



THE RIDGE  
FOOTHILL · SENIOR LIVING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<ul style="list-style-type: none"> <li>10:00 Wednesday's Workout</li> <li>10:45 Mini Mani and Hand Massage</li> <li>11:00 Resident Shopping ~ Walmart</li> <li>1:00 Relief Society</li> <li>1:30 Pop-Up Cocoa Shoppe</li> <li>2:00 <b>Balance Class with Christian</b></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 <b>Current Events with Tim Chambliss</b></li> <li>1:30 Rummykub Club</li> <li>2:30 Bingo Bunch</li> <li>6:30 Comedy Movie Night: Coming to America (1988, R, DVD)</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Stretch and Strengthen</li> <li>11:00 Super Scenic Drive</li> <li>1:30 Spanish Class with David</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 <b>Family Easter Egg Hunt</b></li> <li>2:30 Texas Hold'em</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 <b>Easter Brunch</b></li> <li>1:00 LDS Sacrament Services</li> <li>1:15 The Ridge Bridge Club</li> <li>1:30 Sunday Sundae's</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</li> <li>10:45 <b>Resident Shopping ~ Liquor Store</b></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 *LDS Resident Led Activity*</li> <li>6:30 Monday Musical Movie: Swing Time (1936, PG, DVD)</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 <b>Musical Guest ~ Scott Woker</b></li> <li>2:30 Blackjack with Mary</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>11:00 Resident Shopping ~ Walmart</li> <li>1:30 Pop-Up Cocoa Shoppe</li> <li>2:00 <b>Balance Class with Christian</b></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 <b>Current Events with Tim Chambliss</b></li> <li>1:30 Rummykub Club</li> <li>2:30 Bingo Bunch</li> <li>3:30 Musical Guest ~ BD Howes</li> <li>6:30 Comedy Movie Night: Splash! (1984, PG, DVD)</li> </ul>	<ul style="list-style-type: none"> <li>10:00 Stretch and Strengthen</li> <li>11:00 Super Scenic Drive</li> <li>1:30 Spanish Class with David</li> <li>2:30 <b>Concert with Pop Orchestra</b></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 Sundae's</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>10:45 <b>Current Events with Tim Chambliss</b></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 *LDS Resident Led Activity*</li> <li>6:30 Monday Musical Movie: Dirty Dancing (1987, PG-13, DVD)</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 Blackjack with Mary</li> <li>2:30 <b>Art with Lemon</b></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>11:00 Resident Shopping ~ Walmart</li> <li>1:30 Pop-Up Cocoa Shoppe</li> <li>2:00 Balance Class with Christian</li> <li>2:30 <b>Music with Heart &amp; Soul</b></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 Card Games</li> <li>1:30 Rummykub Club</li> <li>2:30 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>11:00 Super Scenic Drive</li> <li>1:30 Spanish Class with David</li> <li>2:30 <b>Musical Guest ~ Scott Larabee</b></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 <b>Foothill Franc Store</b></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 Sundae's</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>11:00 <b>Lunch Bunch *Olive Garden*</b></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 *LDS Resident Led Activity*</li> <li>6:30 Monday Musical Movie: Show Boat (1951, PG-13, DVD)</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 Blackjack with Mary</li> <li>2:30 Resident Food Committee &amp; Teaching Kitchen</li> <li>3:30 <b>Musical Guest ~ Merrill Smith</b></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 Bingo with Eric</li> <li>11:00 Resident Shopping ~ Walmart</li> <li>1:30 Pop-Up Cocoa Shoppe</li> <li>2:00 <b>Balance Class with Christian</b></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 <b>Current Events with Tim Chambliss</b></li> <li>1:30 Rummykub Club</li> <li>2:30 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>11:00 Super Scenic Drive</li> <li>1:30 Spanish Class with David</li> <li>2:30 <b>Concert with Pop Orchestra</b></li> <li>3:30 TGIF Happy Hour</li> <li>6:30 Award Winning Movie</li> </ul>	<ul style="list-style-type: none"> <li>10:30 Sit and Get Fit</li> <li>11:00 Brain Games with Eric</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 Sundae's</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 <b>Walk at Sugar House Park</b></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 *LDS Resident Led Activity*</li> <li>6:30 Monday Musical Movie: Annie Get Your Gun (1950, PG-13, DVD)</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>2:00 <b>Concert with Pop Orchestra</b></li> <li>3:00 Blackjack with Mary</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>11:00 Resident Shopping ~ Smiths</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>6:00 <b>Dementia Support Group (Everyone is Welcome)</b></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 <b>Current Events with Tim Chambliss</b></li> <li>1:30 Rummykub Club</li> <li>2:00 Resident Council</li> <li>2:30 Town Hall</li> <li>3:30 Bingo Bunch</li> <li>6:30 Comedy Movie Night</li> </ul>		

HAPPY BIRTHDAY

**Vonda A. - 3rd**  
**Buddy M. - 4th**  
**Suzanne S. - 7th**  
**Laurene W. - 8th**  
**Maxine C. - 10th**  
**Corinne N. - 14th**  
**Marabeth M. - 16th**  
**Don D. - 22nd**  
**Jim B. - 25th**  
**Lovina S. - 26th**  
**Tess D. - 27th**  
**Dorothy H. - 29th**

ACTIVITY TYPES

- Inspirational
- Intellectual
- Physical
- Social

LOCATION KEY

Art Studio (2nd Floor) = A  
 Courtyard = C  
 Demonstration Kitchen = DK  
 Fitness Center (3rd Floor) = F C  
 Great Room (2nd Floor) = GR  
 Lobby = L  
 Summit Room = S  
 Theatre = T