Parkinson's Disease Awareness Month

How to Stay Positive with Parkinson's

A staggering one million Americans have Parkinson's Disease. That means every nine minutes there is a new diagnosis of PD. While there is not a cure yet, great strides are being made into the cause and treatment of the disease. Many folks living with the disease, have found ways to remain or regain their positive attitude.

"Focus on what you can do, not what you can't."

"It's all about attitude. You should do what you can, to the best of your energy and ability."

"Always look for the positives."

"Let go of worries."

"Keep your sense of humor."

"Keep a diary of positive moments."

"Exercise regularly, even when you don't feel like it."

"Participate in relaxation type exercises- such as Yoga or meditation classes."

"When you can... DANCE!"

Resident Birthdays

Martin Cortsen April 23rd Nell Pearce April 25th

Please Come to Our Easter Egg Hunt on the 20th at 9:30 AM. We will have many fun activities for kids and food. Please donate bags of individually wrapped candy and plastic eggs to the front desk.



April 2019

Wentworth at Coventry



6898 South 2300 East Cottonwood Heights, UT 84121



Today's TrendsLaughter & Longevity

Humor is reported to be therapeutic. There are several reasons that laughter is associated with long life. It triggers physical responses in our body that are important for well-being regardless of age such as:

- Laughter boosts the immune system by decreasing the stress hormone cortisol and minimizing inflammation throughout the body.
- Laughter protects the heart and improves the function of blood vessels which can help protect against heart attack and other cardiovascular problems.
- Laughter decreases blood pressure and improves blood circulation and oxygen intake.
- Laughter relaxes the entire body, relieving muscle tension and stress.
- Laughter triggers the release of endorphins, the body's natural feel-good chemicals. It's no wonder we feel great with a good laugh.

The month of March is Women's History Month, in recognition of women and their impact on culture and society all around the world. The movement to establish recognition of women's history began in Sonoma, California, in the 1970s. A group of women formed the Education Task Force of the Sonoma County Commission on the Status of Women. For too long, men had dominated the study while women's contributions had a mention. The movement in Sonoma was such a success that it gained traction nationwide. In 1980, President Jimmy Carter established the first Women's History Week, and then in 1987, Congress declared the entire month of March as Women's History Month



April 2019 In The Moment - Me	morv Support					created with
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Wentworth at Coventry Senior Living	9:30 SS Gussy Up and Positive Affirmations 10:00 FE Morning Wake Up Movement 10:30 AE Silly April Fools Prep 11:15 SS Essential Oils befor Lunch 1:30 LL Laugh at Work Week Begins 2:15 Floats and Trivia 2:45 Home Inspired Baking 3:45 CS Scenic Drive If Weather Permits 6:30 EBefore Bedtime Tea and Trivia	9:30 SS Gussy Up and Positive Affirmations 10:00 PE Balloon Volleyball 10:30 CO Brain Teasers 11:00 AE Nate with Brighton Craft 1:15 AE Flower Arrangement 1:45 CE A Mint of the Day 1972 2:15 SS Bible Inspirations 2:45 PB & J Day! Sponsored by Smuckers 3:45 AE Easter Celebration Craft 6:30 Before Bedtime Night Cap	9:30 SS Gussy Up and Positive Affirmations 10:00 PE Getting Going Movements 10:30 PE Stephanie Hearts for Hospice 11:00 Before Lunch Coffee Social 1:15 SS National Walking Day! Scavanger Hunt 1:45 Sprite Floats Social 2:15 Doris and Marion Day 2:45 Chocolate Mousse Day! 3:45 Scenic Drive if Weather Permits 6:30 Before Bedtime Night Cap	9:30 SS Gussy Up and Positive Affirmations 10:00 PE Morning Wake Up Movement 10:30 Four-Letter Crossword 11:00 Kitty Kelly Day Tea Social 1:15 AE "Fly a Flag on the Fourth" Decoration 1:45 "Moonlight Serenade" Day 2:15 Bingo! 3:00 Making Deviled Eggs! 4:00 Before Dinner Trivia 6:30 SS Before Bedtime Meditation & Oils	9:30 SS Gussy Up and Positive Affirmations 10:00 PE Getting Going Movements 10:30 As Dandelion Day Craft 11:00 GS Coffee Shop Talk before Lunch 1:15 II Courtyard Scavanger Hunt 1:45 GS "Do Unto Others" Day 2:15 GS Travel Club; Making Passover Foods 2:45 As Personal Color Creations 3:30 GO Scenic Drive Outing 6:30 II Crazy for Carmels Day Sampler	LDS General Conference at 10am & 2pm CH 11 9:30 SS Gussy Up and Positive Affirmations 10:00 Be Bowling Tournament 10:30 AB DIY Day Craft (Do It Yourself) 11:00 Before Coffee Lunch Social 1:15 Bingo! 1:45 SS Meditation Minutes & Oils 2:15 BHappy Birthday TV Dinner 2:45 Rootbeer Floats & Trivia 3:15 BWalk Around the Park Day! 4:00 SWalk Around the Park Day! 4:00 SWalk Around Swall Feet
LDS General Conferences 10am & 2pm CH 11 9:30 SS Gussy Up and Positive Affirmations 10:00 SS Bible Inspirations 10:30 PE Getting Going Courtyard Social 11:15 CC Coffee Shop Soical 1:30 SS LDS Sacrament 2:30 CE Bingo 3:15 SS Sunday Sundaes Positive Lifestyles 4:00 PE Evening Energy Stretches 6:30 LL "South Pacific" Day Movie & Treats	9:30 SS Gussy Up and Positive Affirmations 10:00 FE Morning Wake Up Movement 10:30 AE DAB Day (Draw a Bird) 11:15 SS Essential Oils befor Lunch 2:30 Empanada Day! Cooking Class 3:15 Egiggle & Guffaw Day! Whiteboard Games 3:45 Scenic Drive If Weather Permits 6:30 EBefore Bedtime Tea and Trivia	9:30 SS Gussy Up and Positive Affirmations 10:00 PE Balloon Volleyball 10:30 GC Children's Day! Story Time 11:00 LL Coffe Shop Talk before Lunch 1:15 AE Flower Arrangement 1:45 GE End of Civil War Anniversary 2:15 SS Bible Inspirations 2:45 LL Cherry Pie & Fries 3:15 AE Dying Easter Eggs 3:45 PHistory of the Easter Egg 4:15 LL Before Dinner Trivia 6:30 LL Before Bedtime Night Cap	9:30 SS Gussy Up and Positive Affirmations 10:00 PE Getting Going Movements 10:30 PE Stephanie Hearts for Hospice 11:00 CE Before Lunch Coffee Social 1:15 AE Day of Pink Craft 1:45 LL Bingo! 2:15 CE National Farm Animals Day Trivia 2:45 LL NFAD Cooking Class 3:45 CO Scenic Drive if Weather Permits 6:30 AE Send a Card Day	9:30 SS Gussy Up and Positive Affirmations 10:00 Morning Wake Up Movement 10:30 Morning Wake Up Movement 11:00 Morning Wake Up Movement 11:00 Morning Wake Up Movement 11:15 Morning Wake Up Movement 11:10 Morning Wake Up Movement 11:10:10 Morning Morning Morning Wake Up Movement 11:10 Morning Wake Up Morning Wa	9:30 SS Gussy Up and Positive Affirmations 10:00 PE Getting Going Movements 10:30 AE Sandpaper Day Crafting 11:15 GE Coffee Shop Talk before Lunch 1:15 LL Courtyard Scavanger Hunt 1:45 LL Music in Memories Youtube Program 2:15 Grilled Cheese Sandwich Day 2:45 AE Personal Theme Collages 3:30 GG Scenic Drive Outing 6:30 ER Remembering Roosevelt Trivia	9:30 SS Gussy Up and Positive Affirmations 10:00 PE Bowling Tournament 10:30 SS Saturday Morning Poetry 11:00 LL Before Coffee Lunch Social 1:15 GO Plant Appreciation Day Event 1:45 LL Scrabble Day Game 2:15 LL Bread and Butter Cooking Class 2:45 LL Rootbeer Floats & Trivia 3:15 Bingo! 4:00 LL James Warr At the Piano 6:30 SS Before Bedtime Meditation & Oils
9:30 SS Gussy Up and Positive Affirmations 10:00 SS Bible Inspirations 10:30 Cetting Going Courtyard Social 11:15 Cotfee Shop Soical 11:30 SS LDS Sacrament 2:15 International Moment of Laughter Day 2:45 Cupcake Decorating Cooking Club 3:15 Cok up at the Sky Day 3:45 Penny for your thoughts day Trivia 4:00 Cetting Evening Energy Stretches 6:30 SS Before Bedtime Meditation & Oils	9:30 SS Gussy Up and Positive Affirmations 10:00 PE Morning Wake Up Movement 10:30 Second Packie Robinson Trivia 11:15 Second Positive Robinson Trivia 12:15 Second Positive Robinson Rob	9:30 SS Gussy Up and Positive Affirmations 10:00 PE Balloon Volleyball 10:30 AE Easter Cards 11:15 LL Coffe Shop Talk before Lunch 1:15 AE Flower Arrangement 1:45 SS Stress Awareness Minutes 2:15 SS Bible Inspirations 2:45 GE Ham & Goat Cheese Experience 3:15 GE Wright Brother Birthday Whiteboard Challenge 3:45 LL Bingo! 6:30 LL Before Bedtime Night Cap	9:30 SS Gussy Up and Positive Affirmations 10:00 PE Getting Going Movements 10:30 PE Stephanie Hearts for Hospice 11:00 GE Before Lunch Coffee Social 1:15 AE Haiku Poetry Day Contest 1:45 GE Herbal Remedies Day! 2:15 LL Cheeseball Day Sampler Class 3:15 LL Ford Mustang Day! Trivia 3:45 Scenic Drive if Weather Permits 6:30 LL Rainy Day Worm Treats	9:30 SS Gussy Up and Positive Affirmations 10:00 PE Morning Wake Up Movement 10:30 SE Fiesta San Antonio Celebration 11:00 SE Before Lunch Coffee Social 1:15 SE Anniversary of Paul Revere's RIde 1:45 AE Animal Cracker Day Cooking Class 2:15 SE White Board Challenge 2:45 SE Bingo! 3:45 SE Positive Affirmations and Oils 4:15 SE Before Dinner Social Club 6:30 SE Before Bedtime Meditation & Oils	9:30 SS Gussy Up and Positive Affirmations 10:00 PE Getting Going Movements 10:30 ES Mathmatics Day! Whiteboard Games 11:00 ES Coffee Shop Talk before Lunch 1:15 LL Courtyard Scavanger Hunt 1:45 Esaster Decoy Show 2:15 LL Pink Moon Day Fluff Cooking Demo 2:45 EPersonal Theme Collages 3:30 ES Scenic Drive Outing 6:30 SS Pretty Hands & Feet	The Coventry Annual Easter Egg Hunt! 9:30 SS Gussy Up and Positive Affirmations 10:00 Coventry Easter Egg Hunt! 1:15 SS First Day of Passover Celebration 1:45 Into the Picture Sensory 2:15 II Happy Birthday Fenway Park Social 2:45 II Rootbeer Floats & Trivia 3:15 II Humor for Healths Sake 4:00 II James Warr At the Piano 6:30 SS Before Bed Time Mediation & Oils
9:30 SS Gussy Up and Positive Affirmations 10:00 SS Bible Inspirations 10:30 SE Getting Going Courtyard Social 11:15 SE Coffee Shop Soical 1:30 SS LDS Sacrament 2:15 SS Easter Thoughts & Stories 2:45 Deviled Egg Cooking Class 3:15 SS Easter Poetry & Rememberance 3:45 AE Easter Day Artistry 4:00 PE Evening Energy Stretches 6:30 SS Before Bedtime Meditation & Oils	9:30 SS Gussy Up and Positive Affirmations 10:00 PE Morning Wake Up Movement 10:30 AE Earth Day Celebration 11:15 SS Essential Oils befor Lunch 1:15 April Showers Music Program 1:45 PE Off to the Egg Races Activity 2:15 Secontial Oils Day Bingo! 2:45 Decorating Cupcakes 3:45 CO Scenic Drive If Weather Permits 6:30 Sefore Bedtime Tea and Trivia	Mary C's Birthday 9:30 SS Gussy Up and Positive Affirmations 10:00 PE Balloon Volleyball 11:00 Coffe Shop Talk before Lunch 1:15 AE Flower Arrangement 1:45 PE Walking the World Scavanger Hunt 2:15 SS Bible Inspirations 2:45 Coke the Real Thing Baking Class 3:45 E Whiteboard Challenge 6:30 Movie Theater Day with Snacks	9:30 SS Gussy Up and Positive Affirmations 10:00 PE Getting Going Movements 10:30 PE Stephanie Hearts for Hospice 11:00 SE Before Lunch Coffee Social 1:15 AE Poetry & Creative Mind Day 1:45 II Planting the Seeds Courtyard Social 2:15 Soda Fountain Floats & Trivia 3:15 SE Today in History 3:45 SC Scenic Drive if Weather Permits 6:30 Pretty Hands & Feet	Nell Pearce Happy Birthday 9:30 SS Gussy Up and Positive Affirmations 10:00 E Morning Wake Up Movement 10:30 E Red Hat Society Day 11:00 E Before Lunch Coffee Social 1:15 Ella Fitzgerald Day Musical 1:45 C Take Our Children To Work Day 2:15 Exhotic Omelete Class 2:45 E Bingo! 3:45 SS Positive Affirmations and Oils 6:30 SS Before Bedtime Meditation & Oils	9:30 SS Gussy Up and Positive Affirmations 10:00 PE Getting Going Movements 10:30 SE Arbor Day Social 11:00 SE Coffee Shop Talk before Lunch 1:15 SE Courtyard Scavanger Hunt 1:45 Heads or Tails Day! Whiteboard Challenge 2:15 Personal Theme Collages 3:15 AE Personal Theme Collages 3:15 AE Jazz Fest 2019 3:30 SS Pretty Hands & Feet	9:30 SS Gussy Up and Positive Affirmations 10:00 PE Bowling Tournament 10:30 SS Saturday Morning Poetry 11:00 LL Before Coffee Lunch Social 1:15 PE Babe Ruth Day & Game 1:45 SS Tell a Story Day 2:15 LL A Prime Rib Class 2:45 LL Rootbeer Floats & Trivia 3:15 Sense of Smell Day Social 4:00 LL James Warr At the Piano 6:30 Evening Snacks & Trivia
9:30 SS Gussy Up and Positive Affirmations 10:00 SS Bible Inspirations 10:30 PE Getting Going Courtyard Social 11:15 CC Coffee Shop Soical 1:30 SS LDS Sacrament 2:15 PE Love Your Lawn Games 2:45 Blueberry Pie Day Social 4:00 PE Evening Energy Stretches 6:30 SS Before Bedtime Meditation & Oils	9:30 SS Gussy Up and Positive Affirmations 10:00 PE Morning Wake Up Movement 10:30 Herbal Baking Sensory 11:15 SS Essential Oils befor Lunch 1:15 AE Secret Gardening Puzzle 1:45 PE International Dance Day Celebration 2:15 II. Royal Icing Baking Class 2:45 Royal Anniversary Whiteboard Challenge 3:15 III. Rhyming Riddles 3:45 SC Scenic Drive If Weather Permits 6:30 SE Before Bedtime Tea and Trivia	9:30 SS Gussy Up and Positive Affirmations 10:00 PE Balloon Volleyball 10:30 SE Dia Da Los Ninos y De Los Libros 11:00 Coffe Shop Talk before Lunch 1:15 AE Flower Arrangement 1:45 SE "Honesty Day" Lincoln Social 2:15 SS Bible Inspirations 2:45 National Raisin Day Class 3:15 AE Artistic Expressions 3:45 International Jazz Social 4:15 Before Dinner Coffee Social 6:30 Before Bedtime Night Cap	6898 South 2300 East Cottonwood Heights, UT 84121 801-943-3909	AE Artistic Expression CC Community Connections CE Continuing Education Holiday LL Lifestyle & Leisure PE Physical Engagement SS Spiritual Support	Healthy Snacks & Hydration offered throughout each day!	