



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<ul style="list-style-type: none"> <li>10:00 Tighten Up Exercise with Randy from Excel Rehab Therapy</li> <li>11:00 Pai Gow Poker</li> <li>11:00 Super Scenic Drive *Snowbird*</li> <li>12:00 Walking Club *Weather Permitting*</li> <li>1:30 Bridge at the Ridge *Resident Led Activity*</li> <li>1:30 Cottonwood Cash Store</li> <li>2:15 Cottonwood Cash Raffle with Marketing</li> <li>3:00 Moving Forward, Movement Class</li> <li>6:00 Wednesday Movie Night *Oklahoma* (1955)-part 1</li> </ul>	<ul style="list-style-type: none"> <li>AD Medical Transportation Day</li> <li>10:00 Tighten up Exercise with Canyons Home Health</li> <li>10:40 Game Corner *Five Crowns*</li> <li>12:00 Walking Club *Weather Permitting*</li> <li>1:00 Catholic Communion</li> <li>1:30 Texas Hold'em "Poker"</li> <li>3:00 Concert with Alison Mitchell *Radio Era 1940's-1960's*</li> <li>6:00 Thursday at the Theater *Oklahoma*(1955) part 2</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Tighten up Exercise with Suncrest Home Health</li> <li>10:30 Flower Arranging in the Bistro *one vase per resident*</li> <li>11:00 Macey's Grocery Shopping (8 Sign-up's Max)</li> <li>12:00 Walking Club *Weather Permitting*</li> <li>1:30 Jean Luke Senior Center Choir</li> <li>2:30 Fun with Bingo (4 bingo boards per person max)</li> <li>3:30 Happy Hour</li> <li>6:00 Friday Frenzy Movies *The Right Stuff*(1983)</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Tighten up Exercise with The Ridge Cottonwood Staff</li> <li>11:00 Easter Brunch</li> <li>12:00 Walking Club *Weather Permitting*</li> <li>1:30 Easter Egg Hunt &amp; Visit From Bunny</li> <li>2:30 Blackjack in the Bistro *One Session*</li> <li>3:30 Dominating Dominos</li> <li>3:30 Saturday Happy Hour</li> <li>6:00 Saturday Movie *Ben Hur* (1959) part 1</li> </ul>
<ul style="list-style-type: none"> <li>9:30 Church Transportation</li> <li>10:00 The Church of Jesus Christ of Latter-day Saints *General Conference*</li> <li>12:00 Walking Club *Weather Permitting*</li> <li>1:30 Music Artist Spotlight</li> <li>2:30 Sunday Ice Cream Bars</li> <li>3:00 Trivia Corner *Easter Trivia*</li> <li>6:00 Sit Back with a Sunday Movie *Ben Hur* (1959) part 2</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Tighten Up Exercise with Utah Home Health</li> <li>10:45 Book Club</li> <li>12:00 Walking Club *Weather Permitting*</li> <li>1:30 World Views with Tim Chambless</li> <li>3:00 Music Bingo</li> <li>3:00 Texas Hold'em "Poker" resident led</li> <li>3:45 Mens Hand Care</li> <li>6:00 Monday at the Movies</li> </ul>	<ul style="list-style-type: none"> <li>AD Medical Transportation Day</li> <li>10:00 Pet Therapy with Intermountain Animal Therapy</li> <li>10:00 Tighten up with AMG Medical Group</li> <li>10:40 Blackjack in the Bistro</li> <li>11:00 Sunday School LDS</li> <li>12:00 Walking Club *Weather Permitting*</li> <li>1:30 Fun with Bingo (4 bingo boards per person max)</li> <li>3:00 Tender Hand and Nail Care</li> <li>6:00 Evening Flix</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Tighten Up Exercise with Randy from Excel Rehab Therapy</li> <li>11:00 Pai Gow Poker</li> <li>11:00 Super Scenic Drive</li> <li>12:00 Walking Club *Weather Permitting*</li> <li>1:30 Bridge at the Ridge *Resident Led Activity*</li> <li>3:00 Moving Forward, Movement Class</li> <li>6:00 Wednesday Movie Night</li> </ul>	<ul style="list-style-type: none"> <li>AD Medical Transportation Day</li> <li>10:00 Tighten up Exercise with Canyons Home Health</li> <li>10:40 Game Corner *Five Crowns*</li> <li>12:00 Walking Club *Weather Permitting*</li> <li>1:00 Catholic Communion</li> <li>1:30 Texas Hold'em "Poker"</li> <li>2:45 Concert with Scott Woker</li> <li>6:00 Thursday at the Theater</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Tighten up Exercise with Suncrest Home Health</li> <li>10:30 Flower Arranging in the Bistro *one vase per resident*</li> <li>11:00 Macey's Grocery Shopping (8 Sign-up's Max)</li> <li>12:00 Walking Club *Weather Permitting*</li> <li>1:30 Fun with Bingo (4 bingo boards per person max)</li> <li>3:00 Wine Tasting with Klint</li> <li>6:00 Friday Frenzy Movies</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Tighten up Exercise with The Ridge Cottonwood Staff</li> <li>11:00 Super Scenic Drive</li> <li>12:00 Walking Club *Weather Permitting*</li> <li>1:00 Blackjack in the Bistro *First Session*</li> <li>2:00 Blackjack in the Bistro *Second Session*</li> <li>3:00 Score with Wii Bowling!</li> <li>3:15 Dominating Dominos</li> <li>3:30 Saturday Happy Hour</li> <li>6:00 Saturday Movie</li> </ul>
<ul style="list-style-type: none"> <li>9:30 Church Transportation</li> <li>10:45 Sunday Matinee</li> <li>11:00 The Church of Jesus Christ of Latter-day Saints</li> <li>12:00 Walking Club *Weather Permitting*</li> <li>1:30 Music Artist Spotlight</li> <li>2:30 Sunday Ice Cream Bars</li> <li>3:00 Trivia Corner</li> <li>6:00 Sit Back with a Sunday Movie</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Tighten Up Exercise with Utah Home Health</li> <li>10:45 MAKE IT *Be Creative*</li> <li>12:00 Walking Club *Weather Permitting*</li> <li>1:30 Current Events with Bart Barker</li> <li>3:00 Music Bingo</li> <li>3:00 Texas Hold'em "Poker" resident led</li> <li>3:45 Mens Hand Care</li> <li>6:00 Monday at the Movies</li> </ul>	<ul style="list-style-type: none"> <li>AD Medical Transportation Day</li> <li>10:00 Pet Therapy with Intermountain Animal Therapy</li> <li>10:00 Tighten up with AMG Medical Group</li> <li>10:40 Blackjack in the Bistro</li> <li>11:00 Priesthood Meeting LDS</li> <li>11:00 Relief Society LDS</li> <li>12:00 Walking Club *Weather Permitting*</li> <li>1:30 Fun with Bingo (4 bingo boards per person max)</li> <li>3:00 Tender Hand and Nail Care</li> <li>6:00 Evening Flix</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Tighten Up Exercise with Randy from Excel Rehab Therapy</li> <li>11:00 Pai Gow Poker</li> <li>11:00 Super Scenic Drive</li> <li>12:00 Walking Club *Weather Permitting*</li> <li>1:15 Score with Wii Bowling!</li> <li>1:30 Bridge at the Ridge *Resident Led Activity*</li> <li>2:00 Piano with Merrill Smith</li> <li>3:15 Corn Hole &amp; Root Beer Floats</li> <li>6:00 Wednesday Movie Night</li> </ul>	<ul style="list-style-type: none"> <li>AD Medical Transportation Day</li> <li>10:00 Tighten up Exercise with Canyons Home Health</li> <li>10:20 Rose Wagner Modern Dance Performance</li> <li>12:00 Walking Club *Weather Permitting*</li> <li>1:00 Catholic Communion</li> <li>1:30 Texas Hold'em "Poker"</li> <li>3:00 Concert with Belinda Glenn 1960 pop</li> <li>6:00 Thursday at the Theater</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Tighten up Exercise with Suncrest Home Health</li> <li>10:30 Flower Arranging in the Bistro *one vase per resident*</li> <li>11:00 Macey's Grocery Shopping (8 Sign-up's Max)</li> <li>12:00 Walking Club *Weather Permitting*</li> <li>1:30 Fun with Bingo (4 bingo boards per person max)</li> <li>3:00 U of U VR Presentation</li> <li>6:00 Friday Frenzy Movies</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Tighten up Exercise with The Ridge Cottonwood Staff</li> <li>11:00 Super Scenic Drive *Donut Drive*</li> <li>12:00 Walking Club *Weather Permitting*</li> <li>1:00 Blackjack in the Bistro *First Session*</li> <li>2:00 Blackjack in the Bistro *Second Session*</li> <li>3:00 Score with Wii Bowling!</li> <li>3:15 Dominating Dominos</li> <li>3:30 Saturday Happy Hour</li> <li>6:00 Saturday Movie</li> </ul>
<ul style="list-style-type: none"> <li>9:30 Church Transportation</li> <li>10:45 Sunday Matinee</li> <li>11:00 The Church of Jesus Christ of Latter-day Saints</li> <li>12:00 Walking Club *Weather Permitting*</li> <li>1:30 Music Artist Spotlight</li> <li>2:30 Sunday Ice Cream Bars</li> <li>3:00 Trivia Corner</li> <li>6:00 Sit Back with a Sunday Movie</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Tighten Up Exercise with Utah Home Health</li> <li>10:45 Book Club</li> <li>12:00 Walking Club *Weather Permitting*</li> <li>1:30 Pictionary in the Bistro</li> <li>3:00 Music Bingo</li> <li>3:00 Texas Hold'em "Poker" resident led</li> <li>3:45 Mens Hand Care</li> <li>6:00 Family Home Evening *LDS Activity*</li> <li>6:00 Monday at the Movies</li> </ul>	<ul style="list-style-type: none"> <li>AD Medical Transportation Day</li> <li>10:00 Pet Therapy with Intermountain Animal Therapy</li> <li>10:00 Tighten up with AMG Medical Group</li> <li>10:40 Blackjack in the Bistro</li> <li>11:00 Sunday School *LDS Activity*</li> <li>12:00 Walking Club *Weather Permitting*</li> <li>1:30 Fun with Bingo (4 bingo boards per person max)</li> <li>3:00 Tender Hand and Nail Care</li> <li>6:00 Evening Flix</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Tighten Up Exercise with Randy from Excel Rehab Therapy</li> <li>11:00 Pai Gow Poker</li> <li>11:00 Super Scenic Drive</li> <li>12:00 Walking Club *Weather Permitting*</li> <li>1:30 Bridge at the Ridge *Resident Led Activity*</li> <li>2:00 Teaching Kitchen with Jackie</li> <li>3:15 Word Games in the Bistro</li> <li>6:00 Wednesday Movie Night</li> </ul>	<ul style="list-style-type: none"> <li>AD Medical Transportation Day</li> <li>10:00 Tighten up Exercise with Canyons Home Health</li> <li>10:40 Game Corner *Five Crowns*</li> <li>12:00 Walking Club *Weather Permitting*</li> <li>1:00 Catholic Communion</li> <li>1:30 Texas Hold'em "Poker"</li> <li>3:00 Concert with Margo Canaan</li> <li>6:00 Thursday at the Theater</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Tighten up Exercise with Suncrest Home Health</li> <li>10:30 Flower Arranging in the Bistro *one vase per resident*</li> <li>11:00 Macey's Grocery Shopping (8 Sign-up's Max)</li> <li>12:00 Walking Club *Weather Permitting*</li> <li>1:30 Fun with Bingo (4 bingo boards per person max)</li> <li>3:00 Pop Corn in the Bistro</li> <li>3:30 Happy Hour</li> <li>6:00 Friday Frenzy Movies</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Tighten up Exercise with The Ridge Cottonwood Staff</li> <li>11:00 Super Scenic Drive</li> <li>12:00 Walking Club *Weather Permitting*</li> <li>1:00 Blackjack in the Bistro *First Session*</li> <li>2:00 Blackjack in the Bistro *Second Session*</li> <li>3:00 Score with Wii Bowling!</li> <li>3:15 Dominating Dominos</li> <li>3:30 Saturday Happy Hour</li> <li>6:00 Saturday Movie</li> </ul>
<ul style="list-style-type: none"> <li>9:30 Church Transportation</li> <li>10:45 Sunday Matinee</li> <li>11:00 The Church of Jesus Christ of Latter-day Saints</li> <li>12:00 Walking Club *Weather Permitting*</li> <li>1:30 Music Artist Spotlight</li> <li>2:30 Sunday Ice Cream Bars</li> <li>3:00 Trivia Corner</li> <li>6:00 Sit Back with a Sunday Movie</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Tighten Up Exercise with Utah Home Health</li> <li>10:45 MAKE IT *Be Creative*</li> <li>12:00 Walking Club *Weather Permitting*</li> <li>1:30 World Views with Tim Chambless</li> <li>3:00 Music Bingo</li> <li>3:00 Texas Hold'em "Poker" resident led</li> <li>3:45 Mens Hand Care</li> <li>6:00 Monday at the Movies</li> </ul>	<ul style="list-style-type: none"> <li>AD Medical Transportation Day</li> <li>10:00 Pet Therapy with Intermountain Animal Therapy</li> <li>10:00 Tighten up with AMG Medical Group</li> <li>10:40 Blackjack in the Bistro</li> <li>11:00 Priesthood Meeting LDS</li> <li>11:00 Relief Society LDS</li> <li>12:00 Walking Club *Weather Permitting*</li> <li>1:30 Fun with Bingo (4 bingo boards per person max)</li> <li>1:45 Resident's Only Meeting</li> <li>2:00 Resident Council</li> <li>3:00 Tender Hand and Nail Care</li> <li>6:00 Evening Flix</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Tighten Up Exercise with Randy from Excel Rehab Therapy</li> <li>11:00 Pai Gow Poker</li> <li>11:00 Super Scenic Drive</li> <li>12:00 Walking Club *Weather Permitting*</li> <li>1:30 Fun with Bingo (4 bingo boards per person max)</li> <li>3:00 Moving Forward, Movement Class</li> <li>6:00 Wednesday Movie Night</li> </ul>	<ul style="list-style-type: none"> <li>AD Medical Transportation Day</li> <li>10:00 Tighten up Exercise with Canyons Home Health</li> <li>10:40 Game Corner *Five Crowns*</li> <li>12:00 Walking Club *Weather Permitting*</li> <li>1:00 Catholic Communion</li> <li>1:30 Texas Hold'em "Poker"</li> <li>3:00 Jen Bradshaw on Guitar</li> <li>6:00 Thursday at the Theater</li> </ul>		

### HAPPY BIRTHDAY

**Ann B. - 3rd**  
**Myra B. - 7th**  
**Janet P. - 8th**  
**Raeline S. - 8th**  
**Julie C. - 11th**  
**Lynn B. - 15th**  
**Sandy W. - 21st**  
**Sandy K. - 22nd**  
**Lorraine G. - 27th**

### 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