

The Wentworth at Coventry December 2019

6898 South 2300 East
Cottonwood Heights, UT 84121

DO IT YOURSELF: Holiday Gifts Ideas

When its time to exchange gifts, something homemade and from the heart is always appreciated. You don't need special talents, either. Try one or all of the following ideas.

Miniature Succulent Garden. Cover the bottom of a shallow bowl or flowerpot with a thin layer of pebbles and cactus potting soil. Plant several small cactus and succulent plants in the bowl, filling more soil as needed. Add another layer of pebbles as a finishing touch.

Lotion Bars. In a double boiler, heat 1/2 cup each beeswax, almond oil and shea butter, stirring until completely melted. Pour the mixture into molds- craft molds, muffin tins or even ice cube trays- and add 15 drops of an essential oil for fragrance. Once firm, pop the lotion bars out of the molds.

Homemade Taco Seasoning. Combine the following ingredients in a bowl and mix well: 2 tbsp. Chilli Powder; 1/2 tsp each garlic powder, onion powder, red pepper flakes and oregano; 1 tsp Paprika; 1 tbsp. Cumin; 2 1/2 tsp Salt; and 2 tsp Pepper. Transfer to a pretty jar with secure lid.

Personalized mugs. Use permanent markers or porcelain paint pens to create a design or message on a plain ceramic coffee mug. Bake at 350° F for 30 minutes, then let cool. Complete the gift by filling the mug with a dry cocoa or tea mix.

Resident Birthday's
December 4th: Karl F
December 12th: Farida
December 20th: Fred N

Remember that the Birthday Social is the first
Friday of every month at 2:00 pm



Today's Trend Stress-Free Holiday Tips

With the cooking, the parties and the gift-giving, the holiday season can sometimes feel frenzied instead of festive. Fortunately, there are ways to minimize stress and keep your holidays happy.

Think ahead. Avoid last-minute grocery runs by stocking up on baking ingredients such as flour, sugar and butter. Shop for presents early, and wrap them as you buy them.

Take care of yourself. Get plenty of rest, eat well and carve out time for yourself. Before your schedule fills up, pencil in a few personal hours.

Focus on fun. As you spend time with friends and family, focus on the fellowship and don't worry about what's still on your to-do list.

Merry Christmas Everyone!
To enjoy the Christmas Season here are some of the events for the month:
December 6th: Outing to the Festival of Trees \$6 Entrance Fee
December 13th: The end of our Holiday Drive. Please give donations to front Desk before that day.
December 18th: 6:30 Christmas Party: We will have special treats, a sweater contest, and entertainment.
December 20th: We will be going to the Giving Vending Machines downtown.
-We will also be doing a Secret Santa please talk to Amy if you want to participate-



December 2019
Independent Living Lifestyle & Leisure



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>10:30 SS Catholic Communion</div> <div>11:30 SS LDS Services [AR]</div> <div>2:00 AE Knitting/ Crochet Club [FL]</div> <div>2:30 Root Beer Floats</div> <div>3:00 Puzzle Club [LIB]</div> <div>6:30 Sunday Games (Resident Led) [AR]</div> <div>1</div>	<div>9:00 Errands with Pete 9-10:30 (Bank, Library, and Post Office, Cottonwood Heights Only)</div> <div>9:30 PE Morning Exercise [AR]</div> <div>11:00 Resident Led Card Games [AR]</div> <div>1:30 LL Let's Play BINGO!</div> <div>3:30 Food Forum [AR]</div> <div>6:30 Family Home Evening</div> <div>2</div>	<div>9:30 PE Tai Chi [AR]</div> <div>10:30 Hand Massages [LIB]</div> <div>11:00 LL Christmas Story with Amy [AR]</div> <div>1:30 LL Card Game Club [LIB]</div> <div>1:30 LL Hand and Foot Club [DR]</div> <div>3:30 CE Tea and Music History [AR]</div> <div>6:30 Entertainment in Front Lobby "Don Bennion"</div> <div>3</div>	<div>Happy Birthday Karl!</div> <div>9:30 PE Morning Exercise [AR]</div> <div>10:30 Catholic Communion</div> <div>10:30 CC Shopping</div> <div>11:00 LL Christmas Story [AR]</div> <div>1:30 Quiddler Card Game [AR]</div> <div>2:30 SS LDS Services [AR]</div> <div>3:30 Decorate for Christmas! -Front Lobby</div> <div>6:30 Movie Night "The Glenn Miller Story" [AR]</div> <div>4</div>	<div>9:30 PE Tai Chi [AR]</div> <div>11:00 LL Christmas Story [AR]</div> <div>2:00 SS Bible Study [PD]</div> <div>2:00 Podiatrist-RM 202</div> <div>2:30 Book Club [DR]</div> <div>2:30 PE Minding Motion Exercise [AR]</div> <div>3:30 LL Wine & Cheese Social</div> <div>6:30 Entertainment in Front Lobby "The Dandelions" (Guitar/ Piano)</div> <div>7:00 AE Art Class with Carolyn [AR]</div> <div>5</div>	<div>9:30 PE Morning Exercise [AR]</div> <div>10:30 SS Poetry Club [AR]</div> <div>11:00 LL Christmas Story [AR]</div> <div>1:30 LL Birthday Social [FL]</div> <div>2:00 CC Outing: The Festival of Trees \$6</div> <div>6:30 Movie Night "The Man Who Invented Christmas" [AR]</div> <div>6</div>	<div>9:00 Coffee and Crosswords [FL]</div> <div>10:00 Saturday Morning Paper</div> <div>1:30 Bridge Club</div> <div>1:30 LL Resident Led Card Games [AR]</div> <div>3:15 CC Out to Theater "The Best Christmas Pageant Ever"</div> <div>6:30 Saturday Movie</div> <div>7</div>
<div>10:30 SS Catholic Communion</div> <div>11:30 SS LDS Services [AR]</div> <div>2:00 AE Knitting/ Crochet Club [FL]</div> <div>2:30 Root Beer Floats</div> <div>3:00 Puzzle Club [LIB]</div> <div>6:30 Sunday Games (Resident Led) [AR]</div> <div>8</div>	<div>9:00 Errands with Pete 9-10:30 (Bank, Library, and Post Office, Cottonwood Heights Only)</div> <div>9:30 PE Morning Exercise [AR]</div> <div>11:00 LL Christmas Story [AR]</div> <div>11:30 CC Out to Lunch "Art Garden Cafe" -Front Lobby-</div> <div>12:00 Mary Kay Holiday Shop 1-3 pm</div> <div>1:30 LL Let's Play BINGO!</div> <div>3:30 Just for Laughs: I Love Lucy! [AR]</div> <div>6:30 Family Home Evening</div> <div>9</div>	<div>9:30 PE Tai Chi [AR]</div> <div>10:00 Entertainment "Moss Elementary Choir"</div> <div>11:00 LL Christmas Story [AR]</div> <div>1:30 LL Card Game Club [DR]</div> <div>1:30 LL Hand and Foot Club [AR]</div> <div>3:30 Resident Meeting [AR]</div> <div>6:30 Entertainment in Front Lobby "Youth Choir"</div> <div>10</div>	<div>9:30 PE Morning Exercise [AR]</div> <div>10:30 Catholic Communion</div> <div>10:30 CC Shopping</div> <div>11:00 LL Christmas Story [AR]</div> <div>1:30 Baseball Card Game [AR]</div> <div>2:30 SS LDS Services [AR]</div> <div>3:30 The Present Swap Game [AR]</div> <div>6:30 Entertainment with "Allison Wiser"</div> <div>11</div>	<div>Happy Birthday Farida!</div> <div>9:30 PE Tai Chi [AR]</div> <div>11:00 LL Christmas Story [AR]</div> <div>1:30 AE Christmas Craft [AR]</div> <div>3:30 LL Wine & Cheese Social</div> <div>6:30 Entertainment in Front Lobby "New Fiddlers"</div> <div>7:00 AE Art Class with Carolyn [AR]</div> <div>12</div>	<div>9:30 PE Morning Exercise [AR]</div> <div>11:00 LL Christmas Story [AR]</div> <div>11:00 SS Take Time for Gratitude [AR]</div> <div>1:30 CC Take Donations to Hearts Knit Together</div> <div>2:00 Brick House Bling Holiday Boutique 2-4 pm</div> <div>3:30 CC Community Outreach: Reading to Children at Child Time Inc.</div> <div>6:30 Entertainment in Front Lobby "Emily Starr"</div> <div>13</div>	<div>9:00 Coffee and Crosswords [FL]</div> <div>10:00 Saturday Morning Paper</div> <div>1:45 CC Lason Family Music in Front Lobby</div> <div>3:30 CE Documentary Matinee [AR]</div> <div>6:30 Saturday Movie</div> <div>14</div>
<div>10:30 SS Catholic Communion</div> <div>11:30 SS LDS Services [AR]</div> <div>2:00 AE Knitting/ Crochet Club [FL]</div> <div>2:30 Root Beer Floats</div> <div>3:00 Puzzle Club [LIB]</div> <div>6:30 Sunday Games (Resident Led) [AR]</div> <div>15</div>	<div>9:00 Errands with Pete 9-10:30 (Bank, Library, and Post Office, Cottonwood Heights Only)</div> <div>9:30 PE Morning Exercise [AR]</div> <div>11:00 LL Christmas Story [AR]</div> <div>1:30 LL Let's Play BINGO!</div> <div>3:30 Food Forum [AR]</div> <div>6:30 Family Home Evening</div> <div>16</div>	<div>9:30 PE Tai Chi [AR]</div> <div>10:30 Hand Massages [LIB]</div> <div>11:00 LL Christmas Story [AR]</div> <div>1:30 LL Card Game Club [AR]</div> <div>1:30 LL Hand and Foot Club [AR]</div> <div>3:30 LL Eggnog and Name that Holiday Tune</div> <div>4:30 Out to Dinner "The Cheesecake Factory"</div> <div>6:30 Entertainment in Front Lobby "Scott Larabee"</div> <div>17</div>	<div>9:30 PE Morning Exercise [AR]</div> <div>10:30 Catholic Communion</div> <div>10:30 CC Shopping</div> <div>11:00 LL Christmas Story [AR]</div> <div>1:30 Oreo Truffles [DR]</div> <div>2:30 SS LDS Services [AR]</div> <div>3:30 CC Terry Lund Music Studio Recital [FL]</div> <div>6:30 Christmas Party [FL]</div> <div>18</div>	<div>9:30 PE Tai Chi [AR]</div> <div>11:00 LL Christmas Story [AR]</div> <div>2:00 SS Bible Study [PD]</div> <div>2:30 PE Minding Motion Exercise [AR]</div> <div>3:30 LL Wine & Cheese Social</div> <div>6:30 Entertainment in Activity Room "Time Steppers"</div> <div>19</div>	<div>Happy Birthday Fred N!</div> <div>9:30 PE Morning Exercise [AR]</div> <div>10:30 SS Poetry Club [AR]</div> <div>11:00 CC Shining Stars Preschool Recital [FL]</div> <div>1:30 CC Outing: "Joseph Smith Memorial Building- Giving Vending Machines"</div> <div>3:30 Bubble Talk [AR]</div> <div>6:30 Movie Night "Christmas with the Kranks" [AR]</div> <div>20</div>	<div>9:00 Coffee and Crosswords [FL]</div> <div>10:00 Saturday Morning Paper</div> <div>1:30 Bridge Club</div> <div>1:30 LL Resident Led Card Games [AR]</div> <div>2:00 Piano Recital with Katherine Stapley</div> <div>3:30 CE Documentary Matinee [AR]</div> <div>6:30 Saturday Movie</div> <div>21</div>
<div>10:30 SS Catholic Communion</div> <div>11:30 SS LDS Services [AR]</div> <div>2:00 AE Knitting/ Crochet Club [FL]</div> <div>2:30 Root Beer Floats</div> <div>3:00 Puzzle Club [LIB]</div> <div>6:30 Sunday Games (Resident Led) [AR]</div> <div>22</div>	<div>9:00 Errands with Pete 9-10:30 (Bank, Library, and Post Office, Cottonwood Heights Only)</div> <div>9:30 PE Morning Exercise [AR]</div> <div>10:30 Resident Led Card Games [AR]</div> <div>1:30 LL Let's Play BINGO!</div> <div>6:30 Family Home Evening</div> <div>23</div>	<div>Christmas Eve</div> <div>9:30 PE Tai Chi [AR]</div> <div>10:30 Last Minute Christmas Shopping with Pete- Walmart</div> <div>1:30 LL Card Game Club [AR]</div> <div>1:30 LL Hand and Foot Club [AR]</div> <div>3:30 Trivia with Pete</div> <div>6:30 Movie Night "Dear Santa"</div> <div>24</div>	<div>Christmas Day</div> <div>Resident Led Games and Puzzles in Activity Room all Day</div> <div>9:30 PE Morning Exercise [AR]</div> <div>6:30 It's a Wonderful Life [AR]</div> <div>25</div>	<div>9:30 PE Tai Chi [AR]</div> <div>10:30 Candy Bar Game with Verla</div> <div>1:30 Chair Yoga with Patti [AR]</div> <div>3:30 LL Wine & Cheese Social</div> <div>6:30 Entertainment in Front Lobby "Ken and Holly Sing Along"</div> <div>7:00 AE Art Class with Carolyn [AR]</div> <div>26</div>	<div>9:30 PE Morning Exercise [AR]</div> <div>11:00 SS Take Time for Gratitude [AR]</div> <div>1:30 Bus Driver's Choice Scenic Drive</div> <div>3:30 Resident Led Card Games [AR]</div> <div>6:30 Entertainment in Front Lobby "Mixed Nuts"</div> <div>27</div>	<div>9:00 Coffee and Crosswords [FL]</div> <div>10:00 Saturday Morning Paper</div> <div>1:30 Bridge Club</div> <div>1:30 LL Resident Led Card Games [AR]</div> <div>3:30 CE Documentary Matinee [AR]</div> <div>6:30 Saturday Movie</div> <div>28</div>
<div>10:30 SS Catholic Communion</div> <div>11:30 SS LDS Services [AR]</div> <div>2:00 AE Knitting/ Crochet Club [FL]</div> <div>2:30 Root Beer Floats</div> <div>3:00 Puzzle Club [LIB]</div> <div>6:30 Sunday Games (Resident Led) [AR]</div> <div>29</div>	<div>9:00 Errands with Pete 9-10:30 (Bank, Library, and Post Office, Cottonwood Heights Only)</div> <div>9:30 PE Morning Exercise [AR]</div> <div>12:00 Out to the Movies "Little Women"</div> <div>1:30 LL Let's Play BINGO!</div> <div>3:30 Food Forum [AR]</div> <div>6:30 Family Home Evening</div> <div>30</div>	<div>New Year's Eve</div> <div>9:30 PE Tai Chi [AR]</div> <div>10:30 Hand Massages [LIB]</div> <div>1:30 LL Card Game Club [AR]</div> <div>1:30 LL Hand and Foot Club [AR]</div> <div>3:30 LL New Years Celebration</div> <div>6:30 Movie Night "The Wedding Planner"</div> <div>31</div>	<div><div><div><div></div><div>The</div><div>Wentworth</div><div>at Coventry</div><div>Senior Living</div></div></div><div>6898 South 2300 East Cottonwood Heights, UT 84121 8019435858</div></div>			<div><div>AE Artistic Expression</div><div>CC Community Connections</div><div>CE Continuing Education</div><div>LL Lifestyle & Leisure</div><div>PE Physical Engagement</div><div>SS Spiritual Support</div></div>