



ALTA RIDGE COMMUNITIES

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

Ernest Coleman

Ernest Coleman was born in Germany on June 9, 1927. Ernest is fluent in German and French. He has enjoyed world travel, visiting Europe, Israel and relocated to Utah from Chicago, Illinois.

Ernest has had many interesting job experiences as an inspector and a taxi cab driver. Ernest was blessed with two daughters and two grandchildren. Ernest was an excellent soccer player as a child, enjoys long walks and watching tennis on television whenever possible.

During his travels, the beautiful Grand Canyon and Las Vegas were his personal favorites. Ernest likes German food and enjoys fresh French bread. We enjoy Ernest very much at Alta Ridge Alzheimer's. We love his witty personality and his enthusiasm, whether it be dancing the tango or directing a van ride. We hope to spend many more years creating memories with him.



March 2011



ReSiDenT BiRThDaYs

Adell Call - March 10, 1922

EmPLoYee BiRThDaYs

Stephanie (C.N.A.) - March 8, 1990

Talk About It: St. Paddy's Day

Use this discussion topic to reminisce about your past. Talk with friends about your memories and learn how everyone's experiences were similar or different:


- Forty million Americans claim Irish ancestry. Can you?
- Have you ever been to Ireland? Kissed the Blarney Stone?
- Did your family or friends have St. Patrick's Day traditions?
- Have you ever eaten corned beef and cabbage?
- St. Patrick's Day parades are common all over the country. Have you ever marched in one?

Standing Tall

Good posture takes years off your appearance. Align your body so ears are over shoulders and shoulders are over hips. A trick is to imagine a thread running up your spine and out the crown of your head, gently tugging you upward.

We would like to give Mrs. Broadway a special thanks! The residents had an amazing time when she came and performed her Western Music. . .



Sunday	Monday	Tuesday
	 AMERICAN RED CROSS MONTH	1
6	7	8
09:00 Gussy Up 10:00 Church Services 12:00 Lunch Time 01:00 Chair Aerobics 02:00 Arts & Crafts 03:00 Snack 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 Weekend Updates 02:00 Facials 03:00 Snack 04:00 Mozart 05:00 Dinner Time	09:00 Gussy Up 10:30 Chair Aerobics 12:00 Lunch Time 01:00 Loom Weaving 02:00 The New Fiddlers! 03:00 Snack 04:00 Creative Canvas 05:00 Dinner Time HAPPY BIRTHDAY, STEPHANIE!
13	14	15
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 Monday Marathon 11:30 World News 12:00 Lunch Time 01:00 Movie 02:30 Cooking Class 03:30 Snack 05:00 Dinner Time	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 Birthday Bash! 04:30 Golden Oldies 05:00 Dinner Time
20	21	22
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 Hand Jive 11:30 Weekend Weirdness 12:00 Lunch Time 01:00 Family News 02:00 Floor Games 03:00 Snack 03:30 Rhymes & Riddles 04:30 Coloring 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 02:00 Floor Games 03:00 Snack 04:00 Ancestry Awareness 05:00 Dinner Time
27	28	29
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 Weekend Updates 02:00 Facials 03:00 Snack 04:00 Mozart 05:00 Dinner Time	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

Wednesday	Thursday	Friday	Saturday
<p>2</p> <p>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</p>	<p>3</p> <p>09:00 Gussy Up 10:30 Moving & Grooving 12:00 Lunch 1:00 Manicures 2:00 Jim Rielly Performs 3:00 Snack 3:30 Bingo 4:30 Magazine Share 5:00 Dinner Time</p>	<p>4</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>5</p> <p>09:00 Gussy Up 10:30 Moving & Grooving 11:30 Trivia 12:00 Lunch 01:00 Manicures 03:00 Snack 03:30 Bingo 04:30 Magazine Review 05:00 Dinner Time</p>
<p>9</p> <p>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</p>	<p>10</p> <p>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</p> <p>HAPPY BIRTHDAY, ADELL!</p>	<p>11</p> <p>09:00 Gussy Up 10:00 Sit & Dance W/ Becky 11:00 Tall Tales 12:00 Lunch Time 01:00 History of Cars 02:00 Floor Games 03:00 Snack 04:00 Making Cards 05:00 Dinner Time</p>	<p>12</p> <p>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 Fun Fiction 05:00 Dinner Time</p>
<p>16</p> <p>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</p>	<p>17</p> <p>09:00 Gussy Up 10:30 Talking Irish 11:30 Wearing of Green 12:00 Lunch Time 01:00 Making Shamrocks 02:00 Patty's Day Trivia 03:00 Snack 04:00 Irish Music 05:00 Dinner Time</p> <p>HAPPY ST. PATRICK'S DAY!</p>	<p>18</p> <p>09:00 Gussy Up 10:30 Freaky Friday 11:30 Finish the Phrase 12:00 Lunch Time 01:00 Sing-a Longs 02:00 Easy Exercise 03:00 Snack 04:00 News Flash 05:00 Dinner Time</p>	<p>19</p> <p>09:00 Gussy Up 10:30 Chair Aerobics 11:30 Name That Tune 12:00 Lunch Time 01:00 Happy Housekeeping 02:00 Hand Massages 03:00 Snack 04:00 Golden Oldies 05:00 Dinner Time</p>
<p>23</p> <p>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</p>	<p>24</p> <p>09:00 Gussy Up 10:30 Chair Aerobics 11:30 World News 12:00 Lunch Time 01:00 Getting to Know You 02:00 Main Street Duo 03:00 Snack 04:00 Making Cards 05:00 Dinner Time</p>	<p>25</p> <p>09:00 Gussy Up 10:00 Sit & Dance W/ Becky 11:00 Tall Tales 12:00 Lunch Time 01:00 History of Cars 02:00 Floor Games 03:00 Snack 04:00 Making Cards 05:00 Dinner Time</p>	<p>26</p> <p>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</p>
<p>30</p> <p>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</p>	<p>31</p> <p>09:00 Gussy Up 10:30 Sing-a-Longs 11:30 Local News 12:00 Lunch Time 01:00 Floor Games 02:00 Story Hour 03:00 Snack W/ Lauren 04:00 Making Cards 05:00 Dinner Time</p>		

March 2011

Employee of the Month



Mujo Masic

We would like to thank Mujo for the hard work he provides us here at Alta Ridge. Not only does Mujo work hard at keeping our community clean and beautiful, he has a special place in his heart for each one of your loved ones. Mujo enjoys helping our residents by keeping them happy and participating in the activities. Mujo has a passion for music. When Mujo is not working here, he also performs at weddings and events. Whenever we have musical entertainment, you can always find him dancing with the residents. Mujo enjoys spending time with his family and relaxing. He has been married to the love of his life, Aneisa, for 22 years! Together they have two children, Kevin and Diana. Mujo's favorite place to visit is Bosnia, where he grew up. We would like to wish Mujo health and happiness. Thank you for everything you do!

"This Month In History" March

1690: America's first paper money was issued in the colony of Massachusetts.

1857: The first passenger safety elevator is installed in New York City by Otis Elevator Co.

1872: Yellowstone National Park becomes the United States' first national park.

1876: Alexander Graham Bell patents the telephone.

1912: In Savannah, Ga., Juliette Gordon Low organizes the first Girl Scout troop.

1931: "The Star-Spangled Banner" is adopted as America's national anthem.

1953: Bob Hope and Conrad Nagel host the first televised Academy Awards ceremony.

1958: Elvis Presley enters the U.S. Army at Memphis, Tenn.

1961: The Peace Corps is established after President John F. Kennedy challenges college students to serve their country.

1981: Walter Cronkite signs off as anchorman of CBS News.

1985: Yul Brynner appears in his 4,500th performance of "The King and I."

1994: The U.S. Navy issues its first permanent order assigning women on combat ships.

1997: Former Beatle Paul McCartney is knighted by Queen Elizabeth II for his service to music.

2004: Mars rover MER-B (Opportunity) confirms to NASA that the area of its landing was once covered in water.