



LEGACY HOUSE

Bountiful

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

Legacy House Administration

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

Pennsylvania's Punxsutawney Phil tends to hog the spotlight on Groundhog Day, but there are other celebrity groundhogs who are prognosticators of spring. Down in Cajun country, Pierre C. Shadeaux makes his annual prediction in south Louisiana. Staten Island Chuck is the official forecaster for New York City. And folks in Raleigh, N.C., check in with Sir Walter Wally.



Layered in Warmth

Older adults are more sensitive to cold weather, yet may not notice their body temperature dropping. The best way to stay warm is to dress in layers, even when indoors.

February 2019






Truffles, cordials, nutty, creamy or crunchy ... There are many sweet choices when it comes to a box of Valentine's Day chocolates. The most popular pick according to surveys is the classic caramel.

Hand-Washing Reminder

With cold and flu season approaching, please remember that washing your hands frequently is important to help prevent the spread of germs. Lather your hands with plenty of soap and scrub for 20 seconds. Let's all do our part to stay healthy this season!

Throw on a Scarf

Keep warm by wearing a scarf around your neck to help retain body heat. In addition, experts say using a scarf to cover your nose when going outside in frigid weather can help fight off the cold virus. Warming the air you breathe into your nasal cavity may thwart the virus, which thrives in cool air.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>79 East Center Street Bountiful, UT 84010 (801) 294-2925</p>		<p>Roses are red Violets are blue Legacy is blessed Because of you.</p>	<p>Employee Birthdays 2/02 Aley P 2/04 Josh J 2/06 Sloan N 2/08 Kendall M 2/15 Abigail H 2/17 Familynn D 2/19 Chris S 2/20 Michelle A 2/25 Marissa F 2/27 Ashley C</p>		<p>1</p> <p>9:00-12:00 Transportation to your dr. appointments 9:15 Exercise and hydration therapy 10:00 Craft 1:00 Come and have your name put on your walker, cane or wheelchair 1:30 Super Bowl party! 2:30 Snack sacks for the game 6:15 Movie</p>	<p>2</p> <p>Groundhog Day 9:15 Exercise 10:15 Groundhog shoot 1:00 Steve Time River group performs 6:15 Movie - <i>Groundhog day</i></p>
<p>3</p> <p>Super Bowl LIII 9:30 Music and the spoken word Channel 68 10:00 LDS Sacrament meeting 1:30 Movie 4:00 Super Bowl on CBS channel 2</p>	<p>4</p> <p>9:15 Exercise and hydration therapy 10:00 Bingo 11:00 Sweetheart wall 1:00 Old time combo 3:00 Gospel doctrine class 6:15 Movie</p>	<p>5</p> <p>9:00-3:00 Transportation to your dr. appointments 9:15 Exercise and hydration therapy 10:00 Bingo 1:30 Sing a long with Pat and Jeannie 2:30 Play the Wii 2:30 Out to Bountiful Library 6:15 Movie</p>	<p>6</p> <p>9:15 Exercise - stretching and yoga Hydration therapy 10:30 Relief Society 10:30 Priesthood on the 2nd floor 1:30 Bob Shorten - piano, singer 2:45 Balloon volleyball 6:15 Movie</p>	<p>7</p> <p>9:15 Exercise and hydration therapy 10:00 Wellness clinic 10:00 Errand running - Smiths 10:00 Non denominational New Testament class 1:00-4:00 Transportation to your dr. appointments 2:00 Jim Jensen - accordion 3:00 Éclairs 6:15 Movie</p>	<p>8</p> <p>9:00-12:00 Transportation to your dr. appointments 9:15 Exercise 10:00 Bingo 1:00 Educational DVD - Alaska 1:00 Out to Farmington Bay to hopefully see the eagles 6:15 Movie</p>	<p>9</p> <p>9:15 Exercise 10:00 Interfaith church service 10:00 Talk about famous couples in the front room 10:30 Wheel of fortune 1:00 Concentration 1:30 Yatzehe 6:15 Movie</p>
<p>10</p> <p>9:30 Music and the spoken word channel 68 10:00 LDS Sacrament meeting 1:30 Movie 6:15 Movie</p>	<p>11</p> <p>9:15 Exercise and hydration therapy 10:00 Bingo 1:30 February game with Shelley 3:00 Gospel doctrine class 5:00 Jay Christensen - guitar 6:15 Mixed Nuts</p>	<p>12</p> <p>9:00-3:00 Transportation to your dr. appointments 9:15 Exercise and hydration therapy 10:00 Resident Council 1:30 Decorate Valentine cookies 2:30 Bingo 6:15 Movie</p>	<p>13</p> <p>Charles H birthday Larry G birthday 9:15 Exercise - stretching and yoga Hydration therapy 10:30 Relief Society 10:30 Priesthood on the 2nd floor 1:30 Memorial remembering our loved ones that have passed 2:00-4:00 Podiatrist 2:30 Afternoon matinee 6:30 Family search class</p>	<p>14</p> <p>Valentine's Day 9:15 Exercise and hydration therapy 10:00 Non denominational New Testament class 10:00 Errand running - Smiths 1:00-4:00 Transportation to your dr. appointments 1:00 Sweetheart wall revealed 2:00 DUP (Daughters of Utah Pioneers) 6:15 Movie</p>	<p>15</p> <p>9:00-12:00 Transportation to your dr. appointments 9:15 Exercise and hydration therapy 10:00 Bingo 12:45 Manicures 2:00 Table games 6:15 Movie</p>	<p>16</p> <p>9:15 Exercise 10:00 Valentine's Day trivia 10:30 Valentine's Day mad libs 1:00 Balloon volleyball 2:00 Word searches 6:15 Movie</p>
<p>17</p> <p>9:30 Music and the spoken word channel 68 10:00 LDS Sacrament meeting 1:30 Movie 6:15 Movie</p>	<p>18</p> <p>Presidents Day 9:15 Exercise and hydration therapy 10:00 Bingo 1:30 Cooking corner with Shelley 3:00 Gospel doctrine class 6:15 Movie</p>	<p>19</p> <p>9:00-3:00 Transportation to your dr. appointments 9:15 Exercise and hydration therapy 10:00 Bingo 1:30 Sing a long with Pat and Jeannie 3:00 Employee In-service - continual learning 6:15 Movie</p>	<p>20</p> <p>9:15 Exercise - stretching and yoga Hydration therapy 10:30 Relief Society 10:30 Priesthood on the 2nd floor 1:00 Game competition with Legacy House of Ogden - come watch the fun! 3:00 New employee training 6:15 Movie</p>	<p>21</p> <p>9:00 Bountiful temple 9:15 Exercise and hydration therapy 10:00 Non denominational New Testament class 1:00-4:00 Transportation to your dr. appointments 2:00 Jim Jensen - accordion 3:00 Fruit parfaits 6:15 Movie</p>	<p>22</p> <p>9:00-12:00 Transportation to your dr. appointments 9:15 Exercise 10:00 Errand running Smiths 1:00 Bingo 2:00 Art class - water coloring 6:15 Movie</p>	<p>23</p> <p>Doris A birthday 9:15 Exercise 10:00 Interfaith church services 10:00 Poetry Corner - bring some to share 1:00 Bean bag toss 1:30 Uno Card games 6:15 Movie</p>
<p>24</p> <p>Beverly M birthday 9:30 Music and the spoken word channel 68 10:00 LDS Sacrament meeting 2:00-6:00 Activity room reserved for resident and family 6:15 Movie</p>	<p>25</p> <p>9:15 Exercise and hydration therapy 10:00 Bingo 1:30 JoAnne Elmer - piano 3:00 Gospel doctrine class 5:00 Jay Christensen - guitar 6:00 Family home evening - all invited</p>	<p>26</p> <p>9:00-3:00 Transportation to your dr. appointments 9:15 Exercise and hydration therapy 10:00 Bingo 1:00 Educational DVD - Earth 1:30 Out to the Dollar Store 6:15 Movie</p>	<p>27</p> <p>9:15 Exercise - stretching and yoga Hydration therapy 10:30 Relief Society 10:30 Priesthood on the 2nd floor 1:30 Resident reminisce - learn about our residents who had a birthday this month 2:00 Birthday cake 2:00-4:00 Podiatrist 6:15 Movie</p>	<p>28</p> <p>9:15 Exercise and hydration therapy 10:00 Non denominational New Testament class 10:00 Errand running - Smiths 12:45 Manicures 1:00-4:00 Transportation to your dr. appointments 2:00 Bingo 3:00 Cash out 6:15 Movie</p>	<p>Sometimes there are changes that we cannot avoid. Please check the daily sheets outside of the activity room for the most current information. Also, if you are wanting to go on a scheduled activity outside of the building, there are sign up sheets at the front desk.</p>	

February 2019

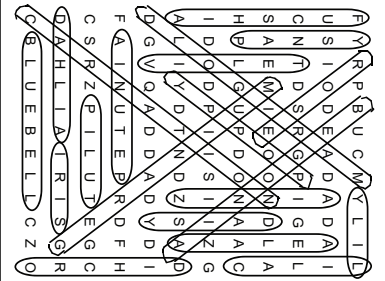
Word Search

Category: Flowers

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

1. Dahlia _____
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1. Azalea
2. Begonia
3. Bluebell
4. Carnation
5. Dahlia
6. Daisy
7. Fuchsia
8. Geranium
9. Iris
10. Lilac
11. Lily
12. Marigold
13. Orchid
14. Pansy
15. Petunia
16. Poppy
17. Rose
18. Tulip
19. Violet
20. Zinnia



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

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