



ALTA RIDGE COMMUNITIES

1009 East Murray-Holladay Rd • Salt Lake City, UT 84117 • (801) 268-6342

“DECEMBER IN REVIEW”

December of 2011 was an amazing month for Alta Ridge in Holladay and its residents.

Our annual Holiday Buffet on Dec. 10 went extremely well. Attendance was great and the food was fantastic. Everyone enjoyed being with their family members to welcome in the holiday season.

We want to thank each and every one of you for coming and for your participation. Great desserts, relish trays and deviled eggs were contributed by many families.

Another special event—Dry Creek Charities brought in a professional photographer who took pictures of each resident. What a great experience to see the photographer work with each resident using hats, drapes, jackets, etc., to get just the right pose. The resulting pictures were mailed to the responsible parties. A price list was included in the packet so you could order more copies of the photos.

As a staff member helping, this day rated as one of the best in my life. Just watching your loved ones react and smile that special smile was very emotional and heartwarming.



Monthly Celebrations

Hitch up your wagons for Rising Star Month. January is also Financial Wellness Month, Get Organized Month, International Creativity Month, National Clean Up Your Computer Month and National Mentoring Month.

January 2012



Happy New Year!

Our New Year's resolution is simple: We want to continue to make our community the best in the area. If you have suggestions for improvements we can make in the coming year, please let us know. Happy New Year!

Day of Praise

Everyone appreciates a sincere compliment. Take time to express your admiration and esteem for those around you on National Compliment Day, Jan. 24.

Seasonal Selections

January is an ideal month to hunker down and savor some home cooking. Step up to the dinner plate by including this in-season produce in your cuisine.

Vegetables: Brussels sprouts, leeks, parsnips, shallots, sweet potatoes, turnips, winter squash, cabbage, broccoli and cauliflower.

Fruits: Grapefruit, oranges, pears, tangelos and tangerines.



Doris M. Jan. 4
Gwen Glenn Jan. 22



Mimi Bullock

WE WILL MISS:
Vic Janulaitis
Marv Holmberg
Shirley Andrus

Healthy Bones
Jan. 11 is Milk Day,
and seniors need to
ensure they get enough
calcium daily. So drink
an extra glass of milk on
this day and try to make
it a habit to ensure you
get what you need to stay
healthy.

Seasonal Selections
Enjoy the bright
flavors of citrus favorites
during the dreary days of
January. Grapefruit,
oranges and tangerines
are all in season now,
meaning they're at the
peak of perfection and
more affordable. Choose
one that feels heavy for
its size and has shiny,
spotless skin. With light
pressure, roll on the
counter before eating or
slicing; this gets the juices
flowing and makes for an
even tastier shot of
vitamin C.

Sunday	Monday	Tuesday
NEW YEAR'S DAY!!!! 1 10:30 CHURCH SERVICES 11:00 REFRESHMENT 12:00 TABLE TOP TRIVIA 2:30 MUSIC WITH BARRY 3:00 COOKIES & PUNCH	2 9:30 MANICURES AND MOVIE 11:00 REFRESHMENT 12:00 TRIVIA & WORD JUMBLES 2:00 SCENIC DRIVE WITH KRISTIN & ROB	BEAUTICIAN TODAY 3 10:15 TABLE GAME WITH INDRA 11:00 REFRESHMENT 12:00 TABLE TOP TRIVIA 2:15 BLACKOUT BINGO!
8 10:30 CHURCH SERVICES 11:00 REFRESHMENT 12:00 TABLE TOP TRIVIA 2:00 PUZZLES 3:00 COOKIES & PUNCH	9 9:30 MANICURES 11:00 REFRESHMENTS 12:00 TABLE TOP TRIVIA 2:00 SCENIC DRIVE WITH KRISTIN & ROB	BEAUTICIAN TODAY 10 10:15 TABLE GAME WITH INDRA 11:00 REFRESHMENT 12:00 TABLE TOP TRIVIA 2:15 BLACKOUT BINGO!
15 10:30 CHURCH SERVICES 11:00 REFRESHMENT 12:00 TABLE TOP TRIVIA 2:00 PUZZLES 3:00 COOKIES & PUNCH	16 9:30 MANICURES AND MOVIE 11:00 REFRESHMENT 12:00 TRIVIA & WORD JUMBLES 2:00 SCENIC DRIVE WITH KRISTIN & ROB	BEAUTICIAN TODAY 17 10:15 TABLE GAME WITH INDRA 11:00 REFRESHMENT 12:00 TABLE TOP TRIVIA 2:15 BLACKOUT BINGO!
HAPPY B-DAY GWEN! 22 10:30 CHURCH SERVICES 11:00 REFRESHMENT 12:00 TABLE TOP TRIVIA 2:00 PUZZLES 3:00 COOKIES & PUNCH	23 9:30 MANICURES AND MOVIE 11:00 REFRESHMENT 12:00 TRIVIA & WORD JUMBLES 2:00 SCENIC DRIVE WITH KRISTIN & ROB	BEAUTICIAN TODAY 24 10:15 TABLE GAME WITH INDRA 11:00 REFRESHMENT 12:00 TABLE TOP TRIVIA 2:15 BLACKOUT BINGO!
29 10:30 CHURCH SERVICES 11:00 REFRESHMENT 12:00 TABLE TOP TRIVIA 2:00 PUZZLES 3:00 COOKIES & PUNCH	30 9:30 MANICURES AND MOVIE 11:00 REFRESHMENT 12:00 TRIVIA & WORD JUMBLES 2:00 SCENIC DRIVE WITH KRISTIN & ROB	BEAUTICIAN TODAY 31 10:15 TABLE GAME WITH INDRA 11:00 REFRESHMENT 12:00 TABLE TOP TRIVIA 2:15 BLACKOUT BINGO!

Wednesday	Thursday	Friday	Saturday
<p>HAPPY B-DAY DORIS! 4</p> <p>10:00 TABLE GAME 11:00 REFRESHMENT 2:00 BOWLING WITH INDRA & CHARLIE 3:15 REFRESHMENT</p>	<p>5</p> <p>10:30 MUSIC WITH GREG 12:00 TABLE TOP TRIVIA 2:00 BINGO CARDS 3:00 REFRESHMENT</p>	<p>6</p> <p>10:00 VAN RIDE WITH KRISTIN & ROB! 12:00 TABLE TOP TRIVIA 2:00 BLACKOUT BINGO 3:00 REFRESHMENT</p>	<p>7</p> <p>BEAUTICIAN TODAY</p> <p>9:30 MANICURES 11:00 REFRESHMENT 12:00 TABLE TOP TRIVIA 2:15 AFTERNOON SOCIAL AND PUZZLE HANDOUTS</p>
<p>11</p> <p>10:00 SCRABBLE GAME WITH INDRA! 11:00 REFRESHMENT 2:00 BOWLING WITH INDRA & CHARLIE</p>	<p>12</p> <p>10:30 RELIEF SOCIETY 11:00 REFRESHMENT 12:00 TABLE TOP TRIVIA 2:00 PUZZLES</p>	<p>13</p> <p>10:00 VAN RIDE WITH KRISTIN & ROB! 12:00 TABLE TOP TRIVIA 2:00 BLACKOUT BINGO 3:00 REFRESHMENT</p>	<p>14</p> <p>BEAUTICIAN TODAY</p> <p>9:30 MANICURES 11:00 REFRESHMENT 12:00 TABLE TOP TRIVIA 2:30 MUSIC WITH JERRY</p>
<p>18</p> <p>10:00 TABLE GAME WITH INDRA 11:00 BEVERAGE PASS 2:00 BOWLING WITH INDRA & CHARLIE! 3:00 REFRESHMENTS</p>	<p>19</p> <p>10:00 TABLE GAME WITH KRISTIN 12:00 TABLE TOP TRIVIA 2:00 ACTIVITY SOCIAL 3:00 REFRESHMENT</p>	<p>20</p> <p>10:00 VAN RIDE WITH KRISTIN & ROB! 12:00 TABLE TOP TRIVIA 2:30 MUSIC WITH PAUL 3:00 REFRESHMENT</p>	<p>21</p> <p>BEAUTICIAN TODAY</p> <p>9:30 MANICURES 11:00 REFRESHMENT 12:00 TABLE TOP TRIVIA 2:15 AFTERNOON MATINEE WITH POPCORN & COKE!</p>
<p>25</p> <p>10:00 SCRABBLE GAME WITH INDRA! 11:00 REFRESHMENT 2:00 BOWLING WITH INDRA & CHARLIE</p>	<p>26</p> <p>9:00 PRICE IS RIGHT 10:00 MUSIC & MANICURES 12:00 TABLE TOP TRIVIA 1:30 FAMILY HOME MEETING 3:00 REFRESHMENT</p>	<p>27</p> <p>10:00 VAN RIDE WITH KRISTIN & ROB! 12:00 TABLE TOP TRIVIA 2:30 MUSIC WITH TONYA</p>	<p>28</p> <p>BEAUTICIAN TODAY</p> <p>9:30 MANICURES 11:00 REFRESHMENT 12:00 TABLE TOP TRIVIA 2:15 AFTERNOON MATINEE WITH POPCORN & COKE!</p>
		<p><i>Happy New Year</i></p>	

January 2012

"This Month In History" January

1789: The first U.S. presidential election occurs.

1848: James W. Marshall discovers gold at a sawmill in Coloma, Calif.

1863: President Abraham Lincoln signs the Emancipation Proclamation.

1880: Inventor Thomas Edison receives a patent for his electric incandescent lamp.

1888: A drinking straw of paraffin-covered paper is patented.

1906: Mmm, mmm good! Campbell's soup is trademark-registered.

1935: Popular American rock and roll singer Elvis Presley is born in Tupelo, Miss.

1952: NBC television's "The Today Show" premieres nationwide to morning viewing audiences.

1956: John F. Kennedy publishes "Profiles in Courage."

1967: The first professional football world championship game, later known as the Super Bowl, is played in Los Angeles.

1973: Major League Baseball's American League adopts the designated-hitter rule.

1984: Apple's Macintosh computer debuts to the public at a selling price of \$2,495.

2002: The Euro currency is introduced in 12 EU countries.

Happy New Year!
Sudoku

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1 through 9.

Solution:

1	2	3	4	5	6	7	8	9
5	8	9	3	4	7	1	2	6
4	7	2	1	5	8	9	3	6
9	1	5	4	6	3	7	8	2
3	4	2	7	8	1	5	6	9
8	7	6	5	2	9	3	1	4
6	5	8	9	7	4	2	3	1
7	3	1	6	5	2	9	4	8
2	9	4	1	3	8	6	7	5

2		4	1					
				5				
		8	9				3	
	7		5					4
	4	2				5	6	
9					3		8	
	6				5	8		
				4				
					6	4		7