September 2025 The Ridge Cottonwood Tapestry

• 6:30 Monday Movie Night

Front Desk:	801-974-7400	



COTTONWOOD · SENIOR LIVING

HAPPY BIRTHDAY

Freddie L. - 4th Leon P. - 4th Carol W. - 5th Carmela S. - 7th Georgia H. - 21st Joyce L. - 22nd Marea R. - 23rd

ACTIVITY TYPES

- **Inspirational Intellectual**
- Physical
- Social

LOCATION KEY

Iulti-Purpose Room = MPR ame Room = GR ining Room Piano = DRP ining Room = DRheatre Room = TR xercise Room = ER esident Apartment = RA obby = lby L Patio = AP round the Building = ATB uting = 0 IS Activity Room = MAR iano Room = PR MS Patio = MSP

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	THE
	 9:30 Fact or Fiction 10:00 Open Arms Exercises With Music 11:00 Sensational Sitcoms 1:30 CHERYL BLACKLEY Performs 2:30 Sensational Smoothies 3:15 Sports Corner 4:00 Afternoon Walk 6:00 Fill in the Blanks 6:30 Monday Movie Night 	9:45 Converse and Connect 10:00 Movement with Music/with Hydration 10:30 Pet Therapy with Intermountain Animal Therapy 11:00 Reading Aloud 1:30 This Day in History 2:00 Baking Corner 3:00 Word Games 3:30 Name that Tune 4:00 Outdoor Appreciation 6:00 Tuesday at the Theatre	 9:30 Good Morning Conversation Starters 10:00 Open Arms Exercises With Music/Hydration 10:45 Music Artist Spotlight 1:30 Scattergories 2:00 Snack and Hydration from the Kitchen 2:30 Super Scenic Drive 3:30 Chair Volley Ball 6:00 Name that Tune 6:30 Wednesday Movie Night 	9:30 Good Morning Conversation Starters 10:00 Reading Aloud 10:45 Open Arms Exercises With Music/Hydration 11:15 This Day in History 1:30 Basket Ball 2:00 Trivia Corner 2:30 Homemade Bread and Hydration 3:00 Aroma Theraphy and Hand Massage 3:00 Fun with Bingo 4:00 Mindful the Mediation and Movement 6:00 Sing-along with Kim 6:30 Thursday Movie Night	 9:30 A Stroll Down Memory Lane 10:00 Open Arms Exercises With Music/Hydration 10:45 Actor Spotlight 2:00 Trail Mix Popcorn Snack 2:30 Super Scenic Drive 4:00 Putt, Putt Golf 6:00 Name that Tune 6:30 Friday Movie Night 	 10:00 Good Morning this Day in History 10:30 Morning Walk in the Garden 11:00 Art & Puzzles 1:30 Game Corner 2:45 Snack and Hydration from the Kitchen 3:00 Jen Bradshaw on Guitar 4:00 Tender Hand and Nail Care 6:00 Stretch and Reset 6:30 Saturday Night at the Movies 	HAPPY Fredd
10:00 Spiritual Hymns - Recollect/Reflect 10:30 Inspirational Story's and Quotes 11:00 The Church of Jesus Christ of Latter-day Saints 1:30 Pictionary 2:00 Putt, Putt Golf 2:30 Sunday Ice Cream Bars 3:00 Armchair Travel 4:00 Stretch and Reset 6:00 Sing-along with Kim 6:30 Sunday Movie	 9:30 Fact or Fiction 10:00 Open Arms Exercises With Music 11:00 Sensational Sitcoms 1:30 Concert with *Emily Stevenson* Jazz 2:30 Sensational Smoothies 3:15 Sports Corner 4:00 Afternoon Walk 6:00 Fill in the Blanks 6:30 Monday Movie Night 	 9:45 Converse and Connect 10:00 Movement with Music/with Hydration 10:30 Trivia Corner 11:00 Reading Aloud 1:30 This Day in History 2:00 Baking Corner 3:00 Word Games 3:30 Name that Tune 4:00 Outdoor Appreciation 6:00 Tuesday at the Theatre 	9:30 Good Morning Conversation Starters 10:00 Open Arms Exercises With Music/Hydration 10:45 Music Therapy with Inspiration Home Health 1:30 Scattergories 2:00 Snack and Hydration from the Kitchen 2:30 Super Scenic Drive 3:30 Chair Volley Ball 6:00 Name that Tune 6:30 Wednesday Movie Night	9:30 Good Morning Conversation Starters 10:00 Reading Aloud 10:45 Open Arms Exercises With Music/Hydration 11:15 This Day in History 1:30 Basket Ball 2:00 Trivia Corner 2:30 Homemade Bread and Hydration 3:00 Aroma Theraphy and Hand Massage 3:00 Fun with Bingo 4:00 Mindful the Mediation and Movement 6:00 Sing-along with Kim 6:30 Thursday Movie Night	 9:30 A Stroll Down Memory Lane 10:00 Open Arms Exercises With Music/Hydration 10:45 Actor Spotlight 2:00 Trail Mix Popcorn Snack 2:30 Super Scenic Drive 4:00 Putt, Putt Golf 6:00 Name that Tune 6:30 Friday Movie Night 	10:00 Good Morning this Day in History 10:30 Morning Walk in the Garden 11:00 Art & Puzzles 1:30 Game Corner 2:45 Snack and Hydration from the Kitchen 3:00 Music with Kevin Scott 4:00 Tender Hand and Nail Care 6:00 Stretch and Reset 6:30 Saturday Night at the Movies	Carol Carme Georgia Joyce Marea
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10:00 Spiritual Hymns - Recollect/Reflect 10:30 Inspirational Story's and Quotes 11:00 The Church of Jesus Christ of Latter-day Saints 1:30 Pictionary 2:00 Putt, Putt Golf 2:30 Sunday Ice Cream Bars 3:00 Armchair Travel 4:00 Stretch and Reset 6:00 Sing-along with Kim 6:30 Sunday Movie	 9:30 Fact or Fiction 10:00 Open Arms Exercises With Music 11:00 Sensational Sitcoms 1:30 Concert with *Linda Davidson* 2:30 Sensational Smoothies 3:15 Sports Corner 4:00 Afternoon Walk 6:00 Fill in the Blanks 6:30 Monday Movie Night 	 9:45 Converse and Connect 10:00 Movement with Music/with Hydration 10:30 Trivia Corner 11:00 Reading Aloud 1:30 This Day in History 2:00 Baking Corner 3:00 Word Games 3:30 Name that Tune 4:00 Outdoor Appreciation 6:00 Tuesday at the Theatre 	 9:30 Good Morning Conversation Starters 10:00 Open Arms Exercises With Music/Hydration 10:45 Music Artist Spotlight 1:30 Scattergories 2:00 Snack and Hydration from the Kitchen 2:30 Super Scenic Drive 3:30 Chair Volley Ball 6:00 Name that Tune 6:30 Wednesday Movie Night 	9:30 Good Morning Conversation Starters 10:00 Reading Aloud 10:45 Open Arms Exercises With Music/Hydration 11:15 This Day in History 1:30 Basket Ball 2:00 Trivia Corner 2:30 Homemade Bread and Hydration 3:00 Aroma Theraphy and Hand Massage 3:00 Fun with Bingo 4:00 Mindful the Mediation and Movement 6:00 Sing-along with Kim 6:30 Thursday Movie Night	 9:30 A Stroll Down Memory Lane 10:00 Open Arms Exercises With Music/Hydration 10:45 Actor Spotlight 2:00 Trail Mix Popcorn Snack 2:30 Super Scenic Drive 4:00 Putt, Putt Golf 5:00 Pizza Party 6:00 Name that Tune 6:30 Friday Movie Night 	 10:00 Good Morning this Day in History 10:30 Morning Walk in the Garden 11:00 Art & Puzzles 1:30 Game Corner 2:45 Snack and Hydration from the Kitchen 3:00 Piano with Merrille Smith 4:00 Tender Hand and Nail Care 6:00 Stretch and Reset 6:30 Saturday Night at the Movies 	LOCA Bistro = B Multi-Purpo Game Room Dining Room Dining Room Theatre Room
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