



ALTA RIDGE COMMUNITIES

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



Happy Father's Day!

We would like to wish all our residents, family members, staff and friends a

Happy Father's Day!

Come celebrate with us on Thursday, June 16, from 3 to 4 p.m.

We will be serving light refreshments

R.S.V.P. By Monday, June 13

(801) 523-0384

Happy Birthday!

June 8th - Afsoon (C.N.A.)

June 22nd - Denise (C.N.A.)

June 28th - Enna Bee

June 29th - Claudia (Dietary)



*Baking Cookies
Jade, Zada & Heather*

June 2011

Fathers Then and Now ...

In 1900, a father's horsepower meant his horses.

Today, it's the size of his minivan.

In 1900, if a father put a roof over his family's head, he was a success.

Today, it takes a roof, deck, pool, and 4-car garage. And that's just the vacation home.

In 1900, fathers could count on children to join the family business.

Today, fathers pray their kids will soon come home from college long enough to teach them how to work the computer and set the VCR.

In 1900, fathers and sons would have heart-to-heart conversations while fishing in a stream.

Today, fathers pluck the headphones off their sons' ears and shout, "WHEN YOU HAVE A MINUTE ..."

In 1900, a father gave a pencil box for Christmas, and the kid was all smiles.

Today, a father spends \$800 at Toys 'R' Us, and the kid screams: "I wanted Sega!"

In 1900, when fathers entered the room, children often rose to attention.

Today, kids glance up and grunt, "Dad, you're invading my space."

In 1900, fathers threatened their daughter's boy friend with shotguns if the girl came home late.

Today, fathers break the ice by saying, "So ... how long have you had that earring?"

In 1900, a Father's Day gift would be a hand tool.

Today, he'll get a digital organizer.



Vera Mae



Gunvor & her husband, Per

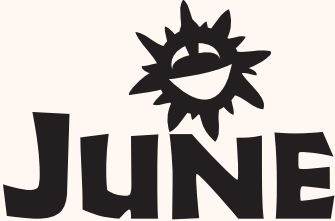


Bee & Kelly



Betty & Jesse

Sunday	Monday	Tuesday
5	6	7
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 Monday Marathon 11:30 World News 12:00 Lunch Time 1:00 Movie 2:30 Cooking Class 3:30 Snack 5:00 Dinner Time	9:00 Gussy Up 10:30 Chair Aerobics 11:30 World News 12:00 Lunch Time 1:00 Loom Weaving 2:00 Paint That Picture 3:00 Snack 4:00 Creative Canvas 5:00 Dinner Time
12	13	14
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 Sing-Alongs 11:30 Local News 12:00 Lunch Time 1:00 Pottery 2:00 Broadway Tunes 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 1:00 Bowling 2:00 Cross Strung 3:00 Snack 4:30 Golden Oldies 5:00 Dinner Time Flag Day!
19	20	21
National C.N.A. Week 9:00 Gussy Up 10:00 Church Services 12:00 Lunch Time 1:00 Chair Aerobics 2:00 Floor Games 3:00 Snack Time 4:00 Article Reviews 5:00 Dinner Time Father's Day!	National C.N.A. Week 9:00 Gussy Up 10:30 Senior Trivia 11:00 Morning Exercises 12:00 Lunch Time 1:00 Name That Tune 2:00 Manicures 3:00 Snack 4:00 Beach Ball Toss 5:00 Dinner Time	National C.N.A. Week 9:00 Gussy Up 10:30 Chair Aerobics 11:30 World News 12:00 Lunch Time 1:00 Getting to Know You 2:00 The New Fiddlers 3:00 Snack 4:00 Making Cards 5:00 Dinner Time The First Day of Summer!
26	27	28
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 Moving & Grooving 11:30 Trivia 12:00 Lunch 1:00 Manicures 2:00 History Remembered 3:00 Snack 3:30 Bingo 4:30 Magazine Share 5:00 Dinner Time	9:00 Gussy Up 10:30 Chair Aerobics 11:30 World News 12:00 Lunch Time 1:00 Bowling 2:00 Hand Massages 3:00 Snack 4:00 Golden Oldies 5:00 Dinner Time HAPPY BIRTHDAY BEE!

Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>9:00 Gussy Up 10:00 Van Ride 10:30 Mind Crunches 12:00 Lunch Time 1:00 Relaxation Therapy 2:00 Van Ride 3:00 Snack 4:00 Puzzles 5:00 Dinner Time</p>	<p>2</p> <p>9:00 Gussy Up 10:30 Chair Aerobics 11:30 News 12:00 Lunch Time 1:00 Bowling 2:00 Trivia 2:30 Pizza Party 4:00 Broadway Tunes 5:00 Dinner Time</p>	<p>3</p> <p>9:00 Gussy Up 10:30 Freaky Friday 11:30 Finish the Phrase 12:00 Lunch Time 1:00 Sing-Alongs 2:00 Easy Exercise 3:00 Snack 4:00 News Flash 5:00 Dinner Time</p>	<p>4</p> <p>9:00 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 4:30 Magazine Share 5:00 Dinner Time</p>
<p>8</p> <p>9:00 Gussy Up 10:00 Van Ride 10:30 Movie Time 12:00 Lunch Time 1:00 Trading Stories 2:00 Van Ride 3:00 Snack 4:00 Puzzles 5:00 Dinner Time</p> <p>HAPPY BIRTHDAY AFSOON!</p>	<p>9</p> <p>9:00 Gussy Up 10:30 Bible Study 12:00 Lunch Time 1:00 Up and Coming 2:00 Kevin's Patriotic Tunes 3:00 Snack 3:30 Now & Then 4:30 Afternoon Social 5:00 Dinner Time</p>	<p>10</p> <p>9:00 Gussy Up 10:15 Sit N' Dance W/ Becky 11:30 Finish the Phrase 12:00 Lunch Time 1:00 History of Tools 2:00 Floor Games 3:00 Snack 4:00 Making Cards 5:00 Dinner Time</p>	<p>11</p> <p>9:00 Gussy Up 10:30 Chair Aerobics 11:30 World News 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>15</p> <p>9:00 Gussy Up 10:00 Lunch Bunch 10:30 Mind Crunches 12:00 Lunch Time 1:00 Relaxation Therapy 2:00 Van Ride 3:00 Snack 4:00 Puzzles 5:00 Dinner Time</p>	<p>National C.N.A. Week 16</p> <p>9:00 Gussy Up 10:30 Chair Aerobics 11:30 World News 12:00 Lunch Time 1:00 Weekend Updates 2:00 Facials 3:00 Father's Day Celebration! 5:00 Dinner Time</p>	<p>National C.N.A. Week 17</p> <p>9:00 Gussy Up 10:30 Freaky Friday 11:30 Finish the Phrase 12:00 Lunch Time 1:00 Sing-Alongs 2:00 Easy Exercise 3:00 Birthdays Bash! 4:00 News Flash 5:00 Dinner Time</p>	<p>National C.N.A. Week 18</p> <p>9:00 Gussy Up 10:30 Senior Trivia 11:00 Morning Exercises 12:00 Lunch Time 1:00 Name That Tune 2:00 Manicures 3:00 Snack 4:00 Beach Ball Toss 5:00 Dinner Time</p>
<p>National C.N.A. Week 22</p> <p>9:00 Gussy Up 10:00 Van Ride 10:30 Mind Crunches 12:00 Lunch Time 1:00 Relaxation Therapy 2:00 Van Ride 3:00 Snack 4:00 Puzzles 5:00 Dinner Time</p> <p>HAPPY BIRTHDAY DENISE!</p>	<p>23</p> <p>9:00 Gussy Up 10:30 Bible Study 12:00 Lunch Time 1:00 Up and Coming 2:00 Pin the Tail 3:00 Snack 3:30 Now & Then 4:30 Afternoon Social 5:00 Dinner Time</p>	<p>24</p> <p>9:00 Gussy Up 10:00 Sit & Dance W/ Becky 11:00 Tall Tales 12:00 Lunch Time 1:00 Rhymes & Riddles 2:00 Table Games 3:00 C.N.A. Party! 4:00 Making Cards 5:00 Dinner Time</p>	<p>25</p> <p>9:00 Gussy Up 10:30 Chair Aerobics 11:30 Name That Tune 12:00 Lunch Time 1:00 Happy Housekeeping 2:00 Hand Massages 3:00 Snack 4:00 Golden Oldies 5:00 Dinner Time</p>
<p>29</p> <p>9:00 Gussy Up 10:00 Van Ride 10:30 Movie Time 12:00 Lunch Time 1:00 Trading Stories 2:00 Van Ride 3:00 Snack 4:00 Puzzles 5:00 Dinner Time</p> <p>HAPPY BIRTHDAY CLAUDIA!</p>	<p>30</p> <p>9:00 Gussy Up 10:30 Chair Aerobics 11:30 World News 12:00 Lunch Time 1:00 Getting to Know You 2:00 Tile Mosaics 3:00 Snack 4:00 Making Cards 5:00 Dinner Time</p>		

June 2011

Resident of the Month



Betty Jackson

Alta Ridge would like you to meet our Resident of the Month, Betty Jackson. Betty moved into our Community in February 2011. We are so grateful to have Betty here sharing her warm heart and friendship with your loved ones and the staff.

Betty was born in Salt Lake City on Feb. 18, 1926. She is a mother of five children and a grandmother to 29 grand- and great-grandchildren. Some of Betty's favorite family traditions include going to baseball games, traveling and making chocolate covered candies at Christmas time. Betty has traveled to many different places in the world. She has visited Israel, Egypt and many of the states. Betty recalls Israel as one of her favorite places because she was able to see the Jesus' Tomb. Betty enjoys watching sports, crocheting and puzzles. Also, Betty loves to sink herself into any book by author James Patterson.

Alta Ridge would like to let Betty and her family know how much we love her and are looking forward to creating many more memories with her. Thank you so much, Betty!

Employee of the Month



Marissa Sorensen (C.N.A.)

Marissa Sorensen is our Employee of the Month. Marissa provides excellent care for all of our residents, has a very thoughtful personality and always keeps a positive outlook. Marissa has worked for Alta Ridge since July 2010 as a C.N.A., Activities Assistant and Lead C.N.A.

Marissa was born in Salt Lake City on Aug. 10, 1992. She graduated from Skyline High School and is currently attending Salt Lake Community College to become a nurse. Marissa loves spending time with family and friends and writing in her journal. The family cabin in Provo, Utah, is the best! Marissa's favorite vacation spot is Mexico where she can really relax! Marissa's goals in life are to have a family, always be happy and remember what she stands for.

The staff and residents would like to thank Marissa for the care and friendships that she has developed with each one of us. Marissa, you are an amazing person and we have no doubt you will achieve anything you put your heart into.