

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					● 9:45 Chair Yoga ● 10:30 Garden Tour ● 11:00 Cross Word Puzzle Challenge ● 1:00 Book Club ● 2:30 Musical Guest ~ Kevin Scott ● 3:30 TGIF Happy Hour with Trivia ● 6:30 Award Winning Movie Night 1	● 9:45 Saturday Sit and Stretch ● 10:30 Brain Games with Mary ● 1:00 Our Planet ● 2:00 Pop-Up Italian Soda Shoppe ● 6:30 Saturday Cinema ~ Super Heros 2
● 9:45 Sit and Get Fit ● 10:30 Catholic Communion ● 11:00 Trail Walks with Eric ● 1:00 LDS Sacrament Services ● 1:15 The Ridge Bridge Club ● 1:45 Sunday Sundae's ● 3:15 Bingo Bunch ● 6:30 Sunday Cinema 3	● 9:45 Move It Monday ● 10:45 Brain Games ● 1:30 Floral Designers ● 1:30 Resident Shopping ~ Liquor Store ● 2:30 Resident Shopping ~ Walmart ● 2:30 Scrabble Club ● 4:00 Chatter & Cheers Happy Hour ● 4:00 Come Follow Me Study Group ● 6:30 Monday Musical Movie 4	● 9:45 Brews, Views & News ● 10:15 Movement Class with Canyons ● 10:45 Balloon Badminton ● 1:30 Musical Guest ~ Scott Woker ● 2:30 Ladies High Tea ● 3:30 Texas Hold'em ● 6:30 Tuesday Night Classical Movies 5	● 9:45 Wednesday's Workout ● 10:45 Mini Mani and Hand Massage ● 1:00 Relief Society ● 1:30 Gaming Corner ~ Mexican Train ● 2:00 Balance Class with Christian ● 2:30 Floral Design with Angie ● 3:30 Wine & Cheese Social ● 6:30 Western Wednesday Movie Night 6	● 9:45 Brews, Views & News ● 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 Comedy Movie Night 7	● 9:45 Chair Yoga ● 10:30 Gardening Club ● 11:00 Cross Word Puzzle Challenge ● 1:30 Crafters Corner ● 2:30 Life Loop Refresher Course ● 3:30 TGIF Happy Hour with Trivia ● 6:30 Award Winning Movie Night 8	● 9:45 Saturday Sit and Stretch ● 10:30 Brain Games with Mary ● 1:00 Our Planet ● 2:00 Pop-Up Italian Soda Shoppe ● 2:30 Scrabble Club ● 6:30 Saturday Cinema ~ Super Heros 9
● 9:45 Sit and Get Fit ● 10:30 Catholic Communion ● 10:30 Sunday Brunch ● 11:00 Trail Walks with Eric ● 1:00 LDS Sacrament Services ● 1:15 The Ridge Bridge Club ● 1:45 Sunday Sundae's ● 3:15 Bingo Bunch ● 6:30 Sunday Cinema 10	● 9:45 Move It Monday ● 10:45 Brain Games ● 1:30 Floral Designers ● 2:30 Resident Shopping ~ Smith's ● 2:30 Scrabble Club ● 4:00 Chatter & Cheers Happy Hour ● 4:00 Come Follow Me Study Group ● 6:30 Monday Musical Movie 11	● 9:45 Brews, Views & News ● 10:00 1:1 with Mary ● 10:15 Movement Class with Canyons ● 10:45 Balloon Badminton ● 1:15 Casino Club ~ 21 ● 2:30 Ladies High Tea ● 3:30 Resident Birthday Party ● 6:30 Tuesday Night Classical Movies 12	● 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 ● 3:30 Wine & Cheese Social ● 6:30 Western Wednesday Movie Night 13	● 9:45 Brews, Views & News ● 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! 14	● 9:45 Chair Yoga ● 10:30 Gardening Club ● 11:00 Cross Word Puzzle Challenge ● 1:30 Art Class ● 2:30 Spanish 101 ● 3:30 TGIF Happy Hour with Trivia ● 6:30 Award Winning Movie Night 15	● 9:45 Saturday Sit and Stretch ● 10:30 Brain Games with Mary ● 11:00 Musical Guest ~ Scott Larabee ● 1:00 Foothill Franc Store ● 2:00 Pop-Up Italian Soda Shoppe ● 2:30 Scrabble Club ● 6:30 Saturday Cinema ~ Super Heros 16
● 9:45 Sit and Get Fit ● 10:30 Catholic Communion ● 11:00 Trail Walks with Eric ● 1:00 LDS Sacrament Services ● 1:15 The Ridge Bridge Club ● 1:45 Sunday Sundae's ● 3:15 Bingo Bunch ● 6:30 Sunday Cinema 17	● 9:45 Move It Monday ● 10:45 Brain Games ● 1:30 Floral Designers ● 2:30 Resident Shopping ~ Trader Joe's ● 2:30 Scrabble Club ● 4:00 Chatter & Cheers Happy Hour ● 4:00 Come Follow Me Study Group ● 6:30 Monday Musical Movie 18	● 9:45 Brews, Views & News ● 10:00 1:1 with Mary ● 10:15 Movement Class with Canyons ● 10:45 Balloon Badminton ● 1:15 Texas Hold'em ● 2:30 Ladies High Tea ● 6:30 Tuesday Night Classical Movies 19	● 9:45 Wednesday's Workout ● 10:45 Mini Mani and Hand Massage ● 11:45 Lunch Bunch ● 1:30 Gaming Corner ~ Farkle ● 2:00 Balance Class with Christian ● 2:00 Resident Food Commitee & Teaching Kitchen ● 3:30 Wine & Cheese Social ● 6:30 Musical Guest ~ Heart & Soul 20	● 9:45 Brews, Views & News ● 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 Comedy Movie Night 21	● 9:45 Chair Yoga ● 10:30 Gardening Club ● 11:00 Cross Word Puzzle Challenge ● 1:30 Crafters Corner ● 2:30 Spanish 101 ● 3:30 TGIF Happy Hour with Trivia ● 6:30 Award Winning Movie Night 22	● 9:45 Saturday Sit and Stretch ● 10:30 Brain Games with Mary ● 1:00 Our Planet ● 2:00 Pop-Up Italian Soda Shoppe ● 2:30 Scrabble Club ● 6:30 Saturday Cinema ~ Super Heros 23
● 9:45 Sit and Get Fit ● 10:30 Catholic Communion ● 11:00 Trail Walks with Eric ● 1:00 LDS Sacrament Services ● 1:15 The Ridge Bridge Club ● 1:45 Sunday Sundae's ● 3:15 Bingo Bunch ● 6:30 Sunday Cinema 24	● 9:45 Move It Monday ● 10:45 Brain Games ● 1:30 Floral Designers ● 2:30 Resident Shopping ~ Macey's ● 2:30 Scrabble Club ● 4:00 Chatter & Cheers Happy Hour ● 4:00 Come Follow Me Study Group ● 6:30 Monday Musical Movie 25	● 9:45 Brews, Views & News ● 10:00 1:1 with Mary ● 10:15 Movement Class with Canyons ● 11:30 Meals with Micki ● 1:15 Casino Club ~ 21 ● 2:00 All Staff Meeting ● 2:30 Ladies High Tea ● 2:30 Learning Circle ● 6:30 Tuesday Night Classical Movies 26	● 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 Learning Circle ● 3:30 Wine & Cheese Social ● 6:00 Dementia Support Group (Everyone is Welcome) ● 6:30 Western Wednesday Movie Night 27	● 9:45 Brews, Views & News ● 10:15 Movement Class with Canyons ● 10:45 Current Events with Tim Chambless ● 1:00 Rummykub Club ● 2:00 Resident Council ● 3:00 Performer: Maggie Beers ● 3:30 Bingo Bunch ● 6:30 Comedy Movie Night 28	● 9:45 Chair Yoga ● 10:30 Gardening Club ● 11:00 Cross Word Puzzle Challenge ● 1:30 Art Class ● 2:30 Spanish 101 ● 3:30 TGIF Happy Hour with Trivia ● 6:30 Award Winning Movie Night 29	● 9:45 Saturday Sit and Stretch ● 11:00 Brain Games with Mary ● 1:00 Our Planet ● 2:00 Pop-Up Italian Soda Shoppe ● 2:30 Scrabble Club ● 6:30 Saturday Cinema ~ Super Heros 30
● 9:45 Sit and Get Fit ● 10:30 Catholic Communion ● 11:00 Trail Walks with Eric ● 1:00 LDS Sacrament Services ● 1:15 The Ridge Bridge Club ● 1:45 Sunday Sundae's ● 3:15 Bingo Bunch ● 6:30 Sunday Cinema 31						

1



THE RIDGE

FOOTHILL • SENIOR LIVING

HAPPY BIRTHDAY

Ira N. - 3rd
Robert "Robert " M. - 9th
Cheri B. - 16th
Gaye W. - 16th
Alberto F. - 17th
Joan B. - 18th
Wayne C. - 18th
Kent C. - 19th
Maxwell M. - 20th

ACTIVITY TYPES

- Inspirational
- Intellectual
- Physical
- Social

Meal Times

Breakfast
7:30am ~ 9:30am
Lunch
11:30am ~ 2:00pm
Dinner
4:30pm ~ 6:00pm