

December 2025 The Ridge Cottonwood Assisted Living

Front Desk: 801-974-7400



THE RIDGE
COTTONWOOD • SENIOR LIVING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<ul style="list-style-type: none">10:00 Tighten Up Exercise with Utah Home Health10:45 Book Club1:30 World Views with Tim Chambless2:30 Walking Club *Weather Permitting*3:00 Music Bingo3:00 Texas Hold'em "Poker" resident led3:45 Mens Hand Care6:00 Monday at the Movies	<ul style="list-style-type: none">AD Medical Transportation Day10:00 Pet Therapy with Intermountain Animal Therapy10:00 Tighten up with AMG Medical Group10:40 Blackjack in the Bistro11:00 Priesthood Meeting LDS11:00 Relief Society LDS1:30 Fun with Bingo (4 bingo boards per person max)2:30 Walking Club *Weather Permitting*3:00 Tender Hand and Nail Care6:00 Evening Flix	<ul style="list-style-type: none">10:00 Tighten Up Exercise with Randy from Excel Rehab Therapy11:00 Pai Gow Poker11:00 Super Scenic Drive1:30 Cottonwood Cash Store2:00 Bridge at the Ridge *Sign up at the front desk*2:15 Cottonwood Cash Raffle with Marketing2:30 Walking Club *Weather Permitting*3:00 Moving Forward, Movement Class6:00 Wednesday Movie Night	<ul style="list-style-type: none">AD Medical Transportation Day10:00 Tighten up Exercise with Canyons Home Health10:40 Game Corner *Five Crowns*1:00 Catholic Communion1:30 Texas Hold'em "Poker"2:30 Walking Club *Weather Permitting*3:00 Concert with *David Cooke*6:00 Thursday at the Theater	<ul style="list-style-type: none">10:00 Tighten up Exercise with Suncrest Home Health10:30 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 am1:30 Fun with Bingo (4 bingo boards per person max)2:30 Walking Club *Weather Permitting*3:00 Pop Corn in the Bistro3:30 Happy Hour6:00 Friday Frenzy Movies	<ul style="list-style-type: none">10:00 Tighten up Exercise with The Ridge Cottonwood Staff11:00 Super Scenic Drive1:00 Blackjack in the Bistro *First Session*2:00 Blackjack in the Bistro *Second Session*2:30 Walking Club *Weather Permitting*3:00 Score with Wii Bowling!3:15 Dominating Dominos3:30 Saturday Happy Hour6:00 Saturday Movie
<ul style="list-style-type: none">9:30 Church Transportation10:45 Sunday Matinee11:00 The Church of Jesus Christ of Latter-day Saints1:30 Music Artist Spotlight2:30 Pop Corn in the Bistro2:30 Walking Club *Weather Permitting*3:00 Trivia Corner6:00 Sit Back with a Sunday Movie	<ul style="list-style-type: none">MO Podiatrist10:00 Tighten Up Exercise with Utah Home Health10:45 Art Class with Callie *Painted Door Wreaths*1:30 World Views with Tim Chambless2:30 Walking Club *Weather Permitting*3:00 Music Bingo3:00 Texas Hold'em "Poker" resident led3:45 Mens Hand Care6:00 Monday at the Movies	<ul style="list-style-type: none">AD Medical Transportation Day10:00 Tighten up with AMG Medical Group10:40 Blackjack in the Bistro11:00 Priesthood Meeting LDS11:00 Relief Society LDS1:30 Fun with Bingo (4 bingo boards per person max)2:30 Walking Club *Weather Permitting*3:00 Tender Hand and Nail Care6:00 Evening Flix	<ul style="list-style-type: none">10:00 Tighten Up Exercise with Randy from Excel Rehab Therapy11:00 Pai Gow Poker11:00 Super Scenic Drive1:30 Perry Como's Christmas Special2:00 Bridge at the Ridge *Sign up at the front desk*2:30 Walking Club *Weather Permitting*3:00 *The Jeannie Luke Choir*6:00 Wednesday Movie Night	<ul style="list-style-type: none">AD Medical Transportation Day10:00 Tighten up Exercise with Canyons Home Health10:40 Game Corner *Five Crowns*1:00 Catholic Communion1:30 Texas Hold'em "Poker"2:30 Walking Club *Weather Permitting*2:45 Concert with *Scott Woker*6:00 Thursday at the Theater	<ul style="list-style-type: none">10:00 Tighten up Exercise with Suncrest Home Health10:30 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 am1:30 Fun with Bingo (4 bingo boards per person max)2:30 Walking Club *Weather Permitting*3:00 Bread in the Bistro3:30 Happy Hour6:00 Friday Frenzy Movies	<ul style="list-style-type: none">10:00 Tighten up Exercise with The Ridge Cottonwood Staff11:00 Super Scenic Drive1:00 Blackjack in the Bistro *First Session*2:00 Blackjack in the Bistro *Second Session*2:30 Walking Club *Weather Permitting*3:00 Score with Wii Bowling!3:15 Dominating Dominos3:30 Saturday Happy Hour6:00 Saturday Movie
<ul style="list-style-type: none">9:30 Church Transportation10:45 Sunday Matinee11:00 The Church of Jesus Christ of Latter-day Saints1:30 Music Artist Spotlight2:30 Sunday Ice Cream Bars2:30 Walking Club *Weather Permitting*3:00 Trivia Corner6:00 Sit Back with a Sunday Movie	<ul style="list-style-type: none">10:00 Tighten Up Exercise with Utah Home Health10:45 Book Club1:30 Current Events with Bart Barker2:30 Walking Club *Weather Permitting*3:00 Music Bingo3:00 Texas Hold'em "Poker" resident led3:45 Mens Hand Care6:00 Family Home Evening *LDS Activity*6:00 Monday at the Movies	<ul style="list-style-type: none">AD Medical Transportation Day10:00 Pet Therapy with Intermountain Animal Therapy10:00 Tighten up with AMG Medical Group10:40 Blackjack in the Bistro11:00 Priesthood Meeting LDS11:00 Relief Society LDS1:30 Fun with Bingo (4 bingo boards per person max)2:30 Walking Club *Weather Permitting*3:00 Tender Hand and Nail Care6:00 Evening Flix6:00 Super Scenic Drive *Christmas Lights*	<ul style="list-style-type: none">10:00 Tighten Up Exercise with Randy from Excel Rehab Therapy10:30 Outing to *The Grand America*1:15 Score with Wii Bowling!2:00 Bridge at the Ridge *Sign up at the front desk*2:00 Scott Larabee on Piano2:30 Walking Club *Weather Permitting*3:15 Hot Chocolate Bar in the Bistro6:30 Holiday Social with Santa	<ul style="list-style-type: none">AD Medical Transportation Day10:00 Free Gift Wrapping with Gayle Thomas10:00 Tighten up Exercise with Canyons Home Health10:40 Game Corner *Five Crowns*1:00 Catholic Communion1:30 Texas Hold'em "Poker"2:30 Walking Club *Weather Permitting*3:00 Concert with *Ashtyn Roskelley* Christmas Music6:00 Thursday at the Theater	<ul style="list-style-type: none">10:00 Tighten up Exercise with Suncrest Home Health10:30 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 am1:15 Shining Star Preschool1:30 Fun with Bingo (4 bingo boards per person max)2:30 Walking Club *Weather Permitting*3:00 Pop Corn in the Bistro3:30 Happy Hour6:00 Friday Frenzy Movies	<ul style="list-style-type: none">10:00 Tighten up Exercise with The Ridge Cottonwood Staff11:00 Super Scenic Drive1:00 Blackjack in the Bistro *First Session*2:00 Blackjack in the Bistro *Second Session*2:30 Walking Club *Weather Permitting*3:00 Score with Wii Bowling!3:15 Dominating Dominos3:30 Saturday Happy Hour6:00 Saturday Movie
<ul style="list-style-type: none">9:30 Church Transportation10:45 Sunday Matinee11:00 The Church of Jesus Christ of Latter-day Saints1:30 Music Artist Spotlight2:30 Pop Corn in the Bistro2:30 Walking Club *Weather Permitting*3:00 Trivia Corner6:00 Sit Back with a Sunday Movie	<ul style="list-style-type: none">10:00 Tighten Up Exercise with Utah Home Health10:45 MAKE IT *Be Creative*1:30 Pictionary2:30 Walking Club *Weather Permitting*3:00 Music Bingo3:00 Texas Hold'em "Poker" resident led3:45 Mens Hand Care6:00 Monday at the Movies	<ul style="list-style-type: none">AD Medical Transportation Day10:00 Tighten up with AMG Medical Group10:40 Blackjack in the Bistro11:00 Priesthood Meeting LDS11:00 Relief Society LDS1:30 Fun with Bingo (4 bingo boards per person max)2:30 Walking Club *Weather Permitting*3:00 Tender Hand and Nail Care6:00 Other Friends Sing-a-Long7:00 Evening Flix	<ul style="list-style-type: none">10:00 Tighten up Exercise with Cristi11:00 Pai Gow Poker11:00 Super Scenic Drive1:30 Holiday Games in Bistro2:00 Bridge at the Ridge *Sign up at the front desk*2:30 Walking Club *Weather Permitting*3:00 Christmas Eve Concert with *Kevin Scott*6:00 Wednesday Movie Night	<ul style="list-style-type: none">AD Merry Christmas10:00 Tighten up Exercise with Lauri10:40 Cookie Decorating in the Bistro1:30 Holiday Trivia with Shere2:30 Walking Club *Weather Permitting*3:00 Blackjack in the Bistro5:30 Thursday at the Theater	<ul style="list-style-type: none">10:00 Tighten up Exercise with Suncrest Home Health10:30 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 am1:30 Fun with Bingo (4 bingo boards per person max)2:30 Walking Club *Weather Permitting*3:00 Bread in the Bistro3:30 Happy Hour6:00 Friday Frenzy Movies	<ul style="list-style-type: none">10:00 Tighten up Exercise with The Ridge Cottonwood Staff11:00 Super Scenic Drive1:00 Blackjack in the Bistro *First Session*2:00 Blackjack in the Bistro *Second Session*2:30 Walking Club *Weather Permitting*3:00 Score with Wii Bowling!3:15 Dominating Dominos3:30 Saturday Happy Hour6:00 Saturday Movie
<ul style="list-style-type: none">9:30 Church Transportation10:45 Sunday Matinee11:00 The Church of Jesus Christ of Latter-day Saints1:30 Music Artist Spotlight2:30 Sunday Ice Cream Bars2:30 Walking Club *Weather Permitting*3:00 Trivia Corner6:00 Sit Back with a Sunday Movie	<ul style="list-style-type: none">10:00 Tighten Up Exercise with Utah Home Health10:45 Book Club1:30 Pictionary2:30 Walking Club *Weather Permitting*3:00 Music Bingo3:00 Texas Hold'em "Poker" resident led3:45 Mens Hand Care6:00 Monday at the Movies	<ul style="list-style-type: none">AD Medical Transportation Day10:00 Tighten up with AMG Medical Group10:40 Blackjack in the Bistro11:00 Sunday School LDS1:45 Resident's Only Meeting2:00 Resident Council2:30 Walking Club *Weather Permitting*3:00 Tender Hand and Nail Care6:00 Evening Flix	<ul style="list-style-type: none">10:00 Tighten Up Exercise with Randy from Excel Rehab Therapy11:00 Pai Gow Poker11:00 Super Scenic Drive1:30 Travel Cuisine2:00 Bridge at the Ridge *Sign up at the front desk*2:30 Walking Club *Weather Permitting*6:00 New Years Bingo6:00 Wednesday Movie Night			

HAPPY BIRTHDAY

Karol M. - 1st
Jean L. - 3rd
Diana J. - 5th
Sharon M. - 6th
Carol W. - 8th
Dick F. - 11th
Dee C. - 13th
Jamie W. - 13th
Harold J. - 18th
RayK. - 19th
Valene B. - 23rd
Rachel S. - 29th
Vern H. - 29th
Imogene S. - 31st

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