



ALTA RIDGE

COMMUNITIES

1375 E 9400 S • Sandy, UT 84093 • (801) 523-0384

April 2011



Resident Party

EaSTeR BRuNcH

We would like to invite all our families and friends to an Easter Brunch on Saturday,

April 16,

from 10:30 a.m. to 12:30 p.m.

Harry will be preparing food and refreshments for your enjoyment.

Also, we will be having a Children's Easter Egg Hunt!

The Easter Bunny will be making a special appearance at 10:30 a.m.

Please R.S.V.P. by Tuesday, April 12.

HAPPY BIRTHDAY!!!

Resident Birthdays

April 4th - Mauvia (1919)

April 6th - Myrtle (1925)

April 24th - Kay (1928)

April 30th - Velda (1928)

Employee Birthdays

April 30th - Jason

Photograph the Photographer

In many families, one person is the designated shutterbug. At the next gathering, offer to snap a few pictures of the photographer, so she'll have a presence in photo albums, too.

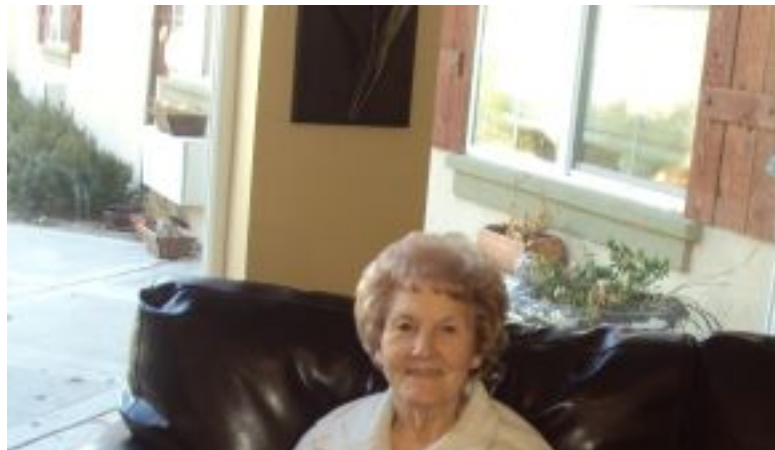
Resident Spotlight

Marva Rock

Marva Rock was born on Nov. 13, 1931, in the farming area of Cache Valley, Utah. Her family operated family farms growing sugar beets while raising turkeys and dairy cattle.

As a child, she enjoyed playing the drums and marching in parades over the summer. Marva raised four children and kept an immaculate home in Brigham City. Marva enjoyed making bread, canning vegetables and sewing all of her own clothes. Marva also ran a drapery making business. Marva enjoyed hunting and fishing while winning many awards in the sport of racing pigeons.

She had many great accomplishments over the years, and we enjoy hearing about all of them here at Alta Ridge. Marva has a great sense of humor, and we are looking forward to hearing many more fun stories while sharing lots of laughs in the future.





Billie and Jesse (Lead C.N.A.)



Kay and Michele (Activities Director)



Mauvia Playing Ball Toss



Kara, Gladys (C.N.A.) and Mujo (HSKP)

Sunday	Monday	Tuesday
3	4	5
09:00 Gussy Up 10:00 Church Services 12:00 Lunch Time 01:00 Chair Aerobics 02:00 Arts & Crafts 03:00 Snack Time 04:00 Trivia 05:00 Dinner Time	09:00 Gussy Up 10:30 Chair Aerobics 11:30 World News 12:00 Lunch Time 01:00 Golf 02:00 Hand Massages 03:00 Snack 04:00 Golden Oldies 05:00 Dinner Time HAPPY BIRTHDAY MAUVIA!	09:00 Gussy Up 10:30 Chair Aerobics 11:30 Q & A 12:00 Lunch Time 01:00 Nostalgia 02:00 Table Games 03:00 Snack 04:00 Colors 05:00 Dinner Time
10	11	12
09:00 Gussy Up 10:00 Church Services 12:00 Lunch Time 01:00 Chair Aerobics 02:00 Floor Games 03:00 Snack Time 04:00 Article Reviews 05:00 Dinner Time	09:00 Gussy Up 10:30 Alphabet Challenge 11:30 World News 12:00 Lunch Time 01:00 Movie 02:30 Table Games 03:30 Snack 05:00 Dinner Time	09:00 Gussy Up 10:30 Chris Hough Performs 11:30 World News 12:00 Lunch Time 01:00 Letter Fun 02:00 Lawrence Welk 03:00 Snack 04:00 Quiet Reading 05:00 Dinner Time
17	18	19
09:00 Gussy Up 10:00 Church Services 12:00 Lunch Time 01:00 Chair Aerobics 02:00 Lovin' Laundry 03:00 Snack Time 04:00 Trivia 05:00 Dinner Time	09:00 Gussy Up 10:30 Chair Aerobics 11:30 World News 12:00 Lunch Time 01:00 Getting to Know You 02:00 Tile Mosaics 03:00 Snack 04:00 Making Cards 05:00 Dinner Time	09:00 Gussy Up 10:30 Chair Aerobics 11:30 World News 12:00 Lunch Time 01:00 Story Hour 02:00 Bean Bag Toss 03:00 Snack 04:00 Golden Oldies 05:00 Dinner Time
EASTER HOLIDAY 24	25	26
09:00 Gussy Up 10:00 Church Services 12:00 Lunch Time 02:00 Arts & Crafts 03:00 Snack 04:00 Trivia 05:00 Dinner Time HAPPY BIRTHDAY KATHRYN!	09:00 Gussy Up 10:30 Wacky Myths 11:30 Finish the Phrase 12:00 Lunch Time 01:00 Water Painting 02:00 Golf 03:00 Snack 04:00 Puzzle Handouts 05:00 Dinner Time	09:00 Gussy Up 10:30 Shake a Tail Feather 11:30 Local Laughs 12:00 Lunch Time 01:00 Name That Tune 02:30 Snack 03:00 Cross Strung 04:00 Wooden Puzzle 05:00 Dinner Time

Wednesday	Thursday	Friday	Saturday
		1 09:00 Gussy Up 10:30 Chair Aerobics 11:30 World News 12:00 Lunch Time 01:00 Bowling 02:00 Hand Massages 03:00 Snack 04:00 Golden Oldies 05:00 Dinner Time APRIL FOOLS' DAY!	2 09:00 Gussy Up 10:30 Moving & Grooving 11:30 Trivia 12:00 Lunch 1:00 Manicures 2:00 History Remembered 3:00 Snack 3:30 Bingo 04:30 Magazine Share 5:00 Dinner Time
6 09:00 Gussy Up 10:00 Lunch Bunch 10:30 Mind Crunches 12:00 Lunch Time 01:00 Relaxation Therapy 02:00 Van Ride 03:00 Snack 04:00 Puzzles 05:00 Dinner Time HAPPY BIRTHDAY MYRTLE!	7 9:00 Gussy Up 10:30 Bible Study 12:00 Lunch Time 1:00 Up and Coming 2:00 Movie & Popcorn 3:00 Snack 3:30 Now & Then 4:30 Afternoon Social 5:00 Dinner Time	8 09:00 Gussy Up 10:00 Sit & Dance W/ Becky 11:00 Tall Tales 12:00 Lunch Time 01:00 Trivia 02:00 Floor Games 03:00 Snack 04:00 Making Cards 05:00 Dinner Time	9 09:00 Gussy Up 10:30 Sing-Along 11:30 Local News 12:00 Lunch Time 01:00 Floor Games 02:00 Story Hour 03:00 Snack and Social 04:00 Making Cards 05:00 Dinner Time
13 09:00 Gussy Up 10:00 Van Ride 10:30 Movie Time 12:00 Lunch Time 01:00 Trading Stories 02:00 Van Ride 03:00 Snack 04:00 Puzzles 05:00 Dinner Time	14 09:00 Gussy Up 10:30 Senior Trivia 11:00 Morning Exercises 12:00 Lunch Time 01:00 Name That Tune 02:00 Manicures 03:00 Snack 04:00 Beach Ball Toss 05:00 Dinner Time	15 09:00 Gussy Up 10:30 Chair Aerobics 11:30 Earth Day Facts 12:00 Lunch Time 01:00 Earth Day Celebration 02:00 Birthday Bash 03:00 Snack 04:00 Environmental Changes 05:00 Dinner Time	16 09:00 Gussy Up 10:30 Easter Egg Hunt 11:30 Easter Brunch 01:00 Family & Friends 02:00 Movies 03:00 Snack 03:30 Word Search 05:00 Dinner Time
20 09:00 Gussy Up 10:00 Van Ride 10:30 Mind Crunches 12:00 Lunch Time 01:00 Relaxation Therapy 02:00 Van Ride 03:00 Snack 04:00 Puzzles 05:00 Dinner Time	21 09:00 Gussy Up 10:30 Chair Aerobics 11:30 World News 12:00 Lunch Time 01:00 Bowling 02:00 Hand Massages 03:00 Snack 04:00 Recognition & Awards 05:00 Dinner Time	22 09:00 Gussy Up 10:00 Sit & Dance W/ Becky 11:00 Tall Tales 12:00 Lunch Time 01:00 Geography 02:00 Floor Games 03:00 Snack 04:00 Alphabet Challenge 05:00 Dinner Time	23 9:00 Gussy Up 10:30 Manicures 12:00 Lunch Time 1:00 Tic Tac Toe 2:00 Play Ball 3:00 Snack 3:30 Balloon Badminton 4:30 Afternoon Social 5:00 Dinner Time
27 09:00 Gussy Up 10:00 Van Ride 10:30 Movie Time 12:00 Lunch Time 01:00 Trading Stories 02:00 Van Ride 03:00 Snack 04:00 Puzzles 05:00 Dinner Time	28 09:00 Gussy Up 10:30 Stretching 11:30 Finish the Phrase 12:00 Lunch Time 01:00 Sing-Along 02:00 Crossword Puzzles 03:00 Snack 04:00 News Flash 05:00 Dinner Time	29 09:00 Gussy Up 10:30 Moving & Grooving 11:30 Trivia 12:00 Lunch 1:00 Manicures 2:00 History Remembered 3:00 Snack 3:30 Bingo 04:30 Magazine Share 5:00 Dinner Time	30 09:00 Gussy Up 10:30 Senior Trivia 11:00 Morning Exercises 12:00 Lunch Time 01:00 Name That Tune 02:00 Manicures 03:00 Snack 04:00 Beach Ball Toss 05:00 Dinner Time HAPPY BIRTHDAY VELDA!

April 2011

Employee of the Month



Denise (Lead C.N.A)

We would like to congratulate Denise as our Employee of the Month. Denise has worked for Alta Ridge Alzheimer's since 2008 as a Lead C.N.A.

Denise was born on June 22, 1981, in Utah. She has been married for 3 years. She is a wonderful mother to a 2-year-old boy, Meises. She enjoys reading, puzzles and working on latch hook projects. When she is not working or taking care of her little man, she loves to sleep. Her future goals are to graduate from school, become a Registered Nurse, travel and then settle down in Arizona. Denise considers patience to be one of her best attributes.

We really appreciate the effort and dedication she puts into her job. Thank you, Denise, from the staff and residents!

"This Month In History" April

1719: Daniel Defoe publishes the classic "Robinson Crusoe."

1800: Congress establishes the Library of Congress.

1828: Noah Webster publishes the "American Dictionary of the English Language."

1841: President William Henry Harrison dies in office of pneumonia after serving only one month, the

shortest term ever served by an elected president.

1860: The Pony Express begins in St. Joseph, Mo.

1912: The luxury ship Titanic hits an iceberg and sinks, taking with it more than 1,500 passengers' lives.

1924: Rand McNally publishes its first comprehensive road atlas.

1938: Roy J. Plunkett discovers Teflon.

1953: TV Guide debuts with Lucille Ball and her newborn son on the cover.

1955: Ray Kroc opens the first franchised McDonald's in Des Plaines, Ill.

1961: Soviet Yuri Gagarin is the first man to fly in space.

1970: President Richard Nixon signs the Public Health Cigarette Smoking Act into law, banning cigarette commercials and requiring Surgeon General warnings on tobacco products.

1975: Bill Gates and Paul Allen form Microsoft in Albuquerque, N.M.

1999: Astronomers discover a new solar system, the first outside our own.