:00 Cranium Crunches 12:00 Lunch 3:00 Fall Craft 5:00 Dinner</p> | <p>17 9:30 Outing – Utah State Fair – Yippee!! 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner</p> | <p>18 8:00 Breakfast 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner</p> |
| <p>19 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</p> | <p>20 9:30 Let's Move! 10:30 Resident Council Meeting – Everyone is Encouraged to Attend 11:15 Connect Four Game with Teams 12:00 Lunch 3:00 Musical Entertainment - Terry McClellan performs LIVE 5:00 Dinner</p> | <p>21 9:30 Let's Move! 10:15 September 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</p> | <p>22 FIRST DAY OF AUTUMN 9:30 Let's Move! 10:15 Clever Crossword Puzzle 11:15 Concentration 12:00 Lunch 2:30 <i>Afternoon Matinee – "Marty" winner of four Academy Awards</i> 5:00 Dinner</p> | <p>23 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</p> | <p>24 9:30 Outing – Scenic Drive 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner</p> | <p>25 8:00 Breakfast 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner</p> |
| <p>26 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</p> | <p>27 9:30 Let's Move! 10:15 Carrington Court Horse Race 11:00 Animals & Art DVD & Refreshment 12:00 Lunch 3:00 Moods-N-Music Perform LIVE 5:00 Dinner</p> | <p>28 9:30 Let's Move! 10:15 September 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</p> | <p>29 9:30 Let's Move! 10:15 Clever Crossword Puzzle 11:15 Charades 12:00 Lunch 2:30 <i>Afternoon Matinee – "The Greatest Showman" starring Hugh Jackman</i> 5:00 Dinner</p> | <p>30 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</p> | | <p>By all these lovely tokens, September days are here, with summer's best of weather and Autumn's best of cheer. -Helen Hunt Jackson</p> |



We had a fun morning challenging each other to a Connect 4 Game. Above you can see Marvalyn, Charlotte and Lois working on some team strategy.



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Grandparents fill the world

September 2021

HAPPY GRANDPARENT'S DAY!

Sunday, September 12 we celebrate all the wonderful grandparents that reside at Carrington Court Assisted Living!! We love you and are so honored to be part of your lives.



Happy Birthday!

- Richard B. - 9th
- Tex C. - 9th
- Richard L. - 10th
- Carol M. - 13th
- Beverly P. - 22nd
- Theron "D" H. - 23rd

with LOVE

Pine Wood Car Derby Races



Thank you, Frank and Terry, for bringing in the Pine Wood Derby Track and the cars we used to run the races. Everyone really enjoyed the afternoon; Rhea was the ultimate champion in the end.