



THE RIDGE
FOOTHILL · SENIOR LIVING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<ul style="list-style-type: none"> 9:45 Converse and Connect 10:00 Sunday Morning Funny Pages 10:30 Catholic Communion 10:45 Mini Manicures & Massage 1:00 LDS Sacrament Service 1:00 Our Planet 2:00 Sunday Sundaes 3:30 Creative Arts 5:30 Sunday Cinema 	<ul style="list-style-type: none"> 9:45 Converse and Connect 10:00 Stretch and Strengthen 10:30 IN2L with Vae 1:30 Monday Mattinee 1:30 Scenic Drive 3:00 Floral Design 4:00 Short Stories and Reminiscing 5:30 Monday Musical Movie 	<ul style="list-style-type: none"> 9:45 Converse and Connect 10:00 Sit and Be Fit 10:30 Noodle Ball 1:30 Sing ~ A ~ Long 2:00 Exercise with Christian 3:00 Musical Guest ~ Scott Woker 4:00 Brain Games 5:30 Classic Movie Night 	<ul style="list-style-type: none"> 9:45 Converse and Connect 10:30 Brain Games 1:30 Inflatable Fun 3:00 Art Class 4:00 Sing ~ A ~ Long 5:30 Western Movie Night 	<ul style="list-style-type: none"> 9:45 Converse and Connect 10:00 Stretch and Strengthen 10:30 Conversation Ball 11:00 Musical Hangman 1:30 Crafting Corner 2:30 Balloon Volleyball 3:30 Hydration Station 4:00 Puzzle Challenge 5:30 Comedy Movie Night 	<ul style="list-style-type: none"> 9:45 Converse and Connect 10:00 Sit and Be Fit 10:30 Brews, Views and News 11:00 Finish the Phrase 1:30 Table Games with Friends 2:30 Sports Center ~ GOLF 3:30 Hydration Station 4:00 Sing ~ A ~ Long 5:30 Award Winning Movie 	<ul style="list-style-type: none"> 9:45 Converse and Connect 10:00 On This Day In History 10:30 Musical Guest ~ Jennifer 1:30 IN2L Games 2:30 For the Health of It 4:00 Name That Tune 5:30 Saturday Cinema
<ul style="list-style-type: none"> 9:45 Converse and Connect 10:00 Sunday Morning Funny Pages 10:30 Catholic Communion 10:45 Mini Manicures & Massage 1:00 LDS Sacrament Service 1:00 Our Planet 2:00 Sunday Sundaes 3:30 Creative Arts 5:30 Sunday Cinema 	<ul style="list-style-type: none"> 9:45 Converse and Connect 10:00 Stretch and Strengthen 10:30 IN2L with Vae 1:30 Monday Mattinee 1:30 Scenic Drive 3:00 Floral Design 4:00 Short Stories and Reminiscing 5:30 Monday Musical Movie 	<ul style="list-style-type: none"> 9:45 Converse and Connect 10:00 Sit and Be Fit 10:30 Parachute Fun 1:30 Sing ~ A ~ Long 2:00 Exercise with Christian 2:30 SENSational Memories 3:30 Musical Guest ~ Maggie 5:30 Classic Movie Night 	<ul style="list-style-type: none"> 9:45 Converse and Connect 10:30 Brain Games 1:30 Cooking Around the World 3:00 Art Class 4:00 Sing ~ A ~ Long 5:30 Western Movie Night 	<ul style="list-style-type: none"> 9:45 Converse and Connect 10:00 Stretch and Strengthen 10:30 Conversation Ball 11:00 Musical Hangman 1:30 Crafting Corner 2:30 Balloon Volleyball 3:00 Hydration Station 5:30 Comedy Movie Night 6:00 Sweethearts Ball 	<ul style="list-style-type: none"> 9:45 Converse and Connect 10:00 Sit and Be Fit 10:30 Brews, Views and News 11:00 Finish the Phrase 1:30 Table Games with Friends 2:30 Sports Center ~ SOCCER 3:30 Hydration Station 4:00 Sing ~ A ~ Long 5:30 Award Winning Movie 	<ul style="list-style-type: none"> 9:45 Converse and Connect 10:00 On This Day In History 10:30 Active Games 1:30 Musical Guest ~ Kevin Scott 2:30 For the Health of It 4:00 Name That Tune 5:30 Saturday Cinema
<ul style="list-style-type: none"> 9:45 Converse and Connect 10:00 Sunday Morning Funny Pages 10:30 Catholic Communion 10:45 Mini Manicures & Massage 1:00 LDS Sacrament Service 1:00 Our Planet 2:00 Sunday Sundaes 3:30 Creative Arts 5:30 Sunday Cinema 	<ul style="list-style-type: none"> 9:45 Converse and Connect 10:00 Stretch and Strengthen 10:30 IN2L with Vae 1:30 Monday Mattinee 1:30 Scenic Drive 3:00 Floral Design 4:00 Short Stories and Reminiscing 5:30 Monday Musical Movie 	<ul style="list-style-type: none"> 9:45 Converse and Connect 10:00 Sit and Be Fit 10:30 Noodle Ball 1:30 Sing ~ A ~ Long 2:00 Exercise with Christian 2:30 Musical Guest ~ Merrill Smith 3:30 Cooking Club 5:30 Classic Movie Night 	<ul style="list-style-type: none"> 9:45 Converse and Connect 10:30 Brain Games 1:30 Inflatable Fun 2:30 Musical Guest ~ Wayne Hovey 3:00 Art Class 4:00 Sing ~ A ~ Long 5:30 Western Movie Night 	<ul style="list-style-type: none"> 9:45 Converse and Connect 10:00 Stretch and Strengthen 10:30 Conversation Ball 11:00 Musical Hangman 1:30 Crafting Corner 2:30 Balloon Volleyball 3:30 Hydration Station 4:00 Puzzle Challenge 5:30 Comedy Movie Night 	<ul style="list-style-type: none"> 9:45 Converse and Connect 10:00 Sit and Be Fit 10:30 Brews, Views and News 11:00 Finish the Phrase 1:30 Table Games with Friends 2:30 Sports Center ~ CORN HOLE 3:30 Hydration Station 4:00 Sing ~ A ~ Long 5:30 Award Winning Movie 	<ul style="list-style-type: none"> 9:45 Converse and Connect 10:00 On This Day In History 10:30 Finish the Phrase 11:00 Musical Guest ~ Scott Larabee 1:30 IN2L Games 2:30 For the Health of It 4:00 Name That Tune 5:30 Saturday Cinema
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HAPPY BIRTHDAY

Connie B. - 1st
 Marge T. - 1st
 Bill C. - 1st
 Herb D. - 2nd
 Theresa F. - 5th
 Suzanne H. - 9th
 Graham H. - 10th
 Karen S. - 11th
 Chuck D. - 15th
 Sue M. - 17th
 Carol C. - 23rd
 Joan K. - 23rd
 Annie K. - 23rd
 Lenny R. - 27th
 Beverly M. - 28th

ACTIVITY TYPES

- Inspirational
- Intellectual
- Physical
- Social

Meal Times

Breakfast
 8:00am ~ 9:00am

Lunch
 12:00pm ~ 1:00pm

Dinner
 5:00pm ~ 6:00pm