

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		10:00 1:1 with Mary 10:15 Movement Class with Canyons 10:45 Balloon Badmittion 1:30 Musical Guest ~ Scott Woker 2:30 Texas Hold'em Poker 3:30 Ladies High Tea 6:30 Tuesday Night Movie 9:45 Wednesday's Workout 10:45 Mini Mani and Hand Massage 1:00 Relief Society 1:30 Gaming Corner 2:00 Balance Class with Christian 2:30 Art Class 4:00 Wine & Cheese Social 6:30 Comedy Movie Night 10:15 Movement Class with Canyons 10:45 Current Events with Tim Chambless 1:00 Rummykub Club 2:00 Cooking Around the World 3:30 Bingo Bunch 6:30 Thursday at the Theater 9:45 Chair Yoga 10:30 Gardening Club 1:30 Crafters Corner 2:30 Spanish 101 3:30 TGIF Happy Hour with Trivia 6:30 Friday Night Cinema: 9:45 Saturday Sit and Stretch 10:30 Game Time with Mary 1:00 Active Games with Mary 2:00 Pop-Up Italian Soda Shoppe 6:30 Saturday Cinema				
9:45 Sit and Get Fit 10:30 Catholic Communion 11:00 Bingo Bunch 1:00 LDS Sacrament Services 1:15 The Ridge Bridge Club 1:45 Sunday Sundae's 3:15 Trail Walks with Eric 9:45 Move It Monday 10:45 Brain Games 1:30 Floral Designers 2:00 Creative Art with Lemon 2:30 Resident Shopping ~ 2:30 Scrabble Club 4:00 Chatter & Cheers Happy Hour 4:00 Come Follow Me Study Group 6:30 Monday Musical Movie 10:00 1:1 with Mary 10:15 Movement Class with Canyons 10:45 Balloon Badmittion 1:15 Texas Hold'em 2:30 Ladies High Tea 3:30 July Birthday Party 6:30 Tuesday Night Movie 9:45 Wednesday's Workout 10:45 Mini Mani and Hand Massage 1:00 Musical Guests ~ SL Pop Orchestra 2:00 Balance Class with Christian 2:15 Community Town Hall 3:30 Hope & Inspiration with Pastor Bruce 4:00 Wine & Cheese Social 6:30 Comedy Movie Night 10:15 Movement Class with Canyons 10:45 Current Events with Tim Chambless 1:00 Rummykub Club 2:00 Cooking Around the World 3:30 Bingo Bunch 6:30 Mixed Nuts! 9:45 Chair Yoga 10:30 Gardening Club 11:00 Scenic Drive 1:30 Crafters Corner 2:30 Spanish 101 3:30 TGIF Happy Hour with Trivia 6:30 Friday Night Cinema: 9:45 Saturday Sit and Stretch 10:30 Game Time with Mary 1:00 Active Games with Mary 2:00 Pop-Up Italian Soda Shoppe 6:30 Saturday Cinema						
9:45 Sit and Get Fit 10:30 Catholic Communion 10:30 Sunday Brunch 11:00 Bingo Bunch 1:00 LDS Sacrament Services 1:15 The Ridge Bridge Club 1:45 Sunday Sundae's 3:15 Trail Walks with Eric 9:45 Move It Monday 10:45 Current Events with Tim Chambless 1:30 Floral Designers 2:30 Resident Shopping ~ 2:30 Scrabble Club 4:00 Chatter & Cheers Happy Hour 4:00 Come Follow Me Study Group 6:30 Monday Musical Movie 10:00 1:1 with Mary 10:15 Movement Class with Canyons 10:45 Balloon Badmittion 1:15 Texas Hold'em 2:30 Ladies High Tea 3:30 Musical Guest ~ Merrill Smith 6:30 Tuesday Night Movie 9:45 Wednesday's Workout 10:45 Mini Mani and Hand Massage 1:30 Gaming Corner 2:00 Balance Class with Christian 2:00 Resident Food Commitee & Teaching Kitchen 2:30 Art Class 4:00 Wine & Cheese Social 6:30 Musical Guest ~ Heart & Soul 10:15 Movement Class with Canyons 10:45 Brain Games 1:00 Rummykub Club 2:00 Cooking Around the World 3:30 Bingo Bunch 6:30 Thursday at the Theater 9:45 Chair Yoga 10:30 Gardening Club 11:00 Scenic Drive 1:00 Book Club 1:30 Crafters Corner 2:30 Spanish 101 3:30 TGIF Happy Hour with Trivia 4:00 Musical Guest ~ Wyldwood 6:30 Friday Night Cinema: 9:45 Saturday Sit and Stretch 11:00 Musical Guest ~ Scott Larabee 1:00 Foothill Franc Store 2:00 Pop-Up Italian Soda Shoppe 6:30 Saturday Cinema						
9:45 Sit and Get Fit 10:30 Catholic Communion 11:00 Bingo Bunch 1:00 LDS Sacrament Services 1:15 The Ridge Bridge Club 1:45 Sunday Sundae's 3:15 Trail Walks with Eric 9:45 Move It Monday 10:45 Brain Games 1:30 Floral Designers 2:30 Resident Shopping ~ 2:30 Scrabble Club 4:00 Chatter & Cheers Happy Hour 4:00 Come Follow Me Study Group 6:30 Monday Musical Movie 10:00 1:1 with Mary 10:15 Movement Class with Canyons 10:45 Balloon Badmittion 11:30 Meal with Mickie MUST RSVP 1:15 Texas Hold'em 3:00 Ladies High Tea 6:30 Tuesday Night Movie 9:45 Wednesday's Workout 10:45 Mini Mani and Hand Massage 1:00 Musical Guest ~ SL Pop Orchestra 2:00 Balance Class with Christian 2:30 Art Class 4:00 Wine & Cheese Social 6:30 Comedy Movie Night 10:15 Movement Class with Canyons 10:45 Brain Games 1:00 Rummykub Club 2:00 Cooking Around the World 3:00 Performer: Maggie Beers 6:30 Thursday at the Theater 9:45 Chair Yoga 10:30 Gardening Club 11:00 Scenic Drive 1:30 Crafters Corner 2:30 Spanish 101 3:30 TGIF Happy Hour with Trivia 6:30 Friday Night Cinema: 9:45 Saturday Sit and Stretch 10:30 Game Time with Mary 1:00 Active Games with Mary 2:00 Pop-Up Italian Soda Shoppe 6:30 Saturday Cinema						
9:45 Sit and Get Fit 10:30 Catholic Communion 11:00 Bingo Bunch 1:00 LDS Sacrament Services 1:15 The Ridge Bridge Club 1:45 Sunday Sundae's 3:15 Trail Walks with Eric 9:45 Move It Monday 10:45 Current Events with Tim Chambless 1:30 Floral Designers 2:30 Resident Shopping ~ 2:30 Scrabble Club 4:00 Come Follow Me Study Group 4:00 New Resident Block Party 6:30 Monday Musical Movie 10:00 1:1 with Mary 10:15 Movement Class with Canyons 10:45 Balloon Badmittion 1:15 Texas Hold'em 2:30 Ladies High Tea 3:30 Corn Hole Tournament 6:30 Tuesday Night Movie 9:45 Wednesday's Workout 10:45 Mini Mani and Hand Massage 1:30 Gaming Corner 2:00 Balance Class with Christian 2:30 Art Class 4:00 Wine & Cheese Social 6:00 Dementia Support Group (Everyone is Welcome) 6:30 Comedy Movie Night 10:15 Movement Class with Canyons 10:45 Current Events with Tim Chambless 1:00 Rummykub Club 2:00 Resident Council 3:30 Bingo Bunch 6:30 Thursday at the Theater						

6



THE RIDGE

FOOTHILL · SENIOR LIVING

HAPPY BIRTHDAY

"Ted" C. - 2nd

"Ron" D. - 2nd

Jerry S. - 6th

Judith G. - 8th

Ruth S. - 8th

Leslee S. - 14th

Valerie W. - 15th

Linda T. - 16th

Launa K. - 21st

Dorothy W. - 24th

Barbara G. - 25th

Robert H. - 30th

ACTIVITY TYPES

- Inspirational
- Intellectual
- Physical
- Social

Meal Times

Breakfast

7:30am ~ 9:30am

Lunch

11:30am ~ 2:00pm

Dinner

4:30pm ~ 6:00pm