

November  
2019

## The Wentworth at Coventry

6898 South 2300 East  
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.

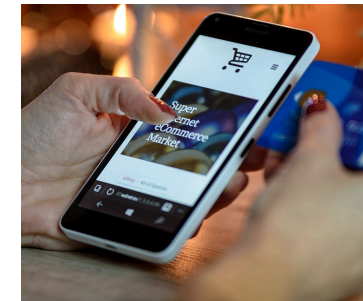
Groupings of stones are the focal point and represent different facets of nature such as earth and fire. Sand or gravel fills the base of the garden, and a rake is used to create lines and patterns around the stones to symbolize the movement of water.

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:  
Berta Clark November 2nd  
Ione Wilcox November 30th

Remember that the birthday Social is the first Friday of every month at 1:30!



### **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](http://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! 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.



# November 2019

## Independent Living Lifestyle & Leisure



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>6898 South 2300 East Cottonwood Heights, UT 84121 8019435858</p>		<p><b>AE</b> Artistic Expression <b>CC</b> Community Connections <b>CE</b> Continuing Education <b>LL</b> Lifestyle &amp; Leisure <b>PE</b> Physical Engagement <b>SS</b> Spiritual Support</p>			<p>9:30 <b>PE</b> Morning Exercise [AR] <b>1</b> 11:00 <b>SS</b> Take Time for Gratitude [AR] 1:30 <b>LL</b> Birthday Social 2:15 <b>CC</b> Scenic Drive "Bell Canyon" 3:30 "Cowboy" Card Game 6:30 Movie Night "Walk the Line"</p>	<p><b>Happy Birthday Berta C!</b> <b>2</b> 9:00 Coffee and Crosswords [FL] 10:00 Saturday Morning Paper 1:30 Bridge Club 1:30 <b>LL</b> Resident Led Card Games [AR] 3:30 <b>CE</b> Documentary Matinee [AR] 6:30 Saturday Movie</p>
<p><b>Daylight Saving Time Begins</b> <b>3</b> 10:30 <b>SS</b> Catholic Communion 11:30 <b>SS</b> LDS Services [AR] 2:00 <b>AE</b> Knitting/ Crochet Club [FL] 2:30 Root Beer Floats 3:00 Puzzle Club [LIB] 6:30 Sunday Games (Resident Led) [AR]</p>	<p>9:30 <b>PE</b> Morning Exercise [AR] <b>4</b> 11:00 <b>CE</b> Technology Workshop [AR] 1:00 <b>CC</b> Out to The Movies "Harriet" 1:30 <b>LL</b> Let's Play BINGO! 3:30 Food Forum [AR] 6:30 Family Home Evening</p>	<p><b>Election Day</b> <b>5</b> 9:30 Tai Chi [AR] 10:30 Hand Massages [LIB] 11:00 I Pledge Allegiance [AR] 1:30 <b>LL</b> Card Game Club [AR] 1:30 <b>LL</b> Hand and Foot Club [AR] 3:30 <b>CE</b> Tea and Music History [AR] 6:30 Entertainment in Front Lobby "Ron Hadley" (Oldies Singer)</p>	<p>9:30 <b>PE</b> Morning Exercise [AR] <b>6</b> 10:00 Catholic Communion 10:30 <b>CC</b> Shopping 1:30 Sign Language Class [AR] 2:30 <b>SS</b> LDS Services [AR] 3:30 Partners in Pen Game [AR] 6:30 Movie Night "The Court Jester"</p>	<p>9:30 Tai Chi [AR] <b>7</b> 11:00 I Pledge Allegiance [AR] 1:30 Where in the World are we? [AR] 2:00 <b>SS</b> Bible Study [PD] 2:30 Minding Motion Exercise [AR] 3:30 <b>LL</b> Wine &amp; Cheese Social 6:30 Entertainment in Front Lobby "John Green" 7:00 <b>AE</b> Art Class with Carolyn [AR]</p>	<p>9:30 <b>PE</b> Morning Exercise [AR] <b>8</b> 11:00 <b>SS</b> Poetry Club [AR] 1:30 <b>LL</b> Virtual Reality on Mars! [AR] 3:30 1950's The Price is Right [AR] 6:30 Senior Financial Planning Social with Entertainment</p>	<p>9:00 Coffee and Crosswords [FL] <b>9</b> 10:00 Saturday Morning Paper 1:30 Bridge Club 1:30 <b>LL</b> Resident Led Card Games [AR] 3:30 <b>CE</b> Documentary Matinee [AR] 6:30 Saturday Movie</p>
<p>10:30 <b>SS</b> Catholic Communion <b>10</b> 11:30 <b>SS</b> LDS Services [AR] 2:00 <b>AE</b> Knitting/ Crochet Club [FL] 2:30 Root Beer Floats 3:00 Puzzle Club [LIB] 6:30 Sunday Games (Resident Led) [AR]</p>	<p><b>Veterans Day</b> <b>11</b> 9:30 <b>PE</b> Morning Exercise [AR] 11:00 <b>CE</b> Veterans Day Program 1:30 <b>LL</b> Let's Play BINGO! 3:30 Food Forum [AR] 6:30 Family Home Evening</p>	<p>9:30 Tai Chi [AR] <b>12</b> 11:00 I Pledge Allegiance [AR] 1:30 <b>LL</b> Card Game Club [AR] 1:30 <b>LL</b> Hand and Foot Club [AR] 3:30 Just for Laughs 6:30 Entertainment in Front Lobby "Kevin Scott"</p>	<p>9:30 <b>PE</b> Morning Exercise [AR] <b>13</b> 10:00 Catholic Communion 10:30 <b>CC</b> Shopping 1:30 Charades [AR] 2:30 <b>SS</b> LDS Services [AR] 3:30 Spa Time! [AR] 6:30 Movie Night "The Bucket List"</p>	<p>9:30 Tai Chi [AR] <b>14</b> 11:00 I Pledge Allegiance [AR] 1:30 <b>CE</b> Dementia Film Series [AR] 3:30 <b>LL</b> Wine &amp; Cheese Social 6:30 Entertainment in Front Lobby "Arran Jones" (Frank Sinatra Tribute) 7:00 <b>AE</b> Art Class with Carolyn [AR]</p>	<p>9:30 <b>PE</b> Morning Exercise [AR] <b>15</b> 11:00 <b>SS</b> Take Time for Gratitude [AR] 1:30 Outing to "Micheal's Craft Store" 3:30 Name That Tune [AR] 6:30 Movie Night "Oklahoma"</p>	<p>9:00 Coffee and Crosswords [FL] <b>16</b> 10:00 Saturday Morning Paper 1:30 Bridge Club 1:30 <b>LL</b> Resident Led Card Games [AR] 3:30 <b>CE</b> Documentary Matinee [AR] 6:30 Saturday Movie</p>
<p>10:30 <b>SS</b> Catholic Communion <b>17</b> 11:30 <b>SS</b> LDS Services [AR] 2:00 <b>AE</b> Knitting/ Crochet Club [FL] 2:30 Root Beer Floats 3:00 Puzzle Club [LIB] 6:30 Sunday Games (Resident Led) [AR]</p>	<p>9:30 <b>PE</b> Morning Exercise [AR] <b>18</b> 11:00 <b>CE</b> Resident Led Card Games [AR] 1:30 <b>LL</b> Let's Play BINGO! 3:30 Food Forum [AR] 6:30 Family Home Evening</p>	<p>9:30 Tai Chi [AR] <b>19</b> 10:00 Miracle Ear Hearing Aid Servicing and Hearing Tests [AR] 11:00 I Pledge Allegiance [AR] 1:30 <b>LL</b> Card Game Club [AR] 1:30 <b>LL</b> Hand and Foot Club [AR] 3:30 <b>CE</b> Tea and Music History [AR] 6:30 Entertainment in Front Lobby "Terry Spencer Guitar"</p>	<p>9:30 <b>PE</b> Morning Exercise [AR] <b>20</b> 10:00 Catholic Communion 10:30 <b>CC</b> Shopping 1:30 Sign Language Class [AR] 2:30 <b>SS</b> LDS Services [AR] 3:30 Football Party [AR] 6:30 Movie Night "The Game Plan"</p>	<p>9:30 Tai Chi [AR] <b>21</b> 11:00 I Pledge Allegiance [AR] 2:00 <b>SS</b> Bible Study [PD] 2:30 Minding Motion Exercise [AR] 2:45 Entertainment with "Act Three" [FL] 3:45 <b>LL</b> Wine &amp; Cheese Social 6:30 Entertainment in Front Lobby "Larry Turner" 7:00 <b>AE</b> Art Class with Carolyn [AR]</p>	<p>9:30 <b>PE</b> Morning Exercise [AR] <b>22</b> 10:30 Qwirkle [AR] 11:00 <b>SS</b> Poetry Club [AR] 1:30 Outing: Butterfly Biosphere \$15 3:30 Resident Led Card Games [AR] 6:30 Movie Night "Hidalgo"</p>	<p>9:00 Coffee and Crosswords [FL] <b>23</b> 10:00 Saturday Morning Paper 1:30 Children's Piano Recital [FL] 3:30 <b>CE</b> Documentary Matinee [AR] 6:30 Saturday Movie 6:30 Saturday Movie</p>
<p>10:30 <b>SS</b> Catholic Communion <b>24</b> 11:30 <b>SS</b> LDS Services [AR] 2:00 <b>AE</b> Knitting/ Crochet Club [FL] 2:30 Root Beer Floats 3:00 Puzzle Club [LIB] 6:30 Sunday Games (Resident Led) [AR]</p>	<p>9:30 <b>PE</b> Morning Exercise [AR] <b>25</b> 11:00 <b>CE</b> Technology Workshop [AR] 1:00 <b>CC</b> Out to the Movies "Beautiful Day in The Neighborhood" 1:30 <b>LL</b> Let's Play BINGO! 3:30 Food Forum [AR] 6:30 Family Home Evening</p>	<p>9:30 <b>PE</b> Tai Chi [AR] <b>26</b> 10:30 This Week in History [AR] 11:00 I Pledge Allegiance [AR] 1:30 <b>LL</b> Card Game Club [AR] 1:30 <b>LL</b> Hand and Foot Club [AR] 3:30 Resident Meeting [AR] 6:30 Entertainment "Clogging Grandmothers" [AR]</p>	<p>9:30 <b>PE</b> Morning Exercise [AR] <b>27</b> 10:00 Catholic Communion 10:30 <b>CC</b> Shopping 1:30 Roll Tasting Challenge [FL] 2:30 <b>SS</b> LDS Services [AR] 3:30 History of Thanksgiving Documentary [AR] 6:30 Movie Night "When Love is Not Enough"</p>	<p><b>Thanksgiving</b> <b>28</b> 9:00 Macy's Thanksgiving Day Parade [AR] 9:30 <b>PE</b> Tai Chi [AR] 11:00 <b>CC</b> Thanksgiving Dinner: Two Seatings 11:30 &amp; 12:45 1:30 Card Games [AR] 3:30 <b>LL</b> America's Funniest Home Videos [AR] 6:30 Movie Night "Paint Your Wagon"</p>	<p>9:30 <b>PE</b> Morning Exercise [AR] <b>29</b> 10:30 Good News Network [AR] 11:00 <b>SS</b> Take Time for Gratitude [AR] 1:30 <b>CE</b> Outing to "The Fort Douglas Military Museum" 3:30 <b>LL</b> Taboo [AR] 6:30 Movie Night "Flicka"</p>	<p><b>Happy Birthday Ione W!</b> <b>30</b> 9:00 Coffee and Crosswords [FL] 10:00 Saturday Morning Paper 1:30 Bridge Club 1:30 <b>LL</b> Resident Led Card Games [AR] 3:30 <b>CE</b> Documentary Matinee [AR] 6:30 Saturday Movie</p>