

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10:00 Move It Monday 10:00 Resident Shopping ~ Liquor Store 10:45 Floral Designers 11:00 Resident Shopping ~ Walmart 1:30 Monday Matinee ~ NARNIA 2:30 Game Time 3:30 Chatter & Cheers Happy Hour 4:00 Come Follow Me 6:30 Monday Musical Movie ~	10:15 Movement Class with Canyons 10:45 Balloon Badminton 2:00 Musical Guest ~ Sidetracked 3:30 Trivia Challenge 6:30 Classic Movie Night ~	10:00 Wednesday's Workout 10:45 Mini Mani and Hand Massage 1:00 Relief Society 2:00 Balance Class with Christian 2:30 Game Time 3:30 Wine & Cheese Social 6:30 Western Movie Night ~	10:15 Movement Class with Canyons 10:45 Current Events with Tim Chambless 1:30 Rummykub Club 3:00 Bingo Bunch 6:30 Comedy Movie Night ~	10:00 Stretch and Strengthen 10:45 Cross Word Puzzle Challenge 1:30 Book Club 2:30 Musical Guest ~ Kevin Scott 3:30 TGIF Happy Hour 6:30 Award Winning Movie ~	10:00 Sit and Get Fit 10:30 Brain Games with Mary 1:00 Our Planet 2:00 Pop-Up Cocoa Shoppe 2:30 Game Time 6:30 Saturday Cinema ~ Super Heros
10:00 Sit and Get Fit 10:30 Catholic Communion 11:00 Trail Walks with Eric 1:00 LDS Sacrament Services 1:15 The Ridge Bridge Club 1:30 Sunday Sundae's 3:00 Bingo Bunch 6:30 Sunday Cinema ~	10:00 Move It Monday 10:45 Floral Designers 11:00 Resident Shopping ~ Trader Joe's 1:30 Monday Matinee ~ 2:30 Game Time 3:30 Chatter & Cheers Happy Hour 4:00 Come Follow Me 6:30 Monday Musical Movie ~	10:15 Movement Class with Canyons 10:45 Balloon Badminton 1:30 Texas Hold'em 2:30 Art with Lemon 3:30 Resident Birthday Party 6:30 Classic Movie Night ~	10:00 Wednesday's Workout 10:45 Mini Mani and Hand Massage 2:00 Balance Class with Christian 2:30 Game Time 3:30 Hope & Inspiration with Pastor Bruce 3:30 Wine & Cheese Social 6:30 Western Movie Night ~	10:15 Movement Class with Canyons 10:45 Current Events with Tim Chambless 1:30 Rummykub Club 3:00 Bingo Bunch 6:30 Mixed Nuts! 7:30 Comedy Movie Night ~	10:00 Stretch and Strengthen 10:45 Cross Word Puzzle Challenge 1:30 Crafters Corner 1:30 Musical Guests ~ SL Pop Orchestra 3:00 Trivia Challenge 3:30 Holiday Sweater Happy Hour 6:30 Award Winning Movie ~	10:00 Sit and Get Fit 10:30 Brain Games with Mary 1:00 Our Planet 2:00 Pop-Up Cocoa Shoppe 2:30 Game Time 6:30 Saturday Cinema ~ Super Heros
10:00 Sit and Get Fit 10:30 Catholic Communion 11:00 Trail Walks with Eric 1:00 LDS Sacrament Services 1:15 The Ridge Bridge Club 1:30 Sunday Sundae's 3:00 Bingo Bunch 6:30 Sunday Cinema ~	10:00 Move It Monday 10:45 Floral Designers 11:00 Resident Shopping ~ Smith's 1:30 Monday Matinee ~ 2:30 Game Time 3:30 Chatter & Cheers Happy Hour 4:00 Come Follow Me 6:30 Monday Musical Movie ~	10:15 Movement Class with Canyons 10:45 Balloon Badminton 1:30 Texas Hold'em 2:30 Afternoon High Tea 3:30 Musical Guest ~ Merrill Smith 6:30 Classic Movie Night ~	10:00 Wednesday's Workout 10:45 Mini Mani and Hand Massage 2:00 Balance Class with Christian 2:30 Game Time 2:30 Resident Food Commitee & Teaching Kitchen 3:30 Wine & Cheese Social 6:30 Musical Guest ~ Heart & Soul 6:30 Western Movie Night ~	10:15 Movement Class with Canyons 10:45 Current Events with Tim Chambless 1:30 Rummykub Club 2:00 Resident Council 3:00 Musical Guest ~ Maggie Beers 6:30 Comedy Movie Night ~	10:00 Stretch and Strengthen 10:45 Cross Word Puzzle Challenge 1:30 Crafters Corner 3:00 Trivia Challenge 3:30 TGIF Happy Hour 4:30 Holiday Dinner Party 6:30 Award Winning Movie ~	10:00 Sit and Get Fit 10:30 Brain Games with Mary 11:00 Musical Guest ~ Scott Larabee 1:00 Our Planet 2:00 Pop-Up Cocoa Shoppe 2:30 Game Time 6:30 Saturday Cinema ~ Super Heros
10:00 Sit and Get Fit 10:30 Catholic Communion 11:30 Brunch with Santa 1:00 LDS Sacrament Services 1:15 The Ridge Bridge Club 1:30 Sunday Sundae's 3:00 Bingo Bunch 6:30 Sunday Cinema ~	10:00 Move It Monday 10:45 Floral Designers 11:00 Resident Shopping ~ Macey's 1:30 Monday Matinee ~ 2:30 Game Time 3:30 Chatter & Cheers Happy Hour 4:00 Come Follow Me 6:30 Monday Musical Movie ~	10:15 Movement Class with Canyons 10:45 Balloon Badminton 11:30 Meals with Micki 1:30 Afternoon Matinee ~ 3:30 Trivia Challenge 6:30 Classic Movie Night ~	10:00 Christmas Scones Social 1:30 Holiday Nails ~ mini mani and hand massage 2:00 Balance Class with Christian 2:30 Game Time 3:30 Wine & Cheese Social 6:30 Holiday Movie Night ~	10:00 Christmas Morning Mimosas & Stories 11:00 Christmas Morning Sing-a-long 1:30 Cookies, Cocoa and Holiday Movie 3:30 Christmas Bingo 6:30 Comedy Movie Night ~	10:00 Stretch and Strengthen 10:45 Cross Word Puzzle Challenge 1:30 Crafters Corner 3:00 Trivia Challenge 3:30 TGIF Happy Hour 6:30 Award Winning Movie ~	10:00 Sit and Get Fit 10:30 Brain Games with Mary 1:00 Our Planet 2:00 Pop-Up Cocoa Shoppe 2:30 Game Time 6:30 Saturday Cinema ~ Super Heros
10:00 Sit and Get Fit 10:30 Catholic Communion 11:00 Trail Walks with Eric 1:00 LDS Sacrament Services 1:15 The Ridge Bridge Club 1:30 Sunday Sundae's 3:00 Bingo Bunch 6:30 Sunday Cinema ~	10:00 Move It Monday 10:45 Floral Designers 11:00 Resident Shopping ~ Walmart 1:30 Monday Matinee ~ 2:30 Game Time 3:30 Chatter & Cheers Happy Hour 4:00 Come Follow Me 6:30 Monday Musical Movie ~	10:15 Movement Class with Canyons 10:45 Balloon Badminton 1:30 Musical Guest ~ Scott Woker 2:30 Sports Center 3:30 Trivia Challenge 6:30 Classic Movie Night ~	10:00 Wednesday's Workout 10:45 Mini Mani and Hand Massage 2:00 Balance Class with Christian 2:00 New Years Eve Celebration 6:30 Western Movie Night ~			
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THE RIDGE

FOOTHILL • SENIOR LIVING

HAPPY BIRTHDAY

Karen G. - 1st
Louise T. - 3rd
Birgitt S. - 5th
Micki L. - 8th
Dolores B. - 9th
Barbara S. - 10th
Beverly H. - 10th
Lynne B. - 10th
Mary M. - 15th
Bruce H. - 22nd
Greg C. - 27th
Guin W. - 27th
Bobbie E. - 30th
Darlene A. - 31st
Patricia I. - 31st

ACTIVITY TYPES

- Inspirational
- Intellectual
- Physical
- Social

Meal Times

Breakfast
7:30am ~ 9:30am
Lunch
11:30am ~ 2:00pm
Dinner
4:30pm ~ 6:00pm