

# The Wentworth at Coventry

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 13th Jeanene S  
December 30th Carol S

The Birthday Social will be held December 5th at  
1:30



## 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!  
from everyone at the Wentworth at  
Coventry we wish you and your family a  
wonderful Christmas Season.

The Memory Support Christmas party will  
be held December 19th at 1:30. All are  
welcome to join.





December 2019  
Memory Support



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>9:30 <span>SS</span> Gussy UP and Positive Affirmations</div> <div>10:00 <span>SS</span> Bible Inspirations</div> <div>10:30 <span>SS</span> Catholic Communion</div> <div>10:30 <span>PE</span> Sunday Morning Stretches and Salutations</div> <div>1:30 <span>SS</span> LDS Sacrament</div> <div>2:30 Whiteboard Challenge</div> <div>3:30 Entertainment with "Scott Larabee"</div> <div>6:30 <span>SS</span> Before Bedtime Meditation</div> <div>1</div>	<div>9:30 <span>SS</span> Gussy UP and Positive Affirmations</div> <div>10:00 <span>PE</span> Morning Wake Up Movement</div> <div>10:30 <span>CE</span> Coffee Shop Talk</div> <div>1:00 <span>LL</span> Craft Time with Patti</div> <div>2:30 Balloon Volleyball</div> <div>3:00 This Day in History</div> <div>3:30 The Boss Says</div> <div>6:30 <span>LL</span> Before Bed Trivia</div> <div>2</div>	<div>9:30 <span>SS</span> Gussy UP and Positive Affirmations</div> <div>10:00 <span>PE</span> Morning Wake Up Movement</div> <div>10:30 <span>CE</span> Coffee Shop Talk</div> <div>1:30 Christmas Advent</div> <div>2:00 Christmas Decorating</div> <div>2:30 Whiteboard Challenge</div> <div>3:00 This Day in History</div> <div>3:30 Just Relax</div> <div>6:30 <span>PE</span> Evening Stretches</div> <div>3</div>	<div>9:30 <span>SS</span> Gussy UP and Positive Affirmations</div> <div>10:00 Morning Dance Party</div> <div>10:30 <span>CE</span> Coffee Shop Talk</div> <div>1:00 Book Lovers Club</div> <div>2:00 Entertainment with "John Green"</div> <div>3:00 This Day in History</div> <div>3:30 <span>CC</span> Scenic Drive</div> <div>6:30 Movie Night</div> <div>4</div>	<div>9:30 <span>SS</span> Gussy UP and Positive Affirmations</div> <div>10:00 <span>PE</span> Morning Wake Up Movement</div> <div>10:30 <span>CE</span> Coffee Shop Talk</div> <div>1:30 Birthday Social</div> <div>2:30 BINGO</div> <div>3:00 This Day in History</div> <div>3:30 <span>CC</span> Scenic Drive</div> <div>6:30 Pretty Hands and Pretty Music</div> <div>5</div>	<div>9:30 <span>SS</span> Gussy UP and Positive Affirmations</div> <div>10:00 Get your Brain Going!</div> <div>10:30 <span>PE</span> Sit &amp; Be Fit w/ Garrett</div> <div>1:00 Book Lovers Club</div> <div>2:30 <span>LL</span> Cheese Tasting Social</div> <div>3:00 This Day in History</div> <div>6:30 <span>LL</span> Before Bed Meditation</div> <div>6</div>	<div>9:30 <span>SS</span> Gussy UP and Positive Affirmations</div> <div>10:00 <span>PE</span> Morning Wake Up Movement</div> <div>10:30 <span>CE</span> Coffee Shop Talk</div> <div>1:00 Sing Along</div> <div>3:00 This Day in History</div> <div>3:30 Decades Dance</div> <div>4:00 <span>CC</span> James Warr At The Piano</div> <div>6:30 Bedtime Yoga</div> <div>7</div>
<div>9:30 <span>SS</span> Gussy UP and Positive Affirmations</div> <div>10:00 <span>SS</span> Bible Inspirations</div> <div>10:30 <span>SS</span> Catholic Communion</div> <div>10:30 <span>CE</span> Coffee Shop Talk</div> <div>10:30 <span>PE</span> Sunday Morning Stretches and Salutations</div> <div>1:30 <span>SS</span> LDS Sacrament</div> <div>2:30 Whiteboard Challenge</div> <div>3:00 This Day in History</div> <div>3:30 <span>PE</span> Family Sunday Afternoon</div> <div>4:00 Artist Corner</div> <div>6:30 <span>SS</span> Before Bedtime Meditation</div> <div>8</div>	<div>9:30 <span>SS</span> Gussy UP and Positive Affirmations</div> <div>10:00 <span>PE</span> Morning Wake Up Movement</div> <div>10:30 <span>CE</span> Coffee Shop Talk</div> <div>1:00 <span>LL</span> Craft Time with Patti</div> <div>2:30 Balloon Volleyball</div> <div>3:00 This Day in History</div> <div>3:30 The Boss Says</div> <div>6:30 <span>LL</span> Before Bed Trivia</div> <div>9</div>	<div>9:30 <span>SS</span> Gussy UP and Positive Affirmations</div> <div>10:00 <span>PE</span> Morning Wake Up Movement</div> <div>10:30 <span>CE</span> Coffee Shop Talk</div> <div>1:30 Arm Chair Travel</div> <div>2:30 Whiteboard Challenge</div> <div>3:00 This Day in History</div> <div>3:30 Just Relax</div> <div>6:30 <span>PE</span> Evening Stretches</div> <div>10</div>	<div>9:30 <span>SS</span> Gussy UP and Positive Affirmations</div> <div>10:00 Morning Dance Party</div> <div>10:30 <span>CE</span> Coffee Shop Talk</div> <div>1:00 Book Lovers Club</div> <div>2:30 Sing Along with Ken and Holly</div> <div>3:00 This Day in History</div> <div>3:30 <span>CC</span> Scenic Drive</div> <div>6:30 Movie Night</div> <div>11</div>	<div>9:30 <span>SS</span> Gussy UP and Positive Affirmations</div> <div>10:00 <span>PE</span> Morning Wake Up Movement</div> <div>10:30 <span>CE</span> Coffee Shop Talk</div> <div>1:30 Hangman</div> <div>2:00 Taste and Tell</div> <div>2:30 BINGO</div> <div>3:00 This Day in History</div> <div>3:30 <span>CC</span> Scenic Drive</div> <div>6:30 Pretty Hands and Pretty Music</div> <div>12</div>	<div>Happy Birthday Jeanene!</div> <div>9:30 <span>SS</span> Gussy UP and Positive Affirmations</div> <div>10:00 Get your Brain Going!</div> <div>10:30 <span>CE</span> Coffee Shop Talk</div> <div>10:30 <span>PE</span> Sit &amp; Be Fit w/ Garrett</div> <div>1:00 Book Lovers Club</div> <div>2:30 <span>LL</span> Cheese Tasting Social</div> <div>3:00 This Day in History</div> <div>3:30 Parachute Fun</div> <div>6:30 <span>LL</span> Before Bed Meditation</div> <div>13</div>	<div>9:30 <span>SS</span> Gussy UP and Positive Affirmations</div> <div>10:00 <span>PE</span> Morning Wake Up Movement</div> <div>10:30 <span>CE</span> Coffee Shop Talk</div> <div>1:00 Sing Along</div> <div>3:00 Lason Family Music</div> <div>3:30 Decades Dance</div> <div>4:00 <span>CC</span> James Warr At The Piano</div> <div>6:30 Bedtime Yoga</div> <div>14</div>
<div>9:30 <span>SS</span> Gussy UP and Positive Affirmations</div> <div>10:00 <span>SS</span> Bible Inspirations</div> <div>10:30 <span>SS</span> Catholic Communion</div> <div>10:30 <span>CE</span> Coffee Shop Talk</div> <div>10:30 <span>PE</span> Sunday Morning Stretches and Salutations</div> <div>1:30 <span>SS</span> LDS Sacrament</div> <div>2:30 Whiteboard Challenge</div> <div>3:00 This Day in History</div> <div>3:30 <span>PE</span> Family Sunday Afternoon</div> <div>4:00 Artist Corner</div> <div>6:30 <span>SS</span> Before Bedtime Meditation</div> <div>15</div>	<div>9:30 <span>SS</span> Gussy UP and Positive Affirmations</div> <div>10:00 <span>PE</span> Morning Wake Up Movement</div> <div>10:30 <span>CE</span> Coffee Shop Talk</div> <div>1:00 <span>LL</span> Craft Time with Patti</div> <div>2:30 Balloon Volleyball</div> <div>3:00 This Day in History</div> <div>3:30 Terry Lund Music Studio Recital</div> <div>6:30 <span>LL</span> Before Bed Trivia</div> <div>16</div>	<div>9:30 <span>SS</span> Gussy UP and Positive Affirmations</div> <div>10:00 <span>PE</span> Morning Wake Up Movement</div> <div>10:30 <span>CE</span> Coffee Shop Talk</div> <div>1:30 Arm Chair Travel</div> <div>2:30 Whiteboard Challenge</div> <div>3:00 This Day in History</div> <div>3:30 Just Relax</div> <div>6:30 <span>PE</span> Evening Stretches</div> <div>17</div>	<div>9:30 <span>SS</span> Gussy UP and Positive Affirmations</div> <div>10:00 Morning Dance Party</div> <div>10:30 <span>CE</span> Coffee Shop Talk</div> <div>1:00 Book Lovers Club</div> <div>2:30 Just for Laughs Mr. Bean</div> <div>3:00 This Day in History</div> <div>3:30 <span>CC</span> Scenic Drive</div> <div>6:30 Movie Night</div> <div>18</div>	<div>9:30 <span>SS</span> Gussy UP and Positive Affirmations</div> <div>10:00 <span>PE</span> Morning Wake Up Movement</div> <div>10:30 <span>CE</span> Coffee Shop Talk</div> <div>1:30 Christmas Party</div> <div>2:30 BINGO</div> <div>3:00 This Day in History</div> <div>3:30 <span>CC</span> Scenic Drive</div> <div>6:30 Pretty Hands and Pretty Music</div> <div>19</div>	<div>9:30 <span>SS</span> Gussy UP and Positive Affirmations</div> <div>10:00 Get your Brain Going!</div> <div>10:30 <span>CE</span> Coffee Shop Talk</div> <div>10:30 <span>PE</span> Sit &amp; Be Fit w/ Garrett</div> <div>1:00 Book Lovers Club</div> <div>2:30 <span>LL</span> Cheese Tasting Social</div> <div>3:00 This Day in History</div> <div>6:30 <span>LL</span> Before Bed Meditation</div> <div>20</div>	<div>9:30 <span>SS</span> Gussy UP and Positive Affirmations</div> <div>10:00 <span>PE</span> Morning Wake Up Movement</div> <div>10:30 <span>CE</span> Coffee Shop Talk</div> <div>1:00 Sing Along</div> <div>3:00 This Day in History</div> <div>3:30 Decades Dance</div> <div>4:00 <span>CC</span> James Warr At The Piano</div> <div>6:30 Bedtime Yoga</div> <div>21</div>
<div>9:30 <span>SS</span> Gussy UP and Positive Affirmations</div> <div>10:00 <span>SS</span> Bible Inspirations</div> <div>10:30 <span>SS</span> Catholic Communion</div> <div>10:30 <span>CE</span> Coffee Shop Talk</div> <div>10:30 <span>PE</span> Sunday Morning Stretches and Salutations</div> <div>1:30 <span>SS</span> LDS Sacrament</div> <div>2:30 Whiteboard Challenge</div> <div>3:00 This Day in History</div> <div>3:30 <span>PE</span> Family Sunday Afternoon</div> <div>4:00 Artist Corner</div> <div>6:30 <span>SS</span> Before Bedtime Meditation</div> <div>22</div>	<div>9:30 <span>SS</span> Gussy UP and Positive Affirmations</div> <div>10:00 <span>PE</span> Morning Wake Up Movement</div> <div>10:30 <span>CE</span> Coffee Shop Talk</div> <div>1:00 <span>LL</span> Craft Time with Patti</div> <div>2:30 Balloon Volleyball</div> <div>3:00 This Day in History</div> <div>3:30 The Boss Says</div> <div>6:30 <span>LL</span> Before Bed Trivia</div> <div>23</div>	<div>Christmas Eve</div> <div>9:30 <span>SS</span> Gussy UP and Positive Affirmations</div> <div>10:00 <span>PE</span> Morning Wake Up Movement</div> <div>10:30 <span>CE</span> Coffee Shop Talk</div> <div>1:30 Arm Chair Travel</div> <div>2:30 Whiteboard Challenge</div> <div>3:00 This Day in History</div> <div>3:30 Just Relax</div> <div>6:30 <span>PE</span> Evening Stretches</div> <div>24</div>	<div>Christmas Day</div> <div>9:30 <span>SS</span> Gussy UP and Positive Affirmations</div> <div>10:00 Morning Dance Party</div> <div>10:30 <span>CE</span> Coffee Shop Talk</div> <div>1:00 Book Lovers Club</div> <div>2:30 Just for Laughs: Carol Burnett</div> <div>3:00 This Day in History</div> <div>3:30 <span>CC</span> Scenic Drive</div> <div>6:30 Movie Night</div> <div>25</div>	<div>9:30 <span>SS</span> Gussy UP and Positive Affirmations</div> <div>10:00 <span>PE</span> Morning Wake Up Movement</div> <div>10:30 <span>CE</span> Coffee Shop Talk</div> <div>11:00 <span>CC</span> MS Support Group in AL TV Room</div> <div>1:30 Podiatrist</div> <div>2:30 BINGO</div> <div>3:00 This Day in History</div> <div>3:30 <span>CC</span> Scenic Drive</div> <div>6:30 Pretty Hands and Pretty Music</div> <div>26</div>	<div>9:30 <span>SS</span> Gussy UP and Positive Affirmations</div> <div>10:00 Get your Brain Going!</div> <div>10:30 <span>CE</span> Coffee Shop Talk</div> <div>10:30 <span>PE</span> Sit &amp; Be Fit w/ Garrett</div> <div>1:00 Book Lovers Club</div> <div>2:30 <span>LL</span> Cheese Tasting Social</div> <div>3:00 This Day in History</div> <div>6:30 <span>LL</span> Before Bed Meditation</div> <div>27</div>	<div>Happy Birthday Cal W!</div> <div>9:30 <span>SS</span> Gussy UP and Positive Affirmations</div> <div>10:00 <span>PE</span> Morning Wake Up Movement</div> <div>10:30 <span>CE</span> Coffee Shop Talk</div> <div>1:00 Sing Along</div> <div>3:00 This Day in History</div> <div>3:30 Decades Dance</div> <div>4:00 <span>CC</span> James Warr At The Piano</div> <div>6:30 Bedtime Yoga</div> <div>28</div>
<div>9:30 <span>SS</span> Gussy UP and Positive Affirmations</div> <div>10:00 <span>SS</span> Bible Inspirations</div> <div>10:30 <span>SS</span> Catholic Communion</div> <div>10:30 <span>CE</span> Coffee Shop Talk</div> <div>10:30 <span>PE</span> Sunday Morning Stretches and Salutations</div> <div>1:30 <span>SS</span> LDS Sacrament</div> <div>2:30 Whiteboard Challenge</div> <div>3:00 This Day in History</div> <div>3:30 <span>PE</span> Family Sunday Afternoon</div> <div>4:00 Artist Corner</div> <div>6:30 <span>SS</span> Before Bedtime Meditation</div> <div>29</div>	<div>Happy Birthday Carol S!</div> <div>9:30 <span>SS</span> Gussy UP and Positive Affirmations</div> <div>10:00 <span>PE</span> Morning Wake Up Movement</div> <div>10:30 <span>CE</span> Coffee Shop Talk</div> <div>1:00 <span>LL</span> Craft Time with Patti</div> <div>2:30 Balloon Volleyball</div> <div>3:00 This Day in History</div> <div>3:30 The Boss Says</div> <div>6:30 <span>LL</span> Before Bed Trivia</div> <div>30</div>	<div>New Year's Eve</div> <div>9:30 <span>SS</span> Gussy UP and Positive Affirmations</div> <div>10:00 <span>PE</span> Morning Wake Up Movement</div> <div>10:30 <span>CE</span> Coffee Shop Talk</div> <div>1:30 Arm Chair Travel</div> <div>2:30 Whiteboard Challenge</div> <div>3:00 This Day in History</div> <div>3:30 Just Relax</div> <div>6:30 <span>PE</span> Evening Stretches</div> <div>31</div>	<div><div><div><div></div></div><div>The</div><div>Wentworth</div><div>at Coventry</div><div>Senior Living</div></div><div>6898 South 2300 East Cottonwood Heights, UT 84121 8019435858</div><div><div><div><div><span>CC</span> Community Connections</div><div><span>CE</span> Continuing Education</div><div><span>LL</span> Lifestyle &amp; Leisure</div><div><span>PE</span> Physical Engagement</div><div><span>SS</span> Spiritual Support</div></div><div>Healthy Snacks &amp; Hydration offered throughout each day!</div></div></div></div>			