



LEGACY HOUSE

Ogden

5526 South Adams Avenue • Ogden, UT 84405 • (801) 476-7111

Legacy House Directors

Executive Director Brad Diamond
Assistant Administrator Michelle Archuleta
Marketing Director Deanna Seager
Recreation Director Julie Hill
Res. Care Coor. Tiffanie Wintle, RN
Housekeeping Director Michelle Maycock
Maintenance Director Skyler Hincks
Food Service Director Kelly Mayo
Administrative Assistant Janet Trevino
Community Relations Director Josh Jackard

What's New This Month

Jan. 5th - National Bird Day. Come and see how many birds you can name with the pictures posted on your tables at meal time.

Jan. 10th - Bittersweet Chocolate Day. In case you didn't get enough chocolate and sweets over the holidays, here is a chance to delve into some bittersweet chocolate.

Jan. 22nd - Blonde Brownie Day. Come enjoy a delicious Blonde Brownie at Lunch.

Jan. 25th - Kelly's Kreations, Come and enjoy a delicious treat at lunch made by Kelly.

Jan. 29th - National Corn Chip Day. Come and enjoy one of your favorite snacks - the Corn Chips.

'Tender' Tune

Celebrate Elvis Presley's birthday on Jan. 8 with a look back at his movie debut in 1956's "Love Me Tender." His biggest box-office hit, the film also gave Presley a No. 1 single, the title song, which had 1 million advance orders, making it a gold record before it was released.

January 2019



Perk Up With a Cup

An estimated 1.6 billion cups of coffee are consumed worldwide each day. Along with the taste, a cup of joe is a favorite for the caffeine buzz it produces. This natural stimulant gets the body's central nervous system percolating within about 15 minutes, and the effects can last up to six hours. Coffee has also been shown to boost mood and memory.

Make a Difference on MLK Jr. Day

Martin Luther King Jr. Day, Jan. 21, is a federal holiday and also a national day of service. Consider spending some time volunteering and helping out in your community.


Birthday Rewards

Many national chain restaurants will treat you to a free food item or beverage on your birthday if you're a member of their rewards program. Check their websites in advance for offers.

A New Start

"A new year ... a fresh, clean start! It's like having a big white sheet of paper to draw on!" —Bill Watterson

January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January Birthdays Roland C. - Jan. 2nd David G. - Jan. 7th Ludean - Jan. 9th Kay G. - Jan. 11th Annette H. - Jan. 26th	*** Sign up for the outings *** The sign-up book is in the front lobby. \$ - Money is needed. # - You need to sign up. ^ - Activity is held upstairs in the common area. "All activities are subject to change."	New Year's Day 1 1:15 Movie - The Christmas Card	2 9:30 Exercise 10:15 Reminisce with Me 1:15 JOYMAKERS 3:00 Music with Noel Rogers 6:30 BINGO	3 10:00 Relief Society/Priesthood Meeting 11:00 Out to Eat - Corner Bakery # 1:30 States & Facts 2:00 Music with Kimber Brown 3:00 Noodle Ball 6:30 Movie Time - To be announced	4 9:30 Exercise 10:15 Table Topics 1:15 Bible Study with Jim from Encompass 2:00 Fun with food - Winter Wonderland Snack Mix 3:30 Indoor Volley Ball 6:30 BINGO	5 10:00 Exercise 10:45 Trivia 11:30 - 12:30 Bingo in the Cottage 1:15 Sing Along 2:00 BINGO
6 10:30 LDS Church Services 1:30 Movie Matinee	7 9:30 Exercise 10:15 Daughters of the Utah Pioneers 1:15 Trivia 2:00 BINGO	8 9:30 Exercise 10:30 - 11:00 Manicures #^ 1:15 Around the World - Las Vegas 2:00 Fly Swatter Ball 3:00 Health Lecture with Ken from Encompass - Diabetes 6:30 Movie Time - To be announced	9 9:30 Exercise 10:15 Reminisce with Me 10:15 Balance Clinic with Wes W., PT from First Choice 1:15 JOYMAKERS 3:00 Indoor Volley Ball 6:30 BINGO	10 Bittersweet Chocolate Day 10:00 Relief Society/Priesthood Meeting 1:15 Bittersweet Chocolate Day & Trivia 2:00 Noodle Ball 3:00 Note Cards With Brenda 6:30 Movie Time - To be announced	11 9:30 Exercise with Carol from Symbii 10:15 Table Topics 1:15 Bible Study with Jim from Encompass 2:00 Auction with Stephanie from Symbii 3:00 Music with Nancy Curtis 6:30 BINGO	12 10:00 Exercise 10:45 Trivia 11:30 - 12:30 Bingo in the Cottage 1:15 Sing Along 2:00 BINGO
13 10:30 LDS Church Services 1:30 Movie Matinee	14 9:30 Exercise 10:15 Out to Walmart # 1:15 Trivia 2:00 BINGO 6:30 Family Home Evening	15 9:30 Exercise 10:30 - 11:00 Manicures #^ 11:00 - 12:00 Wheelchair Clinic with Jeff from Nu Motion 1:15 Around the World - San Francisco 2:00 Fly Swatter Ball 3:00 Rob the Table 6:30 Movie Time - To be announced	16 9:30 Exercise 10:15 Reminisce with Me 1:15 JOYMAKERS 3:00 Indoor Volley Ball 6:30 BINGO	17 10:00 Relief Society/Priesthood Meeting 11:00 Out to Eat - Village Inn # 1:30 States & facts 2:00 Noodle Ball 3:00 Happy Hour with Stampede 6:30 Movie Time - To be announced	18 9:30 Exercise 10:15 Table Topics 1:15 Bible Study with Jim from Encompass 2:00 Indoor Volley Ball 3:00 Music with Bob S. 6:30 BINGO	19 10:00 Exercise 10:45 Trivia 11:30 - 12:30 Bingo in the Cottage 1:15 Sing Along 2:00 BINGO
20 10:30 LDS Church Services 1:30 Movie Matinee	Martin Luther King Jr. Day 21 9:30 Exercise 10:15 Target # 1:15 Martin Luther King Jr. Trivia 2:00 BINGO	22 9:30 Exercise 10:30 - 11:00 Manicures #^ 1:15 Around the World - New York 2:00 Piano Styling with Cheryl S. 3:00 Birthday Bash with Stephanie from Symbii 6:30 Movie Time - To be announced	23 9:30 Exercise 10:15 Reminisce with Me 10:30 Blood Pressure Clinic with Ken from Encompass 11:00 - 1:00 Hearing Clinic with Charles from Hearing Life 1:15 JOYMAKERS 3:00 Indoor Volley Ball 6:30 BINGO	24 10:00 Relief Society/Priesthood Meeting 1:15 States & Facts 2:00 Noodle Ball 3:00 Sing Along 6:30 Movie Time - To be announced	25 9:30 Exercise with Carol from Symbii 10:15 Table Topics 1:15 Bible Study with Jim from Encompass 2:00 Craft Time 3:30 Indoor Volley 6:30 BINGO	26 10:00 Exercise 10:45 Trivia 11:30 - 12:30 Bingo in the Cottage 1:15 Sing Along 2:00 BINGO
27 10:30 LDS Church Services 1:30 Movie Matinee	28 9:30 Exercise 10:15 Out to Smith's # 1:15 Trivia 2:00 BINGO	National Corn Chip Day 29 9:30 Exercise 10:30 - 11:00 Manicures #^ 1:15 Around the World - Florida 2:00 Corn Chips & Trivia 3:00 Fly Swatter Ball 6:30 Movie Time - To be announced	30 9:30 Exercise 10:15 Reminisce with Me 1:15 JOYMAKERS 3:00 Indoor Volley Ball 6:30 BINGO	31 10:00 Relief Society/Priesthood Meeting 1:15 States & Facts 2:00 Noodle Ball 3:00 Sing Along 6:30 Movie Time - To be announced	Legacy House of Ogden 5525 So. Adams Ave. So. Ogden, UT 84405 www.legacyogden.com	

January 2019



Word Gets Around

New words make their way into our language all the time, often based on trends, inventions, new technology and slang. See when these now-common terms were first talked about.

Decade Words

Decade	Words
1940s	country music, TV, jeep, cook-off, jet stream
1950s	action figure, bumper sticker, videotape, TV dinner
1960s	junk food, fender bender, vibe, carpool, ZIP code
1970s	retro, ATM, shopaholic, comfort food, gas-guzzler
1980s	photo op, couch potato, mouse pad, cardio, email
1990s	World Wide Web, brain freeze, spoiler alert, bestie
2000s	bucket list, podcast, cornhole, sudoku, selfie

"Then & Now"

"This Month In History" JANUARY

1906: The sport of football is forever changed when a new game rule makes the forward pass a legal play.

1912: New Mexico joins the union as the 47th state.

1924: The first Winter Olympics are held in Chamonix, France.

1943: Franklin D. Roosevelt becomes the first U.S. president to travel by airplane while in office. He flew to Morocco to meet with

British Prime Minister Winston Churchill.

1955: Singer Marian Anderson takes the stage at the Metropolitan Opera in New York City. She was the first African-American to perform a leading role with the company.

1968: Country music star Johnny Cash records a live album by playing two concerts at California's Folsom State Prison.

1972: U.S. President Richard M. Nixon orders the development of a "new type of space transportation system," the space shuttle program.

1986: The first national Martin Luther King Jr. holiday is observed.

1994: A magnitude 6.7 earthquake strikes the San Fernando Valley region of Los Angeles.

2000: Celebrations worldwide mark the turn of the new millennium.

2011: Wikipedia, a popular internet encyclopedia, celebrates its 10th anniversary.

2015: At age 17, Lydia Ko of New Zealand becomes the youngest golfer in history to be ranked No. 1 in the world.