



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Resident Birthdays</p> <p>Millie N. 2/1 Phyllis K. 2/3 Au-Deane C. 2/8 Jean C. 2/8 Gordon S. 2/9 Else E. 2/9 Tomoko H. 2/10 Phillip B. 2/10 Mildred J. 2/20 Carol B. 2/21 Jan B. 2/26 Belva H. 2/27</p>	<p>THE RIDGE COTTONWOOD · SENIOR LIVING</p>	<p>“When it rains, look for rainbows. When it’s dark, look for stars.” – Unknown</p>		<p>9:00 Hair Salon Day 1 10:00 Firm up with Midas Creek Home Health [EX] 10:30 Find Words-in-a-Word [B] 11:30 Fellowship Resident Outreach 12:00 PLEASE Remember to wear your NAME BADGE 1:30 Fun with Bingo [MPR] 3:00 Fundamental Tai-Chi with Jeremy,Holladay Health Care [MPR] 3:30 Friends at Social Happy Hour! [B] 6:00 Friday Frenzy Movies</p>	<p>9:30 Stretch Morning Exercise with Shelley [EX] 2 10:30 Super Scenic Drive 12:00 PLEASE Remember to wear your NAME BADGE 1:30 Stump the DEALER [B] 3:00 Score with Wii Bowling [B] 6:00 Saturday Movie</p>
<p>Inspirational Intellectual Physical Social</p> <p>10:00 Church Transportation 3 10:00 Fill Your Cup [B] 11:00 Catholic Church Transportation [O] 11:00 The Church of Jesus Christ of Latter-day Saints [MPR] 12:00 PLEASE Remember to wear your NAME BADGE 1:30 Sunday Fun-day with Cards [B] 2:30 Sundae on Sunday [B] 3:00 Sensational Day in History [B] 6:00 Sit Back with a Sunday Movie</p>	<p>10:00 Movement Exercise with Aspen Ridge [EX] 4 10:00 Resident Grocery Shopping Trip (Walmart) 10:30 MAKE IT * Be Creative* [B] 12:00 PLEASE Remember to wear your NAME BADGE 1:30 FUN ON THE IN2L [B] 3:00 TRIVIA TIME [B] 3:30 Making Bread at the Bistro [B] 6:00 MARATHON MOVIES</p>	<p>9:00 Personal Transportation Day 5 10:00 Tighten Up Exercise with Brighton [EX] 10:30 Hot Chocolate and TED TALKS [B] 11:00 Priesthood Meeting [GR] 11:00 Relief Society [MPR] 12:00 PLEASE Remember to wear your NAME BADGE 1:30 GAME CORNER [B] 3:00 COTTONWOOD CASH STORE [MPR] 6:00 Debra Bowers at the Piano [DRP] Evening Flix</p>	<p>9:00 Hair Salon Day 6 10:00 Wiggles and Stretch Exercise with ENVISION [EX] 10:30 Where to Now? Scenic Drive [LOB] 12:00 PLEASE Remember to wear your NAME BADGE 2:30 Wonderful Rootbeer Floats [B] 3:00 Wii Bowling [B] 6:00 TEAM TRIVIA NIGHT [B] Wednesday Movie Night</p>	<p>9:00 Personal Transportation Day 7 10:00 Tone Up Exercise with Canyon Home Health [EX] 10:30 Trim and Design Flowers [B] 12:00 PLEASE Remember to wear your NAME BADGE 1:00 Catholic Communion [GR] 1:30 Tender Hand and Nail Care [B] 2:00 Thursday Therapy with Pets 3:00 RESIDENT SOCIAL 4:00 TEXAS HOLD-UM with Cristi [B] 6:00 Thursday at the Theater</p>	<p>9:00 Hair Salon Day 8 10:15 Firm up with SIGNATURE [EX] 10:30 Find Words-in-a-Word [B] 11:30 Fellowship Resident Outreach 12:00 PLEASE Remember to wear your NAME BADGE 1:30 Fun with Bingo [MPR] 3:30 Friends at Social Happy Hour! [B] 6:00 Friday Frenzy Movies</p>	<p>9:30 Stretch Morning Exercise with Shelley [EX] 9 10:30 Super Scenic Drive 12:00 PLEASE Remember to wear your NAME BADGE 1:30 WHAT IF? [B] 3:00 Score with Wii Bowling [B] 6:00 Saturday Movie</p>
<p>10:00 Church Transportation 10 10:00 Fill Your Cup [B] 11:00 Catholic Church Transportation [O] 11:00 The Church of Jesus Christ of Latter-day Saints [MPR] 12:00 PLEASE Remember to wear your NAME BADGE 1:30 Sunday Fun-day with Cards [B] 2:30 Sundae on Sunday [B] 3:00 Sensational Day in History [B] 6:00 Sit Back with a Sunday Movie</p>	<p>10:00 Movement Exercise with Aspen Ridge [EX] 11 10:00 Resident Grocery Shopping Trip (Walmart) 10:30 MAKE IT * Be Creative* [B] 12:00 PLEASE Remember to wear your NAME BADGE 1:30 CHERYL BLACKLEY and her MUSIC [DRP] 3:00 Making Bread at the Bistro [B] 4:00 Minding Motion [MPR] 6:00 MARATHON MOVIES</p>	<p>9:00 Personal Transportation Day 12 10:00 Tighten Up Exercise with Brighton [EX] 10:30 Terrific Hot Chocolate and TED TALKS [B] 11:00 Priesthood Meeting [GR] 11:00 Relief Society [MPR] 12:00 PLEASE Remember to wear your NAME BADGE 1:30 GAME CORNER [B] 3:00 MEET A MANAGER [B] 6:00 Evening Flix</p>	<p>9:00 Hair Salon Day 13 10:00 Wiggles and Stretch Exercise with ENVISION [EX] 10:30 Where to Now? Scenic Drive [LOB] 12:00 PLEASE Remember to wear your NAME BADGE 1:30 IT'S A QUIRKLE DAY 1:30 Wii BOWLING [B] 2:30 Wonderful Rootbeer Floats [B] 3:00 MEET THE AUTHOR [B] 4:00 Merrill Smith Performs [DRP] 6:00 Wednesday Movie Night</p>	<p>9:00 Personal Transportation Day 14 10:00 Tone Up Exercise with Canyon Home Health [EX] 10:30 Trim and Design Flowers [B] 12:00 PLEASE Remember to wear your NAME BADGE 1:00 Catholic Communion [GR] 1:30 Tender Hand and Nail Care [B] 2:00 Thursday Therapy with Pets 3:00 RESIDENT SOCIAL 4:00 GAMES ON THE IN2L [B] 6:00 Thursday at the Theater</p>	<p>9:00 Hair Salon Day 15 10:00 Firm up with Midas Creek Home Health [EX] 10:30 Find Words-in-a-Word [B] 11:30 Fellowship Resident Outreach 12:00 PLEASE Remember to wear your NAME BADGE 1:30 Fun with Bingo [MPR] 3:00 Fundamental Tai-Chi with Jeremy,Holladay Health Care [MPR] 3:30 Friends at Social Happy Hour! [B] 6:00 It's a VALENTINE CABARET with Chris [MPR]</p>	<p>9:30 Stretch Morning Exercise with Cristi [EX] 16 10:30 Super Scenic Drive 12:00 PLEASE Remember to wear your NAME BADGE 1:30 Stump the DEALER [B] 3:00 Score with Wii Bowling [B] 6:00 Saturday Movie</p>
<p>10:00 Church Transportation 17 10:00 Fill Your Cup [B] 11:00 Catholic Church Transportation [O] 11:00 The Church of Jesus Christ of Latter-day Saints [MPR] 12:00 PLEASE Remember to wear your NAME BADGE 1:30 Sunday Fun-day with Cards [B] 2:30 JORDON and his VIOLIN [B] 3:30 Sundae on Sunday [B] 4:00 Sensational Day in History [B] 6:00 Sit Back with a Sunday Movie</p>	<p>10:00 Movement Exercise with Aspen Ridge [EX] 18 10:00 Resident Grocery Shopping Trip (Walmart) 10:30 MAKE IT * Be Creative* [B] 12:00 PLEASE Remember to wear your NAME BADGE 1:30 SECRETS IN A BOX [B] 3:00 Making Bread at the Bistro [B] 3:30 1 Minute WORD GAME [B] 6:00 Family Home Evening [MPR] 6:00 MARATHON MOVIES</p>	<p>9:00 Personal Transportation Day 19 10:00 Tighten Up Exercise with Brighton [EX] 10:30 Terrific Hot Chocolate and TED TALKS [B] 11:00 Priesthood Meeting [GR] 11:00 Relief Society [MPR] 12:00 PLEASE Remember to wear your NAME BADGE 1:30 KEN & HOLLY KARAOKE [B] 2:30 GAME CORNER [B] 3:30 Chef Demo [B] 6:00 Evening Flix</p>	<p>9:00 Hair Salon Day 20 10:00 Wiggles and Stretch Exercise with ENVISION [EX] 10:30 Where to Now? Scenic Drive [LOB] 12:00 PLEASE Remember to wear your NAME BADGE 1:30 DON BENNION and his SAX [B] 2:30 Wonderful Rootbeer Floats [B] 3:00 Wii Bowling [B] 6:00 Wednesday Movie Night</p>	<p>9:00 Personal Transportation Day 21 10:00 Tone Up Exercise with Canyon Home Health [EX] 10:30 Trim and Design Flowers [B] 12:00 PLEASE Remember to wear your NAME BADGE 1:00 Catholic Communion [GR] 1:30 Tender Hand and Nail Care [B] 2:00 Thursday Therapy with Pets 3:00 RESIDENT SOCIAL 4:00 Texas Hold-Um with Cristi [B] 6:00 BOB SHORTEN at the PIANO [DRP]</p>	<p>9:00 Hair Salon Day 22 10:15 Firm up with SIGNATURE [EX] 10:30 Find Words-in-a-Word [B] 11:30 Fellowship Resident Outreach 12:00 PLEASE Remember to wear your NAME BADGE 1:30 Fun with Bingo [MPR] 3:30 Friends at Social Happy Hour! [B] 6:00 Friday Frenzy Movies</p>	<p>9:30 Stretch Morning Exercise with Cristi [EX] 23 10:30 Super Scenic Drive 12:00 PLEASE Remember to wear your NAME BADGE 1:30 A SURPRISE GAME with BAILEY [B] 3:00 Score with Wii Bowling [B] 6:00 Saturday Movie</p>
<p>10:00 Church Transportation 24 10:00 Fill Your Cup [B] 11:00 Catholic Church Transportation [O] 11:00 The Church of Jesus Christ of Latter-day Saints [MPR] 12:00 PLEASE Remember to wear your NAME BADGE 1:30 Sunday Fun-day with Cards [B] 2:30 Sundae on Sunday [B] 3:00 Sensational Day in History [B] 6:00 Sit Back with a Sunday Movie</p>	<p>10:00 Movement Exercise with Aspen Ridge [EX] 25 10:00 Resident Grocery Shopping Trip (Walmart) 10:30 MAKE IT * Be Creative* [B] 12:00 PLEASE Remember to wear your NAME BADGE 1:30 COOKING WITH VICKI [B] 3:00 Making Bread at the Bistro [B] 4:00 Minding Motion [MPR] 6:00 MARATHON MOVIES</p>	<p>9:00 Personal Transportation Day 26 10:00 Tighten Up Exercise with Brighton [EX] 10:30 Terrific Hot Chocolate and TED TALKS [B] 11:00 Priesthood Meeting [GR] 11:00 Relief Society [MPR] 12:00 PLEASE Remember to wear your NAME BADGE 1:30 GAME CORNER [B] 1:30 Resident's Only Meeting [MPR] 2:00 Resident Council [MPR] 3:30 LEARNING CIRCLE [B] 6:00 Evening Flix 6:00 TUESDAY NIGHT BINGO [MPR]</p>	<p>9:00 Hair Salon Day 27 10:00 Wiggles and Stretch Exercise with ENVISION [EX] 10:30 Where to Now? Scenic Drive [LOB] 12:00 PLEASE Remember to wear your NAME BADGE 1:00 Music with SCOTT LARABEE [DRP] 2:30 Wonderful Rootbeer Floats [B] 3:00 Wii Bowling [B] 6:00 Wednesday Movie Night</p>	<p>9:00 Personal Transportation Day 28 10:00 Tone Up Exercise with Canyon Home Health [EX] 10:30 Trim and Design Flowers [B] 11:00 DESERT STAR THEATER OUTING [B] 12:00 PLEASE Remember to wear your NAME BADGE 1:00 Catholic Communion [GR] 1:30 Tender Hand and Nail Care [B] 2:00 Thursday Therapy with Pets 3:00 RESIDENT SOCIAL 4:00 True Facts or Fiction 6:00 Thursday at the Theater</p>		