

We had a wonderful visit at the Museum of Utah, please look on the back page of this newsletter for some pictures from that outing.

Located at the Utah State Capitol in Salt Lake City, just steps from the historic Capitol Rotunda, the museum serves as the flagship for Utah’s cultural heritage. Free and open to the public, the museum invites the whole family to engage with the artifacts and stories that define the Beehive State through world-class exhibits and community-focused spaces.

The museum’s arrival is the culmination of the State Capitol Complex Project, an ambitious vision for the Capitol grounds that has been decades in the making. Many of the artifacts on display were previously held at the historic Rio Grande Depot in downtown Salt Lake, but they have now been returned to a public-facing space where they can properly showcase the history of the region.

With over 900 objects on display, the collection provides a tangible link to the past, ranging from the state’s first official flag to items of pop-culture significance.

		1 9:30 Let's Move! 10:30 Fill-in-the Blanks 11:00 Marvelous Manicures 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	2 9:30 Let's Move! 10:30 Clever Crossword Puzzle 11:15 Concentration 12:00 Lunch 2:30 Afternoon Matinee "Ladder 49" 5:00 Dinner	3 9:00 Outing Scenic Drive 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	4 9:30 Let's Move! 10:30 Our DOG friends from Elite Training visit 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	5 9:30 University of Utah students lead activities 10:30 Catholic Communion Service in the Family Room 12:00 Lunch 5:00 Dinner
6 ENJOY YOUR SUNDAY! 9:30 Music and the Spoken Word (TV Channel 5) 10:30 LDS Sacrament Meeting 11:15 Relief Society/Priesthood OR Sunday School 12:00 Lunch 5:00 Dinner	7 	8 9:30 Let's Move! 10:30 Fill-in-the-Blanks 11:00 Marvelous Manicures 12:00 Lunch 3:00 LIVE Musical Performance Bob Shorten piano/singing 5:00 Dinner	9 9:30 Let's Move! 10:30 Clever Crossword Puzzle 11:15 Concentration 12:00 Lunch 2:30 Afternoon Matinee "Knute Rockne All American" 5:00 Dinner 6:00 LDS Carrington Court Branch Activity Night	10 9:30 Let's Move! 10:30 Balloon Badminton 11:00 Cranium Crunches 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	11 9:00 Outing to UTAH STATE FAIR 12:00 Lunch 3:00 Donald would like to invite everyone to the activity room for his 90th birthday celebration with cake and ice cream 5:00 Dinner	12 9:30 University of Utah students lead exercise 10:30 Catholic Communion Service in the Family Room 12:00 Lunch 5:00 Dinner
13 GRANDPARENTS DAY 9:30 Music and the Spoken Word (TV Channel 5) 10:30 LDS Sacrament Meeting 11:15 Relief Society/Priesthood OR Sunday School 12:00 Lunch 5:00 Dinner	14 9:30 Let's Move! 10:30 Parachute Craziness 11:00 Resident Council Monthly Meeting and all residents are encouraged to attend 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	15 10:00 Chair Yoga with Carter 10:30 Fill-in-the-Blanks 11:00 Marvelous Manicures 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	16 9:30 Let's Move! 10:30 Clever Crossword Puzzle 11:15 Concentration 12:00 Lunch 2:30 Afternoon Matinee "Must Love Dogs" 5:00 Dinner	17 9:00 Outing – Scenic Drive 12:00 Lunch 3:00 LIVE Musical performance "Happy Together" 5:00 Dinner	18 9:30 Let's Move! 10:30 Balloon Badminton 11:15 Cranium Crunches 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	19 9:30 University of Utah students lead exercise 10:30 Catholic Communion Service in the Family Room 12:00 Lunch 5:00 Dinner
20 ENJOY YOUR SUNDAY! 9:30 Music and the Spoken Word (TV Channel 5) 10:30 LDS Sacrament Meeting 11:15 Relief Society/Priesthood OR Sunday School 12:00 Lunch 5:00 Dinner	21 9:30 Let's Move! 10:30 We list all the words we can think of that begin with "?" 11:15 Autumn Craft 12:00 Lunch 3:00 LIVE Musical Performance Brynlee Dalton 5:00 Dinner	22 FIRST DAY OF AUTUMN 9:30 Let's Move! 10:30 Fill-in-the-Blanks 11:00 Marvelous Manicures 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	23 9:30 Let's Move! 10:30 Clever Crossword Puzzle 11:15 Concentration 12:00 Lunch 1:00 Outing Scenic Drive 5:00 Dinner 6:00 LDS Carrington Court Branch Activity Night	24 9:30 Let's Move 10:30 Activities in the courtyard 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	25 9:30 Let's Move! 10:30 Balloon Badminton 11:15 Cranium Crunches 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	26 9:30 University of Utah students lead exercise 10:30 Catholic Communion Service in the Family Room 12:00 Lunch 5:00 Dinner
27 ENJOY YOUR SUNDAY! 9:30 Music and the Spoken Word (TV Channel 5) 10:30 LDS Sacrament Meeting 11:15 Relief Society/Priesthood OR Sunday School 12:00 Lunch 5:00 Dinner	28 9:30 Let's Move! 10:30 AXE throwing!!! (yes, you read it correctly) 11:00 Sort it Out Game 12:00 Lunch 3:00 LIVE Musical Entertainment "Moods-N-Music" 5:00 Dinner	29 9:30 Let's Move! 10:30 Fill-in-the-Blanks 11:00 Marvelous Manicures 12:00 Lunch 3:00 B-I-N-G-O 5:00 Dinner	30 9:30 Let's Move! 10:30 Clever Crossword Puzzle 11:15 Concentration 12:00 Lunch 2:30 Afternoon Matinee "The Work and the Glory" 5:00 Dinner			



Assisted Living



Carrington Court

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Please come to the activity room on Friday morning, September 4 to visit with all the awesome dogs that visit us from Elite Dog Training. The below picture is one of those dogs, Sharlene fell in love with this sweet one!



Sharlene & Visiting Dog 2026

September 2026



cheers to 170 years September 10-20, 2026

We will be visiting the Utah State Fair on Friday, September 11



Happy Birthday!

Karma R. - 9th
Dolores K. - 11th
Donald S. - 13th

Bernie B. - 20th
LeeAnn N. - 22nd