

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																											
<p>THE RIDGE SENIOR LIVING</p> <p>Be Adventurous Be Challenged Be Connected Be Family Be Inspired Be Social Be Well Music</p>	<p>1</p> <p>7:00 Breakfast [ODR] 9:15 Word of the Day 9:30 Age Fit Fitness Class-Movin and Groovin 10:00 Hydration Station 10:30 Balloon Volleyball/craft 10:30 Gen-narrations 11:00 Lunch [ODR] 1:00 Ladder Golf [C] 2:30 Minding Motion with Juan Carlos [D] 3:30 Musical Matinee [T] 5:00 Dinner [ODR] 5:45 Evening Wind-down</p>	<p>2</p> <p>*Salon Services Available 7:00 Breakfast [ODR] 9:15 Word of the Day 9:30 Age Fit Fitness Class-Movin and Groovin 10:00 Lets go fly a kite [T] 11:00 Lunch [ODR] 1:00 Travel through Music 2:30 Creative Crafts 4:00 Bingo Blast [D] 5:00 Dinner [ODR] 5:45 Evening Wind-down 6:30 Evening Cinema [T]</p>	<p>3</p> <p>7:00 Breakfast [ODR] 9:15 Word of the Day 9:30 Age Fit Fitness Class-Movin and Groovin 10:00 Hydration Station 10:30 Hat Chat 11:00 Lunch [ODR] 12:00 Balloon Volleyball/craft 1:00 Kitchen Creations 2:00 Raise the Curtain 3:00 Smooth jazz/smooth smoothies 5:00 Dinner [ODR] 5:45 Evening Wind-down 6:30 Evening Cinema [T]</p>	<p>4</p> <p>7:00 Breakfast [ODR] 9:15 Word of the Day 9:30 Age Fit Fitness Class-Movin and Groovin 10:00 Outing to Millcreek Gardens 11:00 Lunch [ODR] 1:30 Mini-Manicures 3:30 Brain Boosters 4:00 Bob Shorten 5:00 Dinner [ODR] 5:45 Evening Wind-down 6:30 Evening Cinema [T]</p>	<p>5</p> <p>7:00 Breakfast [ODR] 9:15 Word of the Day 9:30 Age Fit Fitness Class-Movin and Groovin 10:30 Delightful Donuts 11:00 Lunch [ODR] 1:00 Name that face 2:30 Catch-A-Ball Toss/hydration station 3:00 Service Project: Tie Blankets for Primary Children's 4:00 Color Me Calm 5:00 Dinner [ODR] 5:45 Evening Wind-down 6:30 Evening Cinema [T]</p>	<p>6</p> <p>7:00 Breakfast [ODR] 9:15 Word of the Day 9:30 Music & the Spoken Word [FR] 10:30 Age Fit Fitness Class-Movin and Groovin 11:00 Lunch [ODR] 1:00 LDS Sacrament Available [S] 1:30 sit and be fit/ hydration station 2:00 Scenic Drive Sunday 3:30 Ice Cream Social 4:00 Bingo Blast [D] 5:00 Dinner [ODR] 5:45 Evening Wind-down 6:30 Evening Cinema [T]</p>	<p>7</p> <p>7:00 Breakfast [ODR] 9:15 Word of the Day 9:30 Age Fit Fitness Class-Movin and Groovin 10:00 Socials & Snacks [C] 10:30 Flower Power 11:00 Lunch [ODR] 12:00 Google Group/Things that interest Me 2:00 Sing along 2:30 Tai chi 3:00 Kitchen Creations [D] 5:00 Dinner [ODR] 5:45 Evening Wind-down 6:30 Evening Cinema [T]</p>	<p>8</p> <p>7:00 Breakfast [ODR] 9:15 Word of the Day 9:30 Age Fit Fitness Class-Movin and Groovin 10:00 Hydration Station 10:30 Gen-narrations 11:00 Lunch [ODR] 12:00 Balloon Volleyball/craft 2:30 Minding Motion with Juan Carlos [D] 3:30 Musical Matinee [T] 5:00 Dinner [ODR] 5:45 Evening Wind-down 6:30 Memory Care Support Group for Families [S]</p>	<p>9</p> <p>*Salon Services Available 7:00 Breakfast [ODR] 9:15 Word of the Day 9:30 Age Fit Fitness Class-Movin and Groovin 10:00 Lets go fly a kite [T] 11:00 Lunch [ODR] 1:00 Travel through Music 2:30 Creative Crafts 4:00 Bingo Blast [D] 5:00 Dinner [ODR] 5:45 Evening Wind-down 6:30 Evening Cinema [T]</p>	<p>10</p> <p>7:00 Breakfast [ODR] 9:15 Word of the Day 9:30 Age Fit Fitness Class-Movin and Groovin 10:00 Hydration Station 10:30 Hat Chat 11:00 Lunch [ODR] 12:00 Balloon Volleyball/craft 1:00 Raise the Curtain 2:00 Scott Larrabee 3:00 Smooth jazz/smooth smoothies 5:00 Dinner [ODR] 5:45 Evening Wind-down 6:30 Evening Cinema [T]</p>	<p>11</p> <p>7:00 Breakfast [ODR] 9:15 Word of the Day 9:30 Age Fit Fitness Class-Movin and Groovin 10:00 Outing to International Peace Gardens 11:00 Lunch [ODR] 1:30 Mini-Manicures 3:30 Brain Boosters 4:00 Rhyme Time 5:00 Dinner [ODR] 5:45 Evening Wind-down 6:30 Evening Cinema [T]</p>	<p>12</p> <p>7:00 Breakfast [ODR] 9:15 Word of the Day 9:30 Age Fit Fitness Class-Movin and Groovin 10:30 Delightful Donuts 11:00 Lunch [ODR] 1:00 Name That Animal 2:30 Catch-A-Ball Toss/hydration station 3:00 Service Project: Tie Blankets for Primary Children's 4:00 The Mini Games 5:00 Dinner [ODR] 5:45 Evening Wind-down 6:30 Evening Cinema [T]</p>	<p>13</p> <p>7:00 Breakfast [ODR] 9:15 Word of the Day 9:30 Music & the Spoken Word [FR] 10:30 Age Fit Fitness Class-Movin and Groovin 11:00 Lunch [ODR] 1:00 LDS Sacrament Available [S] 1:30 sit and be fit/ hydration station 2:00 Arlene 3:30 Ice Cream Social 4:00 Bingo Blast [D] 5:00 Dinner [ODR] 5:45 Evening Wind-down 6:30 Evening Cinema [T]</p>	<p>14</p> <p>7:00 Breakfast [ODR] 9:15 Word of the Day 9:30 Age Fit Fitness Class-Movin and Groovin 10:00 Socials & Snacks [C] 10:30 Flower Power 11:00 Lunch [ODR] 12:00 Google Group/Things that interest Me 2:00 Sing along 3:00 Sheery Brennan 5:00 Dinner [ODR] 5:45 Evening Wind-down 6:30 Evening Cinema [T]</p>	<p>15</p> <p>7:00 Breakfast [ODR] 9:15 Word of the Day 9:30 Age Fit Fitness Class-Movin and Groovin 10:00 Hydration Station 10:30 Gen-narrations 11:00 Lunch [ODR] 12:00 Balloon Volleyball/craft 1:00 Ladder Golf [C] 2:30 Minding Motion with Juan Carlos [D] 3:30 Musical Matinee [T] 5:00 Dinner [ODR] 5:45 Evening Wind-down</p>	<p>16</p> <p>*Salon Services Available 7:00 Breakfast [ODR] 9:15 Word of the Day 9:30 Age Fit Fitness Class-Movin and Groovin 10:00 Lets go fly a kite [T] 11:00 Lunch [ODR] 1:00 Travel through Music 2-5pm Luau 2:30 Creative Crafts 4:00 Bingo Blast [D] 5:00 Dinner [ODR] 5:45 Evening Wind-down 6:30 Evening Cinema [T]</p>	<p>17</p> <p>7:00 Breakfast [ODR] 9:15 Word of the Day 9:30 Age Fit Fitness Class-Movin and Groovin 10:00 Hydration Station 10:30 Hat Chat 11:00 Lunch [ODR] 12:00 Balloon Volleyball/craft 1:00 Kitchen Creations 2:00 Bingo History 3:00 Smooth jazz/smooth smoothies 4:00 History Bingo [T] 5:00 Dinner [ODR] 5:45 Evening Wind-down 6:30 Evening Cinema [T]</p>	<p>18</p> <p>7:00 Breakfast [ODR] 9:15 Word of the Day 9:30 Age Fit Fitness Class-Movin and Groovin 10:00 Outing to Memory Grove Gardens 11:00 Lunch [ODR] 1:30 Mini-Manicures 3:30 Brain Boosters 4:00 Rhyme Time 5:00 Dinner [ODR] 5:45 Evening Wind-down 6:30 Evening Cinema [T]</p>	<p>19</p> <p>7:00 Breakfast [ODR] 9:15 Word of the Day 9:30 Age Fit Fitness Class-Movin and Groovin 10:30 Delightful Donuts 11:00 Lunch [ODR] 2:30 Catch-A-Ball Toss/hydration station 3:00 Service Project: Tie Blankets for Primary Children's 4:00 Color Me Calm 5:00 Dinner [ODR] 5:45 Evening Wind-down 6:30 Evening Cinema [T]</p>	<p>20</p> <p>7:00 Breakfast [ODR] 9:15 Word of the Day 9:30 Music & the Spoken Word [FR] 10:30 Age Fit Fitness Class-Movin and Groovin 11:00 Lunch [ODR] 1:00 LDS Sacrament Available [S] 1:30 sit and be fit/ hydration station 2:00 Scenic Drive Sunday 3:30 Ice Cream Social 4:00 Bingo Blast [D] 5:00 Dinner [ODR] 5:45 Evening Wind-down 6:00 Family Night: Meet your Neighbor [D] 6:30 Evening Cinema [T]</p>	<p>21</p> <p>7:00 Breakfast [ODR] 9:15 Word of the Day 9:30 Age Fit Fitness Class-Movin and Groovin 10:00 Socials & Snacks [C] 10:30 Flower Power 11:00 Lunch [ODR] 12:00 Google Group/Things that interest Me 2:00 Sing along 2:30 Tai Chi 3:00 Kitchen Creations [D] 5:00 Dinner [ODR] 5:45 Evening Wind-down 6:30 Evening Cinema [T]</p>	<p>22</p> <p>7:00 Breakfast [ODR] 9:15 Word of the Day 9:30 Age Fit Fitness Class-Movin and Groovin 10:00 Hydration Station 10:30 Gen-narrations 11:00 Lunch [ODR] 12:00 Balloon Volleyball/craft 2:30 Minding Motion with Juan Carlos [D] 3:30 Musical Matinee [T] 5:00 Dinner [ODR] 5:45 Evening Wind-down</p>	<p>23</p> <p>*Salon Services Available 7:00 Breakfast [ODR] 9:15 Word of the Day 9:30 Age Fit Fitness Class-Movin and Groovin 10:00 Lets go fly a kite [T] 11:00 Lunch [ODR] 1:00 Travel through Music 2:30 Creative Crafts 4:00 Bingo Blast [D] 5:00 Dinner [ODR] 5:45 Evening Wind-down 6:30 Evening Cinema [T]</p>	<p>24</p> <p>7:00 Breakfast [ODR] 9:15 Word of the Day 9:30 Age Fit Fitness Class-Movin and Groovin 10:00 Hydration Station 10:30 Hat Chat 11:00 Lunch [ODR] 12:00 Balloon Volleyball/craft 1:00 Raise the Curtain 2:00 Bingo History 3:00 B.D House 4:00 History Bingo [T] 5:00 Dinner [ODR] 5:45 Evening Wind-down 6:30 Evening Cinema [T]</p>	<p>25</p> <p>7:00 Breakfast [ODR] 9:15 Word of the Day 9:30 Age Fit Fitness Class-Movin and Groovin 10:00 Outing to Temple Square 11:00 Lunch [ODR] 1:30 Mini-Manicures 3:30 Brain Boosters 4:00 Rhyme Time 5:00 Dinner [ODR] 5:45 Evening Wind-down 6:30 Evening Cinema [T]</p>	<p>26</p> <p>7:00 Breakfast [ODR] 9:15 Word of the Day 9:30 Age Fit Fitness Class-Movin and Groovin 10:30 Delightful Donuts 11:00 Name that Fruit 11:00 Lunch [ODR] 2:30 Catch-A-Ball Toss/hydration station 3:00 Service Project: Tie Blankets for Primary Children's 4:00 The Mini Games 5:00 Dinner [ODR] 5:45 Evening Wind-down 6:30 Evening Cinema [T]</p>	<p>27</p> <p>7:00 Breakfast [ODR] 9:15 Word of the Day 9:30 Music & the Spoken Word [FR] 10:30 Age Fit Fitness Class-Movin and Groovin 11:00 Lunch [ODR] 1:00 LDS Sacrament Available [S] 1:30 sit and be fit/ hydration station 2:00 Scenic Drive Sunday 3:30 Ice Cream Social 4:00 Bingo Blast [D] 5:00 Dinner [ODR] 5:45 Evening Wind-down 6:30 Evening Cinema [T]</p>	<p>28</p> <p>7:00 Breakfast [ODR] 9:15 Word of the Day 9:30 Age Fit Fitness Class-Movin and Groovin 10:00 Socials & Snacks [C] 10:30 Flower Power 11:00 Lunch [ODR] 12:00 Google Group/Things that interest Me 2:00 Sing along 3:00 Kitchen Creations [D] 5:00 Dinner [ODR] 5:45 Evening Wind-down 6:30 Evening Cinema [T]</p>	<p>29</p> <p>7:00 Breakfast [ODR] 9:15 Word of the Day 9:30 Age Fit Fitness Class-Movin and Groovin 10:00 Hydration Station 10:30 Gen-narrations 11:00 Lunch [ODR] 12:00 Balloon Volleyball/craft 1:00 Ladder Golf [C] 2:30 Minding Motion with Juan Carlos [D] 3:30 Musical Matinee [T] 5:00 Dinner [ODR] 5:45 Evening Wind-down</p>	<p>30</p> <p>*Salon Services Available 7:00 Breakfast [ODR] 9:15 Word of the Day 9:30 Age Fit Fitness Class-Movin and Groovin 10:00 Lets go fly a kite [T] 11:00 Lunch [ODR] 1:00 Birthday Social 1:00 Travel through Music 2:30 Creative Crafts 4:00 Bingo Blast [D] 5:00 Dinner [ODR] 5:45 Evening Wind-down 6:30 Evening Cinema [T]</p>	<p>31</p> <p>7:00 Breakfast [ODR] 9:15 Word of the Day 9:30 Age Fit Fitness Class-Movin and Groovin 10:00 Hydration Station 10:30 Hat Chat 11:00 Lunch [ODR] 12:00 Balloon Volleyball/craft 1:00 Natural History Museum 1:00 Raise the Curtain 2:00 Bingo History 3:00 Smooth jazz/smooth smoothies 4:00 History Bingo [T] 5:00 Dinner [ODR] 5:45 Evening Wind-down 6:30 Evening Cinema [T]</p>	<p>Location Keys</p> <p>Courtyard C Dining Room D Family Room FR Olympus Dining Room ODR Summit Room S Theater T</p>	<p>Resident Birthdays</p> <p>Eleanor C. 8/10 Shirley C. 8/12 Nadine G. 8/14 Margaret D. 8/15 Audrey S. 8/21 William M. 8/24 Brooke G. 8/27 Ernest C. 8/28 JoAnn L. 8/30</p>