



# ALTA RIDGE

## COMMUNITIES

1360 E 9400 S • Sandy, UT 84093 • (801) 571-1010

### ALTA RIDGE RESIDENT OF THE MONTH

Dotty Tucker was born on May 16, 1925, in American Fork, Utah. She and her husband, Marvin, have three wonderful children. They also have seven grandchildren and 11 great-grandchildren. Dotty was a buyer for six different hospitals by profession and enjoyed being a loving mother to her children. Dotty loves to write and play the piano. She is currently working on writing a book about all of the wonderful people in her life entitled *The Love Book*. One of the most important things to Dotty is to always set a good example for the people around her. Thank you for your beautiful smile and cheerful attitude, Dotty. We love having you here with us at Alta Ridge.



**DOTTY TUCKER AND PAIGE**



### January 2012



#### New Year's Resolutions

- |          |                                      |
|----------|--------------------------------------|
| Dotty    | "Go on loving people and help them." |
| Ruth     | "Not to grumble."                    |
| Connie   | "Do more meditation."                |
| Bob      | "Be kind to everyone."               |
| Lillian  | "Live another year."                 |
| Margaret | "To walk without my walker."         |
| Norma    | "Be my loving and cute self."        |
| Wanda    | "To be a better person."             |
| Della    | "Keep living a healthy life."        |
| Harold   | "To be more kind."                   |
| Brittney | "To not eat as many hot Cheetos."    |
| Paula    | "To get organized."                  |
| Jason    | "To go back to school."              |
| Gigi     | "To be independent."                 |
| Brit     | "Start a savings account."           |

"An optimist stays up until midnight to see the New Year in. A pessimist stays up to make sure the old year leaves."

-Bill Vaughan

## Getting to Know Paige

I'm so excited to be here at Alta Ridge as your new activity director! I look forward to getting to know each one of you more every day. Thank you for helping me feel so welcome here!

Here's just a little about me:

- I am currently a student at UVU.

- My major is community health education

- I love Mexican food.

- I am one of triplets.

- I was born and raised in Orem, Utah.

- I come from a family of seven.

- I play the violin.



- I love chocolate.

- I enjoy reading.

- I love the outdoors.



Sunday	Monday	Tuesday
1	2	3
	9:15 Room Visits 9:30 The Price Is Right 10:30 Scenic Drive W/ Rob 12:00 Lunch 2:00 Balloon Tennis 3:00 Snacks 3:30 Bingo 5:00 Dinner	9:15 Room Visits 10:30 Let's Get Movin' 11:00 2012 Resolutions 12:00 Lunch 1:30 Shopping W/ Rob 3:00 Snacks 3:30 Bingo 5:00 Dinner
8	9	10
9:30 Gussy Up 10:30 LDS Church Services 11:00 Hymn-Sing-Along 12:00 Lunch 2:30 Stroll Down Memory Lane 3:00 Sunday Afternoon Snack 3:30 Bingo 5:00 Dinner	<b>HAPPY BIRTHDAY PAULA!</b>  9:15 Room Visits 9:30 The Price Is Right 10:30 Scenic Drive W/ Rob 12:00 Lunch 2:00 Bowling 3:00 Snacks 3:30 Bingo 5:00 Dinner	9:15 Room Visits 10:30 Let's Get Movin' 11:00 Dice or Card Games 12:00 Lunch 1:30 Shopping W/ Rob 3:00 Snacks 3:30 Bingo 5:00 Dinner
15	16	17
9:30 Gussy Up 10:30 LDS Church Service 11:00 Hymn-Sing-Along 12:00 Lunch 2:30 Stroll Down Memory Lane 3:00 Sunday Afternoon Snack 3:30 Bingo 5:00 Dinner	<i>Martin Luther King Jr. Day</i> 9:15 Room Visits 9:30 The Price Is Right 10:30 Scenic Drive W/ Rob 12:00 Lunch 1:30 Entertainment 3:00 Snacks 3:30 Bingo 5:00 Dinner	9:15 Room Visits 10:30 Let's Get Movin' 11:00 Trivia 12:00 Lunch 1:30 Shopping W/ Rob 3:00 Snacks 3:30 Bingo 5:00 Dinner
22	23	24
9:30 Gussy Up 10:30 LDS Church Services 11:00 Hymn-Sing-Along 12:00 Lunch 2:30 Stroll Down Memory Lane 3:00 Sunday Afternoon Snack 3:30 Bingo 5:00 Dinner	9:15 Room Visits 9:30 The Price Is Right 10:30 Scenic Drive W/ Rob 12:00 Lunch 2:00 Puzzles 3:00 Snacks 3:30 Bingo 5:00 Dinner	<b>HAPPY BIRTHDAY THOMAS!</b>  9:15 Room Visits 10:30 Let's Get Movin' 11:00 Card Club 12:00 Lunch 1:30 Shopping W/ Rob 3:00 Snacks 3:30 Bingo 5:00 Dinner
29	30	31
9:30 Gussy Up 10:30 LDS Church Services 11:00 Hymn-Sing-Along 12:00 Lunch 2:30 Stroll Down Memory Lane 3:00 Sunday Afternoon Snack 3:30 Bingo 5:00 Dinner	9:15 Room Visits 9:30 The Price Is Right 10:30 Scenic Drive W/ Rob 12:00 Lunch 2:00 Memory Matching Game 3:00 Snacks 3:30 Bingo 5:00 Dinner	9:15 Room Visits 10:30 Let's Get Movin' 11:00 Pool or Ping-Pong 12:00 Lunch 1:30 Shopping W/ Rob 3:00 Snacks 3:30 Bingo 5:00 Dinner

Wednesday	Thursday	Friday	Saturday
<p>4</p> <p>9:15 Room Visits 9:30 Price Is Right 10:00 Relief Society 11:00 Resident Council 12:00 Lunch 1:30 Spend Your Bingo Bucks 2:00 Book Club 3:00 Snacks 3:30 Bingo 5:00 Dinner</p>	<p>5</p> <p><b>Wellness Clinic &amp; Beauty Shop</b></p> <p>9:15 Manicures 10:00 Movie 12:00 Lunch 2:00 Let's Get Crafty 3:00 Snacks and Chat 3:30 Bingo 5:00 Dinner</p>	<p>6</p> <p><b>Beauty Shop</b></p> <p>9:15 Room Visits 10:00 Getting to Know You 11:00 Morning Stretch 12:00 Lunch 1:30 Scenic Drive W/ Rob 3:00 Snacks &amp; Reminiscing 3:30 Bingo 5:00 Dinner</p>	<p>7</p> <p>9:15 Room Visits 10:00 Let's Get Movin' 11:00 Puzzles 12:00 Lunch 2:00 Games 3:00 Snacks 3:30 Bingo 5:00 Dinner</p>
<p>11</p> <p>9:15 Room Visits 9:30 The Price Is Right 10:00 Relief Society 11:00 Exercise Class 12:00 Lunch 1:30 Spend Your Bingo Bucks 2:00 Book Club 3:00 Snacks 3:30 Bingo 5:00 Dinner</p>	<p>12</p> <p><b>Beauty Shop</b></p> <p>9:15 Manicures 10:00 Movie 12:00 Lunch 1:30 2012 Party! 3:00 Snacks and Chat 3:30 Bingo 5:00 Dinner</p>	<p>13</p> <p><b>Beauty Shop</b></p> <p>9:15 Rom Visits 10:00 Getting to Know You 11:00 Morning Stretch 12:00 Lunch 1:30 Scenic Drive W/ Rob 3:00 Snacks &amp; Reminiscing 3:30 Bingo 5:00 Dinner</p>	<p>14</p> <p>9:15 Room Visits 10:00 Lets Get Movin' 11:00 Pool or Ping-Pong 12:00 Lunch 2:00 Games 3:00 Snacks 3:30 Bingo 5:00 Dinner</p>
<p>18</p> <p>9:15 Room Visits 9:30 The Price Is Right 10:00 Relief Society 11:00 Exercise Class 12:00 Lunch 1:30 Spend Your Bingo Bucks 2:00 Book Club 3:00 Snacks 3:30 Bingo 5:00 Dinner</p>	<p>19</p> <p><b>Beauty Shop</b></p> <p>9:15 Manicures 10:00 Movie 12:00 Lunch 2:00 Cooking Class 3:00 Snacks and Chat 3:30 Bingo 5:00 Dinner</p>	<p>20</p> <p><b>Beauty Shop</b></p> <p>9:15 Room Visits 10:00 Getting to Know You 11:00 Morning Stretch 12:00 Lunch 1:30 Scenic Drive W/ Rob 3:00 Snacks &amp; Reminiscing 3:30 Bingo 5:00 Dinner</p>	<p>21</p> <p>9:15 Room Visits 10:00 Let's Get Movin' 11:00 Dice or Card Games 12:00 Lunch 2:00 Games 3:00 Snacks 3:30 Bingo 5:00 Dinner</p>
<p>25</p> <p>9:15 Room Visits 9:30 The Price Is Right 10:00 Relief Society 11:00 Exercise Class 12:00 Lunch 1:30 Spend Your Bingo Bucks 2:00 Book Club 3:00 Snacks 3:30 Bingo 5:00 Dinner</p>	<p>26</p> <p><b>Beauty Shop</b></p> <p>9:15 Manicures 10:00 Movie 12:00 Lunch 2:00 Serving Others Project 3:00 Snacks and Chat 3:30 Bingo 5:00 Dinner</p>	<p>27</p> <p><b>Beauty Shop</b></p> <p>9:15 Room Visits 10:00 Getting to Know You 11:00 Morning Stretch 12:00 Lunch 1:30 Scenic Drive W/ Rob 3:00 Snacks &amp; Reminiscing 3:30 Bingo 5:00 Dinner</p>	<p>28</p> <p>9:15 Room Visits 10:00 Let's Get Movin' 11:00 Craft Corner 12:00 Lunch 2:00 Games 3:00 Snacks 3:30 Bingo 5:00 Dinner</p>
	<p>Don't Miss It! Pay Rent Before Late Fees Begin!</p>	<p><i>Happy New Year</i></p>	

# January 2012

## Employee of the Month



Our employee of the month for January is **Britton Taylor**. Brit is the head of our maintenance department and does an amazing job. In his free time Brit enjoys spending time with his family, especially his nephews and girlfriend. He enjoys awesome views, water sports and loves to vacation at Lake Powell. Brit also likes to hike, longboard and play basketball. He is very hardworking and is always putting others first. One day, Brit hopes to own his own construction company. Thanks for all of your hard work here at Alta Ridge. You keep the building looking great, and we really appreciate all that you do.



FESTIVAL OF TREES 2011