


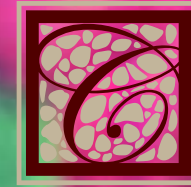


March 2024	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>March 10 is the start of Daylight Saving Time, which begins at 2:00 A.M. that day. Don't forget to "spring forward" and set the clocks one hour ahead.</p> <p>March 17 is St. Patrick's Day. According to folklore, folks wear a shamrock on St. Patrick's Day because the saint used its three leaves to explain the Trinity.</p> <p>March 19 brings about the March equinox—also called the vernal or spring equinox in the Northern Hemisphere—marking the beginning of spring. In the Southern Hemisphere, this date marks the autumnal equinox and the beginning of fall. On this day, the Sun stands directly over Earth's equator.</p> <p>March 31 is Easter Sunday. Did you know that Easter's date is related to the full Moon?</p>						<div>1</div> 9:30 Let's Move! 10:15 Balloon Badminton 11:00 Cranium Crunches 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	<div>2</div> 9:30 University of Utah conducts activities in large activity room 10:30 Catholic Communion Service in the Family Room 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner
	<div>3</div> ENJOY YOUR SUNDAY! 8:00 Breakfast 9:30 Music and the Spoken Word (TV Channel 5) 10:30 LDS Sacrament Meeting 11:15 Relief Society/Priesthood OR Sunday School 5:00 Dinner	<div>4</div> 9:30 Let's Move! 10:30 Chaplain Wayne Visits with positive thoughts 11:00 Resident Council Monthly Meeting and all residents are encouraged to attend 12:00 Lunch 3:00 LIVE Musical Entertainment 5:00 Dinner	<div>5</div> 9:30 Let's Move! 10:30 Fill-in-the-Blanks 11:00 Marvelous Manicures 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	<div>6</div> 9:30 Let's Move! 10:15 Clever Crossword Puzzle 11:00 Concentration 12:00 Lunch 2:30 <i>Afternoon Matinee "Love Comes Softly"</i> 5:00 Dinner	<div>7</div> 9:00 Outing – Scenic Drive 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	<div>8</div> 9:30 Let's Move! 10:15 Balloon Badminton 11:00 Cranium Crunches 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	<div>9</div> 9:30 University of Utah conducts activities in large activity room 10:30 Catholic Communion Service in the Family Room 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner
	<div>10</div> **Remember to SPRING you clocks FORWARD ** ENJOY YOUR SUNDAY! 8:00 Breakfast 9:30 Music and the Spoken Word (TV Channel 5) 10:30 LDS Sacrament Meeting 11:15 Relief Society/Priesthood OR Sunday School 12:00 Lunch 5:00 Dinner	<div>11</div> 9:30 Let's Move! 10:15 Parachute Craziiness 11:00 Carrington Court Friendly Feud 12:00 Lunch 3:00 LIVE entertainment: Moods & Music Perform 5:00 Dinner	<div>12</div> 9:30 Let's Move! 10:15 Fill-in-the-Blanks 11:00 Marvelous Manicures 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	<div>13</div> 9:30 Let's Move! 10:15 Clever Crossword Puzzle 11:15 We list all the Homophones we can think of! 12:00 Lunch 2:30 <i>Afternoon Matinee "Love's Enduring Promise"</i> 5:00 Dinner 5:30 LDS Carrington Court Branch Activity	<div>14</div> 9:00 Outing – Scenic Drive 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner 5:00 Copper Hills National Honor Society Visit in Dining Room	<div>15</div> 10:00 Rinceoiri Don Spraoi Irish Dancers Perform 10:45 Balloon Badminton 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	<div>16</div> 10:00 **EASTER EGG HUNT, please invite family** 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner
	<div>17</div> HAPPY ST. PATRICK'S DAY ENJOY YOUR SUNDAY! 8:00 Breakfast 9:30 Music and the Spoken Word (TV Channel 5) 10:30 LDS Sacrament Meeting 11:15 Relief Society/Priesthood OR Sunday School 12:00 Lunch 5:00 Dinner	<div>18</div> 9:30 Let's Move! 10:15 Luck of the Irish Scavenger Hunt 11:00 Table Tennis Toppling 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	<div>19</div> *** FIRST DAY OF SPRING *** 9:30 Let's Move! 10:15 Fill-in-the-Blanks 11:00 Marvelous Manicures 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	<div>20</div> 9:30 Let's Move! 10:15 Clever Crossword Puzzle 11:15 Plinko! 12:00 Lunch 2:30 <i>Afternoon Matinee "The Astronaut Farmer"</i> 5:00 Dinner	<div>21</div> 9:00 Outing – Scenic Drive 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	<div>22</div> 9:30 Let's Move! 10:15 Balloon Badminton 11:00 Cranium Crunches 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	<div>23</div> 9:30 University of Utah conducts activities in large activity room 10:30 Catholic Communion Service in the Family Room 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner
	<div>24</div> 8:00 Breakfast 10:30 LDS Sacrament Meeting 11:15 Relief Society/Priesthood OR Sunday School	<div>25</div> 9:30 Let's Move! 10:15 Carrington Court Run for the Roses 11:00 Explore the 1940's 12:00 Lunch 3:00 LIVE musical entertainment "Utah Old Time Fiddlers" Perform 5:00 Dinner	<div>26</div> 9:30 Let's Move! 10:15 Fill-in-the-Blanks 11:00 Marvelous Manicures 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	<div>27</div> 9:30 Let's Move! 10:15 Clever Crossword Puzzle 11:15 Concentration 12:00 Lunch 2:30 <i>Afternoon Matinee "Court Jester" starring Danny Kaye & Angela Lansbury</i> 5:00 Dinner 5:30 LDS Carrington Court Branch Activity	<div>28</div> 9:00 Outing – Scenic Drive 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	<div>29</div> 9:30 Let's Move! 10:15 Balloon Badminton 11:00 Cranium Crunches 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	<div>30</div> 10:00 LDS General Conference on TV Channel 5 10:30 Catholic Communion Service in the Family Room 12:00 Lunch 2:00 LDS General Conference on TV Channel 5 5:00 Dinner
	<div>31</div> EASTER SUNDAY! 10:00 LDS General Conference on TV Channel 5 12:00 Lunch 2:00 LDS General Conference on TV Channel 5 5:00 Dinner						



Assisted Living



Carrington Court

1928 W 9800 S

South Jordan, UT 84095

801-676-8787



Easter Egg Hunt

March 16 at promptly 10:00 a.m.

****Please bring the children****

Carrington Court's Easter egg hunt is one of our special events that can be enjoyed by the entire family. Please plan on attending – we will be having a huge raffle with great prizes and each golden egg found will be awarded a cash prize and there will be over 1,500 candy filled eggs to be found!! The Easter bunny will be making an appearance.



March 2024

Word for March: GROWTH

March is a season of growth and renewal. Green blades of grass push through the ground, and green buds of leaves sprout on the trees. NO matter how old we may get, we never stop growing! This March, consider ways you can grow your mind, heart, health and happiness.

Spring is here! Equinox is when day and night are the same length. This happens twice a year, in September and in March. First day of spring is March 19. Also, daylight savings time begins March 10. The clocks will spring ahead an hour on this date.

Happy Birthday!

Janet O. - 10th
Barbara C. - 18th
Kaye G. - 18th
Donna G. - 18th
Raymond K. - 30th

