

Fun Facts About Biking

The first commercially available bicycles were created in France in the 1860s. However, the modern design we know today was created in England.

About 100 million bicycles are manufactured worldwide each year. Currently, it's estimated that there are over 1 billion bicycles in use all around the world!

The first commercially sold bicycle was nicknamed "Boneshaker" because its rigid frame and lack of springs made bike rides a "bone-shaking" experience. It weighed 80 kg and was first sold in 1868 in Paris.

Five percent of all trips in the United Kingdom are made with bicycles. In the Netherlands, a staggering 30% of trips are made via bike. However, less than 1% of all trips in the United States are made by cycling.

The word "bicycle" comes from the French word "bicyclette". Before this name, bicycles were known as "velocipedes."

There are twice as many bicycles in the world than cars.

The country with the most cycling enthusiasts is Denmark. In 2016, the number of bikes outnumbered the number of cars in Copenhagen for the first time ever. In fact, 36% of Copenhagen's workforce commutes by bike. The most famous bicycle race in the world is the Tour de France, which was established in 1903. Cyclists from all over the world take part in this three-week event that finishes in Paris.

It's considered the world's most prestigious bicycle race.



August is National peach month



Celebrate and eat a peach on August 22nd

ENJOY YOUR SUNDAY!
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

ENJOY YOUR SUNDAY!
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

ENJOY YOUR SUNDAY!
9:30 Music and the Spoken Word (TV Channel 5)
10:00 STAKE CONFERENCE
12:00 Lunch
5:00 Dinner

ENJOY YOUR SUNDAY!
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



August

9:30 Let's Move!
10:30 Parachute Crazyness!
11:00 Resident Council Meeting and all residents are encouraged to attend
12:00 Lunch
3:00 LIVE Musical Entertainment provided by Heart & Soul
5:00 Dinner

9:30 Let's Move!
10:30 Horseshoes
11:15 Plinko – try your luck
12:00 Lunch
3:00 "Extreme Gaming" Trivia provided by Scott Sunberg
5:00 Dinner

9:30 Let's Move!
10:30 Acrostic Poetry
11:15 CC Friendly Feud
12:00 Lunch
3:00 LIVE Musical Entertainment "Lynda Davidson" performs
5:00 Dinner

9:30 Let's Move!
10:30 Team Ice Relay & Snowball Fight
11:00 We list all the words we can think of that start with "A"
12:00 Lunch
3:00 B-I-N-G-O
5:00 Dinner

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

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5:00 Dinner

The word August means "inspiring reverence or admiration"

9:30 Let's Move!
10:30 Clever Crossword Puzzle
11:30 Four laps around the 2nd floor & check our heart rate
12:00 Lunch
2:30 Afternoon Matinee "Julie & Julia" based on two true stories
5:00 Dinner

9:30 Let's Move!
10:30 Clever Crossword Puzzle
11:30 Four laps around the 2nd floor & check our heart rate
12:00 Lunch
2:30 Afternoon Matinee "From Here to Eternity" starring Frank Sinatra
5:00 Dinner
6:00 LDS Carrington Court Branch Activity Night

9:30 Let's Move!
10:30 Clever Crossword Puzzle
11:30 Four laps around the 2nd floor & check our heart rate
12:00 Lunch
2:30 Afternoon Matinee "Swiss Family Robinson"
5:00 Dinner

9:00 Outing to Kathy's Horse Paradise
12:00 Lunch
2:30 Afternoon Matinee "Singin' in the Rain"
5:00 Dinner
6:00 LDS Carrington Court Branch Activity Night

The first week of August is called "Simplify your life week" Focus on decluttering and simplifying your daily routine

9:00 Outing – Scenic Drive
12:00 Lunch
3:00 B-I-N-G-O
5:00 Dinner

9:00 Outing – Scenic Drive
12:00 Lunch
3:00 B-I-N-G-O
5:00 Dinner

9:00 Outing – Scenic Ride
12:00 Lunch
3:00 B-I-N-G-O
5:00 Dinner

9:30 Let's Move!
11:30 Lunch
3:00 B-I-N-G-O
4:30 End of Summer barbeque with family!

9:30 Let's Move!
10:30 Balloon Badminton
11:15 Cranium Crunches
12:00 Lunch
3:00 B-I-N-G-O
5:00 Dinner

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11:15 Cranium Crunches
12:00 Lunch
3:00 Military historian Alex presents the history of the first Medal of Honor Award
5:00 Dinner

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11:15 Cranium Crunches
12:00 Lunch
3:00 B-I-N-G-O
5:00 Dinner

9:30 Let's Move!
10:30 Balloon Badminton
11:15 Cranium Crunches
12:00 Lunch
3:00 LIVE Musical entertainment "Good Time Players" perform
5:00 Dinner

10:30 Catholic Communion Service in the Family Room
11:45 LIVE Musical entertainment "Mountain Blue" performs in dining room
12:00 Lunch
3:00 B-I-N-G-O
5:00 Dinner

10:30 Catholic Communion Service in the Family Room
12:00 Lunch
3:00 B-I-N-G-O
5:00 Dinner

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12:00 Lunch
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10:30 Catholic Communion Service in the Family Room
12:00 Lunch
3:00 B-I-N-G-O
5:00 Dinner

9:30 University of Utah conduct activities
10:30 Catholic Communion Service in the Family Room
12:00 Lunch
3:00 B-I-N-G-O
5:00 Dinner



Carrington Court

1928 W 9800 S

South Jordan, UT 84095

801-676-8787

August 2025

END OF SUMMER GET TOGETHER!

Carrington Court will be having an end of summer barbeque on **AUGUST 28**. This is an open invitation dinner and guests are welcomed to join their loved one between the hours of 4:30 -6:00 p.m. Please R.S.V.P to Diane by August 21.

Dianek@carringtoncourtal.com

BBQ TIME



Happy Birthday!

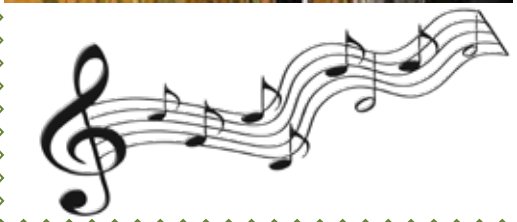
Kathleen P. - 18th
Roberta T. - 27th



The residents that came to hear “The King of Rock and Roll” perform here at Carrington Court enjoyed him immensely. Our Elvis entertainer was born right here in Utah and sang many of Elvis’s hits and was a definite crowd pleaser! The real Elvis was born in Tupelo, Mississippi in 1935 and died in 1977 at 42. He sold over one billion records and earned three Grammys. He also made 33 successful movies and performed many record-breaking live concerts. Elvis’s home, Graceland, now welcomes over 500,000 visitors annually and is listed as a National Historic Landmark.



We love when Elvis comes for a visit!



Marvalyn and Elvis



Vicki and Elvis