

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						9:45 Sunrise Stretch 10:30 Brain Games 1:30 Active Games 2:30 For the Health of It 3:30 Crafting Corner 5:00 Saturday Cinema 1
9:45 Sunrise Stretch 10:15 Mini Manicures & Massage 10:30 Catholic Communion 1:00 LDS Sacrament Service 1:00 Our Planet 2:00 Sunday Sundae's 3:30 Creative Arts 5:00 Sunday Cinema 2	9:45 Brews, Views and News 10:30 Scenic Drive 1:30 Science Lab 2:30 Active Games 3:30 Floral Design 6:00 Monday Musical Movie 3	9:45 Sit and Be Fit 10:30 Sports Center 1:15 Sing ~ A ~ Long 2:00 Exercise with Christian 2:30 Musical Guest ~ Scott Woker 3:45 IN2L Games 3:45 SENsational Memories 6:00 Classical Movie Night 4	9:45 Foothill Biking Club 10:30 Brain Games 11:15 Cookie Club 2:30 Autumn Afternoons 3:30 Art Class 6:00 Classical Movie Night 5	9:45 Stretch and Strengthen 10:30 IN2L Games 1:00 Silly Games and Snacks 2:45 Paper Creations 3:45 Bingo Lovers Club 5:00 Theater Club 6	9:45 Sit and Be Fit 10:15 Brews, Views and News 11:00 Sing ~ A ~ Long 1:30 Scenic Drive 3:30 Musical Guest~ BD Howes 5:45 Karaoke Night 7	9:45 Sunrise Stretch 10:30 Brain Games 1:30 Active Games 2:30 For the Health of It 3:30 Crafting Corner 5:00 Saturday Cinema 8
9:45 Sunrise Stretch 10:15 Mini Manicures & Massage 10:30 Catholic Communion 1:00 LDS Sacrament Service 1:00 Our Planet 2:00 Sunday Sundae's 3:30 Creative Arts 5:00 Sunday Cinema 9	9:45 Brews, Views and News 10:30 Scenic Drive 1:30 Science Lab 2:30 Active Games 3:30 Floral Design 6:00 Monday Musical Movie 10	9:45 Sit and Be Fit 11:00 Vetran's Day Program 2:00 Exercise with Christian 3:00 Musical Guest 3:30 Wine & Cheese Social 3:45 IN2L Games 3:45 SENsational Memories 6:00 Classical Movie Night 11	9:45 Foothill Biking Club 10:30 Brain Games 11:15 Cookie Club 2:30 Autumn Afternoons 3:30 Art Class 6:00 Classical Movie Night 12	9:45 Stretch and Strengthen 10:30 IN2L Games 1:00 Silly Games and Snacks 2:45 Paper Creations 3:45 Bingo Lovers Club 5:00 Theater Club 13	9:45 Sit and Be Fit 10:15 Brews, Views and News 11:00 Sing ~ A ~ Long 1:30 Scenic Drive 3:00 Travel Club 5:45 Karaoke Night 14	9:45 Sunrise Stretch 10:00 Musical Guest ~ Scott Larabee 10:30 Brain Games 1:30 Active Games 2:30 For the Health of It 3:30 Crafting Corner 5:00 Saturday Cinema 15
9:45 Sunrise Stretch 10:15 Mini Manicures & Massage 10:30 Catholic Communion 1:00 LDS Sacrament Service 1:00 Our Planet 2:00 Sunday Sundae's 3:30 Creative Arts 5:00 Sunday Cinema 16	9:45 Brews, Views and News 10:30 Scenic Drive 1:30 Science Lab 2:30 Active Games 3:30 Floral Design 6:00 Monday Musical Movie 17	9:45 Sit and Be Fit 10:30 Sports Center 1:15 Sing ~ A ~ Long 2:00 Exercise with Christian 2:30 Musical Guest ~ Merrill Smith 3:45 IN2L Games 3:45 SENsational Memories 6:00 Classical Movie Night 18	9:45 Foothill Biking Club 10:30 Brain Games 1:30 Cookie Club 3:00 Act 3 Performance 6:00 Classical Movie Night 19	9:45 Stretch and Strengthen 10:30 IN2L Games 1:00 Silly Games and Snacks 2:45 Paper Creations 3:45 Bingo Lovers Club 5:00 Theater Club 20	9:45 Sit and Be Fit 10:15 Brews, Views and News 11:00 Sing ~ A ~ Long 1:30 Scenic Drive 2:45 Musical Guest ~ Wyldwood 4:00 Travel Club 5:45 Karaoke Night 21	9:45 Sunrise Stretch 10:30 Brain Games 1:30 Active Games 2:30 For the Health of It 3:30 Crafting Corner 5:00 Saturday Cinema 22
9:45 Sunrise Stretch 10:15 Mini Manicures & Massage 10:30 Catholic Communion 1:00 LDS Sacrament Service 1:00 Our Planet 2:00 Sunday Sundae's 3:30 Creative Arts 5:00 Sunday Cinema 23	9:45 Brews, Views and News 10:30 Scenic Drive 1:30 Science Lab 2:30 Active Games 3:30 Floral Design 6:00 Monday Musical Movie 24	9:45 Sit and Be Fit 10:30 Sports Center 1:15 Sing ~ A ~ Long 2:00 Exercise with Christian 3:30 Wine & Cheese Social 3:45 IN2L Games 3:45 SENsational Memories 6:00 Classical Movie Night 25	9:45 Foothill Biking Club 10:30 Brain Games 11:15 Cookie Club 2:30 Concert with Heart and Soul 3:30 Art Class 6:00 Classical Movie Night 26	9:45 Stretch and Strengthen 10:30 IN2L Games 1:00 Silly Games and Snacks 2:45 Paper Creations 3:45 Bingo Lovers Club 5:00 Theater Club 27	9:45 Sit and Be Fit 10:15 Brews, Views and News 11:00 Sing ~ A ~ Long 1:30 Scenic Drive 3:00 Travel Club 5:45 Karaoke Night 28	9:45 Sunrise Stretch 10:30 Brain Games 1:30 Active Games 2:30 For the Health of It 3:30 Crafting Corner 5:00 Saturday Cinema 29
9:45 Sunrise Stretch 10:15 Mini Manicures & Massage 10:30 Catholic Communion 1:00 LDS Sacrament Service 1:00 Our Planet 2:00 Sunday Sundae's 3:30 Creative Arts 5:00 Sunday Cinema 30						

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THE RIDGE

FOOTHILL • SENIOR LIVING

HAPPY BIRTHDAY

Mary A. - 4th

Mary Jane S. - 5th

Elisabeth K. - 5th

Anna H. - 6th

Dorothy B. - 11th

Phyllis S. - 11th

Larry S. - 13th

Amnon G. - 14th

Joan P. - 15th

Glenn O. - 27th

Steve S. - 30th

ACTIVITY TYPES

- Inspirational
- Intellectual
- Physical
- Social

Meal Times

Breakfast

8:00am ~ 9:00am

Lunch

12:00pm ~ 1:00pm

Dinner

5:00pm ~ 6:00pm