

THE BIG FIVE OF UTAH IN JANUARY

Assisted Living



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 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 Canyonlands National Park

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

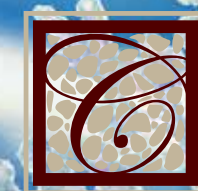
Winter in Capitol Reef National Park

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 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.



Carrington Court

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SPREAD GOODWILL AND CHEER IN 2023!!

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 NEW YEAR!

Happy Birthday!

Scott C. - 3rd
Willard M. - 4th
Melva B. - 8th

Myrna O. - 11th
Bob T.. - 14th
Jean H. - 20th