



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 Allen
Recreation Director Julie Hill
Res. Care Coord. 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”

March 6th - National Frozen Food Day

March 12th - Popcorn Lovers Day

March 17th - Come enjoy a taste of Ireland with some Irish cuisine for St. Patrick’s Day at lunch. Make sure you wear your green for an extra treat!

March 24th - National Chocolate Covered Raisin Day

Wild World: Luna Moth

Often spotted on tree trunks, fence posts and the sides of buildings, this moth’s large size and pale green wings help it stand out from its surroundings. Found in the eastern half of North America, these insects are one of the continent’s largest moth species, with forewings that stretch as wide as 4 1/2 inches and hind wings that have long, streaming tails. As caterpillars, luna moths feed constantly on the leaves of trees, but adult moths have no mouths and do not eat due to their short life span of one to two weeks.

March 2020

“Resident of the Month”




Come and join us on March 6th at 1:15 pm to see who this sweetheart is. Remember it is held the first Friday of every month. We will learn about the resident and enjoy their favorite treat. A new resident will be picked each month. We hope to see you there.

“Cherish Time”

This is a new activity where we would love for you to bring something that you “Cherish” and share with us. It can be a picture or something you picked up along your travels. Bring it and tell us about it. We look forward to seeing and hearing about the things you love.

Popcorn Pick: ‘Babe’

When this heartwarming movie about a cute talking pig was first released in 1995, it featured the latest in special effects. Using computer technology and live and animatronic animals, the film follows the story of Babe, a shy, orphaned pig who is adopted by a motherly sheepdog. Against all odds, Babe aspires to be a shepherd himself, and with help from some barnyard friends and his owner, Farmer Hoggett, he proves anything is possible. Both kids and adults were inspired, making the film a surprise hit that was nominated for seven Academy Awards, including best picture.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|--|--|--|---|
| 1 10:00 Catholic Sunday Gathering 10:30 LDS Church Services 1:30 Movie Matinee | 2 9:30 Exercise 10:00 Daughters of the Utah Pioneers 1:15 Reminisce with Me 2:00 BINGO | 3 9:30 Exercise 10:15 Everyday Life Trivia 1:15 Game Day - Winner Winner Chicken Dinner 2:30 Indoor Volleyball 3:00 Music with Robin A. 6:30 Wii Bowling | 4 9:30 Exercise 10:15 Cherish Time 1:30 JOYMAKERS 3:00 Music with Noel R. 6:30 BINGO | 5 10:00 Relief Society/Priesthood Meeting 11:00 Out to Eat - Ligori's # 1:15 Table Topics 2:00 Parachute Ball 3:00 Music with Timeless 6:30 Wii Bowling | 6 National Frozen Food Day 9:30 Exercise 10:15 Manicures #^ 1:15 Resident of the Month 2:00 National Frozen Food Trivia and Sampling 3:00 Craft Time - Cork Shamrocks 6:30 BINGO | 7 10:00 Exercise 10:45 Sing Along 11:30 - 12:30 Bingo in the Cottage 1:15 Trivia 2:00 BINGO |
| 8 Daylight Saving Time 10:00 Catholic Sunday Gathering 10:30 LDS Church Services 1:30 Movie Matinee | 9 9:30 Exercise with Carol from Symbii 10:15 Out to Walmart # 1:15 Reminisce with Me 2:00 BINGO 6:30 Family Home Evening | 10 9:30 Exercise 10:15 Everyday Life Trivia 1:15 Game Day - Rob the Table 2:00 Indoor Volleyball 6:30 Wii Bowling | 11 9:30 Exercise 10:15 Cherish Time 1:30 JOYMAKERS 3:00 Who, What, Where or When 6:30 BINGO | 12 Popcorn Lovers Day 9:00 Dr Gulso ^ 10:00 Relief Society/Priesthood Meeting 1:15 Popcorn Trivia and Sampling 2:00 Parachute Ball 3:00 Note Cards With Brenda 6:30 Wii Bowling | 13 9:30 Exercise 10:15 Manicures #^ 1:15 Food of the Month - Shrimp Dip 2:00 Auction with Stephanie from Symbii 3:00 Music with Nancy C. 6:30 BINGO | 14 10:00 Exercise 10:45 Sing Along 11:30 - 12:30 Bingo in the Cottage 1:15 Trivia 2:00 BINGO |
| 15 10:00 Catholic Sunday Gathering 10:30 LDS Church Services 1:30 Movie Matinee | 16 9:30 Exercise 10:15 Out to Target # 1:15 Reminisce with Me 2:00 BINGO | 17 St. Patrick's Day 9:30 Exercise 10:15 Everyday Life Trivia 11:00 - 12:00 Wheelchair Clinic with Jeff from Nu Motion 1:15 Game Day - Sticky Situation 2:00 Music Time with Debbie from CNS 3:00 Indoor Volleyball Ball 6:30 Wii Bowling | 18 9:30 Exercise 10:15 Cherish Time 1:30 JOYMAKERS 3:00 Who, What, Where or When 6:30 BINGO | 19 10:00 Relief Society/Priesthood Meeting 11:00 Out to Eat - Village Inn # 1:15 Table Topics 2:00 Parachute Ball 3:00 Happy Hour with Stampede 6:30 Wii Bowling | 20 First Day of Spring 9:30 Exercise 10:15 Manicures #^ 1:15 Manager of the Month - BreAnn J. 2:00 Birthday Bash with Stephanie from Symbii 3:00 Music with Bob S. 6:30 BINGO | 21 10:00 Exercise 10:45 Sing Along 11:30 - 12:30 Bingo in the Cottage 1:15 Trivia 2:00 BINGO |
| 22 10:00 Catholic Sunday Gathering 10:30 LDS Church Services 1:30 Movie Matinee | 23 9:30 Exercise with Carol from Symbii 10:15 Out to Smith's # 1:15 Reminisce with Me 2:00 BINGO | 24 National Chocolate Covered Raisin Day 9:30 Exercise 10:15 Everyday Life Trivia 1:15 Game Day - Flip 2:00 Piano Styling with Cheryl S. 3:00 Chocolate Covered Raisin Trivia and Sampling 6:30 Wii Bowling | 25 9:30 Exercise 10:15 Cherish Time 1:30 JOYMAKERS 3:00 Who, What, Where or When 6:30 BINGO | 26 10:00 Relief Society/Priesthood Meeting 1:15 Table Topics 2:00 Parachute Ball 2:30 Movie and Popcorn - "Steel Magnolias" 6:30 Wii Bowling | 27 9:30 Exercise 10:15 Manicures #^ 1:15 Family Feud Game 2:45 Music with Rick O. 6:30 BINGO | 28 10:00 Exercise 10:45 Sing Along 11:30 - 12:30 Bingo in the Cottage 1:15 Trivia 2:00 BINGO |
| 29 10:00 Catholic Sunday Gathering 10:30 LDS Church Services 1:30 Movie Matinee | 30 9:30 Exercise 10:15 Out to Dollar Tree # 1:15 Reminisce with Me 2:00 BINGO | 31 9:30 Exercise 10:15 Everyday Life Trivia 1:30 Minute It to Win It Games with the Managers 3:00 Indoor Volleyball Ball 3:45 Monthly Drawing 6:30 Wii Bowling | March Birthdays Lola Jean M. - Mar. 10th Jeanne T. - Mar. 24th Pat L. - Mar. 31st | ### Sign up ### The sign-up sheet 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." |  | Legacy House of Ogden 5526 So. Adams Ave. So. Ogden, UT 84405 www.legacyogden.com 801-476-7111 |

March 2020



Mail Milestones

The nation's postal service has come a long way since the first mail station was set up in Boston in 1639. Here are more mail milestones that put their stamp on history.

| Year | Milestone |
|-------------|--|
| 1847 | The first U.S. postage stamps are issued. |
| 1860 | The Pony Express mail service begins. |
| 1918 | Airmail service between New York and Washington, D.C., takes off. |
| 1942 | Victory Mail, or V-Mail, delivers letters to soldiers serving overseas. |
| 1963 | ZIP codes are assigned. |
| 1971 | The Post Office Department is renamed the U.S. Postal Service. |
| 1993 | A stamp featuring Elvis Presley becomes the bestselling commemorative stamp. |
| 2007 | The "forever" stamp debuts. |

"This Month In History" MARCH

1923: The dance marathon craze kicks off in New York City, after Alma Cummings sets a record by dancing continuously for 27 hours.

1933: President Franklin D. Roosevelt gives his first "fireside chat," broadcast to the nation on radio.

1941: Actor Jimmy Stewart enlists in the U.S. Army Air Corps. During World War II, he rose to the rank of colonel.

1950: Silly Putty goes on sale.

1968: Country music legend Johnny Cash marries singer-songwriter June Carter.

1988: Author Toni Morrison wins the Pulitzer Prize for her novel "Beloved."

1990: To honor the NBA's all-time leading scorer, Kareem Abdul-Jabbar, the Los Angeles Lakers retire his No. 33 jersey.

2006: The English language version of the online encyclopedia Wikipedia reaches 1 million entries.

2011: NASA's Discovery space shuttle completes its 39th and final mission.

2019: England's Queen Elizabeth II makes her first post on Instagram. She shared an image of a letter from inventor Charles Babbage to her great-great-grandfather, Prince Albert.