

Precipitation and drought

The average annual precipitation for Salt Lake City is 16.1 inches, according to the National Weather Service. The most ever for one year was in 1983, with 24.26 inches of water. The least was 1979, when just 8.7 inches fell. None of the 10 wettest years have occurred this century. Only one of the 10 driest years occurred since 2000. That was 2002, when Salt Lake got 10.29 inches of precipitation (although this year could still end up in the top 10). Salt Lake's annual precipitation is less than half that of Seattle, which averages 37.49 inches.

Greatest snow on earth

The average annual snowfall in Utah varies greatly depending on the locale. Salt Lake usually gets 56 inches a year, for example, while Ogden typically receives just 18 inches. Brighton gets more than 400 inches. St. George averages less than 2 inches per season, and Moab averages slightly more than 6 inches. The highest annual snowfall total in Salt Lake was 1951-1952, when more than 117 inches fell. In the 1933-1934 winter, snowfall in the city was just 14.3 inches.

Cold and frost

Most years, the Salt Lake area enjoys 179 days without freezing temperatures. In 2016, Salt Lake went 242 days — March 19 to Nov. 17 — without any frost. The shortest freeze-free period of 124 days was in 1954, when the last freeze of spring came on May 28 and the first fall freeze was Sept. 30.

Lightning and avalanches

These weather-related events kill Utahns virtually every year. Utah ranks 11th nationally in lightning deaths, with 22 fatalities since 1990, according to the National Lightning Safety Institute.




9:30 Music & the Spoken Word (Watch on TV Channel 5) 10:30 LDS Sacrament Meeting 11:15 Relief Society & Priesthood 12:00 Lunch 5:00 Dinner	9:30 Let's Move! 10:15 Parachute Express 11:00 Pass the Ice Cube Relay Race with Teams 12:00 Lunch 3:00 Singer/Piano – Bob Shorten Performs 5:00 Dinner	9:30 Let's Move! 10:15 January in History 10:20 Fill-in-the-Blanks 11:00 Manicures 12:00 Lunch 1:30 LDS Carrington Court Branch Gospel Studies 3:00 B-I-N-G-O 5:00 Dinner
9:30 Music & the Spoken Word (Watch on TV Channel 5) 10:30 LDS Sacrament Meeting 11:15 Relief Society & Priesthood 12:00 Lunch 5:00 Dinner	9:30 Let's Move! 10:15 Carrington Court Horse Race – be the first winner of the CC perpetual trophy in 2020 11:00 Short Documentary – we watch Niagara Falls & enjoy a dish of sherbet 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	9:30 Let's Move! 10:15 December in History 10:20 Fill-in-the-Blanks 11:00 Marvelous Manicures 12:00 Lunch 1:30 LDS Carrington Court Branch Gospel Studies 3:00 B-I-N-G-O 5:00 Dinner
9:30 Music & the Spoken Word (Watch on TV Channel 5) 10:30 LDS Sacrament Meeting 11:15 Relief Society & Priesthood 12:00 Lunch 5:00 Dinner	9:30 Let's Move! 10:15 Resident Council Meeting – All Residents Are Encourage to Attend 11:15 Sort it Out! 12:00 Lunch 3:00 Country/Western/Folk Gospel – New Fiddlers Perform 5:00 Dinner	9:30 Let's Move! 10:15 January in History 10:20 Fill-in-the-Blanks 11:00 Marvelous Manicures 12:00 Lunch 1:30 LDS Carrington Court Branch Gospel Studies 3:00 B-I-N-G-O 5:00 Dinner
9:30 Music & the Spoken Word (Watch on TV Channel 5) 10:30 LDS Sacrament Meeting 11:15 Relief Society & Priesthood 12:00 Lunch 5:00 Dinner	9:30 Let's Move! 10:15 Snowball Competition 11:00 Everybody Knows! 12:00 Lunch 3:00 Singer – Lynda Davidson Performs 5:00 Dinner 6:00 LDS Carrington Court Branch Family Home Evening	9:30 Let's Move! 10:15 January in History 10:20 Fill-in-the-Blanks 11:00 Manicures 12:00 Lunch 1:30 LDS Carrington Court Branch Gospel Studies 3:00 B-I-N-G-O 5:00 Dinner

HAPPY NEW YEAR!! 8:00 Breakfast 12:00 Lunch 2:30 <i>Afternoon Matinee "Driving Miss Daisy"</i> 5:00 Dinner	9:30 Let's Move! 10:30 Musical Performance – Waldis Bradley Duo 12:00 Lunch 2:30 <i>Afternoon Matinee "The Art of Racing in the Rain"</i> 5:00 Dinner 6:00 LDS Carrington Court Branch Activity – Everyone Invited	9:30 Let's Move! 10:15 Clever Crossword Puzzle 11:15 Craft Corner - SNOW-FLAKES 12:00 Lunch 2:30 <i>Afternoon Matinee "Downton Abbey"</i> 5:00 Dinner	9:30 Let's Move! 10:15 Clever Crossword Puzzle 11:15 Concentration 12:00 Lunch 2:30 <i>Afternoon Matinee "Dreamer"</i> 5:00 Dinner	9:30 Let's Move! 10:15 Clever Crossword Puzzle 11:15 Name That Item 12:00 Lunch 2:30 <i>Afternoon Matinee "My Big Fat Greek Wedding"</i> 5:00 Dinner
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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	9:30 Let's Move! 10:15 Balloon Badminton 11:00 Cranium Crunches 12:00 Lunch 3:30 B-I-N-G-O 5:00 Dinner	9:30 Let's Move! 10:15 Balloon Badminton 11:00 Cranium Crunches 12:00 Lunch 3:30 B-I-N-G-O 5:00 Dinner	9:30 Let's Move! 10:15 Balloon Badminton 11:00 Cranium Crunches 12:00 Lunch 3:30 B-I-N-G-O 5:00 Dinner	9:30 Let's Move! 10:15 Balloon Badminton 11:00 Cranium Crunches 12:00 Lunch 3:30 B-I-N-G-O 5:00 Dinner
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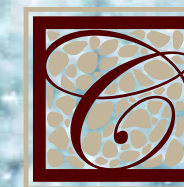
9:30 Outing – Scenic Drive 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	9:30 Outing – Scenic Drive 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	9:30 Outing – Scenic Drive 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	9:30 Outing – Scenic Drive 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	9:30 Outing – Scenic Drive 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner
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8:00 Breakfast 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	9:30 Let's Move! With the U of U Students 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	9:30 Let's Move! With the U of U Students 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	9:30 Let's Move! With the U of U students 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	
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SOAR FOR A CURE



Our residents wearing purple for Alzheimer's Awareness!



Carrington Court

1928 W 9800 S

South Jordan, UT 84095

801-676-8787

January 2020

HAPPY NEW YEAR - 2020
RING IN A RESOLUTION

Plan Some Play - Studies show that social interaction promotes emotional and brain health creating a more satisfied life.
Stretch Your Legs - As we grow older, exercise can provide many benefits. Plan a daily walk or join in exercises with Diane in the morning, to get your muscles moving. You'll soon notice a difference in your body, including looser joints and better balance.
Spend Time with Family - Invite a family member for a meal in our dining room so you may visit together.



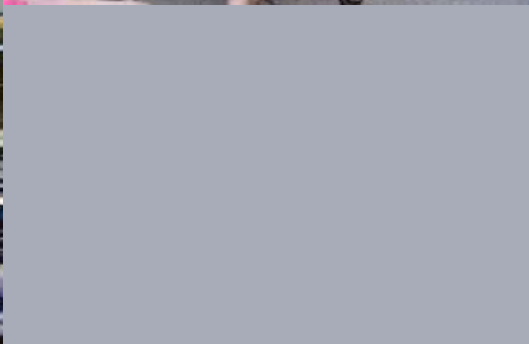
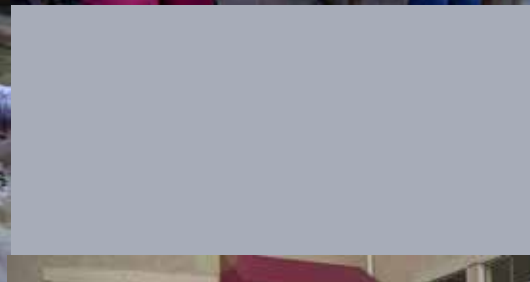
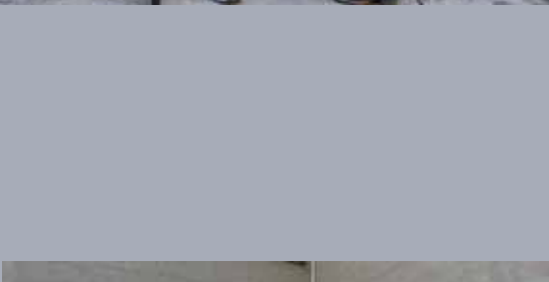
One of our goals at Carrington Court is to provide you choices to stay involved and be active. Please take the opportunity to look over the newsletter every month and attend the activities that you find enjoyable.

Happy Birthday!

- Scott C. - 3rd
- Lynn H. - 5th
- Molly E. - 11th
- Myrna O. - 11th
- Lois C. - 20th
- Zella P. - 21st



BOLD



BOLD is a miniature horse, not a pony. He is a member of Intermountain Pet Therapy Association along with his handler and owner Sally Shields. BOLD has visited many places around the Salt Lake Valley including Children's hospital to numerous communities such as Carrington Court making people smile.