

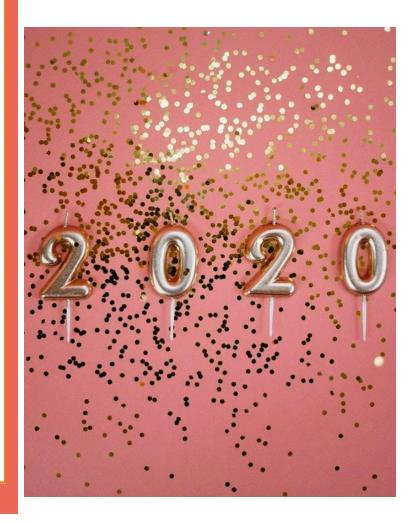
The Power of the Resolution

It's the beginning of the new year and perhaps the perfect time for a clean slate, a fresh start, a new goal. New Year's resolutions have a lousy reputation. Maybe that's because, according to the Business Insider, up to 80% of people fail to keep their resolutions longer than six weeks. This begs the question, why bother to resolve at all? While not everyone succeeds at resolutions, sometimes the simple act of reflection and goal setting can bring self-awareness and focus on our habits and wellness. Perhaps this year, when you sit down to make your list of resolutions, instead of focusing on what you don't do, should do, or could do differently, you could focus on your strengths. Please stick with me here. I know you may be thinking if I am focusing on my strength, how is that a resolution? Let me tell you.

Resolve to be your best you. What if you were determined to use your strengths to help your neighbor, your community, or a friend? Wouldn't it feel good to resolve to be better at what you are already good at? So, this year when you sit down to make your list, forget about all the things you want to change or don't do well and instead focus on the positive and resolve to use your natural gifts in powerful ways.

Resident Birthday's Suzanne R January 21st Del S January 30th Jerry Search January 15th

Our Birthday Social will be held on January 20th at 2:30. All are welcome to join!





January 2020

The Wentworth at Coventry

6898 South 2300 East Cottonwood Heights, UT 84121

10 Positive Affirmations to Boost Your Happiness



Positive affirmations are phrases or mantras that you say to yourself to encourage, affirm, or promote self-love and personal progress.

Even if you don't feel like all of the affirmations are true today, by repeating them over and over the positive thoughts penetrate your subconscious and impact how you see yourself and how you feel. We are starting you off with 10 simple phrases you can use today to start feeling the effects of positive thinking.

- 1. I am worthy.
- 2. I am cared for.
- 3. I belong.
- 4. I have unique talents.
- 5. I am strong in mind and body.
- 6. Everything will work out.
- 7. I am courageous.
- 8. I am a great friend.
- 9. I am confident.
- 10. I am happy.

Memory Support Family Night!
5:00pm January 29th 2020
We will be making grab and go boxes for your loved ones down in Memory
Support. If you would like to donate items that would be much appreciated. These are boxes that we will use for 1 on 1 activities, so if you know of something that will make your loved one excited or help them reminisce please bring those items. Please no personal items because these boxes will be given to all residents and we don't want anything sentimental to be lost or broken. Please ask if you have any questions. -Amy and Brock



January 2020 Memory Support						created sight with
Sunday Wentworth at Coventry Senior Living	Monday 6898 South 2300 East Cottonwood Heights, UT 84121 8019435858	CC Community Connections CE Continuing Education LL Lifestyle & Leisure PE Physical Engagement SS Spiritual Support	New Year's Day 9:30 SS Gussy UP and Positive Affirmations 10:00 Morning Dance Party 10:30 SE Coffee Shop Talk 1:00 PE Balloon Toss with Patti 2:30 Snacks and Trivia 3:00 Hand Massages 3:30 CC Scenic Drive 6:30 Movie Night	9:30 SS Gussy UP and Positive Affirmations 10:00 PE Morning Wake Up Movement 10:30 GE Coffee Shop Talk 1:30 Hangman 2:30 BINGO 3:00 Hand Massages 3:30 CC Scenic Drive 6:30 Pretty Hands and Pretty Music	9:30 SS Gussy UP and Positive Affirmations 10:00 Get your Brain Going! 10:30 E Coffee Shop Talk 10:30 E Sit & Be Fit w/ Garrett 1:00 Entertainment with Accordions Alive 2:30 L Cheese Tasting Social 3:00 Hand Massages 3:30 Be Artistic 6:30 Before Bed Meditation	9:30 SS Gussy UP and Positive Affirmations 10:00 PE Morning Wake Up Movement 10:30 GE Coffee Shop Talk 1:00 Sing Along 3:00 Hand Massages 3:30 Decades Dance 4:00 CC James Warr At The Piano 6:30 Bedtime Yoga
9:30 SS Gussy UP and Positive Affirmations 10:00 SS Bible Inspirations 10:30 SS Catholic Communion 10:30 SE Coffee Shop Talk 10:30 SE Sunday Morning Stretches and Salutations 1:30 SS LDS Sacrament 2:30 Whiteboard Challenge 3:00 Hand Massages 3:30 SE Family Sunday Afternoon 4:00 Artist Corner 6:30 SS Before Bedtime Meditation	9:30 SS Gussy UP and Positive Affirmations 10:00 PE Morning Wake Up Movement 10:30 GE Coffee Shop Talk 1:00 Sing along with Patti 2:30 Balloon Volleyball 3:00 Hand Massages 3:30 The Boss Says 6:30 SS Gussy UP and Movement 10:40 February 6:40 February	9:30 SS Gussy UP and Positive Affirmations 10:00 PE Morning Wake Up Movement 10:30 CE Coffee Shop Talk 1:30 Arm Chair Travel 2:30 Entertainment with "Jenny Turner" 3:00 Word Games with Amy 3:30 Just Relax 6:30 PE Evening Stretches	9:30 SS Gussy UP and Positive Affirmations 10:00 Morning Dance Party 10:30 E Coffee Shop Talk 1:00 E Balloon Toss with Patti 2:30 Snacks and Trivia 3:00 Hand Massages 3:30 C Scenic Drive 6:30 Movie Night	9:30 SS Gussy UP and Positive Affirmations 10:00 PE Morning Wake Up Movement 10:30 GE Coffee Shop Talk 1:30 Hangman 2:30 Entertainment with "Holly and Ken" 3:00 Hand Massages 3:30 GC Scenic Drive 6:30 Pretty Hands and Pretty Music	9:30 SS Gussy UP and Positive Affirmations 10:00 Get your Brain Going! 10:30 E Coffee Shop Talk 10:30 E Sit & Be Fit w/ Garrett 1:30 E Short Stories 2:30 L Cheese Tasting Social 3:00 Hand Massages 3:30 Be Artistic 6:30 Before Bed Meditation	9:30 SS Gussy UP and Positive Affirmations 10:00 PE Morning Wake Up Movement 10:30 CE Coffee Shop Talk 1:00 Sing Along 3:00 Hand Massages 3:30 Decades Dance 4:00 CC James Warr At The Piano 6:30 Bedtime Yoga
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9:30 SS Gussy UP and Positive Affirmations 10:00 SS Bible Inspirations 10:30 SS Catholic Communion 10:30 SE Coffee Shop Talk 10:30 SE Sunday Morning Stretches and Salutations 1:30 SS LDS Sacrament 2:30 Whiteboard Challenge 3:00 Hand Massages 3:30 SE Family Sunday Afternoon 4:00 Artist Corner 6:30 SS Before Bedtime Meditation	9:30 SS Gussy UP and Positive Affirmations 10:00 PE Morning Wake Up Movement 10:30 Coffee Shop Talk 1:00 Sing along with Patti 2:30 Birthday Social 3:00 Hand Massages 3:30 The Boss Says 6:30 Before Bed Trivia	Happy Birthday Suzanne R! 9:30 SS Gussy UP and Positive Affirmations 10:00 PE Morning Wake Up Movement 10:30 CE Coffee Shop Talk 1:30 Arm Chair Travel 2:30 Whiteboard Challenge 3:00 Word Games with Amy 3:30 Just Relax 6:30 PE Evening Stretches	Happy Birthday Jerry S! 9:30 SS Gussy UP and Positive Affirmations 10:00 Morning Dance Party 10:30 Entertainment with "The Drum Bus" 1:00 PE Balloon Toss with Patti 2:30 Snacks and Trivia 3:00 Hand Massages 3:30 Scenic Drive 6:30 Movie Night		Affirmations	9:30 SS Gussy UP and Positive Affirmations 10:00 PE Morning Wake Up Movement 10:30 GE Coffee Shop Talk 1:00 Sing Along 3:00 Hand Massages 3:30 Decades Dance 4:00 CC James Warr At The Piano 6:30 Bedtime Yoga
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