



January

CELEBRATE NEW YEARS DAY!
 9:00 Rejuvenation
 9:30 Music'n Movement/Singing
 9:30 Music & Memory Therapy
 10:30 Indoor Sports/Target Practice
 11:30 Beanbag & Noodle Fun
 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

2
 9:00 Rejuvenation
 9:30 Groove'n & Move'n
 9:30 Music & Memory Therapy
 10:00 Circle Games/Parachute Fitness
 10:30 Art Appreciation
 12:00 Lunch
 2:00 **"Out on the Town" Van Ride/One-on-One Activities**
 3:30 Snack Time
 5:00 Dinner

3
Salon Day!
 9:00 Rejuvenation
 9:30 Music'n Movement/Singing
 9:30 Music & Memory Therapy
 10:30 Carrington Court Bowling
 12:00 Lunch
 1:30 Creative Craft Class
 2:30 **Music/Heart and Soul**
 3:30 Snack Time
 5:00 Dinner

4
 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 **Music/Chris Hough**
 5:00 Dinner

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



6
 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
 5:00 Dinner

7
 9:00 Rejuvenation
 9:30 Groove'n & Move'n
 9:30 Music & Memory Therapy
 10:00 Mind Joggers
 10:30 Time for Learning
 11:00 Old Time Radio/Singing
 12:00 Lunch
 2:00 **"Out on the Town" Van Ride/One-on-One Activities**
 3:30 Snack Time
 5:00 Dinner

8
 9:00 Rejuvenation
 9:30 Music'n Movement/Singing
 9:30 Music & Memory Therapy
 10:30 Indoor Sports/Target Practice
 11:30 Beanbag & Noodle Fun
 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
 9:00 Rejuvenation
 9:30 Groove'n & Move'n
 9:30 Music & Memory Therapy
 10:00 Circle Games/Parachute Fitness
 10:30 Art Appreciation
 12:00 Lunch
 2:00 **"Out on the Town" Van Ride/One-on-One Activities**
 3:30 Snack Time
 5:00 Dinner

10
Salon Day!
 9:00 Rejuvenation
 9:30 Music'n Movement/Singing
 9:30 Music & Memory Therapy
 10:30 Carrington Court Bowling
 12:00 Lunch
 1:30 Creative Craft Class
 3:30 **Music/John Green**
 3:30 Snack Time
 5:00 Dinner

11
 9:00 Rejuvenation
 9:30 Pet Therapy
 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

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



13
 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
 5:00 Dinner

14
 9:00 Rejuvenation
 9:30 Groove'n & Move'n
 9:30 Music & Memory Therapy
 10:00 Mind Joggers
 10:30 Time for Learning
 11:00 Old Time Radio Singing
 12:00 Lunch
 2:00 **"Out on the Town" Van Ride/One-on-One Activities**
 3:30 Snack Time
 5:00 Dinner

15
 9:00 Rejuvenation
 9:30 Music'n Movement/Singing
 9:30 Music & Memory Therapy
 10:30 Indoor Sports/Target Practice
 11:30 Beanbag & Noodle Fun
 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 **Music/Sheri Naylor**
 5:00 Dinner

16
 9:00 Rejuvenation
 9:30 Groove'n & Move'n
 9:30 Music & Memory Therapy
 10:00 Circle Games/Parachute Fitness
 10:30 Art Appreciation
 12:00 Lunch
 2:00 **Field Trip to the Gale Museum/One-on-One Activities**
 3:30 Snack Time
 5:00 Dinner

17
Salon Day!
 9:00 Rejuvenation
 9:30 Music'n Movement/Singing
 9:30 Music & Memory Therapy
 10:30 Carrington Court Bowling
 12:00 Lunch
 1:30 Creative Craft Class
 3:30 B-I-N-G-O
 3:30 Snack Time
 5:00 Dinner

18
 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

19
 9:00 Rejuvenation
 9:30 Groove'n & Move'n
 9:30 Music & Memory Therapy
 10:30 Arts & Crafts
 12:00 Lunch
 1:30 B-I-N-G-O
 3:30 Fun & Games
 3:30 Snack Time
 5:00 Dinner



20
 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
 5:00 Dinner

21
 9:00 Rejuvenation
 9:30 Groove'n & Move'n
 9:30 Music & Memory Therapy
 10:00 Mind Joggers
 10:30 Time for Learning
 11:00 Celebrate Martin Luther King Jr. Day
 12:00 Lunch
 2:00 **"Out on the Town" Van Ride /One-on-One Activities**
 3:30 Snack Time
 5:00 Dinner

22
 9:00 Rejuvenation
 9:30 Music'n Movement/Singing
 9:30 Music & Memory Therapy
 10:30 Indoor Sports/Target Practice
 11:30 Beanbag & Noodle Fun
 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

23
 9:00 Rejuvenation
 9:30 **"Out on the Town" Van Ride/One-on-One Activities**
 9:30 Music & Memory Therapy
 10:00 One-on-One Activities
 12:00 Lunch
 1:30 Circle Games/Parachute Fun
 3:00 Art Appreciation
 3:30 Snack Time
 5:00 Dinner

24
Salon Day!
 9:00 Rejuvenation
 9:30 Music'n Movement/Singing
 9:30 Music & Memory Therapy
 11:00 Carrington Court Bowl
 12:00 Lunch
 1:30 Creative Craft Class
 3:30 **Music/Lynda Davidson**
 5:00 Dinner

25
 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

26
 9:00 Rejuvenation
 9:30 Groove'n & Move'n
 9:30 Music & Memory Therapy
 10:30 Arts & Crafts
 12:00 Lunch
 1:30 B-I-N-G-O
 3:30 Fun & Games
 3:30 Snack Time
 5:00 Dinner



27
 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
 5:00 Dinner

28
 9:00 Rejuvenation
 9:30 Groove'n & Move'n
 9:30 Music & Memory Therapy
 10:00 Mind Joggers
 10:30 Time for Learning
 11:00 Old Time Radio/Singing
 12:00 Lunch
 2:00 **"Out on the Town" Van Ride/One-on-One Activities**
 3:30 Snack Time
 5:00 Dinner

29
BIRTHDAY BASH!
 9:00 Rejuvenation
 9:30 Music'n Movement/Singing
 9:30 Music & Memory Therapy
 10:30 Indoor Sports/Target Practice
 11:30 Bean Bag & Noodle Fun
 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

30
 9:00 Rejuvenation
 9:30 Music & Memory Therapy
 9:30 Art Appreciation
 11:00 Carrington Court Bowling
 12:00 Lunch
 1:30 One-on-One Activities
 3:30 B-I-N-G-O
 5:00 Dinner

31
Salon Day!
 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 Creative Craft Class
 3:30 **Music/David Fairbanks**
 5:00 Dinner



Happy New Year!

N R D S K R O W E R I F J T
 E E C O N F E T T I Q Q I M
 W K S R E E H C Z T V M W J
 B A N O I T U L O S E R A D
 E M N K V R S J F S L N T Z
 G E S W B S W D Q A U A T M
 I S R T O Y T U N A M R O D
 N I E H N D A R R E A I R G
 N O L G O R T Y E D I A L Y
 I N K I E L M N N A E R T Y
 N N R N M R I E U Y M R F S
 G T A D M V L D W O A E S K
 S D P I X A N E A P C I R R
 Y P S M C M N M M Y K Y Y S

- Calendar
- Cheers
- Confetti
- Count Down
- Family
- Friends
- Goals
- Holiday
- January
- Kiss
- Midnight
- New Beginnings
- New Year
- Noisemaker
- Party
- Resolution
- Sparklers
- Streamers
- Time Square

CARRINGTON COURT WISHES EVERYONE HEALTH, JOY, AND HAPPINESS IN THE NEW YEAR!

H appiness depends upon your outlook on life. - Find the good in all situations

A ttitude is just as important as ability. - Keep your attitude positive

P assion find yours this year! - Do what you love and you will never work

P ositive thoughts make everything easier. - Stay focused and stay positive

Y ou are unique, with special gifts, use them. - Never forget you have talent

N ew beginnings with a new year.

E nthusiasm a true secret of success.

W ishes may they turn into goals.

Y ears go by too quickly, enjoy them. - Wisdom from your elders, listen

E nergy may you have lots of it. - Take care of yourself

A ppreciation of life, don't take it for granted. - Live each day

R elax take the time to relax in this coming year. - Keep a balance in your life



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HAPPY NEW YEAR TO ALL OUR RESIDENTS!

Looking back on months gone by, as a New Year starts and an old one ends.

We recall all the wonderful moments and happy times at Carrington Court.

Remembering all the special people we have come to know, and how much they have enriched our lives.

We reflect on what really counts, and that is to do everything we can to have our residents feel loved and at home.

As the fresh and bright New Year arrives we hope this year brings happiness, the love of family, peace, and a year filled with joy!



January 2019

GALE HISTORY OF SOUTH JORDAN MUSEUM



We will be visiting a small museum with historical exhibits all about South Jordan, on Wednesday, January 16th. We will see a little house and farm area, an old time store, and a little one room schoolhouse. We will leave Carrington Court at 2:00 p.m. Please sign up at the front desk, each resident must have a family member with them so they can participate.

