

November
2019

The Wentworth at Coventry

6895 S Whitmore Way
Cottonwood Heights, UT 84121



Finding Zen in the Garden

Imagine a quiet, calm place where you can focus on the sights and sounds of nature. That serenity is at the heart of a Zen garden.

Also called rock gardens or dry landscape gardens, Zen gardens originated centuries ago in Japan with Buddhist monks, who built the gardens as peaceful places to spend time and contemplate their studies. Today, these gardens are popular throughout the world.

A Zen garden can be an outdoor space or a small section of a garden. Miniature versions, made to sit on a table or desk, are also common. No matter the size, there are shared elements.

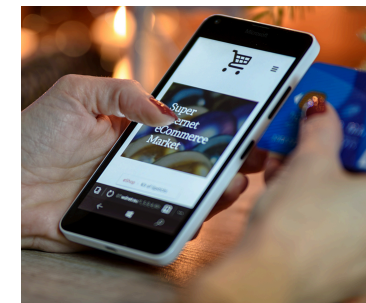
Groupings of stones are the focal point and represent different facets of nature such as earth and fire. Sand or gravel fills the base of the garden, and a rake is used to create lines and patterns around the stones to symbolize the movement of water.

Some Zen gardens include plants and statues, but they are never cluttered. The simplicity and symmetry of the garden's features promote relaxation and reflection. Many people use a Zen garden as a place to meditate or simply feel a peaceful connection to nature.



Resident Birthday's:
Joanne V November 4th
Lois A November 20th
Etta M November 20th
Marilyn R November 26th

Don't forget the Birthday Social is November 6th @ 3:00 in the Craft Room. We would love to see you all there!



Today's Trend Online Shopping Tips!

Shopping via the internet offers convenience and a tempting array of products. Keep your shopping spree safe by taking a few precautions. Before making an online purchase, make sure the website is secure.

The absence of a physical address or contact phone number is a red flag. If you are dealing with an unfamiliar company, check its online rating with the Better Business Bureau at www.BBB.org, or use another consumer feedback website. Be vigilant in keeping your personal information safe by choosing strong passwords that contain a random series of upper and lowercase letters, numbers and punctuation marks. Don't use the same password across multiple websites, and change your passwords frequently.



Happy Thanksgiving!

Happy Thanksgiving! We will be having two seatings for our Thanksgiving meal on Thanksgiving day. One seating will be at 11:30 and the other will be at 12:45. Residents eat free and a family member ticket is \$20. There will be everything from the usual holiday favorites to shrimp cocktail! If you have any questions or want to make a reservation please contact the front desk.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



6895 S Whitmore Way
Cottonwood Heights, UT
84121
8019435858

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

<p>Daylight Saving Time Begins Resident Lead Activities (RL) 3</p> <p>9:30 ■ SS Music & Spoken Word in RM (RL)</p> <p>10:00 ■ CE Sunday News Paper in LOB (RL)</p> <p>10:30 ■ SS Holy Communion Service Private Rooms</p> <p>12:30 ■ SS LDS Church Services in MR</p> <p>2:30 Root Bear Floats in LOB</p> <p>3:00 ■ AE Jigsaw Puzzle in LIB (RL)</p> <p>6:00 ■ LL Movie Night [TVR]</p>	<p>Happy Birthday Jo V. 4</p> <p>9:30 Errands with Pete (Bank, Post Office, Library) *Schedule Ahead of Time*</p> <p>10:00 ■ PE Movement & Music [MR]</p> <p>10:30 ■ AE Ian Camp-Entertainer (MR)</p> <p>1:00 Skip Bo (CR)</p> <p>2:00 Scenic Drive</p> <p>3:15 ■ CE Bingo and Smoothies [CR]</p> <p>6:00 ■ LL Movie Night [TVR]</p>	<p>Election Day 5</p> <p>10:00 ■ PE Movement & Music [MR]</p> <p>10:30 Artists Corner/Paint Shop [CR]</p> <p>1:00 ■ CE Kevin Scott on the Piano (MR)</p> <p>2:30 Food Forum with the Kitchen [MR]</p> <p>3:30 ■ SS Bible Stories [CR]</p> <p>3:30 ■ LL Book Club (TVR)</p> <p>6:00 ■ LL Movie Night [TVR]</p>	<p>10:00 ■ SS Holy Communion Service in Private Rooms 6</p> <p>10:00 ■ PE Movement & Music [MR]</p> <p>10:30 Scrabble (CR)</p> <p>10:30 ■ CC Shopping in LOB</p> <p>1:00 Scenic Drive in LOB</p> <p>3:00 Birthday Social [CR]</p> <p>3:30 Coffee Chat in Lobby</p> <p>3:30 ■ SS LDS Services [MR]</p> <p>6:00 ■ LL Movie Night [TVR]</p>	<p>10:00 ■ PE Movement & Music [MR] 7</p> <p>10:30 ■ CC Be inspired (MR)</p> <p>1:30 ■ PE Movin & Groovin [MR]</p> <p>2:30 ■ CC Donuts Social, bring a friend (CR)</p> <p>3:00 ■ LL Bingo [CR]</p> <p>3:00 ■ SS Non Denominational Church in TVR</p> <p>6:00 ■ LL Movie Night [TVR]</p>	<p>10:00 ■ PE Movement & Music [MR] 8</p> <p>10:30 Volunteer Opportunities/Giving Back (CR)</p> <p>1:30 Solitaire and Board Games</p> <p>2:30 ■ PE Chair Yoga (MR)</p> <p>3:00 ■ CE Social Hour [LOB]</p> <p>6:00 ■ LL Movie Night [TVR]</p>	<p>9:00 ■ CE Coffee and News [LOB] 2</p> <p>10:30 Crosswords [LOB]</p> <p>10:30 Entertainment w/ "Scott Larabee"</p> <p>1:00 Documentary Matinee [TVR]</p> <p>2:30 ■ LL BINGO [CR]</p> <p>3:30 Card Game Club [CR]</p> <p>6:00 ■ LL Movie Night [TVR]</p>
<p>Resident Lead Activities (RL) 10</p> <p>9:30 ■ SS Music & Spoken Word in RM (RL)</p> <p>10:00 ■ CE Sunday News Paper in LOB (RL)</p> <p>10:30 ■ SS Holy Communion Service Private Rooms</p> <p>12:30 ■ SS LDS Church Services in MR</p> <p>2:30 Root Bear Floats in LOB</p> <p>3:00 ■ AE Jigsaw Puzzle in LIB (RL)</p> <p>6:00 ■ LL Movie Night [TVR]</p>	<p>Veterans Day 11</p> <p>9:30 Errands with Pete (Bank, Post Office, Library) *Schedule Ahead of Time*</p> <p>10:00 ■ PE Movement & Music [MR]</p> <p>10:30 Veteran's Day Honor Ceremony (MR)</p> <p>1:00 Skip Bo (CR)</p> <p>1:30 Scenic Drive</p> <p>3:15 ■ CE Bingo and Smoothies [CR]</p> <p>6:00 ■ LL Movie Night [TVR]</p>	<p>10:00 ■ PE Movement & Music [MR] 12</p> <p>10:30 Artists Corner/Paint Shop [CR]</p> <p>1:30 Healthy Brain & Tea Social (CR)</p> <p>2:00 Larry Turner Entertainment (MR)</p> <p>2:30 Food Forum with the Kitchen [MR]</p> <p>3:30 ■ SS Bible Stories [CR]</p> <p>3:30 ■ LL Book Club (TVR)</p> <p>6:00 ■ LL Movie Night [TVR]</p>	<p>10:00 ■ SS Holy Communion Service in Private Rooms 13</p> <p>10:00 ■ PE Movement & Music [MR]</p> <p>10:30 Scrabble (CR)</p> <p>10:30 ■ CC Shopping: Meet in Lobby</p> <p>1:00 Scenic Drive in LOB</p> <p>3:00 ■ LL Hang Man Word Game (CR)</p> <p>3:30 Coffee Chat in Lobby</p> <p>3:30 ■ SS LDS Services [MR]</p> <p>6:00 ■ LL Movie Night [TVR]</p>	<p>10:00 ■ PE Movement & Music [MR] 14</p> <p>10:30 ■ CC Resident Meeting in MR</p> <p>1:30 Nature Study (TVR)</p> <p>2:30 ■ CC Donuts Social, bring a friend (CR)</p> <p>3:00 ■ LL Bingo [CR]</p> <p>3:00 ■ SS Non Denominational Church in TVR</p> <p>4:30 Dementia Film Series-East Building</p> <p>6:00 ■ LL Movie Night [TVR]</p>	<p>10:00 ■ PE Movement & Music [MR] 15</p> <p>10:30 Volunteer Opportunities/Giving Back (CR)</p> <p>1:30 Solitaire and Board Games</p> <p>2:30 ■ PE Chair Yoga (MR)</p> <p>3:00 ■ CE Social Hour [LOB]</p> <p>6:00 ■ LL Movie Night [TVR]</p>	<p>9:00 ■ CE Coffee and News [LOB] 16</p> <p>10:30 Crosswords [LOB]</p> <p>1:00 Documentary Matinee [TVR]</p> <p>2:30 ■ LL BINGO [CR]</p> <p>3:30 Card Game Club [CR]</p> <p>6:00 ■ LL Movie Night [TVR]</p>
<p>Resident Lead Activities (RL) 17</p> <p>9:30 ■ SS Music & Spoken Word in RM (RL)</p> <p>10:00 ■ CE Sunday News Paper in LOB (RL)</p> <p>10:30 ■ SS Holy Communion Service Private Rooms</p> <p>12:30 ■ SS LDS Church Services in MR</p> <p>2:30 Root Bear Floats in LOB</p> <p>3:00 ■ AE Jigsaw Puzzle in LIB (RL)</p> <p>6:00 ■ LL Movie Night [TVR]</p>	<p>9:30 Errands with Pete (Bank, Post Office, Library) *Schedule Ahead of Time* 18</p> <p>10:00 ■ PE Movement & Music [MR]</p> <p>10:30 Artist Corner/Paint Shop</p> <p>1:00 Skip Bo (CR)</p> <p>1:30 Scenic Drive</p> <p>3:15 ■ CE Bingo and Smoothies [CR]</p> <p>6:00 ■ LL Movie Night [TVR]</p>	<p>10:00 ■ PE Movement & Music [MR] 19</p> <p>10:30 Artists Corner/Paint Shop [CR]</p> <p>1:45 Bob Shorten - Entertainment (MR)</p> <p>2:30 Food Forum with the Kitchen [MR]</p> <p>3:30 ■ SS Bible Stories [CR]</p> <p>3:30 ■ LL Book Club (TVR)</p> <p>6:00 ■ LL Movie Night [TVR]</p>	<p>Happy Birthday Etta M. Happy Birthday Lois A. 20</p> <p>10:00 ■ SS Holy Communion Service in Private Rooms</p> <p>10:00 ■ PE Movement & Music [MR]</p> <p>10:30 Scrabble (CR)</p> <p>10:30 ■ CC Shopping in LOB</p> <p>1:00 Scenic Drive in LOB</p> <p>3:00 ■ LL Hang Man Word Game (CR)</p> <p>3:30 Coffee Chat in Lobby</p> <p>3:30 ■ SS LDS Services [MR]</p> <p>6:00 ■ LL Movie Night [TVR]</p>	<p>9:00 ■ PE Podiatrist (TVR) 21</p> <p>10:00 ■ PE Movement & Music [MR]</p> <p>10:30 ■ CC Be inspired (MR)</p> <p>1:30 ■ PE Movin & Groovin [MR]</p> <p>2:30 ■ CC Donuts Social, bring a friend (CR)</p> <p>3:00 ■ LL Bingo [CR]</p> <p>3:00 ■ SS Non Denominational Church in TVR</p> <p>6:00 ■ LL Movie Night [TVR]</p>	<p>10:00 ■ PE Movement & Music [MR] 22</p> <p>10:30 Volunteer Opportunities/Giving Back</p> <p>11:00 Children's Piano Recital (MR)</p> <p>1:30 Solitaire and Board Games</p> <p>2:30 ■ PE Chair Yoga (MR)</p> <p>3:00 ■ CE Social Hour [LOB]</p> <p>6:00 ■ LL Movie Night [TVR]</p>	<p>9:00 ■ CE Coffee and News [LOB] 23</p> <p>10:30 Crosswords [LOB]</p> <p>1:00 Documentary Matinee [TVR]</p> <p>2:30 ■ LL BINGO [CR]</p> <p>3:30 Card Game Club [CR]</p> <p>6:00 ■ LL Movie Night [TVR]</p>
<p>Resident Lead Activities (RL) 24</p> <p>9:30 ■ SS Music & Spoken Word in RM (RL)</p> <p>10:00 ■ CE Sunday News Paper in LOB (RL)</p> <p>10:30 ■ SS Holy Communion Service Private Rooms</p> <p>12:30 ■ SS LDS Church Services in MR</p> <p>2:30 Root Bear Floats in LOB</p> <p>3:00 ■ AE Jigsaw Puzzle in LIB (RL)</p> <p>6:00 ■ LL Movie Night [TVR]</p>	<p>9:30 Errands with Pete (Bank, Post Office, Library) *Schedule Ahead of Time* 25</p> <p>10:00 ■ PE Movement & Music [MR]</p> <p>10:30 Artist Corner/Paint Shop</p> <p>1:00 Skip Bo (CR)</p> <p>2:00 Scenic Drive</p> <p>3:15 ■ CE Bingo and Smoothies [CR]</p> <p>6:00 ■ LL Movie Night [TVR]</p>	<p>Happy Birthday Marilyn R. 26</p> <p>10:00 ■ PE Movement & Music [MR]</p> <p>10:30 Artists Corner/Paint Shop [CR]</p> <p>12:00 ■ CE Wellness Clinic [CR]</p> <p>1:30 Travel Club - Iceland (TVR)</p> <p>2:30 Food Forum with the Kitchen [MR]</p> <p>3:30 ■ SS Bible Stories [CR]</p> <p>3:30 ■ LL Book Club (TVR)</p> <p>6:00 ■ LL Movie Night [TVR]</p>	<p>10:00 ■ SS Holy Communion Service in Private Rooms 27</p> <p>10:00 ■ PE Movement & Music [MR]</p> <p>10:30 Scrabble (CR)</p> <p>10:30 ■ CC Shopping: Meet in Lobby</p> <p>1:00 Scenic Drive in LOB</p> <p>3:00 ■ LL Hang Man Word Game (CR)</p> <p>3:30 Coffee Chat in Lobby</p> <p>3:30 ■ SS LDS Services [MR]</p> <p>6:00 ■ LL Movie Night [TVR]</p> <p>6:30 ■ CC Family Night</p>	<p>Thanksgiving 28</p> <p>10:00 ■ PE Movement & Music [MR]</p> <p>10:30 ■ CC Be inspired (MR)</p> <p>10:30 ■ LL General Store in CR</p> <p>11:00 ■ CC Multiple sclerosis Support Group in TVR</p> <p>11:30 Thanksgiving Dinner-2 Seatings 11:30 & 12:45</p> <p>2:00 Home for The Holidays - History of Thanksgiving (TVR)</p> <p>3:00 ■ LL Bingo [CR]</p> <p>3:00 ■ SS Non Denominational Church in TVR</p> <p>6:00 ■ LL Movie Night [TVR]</p>	<p>10:00 ■ PE Movement & Music [MR] 29</p> <p>10:30 ■ AE Game On in CR</p> <p>10:30 Volunteer Opportunities/Giving Back (CR)</p> <p>1:30 Solitaire and Board Games</p> <p>2:00 Country Store Auction</p> <p>3:00 ■ CE Social Hour [LOB]</p> <p>6:00 ■ LL Movie Night [TVR]</p>	<p>9:00 ■ CE Coffee and News [LOB] 30</p> <p>10:30 Crosswords [LOB]</p> <p>1:00 Documentary Matinee [TVR]</p> <p>2:30 ■ LL BINGO [CR]</p> <p>3:30 Card Game Club [CR]</p> <p>6:00 ■ LL Movie Night [TVR]</p>