



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 Asst. BreAnn Jimerson
Community Relations Director Josh Jackard

“What’s New This Month”

October 4th - National Cinnamon Roll Day
October 22nd - National Nut Day
October 25th - Halloween Carnival from 1:00
- 3:00
October 29th - National Oatmeal Day

On the Menu: Poutine

This hearty comfort food could be described as Canada’s version of loaded french fries. But instead of being smothered with chili, cheese or bacon, poutine consists of fries topped with fresh cheese curds and brown gravy. The dish emerged in Quebec in the 1950s, and one popular legend says the concoction came about when a restaurant customer in a rush asked for french fries and cheese curds to be tossed together in one to-go bag. The result? *Poutine*, which is Quebec French slang for “mess.” Hot gravy was later added to the mix. A proud symbol of Canadian culture, poutine is becoming more common in American restaurants.

October 2019



Mini Pumpkin Picks

Cute and colorful, miniature pumpkins are a piece of fall fun that you can fit in the palm of your hand. The most popular mini variety is named the Jack Be Little, which is a solid orange color, but you’ll also see varieties in solid white or a blend of orange and white. These small cousins of carving-sized pumpkins are typically used as decorations.

An Enduring Candy

They’re bright orange, look like large peanuts, and taste like a banana. This peculiar combination describes the unique marshmallow candy known as circus peanuts. They’re one of the original penny candies, dating back to the 1800s. Several U.S. candymakers continue to produce circus peanuts, since fans still buy the nostalgic treat by the bagful.

Positive Thought

“The world is full of wonderful things you haven’t seen yet. Don’t ever give up on the chance of seeing them.” —J.K. Rowling

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
October Birthdays Bill T. - Oct. 6th Gloria M. - Oct. 8th Pete Z. - Oct. 12th Beverly F. - Oct. 19th		1 9:30 Exercise 10:15 Table Topics 1:15 Around the World - Italy 2:00 Decorate Pumpkins 3:30 Fly Swatter Ball 6:30 Wii Bowling	2 9:30 Exercise 10:15 Reminisce with Me 1:15 JOYMAKERS 3:00 Music with Noel R. 6:30 BINGO	3 10:00 Relief Society/Priesthood Meeting 11:00 Out to Eat - Fuji Dragon # 1:30 Table Topic 2:00 Music with Kimber B. 3:00 Indoor Volley Ball 6:30 Wii Bowling	4 National Cinnamon Roll Day 9:30 Exercise 10:15 Manicures #^ 1:15 Nondenominational Services with Dan from Signature 2:00 Ice Cream Social with Patrick from ClearCaptions 3:00 Sing Along 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 10:00 Daughters of the Utah Pioneers 1:15 Trivia 2:00 Bingo 3:30 Resident Council	8 9:30 Exercise 10:00 Threshold Singer # 10:15 Table Topics 1:15 Around the World - Poland 2:00 Fly Swatter Ball 3:00 Health Lecture with Encompass - Diabetes 6:30 Wii Bowling	9 9:30 Exercise 10:15 Reminisce with Me 1:15 JOYMAKERS 3:00 Bingo Buck Store 6:30 BINGO	10 10:00 Relief Society/Priesthood Meeting 1:15 Table Topics 2:00 Noodle Ball 3:00 Note Cards With Brenda 6:30 Wii Bowling	11 9:30 Exercise 10:15 Manicures #^ 1:15 Nondenominational Services with Dan from Signature 2:00 Auction with Stephanie from Symbii 3:00 Music with Nancy C. 6:30 BINGO	12 9:30 Exercise 10:15 Music with Piece of Peace 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 Columbus Day 9:30 Exercise with Carol from Symbii 10:15 Out to Walmart # 1:15 Trivia 2:00 Bingo 6:30 Family Home Evening	15 9:30 Exercise 10:15 Table Topics 11:00 - 12:00 Wheelchair Clinic with Jeff from Nu Motion 1:15 Around the World - Uruguay 2:00 Music Time with Debbie from CNS 3:00 Craft Time 6:30 Wii Bowling	16 9:30 Exercise 10:15 Reminisce with Me 11:00 - 1:00 Hearing Clinic with Charles from Hearing Life 1:15 JOYMAKERS 3:00 Music with Larry T. 6:30 Music with Terry H.	17 9:00 Dr. Gulso^ 10:00 Relief Society/Priesthood Meeting 11:00 Out to Eat - Red Robin # 1:30 Table Topics 3:00 Happy Hour with Stampede 6:30 Wii Bowling	18 9:30 Exercise 10:15 Manicures #^ 1:15 Nondenominational Services with Dan from Signature 2:00 Birthday Bash with Stephanie from Symbii 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	21 9:30 Exercise 10:15 Out to Target # 1:15 Trivia 2:00 Bingo	22 National Nut Day 9:30 Exercise 10:15 Table Topics 1:15 Around the World - Sweden 2:00 Piano Styling with Cheryl S. 3:00 Nut Trivia & Sampling 6:30 Wii Bowling	23 9:30 Exercise 10:15 Reminisce with Me 10:30 Blood Pressure Clinic with Encompass 1:15 JOYMAKERS 3:00 Indoor Volley Ball 6:30 BINGO	24 10:00 Relief Society/Priesthood Meeting 1:15 Table Topics 2:00 Noodle Ball 3:00 Ice Cream Social with Debbie from First Choice 6:30 Wii Bowling	25 9:30 Exercise 10:15 Manicures #^ 1:00 - 3:00 Halloween Carnival 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 with Carol from Symbii 10:15 Out to Smith's # 1:15 Trivia 2:00 Bingo	29 National Oatmeal Day 9:30 Exercise 10:15 Table Topics 1:15 Around the World - Panama Canal 2:00 Fly Swatter Ball 3:00 Oatmeal Trivia & Sampling 6:30 Wii Bowling	30 9:30 Exercise 10:15 Reminisce with Me 1:15 JOYMAKERS 3:00 Music with Rick Odell 6:30 BINGO	31 10:00 Relief Society/Priesthood Meeting 1:15 Halloween Trivia 2:00 Fun with Food - Pumpkin Rice Crispy Treats 3:00 Scenic Drive # 6:30 Wii Bowling	Legacy House of Ogden 5516 So. Adams Ave. So. Ogden, UT 84405 www.legacyogden.com		### Sign up ### <i>The sign up sheet is in the front lobby.</i> \$ - Money is needed. # - You need to sign up. ^ - Activity is held upstairs in the common area. "All activities are subject to change."

October 2019



It's a Mystery

Edgar Allan Poe's 1841 tale "The Murders in the Rue Morgue" is considered the first modern detective story and set the stage for the whodunit novel. Crack the case in these classic mysteries.

Year	Mystery	Author
1901	"The Hound of the Baskervilles"	Arthur Conan Doyle
1930	"The Maltese Falcon"	Dashiell Hammett
1939	"And Then There Were None"	Agatha Christie
1953	"The Long Goodbye"	Raymond Chandler
1972	"An Unsuitable Job for a Woman"	P.D. James
1982	"A Is for Alibi"	Sue Grafton
1998	"The No. 1 Ladies' Detective Agency"	Alexander McCall Smith
2001	"Tell No One"	Harlan Coben
2015	"The Girl on the Train"	Paula Hawkins

"This Month In History" OCTOBER

1908: Called America's other national anthem, "Take Me Out to the Ball Game" becomes a bestselling hit. It is now an MLB tradition for fans to sing the song during the seventh inning stretch.

1913: The Lincoln Highway, the country's first coast-to-coast roadway, is formally dedicated.

1949: American novelist William Faulkner wins the Nobel Prize in literature.

1959: Thousands line up for the opening of the Guggenheim in New York City. The modern art museum's unique spiral shape was designed by Frank Lloyd Wright.

1982: At Florida's Walt Disney World, the Epcot theme park opens and features attractions that celebrate technological innovations and world cultures.

1998: The first American to orbit the Earth, John Glenn returns to space aboard the shuttle Discovery. At age 77, he was the oldest person to travel into space.

2006: The U.S. population reaches 300 million.

2015: "Spectre," the 24th film in the James Bond series, premieres in London.