

September 2025 The Ridge Cottonwood Assisted Living

Front Desk: 801-974-7400



THE RIDGE
COTTONWOOD • SENIOR LIVING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<div><div></div>10:00 Tighten Up Exercise with Utah Home Health</div> <div><div></div>10:45 Book Club</div> <div><div></div>12:00 Walking Club *Weather Permitting*</div> <div><div></div>1:30 Team Pictionary</div> <div><div></div>3:00 Music Bingo</div> <div><div></div>3:00 Texas Hold'em "Poker" resident led</div> <div><div></div>3:45 Mens Hand Care</div> <div><div></div>6:00 Monday at the Movies</div>	<div><div></div>AD Medical Transportation Day</div> <div><div></div>10:00 Pet Therapy with Intermountain Animal Therapy</div> <div><div></div>10:00 Tighten up with AMG Medical Group</div> <div><div></div>10:40 Blackjack in the Bistro</div> <div><div></div>11:00 Sunday School LDS</div> <div><div></div>12:00 Walking Club *Weather Permitting*</div> <div><div></div>1:30 Fun with Bingo (4 bingo boards per person max)</div> <div><div></div>3:00 Tender Hand and Nail Care</div> <div><div></div>6:00 Evening Flix</div>	<div><div></div>10:00 Tighten Up Exercise with Randy from Excel Rehab Therapy</div> <div><div></div>11:00 Pai Gow Poker</div> <div><div></div>11:00 Super Scenic Drive</div> <div><div></div>12:00 Walking Club *Weather Permitting*</div> <div><div></div>1:30 Cottonwood Cash Store</div> <div><div></div>2:00 Bridge at the Ridge</div> <div><div></div>2:15 Cottonwood Cash Raffle with Marketing</div> <div><div></div>3:00 Concert with Chris Stockslager</div> <div><div></div>6:00 Wednesday Movie Night</div>	<div><div></div>AD Medical Transportation Day</div> <div><div></div>10:00 Tighten up Exercise with Canyons Home Health</div> <div><div></div>10:40 Game Corner *Five Crowns*</div> <div><div></div>12:00 Walking Club *Weather Permitting*</div> <div><div></div>1:00 Catholic Communion</div> <div><div></div>1:30 Texas Hold'em "Poker"</div> <div><div></div>3:00 Concert with *Beth Bollinger* 50's & 60's POP</div> <div><div></div>6:00 Thursday at the Theater</div>	<div><div></div>10:00 Tighten up Exercise with Suncrest Home Health</div> <div><div></div>10:30 Flower Arranging in the Bistro *one vase per resident*</div> <div><div></div>11:00 Macey's Grocery Shopping (10 Sign-up's Max) must be signed up 10:30 am</div> <div><div></div>12:00 Walking Club *Weather Permitting*</div> <div><div></div>1:30 Fun with Bingo (4 bingo boards per person max)</div> <div><div></div>3:00 Bread in the Bistro</div> <div><div></div>3:30 Happy Hour</div> <div><div></div>6:00 Friday Frenzy Movies</div>	<div><div></div>10:00 Tighten up Exercise with The Ridge Cottonwood Staff</div> <div><div></div>11:00 Super Scenic Drive</div> <div><div></div>12:00 Walking Club *Weather Permitting*</div> <div><div></div>1:00 Blackjack in the Bistro *First Session*</div> <div><div></div>2:00 Blackjack in the Bistro *Second Session*</div> <div><div></div>3:00 Score with Wii Bowling!</div> <div><div></div>3:15 Dominating Dominos</div> <div><div></div>3:30 Saturday Happy Hour</div> <div><div></div>6:00 Saturday Movie</div>
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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

Bistro = B
Multi-Purpose Room = MPR
Game Room = GR
Dining Room Piano = DRP
Dining Room = DR
Theatre Room = TR
Exercise Room = ER
Resident Apartment = RA
Lobby = lby
AL Patio = AP
Around the Building = ATB
Outing = O
MS Activity Room = MAR
Piano Room = PR
MS Patio = MSP