January 2023	Sunday	Monday	Tuesday	Wednesday	Thursday
<ul> <li>UTAH STATE CAPITOL From Arsenal Hill to Capitol Hill</li> <li>In 1888, Salt Lake City donated 20 acres of land—then known as Arsenal Hill because of its previous use as a private munition's storage—to the Utah Territory for the construction of a capitol building.</li> <li>In 1909, years after Utah became the 45th state in the Union, the state legislature approved a seven-man Capitol Commission to oversee the design and construction of a state capitol. The budget was set at \$2.5 million, but funding remained a problem until 1911 when the state received nearly \$800,000 in inheritance taxes from the estate of Union Pacific Railroad President E. H. Harriman. The legislature responded with a \$1 million bond, and the project was underway.</li> <li>The Capitol Commission issued a design competition and eight architects from across Utah and the U.S. submitted their designs. Utah architect Richard K.A. Kletting won the state bidding process with his final building and landscape plans, and Capitol construction commenced in 1912. The building was</li> </ul>	1 HAPPY NEW YEAR!!! ENJOY YOUR SUNDAY! 8:00 Breakfast 9:30 Music and the Spoken Word (TV Channel 5) 10:30 LDS Sacrament Meeting 11:15 Sunday School 12:00 Lunch 5:00 Dinner	<sup>2</sup> No Scheduled Activities!	3 9:30 Let's Move! 10:00 Marvelous Manicures 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	<ul> <li>4</li> <li>9:30 Let's Move!</li> <li>10:15 Clever Crossword Puzzle</li> <li>12:00 Lunch</li> <li>2:30 Afternoon Matinee</li> <li>"The Letter Writer"</li> <li>5:00 Dinner</li> </ul>	9:30 Let's Move! 10:15 Balloon Badminto 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner
	8 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 12:00 Lunch 5:00 Dinner	9:30 Let's Move! 10:15 Parachute Craziness 11:00 <b>Resident Council</b> <b>Monthly Meeting – All</b> <b>residents are encouraged to</b> <b>attend</b> 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	9:30 Let's Move! <sup>10</sup> 10:15 January in History 10:30 Fill-in-Blanks 11:00 Marvelous Manicures 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	9:30 Let's Move! 11 10:15 Clever Crossword Puzzle 11:00 Listing all the words we can think of that start with the letter "J" 12:00 Lunch 2:30 <i>Afternoon Matinee – "A</i> <i>Tree Grows in Brooklyn"</i> 5:00 Dinner 5:30 LDS Carrington Court Branch Activity Night	9:30 Let's Move! 10:15 Balloon Badminto 11:00 Cranium Crunches 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner
	•	9:30 Let's Move! <sup>16</sup> 10:15 Carrington Court Run for Roses 11:00 Documentary – "Alaska – Spirit of the Wild" 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	17 9:30 Let's Move! 10:15 January in History 11:00 Marvelous Manicures 12:00 Lunch 3:00 LIVE entertainment – Old Time Fiddlers Perform 5:00 Dinner	18 9:30 Let's Move! 10:15 Clever Crossword Puzzle 11:00 Twenty Questions 12:00 Lunch 2:30 <i>Afternoon Matinee</i> – <i>"Ice Castles"</i> 5:00 Dinner	1 9:30 Let's Move! 10:15 Balloon Badminto 11:00 Cranium Cruncho 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner
	22 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 12:00 Lunch 5:00 Dinner	11:00 LIVE Entertainment – Trisha Baker Performs	24 9:30 Let's Move! 10:15 January in History 10:30 Fill-in-Blanks 11:00 Marvelous Manicures 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	10.15 Clever Crossword Puzzle	9:30 Let's Move! 10:15 Balloon Badminton 11:00 Cranium Crunches 12:00 Lunch 3:00 LIVE entertainment Terry McClellan 5:00 Dinner
	29 ENJOY YOUR SUNDAY! 8:00 Breakfast 9:30 Music and the Spoken Word (TV Channel 5) 10:30 LDS Sacrament Meeting 12:00 Lunch 5:00 Dinner	<sup>30</sup> 9:30 Let's Move! 10:15 Bocce Ball 11:00 State Trivia B-I-N-G-O 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	9:30 Let's Move! <sup>31</sup> 10:15 January in History 10:30 Fill-in-Blanks 11:00 Marvelous Manicures 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner		Ja

## Friday

## Saturday

5 nton	6 9:00 <b>Outing – Scenic</b> <b>Drive</b> 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	7 10:30 Catholic Communion Service in Family Room 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner
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# THE BIG FIVE OF UTAH IN JANUARY



Winter in Bryce Canyon National Park

See red rock hoodoos coated with a dusting of snow against a stunning scenic backdrop on an unforgettable winter visit to Bryce Canyon National Park.



Winter in Capitol Reef National Park

Towering red rocks dusted in snow, often set against bright blue skies, welcome winter visitors to Capitol Reef National Park. Soak up incredible views along the park's scenic drive or gear up and head out on a wintry hike.



Winter in Arches National Park

Skip the crowded peak season and embrace the quiet of a winter visit to Arches National Park. Enjoy winter hikes, scenic drives and some of the best stargazing in the world.



#### Winter in Canyonlands National Park

As the largest national park in Utah, Canyonlands provides a variety of winter adventures, including winter hiking and stargazing.



Winter in Zion National Park

Winter visitors to Zion National Park will find plenty to do, including hiking, photography and gazing up at the wonders of the night sky. SPREAD GOODWILL AND CHEER IN 2023!!

1928 W 9800 S





HAPPY NEW YEAR!

**Assisted Living** 

801-676-8787

### South Jordan, UT 84095

## January 2023

#### 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. I look forward to seeing you!

Happy Birthday!

Scott C. - 3rd Willard M. - 4th Melva B. - 8th Myrna O. - 11th Bob T.. - 14th Jean H. - 20th