

November 2025

The Ridge Cottonwood Tapestry

Front Desk: 801-974-7400



THE RIDGE
COTTONWOOD • SENIOR LIVING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						10:00 Good Morning this Day in History 10:30 Morning Walk Around The Building 11:00 Art & Puzzles 1:30 Game Corner 2:30 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 *The Wizard of Oz*
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 3:30 Travel Trivia & Facts 4:00 Stretch and Reset 6:00 Sing-along with Kim 6:30 Sunday Movie *West Side Story* (1961)	9:30 Fact or Fiction 10:00 Open Arms Exercises With Music 10:30 Sensational Sitcoms 1:30 CHERYL BLACKLEY Performs 2:30 Sensational Smoothies 3:00 Sports Corner 3:45 Sing-along with Kim 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 Stretch and Reset 6:10 Poetry Time 6:30 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 2:45 Puzzles, Games and Art 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 10:30 Outing to Mrs. Cavanaugh's Chocolate Factory 1:30 Basket Ball 2:00 Trivia Corner 2:30 Homemade Bread and Hydration 3:00 Aroma Therapy and Hand Massage 3:00 Fun with Bingo 4:00 Mindful the Mediation and Stretching 6:00 Sit Back and Relax to Soft Music 6:30 Thursday Movie Night	9:30 A Stroll Down Memory Lane 10:00 Open Arms Exercises With Music/Hydration 10:45 Actor Spotlight 1:30 Family Fued 2:00 Trail Mix Popcorn Snack 2:30 Super Scenic Drive 2:45 Art & Puzzles 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 Around The Building 11:00 Art & Puzzles 1:30 Game Corner 2:30 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
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 3:30 Travel Trivia & Facts 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 10:30 Sensational Sitcoms 1:30 Concert with *Emma Johnson* Disney Classics 2:30 Sensational Smoothies 3:00 Sports Corner 3:45 Sing-along with Kim 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 Good News Stories 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 Stretch and Reset 6:10 Poetry Time 6:30 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 Moving Forward, Movement Class 2:00 Snack and Hydration from the Kitchen 2:30 Super Scenic Drive 2:45 Puzzles, Games and Art 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 Therapy and Hand Massage 3:00 Fun with Bingo 4:00 Mindful the Mediation and Stretching 6:00 Sit Back and Relax to Soft Music 6:30 Thursday Movie Night	9:30 A Stroll Down Memory Lane 10:00 Open Arms Exercises With Music/Hydration 10:45 Actor Spotlight 1:30 Family Fued 2:00 Trail Mix Popcorn Snack 2:30 Super Scenic Drive 2:45 Art & Puzzles 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 Around The Building 11:00 Art & Puzzles 1:30 Game Corner 2:30 Snack and Hydration from the Kitchen 3:00 Concert with *Annee Burton* Carpenters Tribute 4:00 Tender Hand and Nail Care 6:00 Stretch and Reset 6:30 Saturday Night at the Movies
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