

November 2025 The Ridge Cottonwood Assisted Living

Front Desk: 801-974-7400



THE RIDGE
COTTONWOOD • SENIOR LIVING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						10:00 Tighten up Exercise with The Ridge Cottonwood Staff 11:00 Super Scenic Drive 12:00 Walking Club *Weather Permitting* 1:00 Blackjack in the Bistro *First Session* 2:00 Blackjack in the Bistro *Second Session* 3:00 Score with Wii Bowling! 3:15 Dominating Dominos 3:30 Saturday Happy Hour 6:00 Saturday Movie *Office Space* (1999)(Rated R) 1
9:30 Church Transportation 10:45 Sunday Matinee *Hocus Pocus* (1993) 11:00 The Church of Jesus Christ of Latter-day Saints 12:00 Walking Club *Weather Permitting* 1:30 Music Trivia on the IN2L 2:30 Pop Corn in the Bistro 3:00 Trivia Corner 6:00 Sit Back with a Sunday Movie *Jeremiah Johnson* (1972) 2	10:00 Tighten Up Exercise with Utah Home Health 10:45 Book Club 12:00 Walking Club *Weather Permitting* 1:30 World Views with Tim Chambless 3:00 Music Bingo 3:00 Texas Hold'em "Poker" resident led 3:45 Mens Hand Care 6:00 Monday at the Movies 3	AD Medical Transportation Day 10:00 Pet Therapy with Intermountain Animal Therapy 10:00 Tighten up with AMG Medical Group 10:40 Blackjack in the Bistro 11:00 Sunday School LDS 12:00 Walking Club *Weather Permitting* 1:30 Fun with Bingo (4 bingo boards per person max) 3:00 Tender Hand and Nail Care 6:00 Evening Flix 4	10:00 Tighten Up Exercise with Randy from Excel Rehab Therapy 11:00 Pai Gow Poker 11:00 Super Scenic Drive 12:00 Walking Club *Weather Permitting* 1:30 Cottonwood Cash Store 2:00 Bridge at the Ridge *Sign up at the front desk* 2:15 Cottonwood Cash Raffle with Marketing 3:00 Moving Forward, Movement Class 6:00 Wednesday Movie Night 5	AD Medical Transportation Day 10:00 Tighten up Exercise with Canyons Home Health 10:40 Game Corner *Five Crowns* 12:00 Walking Club *Weather Permitting* 1:00 Catholic Communion 1:30 Texas Hold'em "Poker" 3:00 Concert with *Mira McClure* Movie Musicals 6:00 Thursday at the Theater 6	10:00 Tighten up Exercise with Suncrest Home Health 10:30 Flower Arranging in the Bistro *one vase per resident* 11:00 Macey's Grocery Shopping (10 Sign-up's Max) must be signed up 10:30 am 12:00 Walking Club *Weather Permitting* 1:30 Fun with Bingo (4 bingo boards per person max) 3:00 Stroke Prevention Workshop 3:30 Happy Hour 6:00 Friday Frenzy Movies 7	10:00 Tighten up Exercise with The Ridge Cottonwood Staff 11:00 Super Scenic Drive 12:00 Walking Club *Weather Permitting* 1:00 Blackjack in the Bistro *First Session* 2:00 Blackjack in the Bistro *Second Session* 3:00 Score with Wii Bowling! 3:15 Dominating Dominos 3:30 Saturday Happy Hour 6:00 Saturday Movie 8
9:30 Church Transportation 10:45 Sunday Matinee 11:00 The Church of Jesus Christ of Latter-day Saints 12:00 Walking Club *Weather Permitting* 1:30 Music Artist Spotlight 2:30 Sunday Ice Cream Bars 3:00 Trivia Corner 6:00 Sit Back with a Sunday Movie 9	10:00 Tighten Up Exercise with Utah Home Health 10:45 MAKE IT *Be Creative* 12:00 Walking Club *Weather Permitting* 1:30 Current Events with Bart Barker 3:00 Music Bingo 3:00 Texas Hold'em "Poker" resident led 3:45 Mens Hand Care 6:00 Monday at the Movies 10	AD Medical Transportation Day 10:00 Tighten up with AMG Medical Group 10:40 Blackjack in the Bistro 11:00 Priesthood Meeting LDS 11:00 Relief Society LDS 12:00 Walking Club *Weather Permitting* 1:30 Fun with Bingo (4 bingo boards per person max) 3:00 Tender Hand and Nail Care 6:00 Evening Flix 11	10:00 Tighten Up Exercise with Randy from Excel Rehab Therapy 11:00 Pai Gow Poker 11:00 Super Scenic Drive 12:00 Walking Club *Weather Permitting* 1:30 Travel Cuisine *Greece* & Greek Mythology 2:00 Bridge at the Ridge *Sign up at the front desk* 3:00 Jane Warner on the Piano 6:00 Wednesday Movie Night 12	AD Medical Transportation Day 10:00 Tighten up Exercise with Canyons Home Health 10:30 Titanic: The Exhibition 12:00 Walking Club *Weather Permitting* 1:00 Catholic Communion 1:30 Texas Hold'em "Poker" 3:00 Jen Bradshaw on Guitar 6:00 Thursday at the Theater 13	10:00 Tighten up Exercise with Suncrest Home Health 10:30 Flower Arranging in the Bistro *one vase per resident* 11:00 Macey's Grocery Shopping (10 Sign-up's Max) must be signed up 10:30 am 12:00 Walking Club *Weather Permitting* 1:30 Fun with Bingo (4 bingo boards per person max) 3:00 Wine Tasting with Klint 6:00 Friday Frenzy Movies 14	10:00 Tighten up Exercise with The Ridge Cottonwood Staff 11:00 Super Scenic Drive 12:00 Walking Club *Weather Permitting* 1:00 Blackjack in the Bistro *First Session* 2:00 Blackjack in the Bistro *Second Session* 3:00 Score with Wii Bowling! 3:15 Dominating Dominos 3:30 Saturday Happy Hour 6:00 Saturday Movie 15
9:30 Church Transportation 10:45 Sunday Matinee 11:00 The Church of Jesus Christ of Latter-day Saints 12:00 Walking Club *Weather Permitting* 1:30 Music Artist Spotlight 2:30 Pop Corn in the Bistro 3:00 Trivia Corner 6:00 Sit Back with a Sunday Movie 16	10:00 Tighten Up Exercise with Utah Home Health 10:45 Book Club 12:00 Walking Club *Weather Permitting* 1:30 World Views with Tim Chambless 3:00 Music Bingo 3:00 Texas Hold'em "Poker" resident led 3:45 Mens Hand Care 6:00 Family Home Evening *LDS Activity* 6:00 Monday at the Movies 17	AD Medical Transportation Day 10:00 Pet Therapy with Intermountain Animal Therapy 10:00 Tighten up with AMG Medical Group 10:40 Blackjack in the Bistro 11:00 Sunday School LDS 12:00 Walking Club *Weather Permitting* 1:30 Fun with Bingo (4 bingo boards per person max) 3:00 Tender Hand and Nail Care 6:00 Evening Flix 18	10:00 Tighten Up Exercise with Randy from Excel Rehab Therapy 11:00 Pai Gow Poker 11:00 Super Scenic Drive 12:00 Walking Club *Weather Permitting* 1:15 Score with Wii Bowling! 2:00 Bridge at the Ridge *Sign up at the front desk* 2:00 Piano with Merrill Smith 3:15 Fresh Baked Chocolate Chip Cookies in the Bistro 6:00 Wednesday Movie Night 19	AD Medical Transportation Day 10:00 Tighten up Exercise with Canyons Home Health 10:40 Game Corner *Five Crowns* 12:00 Walking Club *Weather Permitting* 1:00 Catholic Communion 1:30 Texas Hold'em "Poker" 3:00 Concert with *Laura Ship* Movie Musicals 6:00 Thursday at the Theater 20	10:00 Tighten up Exercise with Suncrest Home Health 10:30 Flower Arranging in the Bistro *one vase per resident* 11:00 Macey's Grocery Shopping (10 Sign-up's Max) must be signed up 10:30 am 12:00 Walking Club *Weather Permitting* 1:30 Fun with Bingo (4 bingo boards per person max) 3:00 Bread in the Bistro 3:30 Happy Hour 6:00 Friday Frenzy Movies 21	10:00 Tighten up Exercise with The Ridge Cottonwood Staff 11:00 Super Scenic Drive 12:00 Walking Club *Weather Permitting* 1:00 Blackjack in the Bistro *First Session* 2:00 Blackjack in the Bistro *Second Session* 3:00 Score with Wii Bowling! 3:15 Dominating Dominos 3:30 Saturday Happy Hour 6:00 Saturday Movie 22
9:30 Church Transportation 10:45 Sunday Matinee 11:00 The Church of Jesus Christ of Latter-day Saints 12:00 Walking Club *Weather Permitting* 1:30 Music Artist Spotlight 2:30 Sunday Ice Cream Bars 3:00 Trivia Corner 6:00 Sit Back with a Sunday Movie 23	10:00 Tighten Up Exercise with Utah Home Health 10:45 MAKE IT *Be Creative* 12:00 Walking Club *Weather Permitting* 1:30 Scattergories in the Bistro 3:00 Music Bingo 3:00 Texas Hold'em "Poker" resident led 3:45 Mens Hand Care 6:00 Monday at the Movies 24	AD Medical Transportation Day 10:00 Tighten up with AMG Medical Group 10:40 Blackjack in the Bistro 11:00 Macey's Grocery Shopping (10 Sign-up's Max) must be signed up 10:30 am 11:00 Priesthood Meeting LDS 11:00 Relief Society LDS 12:00 Walking Club *Weather Permitting* 1:45 Resident's Only Meeting 2:00 Resident Council 3:00 Tender Hand and Nail Care 6:00 Evening Flix 25	10:00 Tighten Up Exercise with Randy from Excel Rehab Therapy 11:00 Pai Gow Poker 11:00 Super Scenic Drive 12:00 Walking Club *Weather Permitting* 1:30 Fun with Bingo (4 bingo boards per person max) 2:00 Bridge at the Ridge *Sign up at the front desk* 3:00 Moving Forward, Movement Class 6:00 Wednesday Movie Night 26	10:00 Tighten up Exercise with Cristi 10:40 Game Corner *Five Crowns* 12:00 Walking Club *Weather Permitting* 1:30 Texas Hold'em "Poker" 3:00 BD Howes on Guitar 6:00 Thursday at the Theater 27	10:00 Tighten up Exercise with Suncrest Home Health 10:30 Flower Arranging in the Bistro *one vase per resident* 12:00 Walking Club *Weather Permitting* 1:30 Fun with Bingo (4 bingo boards per person max) 3:00 Pop Corn in the Bistro 3:30 Happy Hour 6:00 Friday Frenzy Movies 28	10:00 Tighten up Exercise with The Ridge Cottonwood Staff 11:00 Super Scenic Drive 12:00 Walking Club *Weather Permitting* 1:00 Blackjack in the Bistro *First Session* 2:00 Blackjack in the Bistro *Second Session* 3:00 Score with Wii Bowling! 3:15 Dominating Dominos 3:30 Saturday Happy Hour 6:00 Saturday Movie 29
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HAPPY BIRTHDAY

Elizabeth C. - 5th
Florencio S. - 6th
Eliana E. - 8th
Ellen B. - 10th
Elda Sue R. - 29th

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