


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>THE RIDGE SENIOR LIVING</p> 	<p>Location Keys</p> <p>Art Studio Second Floor A Bistro B Courtyard C Demonstration Kitchen DK Dining Room D Fitness Center (Third Floor) FC Great Room (Second Floor) GR Lobby L Olympus Dinning Room ODR Salon (Third Floor) SA Summit Room S Theater T</p>	<p>*Personal Transportation Available</p> <p>10:00 Exercise with Brian from Aspen Ridge [FC] 10:45 Shopping Trip [L] 1:30 The Ridge Bridge Club [GR] 3:00 Travel Club [S] 3:30 Minding Motion Class with Juan Carlos [S] 4:30 Mixology [DK] 7:00 Evening Cinema [T]</p>	<p>*Personal Transportation Available</p> <p>*Salon Services Available</p> <p>10:00 Exercise with Beannie [FC] 10:30 Brain Boosters [S] 11:00 Outing to Clark Planetarium [L] 1:00 Grief Therapy Group by Memorial [S] 2:00 Bingo Blast [S] 3:00 Musical Matinee [T] 4:30 Healthy Hour [DK] 6:30 Entertainment by The Mixed Nuts [D]</p>	<p>*Personal Transportation Available</p> <p>10:00 Exercise with Brian from Aspen Ridge [FC] 10:45 Garden Club [T] 1:30 Yoga with Cyndi from Brighton [FC] 3:00 Treats n Trivia - Jeopardy [C] 3:45 Creative Crafts - paint birdhouses [A] 7:00 Evening Cinema [T]</p>	<p>10:00 Exercise with Brian from Aspen Ridge [FC] 10:45 Group Crossword [S] 2:00 Mini-Manicures [SA] 3:00 Entertainment by Bob Shorten [D] 4:00 Happy Hour [DK] 4:30 Karaoke [S] 7:00 Evening Cinema [T]</p>	<p>10:00 Age Fit Fitness Class [FC] 10:30 Sunshine Social [B] 1:00 Outing to The Book of Mormon - a Broadway musical [L] 2:00 Triominos [ODR] 3:30 Ice Cream Social [DK] 4:30 Inspiring News [S] 7:00 Evening Cinema [T]</p>
<p>*Church Transportation Available</p> <p>10:00 Age Fit Fitness Class [FC] 11:00 11a-1p Family Brunch [ODR] 1:00 LDS Sacrament Available [S] 2:00 Musical Performance - Arlene Griffith [S] 3:00 Bingo Blast [S] 4:00 Happy Hour [DK] 7:00 Evening Cinema [T]</p>	<p>*Personal Transportation Available</p> <p>10:00 Exercise with Beannie [FC] 10:45 Scenic Drive [L] 1:00 Walking Club [L] 2:00 Tai Chi with Gwen [FC] 3:00 Kitchen Corner [DK] 3:30 Laugh Out Loud [DK] 4:00 Computer/Tech Class [S] 7:00 Evening Cinema [T]</p>	<p>*Personal Transportation Available</p> <p>10:00 Exercise with Brian from Aspen Ridge [FC] 10:30 Balance Assessments with Aspen Ridge [FC] 10:45 Shopping Trip [L] 1:30 The Ridge Bridge Club [GR] 3:00 Travel Club [S] 3:30 Minding Motion Class with Juan Carlos [S] 4:30 Mixology [DK] 6:30 Memory Care Support Group for Families [S] 7:00 Evening Cinema [T]</p>	<p>*Personal Transportation Available</p> <p>*Salon Services Available</p> <p>10:00 Exercise with Beannie [FC] 10:30 Brain Boosters [S] 10:45 Outing - LDS conference center tour [L] 2:00 Bingo Blast [S] 3:00 Musical Matinee [T] 4:30 Healthy Hour [DK] 6:00 Sheryl's Social [S]</p>	<p>*Personal Transportation Available</p> <p>10:00 Exercise with Brian from Aspen Ridge [FC] 10:45 Garden Club [T] 1:30 Yoga with Cyndi from Brighton [FC] 3:00 Entertainment by Scott Larabee [D] 3:00 Treats n Trivia - Jeopardy [C] 3:45 Creative Crafts [A] 7:00 Evening Cinema [T]</p>	<p>10:00 Exercise with Brian from Aspen Ridge [FC] 10:45 Group Crossword [S] 2:00 Mini-Manicures [SA] 3:30 Movie Planning Meeting [S] 4:00 Happy Hour [DK] 4:30 Karaoke [S] 7:00 Evening Cinema [T]</p>	<p>10:00 Age Fit Fitness Class [FC] 10:30 Sunshine Social [B] 1:00 Men's Club [S] 2:00 Triominos [ODR] 3:30 Lauren Carn - singer/songwriter [B] 3:30 Ice Cream Social and August Birthday Bash! [DK] 7:00 Evening Cinema [T]</p>
<p>*Church Transportation Available</p> <p>10:00 Age Fit Fitness Class [FC] 11:00 11a-1p Family Brunch [ODR] 1:00 LDS Sacrament Available [S] 2:00 LDS Doctrinal Discussion [S] 2:00 "Brain Games" [T] 3:00 Bingo Blast [S] 4:00 Happy Hour [DK] 7:00 Evening Cinema [T]</p>	<p>*Personal Transportation Available</p> <p>10:00 Exercise with Beannie [FC] 10:45 Scenic Drive - Radha Krishna Temple [L] 1:00 Walking Club [L] 3:00 Sheery Brennan 3:00 Kitchen Corner [DK] 3:30 Laugh Out Loud [DK] 4:00 Computer/Tech Class [S] 7:00 Evening Cinema [T]</p>	<p>*Personal Transportation Available</p> <p>10:00 Exercise with Brian from Aspen Ridge [FC] 10:45 Shopping Trip [L] 1:30 The Ridge Bridge Club [GR] 3:30 Minding Motion Class with Juan Carlos [S] 4:30 Mixology [DK] 6:30 Travel Club - Appalachian Trail [S]</p>	<p>*Personal Transportation Available</p> <p>*Salon Services Available</p> <p>10:00 Exercise with Beannie [FC] 10:30 Brain Boosters [S] 2-5pm Luau 7:00 Evening Cinema [T]</p>	<p>*Personal Transportation Available</p> <p>10:00 Exercise with Brian from Aspen Ridge [FC] 10:45 Garden Club [T] 1:30 Yoga with Cyndi from Brighton [FC] 3:00 Treats n Trivia - Jeopardy [C] 3:45 Creative Crafts - fiber crafts: let's crochet! [A] 7:00 Evening Cinema [T]</p>	<p>10:00 Exercise with Brian from Aspen Ridge [FC] 10:45 Group Crossword [S] 11:30 The Ridge New Resident Orientation and Lunch [L] 2:00 Mini-Manicures [SA] 4:00 Happy Hour [DK] 4:30 Karaoke [S] 7:00 Evening Cinema [T]</p>	<p>10:00 Age Fit Fitness Class [FC] 10:30 Sunshine Social [B] 11:00 Petersen Family Farm Outing [L] 1:00 Men's Club [S] 2:00 Triominos [ODR] 3:30 Ice Cream Social [DK] 4:30 Inspiring News [S] 7:00 Evening Cinema [T]</p>
<p>*Church Transportation Available</p> <p>10:00 Age Fit Fitness Class [FC] 11:00 11a-1p Family Brunch [ODR] 1:00 LDS Sacrament Available [S] 2:00 LDS Doctrinal Discussion [S] 2:00 "Brain Games" [T] 3:00 Bingo Blast [S] 4:00 Happy Hour [DK] 7:00 Evening Cinema [T]</p>	<p>*Personal Transportation Available</p> <p>10:00 Exercise with Beannie [FC] 10:45 Scenic Drive [L] 1:00 Walking Club [L] 2:00 Tai Chi with Gwen [FC] 3:00 Kitchen Corner [DK] 3:30 Laugh Out Loud [DK] 4:00 Computer/Tech Class [S] 7:00 Evening Cinema [T]</p>	<p>*Personal Transportation Available</p> <p>10:00 Exercise with Brian from Aspen Ridge [FC] 10:45 Shopping Trip [L] 1:30 The Ridge Bridge Club [GR] 3:00 Travel Club [S] 3:30 Minding Motion Class with Juan Carlos [S] 4:30 Mixology [DK] 7:00 Evening Cinema [T]</p>	<p>*Personal Transportation Available</p> <p>*Salon Services Available</p> <p>10:00 Exercise with Beannie [FC] 10:30 Brain Boosters [S] 11:00 *Lunch Bunch out to Ruth's Diner [L] 2:00 Bingo Blast [S] 3:00 Musical Matinee [T] 4:30 Healthy Hour [DK] 7:00 Evening Cinema [T]</p>	<p>*Personal Transportation Available</p> <p>10:00 Exercise with Brian from Aspen Ridge [FC] 10:45 Garden Club [T] 1:30 Yoga with Cyndi from Brighton [FC] 2:00 Paint n Sip with Lucky Tuck [A] 4:00 BD Howes Performs [D] 7:00 Evening Cinema [T]</p>	<p>10:00 Exercise with Brian from Aspen Ridge [FC] 10:45 Group Crossword [S] 11:30 Ridge Readers Book Club [S] 2:00 Mini-Manicures [SA] 4:00 Happy Hour [DK] 4:30 Karaoke [S] 7:00 Evening Cinema [T]</p>	<p>10:00 Age Fit Fitness Class [FC] 10:30 Sunshine Social [B] 1:00 Men's Club [S] 2:00 Triominos [ODR] 3:30 Ice Cream Social [DK] 4:30 Inspiring News [S] 7:00 Evening Cinema [T]</p>
<p>*Church Transportation Available</p> <p>10:00 Age Fit Fitness Class [FC] 11:00 11a-1p Family Brunch [ODR] 1:00 LDS Sacrament Available [S] 2:00 LDS Doctrinal Discussion [S] 2:00 "Brain Games" [T] 3:00 Bingo Blast [S] 4:00 Happy Hour [DK] 7:00 Evening Cinema [T]</p>	<p>*Personal Transportation Available</p> <p>10:00 Exercise with Beannie [FC] 10:45 Scenic Drive [L] 1:00 Walking Club [L] 3:00 Kitchen Corner [DK] 3:30 Laugh Out Loud [DK] 4:00 Computer/Tech Class [S] 6:00 "Young Musicians" Sarah Davidson and Tanner and Ashlee Ayre Perform [D]</p>	<p>*Personal Transportation Available</p> <p>10:00 Exercise with Brian from Aspen Ridge [FC] 10:45 Shopping Trip [L] 1:30 The Ridge Bridge Club [GR] 3:00 Travel Club [S] 3:30 Minding Motion Class with Juan Carlos [S] 4:30 Mixology [DK] 6:30 Healthy Aging with Dr. Mark de St. Aubin [S]</p>	<p>*Personal Transportation Available</p> <p>*Salon Services Available</p> <p>10:00 Exercise with Beannie [FC] 10:30 Brain Boosters [S] 11:00 Living the Dream with Martha Lombard - Snowbird Mountain Tram [L] 2:00 Bingo Blast [S] 3:00 Musical Matinee [T] 4:30 Healthy Hour [DK] 6:30 Speaker Series - Tiny House 101 [S]</p>	<p>*Personal Transportation Available</p> <p>10:00 Exercise with Brian from Aspen Ridge [FC] 10:45 Garden Club [T] 1:30 Yoga with Cyndi from Brighton [FC] 2:00 Resident Council [S] 3:00 Treats n Trivia - Jeopardy [C] 3:45 Creative Crafts [A] 7:00 Evening Cinema [T]</p>	<p>Be Adventurous Be Challenged Be Connected Be Family Be Inspired Be Social Be Well Music</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>