



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

Memorable Melody: 'In the Good Old Summertime'

"There's a time in each year that we always hold dear," and according to this American standard, it's the "good old summertime." The cheerful lyrics list the relaxing pleasures of the season, but publishers initially passed on the song, fearing it would be forgotten when autumn arrived. An appearance in the 1902 musical "The Defender" made the tune an instant hit, with audiences singing along to the chorus. Judy Garland starred in the 1949 movie named after the song, and numerous artists have recorded versions, including Bing Crosby, Connie Francis and Nat King Cole.

The Sun's Reach

You may think you're made in the shade when you're sitting under an umbrella or a tree, but you still need sun protection. The sun's indirect and reflected ultraviolet rays can reach your skin and cause a sunburn, so wear sunscreen and reapply it every two hours.

June 2019



Tropical Treat

A tropical fruit that at one time could only be found in Southeast Asia and India, the coconut has long since migrated onto store shelves as an ingredient in many foods and beverages. Coconut is also prized for its moisturizing benefits and scent, and is often used in skin, hair and other beauty products.

Drink Water To Maintain Your Brain

You don't have to expend a lot of energy to experience mild dehydration; experts say it can happen by just sitting around for 40 minutes. Since not being properly hydrated can cause dips in cognition, concentration and mood, drink plenty of water throughout the day.

Brainteaser

Question: I can be quick and then I'm deadly. I am a rock, shell and bone medley. If I were made into a man, I'd make people dream. I gather in my millions by ocean, sea and stream. What am I?

Answer: found on 3rd page

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>79 East Center Street Bountiful, UT 84010 (801) 294-2925</p>		<p>Butterfly Study We have been doing a butterfly study and anticipate a release of them about the 7th of June. Please watch the daily sheets to be aware of the release so you can come and watch.</p>		<p>Employee Birthdays 6/7 Jessica W 6/11 Vicki S 6/12 June M 6/13 Sophie J 6/14 Nick D 6/24 Chase G 6/27 Gladys L</p>	<p>Answer to brain tease: sand</p>	<p>1 9:15 Exercise 10:00 Skunk dice game 1:00 Concentration 1:30 Play the Wii 6:15 Movie</p>
<p>2 9:30 Music and the Spoken Word 10:00 LDS Sacrament meeting 1:30 Movie 6:15 Movie</p>	<p>3 9:15 Exercise 10:00 Bingo 1:00 Old time combo 3:00 Gospel doctrine class 5:00 Jay Christensen - guitar 6:15 Movie</p>	<p>4 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 Jeannie & Pat 2:15 Poetry corner - bring some of your own to share 6:15 Movie</p>	<p>5 9:15 Exercise 10:30 Relief Society 10:30 Priesthood on the 2nd floor 1:30 Bob Shorten - piano, singer 2:45 Mandala art - water coloring 6:15 Movie</p>	<p>6 9:00-4:00 Transportation to your dr. appointments 9:15 Exercise 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 Ice cream 6:15 Movie</p>	<p>7 9:00-1:00 Transportation to your dr. appointments 9:15 Exercise 10:00 Bingo 1:00 Ogden Fish farm - you catch the trout and Shelly will cook them. 1:00 DVD on Germany along the Rhine 6:15 Movie</p>	<p>8 9:15 Exercise 10:00 Wheel of fortune 10:30 Family feud 1:00 Balloon volleyball 2:00 Trivia talk 6:15 Movie</p>
<p>9 Richard L birthday 9:30 Music and the Spoken Word 10:00 LDS Sacrament meeting 1:30 Movie 6:15 Movie</p>	<p>10 Bill P birthday 9:15 Exercise 10:00 Bingo 1:30 Linda Davidson - singer 3:00 Gospel doctrine class 6:00 Mixed Nuts perform</p>	<p>11 Jack H birthday 9:00-4:00 Transportation to your dr. appointments 9:15 Exercise 10:00 Resident Council 1:30 Bingo 2:30 Father's Day Jeopardy 6:15 Movie</p>	<p>12 Grace J birthday 9:15 Exercise 10:30 Relief Society 10:30 Priesthood on the 2nd floor 1:30 Memorial - remembering our loved ones that have passed 2:15 Virtual tour on aircraft carriers 6:15 Movie</p>	<p>13 9:00-4:00 Transportation to your dr. appointments 9:15 Exercise 10:00 Errand running - Smiths 10:00 Nondenominational New Testament class 12:45 Manicures 2:00 Bingo 6:15 Movie</p>	<p>14 Flag Day 9:00-4:00 Transportation to your dr. appointments 9:15 Exercise 9:45 Hit a bucket of balls @ Lakeside golf 11:00 Men's barbecue on the outside patio (women will have the same meal inside) 1:30 Summer craft 6:00 On your own walk down to Main Street to see the car races 6:15 Movie</p>	<p>15 9:15 Exercise 10:00 Talk about famous people 1:00 Yahtzee 1:45 Uno card game 6:15 Movie</p>
<p>16 Father's Day Donna M birthday 9:30 Music and the Spoken Word 10:00 LDS Sacrament meeting 1:30 Movie 6:15 Movie</p>	<p>17 9:15 Exercise 10:00 Bingo 1:30 Music therapy with Aspire 3:00 Gospel doctrine class 5:00 Jay Christensen - guitar 6:15 Movie</p>	<p>18 9:00-4:00 Transportation to your dr. appointments 9:15 Exercise 10:00 Bingo 1:30 Sing a long with Jeannie & Pat 3:00 Employee in service - continual learning 6:15 Movie</p>	<p>19 Marilyn H birthday 9:15 Exercise 10:30 Relief Society 10:30 Priesthood on the 2nd floor 1:30 Come and meet our new residents! 2:15 Out to the Dollar Store 2:30 New employee orientation 6:15 Movie</p>	<p>20 9:00-4:00 Transportation to your dr. appointments 9:00 Bountiful Temple 9:15 Exercise 10:00 Nondenominational New Testament class 12:45 Manicures 2:00 Jim Jensen - accordion 3:00 Root beer floats 6:15 Movie</p>	<p>21 Summer Begins! (Finally!) 9:00-4:00 Transportation to your dr. appointments 9:15 Exercise 10:00 Errand running - Smiths 1:30 Walk the block 2:15 Bingo 6:15 Movie</p>	<p>22 9:15 Exercise 10:00 Crossword puzzle 10:30 Summer reminisce 1:00 Balloon volleyball 2:00 Word searches 6:15 Movie</p>
<p>23 9:30 Music and the Spoken Word 10:00 LDS Sacrament meeting 1:30 Movie 6:15 Movie</p>	<p>24 9:15 Exercise 10:00 Bingo 1:30 JoAnne Elmer - piano 3:00 Gospel doctrine class 6:00 Family home evening - all invited</p>	<p>25 9:00-4:00 Transportation to your dr. appointments 9:15 Exercise 10:00 Bingo 11:00 Cash out 1:30 Cooking corner 2:15 Sensory fun 6:15 Movie</p>	<p>26 9:15 Exercise 10:30 Relief Society 10:30 Priesthood on the 2nd floor 1:30 Resident reminisce 1:45 Birthday cake 2:00 Play the Wii 6:15 Movie</p>	<p>27 9:00-4:00 Transportation to your dr. appointments 9:15 Exercise 10:00 Errand running - Smiths 10:00 Nondenominational New Testament class 12:45 Manicures 2:00 Meet and greet provider of AMG medical group 6:15 Movie</p>	<p>28 9:00-4:00 Transportation to your dr. appointments 9:15 Exercise 11:00 Out for a picnic and see the ducks 2:00 Bingo 3:00 Table games 6:15 Movie</p>	<p>29 9:15 Exercise 10:00 Summer Pictionary 10:30 4th of July History and trivia 1:00 Shooting game 1:45 US Presidents matching game 6:15 Movie</p>
<p>30 9:30 Music and the Spoken Word 10:00 LDS Sacrament meeting 1:30 Movie 6:15 Movie</p>						

Word Search

Category: Birds

U N B S W A L L O W C M	1. Crow _____
N E D D W E D <u>C R O W</u> C	2. _____
I R G F L A P A R R O T	3. _____
U W B G S S N G E R D G	4. _____
G D A L L A R K N A X H	5. _____
N E D D U G C W O P C C	6. _____
E L P C D E F A O S C V	7. _____
P O S I P G J H L U A K	8. _____
S I D D G R D A C C N R	9. _____
D R O S D E C K Y V A O	10. _____
F O F G F T O D G H R T	11. _____
W C N I B O R N H J Y S	12. _____
	13. _____
	14. _____
	15. _____
	16. _____
	17. _____
	18. _____
	19. _____
	20. _____

Word Search Solution:

1. Bluejay	11. Parrot
2. Canary	12. Penguin
3. Crow	13. Pigeon
4. Cuckoo	14. Robin
5. Eagle	15. Sparrow
6. Egret	16. Stork
7. Hawk	17. Swallow
8. Lark	18. Swan
9. Loon	19. Woodpecker
10. Oriole	20. Wren

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

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