



# 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

## Reuben's Rule

When a ball is hit into the stands at a big-league baseball game, it can be kept as a souvenir. This wasn't always the case. In 1921, Reuben Berman, a stockbroker attending a New York Giants game, was ejected from the stadium after he caught a foul ball and tossed it into the crowd instead of handing it over to security guards to be put back into play, as was customary back then. Berman sued the Giants over the incident and won, resulting in Reuben's Rule, which made it official that fans could keep MLB foul balls.



## September 2018

### Fall Into September

The first day of fall, also called the autumnal equinox, arrives Sept. 22. It's one of two days during the year (the other being the first day of spring) that bring nearly equal hours of day and night, about 12 hours. The word equinox means "equal night" in Latin. For us in the Northern Hemisphere, the days will then grow shorter as the sun starts rising later and setting earlier.



### Posed for Yoga Month

Get a leg up on a healthy lifestyle by trying out some yoga movements during National Yoga Month in September. Experts say you don't have to be a flexible yogi to see both physical and mental benefits from this type of exercise. Modified styles, such as chair yoga, have been shown to improve strength, balance and mobility, and even the deep breathing of yoga can positively impact fitness and mood every Wednesday.

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>Employee Birthdays</b></p> <p>Kaitlyn C 9/03 Samantha P 9/05 Melanie F 9/08 Isacc E 9/09 Victoria T 9/22 Lydia S 9/23 Eric B 9/30</p>	<p><b>Dental on Location</b></p> <p>We will be having a hygienist here on <u>Wednesday, September 19th</u>. If you are interested, please sign up early!</p>	<p><b>Picture Day *</b></p> <p>We would like to take your picture for our files. Please feel free to wear your best outfit if you would like to. We will be doing this picture taking in our front room on <u>Thursday, September 13th</u>. See you there!</p>	<p><b>1st Thursdays</b></p> <p>The first Thursday of each month there will be a wellness clinic in the formal dining room where you can have your vitals taken. Please stop by and have this done!</p>	<p>On Thursday evenings we will have an "on your own" game time in the activity room. We will have tables set up and provide games for you to play. We hope you will enjoy this time together. (*)</p>	<p>1</p> <p><b>9:15</b> Exercise and hydration therapy <b>10:00</b> Golf card game <b>1:00</b> Balloon volleyball <b>2:00</b> Word searches</p>
<p>2</p> <p><b>9:30</b> Music and the Spoken Word channel 68 <b>10:00</b> LDS Sacrament meeting <b>1:30</b> Movie <b>3:30</b> Music and the Spoken word</p>	<p>3</p> <p><b>Labor Day</b></p> <p><b>9:15</b> Exercise and Hydration therapy <b>10:00</b> Bingo <b>1:30</b> Movie "If all the cars in the United States were placed end to end, it would probably be Labor Day Weekend."</p>	<p>4</p> <p><b>9:00-3:00</b> Transportation to your dr. appointments <b>9:15</b> Exercise and hydration therapy <b>10:00</b> Bingo <b>1:30</b> Sing a long with Pat and Jeannie <b>2:30</b> Meet our new residents <b>6:15</b> Movie</p>	<p>5</p> <p><b>9:15</b> Stretching and yoga and hydration therapy <b>10:30</b> Relief Society <b>10:30</b> Priesthood on the 2nd floor <b>1:30</b> Bob Shorten - piano and singer <b>2:30</b> Play the Wii <b>6:15</b> Movie</p>	<p>6</p> <p><b>9:15</b> Exercise and hydration therapy <b>10:00-2:00</b> Wellness clinic <b>10:00</b> Errand running to Smith's <b>10:00</b> Nondenominational new testament class <b>1:00-4:00</b> Transportation to your dr. appointments <b>12:45</b> Manicures <b>2:00</b> Jim Jensen - accordion <b>3:00</b> Peach milk shakes <b>6:15</b> Table game time (*)</p>	<p>7</p> <p><b>9:00-12:00</b> Transportation to your dr. appointments <b>9:15</b> Exercise and hydration therapy <b>10:00</b> Out to the Dollar Store <b>1:30</b> Bingo <b>2:30</b> Table games <b>6:15</b> Movie</p>	<p>8</p> <p><b>9:15</b> Exercise and hydration therapy <b>10:00</b> Interfaith church service <b>10:00</b> Crossword puzzle <b>10:30</b> Wheel of Fortune <b>1:00</b> Yahtzee <b>1:45</b> Uno card game</p>
<p>9</p> <p><b>9:30</b> Music and the Spoken Word channel 68 <b>10:00</b> LDS Sacrament meeting <b>1:30</b> Movie <b>3:30</b> Music and the Spoken word</p>	<p>10</p> <p><b>9:15</b> Exercise and hydration therapy <b>10:00</b> Bingo <b>1:00</b> Old time combo <b>3:00</b> Gospel doctrine class</p>	<p>11</p> <p><b>Shirley C birthday</b> <b>9:00-3:00</b> Transportation to your dr. appointments <b>9:15</b> Exercise and hydration therapy <b>10:00</b> Flag ceremony <b>10:30</b> Resident Council <b>1:30</b> Bingo <b>2:30</b> Let freedom ring - tribute to 9/11 <b>6:00</b> Mixed Nuts perform</p>	<p>12</p> <p><b>9:15</b> Stretching and yoga and hydration therapy <b>10:30</b> Relief Society <b>10:30</b> Priesthood on the 2nd floor <b>1:30</b> Legacy learning -Jill talks and shares slides about her trip to Germany, Switzerland and Austria <b>2:00-4:00</b> Podiatrist <b>2:45</b> Play the Wii <b>6:15</b> Movie</p>	<p>13</p> <p><b>Picture Day *</b> <b>9:15</b> Exercise and hydration therapy <b>10-12</b> Picture day in the front room <b>10:00</b> Nondenominational new testament class <b>10:00</b> Errand running <b>12:45</b> Manicures <b>1-4</b> Picture day in the front room <b>1:00-4:00</b> Transportation to your dr. appointments <b>2:00</b> DUP (Daughters of Utah Pioneers) <b>2:00</b> Walk the block <b>6:15</b> Table game time (*)</p>	<p>14</p> <p><b>9:15</b> Exercise and hydration therapy <b>10:30</b> DVD <b>10:30</b> Out for a picnic <b>2:00</b> Bingo <b>6:15</b> Movie</p>	<p>15</p> <p><b>Don W birthday</b> <b>Nathan B birthday</b> <b>9:15</b> Exercise and hydration therapy <b>10:00</b> Horseshoes <b>1:00</b> Balloon volleyball <b>2:00</b> Trivia talk</p>
<p>16</p> <p><b>9:30</b> Music and the Spoken Word channel 68 <b>10:00</b> LDS Sacrament meeting <b>1:30</b> Movie <b>3:30</b> Music and the Spoken word <b>6:00</b> Activity with Shelley</p>	<p>17</p> <p><b>9:15</b> Exercise and hydration therapy <b>10:00</b> Bingo <b>1:30</b> Patio chat and frozen fruit bars <b>3:00</b> Gospel doctrine class <b>6:00</b> Julianne B singers</p>	<p>18</p> <p><b>9:00-3:00</b> Transportation to your dr. appointments <b>9:15</b> Exercise and hydration therapy <b>10:00</b> Bingo <b>1:30</b> Sing a long with Pat and Jeannie <b>3:00</b> Employee In-service - continual learning <b>6:15</b> Movie</p>	<p>19</p> <p><b>Ruth M birthday</b> <b>9:15</b> Stretching and yoga and hydration therapy <b>10:30</b> Relief Society <b>10:30</b> Priesthood on the 2nd floor <b>1:00</b> Dental on location - please sign up at the front desk to have your teeth cleaned and x-rayed <b>1:30</b> Bingo <b>2:45</b> Ping pong - come and watch or play! <b>6:15</b> Movie</p>	<p>20</p> <p><b>9:00</b> Bountiful temple <b>9:15</b> Exercise and hydration therapy <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>5:30-7:30</b> Oktoberfest</p>	<p>21</p> <p><b>9:00-12:00</b> Transportation to your dr. appointments <b>9:15</b> Exercise and hydration therapy <b>10:00</b> Errand running <b>12:45</b> Manicures <b>2:00</b> Out to Nielsen's frozen custard <b>2:00</b> Educational DVD <b>6:15</b> Movie</p>	<p>22</p> <p><b>9:15</b> Exercise and hydration therapy <b>10:00</b> Interfaith church service <b>10:00</b> Talk about famous people <b>1:00</b> Baseball toss game <b>1:30</b> Skunk dice game  <b>7:00</b> Stake conference - check daily sheets for time</p>
<p>23</p> <p><b>9:30</b> Music and the Spoken Word channel 68 <b>10:00</b> Stake Conference <b>1:30</b> Movie <b>3:30</b> Music and the Spoken word <b>6:00</b> Activity with Amanda</p>	<p>24</p> <p><b>9:15</b> Exercise and hydration therapy <b>10:00</b> Bingo <b>1:30</b> JoAnne Elmer - piano <b>3:00</b> Gospel doctrine class</p>	<p>25</p> <p><b>9:00-3:00</b> Transportation to your dr. appointments <b>9:15</b> Exercise and hydration therapy <b>10:00</b> Bingo <b>1:30</b> Manager's competition <b>2:15</b> Cooking corner with Jill <b>6:15</b> Movie</p>	<p>26</p> <p><b>9:15</b> Stretching and yoga and hydration therapy <b>10:30</b> Relief Society <b>10:30</b> Priesthood on the 2nd floor <b>1:30</b> Resident reminisce - hear about the lives of residents who had a birthday this month <b>2:00-4:00</b> Podiatrist <b>2:15</b> Birthday cake <b>6:15</b> Movie</p>	<p>27</p> <p><b>9:15</b> Exercise and hydration therapy <b>10:00</b> Errand running to Smith's <b>10:00</b> Nondenominational new testament class <b>1:00-4:00</b> Transportation to your dr. appointments <b>12:45</b> Manicures <b>2:00</b> Bingo <b>2:45</b> Cash out <b>6:15</b> Table game time (*)</p>	<p>28</p> <p><b>9:00-12:00</b> Transportation to your dr. appointments <b>9:15</b> Exercise and hydration therapy <b>9:45</b> Out to see the Vietnam memorial in Layton <b>10:00</b> DVD on Brazil <b>1:30</b> Fun Friday carnival games <b>2:30</b> S'mores! <b>6:15</b> Movie</p>	<p>29</p> <p><b>9:15</b> Exercise and hydration therapy <b>10:00</b> Joking around (bring some of your favorites) <b>10:30</b> Family Feud <b>1:00</b> Balloon volleyball <b>2:00</b> Word game</p>
<p>30</p> <p><b>9:30</b> Music and the Spoken Word channel 68 <b>10:00</b> LDS Sacrament meeting <b>1:30</b> Movie <b>3:30</b> Music and the Spoken word</p>						

# September 2018

## Word Search

Category: Words (of 3 or more letters) That Rhyme With "Go"

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

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Word Search Solution:

1. Beau
2. Blow
3. Bow
4. Crow
5. Doe
6. Dough
7. Foe
8. Glow
9. Hoe
10. Know
11. Low
12. Mow
13. Owe
14. Row
15. Sew
16. Slow
17. Snow
18. Throw
19. Whoa
20. Woe

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

Category: Major League Baseball Teams

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

- Giants \_\_\_\_\_
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Word Search Solution:

1. Angels
2. Astros
3. Braves
4. Cubs
5. Dodgers
6. Giants
7. Indians
8. Mariners
9. Mets
10. Orioles
11. Padres
12. Pirates
13. Rangers
14. Reds
15. Red Sox
16. Rockies
17. Royals
18. Tigers
19. Twins
20. Yankees

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