

# The Wentworth at Coventry

6898 S. Whitmore Way  
Cottonwood Heights, Utah 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's Birthdays:

8/4 Gerry L.  
8/20 Colleen C.  
8/20 Ruth B.  
8/22 Ruth H.  
8/30 Roylance M.

### Dining Times:

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

These are the times set so that the staff can set the tables properly for meals. Please help them by staying out of the dining room until the designated time!



## **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 have a wonderful new marketer we would like to introduce. Tiffany Sanders is an outgoing energetic addition to the Wentworth at Coventry team. She has 3 beautiful children. She loves to hike, and be outdoors. She is also a Chef! Yes, we have another foodie at the facility. She studied culinary in New York. This is also where she got her love of shoes and clothes. Please take the time to get to know her and introduce yourself. She is looking forward to meeting everyone and getting to know you all.




Thanks to our wonderful transportation specialist our men's club is taking off! We are inviting men of all shapes, sizes, and ages to join the club. This is an opportunity to get away from all the women in your life and have a little fun while your at it. Next meeting is August 7th at 3:00pm!



# August 2019

## Assisted Living Lifestyle & Leisure

created with 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 6898 S. Whitmore Way Cottonwood Heights, Utah 84121 801.943.3909	<div><div>AE Artistic Expression</div><div>CC Community Connections</div><div>CE Continuing Education</div><div>LL Lifestyle &amp; Leisure</div><div>PE Physical Engagement</div><div>SS Spiritual Support</div></div>			<b>BY APPT ONLY: DR. APPTs</b> <b>1</b> 10:00 PE Movement & Music in MR 10:30 CE Cranium Crunches in LOB 1:30 PE Movin & Groovin in MR 2:30 LL Newsletter in LOB 3:00 SS Non Denominational Church in TVR 4:00 LL A Whale of a Tale in CR 6:00 LL Movie Night in TVR	10:00 PE Movement & Music in MR <b>2</b> 10:30 CC Outing: Capitol Building in LOB (FREE) 1:30 CC Fix it Clinic in CR 2:00 LL Ice cream Sandwich Social in CR 3:00 CE Social Hour in LOB 6:00 LL Movie Night in TVR	9:00 CE Coffee and News in LOB (RL) <b>3</b> 10:30 CE Entertainment: Debrah Bowers in MR 1:00 Pleasure stroll with friends in LOB (RL) 2:30 LL BINGO in CR 3:30 AE Relaxing music in LOB (RL) 6:00 LL Movie Night in TVR
<b>Happy Birthday Gerry L. Resident Lead Activities (RL)</b> <b>4</b> 9:30 SS Music & Spoken Word in RM (RL) 10:00 CE Sunday News Paper in LOB (RL) 10:30 SS Holy Communion Service in ROM 12:30 SS LDS Church Services in MR 2:30 Root Bear Floats in LOB 3:00 AE Jigsaw Puzzle in LIB (RL) 6:00 LL Movie Night in TVR	<b>BY APPT ONLY: Bank, Post Office, Library</b> <b>5</b> 10:00 PE Movement & Music in MR 10:30 AE Let's be Creative in CR 1:00 LL Outing: Lion King in LOB (\$7) 3:15 CE Bingo and Smoothies in CR 6:00 LL Movie Night in TVR	<b>BY APPT ONLY: DR. APPTs</b> <b>6</b> 10:00 PE Movement & Music in MR 10:30 AE Fancy Fingers in CR 1:00 CE Cranium Crunches in LOB 2:00 LL Entertainment: Don Bennion in MR 3:00 CE Medical Inventions in CR 3:30 SS Bible Stories in CR 6:00 LL Movie Night in TVR	10:00 SS Holy Communion Service in ROM <b>7</b> 10:00 PE Movement & Music in MR 10:30 CC Shopping in LOB 1:00 CC Scenic Drive: Oquirrh in LOB 3:00 LL Men's Club in CR 3:30 SS LDS Services in MR 6:00 LL Movie Night in TVR	<b>BY APPT ONLY: DR. APPTs</b> <b>8</b> 10:00 PE Movement & Music in MR 10:30 CC Resident Meeting in MR 1:00 LL House keeper's Appreciation in CR 2:00 LL Birthday Social in CR 3:00 SS Non Denominational Church in TVR 4:00 LL Wall Street Journal in LOB 6:00 LL Movie Night in TVR	10:00 PE Movement & Music in MR <b>9</b> 10:30 PE Outing: Pioneer Memorial in LOB (FREE) 1:00 CE Citizen's Rights in CR 2:00 LL Vacation Memories in CR 3:00 CE Social Hour in LOB 6:00 LL Movie Night in TVR	<b>Resident Lead Activities (RL)</b> <b>10</b> 9:00 CE Coffee and News in LOB (RL) 10:00 MASSAGE THERAPY in CR/ MR 10:30 CE Game on in CR (RL) 1:30 Entertainment: Mixed Nuts in MR 2:30 LL BINGO in CR 3:30 AE Relaxing music in LOB (RL) 6:00 LL Movie Night in TVR
<b>Resident Lead Activities (RL)</b> <b>11</b> 9:30 SS Music & Spoken Word in RM (RL) 10:00 CE Sunday News Paper in LOB (RL) 10:30 SS Holy Communion Service in ROM 12:30 SS LDS Church Services in MR 2:30 Root Bear Floats in LOB 3:00 AE Jigsaw Puzzle in LIB (RL) 6:00 LL Movie Night in TVR	<b>BY APPT ONLY: Bank, Post Office, Library</b> <b>12</b> 10:00 PE Movement & Music in MR 10:30 AE Let's be Creative in CR 1:00 CE Family Feud in LOB 2:00 LL Pecan Pie Day in CR 3:00 CE Bingo and Smoothies in CR 6:00 LL Movie Night in TVR	<b>BY APPT ONLY: DR. APPTs</b> <b>13</b> 10:00 PE Movement & Music in MR 10:30 AE Fancy Fingers in CR 1:00 CE Cranium Crunches in LOB 2:00 LL Entertainment: Sing Along Tunes in MR 3:00 LL Are you Geeky? in CR 3:30 SS Bible Stories in CR 6:00 LL Movie Night in TVR	10:00 LL At Home Eye Care in MR <b>14</b> 10:00 SS Holy Communion Service in ROM 10:00 PE Movement & Music in MR 10:30 CC Shopping in LOB 1:00 LL Scenic Drive: Farmington Bay in LOB 3:00 LL Doc Holliday 3:30 SS LDS Services in MR 6:00 LL Movie Night in TVR	<b>BY APPT ONLY: DR. APPTs</b> <b>15</b> 10:00 PE Movement & Music in MR 10:30 LL Cutting the Mustard in CR 1:30 PE Movin & Groovin in MR 2:30 LL Watermelon Day in CR 3:00 SS Non Denominational Church in TVR 4:00 LL Duchess of Sussex in LOB 6:00 LL Movie Night in TVR	10:00 PE Movement & Music in MR <b>16</b> 10:30 CC Outing: Cracker Barrel in LOB (\$15) 1:00 CE Crockett and Boone in CR 2:00 LL Honey in CR 3:00 CE Social Hour in LOB 6:00 LL Movie Night in TVR	<b>Resident Lead Activities (RL)</b> <b>17</b> 9:00 CE Coffee and News in LOB (RL) 10:30 CE Game on in CR (RL) 1:00 Pleasure stroll with friends in LOB (RL) 2:30 LL BINGO in CR 3:30 AE Relaxing music in LOB (RL) 6:00 LL Movie Night in TVR
<b>Resident Lead Activities (RL)</b> <b>18</b> 9:30 SS Music & Spoken Word in RM (RL) 10:00 CE Sunday News Paper in LOB (RL) 10:30 SS Holy Communion Service in ROM 12:30 SS LDS Church Services in MR 2:30 Root Bear Floats in LOB 3:00 AE Jigsaw Puzzle in LIB (RL) 6:00 LL Movie Night in TVR	<b>BY APPT ONLY: Bank, Post Office, Library</b> <b>19</b> 10:00 PE Movement & Music in MR 10:30 AE Let's be Creative in CR 1:00 CE Aviation Day in CR 2:00 AE Cupcake Day in CR 3:00 CE Bingo and Smoothies in CR 6:00 LL Movie Night in TVR	<b>BY APPT ONLY: DR. APPTs</b> <b>20</b> <b>Happy Birthday Colleen C. Happy Birthday Ruth B.</b> 10:00 PE Movement & Music in MR 10:30 AE Fancy Fingers in CR 1:00 CE Cranium Crunches in LOB 2:00 LL Entertainment: Wayne Hovey in MR 3:00 LL Lemonade on the Patio 3:30 SS Bible Stories in CR 6:00 LL Movie Night in TVR	10:00 SS Holy Communion Service in ROM <b>21</b> 10:00 PE Movement & Music in MR 10:30 CC Shopping in LOB 1:00 LL Scenic Drive: Lake Point in LOB 3:00 LL What State am I? in CR 3:30 SS LDS Services in MR 6:00 LL Movie Night in TVR	<b>BY APPT ONLY: DR. APPTs</b> <b>22</b> <b>Happy Birthday Ruth H.</b> 10:00 PE Movement & Music in MR 10:30 LL General Store in CR 11:00 CC Multiple sclerosis Support Group in TVR 1:00 AE Impasto Sunflowers in CR 2:00 LL Entertainment: Time Steppers in MR 3:00 SS Non Denominational Church in TVR 4:00 LL Gratitude Journal in LOB 6:00 LL Movie Night in TVR	10:00 PE Movement & Music in MR <b>23</b> 10:30 LL Gem of the Day in LOB 1:00 CE Mt. Vesuvius in LOB 2:00 AE Teach and Taste in CR 3:00 CE Social Hour in LOB 6:00 LL Movie Night in TVR	<b>Resident Lead Activities (RL)</b> <b>24</b> 9:00 CE Coffee and News in LOB (RL) 10:30 CE Game on in CR (RL) 1:00 Pleasure stroll with friends in LOB (RL) 2:30 LL BINGO in CR 3:30 AE Relaxing music in LOB (RL) 6:00 LL Movie Night in TVR
<b>Resident Lead Activities (RL)</b> <b>25</b> 9:30 SS Music & Spoken Word in RM (RL) 10:00 CE Sunday News Paper in LOB (RL) 10:30 SS Holy Communion Service in ROM 12:30 SS LDS Church Services in MR 2:30 Root Bear Floats in LOB 3:00 AE Jigsaw Puzzle in LIB (RL) 6:00 LL Movie Night in TVR	<b>BY APPT ONLY: Bank, Post Office, Library</b> <b>26</b> 10:00 PE Movement & Music in MR 10:30 AE Community Outreach in CR 1:00 LL Wizard of OZ in CR 2:00 LL Women's Equality in CR 3:00 CE Bingo and Smoothies in CR 6:00 LL Movie Night in TVR	<b>BY APPT ONLY: DR. APPTs</b> <b>27</b> 10:00 PE Movement & Music in MR 10:30 AE Fancy Fingers in CR 12:00 CE Wellness Clinic in CR 1:00 CE Cranium Crunches in LOB 2:00 LL Entertainment: John Green in MR 3:00 SS Kindness Rocks in CR 3:30 SS Bible Stories in CR 6:00 LL Movie Night in TVR	10:00 SS Holy Communion Service in ROM <b>28</b> 10:00 PE Movement & Music in MR 10:30 CC Shopping in LOB 1:00 CC Scenic Drive: Park City in LOB 3:00 LL "I Have A Dream" in CR 3:30 SS LDS Services in MR 6:30 CC Family Night	<b>BY APPT ONLY: DR. APPTs</b> <b>29</b> 10:00 PE Movement & Music in MR 10:30 LL Mary Poppins in LOB 1:00 LL Book Lovers in LOB 2:00 LL Lemonade Day in CR 3:00 SS Non Denominational Church in TVR 4:00 LL Hallmark in LOB 6:00 LL Movie Night in TVR	<b>Happy Birthday Roylance M.</b> <b>30</b> 10:00 PE Movement & Music in MR 10:30 CC Outing: Temple Square in LOB (FREE) 1:00 AE Sew What! in CR 2:00 LL Love Memoirs in LOB 3:00 CE Social Hour in LOB 6:00 LL Movie Night in TVR	<b>Resident Lead Activities (RL)</b> <b>31</b> 9:00 CE Coffee and News in LOB (RL) 10:30 CE Game on in CR (RL) 1:00 Pleasure stroll with friends in LOB (RL) 2:30 LL BINGO in CR 3:30 AE Relaxing music in LOB (RL) 6:00 LL Movie Night in TVR