

# Legacy House

## OF SPANISH FORK

1449 E 150 S • Spanish Fork, UT 84660 • (801) 892-2000

### Legacy House Administration

Scott Chamberlain.....Executive Director  
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Shelby Atwood .....Asst. Administrator  
(801) 804-5109  
Kent Sorensen .....Marketing Director  
(801) 804-5101  
Kim Brandon.....Administrative Asst.  
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Jessica West .....Care Coordinator  
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Valoy Fowlke.....Activities Director  
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Flo Bushman.....Memory Care Specialist  
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Melanie Smith.....Food Service Director  
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Kyle Gardner.....Maintenance Director  
(801) 804-5108



Maria Landeros .....5-3  
Jewell Swenson.....5-8  
Treva Button.....5-13

May 2019



### A Friendly Flower

This time of year, pansies are popping up, spreading cheer with their bright colors and friendly “faces.” The popular flower gets its name from the French word *pensée*, which means “thought.” Blotches on the blooms’ petals can resemble a human face, and by summer, the plants tend to nod forward, as if lost in thought.

### Mom’s Day Meals

If you’re planning a meal out to celebrate Mother’s Day, you’ll be joining about 85 million people across the country. The holiday is the busiest day of the year for restaurants.

### Happiness Helper: Rise and Shine

Light up your mornings to give yourself a boost of bliss. Exposing yourself to sunlight for a few minutes when you first wake up sends your body and brain an energizing wake-up call. Face a window or step outside for some natural morning light, which scientists say not only benefits mood, but also metabolism, immunity and sleep patterns.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:00 Exercise Fun & Fit 10:00 Walmart <b>11:00 Bible Study</b> <b>1:30 Book of Mormon reading upstairs act. Rm</b> 2:00 Movie Matinee 3:00 Bingo 6:00 Movie Night	2 <b>10:00 Chair Yoga with Chamaine downstairs</b> <b>10:30 Karaoke Sing Along upstairs act room</b> 2:00 Movie Matinee 6:00 Movie Night	3 10:00 Exercise Ballroom & prize drawing <b>10:30 Tea Time upstairs act. room</b> <b>1:00 Out to the Movies departure time to be announced</b> 2:00 Movie Matinee 3:00 Bingo 6:00 Movie Night	4 10:00 Exercise 10:30 Music in the Parlor 2:00 Movie Matinee 2:00 Bingo 6:00 Netflix Residents Choice
5 10:00 Sacrament <b>11:00 Sunday School</b> 2:00 Movie Matinee <b>4:30 Mix, Mingle &amp; Puzzles in the parlor</b> 6:00 Movie Night Hallmark	6 <b>10:00 Walmart</b> 10:00 Walmart 10:00 Exercise Ballroom & prize drawing 10:30 Music in the parlor 2:00 Bingo 2:00 Movie Matinee <b>3:30 Music Entertainment downstairs act. room</b> 6:00 Movie Night	7 <b>10:00 Chair Yoga with Brielle downstairs</b> 10:30 Mix & Mingle in the Parlor 2:00 Movie Matinee <b>2:00 Wheel of Fortune</b> 3:00 Bingo 6:00 Movie Night	8 10:00 Exercise Sit & Dance 10:00 Walmart <b>11:00 Bible Study</b> <b>1:30 Sunday School</b> <b>2:00 Wacky Wednesday Social</b> 2:00 Movie Matinee 3:00 Bingo 6:00 Movie Night	9 <b>10:00 Chair Yoga with Chamaine downstairs</b> <b>10:30 Karaoke Sing Along upstairs act room</b> 2:00 Movie Matinee 3:00 Bingo 6:00 Movie Night	10 10:00 Exercise Ballroom & prize drawing <b>10:30 Tea Time upstairs act. room</b> <b>11:00 Lunch Bunch</b> <b>1:00 Mother's Day Celebration</b> 2:00 Movie Matinee 3:00 Bingo 6:00 Movie Night	11 10:00 Exercise 10:30 Music in the Parlor <b>10:30 Scenic Drive</b> 2:00 Bingo 2:00 Movie Matinee 6:00 Netflix Residents Choice
<b>HAPPY MOTHER'S DAY</b> 12 10:00 Sacrament <b>11:00 Relief Society and Priesthood meeting</b> 2:00 Movie Matinee <b>4:30 Mix, Mingle &amp; Puzzles in the parlor</b> 6:00 Movie Night Hallmark	13 10:00 Walmart 10:00 Exercise Ballroom & prize drawing <b>10:00 Walmart</b> 10:30 Music in the parlor <b>1:00 Resident Council downstairs act. room</b> 2:00 Bingo 2:00 Movie Matinee <b>3:30 Music Entertainment downstairs act. room</b> 6:00 Movie Night	14 <b>10:00 Chair Yoga with Brielle downstairs</b> 10:30 Mix & Mingle in the Parlor 2:00 Movie Matinee <b>2:00 The Accords</b> 3:00 Bingo 6:00 Movie Night	15 10:00 Walmart 10:00 Exercise Fun & Fit <b>11:00 Bible Study</b> <b>1:30 Book of Mormon reading upstairs act. Rm</b> <b>2:00 Walmart</b> 2:00 Movie Matinee 3:00 Bingo 6:00 Movie Night	16 <b>10:00 Chair Yoga with Chamaine downstairs</b> <b>10:30 Karaoke Sing Along upstairs act room</b> 2:00 Movie Matinee 2:00 Wheel of Fortune 6:00 Movie Night	17 10:00 Exercise Ballroom & prize drawing <b>10:30 Tea Time upstairs act. room</b> <b>12:30 Payson Temple trip</b> 2:00 Movie Matinee 3:00 Bingo 6:00 Movie Night	18 10:00 Exercise 10:30 Music in the Parlor 2:00 Bingo 2:00 Movie Matinee 6:00 Netflix Residents Choice
19 10:00 Sacrament <b>11:00 Sunday School</b> 2:00 Movie Matinee <b>4:30 Mix, Mingle &amp; Puzzles in the parlor</b> 6:00 Movie Night Hallmark	20 10:00 Exercise Ballroom & prize drawing <b>10:00 Walmart</b> 10:00 Walmart 10:30 Music in the parlor 2:00 Movie Matinee 2:00 Bingo <b>3:30 Music Entertainment downstairs act. room</b> 6:00 Movie Night <b>6:15 Family Home Evening</b>	21 <b>10:00 Chair Yoga with Brielle downstairs</b> 10:30 Mix & Mingle in the Parlor 2:00 Movie Matinee <b>2:00 Wheel of Fortune</b> 3:00 Bingo 6:00 Movie Night	22 10:00 Exercise Sit & Dance 10:00 Walmart <b>11:00 Bible Study</b> <b>1:30 Sunday School</b> <b>2:00 Macy's &amp; Dollar Store trip</b> 2:00 Movie Matinee 3:00 Bingo 6:00 Movie Night	23 <b>10:00 Chair Yoga with Chamaine downstairs</b> <b>10:30 Karaoke Sing Along upstairs act room</b> 2:00 Movie Matinee 6:00 Movie Night	24 10:00 Exercise Ballroom & prize drawing <b>10:30 Tea Time upstairs act. room</b> <b>1:00 Deseret Industries Shopping</b> 2:00 Movie Matinee 3:00 Bingo 6:00 Movie Night	25 10:00 Exercise <b>10:30 Scenic Drive</b> 10:30 Music in the Parlor 2:00 Movie Matinee 2:00 Bingo 6:00 Netflix Residents Choice
26 10:00 Sacrament <b>11:00 Relief Society and Priesthood meeting</b> 2:00 Movie Matinee <b>4:30 Mix, Mingle &amp; Puzzles in the parlor</b> 6:00 Movie Night Hallmark	<b>Memorial Day</b> 27 10:00 Exercise Ballroom & prize drawing 10:00 Walmart <b>10:00 Walmart</b> 10:30 Music in the parlor 2:00 Movie Matinee 2:00 Bingo <b>3:30 Music Entertainment downstairs act. room</b> 6:00 Movie Night	28 <b>10:00 Chair Yoga with Brielle downstairs</b> 10:30 Mix & Mingle in the Parlor 2:00 Movie Matinee <b>2:00 Wheel of Fortune</b> 3:00 Bingo 6:00 Movie Night	29 10:00 Walmart 10:00 Exercise Fun & Fit <b>11:00 Bible Study</b> <b>1:30 Book of Mormon reading upstairs act. Rm</b> <b>2:00 Walmart</b> 2:00 Movie Matinee 3:00 Bingo 6:00 Movie Night	30 <b>10:00 Chair Yoga with Chamaine downstairs</b> <b>10:30 Karaoke Sing Along upstairs act room</b> 2:00 Movie Matinee 6:00 Movie Night	31 10:00 Exercise Ballroom & prize drawing <b>10:30 Tea Time upstairs act. room</b> <b>11:00 Scenic Drive and Sack Lunch</b> 2:00 Movie Matinee 3:00 Bingo 6:00 Movie Night	



## "This Month In History"

### MAY

**1914:** Woodrow Wilson issues a presidential proclamation officially establishing the Mother's Day holiday in America.

**1926:** Ford Motor Co. adopts a five-day, 40-hour week for its automotive factory workers. Other companies would follow Ford's lead.

**1935:** Under the glow of 600 lights, Crosley Field, home of the Cincinnati Reds, hosts Major League Baseball's first night game.

**1959:** Perry Como, Ella Fitzgerald, Henry Mancini and the Kingston Trio are among the winners at the first Grammy Awards ceremony.

**1963:** Jim Whittaker becomes the first American to reach the summit of Mount Everest, the world's tallest mountain.

**1977:** With the opening words "A long time ago in a galaxy far, far away ..." the space odyssey film "Star Wars" premieres in U.S. theaters.

**1986:** At age 54, Bill Shoemaker crosses the finish line as the oldest jockey to win the Kentucky Derby. He was riding Ferdinand, a colt who was considered a long shot.

**1998:** An estimated 76 million viewers tune in to watch the finale of the hit TV sitcom "Seinfeld."

**2003:** Bob Hope Day is declared in 35 states as the man known as "Mr. Entertainment" celebrates his 100th birthday.

**2014:** TV journalist and talk show host Barbara Walters retires after more than 50 years in front of the camera.

**2018:** "The Rivals," a painting by Mexican artist Diego Rivera, sells for a record \$9.76 million. It is the highest-priced Latin American work of art ever sold at auction.