



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

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 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

9:00 Rejuvenation  
 9:30 "Out on the Town" Van Ride  
 9:30 Music & Memory Therapy  
 12:00 Lunch  
 1:30 Dominoes  
 3:30 B-I-N-G-O  
 3:30 Snack Time  
 5:00 Dinner

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

**PAJAMA DAY!**  
 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  
 3:30 Snack Time  
 5:00 Dinner

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

9:00 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

9:00 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)  
 2:30 Balloon Badminton  
 3:30 Snack Time  
 4:00 B-I-N-G-O  
 5:00 Dinner

9:00 Rejuvenation  
 9:30 Music'n Movement/Singing  
 9:30 Music & Memory Therapy  
 10:00 Becky with 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

9:00 Rejuvenation  
 9:30 Music'n Movement/Singing  
 9:30 Music & Memory Therapy  
 10:00 Carrington Court Bowling  
 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  
 3:30 B-I-N-G-O  
 5:00 Dinner

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

**BIRTHDAY CELEBRATIONS!**  
 9:00 Rejuvenation  
 9:30 Music'n Movement/Singing  
 9:30 Music & Memory Therapy  
 10:00 Carrington Court Bowling  
 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

9:00 Rejuvenation  
 9:30 Music & Memory Therapy  
 9:30 Groove'n & Move'n  
 10:00 Circle Games/Parachute Fitness  
 10:30 Manicures & Melodies  
 11:15 Stories with the Library  
 12:00 Lunch  
 1:15 Music/Piano  
 2:00 Field Trip to Festival of Trees  
 5:00 Dinner

9:00 Rejuvenation  
 9:30 "Out on the Town" Van Ride/One on One Activities  
 9:30 Music & Memory Therapy  
 12:00 Lunch  
 1:30 Fun with American Prep School  
 3:00 B-I-N-G-O  
 3:30 Snack Time  
 5:00 Dinner

**UGLY CHRISTMAS SWEATER DAY!**  
 18-9:00 Rejuvenation  
 9:30 "Out on the Town" Van Ride/One-on-One Activities  
 9:30 Music & Memory Therapy  
 12:00 Lunch  
 3:00 B-I-N-G-O  
 3:30 Snack Time  
 5:00 Dinner

9:00 Rejuvenation  
 9:30 Groove'n & Move'n  
 9:30 Music & Memory Therapy  
 10:00 Circle Games/Parachute  
 10:30 Manicures & Melodies  
 12:00 Lunch  
 1:30 Christmas Bracelets  
 3:30 Christmas B-I-N-G-O  
 3:30 Snack Time  
 5:00 Dinner

9:00 Rejuvenation  
 9:30 Groove'n & Move'n  
 9:30 Music & Memory Therapy  
 10:00 Carrington Court Bowling  
 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

**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 Get Ready for the Party  
 3:30 Snack Time  
 5:00 Winter Holiday Dinner

**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 Music/John Green  
 3:30 Snack Time  
 5:00 Dinner

**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 Class Craft  
 3:30 Music/Debra Bowers  
 3:30 Snack Time  
 5:00 Dinner

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

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

9:00 Rejuvenation  
 9:30 Music & Memory Therapy  
 9:30 Groove'n & Move'n  
 10:00 What's Cookin'??  
 11:00 Check it out! Activities on the White Board  
 12:00 Lunch  
 2:30 Music with Heart & Soul/Tasty Treat  
 3:30 B-I-N-G-O  
 5:00 Dinner

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  
 3:00 Music/Harmony  
 3:30 B-I-N-G-O  
 5:00 Dinner

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

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

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

9:00 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

9:00 Rejuvenation  
 9:30 Groove'n & Move'n  
 9:30 Music & Memory Therapy  
 10:30 Music/Piano Recital  
 12:00 Lunch  
 1:00 Talent Show  
 3:00 Movie  
 3:30 Snack Time  
 5:00 Dinner

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 Music/Mountain West Choir  
 3:30 Snack Time  
 5:00 Dinner

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

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

# DECEMBER





OUR ANNUAL OUTING TO THE "FESTIVAL OF TREES", WILL BE ON DECEMBER 4TH AT 2:00 p.m.



Carrington Court

1928 W 9800 S

South Jordan, UT 84095

801-676-8787

# December 2019

## WINTER HOLIDAY DINNER



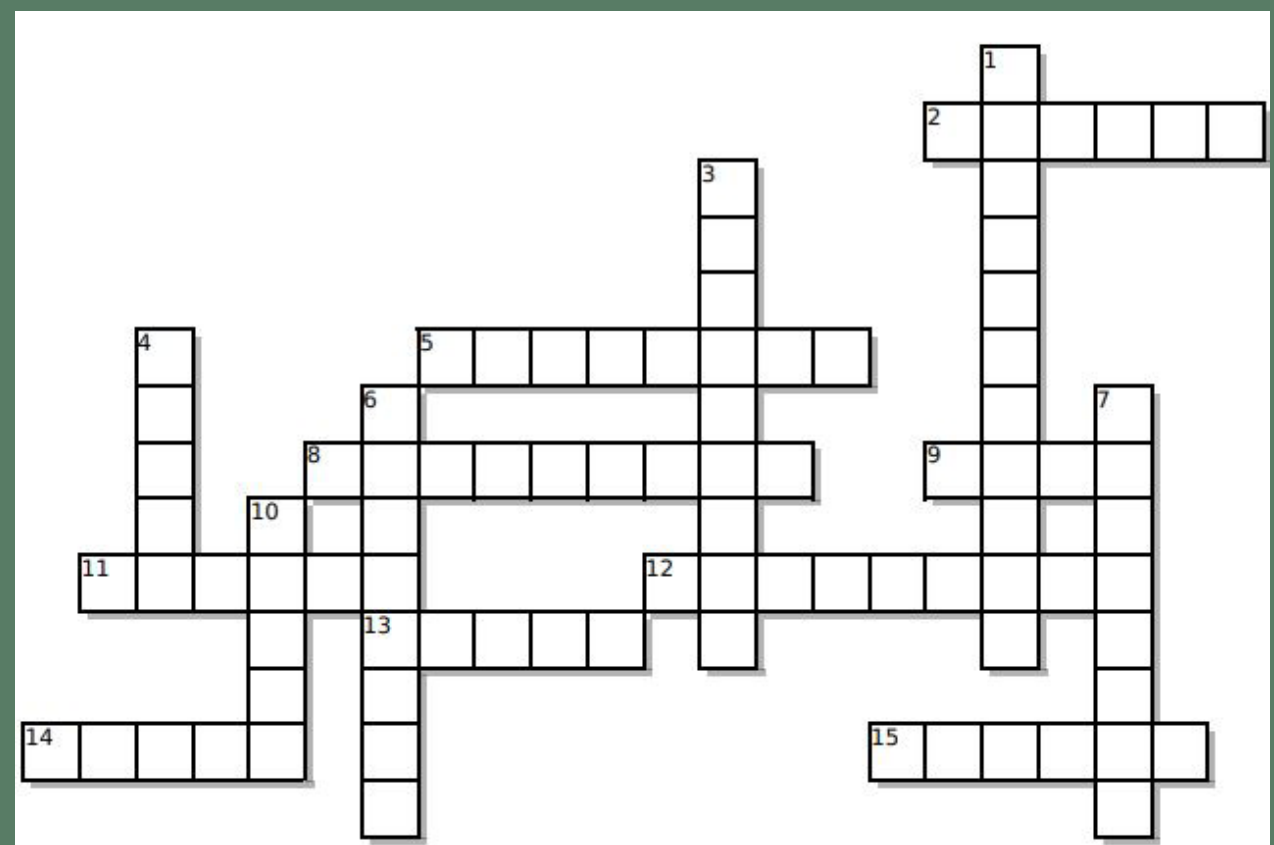
Thursday, December 5th, we will be celebrating our Winter Holiday Dinner at Carrington Court, it will begin at 5:00 p.m. Every resident is asked to invite two guests to join them for a wonderful dinner. Please sign-up at the front desk.

### THE CHRISTMAS TREE LEGEND

A beautifully decorated evergreen tree, with colored lights, inspires warm memories of Christmas. The Christmas tree has become one of the most beloved and well-known holiday symbols. The custom of a Christmas tree, undecorated, is believed to have begun in Germany, in the first half of the 700's. It is thought that Martin Luther King, was the first to light a Christmas tree with candles. He attached candles to the branches of his indoor Christmas tree. He thought it made it like starlight shining through the branches.



## Christmas Word Search



- Candy Cane
- Carols
- Christmas
- December
- Elves
- Gingerbread
- Jingle
- Holly
- Merry
- Ornaments
- Presents
- Santa
- Stocking
- Tree
- Winter

Happy Birthday!

Frances G. - 27th  
Joyce D. - 28th

