



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



Legacy House of Bountiful opened its doors in April 1999. It was opened as the first assisted living community of Western States Lodging by one of the owners, Paul Fairholm. Legacy House of Bountiful has served over 1,000 residents and employed 1,600 people in the last 20 years!

It is such an honor to be here to celebrate Legacy House of Bountiful's 20th year! This community has brought so much good to so many people in the last 20 years. Every day I am amazed at the love and joy others have in coming together to be a part of the lives of our wonderful residents.

Thank you for being a part of the Legacy family.

Colton Balmforth, Executive Director

April 2019



Feathering Their Nests

Constructing a cozy nest for their eggs is a springtime rite that many birds are now undertaking. The most common type is the classic cup-shaped nest. Experts say birds take several days to gather and skillfully weave together twigs, grass, cobwebs, mud and other materials they find to build these intricate structures.

Winter Wardrobe Storage Tip

When hanging up your winter coat for the season, protect it with a garment bag fashioned from a pillowcase. Cut a small slit in the center of the sewn end of a clean pillowcase. Slip the hanger through the hole and pull the case down over your coat.

Rabbits for Luck

Rabbits have long been considered good luck in many cultures. Some believe that simply speaking the words "rabbit, rabbit" upon waking on the first day of the month will breed good fortune for the days to come. Historians say it's a tradition that can be traced back to 1900s England, and President Franklin D. Roosevelt is said to have started each month with the phrase.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>79 East Center Street Bountiful, UT 84010 (801) 294-2925</p>	<p>April Fools' Day 1 Donna F birthday 9:15 Exercise and hydration therapy 10:00 Bingo 1:00 Old time combo 3:00 Gospel doctrine class 6:15 Movie</p>	<p>2 9:00-4:00 Transportation to your dr. appointments 9:15 Exercise and hydration therapy 10:00 Bingo 1:00 Out to the Bountiful library 1:30 Sing along with Pat and Jeannie 2:30 Stuff Easter eggs 6:15 Movie</p>	<p>3 Bonnie B birthday 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 Stuff Easter eggs 6:15 Movie</p>	<p>4 9:00-4:00 Transportation to your dr. appointments 9:15 Exercise and hydration therapy 10:00 Errand running - Smiths 10:00 Nondenominational New Testament class 12:45 Manicures 2:00 Jim Jensen - accordion 2:00-6:00 Wellness clinic 3:00 Bread and jam 6:15 Movie</p>	<p>5 Ken W birthday 9:00-4:00 Transportation to your dr. appointments 9:15 Exercise 10:00 Rollerball bowling and out to lunch at Boondocks 10:00 DVD on the earth 1:30 Final 4 basketball madness party with Flavored popcorn Bar 2:30 Stuff Easter eggs 6:15 Movie</p>	<p>6 9:15 Exercise 10:00 LDS General conference 10:00 Talk about famous people in the front room 1:00 Balloon volleyball 2:00 LDS General conference 2:00 Wheel of fortune in the front room 6:00 LDS Priesthood session</p>
<p>7 9:30 Music and the Spoken Word 10:00 General conference channel 5 2:00 General conference channel 5 5:00-9:00 Reserved for Allen V family</p>	<p>8 9:15 Exercise and hydration therapy 10:00 Bingo 1:00 All Aboard! Trans American Train Ride movie - snacks included! 3:00 Gospel doctrine class 6:00 Mixed Nuts perform</p>	<p>9 Floyd B birthday 9:15 Exercise 10:00 Resident Council 1:00 Meadowbrook Elementary performs 2:00 Bingo 3:00 Come and learn how to have a healthy mind and body 6:15 Movie</p>	<p>10 9:15 Exercise - stretching and yoga Hydration therapy 10:30 Relief Society 10:30 Priesthood on the 2nd floor 1:00 Getting to know our new residents 2:00-4:00 Podiatrist 2:00 Stuff Easter eggs 6:15 Movie</p>	<p>11 20 Year Celebration 9:15 Exercise 10:00 Errand running - Smiths 10:00 New testament class 1:00 Scenic drive and milk shakes 2:00 DUP in the front room 4:30-7:00 Twenty year celebration</p>	<p>12 9:00-4:00- Transportation to your dr. appointments 9:15 Exercise 10:30 Decibelles perform 12:45 Manicures 2:00 Bingo 3:00 Table games 6:15 Movie</p>	<p>13 Lorraine H birthday 9:15 Exercise 10:00 Poetry corner - bring some to share 1:00 Concentration 1:30 Play the Wii 6:15 Movie</p>
<p>14 9:30 Music and the Spoken Word 10:00 LDS Sacrament meeting 1:30 Movie 6:15 Activity with Amanda</p>	<p>15 Tax Day 9:15 Exercise and hydration therapy 10:00 Bingo 1:30 Bonus bocci ball 3:00 Gospel doctrine class 6:15 Movie</p>	<p>16 9:00-4:00 Transportation to your dr. appointments 9:15 Exercise and hydration therapy 10:00 Bingo 1:30 Sing along with Pat and Jeannie 3:00 Employee Inservice - continual learning 6:15 Sun shade and rain performs!</p>	<p>17 Janice K birthday 9:15 Exercise - stretching and yoga Hydration therapy 10:30 Relief Society 10:30 Priesthood on the 2nd floor 1:00 Easter egg roll game 2:30 Manicures in the living room 2:30 New employee orientation 6:15 Movie</p>	<p>18 Shake Out 10:15 9:00 Bountiful temple 9:00-4:00 Transportation to your dr. appointments 9:15 Exercise and hydration therapy 10:00 Nondenominational New Testament class 10:15 Great Utah shake out- disaster preparedness 2:00 Jim Jensen - accordion 3:00 Cookies 6:15 Movie</p>	<p>19 9:00-4:00 Transportation to your dr. appointments 9:15 Exercise and hydration therapy 10:00 Errand running - Smiths 10:00 DVD on New Zealand 1:00 Bingo 2:00 Stuff Easter eggs 6:15 Movie</p>	<p>20 Myrl E birthday Pat V birthday 10:00 Easter egg hunt 1:00 Balloon volleyball 2:00 Word searches 6:15 Movie</p>
<p>21 Easter 9:30 Music and the Spoken Word 10:00 LDS Sacrament meeting 1:30 Movie 6:15 Movie</p>	<p>22 9:15 Exercise and hydration therapy 10:00 Bingo 1:30 JoAnn Elmer - piano 3:00 Gospel doctrine class 6:00 Family home evening - all invited</p>	<p>23 9:00-4:00 Transportation to your dr. appointments 9:15 Exercise and hydration therapy 10:00 Bingo 2:00 Bill Hodson - guitar 3:00 Deviled eggs 3:15 Play the Wii 6:15 Movie</p>	<p>24 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 from Legacy House that have passed. Presented by Colton 2:00-4:00 Podiatrist 6:15 Movie</p>	<p>25 9:00-4:00 Transportation to your dr. appointments 9:15 Exercise and hydration therapy 10:00 Errand running - Smiths 10:00 Nondenominational New Testament class 12:45 Manicures 2:00 Water coloring - Mandala art 6:15 Movie</p>	<p>26 9:00-4:00- Transportation to your dr. appointments 9:15 Exercise 10:00 Bingo 11:00 Cash out 2:00 DVD on Earth 2:15 Out to Bountiful High for a Jazz concert 6:15 Movie</p>	<p>27 9:15 Exercise 10:00 Crossword puzzles 10:30 Spring word game 1:00 Shooting game 2:00 Spring trivia 6:15 Movie</p>
<p>28 9:30 Music and the Spoken Word 10:00 LDS Sacrament meeting 1:30 Piano and viola concert 6:15 Movie</p>	<p>29 9:15 Exercise and hydration therapy 10:00 Bingo 1:30 Cooking corner with Colton 3:00 Gospel doctrine class 6:15 Movie</p>	<p>30 9:00-4:00 Transportation to your dr. appointments 9:15 Exercise and hydration therapy 10:00 Bingo 1:30 Resident reminisce - come and hear about residents that have a birthday this month 2:00 Birthday cake 2:30 Virtual tour on aircraft carriers 6:15 Movie</p>		<p>Employee Birthdays Charlee Teto 4/4 Jill Toone 4/16 Angela Ashby 4/27</p>	<p>2 Items of Communication 1- Sometimes there are changes in the calendar which we cannot avoid. The daily sheets outside of the activity room will give you the most current and up-to-date information. 2- If you are wanting to go on a scheduled outing with us, please sign up at the front desk.</p>	

April 2019

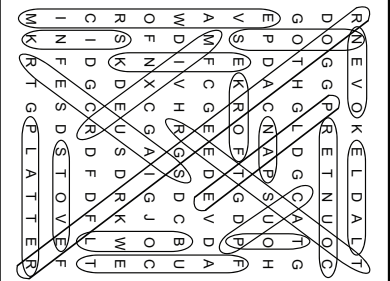
Word Search

Category: Things in a Kitchen

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

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

- Word Search Solution:
1. Bowl
 2. Counter
 3. Cup
 4. Faucet
 5. Fork
 6. Knife
 7. Ladle
 8. Microwave
 9. Mixer
 10. Oven
 11. Pan
 12. Plate
 13. Platter
 14. Pot
 15. Refrigerator
 16. Saucer
 17. Sink
 18. Spoon
 19. Stove
 20. Toaster



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

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

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