



# ALTA RIDGE COMMUNITIES

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

## Resident Referral Program

Our residents and their families are our best referral source. With that in mind, we have developed a referral incentive program for you.

Receive a \$500 discount on your rent for every qualified referral who becomes a new resident move-in.

### RULES:

1. The person you refer must be a new contact.
2. The person you refer must mention that you referred them at the first point of contact.
3. When the person you referred *moves into an Alta Ridge Community and maintains residency for at least 30 days*, we will give your resident's account a \$500 discount on the next month's rent.



## Word to the Wise

"Even if you're on the right track, you'll get run over if you just sit there." —Will Rogers

August 2011



Aug. 6 - Allah D.

Aug. 10 - Helen M.

Aug. 10 - Janet N.

Aug. 10 - Marissa (C.N.A.)

Aug. 11 - Loree M.

Aug. 25 - Jeff (Maint.)

## We Love Lucy!

Comedienne Lucille Ball was born on Aug. 6, 1911, in Jamestown, N.Y. Best known for her role as Lucy Ricardo on the sitcom "I Love Lucy," she died on April 26, 1989.

## Keep Us Up-to-Date

Summer is winding down and change is in the air. With that in mind, this is a good time to update your information in the office. If your work number, cell phone number, e-mail address or emergency contact has changed, please let us know. Our entire staff would like to thank everyone who continues to call our community; we couldn't ask for better residents!

## Bumper Sticker Snicker

You can't have everything ... where would you put it?



Marva and her daughter,  
Linda



Adell and Gunvor soaking  
up the sun



Mauvia and her daughter,  
Brenda



Bee and her sister, Trudy



Willard playing BINGO

Sunday	Monday	Tuesday
	1	2
	9:00 Gussy Up 10:30 Chair Aerobics 11:30 Local News 12:00 Lunch Time 1:00 Arts & Crafts 3:00 Snack 4:00 Coloring 5:00 Dinner Time	9:00 Gussy Up 10:30 Heart & Soul 10:30 Mind Crunches 12:00 Lunch Time 1:00 Relaxation Therapy 13:00 Snack 4:00 Puzzles 5:00 Dinner Time
7	8	9
9:00 Gussy Up 10:00 Church Services 12:00 Lunch Time 1:00 Chair Aerobics 2:00 Arts & Crafts 3:00 Snack Time 4:00 Trivia 5:00 Dinner Time	9:00 Gussy Up 10:30 Chair Aerobics 11:00 Manicures 12:00 Lunch Time 1:00 Monday Mania 3:00 Snack 4:00 Making Cards 5:00 Dinner Time	9:00 Gussy Up 10:30 Chair Aerobics 11:30 World News 12:00 Lunch Time 2:00 CrossStrung 3:00 Snack 4:00 Coloring 5:00 Dinner Time
14	15	16
9:00 Gussy Up 10:00 Church Services 12:00 Lunch Time 1:00 Chair Aerobics 2:00 Lovin' Laundry 3:00 Snack Time 4:00 Trivia 5:00 Dinner Time	9:00 Gussy Up 10:30 Chair Aerobics 11:30 World News 12:00 Lunch Time 1:00 Patio Party 3:00 Snack 4:00 Creative Canvas 5:00 Dinner Time	9:00 Gussy Up 10:00 Manicures 10:30 Mind Crunches 12:00 Lunch Time 1:00 Relaxation Therapy 2:00 Summer Fun 3:00 Birthday Bash 5:00 Dinner Time
21	22	23
9:00 Gussy Up 10:00 Church Services 12:00 Lunch Time 1:00 Chair Aerobics 2:00 Arts & Crafts 3:00 Snack Time 4:00 Trivia 5:00 Dinner Time	9:00 Gussy Up 10:30 Chair Aerobics 11:30 World News 12:00 Lunch Time 1:00 Floor Games 3:00 Snack 4:00 Coloring 5:00 Dinner Time	9:00 Gussy Up 10:30 Golf 11:30 Local News 12:00 Lunch Time 1:00 Comedy Hour 3:00 Snack 4:00 Topic Choice 5:00 Dinner Time
28	29	30
9:00 Gussy Up 10:00 Church Services 12:00 Lunch Time 1:00 Chair Aerobics 2:00 Lovin' Laundry 3:00 Snack Time 4:00 Trivia 5:00 Dinner Time	9:00 Gussy Up 10:30 Dancin' to Oldies 11:30 Sports Trivia 12:00 Lunch Time 1:00 Ball Toss 3:00 Snack 4:00 Name That Tune 5:00 Dinner Time	19:00 Gussy Up 10:30 Shake a Tailfeather! 11:30 Story Sharing 12:00 Lunch Time 1:00 Bowling 3:00 Snack 4:00 Afternoon Social 5:00 Dinner Time

## Wednesday

## Thursday

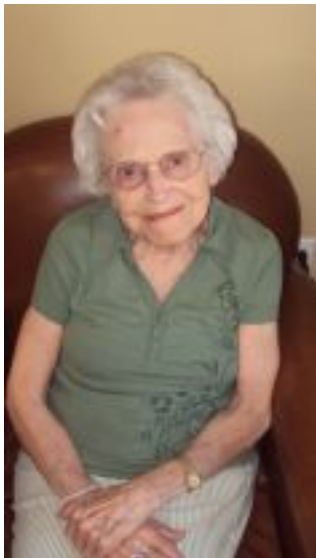
## Friday

## Saturday

<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<p>9:00 Gussy Up            10:00 Van Ride/Snack Stop            12:00 Lunch            1:00 Sensory Stimulation            2:00 Van Ride            3:00 Snack            4:00 Puzzles            5:00 Dinner Time</p>	<p>9:00 Gussy Up            10:30 Chair Aerobics            12:00 Lunch Time            1:00 Funny Facts            2:00 Aaron Entertains            3:00 Snack            4:00 Coloring            5:00 Dinner Time</p>	<p>9:00 Gussy Up            10:00 Gardening            10:30 Mind Crunches            12:00 Lunch Time            1:00 Relaxation Therapy            3:00 Snack            4:00 Puzzles            5:00 Dinner Time</p>	<p>9:00 Gussy Up            10:30 Chair Aerobics            11:30 World News            12:00 Lunch Time            1:00 Ball Toss            3:00 Snack            4:00 Coloring            5:00 Dinner Time</p> <p>HAPPY BIRTHDAY ALLAH!</p>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<p>9:00 Gussy Up            10:00 Van Ride            10:30 Mind Crunches            12:00 Lunch Time            2:00 Van Ride            3:00 Snack            4:00 Puzzles            5:00 Dinner Time            HAPPY BIRTHDAY MARISSA,            HELEN &amp; JANET!</p>	<p>9:00 Gussy Up            10:30 Bible Study            12:00 Lunch Time            1:00 Getting to Know You            2:00 Balloon Badminton            3:00 Snack            4:00 Making Cards            5:00 Dinner Time</p> <p>HAPPY BIRTHDAY LOREE!</p>	<p>9:00 Gussy Up            10:15 Sit N' Dance W/ Becky            12:00 Lunch Time            1:00 History            2:00 Finish the Phrase            3:00 Snack            4:00 Making Cards            5:00 Dinner Time</p> <p>Katie's Wedding : ) !!!</p>	<p>9:00 Gussy Up            10:30 Mind Crunches            12:00 Lunch Time            1:00 Relaxation Therapy            2:00 Summer Fun            3:00 Snack            4:00 Puzzles            5:00 Dinner Time</p>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<p>9:00 Gussy Up            10:00 Gardening            10:30 Mind Crunches            12:00 Lunch Time            1:00 Summer Fun            3:00 Snack            4:00 Puzzles            5:00 Dinner Time</p>	<p>9:00 Gussy Up            10:00 Gardening            10:30 Mind Crunches            12:00 Lunch Time            1:00 Summer Fun            3:00 Snack            4:00 Puzzles            5:00 Dinner Time</p>	<p>9:00 Gussy Up            10:30 Summer Stretching            11:30 World News            12:00 Lunch Time            1:00 Yarn Creations            3:00 Snack            4:00 Card Creations            5:00 Dinner Time</p>	<p>9:00 Gussy Up            10:30 Patio Exercise            11:30 Summer Fun            12:00 Lunch Time            1:00 Paint That Picture            3:00 Snack            4:00 Remember When            5:00 Dinner Time</p>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<p>9:00 Gussy Up            10:00 Gardening            10:30 Mind Crunches            12:00 Lunch Time            1:00 Summer Fun            3:00 Snack            4:00 Puzzles            5:00 Dinner Time</p>	<p>9:00 Gussy Up            10:30 Bible Study            12:00 Lunch Time            1:00 Movie &amp; Popcorn            3:00 Snack            3:30 Now &amp; Then            4:30 Afternoon Social            5:00 Dinner Time</p> <p>HAPPY BIRTHDAY JEFF!</p>	<p>9:00 Gussy Up            10:15 Sit N' Dance W/ Becky            12:00 Lunch Time            1:00 History of Cars            2:00 Floor Games            3:00 Snack            4:00 Making Cards            5:00 Dinner Time</p>	<p>9:00 Gussy Up            10:30 Chair Aerobics            11:30 World News            12:00 Lunch Time            12:00 Balloon Badminton            3:00 Snack            4:00 Making Cards            5:00 Dinner Time</p>
<b>31</b>			
<p>9:00 Gussy Up            10:00 Van Ride            10:30 Mind Crunches            12:00 Lunch Time            2:00 Van Ride            3:00 Snack            4:00 Puzzles            5:00 Dinner Time</p>			<p style="text-align: center;"><i>Celebrate            Summer!</i></p> 

# August 2011

## Zada Norman



Resident of the Month

Alta Ridge would like to show honor to Zada Norman. Zada was born in Fairview, Utah, on April 6, 1918. She later met and married her wonderful husband of almost 75 years, Rex. Together they raised two daughters and a son. This family of five rapidly grew over the years and currently Zada is proud to tell you she has 73 descendants.

Zada stayed very busy raising her children and keeping a lovely home. Her hobbies excelled in the kitchen, which you can imagine delighted her family! She became an expert candy maker, and has many ribbons to show for it. Along with candy, she baked a delicious variety of pastries and bread.

Zada also has a special talent of writing poetry—this was something she felt could express her feelings, as well as her deep spiritual beliefs. We have learned a lot from Zada, whether tips on becoming an excellent Scrabble player or just how to have a generous heart. We look forward to seeing her beautiful smile daily and knowing she will always have a kind word to give to each and every one of us.

## Employee of the Month



Mirna Ardon

Mirna has worked for Alta Ridge since March 2011 as our Housekeeping Supervisor and Dietary Cook. We would like to express how thankful we are to have such a kind employee.

Mirna was born on Sept. 18 in Honduras. In her younger years, she went to school in Honduras to become a florist. She is a wonderful wife and mother of three kids, Johnathan, Josselyn and Jadie. Her goal in life is to be successful, by going back to school and getting a degree in nursing. In Mirna's spare time, she enjoys being with her family and playing soccer. Her favorite vacation spot is Disney World, because it's fun and she gets to visit her extended family.

If Mirna is not cleaning or working in the kitchen, you can always find her interacting with your loved ones. We cannot thank her enough for the passion she shows our community and residents.