

August
2019

Wentworth at
Coventry

6898 South 2300 East
Cottonwood Heights, UT 84121



Animal Experience with Seniors:

Petting a dog or cuddling a kitty can be a joyful, heartwarming experience. There's evidence those warm, fuzzy feelings have health benefits. While history shows that animals were used to lift people's spirits as far back as the Middle Ages, little research was done on the subject until the 1960s. After observing the positive effect his dog had on a young patient, American psychologist Boris Levinson began to explore the connection. He coined the term "pet therapy," believing animals could aid people in therapeutic ways. Studies show that spending time with animals on a regular basis can improve a person's emotional and physical quality of life.

Animal therapy programs offer unique opportunities for interaction and socializing with others. Pets supply companionship and affection, which help calm anxiety and increase self-esteem. Walking, grooming and petting animals are physical activities that can improve mobility and motor skills as well as boost in energy. Animal therapy is used in a variety of settings, including senior care centers, hospitals, veterans organizations and schools.



Resident Birthday's
Joe P-August 6th
Roy F-August 15th
Scott H- August 24th
Wayne E- August 26th

Remember! If you get 20 or more activities points you get invited to an exclusive party. And if you get 10 points your name gets entered into a raffle to win a free meal or movie tickets on our outings!



Today's Trend Yoga and Seniors

Yoga instructors often build seniors' confidence by allowing them to work at their own speed and helping them become more aware of their abilities. This awareness helps participants grow comfortable with their bodies, which, along with gentle stretching that increases range of motion and flexibility, can help prevent falls.

The exercise is especially beneficial for seniors in other ways, too. In addition to providing relief to people with arthritis and other bone and joint pain, yoga can also increase blood circulation and help control blood sugar levels. Breathing exercises and meditation—two essential features of yoga—work to improve respiratory function and boost energy. And don't forget that yoga is good for the mind as well.

We would like to Remind all of the residents of meal times. Coming during these times will help staff provide the best service for you.

Breakfast-7:30 am to 9 am
Lunch- 11:30 am to 1 pm
Dinner- 4:30pm to 6pm

We have started a Food Forum where you can talk to DeeAnn about the food. This month it will be on August 7th at 3:30 in the activity room.



Have a Great August!

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



6898 South 2300 East
Cottonwood Heights, UT
84121
801-943-3909

- **AE** Artistic Expression
- **CC** Community Connections
- **CE** Continuing Education
- **LL** Lifestyle & Leisure
- **PE** Physical Engagement
- **SS** Spiritual Support

<p>9:00 Coffee and Crosswords [FL] 4</p> <p>10:30 ■ Catholic Communion</p> <p>11:30 ■ LDS Sacrament Service [AR]</p> <p>2:00 ■ Knitting/Crochet Club [FL]</p> <p>2:30 Rootbeer Floats [FL]</p> <p>3:00 Puzzle Club [LIB]</p> <p>6:30 Sunday Games (Resident Led) [AR]</p>	<p>9:00 Errands with Pete 9-10:30 5</p> <p>9:30 ■ Morning Exercise [AR]</p> <p>10:30 Skip-Bo</p> <p>1:00 Out to the Movies "Lion King"</p> <p>1:30 ■ Let's Play Bingo! [AR]</p> <p>6:30 ■ Making Musicians (Children's Voice Recital) [FL]</p>	<p>Joe P's Birthday! 6</p> <p>9:30 ■ Tai Chi [AR]</p> <p>11:00 Good News Network [AR]</p> <p>1:30 ■ Card Game Group [AR]</p> <p>1:30 ■ Hand and Foot Club [AR]</p> <p>3:30 ■ Drinks and Music History [AR]</p> <p>6:30 Live Entertainment! "John Green"</p>	<p>9:30 ■ Morning Exercise [AR] 7</p> <p>10:00 ■ Catholic Communion</p> <p>10:30 Shopping</p> <p>1:00 ■ Art Class with Carolyn [AR]</p> <p>2:30 ■ LDS Services [AR]</p> <p>3:30 Food Forum With Dee [AR]</p> <p>6:30 Movie Night "The Phantom of the Opera"</p>	<p>9:30 ■ Tai Chi [AR] 1</p> <p>11:00 Qwirkle [AR]</p> <p>1:30 Quiddler (Card Game) [AR]</p> <p>2:30 ■ Minding Motion Exercise [AR]</p> <p>3:30 ■ Wine and Cheese Social [FL]</p> <p>6:30 ■ Live Entertainment! "The Mixed Nuts"</p>	<p>9:30 ■ Morning Exercise [AR] 2</p> <p>10:30 ■ Gratitude Journals [AR]</p> <p>11:00 ■ Sculpture Charades [AR]</p> <p>1:30 Birthday Social [FL]</p> <p>2:15 ■ Outing to Deseret Industries</p> <p>6:30 Movie Night "An Unfinished Life"</p>	<p>9:00 Coffee and Crosswords [FL] 3</p> <p>10:00 Saturday Morning Paper [FL]</p> <p>1:30 Bridge Club [PD]</p> <p>1:30 ■ Resident Led Card Games [AR]</p> <p>3:30 ■ Documentary Matinee [AR]</p> <p>6:30 ■ Saturday Movie "The Notebook"</p>
<p>9:00 Coffee and Crosswords [FL] 11</p> <p>10:30 ■ Catholic Communion</p> <p>11:30 ■ LDS Sacrament Service [AR]</p> <p>2:00 ■ Knitting/Crochet Club [FL]</p> <p>2:30 Rootbeer Floats [FL]</p> <p>3:00 Puzzle Club [LIB]</p> <p>6:30 Sunday Games (Resident Led) [AR]</p>	<p>9:00 Errands with Pete 9-10:30 12</p> <p>9:30 ■ Morning Exercise [AR]</p> <p>11:00 ■ Trashketball [AR]</p> <p>11:30 Out to Lunch "La Cocina"</p> <p>2:00 ■ United Healthcare Benefits Seminar [AR]</p> <p>3:30 ■ Scrabble [AR]</p> <p>6:30 Documentary [AR]</p>	<p>Joe P's Birthday! 13</p> <p>9:30 ■ Tai Chi [AR]</p> <p>10:30 Comedy Hour [AR]</p> <p>11:00 Qwirkle [AR]</p> <p>1:30 ■ Card Game Group [AR]</p> <p>1:30 ■ Hand and Foot Club [AR]</p> <p>3:30 ■ Teach and Taste with Dee [DR]</p> <p>6:30 Live Entertainment! "Larry Turner"</p>	<p>9:30 ■ Morning Exercise [AR] 14</p> <p>10:00 ■ Catholic Communion</p> <p>10:30 Shopping</p> <p>1:00 ■ Art Class with Carolyn [AR]</p> <p>2:30 ■ LDS Services [AR]</p> <p>3:30 ■ Drinks on the Deck</p> <p>6:30 Movie Night "TBD"</p>	<p>Roy F's Birthday! 15</p> <p>9:30 ■ Tai Chi [AR]</p> <p>10:30 ■ This Week in History [AR]</p> <p>11:00 Watch Out Willie [AR]</p> <p>2:30 ■ Minding Motion Exercise [AR]</p> <p>3:30 ■ Wine and Cheese Social [FL]</p> <p>6:30 ■ Live Entertainment! "Bartholomew Richards"</p>	<p>9:30 ■ Morning Exercise [AR] 16</p> <p>10:30 ■ Gratitude Journals [AR]</p> <p>11:00 ■ Horseshoes [AR]</p> <p>1:30 ■ Outing "Liberty Park" (Walking)</p> <p>6:30 Movie Night "Sweet Home Alabama"</p>	<p>9:00 Coffee and Crosswords [FL] 10</p> <p>10:00 Saturday Morning Paper [FL]</p> <p>1:30 Bridge Club [PD]</p> <p>1:30 ■ Resident Led Card Games [AR]</p> <p>3:30 ■ Documentary Matinee [AR]</p> <p>6:30 ■ Saturday Movie</p>
<p>9:00 Coffee and Crosswords [FL] 18</p> <p>10:30 ■ Catholic Communion</p> <p>11:30 ■ LDS Sacrament Service [AR]</p> <p>2:00 ■ Knitting/Crochet Club [FL]</p> <p>2:30 Rootbeer Floats [FL]</p> <p>3:00 Puzzle Club [LIB]</p> <p>6:30 Sunday Games (Resident Led) [AR]</p>	<p>9:00 Errands with Pete 9-10:30 19</p> <p>9:30 ■ Morning Exercise [AR]</p> <p>10:30 Taboo [AR]</p> <p>1:30 ■ Let's Play Bingo! [AR]</p> <p>3:30 ■ Random Acts of Kindness [AR]</p> <p>6:30 Allison on Piano [FL]</p>	<p>Joe P's Birthday! 20</p> <p>9:30 ■ Tai Chi [AR]</p> <p>10:30 Quiddler [AR]</p> <p>1:30 ■ Card Game Group [AR]</p> <p>1:30 ■ Hand and Foot Club [AR]</p> <p>3:30 ■ Drinks and Music History [AR]</p> <p>6:30 Live Entertainment! "Scott Larabee"</p>	<p>9:30 ■ Morning Exercise [AR] 21</p> <p>10:00 ■ Catholic Communion</p> <p>10:30 Shopping</p> <p>1:00 ■ Art Class with Carolyn [AR]</p> <p>2:30 ■ LDS Services [AR]</p> <p>4:30 Out to Dinner "Chili's"</p> <p>6:30 Movie Night "Mrs. Doubfire"</p>	<p>9:30 ■ Tai Chi [AR] 22</p> <p>10:30 Quiddler [AR]</p> <p>11:00 MS Support Group (West Side TV Room)</p> <p>2:00 ■ Bible Study [PD]</p> <p>2:30 ■ Minding Motion Exercise [AR]</p> <p>3:30 ■ Wine and Cheese Social [FL]</p> <p>6:30 ■ Live Entertainment! "Country Blue Folk"</p>	<p>9:30 ■ Morning Exercise [AR] 23</p> <p>10:30 Poetry Club [AR]</p> <p>11:00 ■ Chicken Soup for the Soul [AR]</p> <p>1:00 ■ Outing to "Kennecott Mine"</p> <p>6:30 Movie Night "To Kill a Mockingbird"</p>	<p>Scott H's Birthday! 24</p> <p>9:00 Coffee and Crosswords [FL]</p> <p>10:00 Saturday Morning Paper [FL]</p> <p>1:30 Bridge Club [PD]</p> <p>1:30 ■ Resident Led Card Games [AR]</p> <p>3:30 ■ Documentary Matinee [AR]</p> <p>6:30 ■ Saturday Movie</p>
<p>9:00 Coffee and Crosswords [FL] 25</p> <p>10:30 ■ Catholic Communion</p> <p>11:30 ■ LDS Sacrament Service [AR]</p> <p>2:00 ■ Knitting/Crochet Club [FL]</p> <p>2:30 Rootbeer Floats [FL]</p> <p>3:00 Puzzle Club [LIB]</p> <p>6:30 Sunday Games (Resident Led) [AR]</p>	<p>Wayne E's Birthday! 26</p> <p>9:00 Errands with Pete 9-10:30</p> <p>9:30 ■ Morning Exercise [AR]</p> <p>11:00 Trashketball [AR]</p> <p>1:00 Out to the Movies "Overcomer"</p> <p>1:30 ■ Let's Play Bingo! [AR]</p> <p>3:30 Name That Tune [AR]</p> <p>6:30 Evening on the Deck</p>	<p>Joe P's Birthday! 27</p> <p>9:30 ■ Tai Chi [AR]</p> <p>11:00 Good News Network [AR]</p> <p>1:30 ■ Card Game Group [AR]</p> <p>1:30 ■ Hand and Foot Club [AR]</p> <p>3:30 ■ Drinks on the Deck</p> <p>6:30 ■ Live Entertainment! "Don Bennion"</p>	<p>9:30 ■ Morning Exercise [AR] 28</p> <p>10:00 ■ Catholic Communion</p> <p>10:30 Shopping</p> <p>1:00 ■ Art Class with Carolyn [AR]</p> <p>2:30 ■ LDS Services [AR]</p> <p>3:30 Spa Time!</p> <p>6:30 Family Night in Memory Care</p>	<p>9:30 ■ Tai Chi [AR] 29</p> <p>11:00 Tic Tac Toe Trivia [AR]</p> <p>1:30 Resident Meeting [AR]</p> <p>3:30 ■ Wine and Cheese Social [FL]</p> <p>5:00 Movie Night "TBD"</p>	<p>9:30 ■ Morning Exercise [AR] 30</p> <p>10:30 ■ Gratitude Journals [AR]</p> <p>1:30 ■ Outing and Donation to "Hearts Knit Together"</p> <p>3:30 Baseball Card Game [AR]</p> <p>6:30 Movie Night "Willy Wonka and the Chocolate Factory"</p>	<p>9:00 Coffee and Crosswords [FL] 17</p> <p>10:00 Saturday Morning Paper [FL]</p> <p>1:30 Bridge Club [PD]</p> <p>1:30 ■ Resident Led Card Games [AR]</p> <p>3:30 ■ Documentary Matinee [AR]</p> <p>6:30 ■ Saturday Movie</p>
<p>9:00 Coffee and Crosswords [FL] 25</p> <p>10:30 ■ Catholic Communion</p> <p>11:30 ■ LDS Sacrament Service [AR]</p> <p>2:00 ■ Knitting/Crochet Club [FL]</p> <p>2:30 Rootbeer Floats [FL]</p> <p>3:00 Puzzle Club [LIB]</p> <p>6:30 Sunday Games (Resident Led) [AR]</p>	<p>Wayne E's Birthday! 26</p> <p>9:00 Errands with Pete 9-10:30</p> <p>9:30 ■ Morning Exercise [AR]</p> <p>11:00 Trashketball [AR]</p> <p>1:00 Out to the Movies "Overcomer"</p> <p>1:30 ■ Let's Play Bingo! [AR]</p> <p>3:30 Name That Tune [AR]</p> <p>6:30 Evening on the Deck</p>	<p>Joe P's Birthday! 27</p> <p>9:30 ■ Tai Chi [AR]</p> <p>11:00 Good News Network [AR]</p> <p>1:30 ■ Card Game Group [AR]</p> <p>1:30 ■ Hand and Foot Club [AR]</p> <p>3:30 ■ Drinks on the Deck</p> <p>6:30 ■ Live Entertainment! "Don Bennion"</p>	<p>9:30 ■ Morning Exercise [AR] 28</p> <p>10:00 ■ Catholic Communion</p> <p>10:30 Shopping</p> <p>1:00 ■ Art Class with Carolyn [AR]</p> <p>2:30 ■ LDS Services [AR]</p> <p>3:30 Spa Time!</p> <p>6:30 Family Night in Memory Care</p>	<p>9:30 ■ Tai Chi [AR] 29</p> <p>11:00 Tic Tac Toe Trivia [AR]</p> <p>1:30 Resident Meeting [AR]</p> <p>3:30 ■ Wine and Cheese Social [FL]</p> <p>5:00 Movie Night "TBD"</p>	<p>9:30 ■ Morning Exercise [AR] 30</p> <p>10:30 ■ Gratitude Journals [AR]</p> <p>1:30 ■ Outing and Donation to "Hearts Knit Together"</p> <p>3:30 Baseball Card Game [AR]</p> <p>6:30 Movie Night "Willy Wonka and the Chocolate Factory"</p>	<p>9:00 Coffee and Crosswords [FL] 31</p> <p>10:00 Saturday Morning Paper [FL]</p> <p>1:30 Bridge Club [PD]</p> <p>1:30 ■ Card Games with Amy [AR]</p> <p>3:30 ■ Documentary Matinee [AR]</p> <p>6:30 ■ Saturday Movie</p>