Shining Star

Liz!
Concierge
1 Year

Liz brings her own unique personality, energy, and interests to the team. Liz is one of five sisters. She's also a proud cat mom to her cat, Bourbon! When it comes to her favorite things, Liz's favorite food is curry, her favorite color is blue, and her favorite animal is the capybara.
When she wants a refreshing drink, you can't go wrong with strawberry lemonade!
Outside of work, Liz enjoys a variety of hobbies, including baking, cooking and gaming.

Meal Times

Breakfast.....7:30 am—9:00 am
Lunch.....11:30 am—1:00 pm
Dinner.....4:30 pm– 6:00 pm
Hydration & Snacktivity.....10:30, 2:30, 6:30
Leisure Dining.....7:00 am– 7:00 pm

Recurring Activities

Daughters Of Utah Pioneers | Fourth Monday | 2:00
Blood Pressure Checks | Fridays | 10:30 Lobby
LDS Temple | Second Wednesday | 11:30
Talk w/Natalie Peace | Second Monday | 1:00 AR
Wasatch Pharmacy Talk | Second Wednesday | 10:00 AR
Calendar Talk | First Tuesday | 1:30 AR
Ambassador Meeting | First Friday | 10:00 AR

Photo Contest Winners

Front | Kathy L. – Pharr, TX
Back | Kristina R. – Tallahassee, FL
Want the full story? Scan here.

September Birthdays

Michael R. —3rd
Ian D.—3rd (Team Member)
Pat T.—5th
Sue S.—9th
Brad F.—11th
Debbie V.—15th
Patty A.—18th
Robert M.—19th (Team Member)
Sondra M.—27th

Transportation Schedule

Tuesdays and Thursdays
Doctors Appointments
9:00 am– 4:00 pm

Wednesdays
Shopping/Errands
9:00 am– 4:00 pm

- Sign up 24 hours in advance for transportation -

Outings

9/11 Hill Aerospace Museum Trip | 2:00
9/18 Hobby Lobby Trip | 3:00
9/19 Dollar Tree Trip | 3:00
9/25 Out to Lunch: Taggarts | 11:15

What's Going On In September 2026

Special Events

9/2 Mobility Equipment Fix Clinic | 1:30
9/5 Harrison Regent Open House | 2-4
9/7 Labor Day BBQ | 11:30
9/8 A Taste of Home Talk | 3:00
9/10 9-Hole Golf Course | 2:30
9/12 National Grandparents Day | 2-4
9/14 Ink & Drink w/ A-Plus | 2:00
9/15 Bingo with Camie | 1:30
9/15 Chef Demo: Drink of the Month | 3:00
9/16 Resident Art Show | 1:30
9/21 Sunflower Bouquet Craft | 1:30
9/22 Fall Prevention with Enhabit | 10:00
9/23 Soloist and Chef Demo | 1:30
9/29 Vaccine Clinic | 10:00

Team Members

Executive Director.....Luke Eddy
Business Office Manager.....Drew Jensen
Executive Chef.....Brooke Smith
Community Development Director.....
.....Wendy Spradley
Maintenance Director..... Bart Bangerter
Life Enrichment Director.....Derek Dugan
Concierge Team.....
Berenise, Dale, Liz, McGwire, Kelsey
House Keeping.....LeeAnn, Zoie, Megan
Bus Driver..... Chuck Ecker

Important Phone Numbers

Office.....385-364-0248
Fax.....801-479-4784

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4481 Harrison Blvd. | Ogden, UT 84403
HarrisonRegentRetirement.com

HARRISON REGENT RETIREMENT COMMUNITY

September

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HARRISON REGENT RETIREMENT COMMUNITY 4481 Harrison Blvd. Ogden, UT, 84403 385-364-0248	**Life Enrichment Director:** **Derek Dugan** **603LED@sunshineret.com** **See more pictures on Facebook > > > >** SCAN ME	**1** 9:30 Tech Tuesday: Phone Help AR 10:00 Tai Chi w/ Irma AR 11:00 Grieving Group w/ Drew AR **1:30 Calendar Talk w/ Ice Cream AR** 2:30 Funny Money Bingo AR 4:00 Sunshine News AR 6:00 Hole In One AR	**2** 9:00 Stretch & Strength ER 9:30 Chicken Soup For The Soul AR 10:00 Guggenheim AR **1:30 Mobility Equipment Fix Clinic AR** 2:30 Painting w/ Diamonds AR 3:30 Blackjack AR 6:00 Ladderball AR	**3** 9:00 Circuit Training ER 9:30 Mantra Of The Day AR 10:30 Chain Reaction AR 1:30 Sequence AR 2:30 ASL Class With Megan AR **3:30 Thirsty Thursday AR** 6:00 Bingo AR	**4** 9:00 Move & Lift ER 9:30 Chicken Soup For The Soul AR **10:00 Ambassador Meeting AR** 10:30 Blood Pressure Clinic LB 1:30 3rd Floor Resident Meeting MPR 2:30 Card Games AR 6:00 Movie Night: Skyscraper LIB	**5** 9:00 Walk Around The Building AR 9:30 Mantra Of The Day AR 1:30 Funny Money Bingo AR **2:00-4:00 Harrison Regent Open House** 4:00 Pet Therapy: Doggie Meet Up LB 6:00 Mythbusters LIB
6 9:30 LDS Church AR 10:30 Coloring Corner LIB 1:30 WHC Nondenominational Service AR 2:30 Ring Toss LB 6:00 Evening Walk Around	**7** 9:00 Walking Meditation 9:30 Chicken Soup For The Soul AR 10:30 Knit And Crochet AR **11:30 Labor Day BBQ DR** 1:30 Bocce Ball BP 2:30 Painting w/Diamonds AR 6:30 Family Home Evening AR LABOR DAY	**8** 9:30 Tech Tuesday: Phone Help AR 10:00 Tai Chi w/ Irma AR 1:30 Funny Money Bingo AR **3:00 A Taste Of Home Talk AR** 4:00 Sunshine News AR 6:00 Hole In One AR	**9** 9:00 Stretch & Strength ER 9:30 Chicken Soup For The Soul AR 10:00 Guggenheim AR 11:30 LDS Temple LB **1:30 Bristol Hospice Live Auction AR** 2:30 Painting w/ Diamonds AR 3:30 Blackjack AR **6:00 NFL Opening Game LIB**	**10** 9:00 Silver Sneakers ER 9:30 Mantra Of The Day AR 10:30 Guggenheim AR **1:30 Performance By Wyldwood LB** **2:30 9-Hole Golf Course LB** 6:00 Bingo AR	**11** 9:00 Chair Yoga AR 9:30 Chicken Soup For The Soul AR 10:30 Blood Pressure Clinic LB 1:30 2nd Floor Resident Meeting DR **2:00 Hill Aerospace Museum Trip AR** 6:00 Movie Night: World Trade Center LIB	**12** 9:00 Meditation AR 9:30 Mantra Of The Day AR 10:00 Jazzy Bell Practice AR 1:00 Bird Bingo AR **2:00-4:00 National Grandparents Day!** 4:00 Pet Therapy: Funny Animal Videos LB 6:00 Mythbusters LIB Grandparent's Day
13 9:30 LDS Church AR 10:30 Coloring Corner LIB 1:30 WHC Nondenominational Service AR 2:30 Horseshoes AR 6:00 Sunday Night Football LIB 7:00 Evening Walk Around	**14** 9:00 Walking Meditation 9:30 Chicken Soup For The Soul AR 10:30 Knit And Crochet AR 1:00 Talk With Natalie Peace LIB **2:00 Ink & Drink w/ A-Plus AR** 3:30 Painting w/Diamonds AR 6:30 Family Home Evening AR	**15** 9:00 Mantra Of The Day AR 9:30 Tech Tuesday: Phone Help AR 10:00 Tai Chi w/ Irma AR 10:30 Which Letter Are You? AR **1:30 Bingo With Camie AR** 3:00 Chef Demo: Drink Of The Month AR 4:00 Sunshine News AR 6:00 Hole In One AR	**16** 9:00 Stretch & Strength ER 9:30 Chicken Soup For The Soul AR 10:30 Mexican Train AR 12:30 September Birthday Celebration DR **1:30 Resident Art Show LB** 3:00 Popcorn Social LB 3:30 Painting w/ Diamonds AR 6:00 Ladderball AR	**17** 9:00 Circuit Training ER 9:30 Mantra Of The Day AR 10:00 Chain Reaction AR **1:30 Self Defense Class AR** 2:30 Jewelry Making AR 6:00 Bingo MPR	**18** 9:00 Move & Lift ER 9:30 Chicken Soup For The Soul AR 10:30 Blood Pressure Clinic LB 1:30 1st Floor Resident Meeting AR **2:00 Men's Group: Donut Social AR** 3:00 Hobby Lobby Trip LB 6:00 Movie Night: The Mule LIB	**19** 9:00 Essential Oil Meditation AR 9:30 Mantra Of The Day AR 10:00 Jazzy Bell Practice AR 1:30 Musical Bingo AR **3:00 Dollar Tree Trip LB** 4:00 Pet Therapy: Doggie Meet Up LB 6:00 Mythbusters LIB
20 9:30 LDS Church AR 10:30 Coloring Corner LIB 1:30 WHC Nondenominational Service AR 2:30 Ring Toss LB 6:00 Sunday Night Football LIB 6:00 Evening Walk Around	**21** 9:30 Chicken Soup For The Soul AR 10:30 Knit And Crochet AR **1:30 Sunflower Bouquet Craft AR** 3:00 Painting w/ Diamonds AR 6:30 Family Home Evening AR	**22** First Day of Fall 9:00 Mantra Of The Day AR 9:30 Tech Tuesday: Tablet Help AR 10:00 Tai Chi w/ Irma AR **10:00 Fall Prevention Awareness By Enhabit AR** 1:30 Funny Money Bingo AR 3:00 Woman's Group: Apple Cider Social AR 4:00 Sunshine News AR 6:00 Hole In One AR	**23** 9:00 Stretch & Strength ER 9:30 Chicken Soup For The Soul AR 10:00 Guggenheim AR **1:30 Soloist Performance & Chef Demo DR** 2:30 Painting w/ Diamonds AR 3:00 Rosary Group AR 6:00 Tik Tak Toss AR	**24** 9:00 Silver Sneakers ER 9:30 Mantra Of The Day AR 10:30 Guggenheim AR **1:30 Food For Thought Meeting DR** 2:30 Thirsty Thursday AR 6:00 Bingo AR	**25** 9:00 Chair Yoga AR 9:30 Chicken Soup For The Soul AR 10:30 Blood Pressure Clinic LB **11:15 Out To Lunch: Taggarts LB** 1:30 Townhall Meeting DR 6:00 Movie Night: Red River LIB	**26** 9:00 Meditation AR 9:30 Mantra Of The Day AR 10:00 Jazzy Bell Practice AR **1:30 Candy Bar Bingo AR** 3:00 Pet Therapy: Funny Animal Videos AR 6:00 Mythbusters LIB BINGO
27 9:30 LDS Church AR 10:30 Coloring Corner LIB 1:30 WHC Nondenominational Service AR 2:30 Horseshoes AR 6:00 Sunday Night Football LIB 7:00 Evening Walk Around	**28** 9:00 Walking Meditation 9:30 Chicken Soup For The Soul AR 10:30 Knit And Crochet AR **2:00 DUP Meeting AR** 3:30 Painting w/ Diamonds AR 6:30 Family Home Evening AR	**29** 9:00 Mantra Of The Day AR 9:30 Tech Tuesday: Social Media AR 10:00 Tai Chi w/ Irma AR **10:00 Vaccine Clinic AR** 1:30 Funny Money Bingo 4:00 Sunshine News AR 6:00 Hole In One AR	**30** 9:00 Stretch & Strength ER 9:30 Chicken Soup For The Soul AR 10:00 Guggenheim AR 1:30 Putt Putt Golf AR 2:30 Painting w/ Diamonds AR **3:30 Blackjack AR** 6:00 Ladderball AR	**Reminders:** **Wear a Red Shirt on Fridays!**		Room Key AR -Activity Room ER -Exercise Room CR– Community Room DR– Dining Room LB– Lobby LIB– Library MPR– Multi-Purpose Room BP– Back Patio

Activities Subject to Change

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