



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

No matter when or where you grew up, you are likely to relate to the advice and admonishments mothers frequently voice when parenting. See if these classic, and sometimes comical, "motherisms" sound familiar.

"Eat your vegetables; they're good for you."

"Put that down; you don't know where it's been."

If everyone else jumped off a cliff, would you too?"

Here are some from our staffs moms.

"No means no."

"Why can't you be more like your sister?"

"Don't even think about asking your dad!"

"Because I said no."

"Just wait until your dad gets home."

"Do you want me to turn this car around?"

"Don't make me call your dad."

"I'll slap you silly!"

"I brought you into this world, I can take you out!"

Looking for something, she'd say, "If that had been a snake it would have bit you."

May 2019

Celebrating Moms

Greeting cards, flowers and restaurant outings are the top three most popular purchases for Mother's Day gifts. According to the National Retail Federation, U.S. consumers spend about \$24 billion celebrating the moms in their lives.



A Friendly Flower

This time of year, pansies are popping up, spreading cheer with their bright colors and friendly "faces." The popular flower gets its name from the French word *pensée*, which means "thought." Blotches on the blooms' petals can resemble a human face, and by summer, the plants tend to nod forward, as if lost in thought.

Happiness Helper: Rise and Shine

Light up your mornings to give yourself a boost of bliss. Exposing yourself to sunlight for a few minutes when you first wake up sends your body and brain an energizing wake-up call. Face a window or step outside for some natural morning light, which scientists say not only benefits mood, but also metabolism, immunity and sleep patterns.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
79 East Center Street Bountiful, UT 84010 (801) 204-2925	We had an NCAA playoff competition. Our residents that guessed the winning team were: Grant S Darlene L Beverly M Bill M Cozette A Congratulations to them!	At the end of the month we will be doing a butterfly study. Come and see the various stages from Larvae, Chrysalises, and butterflies. The metamorphosis takes about 2 weeks to complete. We will then release the butterflies after they have become adults.	1 9:15 Exercise 10:30 Relief Society 10:30 Priesthood on the 2nd floor 1:30 Bob Shorten - piano and singer 2:45 Play the Wii 6:15 Movie	2 9:00-4:00 Transportation to your dr. appointments 9:15 Exercise 10:00 Errand running - Smiths 10:00 Non denominational new testament class 12:45 Manicures 2:00-6:00 Wellness clinic 2:00 Jim Jensen - accordion 3:00 Hot fudge sundaes 6:15 Movie	3 9:00-4:00 Transportation to your dr. appointments 9:15 Exercise 10:30 Cameo club sings 1:00 DVD National Geographic Wild Alaska 1:15 Out to Farmington Station for some sunshine therapy 3:00 Bingo 6:15 Movie	4 Kentucky Derby 9:15 Exercise 10:00 Horseshoes 1:00 Balloon volleyball 2:00 Kentucky Derby History 6:15 Movie
5 Cozette A birthday Beverly R birthday 9:30 Music and the Spoken Word 10:00 LDS Sacrament meeting 1:30 Movie 6:15 Movie	6 9:15 Exercise 10:00 Bingo 1:00 Old time combo 2:00 Cinco de Mayo snack (a day late!) 3:00 Gospel doctrine class 6:15 Movie	7 9:00-4:00 Transportation to your dr. appointments 9:15 Exercise 10:00 Bingo 1:00 Out to the Bountiful library 1:30 Sing a long with Pat and Jeannie 2:30 Rick Steves virtual tour of Rome 6:15 Movie	8 9:15 Exercise 10:30 Relief Society 10:30 Priesthood on the 2nd floor 1:30 History of Mothers Day 2:00 Principles of motherhood 2:15 Motherly Advice 2:00-4:00 Podiatrist 2:30 Ping pong - come and play or cheer on those that play! 6:15 Movie	9 9:00-4:00 Transportation to your dr. appointments 9:15 Exercise 10:00 Errand running - Smiths 10:00 Non denominational new testament class 12:45 Manicures 2:00 DUP in the living room 2:00 Terry Spencer - piano, guitar 6:15 Movie	10 9:00-4:00 Transportation to your dr. appointments 9:15 Exercise 10:00 Bingo 2:00 Mother's Day Social 6:15 Movie	11 9:15 Exercise 10:00 Crossword Puzzle 10:30 Wheel of fortune 1:00 Concentration 1:30 Bean bag toss 6:15 Movie
12 Mother's Day Bill M birthday 9:30 Music and the Spoken Word 10:00 LDS Sacrament meeting 1:30 Movie 6:15 Movie	13 9:15 Exercise 10:00 Bingo 1:00 Memories of Mom social circle 3:00 Gospel doctrine class 6:00 Mixed Nuts perform	14 9:00-4:00 Transportation to your dr. appointments 9:15 Exercise 10:00 Resident Council 1:30 Bingo 2:30 Table games 6:15 Movie	15 9:15 Exercise 10:30 Relief Society 10:30 Priesthood on the 2nd floor 1:30 Bingo 2:30 Five word game 2:45 "M" word game 6:15 Movie	16 9:00-4:00 Transportation to your dr. appointments 9:00 Bountiful temple 9:15 Exercise 10:00 Non denominational new testament class 12:45 Manicures 2:00 Jim Jensen - accordion 3:00 Fresh fruit 6:15 Movie	17 9:00-4:00 Transportation to your dr. appointments 9:15 Exercise 10:00 Errand running 10:00 DVD on the Galapagos islands 1:30 Sheri - Country singer Makin' tracks 2:30 Walk to see the Chalk Art 6:15 Movie	18 Armed Forces Day 9:15 Exercise 10:00 Shooting game 1:00 Balloon volleyball 2:00 Armed Forces trivia 6:15 Movie
19 Erma H birthday 9:30 Music and the Spoken Word 10:00 LDS Sacrament meeting 1:30 Movie 6:15 Movie	20 9:15 Exercise 10:00 Bingo 1:30 Moods and music 3:00 Gospel doctrine class 6:15 Movie	21 9:00-4:00 Transportation to your dr. appointments 9:15 Exercise 10:00 Bingo 1:30 Sing a long with Pat and Jeannie 3:00 Employee In service - continual learning 6:15 Movie	22 9:15 Exercise 10:30 Relief Society 10:30 Priesthood on the 2nd floor 1:30 Getting to know you 2:00-4:00 Podiatrist 2:30 Out to the dollar store 2:30 New employee training 6:15 Movie	23 Allen V birthday 9:00-4:00 Transportation to your dr. appointments 9:15 Exercise 10:00 Errand running - Smiths 10:00 Non denominational new testament class 2:00 Community Bingo 6:15 Movie	24 9:00-4:00 Transportation to your dr. appointments 9:15 Exercise 10:00 Bingo 11:00 Out for a picnic 1:30 Manicures 2:30 Spelling bee 6:15 Movie	25 9:15 Exercise 10:00 Uno card game 1:00 Poetry corner - bring some of yours to share 1:45 Yahtzee 6:15 Movie
26 9:30 Music and the Spoken Word 10:00 LDS Sacrament meeting 1:30 Movie 6:15 Movie	27 Memorial Day 9:15 Exercise 10:00 Bingo 1:30 DVD 6:15 Movie	28 9:00-4:00 Transportation to your dr. appointments 9:15 Exercise 10:00 Bingo 1:30 Introduction to our Butterfly study 2:15 The incredible journey of the butterfly DVD 3:00 Play the wii 6:15 Movie	29 9:15 Exercise 10:30 Relief Society 10:30 Priesthood on the 2nd floor 1:30 Resident reminisce 2:15 Birthday cake 2:30 Table games 6:15 Movie	30 9:00-4:00 Transportation to your dr. appointments 9:15 Exercise 10:00 Errand running - Smiths 10:00 Non denominational new testament class 12:45 Manicures 2:00 Cooking corner with Jill 6:15 Movie	31 Marj T birthday Darlene L birthday 9:00-4:00 Transportation to your dr. appointments 9:15 Exercise 10:00 Bingo 11:00 Cash out 1:00 DVD on the earth 1:15 Out for a scenic drive and milk shakes 2:45 What words can you make out of this? 3:15 Create words from these categories 6:15 Movie	Employee Birthdays Rachel C 5/2 Katie F 5/6 Shelley W 5/18 Calley R 5/24 Nancy F 5/28 Brooklyn H 5/30 Lynn K 5/31

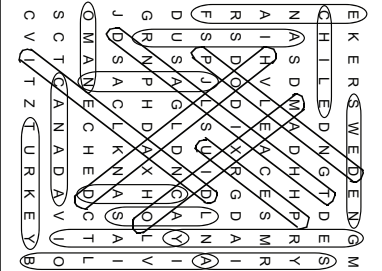
Word Search

Category: Nations of the World

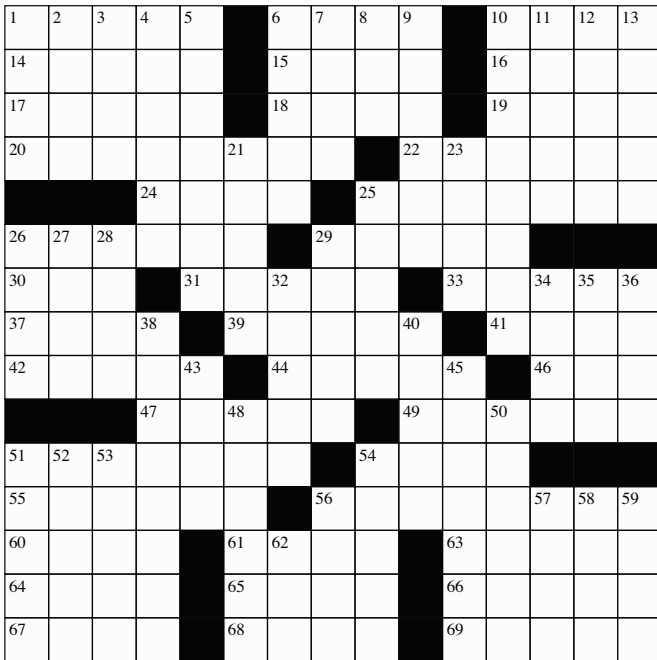
E K E R S W E D E N G M
 C H I L E D N G T D E S
 N A S D M A D H H P R Y
 A I H V L E A C E S M R
 R S D O D I X R G D A I
 F S P J L S U I D L N A
 D U S A G L D N C A Y I
 G R N P H D A X H O L V
 J D S A C L K N A S A I
 O M A N E C H E D C T L
 S C T C A N A D A V I O
 C V I T Z T U R K E Y B

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

- Word Search Solution:
1. Bolivia
 2. Canada
 3. Chad
 4. Chile
 5. France
 6. Germany
 7. Holland
 8. Iceland
 9. Italy
 10. Japan
 11. Laos
 12. Mexico
 13. Oman
 14. Peru
 15. Poland
 16. Russia
 17. Sweden
 18. Syria
 19. Thailand
 20. Turkey



Crossword Puzzle



ACROSS

1. Unruly kids
6. Edible mollusk
10. Dog food brand
14. Rent to a new tenant
15. Healthy
16. Bookish fellow
17. Have ___ to the ground; heed public opinion
18. City northwest of Tulsa
19. Man's nickname
20. Couldn't stand
22. Swell
24. Skunk's weapon
25. Tailor, at times
26. Floated on the breeze
29. Guide
30. Suffix for project or text
31. Thomas More or Oliver Plunkett
33. Pilgrim's destination
37. Afraid to speak up
39. Like Abel
41. Sentence of condemnation
42. Descendant of Noah
44. Permitted
46. Full deck
47. Competitor
49. Coax with flattery
51. Tumbler
54. Singer McEntire

DOWN

1. Actor Garrett
2. France's Coty
3. Pub orders
4. Beverage container
5. Walks
6. Gladden
7. Ground
8. Ring king, once
9. Interfere
10. Like an elk
11. "The Merry Widow" composer Franz ___
12. Rattle on
13. More uncommon
21. Ice cream concoctions
23. Article
25. Lofty spot
26. Sissy
27. Toward shelter
28. Use one of the senses

29. Slow one
32. ___ ease
34. Centennial State; abbr.
35. Spiral
36. Gigi's friend
38. Lamp liquid
40. Kinder
43. Scoff
45. Postponing indefinitely
48. Piece of luggage
50. Member of a high school's junior varsity
51. Is sore
52. Berate
53. Po, for one
54. Out of practice
56. Dressed
57. "By ___!"
58. Mining finds
59. Brontë heroine
62. Went before the others

