



LEGACY HOUSE

Bountiful

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

Legacy House Administration

Colton Balmforth Executive Director
Calley Robinson Assistant Administrator
Elizabeth Cox Marketing Director
Vicki Scholz Activity Director
Jerry Wise Maintenance Director
Charlee Teto Housekeeping Director
Riley Billings Admin. Assistant
Shelly Robinson Food Services Director
Jessica Kunz Resident Care Coord. & RN
Joni Paxton Registered Nurse
Josh Jackard Community Relations

Logic Problem

Beverly's ice cream cone has five scoops of ice cream, each one a different flavor: vanilla, strawberry, chocolate, blueberry and bubble gum. Using the clues below, can you determine the order of the flavors on her cone?

1. The bottom flavor has 10 letters.
2. Vanilla is touching both chocolate and blueberry.
3. Vanilla is somewhere below the chocolate scoop but above the bubble gum scoop.

Step Out Into Nature

Walking is a recommended form of exercise, but taking your steps outside can benefit your mind as well as your body. Researchers say that a walk in a park or other natural surroundings appears to affect the part of the brain that controls brooding. In a study of people who strolled in a green space, scans showed less activity in that brain region, and the walkers reported fewer negative thoughts and improved mental health.

July 2018

America's Favorite Flavors

Scooped in a dish, on a cone or in a sundae, ice cream is often a crowd-pleaser no matter how it's served or topped. According to a survey of ice cream retailers across the U.S., the top-selling flavors of this cool and creamy treat are vanilla, chocolate, cookies and cream, mint chocolate chip and chocolate chip cookie dough.



Honoring Korean War Veterans

July 27 is observed as National Korean War Veterans Armistice Day, to honor the brave men and women "who answered the call to defend a country they never knew and a people they never met." More than 5.7 million Americans served in the conflict from 1950 to 1953.

A Lot of Hot Dogs

Each year, people in America spend about \$7 billion on food and drinks for Fourth of July cookouts and picnics, according to the National Retail Federation.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|---|--|--|
| 1 9:30 Music and the Spoken word channel 68 10:00 LDS Sacrament meeting 1:30 Movie 3:30 Music and the spoken word channel 68 | 2 Mary L birthday 9:15 Exercise 10:00 Bingo 1:00 Old time combo 3:00 Gospel doctrine class 5:00 Jay Christensen - guitar | 3 9:00-3:00 Transportation to your dr. appointments 9:15 Exercise 10:00 Bingo 1:30 Sing a long with Jeannie and Pat 2:30 Nancy T. entertains 3:00 Play the wii 6:15 Movie | 4 4th of July 9:15 Exercise 10:00 Bingo 1:30 Movie 8:45 Fireworks and refreshments on the back parking lot. | 5 9:15 Exercise 10:00 Errand running to Smith's 10:00 Non denominational new testament class 1:00-4:00 Transportation to your dr. appointments 2:00 Jim Jensen - accordion 3:00 Red, white and blue sundaes | 6 9:00-12:00 Transportation to your dr. appointments 9:15 Exercise 10:00 Out to the dollar store 12:45 Manicures 2:00 Bingo 6:15 Movie | 7 9:15 Exercise 10:00 Bean bag toss 10:30 July word game 1:00 Balloon volleyball 2:00 Trivia talk |
| 8 Eleanor I birthday John W birthday 9:30 Music and the Spoken word channel 68 10:00 LDS Sacrament meeting 1:30 Movie 3:30 Music and the spoken word channel 68 | 9 9:15 Exercise 10:00 Bingo 1:30 Sunshine bocci ball with Shelley 3:00 Gospel doctrine class 6:00 Mixed Nuts perform | 10 Patricia S birthday 9:00-3:00 Transportation to your dr. appointments 9:15 Exercise 10:00 Resident Council 1:00 Bingo 2:30-5:00 Employee dementia training 6:15 Movie | 11 9:15 Exercise 10:30 Relief Society and Priesthood 12:00-1:30 Balance clinic with Nate with Aspire 2:00 Linda Davidson sings 3:15 Bingo 6:15 Movie | 12 9:15 Exercise 10:45 Out for a picnic to the canyon 10:00 Non denominational new testament class 1:00-4:00 Transportation to your dr. appointments 2:30 Manicures | 13 9:00-12:00 Transportation to your dr. appointments 9:15 Exercise 10:00 Errand running to Smith's 1:30 Art class - come and try some painting! 6:15 Movie | 14 9:15 Exercise 10:00 Interfaith church service 10:00 Talk about famous people in the front room 1:00 Concentration 1:30 Skunk dice game |
| 15 9:30 Music and the Spoken word channel 68 10:00 LDS Sacrament meeting 1:30 Movie 3:30 Music and the spoken word channel 68 6:00 Activity with Jill | 16 9:15 Exercise 10:00 Bingo 1:30 Pioneer game 3:00 Gospel doctrine class 5:00 Jay Christensen - guitar | 17 Bob N birthday 9:15 Exercise 10:00 Out to see the 24th of July floats at the Expo center 11:30 Steve Yancy - piano 1:00-3:00 Transportation to your dr. appointments 1:30 Sing a long with Jeannie and Pat 3:00 Employee Inservice - continual learning 6:15 Movie | 18 9:15 Exercise 10:30 Relief Society and Priesthood 1:30 Bob Shorten - pianist and singer 2:45 Bingo 2:00-4:00 Podiatrist 6:15 Movie | 19 9:00 Bountiful temple 9:15 Exercise 10:00 Non denominational new testament class 1:00-4:00 Transportation to your dr. appointments 2:00 Jim Jensen - accordion 3:00 Banana splits | 20 9:00-12:00 Transportation to your dr. appointments 9:15 Exercise 10:00 Errand running to Smith's 12:45 Manicures 2:00 Bingo 6:00 Bountiful handcart days parade 6:15 Movie | 21 9:15 Exercise 10:00 Pioneer stories - bring some of your short stories to tell too! 1:00 Balloon volleyball 2:00 Word searches |
| 22 9:30 Music and the Spoken word channel 68 10:00 LDS Sacrament meeting 1:30 Movie 3:30 Music and the spoken word channel 68 | 23 9:15 Exercise 10:00 Bingo 1:30 JoAnne Elmer - piano 3:00 Gospel doctrine class 6:00 Resident and family gathering | 24 9:00-3:00 Transportation to your dr. appointments 9:15 Exercise 10:00 Bingo 1:30 Ping pong - play or come and watch! 2:15 Table games 6:15 Movie | 25 9:15 Exercise 10:30 Relief Society and Priesthood 2:00 Play the wii 2:45 Word game 3:30 Flanders fiddlers 2:00-4:00 Podiatrist 6:15 Movie | 26 9:15 Exercise 10:00 Errand running to Smith's 10:00 Non denominational new testament class 1:00-4:00 Transportation to your dr. appointments 1:30 Terry Spencer - piano and guitar 2:30 Ice cream bars | 27 9:00-12:00 Transportation to your dr. appointments 9:15 Exercise 10:00 Bingo 1:00 Manicures 2:30 Table games 6:15 Movie | 28 Ruth W birthday 9:15 Exercise 10:00 Interfaith church service 10:00 Crossword puzzles 10:30 Wheel of fortune 1:00 Yahtzee 1:45 Uno card games |
| 29 9:30 Music and the Spoken word channel 68 10:00 LDS Sacrament meeting 1:30 Movie 3:30 Music and the spoken word channel 68 6:00 Activity with Amanda | 30 Kathleen P birthday Lois C birthday 9:15 Exercise 10:00 Bingo 1:00 Sinatra and snacks 3:00 Gospel doctrine class 5:00 Jay Christensen - guitar | 31 9:00-3:00 Transportation to your dr. appointments 9:15 Exercise 10:00 Bingo 11:00 Cash out 1:30 Resident reminisce 2:00 birthday cake following 6:15 Movie | Employee Birthdays Ellie J 7/14 Sadie C 7/18 Alex B 7/20 Rachel B 7/21 Andela P 7/26 Nico L 7/26 Eliza D 7/28 Tara L 7/30 | Brain Teaser Answer (Answer: From top to bottom, the flavors of ice cream are chocolate, vanilla, blueberry, bubble gum and strawberry.) | Mobile Dental Service On August 1 from 1-3 p.m. we will have a dentist here at our facility. If you would like to see him, please let our nurses Jessica or Joni know that you are interested in advance. Thank you! | Legacy House of Bountiful 79 East Center Street Bountiful, UT 84010 (801) 294-2925 |

July 2018

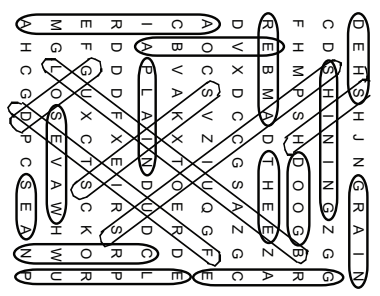
Word Search

Category: Words (of 3 or more letters) from "America the Beautiful"

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

1. Sea _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

- Word Search Solution:
1. Above
 2. Amber
 3. America
 4. Beautiful
 5. Crown
 6. Fruited
 7. God
 8. Good
 9. Grace
 10. Grain
 11. His
 12. Plain
 13. Purple
 14. Sea
 15. Shed
 16. Shining
 17. Skies
 18. Spacious
 19. Three
 20. Waves



American
 Anthem
 Apple pie
 Fireworks
 Flag
 Fourth
 Freedom

Independence
 Parades
 Parks
 Party
 Patriot
 Picnic
 Stars
 Stripes
 Summer

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