



# LEGACY HOUSE

*Bountiful*

79 E Center St. • Bountiful, UT 84010 • (801) 294-2925

### Legacy House Administration

Colton Balmforth ..... Executive Director  
 Brad Diamond ..... Assistant Administrator  
 Deanna Seager ..... Marketing Director  
 Vicki Scholz ..... Activity Director  
 Jerry Wise ..... Maintenance Director  
 Nick Dalton ..... Housekeeping Director  
 Calley Robinson ..... Admin. Assistant  
 Shelly Robinson ..... Food Services Director  
 Jessica Kunz ..... Resident Care Coord.  
 Jessica Kunz ..... Registered Nurse  
 Katy Nelson ..... Community Relations Dir  
 Mishon Wall ..... Asst. Resident Care

### Inspiring Oaks

It's never too late to accomplish something—just ask an oak tree! Oaks begin producing acorns when they are 20 to 30 years old, but the peak age for most species is between 50 and 80.



### Remember When: Clotheslines

Before many homes had clothes dryers, laundry often dried in the breeze on backyard clotheslines. After garments were washed, they were hauled in baskets to the line and hung with wooden clothespins to dry. Fresh air and sunshine created a distinctive scent that lingered on the clothes long after they were taken down. Clotheslines were also meeting spots for neighborhood women to chat, give advice and share news.

## September 2017

### Autumn Is Approaching

Summer comes to a close on Sept. 22, when fall arrives. As the days gradually get shorter and cooler, a variety of trees will begin to prepare for winter, indicated by their leaves changing to brilliant colors of red, orange and yellow before dropping to the ground. Ash, birch and maple trees are often among those that will lose their leaves first.



### Sweet Skin Care

It's a sweet addition to tea or a topping for toast, but honey also has beauty benefits. Honey has anti-inflammatory, cleansing and moisturizing properties, so many skin products use it as a prime ingredient.

### Growing Up With 'Gasoline Alley'

During Healthy Aging Month in September, find inspiration in the funny pages by reading "Gasoline Alley," created by Frank King in 1918. The long-running comic strip was the first to have characters age in real time, and the strip's original central figure, Walt Wallet, is still going strong at over 115 years old!

**Squirrely Behavior**

Scientists say squirrels go on the offensive as they hoard nuts in late summer and early fall. If a squirrel thinks it's being watched—by another squirrel, a predator or a human—it will hide the nut in its cheek and pretend to bury it, sometimes more than once, to protect its stash from would-be thieves.

**Talented Trio**

Baseball fans may be familiar with one of the most famous double-play combinations in MLB history: Tinker to Evers to Chance. The Chicago Cubs trio—shortstop Joe Tinker, second baseman Johnny Evers and first baseman Frank Chance—turned their first double play on Sept. 15, 1902, and joined forces on the field over the next 10 years. The Hall of Famers were immortalized in columnist Franklin Pierce Adams' poem "Baseball's Sad Lexicon."

**Sky Watch: Full Harvest Moon**

The biggest and brightest full moon of the year for North America is the Harvest Moon. This moon is nearest the autumnal equinox, and was named because it allowed farmers to work by moonlight to bring in their crops.

Sunday	Monday	Tuesday
<b>SEPTEMBER</b>	<p><b>Legacy House of Bountiful</b>                      79 East Center Street                      Bountiful, UT 84010                      (801) 294-2925</p>	<p><b>Employee Birthdays</b>                      Kaitlyn Crystal 9/3                      Melanie F 9/8                      Robert K 9/8                      Tazia H 9/27</p>
<p><b>3</b></p> <p>9:30 Music and the Spoken Word                      10:00 LDS Sacrament Meeting                      1:30 Movie                      3:30 Music and the Spoken Word Channel 35*</p>	<p><b>4</b></p> <p><b>Labor Day</b></p> <p>9:15 Exercise                      10:00 Bingo</p> <p><b>Enjoy the Rest of Your Holiday</b></p>	<p><b>5</b></p> <p>9:00-3:00 Transportation to Your Dr. Appointments                      9:15 Exercise                      10:00 Bingo                      1:30 Sing Along With Jeannie and Pat                      3:00 Employee in Service - Ongoing Training                      6:00 Movie</p>
<p><b>10</b></p> <p>9:30 Music and the Spoken Word                      10:00 LDS Sacrament Meeting                      1:00 Music With Glen G Choir                      1:30 Movie                      3:30 Music and the Spoken Word Channel 35*</p>	<p><b>11</b></p> <p><b>Shirley C Birthday</b>                      9:15 Exercise                      10:00 Bingo                      1:00 Ye Old Time Combo                      3:00 Gospel Doctrine Study Group                      5:00 Jay Christensen - Guitar                      6:00 Mixed Nuts</p>	<p><b>12</b></p> <p>9:00-3:00 Transportation to Your Dr. Appointments                      9:15 Exercise                      10:00 Resident Council                      1:00 Enjoy the Fun Competition Between the Managers                      1:45 Bingo                      2:45 Table Games                      6:00 Movie</p>
<p><b>17</b></p> <p><b>Florine B Birthday</b>                      9:30 Music and the Spoken Word                      10:00 Stake Conference                      1:30 Movie                      3:30 Music and the Spoken Word Channel 35*                      shelley Activity Good News and Goodies</p>	<p><b>18</b></p> <p>9:15 Exercise                      10:00 Bingo                      1:30 Terry Spencer Guitar and Piano                      3:00 Gospel Doctrine Study Group</p>	<p><b>19</b></p> <p><b>Ruth M Birthday</b>                      9:00-3:00 Transportation to Your Dr. Appointments                      9:15 Exercise                      10:00 Bingo                      11:45 Steve Y Plays Piano                      1:30 Sing Along With Jeannie and Pat                      2:30 Play the Wii                      6:00 Movie</p>
<p><b>24</b></p> <p>9:30 Music and the Spoken Word                      10:00 LDS Sacrament Meeting                      1:30 Movie                      3:30 Music and the Spoken Word Channel 35*                      6:00 Powell Family Music Program                      Milk And Cookies Following</p>	<p><b>25</b></p> <p>9:15 Exercise                      10:00 Bingo                      1:30 JoAnne Elmer - Piano                      3:00 Gospel Doctrine Study Group                      5:00 Jay Christensen - Guitar                      6:00 Resident Family Gathering</p>	<p><b>26</b></p> <p>9:00-3:00 Transportation to Dr. Appointments                      9:15 Exercise                      10:00 Bingo                      11:00 Cash Out                      1:00-3:00 Flu Shot Clinic - Activity Room Will Be Used for This                      6:00 Movie</p>

Wednesday	Thursday	Friday	Saturday
		<p>1</p> <p>9:00-12:00 Transportation to Your Dr. Appointments 9:15 Exercise 9:45 Out to Farmington Station for Some Sunshine Therapy 9:45 DVD 1:30 Bingo 6:00 Movie</p>	<p>2</p> <p>9:15 Exercise 10:00 Christian Worship With Gil L 10:00 Trivia in the Front Room 10:00 Make a Word Game 1:00 Bean Bag Toss in the Front Room 1:30 Skunk Dice Game In the Front Room</p>
<p>6</p> <p>9:15 Exercise 10:30 Relief Society And Priesthood 1:30 Bob Shorten - Piano and Singer 2:30 Play the Wii 6:00 Movie Night</p>	<p>7</p> <p>9:15 Exercise 10:00 Errand Running Smiths 10:00 New Testament Class 12:45 Manicures 1:00-4:00 Dr. Appointments 2:00 Jim Jensen-Accordion 3:00 Fresh Fruit</p>	<p>8</p> <p><b>No Morning Dr Transport</b> 9:15 Exercise 9:45 Out to Brigham City Fruit Farm 9:45 Funny DVD 1:00 Gigantic Bubbles on the Front Lawn - Amazing! 2:00 Bingo 6:00 Movie</p>	<p>9</p> <p>9:15 Exercise 10:00 Interfaith Service With Dave 10:00 Talk About Famous People in the Front Room 1:00 Concentration 1:30 Golf Card Game</p>
<p>13</p> <p>9:15 Exercise 10:30 Relief Society And Priesthood 1:00 Balance Clinic With Nate 2:00-4:00 Podiatrist 2:00 Barbara B Shares Humor 2:30 Balloon Volleyball 6:00 Movie Night</p>	<p>14</p> <p><b>Jerry S Birthday</b> 9:15 Exercise 10:00 Errand Running - Walmart 10:00 New Testament Class 12:45 Manicures 1:00-4:00 Dr. Appointments 2:00 DUP (Daughters of Utah Pioneers) 2:00 Walk the Block</p>	<p>15</p> <p><b>Don W Birthday</b> <b>Nathan B Birthday</b> 9:00-12:00 Transportation to Your Dr. Appointments 9:15 Exercise 9:45 Out to the Dollar Store 11:15 Golden Years Band 1:30 Bingo 3:00 Memorial With Aspire - Remembering Our Loved Ones 6:00 Movie</p>	<p>16</p> <p>9:15 Exercise 10:00 It Happened in September in the Front Room 10:30 Family Feud in the Front Room 1:00 Phase 10 Card Game 2:00 Word Searches Stake Conference Time to Be Determined - About 6:00</p>
<p>20</p> <p>9:15 Exercise 10:30 Relief Society And Priesthood 1:30 Decibells Sing - You Won't Want to Miss This! 3:00 Getting to Know Our New Residents 6:00 Movie Night</p>	<p>21</p> <p><b>NO DR APPOINTMENTS TODAY</b> 9:00 Bountiful Temple 9:15 Exercise 10:00 New Testament Class 2:00 Jim Jensen-Accordion 5:30 Luau Food and Entertainment</p>	<p>22</p> <p><b>Fall Begins</b> 9:00-12:00 Transportation to Your Dr. Appointments 9:15 Exercise 10:00 Errand Running - Smith's 12:45 Manicures 2:00 Bingo 6:00 Movie</p>	<p>23</p> <p>9:15 Exercise 10:00 Interfaith Service With Dave M 10:00 Crossword Puzzle in the Front Room 10:30 Mad Lib Game In the Front Room 1:00 Skip Bo Card Game 1:45 Domino Game</p>
<p>27</p> <p>9:15 Exercise 10:30 Relief Society And Priesthood 1:00 Balance Clinic 2:00-4:00 Podiatrist 2:00 Resident Reminisce 2:30 Birthday Cake 6:00 Movie Night</p>	<p>28</p> <p>9:15 Exercise 10-2 Activity Room Being Used by the Marketing Team 10:00 New Testament In the Living Room 10:45 Out for a Picnic 1:00-4:00 Transportation to Your Dr. Appointments 2:45 DVD Comedy Variety the Milton Berle Show</p>	<p>29</p> <p>9:00-12:00 Transportation to Your Dr. Appointments 9:15 Exercise 10:00 Manicures 1:30 Bingo 2:30 Rick Steves Shares a Country Visit 6:00 Movie</p>	<p>30</p> <p>9:15 Exercise 10:00 Word Game 10:30 Wheel of Fortune 1:00 Yatzee Dice Game 1:45 Uno Card Game</p>

# September 2017



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|----------|------------|
| Apple    | Harvest    |
| Autumn   | Labor Day  |
| Books    | Lake       |
| Camp     | Leaves     |
| Country  | Reflection |
| Earth    | September  |
| Fall     | Tree       |
| Football | Wind       |

R	D	L	P	X	V	G	H	I	H	A	V	U	W	S
E	E	M	F	L	D	A	P	T	V	T	U	A	Z	P
B	U	F	P	A	U	L	L	S	R	Z	B	J	O	U
M	P	H	L	K	L	B	O	E	J	A	A	R	D	U
E	K	C	C	E	J	L	E	V	K	X	E	D	I	Z
T	G	W	A	N	C	J	L	R	N	R	L	O	X	K
P	Q	V	N	M	U	T	U	A	J	A	S	I	Y	J
E	E	E	S	Z	P	I	I	H	B	G	Y	B	B	W
S	D	L	F	T	U	O	W	O	Q	T	Q	O	E	L
T	A	Q	P	D	T	Y	R	T	N	U	O	C	J	F
H	J	B	W	P	A	D	S	P	V	K	Q	O	B	Z
I	Q	N	S	G	A	N	F	O	S	V	K	B	F	M
O	X	H	V	Y	Y	I	V	X	E	S	K	X	Z	E
S	N	O	J	N	M	W	Y	B	G	W	T	K	T	H

We had an activity where the residents wrote their own poem. Written by the "senior" class of 2017

Legacy House of Bountiful is a great place to grow old  
 by many people we have been told.  
 The activities are great and we always have fun  
 They had to bring me here, and not with a gun!  
 From bingo to fishing to volleyball too  
 we heard we'd have fun and now we know that's it's true.  
 Since moving in we've made lots of pals  
 some older, some younger, some guys and some gals.  
 All of us came here from different places  
 some with sad and some with glad faces.  
 Some from mountains, deserts and valleys a plenty  
 The one thing in common is we are loved by many.  
 We love our breakfast, lunch and dinner  
 because it's so good we're not getting thinner.  
 Exercise class starts our day with a sweat  
 so ice cream for dessert is what I get!  
 We invite you to visit and brighten our day  
 once you are here you'll want to stay.