



# 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



## New Year, New Challenge

When it comes to a better brain boost, it's best to get out of your comfort zone, say doctors. That may mean learning to speak a new language or play a musical instrument, or taking on another activity that's new to you. Doing something challenging that requires being mentally and socially engaged and uses a high level of cognitive processes helps maintain the connections between brain cells. Researchers say pursuits that require continuous challenges showed the biggest benefits.

## January 2018



## Marshmallows by the Millions

Dean Martin sang, "It's a marshmallow world in the winter" back in 1966, but this sweet and fluffy confection can be spotted year-round. Whether as a topping for hot cocoa, sandwiched in a s'more, or a gooey ingredient in a variety of treats, more than 90 million pounds of marshmallows are consumed each year in the U.S.

## Warm Up With Layers

Instead of one thick sweater, wear layers of clothing to keep away the chill of cold weather. Multiple layers act as insulation by trapping warm air, keeping you cozier.

## The King of Stamps

As the King, Elvis Presley not only put his stamp on rock 'n' roll, but also on U.S. Postal Service history. On Jan. 8, 1993, the USPS released a 29-cent stamp featuring an image of the young Presley, and it remains the top-selling commemorative U.S. postage stamp to date.

# January 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																		
<p><b>79 East Center Street</b> <b>Bountiful, UT 84010</b> <b>(801) 294-2925</b></p>	<p><b>Happy New Year's Day!</b> 1 <b>Barbara K birthday</b> <b>Then sing, young hearts that are full of cheer,</b> <b>With never a thought of sorrow;</b> <b>The old goes out, but the glad young year</b> <b>Comes merrily in tomorrow.</b></p>	<p>2 <b>9:00-3:00</b> Transportation to your dr. appointments <b>10:00</b> Bingo <b>1:00</b> Flower arranging class with Haley on the 2nd floor <b>1:30</b> Sing-a-long with Jeannie and Pat <b>3:00</b> Employee In-service <b>6:00</b> Movie</p>	<p>3 <b>Marion M birthday</b> <b>9:15</b> Exercise <b>10:30</b> Relief Society and Priesthood <b>1:30</b> Bob Shorten - piano <b>2:00-4:00</b> Podiatrist <b>2:30</b> Meet our new residents</p>	<p>4 <b>9:15</b> Exercise <b>10:00</b> Nondenominational new testament class <b>10:00</b> Errand running to Smiths <b>1:00-4:00</b> Transportation to your dr. appointments <b>1:00</b> Manicures <b>2:30</b> Bingo <b>6:00</b> Movie</p>	<p>5 <b>9:00-12:00</b> Transportation to your dr. appointments <b>9:15</b> Exercise <b>10:00</b> Bingo <b>11:00</b> Out to Robintinos for lunch <b>1:30</b> Balloon volleyball <b>2:30</b> How many words can you find? <b>6:00</b> Movie</p>	<p>6 <b>9:15</b> Exercise <b>10:00</b> Christian worship with Gil <b>10:00</b> Talk about famous people in the front room <b>1:00</b> Concentration <b>1:30</b> Skunk dice game</p>																		
<p>7 <b>9:30</b> Music and the spoken word <b>10:00</b> LDS Sacrament meeting <b>1:30</b> Movie <b>3:30</b> Music and the spoken word</p>	<p>8 <b>9:15</b> Exercise <b>10:00</b> Bingo <b>1:00</b> Old time combo <b>3:00</b> Gospel doctrine study <b>6:00</b> Mixed Nuts perform</p>	<p>9 <b>Beverly H birthday</b> <b>Glen G birthday</b> <b>Nina T birthday</b> <b>9:00-3:00</b> Transportation to your dr. appointments <b>9:15</b> Exercise <b>10:00</b> Resident Council <b>1:30</b> Bingo <b>2:30</b> Do you know that sense? <b>6:00</b> Movie</p>	<p>10 <b>Gloria G birthday</b> <b>9:15</b> Exercise <b>10:30</b> Relief Society and Priesthood <b>1:30</b> Balloon volleyball <b>2:30</b> Table games <b>6:00</b> Talent show with Foxhill ward</p>	<p>11 <b>9:15</b> Exercise <b>10:00</b> Nondenominational new testament class <b>10:00</b> Errand running to Smiths <b>1:00-4:00</b> Transportation to your dr. appointments <b>1:00</b> Flower arranging class with Haley on the 2nd floor <b>2:00</b> DUP (daughters of the Utah Pioneers) <b>2:00</b> Activity in the front room <b>6:00</b> Movie</p>	<p>12 <b>9:00-12:00</b> Transportation to your dr. appointments <b>9:15</b> Exercise <b>10:00</b> Craft - snowflake pillow <b>12:45</b> Manicures <b>1:45</b> Soothing music and shoulder massage <b>6:00</b> Movie</p>	<p>13 <b>9:15</b> Exercise <b>10:00</b> Interfaith service with Dave <b>10:00</b> Wheel of fortune <b>10:30</b> Trivia talk <b>1:00</b> Word game <b>1:30</b> Uno card game</p>																		
<p>14 <b>9:30</b> Music and the spoken word <b>10:00</b> LDS Sacrament meeting <b>1:30</b> Movie <b>3:30</b> Music and the spoken word</p>	<p><b>Martin Luther King Jr. Day</b> 15 <b>9:15</b> Exercise <b>10:00</b> Bingo <b>1:30</b> Snowflake bocci ball <b>3:00</b> Gospel doctrine class <b>5:00</b> Jay Christensen - guitar</p>	<p>16 <b>9:00-3:00</b> Transportation to your dr. appointments <b>9:15</b> Exercise <b>10:00</b> Bingo <b>11:45</b> Steve Yancy - piano <b>1:30</b> Sing a long with Jeannie and Pat <b>2:30</b> Facts and fun learning about News Year's Day <b>6:00</b> Movie</p>	<p>17 <b>Jacob F birthday</b> <b>9:15</b> Exercise <b>10:30</b> Relief Society and Priesthood <b>1:30</b> Terry Spencer - music <b>2:30</b> Play the wii <b>3:30</b> New employee orientation <b>2:00-4:00</b> Podiatrist</p>	<p>18 <b>9:00</b> Out to the Bountiful temple <b>9:15</b> Exercise <b>10:00</b> Nondenominational new testament class <b>1:00-4:00</b> Transportation to your dr. appointments <b>2:00</b> Jim Jensen - accordion <b>3:00</b> Hot chocolate bar <b>6:00</b> Movie</p>	<p>19 <b>Sharon G birthday</b> <b>9:00-12:00</b> Transportation to your dr. appointments <b>9:15</b> Exercise <b>10:00</b> Errand running to Smiths <b>11:15</b> Golden years band <b>1:00</b> Manicures <b>2:00</b> Talk about Martin Luther King Jr. and his dream -- <b>6:00</b> Movie</p>	<p>20 <b>9:15</b> Exercise <b>10:00</b> Christian worship with Gil <b>10:00</b> Crossword puzzle <b>10:30</b> Spelling bee <b>1:00</b> Phase 10 card game <b>2:00</b> Word searches</p>																		
<p>21 <b>9:30</b> Music and the spoken word <b>10:00</b> LDS Sacrament meeting <b>1:30</b> Movie <b>3:30</b> Music and the spoken word</p>	<p>22 <b>9:15</b> Exercise <b>10:00</b> Bingo <b>1:30</b> JoAnne Elmer - piano <b>3:00</b> Gospel doctrine class <b>6:00</b> Resident and family gathering with the branch</p>	<p>23 <b>9:00-3:00</b> Transportation to your dr. appointments <b>9:15</b> Exercise <b>10:00</b> Bingo <b>1:30</b> Cooking corner <b>2:30</b> Game time <b>6:00</b> Movie</p>	<p>24 <b>9:15</b> Exercise <b>10:30</b> Relief Society and Priesthood <b>1:30</b> Target practice - how good is your aim? <b>2:30</b> Poetry hour - bring some of your favorites</p>	<p>25 <b>9:15</b> Exercise <b>10:00</b> Nondenominational new testament class <b>10:00</b> Errand running to Smiths <b>1:00-4:00</b> Transportation to your dr. appointments <b>1:30</b> Let's make snowflakes <b>2:30</b> Balloon volleyball <b>6:00</b> Movie</p>	<p>26 <b>9:00-12:00</b> Transportation to your dr. appointments <b>9:15</b> Exercise <b>10:00</b> Bingo <b>1:00</b> Manicures <b>2:30</b> Linda Davidson sings <b>6:00</b> Movie</p>	<p>27 <b>Marian P birthday</b> <b>9:15</b> Exercise <b>10:00</b> Interfaith service with Dave <b>10:00</b> Family feud <b>10:00</b> Word game <b>1:00</b> Snowman beanbag toss <b>1:30</b> Yahtzee Dice game</p>																		
<p>28 <b>9:30</b> Music and the spoken word <b>10:00</b> LDS Sacrament meeting <b>1:30</b> Movie <b>3:30</b> Music and the spoken word</p>	<p>29 <b>9:15</b> Exercise <b>10:00</b> Bingo <b>1:00</b> Legacy Learning about Switzerland <b>3:00</b> Gospel doctrine class <b>5:00</b> Jay Christensen - guitar</p>	<p>30 <b>Wayne G birthday</b> <b>9:00-3:00</b> Transportation to your dr. appointments <b>9:15</b> Exercise <b>10:00</b> Bingo <b>11:00</b> Cash out <b>1:30</b> Write a poem <b>2:30</b> Play the wii <b>6:00</b> Movie</p>	<p>31 <b>9:15</b> Exercise <b>10:30</b> Relief Society and Priesthood <b>1:30</b> Resident reminisce - listen to our residents that have a birthday this month tell a little about their lives <b>2:00-4:00</b> Podiatrist <b>2:30</b> Birthday cake</p>			<p><b>Employee Birthdays</b></p> <table border="0"> <tr><td>Melanie C</td><td>1/8</td></tr> <tr><td>Josette W</td><td>1/13</td></tr> <tr><td>Lexi M</td><td>1/15</td></tr> <tr><td>Bridget Mc</td><td>1/21</td></tr> <tr><td>Amanda J</td><td>1/22</td></tr> <tr><td>Victoria M</td><td>1/25</td></tr> <tr><td>Cameron B</td><td>1/26</td></tr> <tr><td>Jessica K</td><td>1/28</td></tr> <tr><td>Megan S</td><td>1/31</td></tr> </table>	Melanie C	1/8	Josette W	1/13	Lexi M	1/15	Bridget Mc	1/21	Amanda J	1/22	Victoria M	1/25	Cameron B	1/26	Jessica K	1/28	Megan S	1/31
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# January 2018

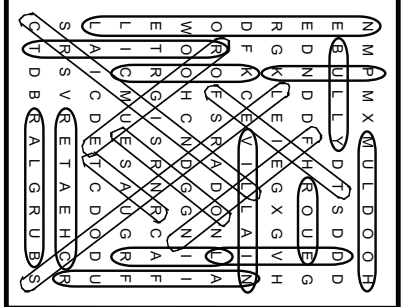
## Word Search

Category: Bad Guys

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

1. Villain \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_  
 4. \_\_\_\_\_  
 5. \_\_\_\_\_  
 6. \_\_\_\_\_  
 7. \_\_\_\_\_  
 8. \_\_\_\_\_  
 9. \_\_\_\_\_  
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 18. \_\_\_\_\_  
 19. \_\_\_\_\_  
 20. \_\_\_\_\_

- Word Search Solution:
- Bully
  - Burglar
  - Cheater
  - Criminal
  - Crook
  - Devil
  - Felon
  - Hoodlum
  - Liar
  - Never-do-well
  - Ogre
  - Punk
  - Rat
  - Rogue
  - Roué
  - Ruffian
  - Scoundrel
  - Thief
  - Traitor
  - Villain



## SUDOKU

Sudoku requires no arithmetic skills.

The object of the game is to fill all the blank squares with the correct numbers.

- Each row of 9 numbers must include all digits 1 through 9 in any order.
- Each column of 9 numbers must include all digits 1 through 9 in any order.
- Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

Solution

7	8	9	2	5	1	6	4	3
5	8	7	4	3	9	6	2	1
2	1	9	7	8	6	5	4	3
7	9	1	3	6	4	2	5	8
8	3	4	2	1	5	7	6	9
9	6	9	7	5	2	1	3	4
4	7	5	2	3	1	7	8	6
4	6	8	9	2	3	1	7	5
9	7	5	6	4	1	8	3	2
1	2	3	5	7	8	4	6	9

	2				8		9	
9			6		1			2
	6					1		5
		2		9		3		4
8					5			9
7		1		6				
2		9		8			4	
5			4		9			1
	4		1				8	