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Harvesting Passions

Our October theme is "Harvesting Passions." We have lots of fun activities planned for October. On the 12th, we will be going to our local pumpkin patch and pick pumpkins that we will paint and carve to put on display for our Pumpkin Walk. We are also making homemade pumpkin face masks. Pumpkin contains vitamins A, C, E, and antioxidants, which help fight sun damage and wrinkles

Be sure to join our Octoberfest Social on the 17th at 6:30 p.m. We will be having German cake and music by Kevin Scott.

Our Senior Homecoming dance will be on the 16th at 7:00 p.m. Music will be performed by the Mixed Nuts and we will have students from Hillcrest High School here to dance with everyone!



From Tyler's Desk:

Dear Canyon Creek Families,

Fall has officially arrived in which the true beauty of Utah will begin to manifest with the changing colors, cooler temperatures, and fall festivities. For myself, fall has usually been a season of reflection, careful planning, and preparation for the upcoming family parties, holidays, and trick or treaters! October will be an event-filled month with all the festivities and events taking place within the community! As always, we encourage family and friends to

Pumpkin Walk

Join us on October 30 at 4:30 p.m. for a community Pumpkin Walk! Trick-or-treating will begin at 5:00 p.m. We'll have pumpkins on display, yummy chili, and face painting.



If you would like to donate Halloween candy for our Trick-or-Treating, please leave it with the Front Desk.



Meet Shelby

Shelby is a lead CNA in Memory Care. She has been with our community for about 7 months. After

attend these activities and welcome you to come in to visit your loved ones. Here at Canyon Creek, we have worked hard to beautify the community to create a more home-like experience for your loved ones! As you are in the community, your feedback would be greatly appreciated! Please reach out to myself or one of our coordinators if you have any questions or suggestions for the community.

Tyler Yagi

Wendover Trip

Canyon Creek will be taking a trip to Wendover. We will be leaving Wednesday, September 26th, at 9:30 A.M. Please sign up in the Activity Room if you would like to go. We will be eating lunch at the Montego Bay buffet. We hope to see you there.

Flu Shots

Flu shots will be given on Tuesday, October 23rd. Please sign up at the Front Desk by Sept. 27.

Bridges

living with her grandmother for 13 years, it inspired her to become a CNA. "My favorite things to do here are to talk and bring comfort to the residents." Growing up, she danced and was on her high school Drill Team. When Shelby isn't at work, she loves to be outdoors surrounded by friends and family.

Program

Our Bridges residents had a great month. We had a picnic at Utah Lake and went bird feeding at Sugarhouse Park. While at the Lake we had a great view and were able to watch people fish, boat, and kayak. Birds were coming from every direction while we were at the park!



10/7 Dorothy Beckstrand

10/8 Karen Burke

10/13 Mary Miller

10/13 Richard Rhees

10/15 David Anderson

10/18 Anna Palmer

10/23 Hugh Bodey

10/27 Lorina Manwill



Our Bridges program is designed to be a transitional program for small groups of residents who require more individualized care and programming, yet do not require the full services of our memory care neighborhood. This program allows residents to maintain the independence of their private apartments, along with enhanced interaction with friends and specialized social activities.

At Your Service:

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**Schlottie Porter - Building Services
Director**

November

Our theme for next month is "Cabin Fever." As it starts to get colder, we will "stay in the cabin." We'll have plenty of hot chocolate to go around. Join us for Yoga on Sundays at 1 PM for a calming exercise experience! We will also be getting into the holiday spirit and have our annual Thanksgiving luncheon! Please call to RSVP at 801-568-9909. Along with the holidays, we will also honor our veterans for Veteran's Day with a patriotic ceremony. Family and friends are encouraged to join, we can't wait to see you!

 Find a Community

 801-568-9909

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