



**THE RIDGE**  
FOOTHILL · SENIOR LIVING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<ul style="list-style-type: none"> <li>10:00 Sit and Get Fit</li> <li>10:30 Catholic Communion</li> <li>11:00 Trail Walks with Eric</li> <li>1:00 LDS Sacrament Services</li> <li>1:15 The Ridge Bridge Club</li> <li>1:30 Sunday Sundaes</li> <li>3:00 Bingo Bunch</li> <li>6:30 Sunday Cinema:</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Move It Monday</li> <li>10:30 Morning Movie and Muffins</li> <li>10:30 Resident Shopping ~ Walmart</li> <li>11:30 Resident Shopping ~ Liquor Store</li> <li>1:30 Floral Designers</li> <li>2:30 Game Time</li> <li>3:00 Sports Center</li> <li>3:30 Chatter &amp; Cheers Happy Hour</li> <li>4:00 Come Follow Me</li> <li>6:30 Monday Musical Movie</li> </ul>	<ul style="list-style-type: none"> <li>10:15 Movement Class with Canyons</li> <li>10:45 Balloon Badminton</li> <li>1:30 All Things Movies</li> <li>2:00 Musical Guest ~ Scott Woker</li> <li>3:30 Ladies High Tea</li> <li>6:30 Classic Movie Night</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Wednesday's Workout</li> <li>10:45 Mini Mani and Hand Massage</li> <li>1:00 Relief Society</li> <li>1:30 Pop-Up Cocoa Shoppe</li> <li>2:00 Balance Class with Christian</li> <li>2:30 Game Time</li> <li>3:30 Wine &amp; Cheese Social</li> <li>6:30 Western Movie Night</li> </ul>	<ul style="list-style-type: none"> <li>10:15 Movement Class with Canyons</li> <li>10:45 Current Events with Tim Chambliss</li> <li>1:30 Rummykub Club</li> <li>3:00 Popcorn in the Bistro</li> <li>3:30 Bingo Bunch</li> <li>6:30 Comedy Movie Night</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Stretch and Strengthen</li> <li>10:45 Cross Word Puzzle Challenge</li> <li>1:30 Book Club</li> <li>2:30 Casino ~ 21</li> <li>3:30 TGIF Happy Hour</li> <li>6:30 Award Winning Movie</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Sit and Get Fit</li> <li>10:45 Brain Games with Mary</li> <li>1:30 Texas Hold'em</li> <li>2:30 Game Time</li> <li>3:30 Our Planet</li> <li>6:30 Saturday Cinema ~ Super Heros</li> </ul>
<ul style="list-style-type: none"> <li>10:00 Sit and Get Fit</li> <li>10:30 Catholic Communion</li> <li>11:00 Trail Walks with Eric</li> <li>1:00 LDS Sacrament Services</li> <li>1:15 The Ridge Bridge Club</li> <li>1:30 Sunday Sundaes</li> <li>3:00 Bingo Bunch</li> <li>6:30 Sunday Cinema</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Move It Monday</li> <li>10:30 Morning Movie and Muffins</li> <li>10:45 Resident Shopping ~ Smith's</li> <li>1:30 Floral Designers</li> <li>2:30 Game Time</li> <li>3:00 Sports Center</li> <li>3:30 Chatter &amp; Cheers Happy Hour</li> <li>4:00 Come Follow Me</li> <li>6:30 Monday Musical Movie</li> </ul>	<ul style="list-style-type: none"> <li>10:15 Movement Class with Canyons</li> <li>10:45 Balloon Badminton</li> <li>1:30 Learning Circle</li> <li>2:30 Art with Lemon</li> <li>3:30 Resident Birthday Party</li> <li>6:30 Classic Movie Night</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Wednesday's Workout</li> <li>10:45 Mini Mani and Hand Massage</li> <li>1:30 Pop-Up Italian Soda Bar</li> <li>2:00 Balance Class with Christian</li> <li>2:30 Game Time</li> <li>3:30 Hope &amp; Inspiration with Pastor Bruce</li> <li>3:30 Wine &amp; Cheese Social</li> <li>6:30 Western Movie Night</li> </ul>	<ul style="list-style-type: none"> <li>10:15 Movement Class with Canyons</li> <li>10:45 Current Events with Tim Chambliss</li> <li>1:30 Rummykub Club</li> <li>3:00 Popcorn in the Bistro</li> <li>3:30 Bingo Bunch</li> <li>3:30 Musical Guest ~ BD Howes</li> <li>6:30 Sweethearts Ball</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Stretch and Strengthen</li> <li>10:45 Cross Word Puzzle Challenge</li> <li>1:30 Crafters Corner</li> <li>2:30 Musical Guests ~ SL Pop Orchestra</li> <li>3:30 TGIF Happy Hour</li> <li>6:30 Award Winning Movie</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Sit and Get Fit</li> <li>10:45 Brain Games with Mary</li> <li>1:30 Texas Hold'em</li> <li>2:30 Game Time</li> <li>3:30 Our Planet</li> <li>6:30 Saturday Cinema ~ Super Heros</li> </ul>
<ul style="list-style-type: none"> <li>10:00 Sit and Get Fit</li> <li>10:30 Catholic Communion</li> <li>11:00 Trail Walks with Eric</li> <li>11:30 Sunday Brunch</li> <li>1:00 LDS Sacrament Services</li> <li>1:15 The Ridge Bridge Club</li> <li>1:30 Sunday Sundaes</li> <li>3:00 Bingo Bunch</li> <li>6:30 Sunday Cinema:</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Move It Monday</li> <li>10:30 Morning Movie and Muffins</li> <li>10:45 Resident Shopping ~ Walmart</li> <li>1:30 Floral Designers</li> <li>2:30 Game Time</li> <li>3:00 Sports Center</li> <li>3:30 Chatter &amp; Cheers Happy Hour</li> <li>4:00 Come Follow Me</li> <li>6:30 Monday Musical Movie</li> </ul>	<ul style="list-style-type: none"> <li>10:15 Movement Class with Canyons</li> <li>10:45 Balloon Badminton</li> <li>1:30 Tuesday's TED Talk</li> <li>2:30 Resident Food Commitee &amp; Teaching Kitchen</li> <li>3:30 Musical Guest ~ Merrill Smith</li> <li>6:30 Classic Movie Night</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Wednesday's Workout</li> <li>10:45 Mini Mani and Hand Massage</li> <li>1:30 Pop-Up Cocoa Shoppe</li> <li>2:00 Balance Class with Christian</li> <li>2:30 Musical Guest</li> <li>3:30 Wine &amp; Cheese Social</li> <li>6:30 Western Movie Night</li> </ul>	<ul style="list-style-type: none"> <li>10:15 Movement Class with Canyons</li> <li>10:45 Current Events with Tim Chambliss</li> <li>1:30 Rummykub Club</li> <li>3:00 Popcorn in the Bistro</li> <li>3:30 Bingo Bunch</li> <li>6:30 Comedy Movie Night</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Stretch and Strengthen</li> <li>10:45 Cross Word Puzzle Challenge</li> <li>1:30 Crafters Corner</li> <li>2:30 Musical Guest ~ Scott Larabee</li> <li>3:30 TGIF Happy Hour</li> <li>6:30 Award Winning Movie</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Sit and Get Fit</li> <li>10:45 Brain Games with Mary</li> <li>1:30 Foothill Franc Store</li> <li>1:30 Texas Hold'em</li> <li>2:30 Game Time</li> <li>3:30 Our Planet</li> <li>6:30 Saturday Cinema ~ Super Heros</li> </ul>
<ul style="list-style-type: none"> <li>10:00 Sit and Get Fit</li> <li>10:30 Catholic Communion</li> <li>11:00 Trail Walks with Eric</li> <li>1:00 LDS Sacrament Services</li> <li>1:15 The Ridge Bridge Club</li> <li>1:30 Sunday Sundaes</li> <li>3:00 Bingo Bunch</li> <li>6:30 Sunday Cinema</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Move It Monday</li> <li>10:30 Morning Movie and Muffins</li> <li>10:45 Resident Shopping ~ Smith's</li> <li>1:30 Floral Designers</li> <li>2:30 Game Time</li> <li>3:00 Sports Center</li> <li>3:30 New Resident Welcome &amp; Happy Hour Social</li> <li>4:00 Come Follow Me</li> <li>6:30 Monday Musical Movie</li> </ul>	<ul style="list-style-type: none"> <li>10:15 Movement Class with Canyons</li> <li>10:45 Balloon Badminton</li> <li>11:30 Meals with Micki</li> <li>1:30 Afternoon Matinee</li> <li>3:30 Travel Club ~ France</li> <li>6:30 Classic Movie Night</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Wednesday's Workout</li> <li>10:45 Mini Mani and Hand Massage</li> <li>1:30 Pop-Up Italian Soda Bar</li> <li>2:00 Balance Class with Christian</li> <li>2:30 Game Time</li> <li>3:30 Wine &amp; Cheese Social</li> <li>6:00 Dementia Support Group (Everyone is Welcome)</li> <li>6:30 Western Movie Night</li> </ul>	<ul style="list-style-type: none"> <li>10:15 Movement Class with Canyons</li> <li>10:45 Current Events with Tim Chambliss</li> <li>1:30 Rummykub Club</li> <li>2:00 Resident Council</li> <li>2:30 Town Hall</li> <li>3:00 Popcorn in the Bistro</li> <li>3:30 Bingo Bunch</li> <li>3:30 Musical Guest ~ Maggie Beers</li> <li>6:30 Comedy Movie Night</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Stretch and Strengthen</li> <li>10:45 Cross Word Puzzle Challenge</li> <li>1:30 Crafters Corner</li> <li>2:30 Musical Guests ~ SL Pop Orchestra</li> <li>3:30 TGIF Happy Hour</li> <li>6:30 Award Winning Movie</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Sit and Get Fit</li> <li>10:45 Brain Games with Mary</li> <li>1:30 Texas Hold'em</li> <li>2:30 Game Time</li> <li>3:30 Our Planet</li> <li>6:30 Saturday Cinema ~ Super Heros</li> </ul>

### 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
- Mark R. - 27th
- Beverly M. - 28th

### ACTIVITY TYPES

- Inspirational
- Intellectual
- Physical
- Social

### Meal Times

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