



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<ul style="list-style-type: none"> 10:00 Tighten up Exercise with Suncrest Home Health 10:30 Flower Arranging in the Bistro *one vase per resident* 11:00 Macey's Grocery Shopping (8 Sign-up's Max) 12:00 Walking Club *Weather Permitting* 1:30 Fun with Bingo (4 bingo boards per person max) 3:00 Bread in the Bistro 3:30 Happy Hour 6:00 Friday Frenzy Movies 	<ul style="list-style-type: none"> 10:00 Tighten up Exercise with The Ridge Cottonwood Staff 11:00 Super Scenic Drive 12:00 Walking Club *Weather Permitting* 1:00 Blackjack in the Bistro *First Session* 2:00 Blackjack in the Bistro *Second Session* 3:00 Score with Wii Bowling! 3:15 Dominating Dominos *Mexican Train* 3:30 Saturday Happy Hour 6:00 Saturday Movie
<ul style="list-style-type: none"> 9:30 Church Transportation 10:45 Sunday Matinee 11:00 The Church of Jesus Christ of Latter-day Saints 12:00 Walking Club *Weather Permitting* 1:30 Music Artist Spotlight 2:30 Pop Corn in the Bistro 3:00 Trivia Corner 6:00 Sit Back with a Sunday Movie 	<ul style="list-style-type: none"> 10:00 Tighten Up Exercise with Utah Home Health 10:45 Book Club 12:00 Walking Club *Weather Permitting* 1:30 World Views with Tim Chambless 3:00 Music Bingo 3:00 Texas Hold'em "Poker" resident led 3:45 Mens Hand Care 6:00 Monday at the Movies 	<ul style="list-style-type: none"> AD Medical Transportation Day 10:00 Pet Therapy with Intermountain Animal Therapy 10:00 Tighten up with AMG Medical Group 10:40 Blackjack in the Bistro 11:00 Sunday School LDS 12:00 Walking Club *Weather Permitting* 1:30 Fun with Bingo (4 bingo boards per person max) 3:00 Cinco de Mayo Celebration in the Bistro 6:00 Evening Flix 	<ul style="list-style-type: none"> 10:00 Tighten Up Exercise with Randy from Excel Rehab Therapy 11:00 Pai Gow Poker 11:00 Super Scenic Drive 12:00 Walking Club *Weather Permitting* 1:30 Bridge at the Ridge *Resident Led Activity* 1:30 Cottonwood Cash Store 2:15 Cottonwood Cash Raffle with Marketing 3:00 Moving Forward, Movement Class 6:00 Wednesday Movie Night 	<ul style="list-style-type: none"> AD Medical Transportation Day 10:00 Tighten up Exercise with Canyons Home Health 10:40 Game Corner *Five Crowns* 12:00 Walking Club *Weather Permitting* 1:00 Catholic Communion 1:30 Texas Hold'em "Poker" 3:00 Concert with Carrie Wrigley *Elegant Moods* 6:00 Thursday at the Theater 	<ul style="list-style-type: none"> 10:00 Tighten up Exercise with Suncrest Home Health 10:30 Flower Arranging in the Bistro *one vase per resident* 11:00 Macey's Grocery Shopping (8 Sign-up's Max) 12:00 Walking Club *Weather Permitting* 1:30 Fun with Bingo (4 bingo boards per person max) 3:00 Pop Corn in the Bistro 3:30 Happy Hour 6:00 Friday Frenzy Movies 	<ul style="list-style-type: none"> 10:00 Tighten up Exercise with The Ridge Cottonwood Staff 11:00 Mother's Day Brunch 12:00 Walking Club *Weather Permitting* 2:00 Blackjack in the Bistro *One Session* Max 10 3:00 Score with Wii Bowling! 3:15 Dominating Dominos *Mexican Train* 3:30 Saturday Happy Hour 6:00 Saturday Movie
<ul style="list-style-type: none"> 9:30 Church Transportation 10:45 Sunday Matinee 11:00 The Church of Jesus Christ of Latter-day Saints 12:00 Walking Club *Weather Permitting* 1:30 Music Artist Spotlight 2:30 Sunday Ice Cream Bars 3:00 Trivia Corner 6:00 Sit Back with a Sunday Movie 	<ul style="list-style-type: none"> 10:00 Tighten Up Exercise with Utah Home Health 10:45 MAKE IT *Be Creative* Flower Planting on the Assisted Living Patio 12:00 Walking Club *Weather Permitting* 1:30 World Views with Tim Chambless 3:00 Music Bingo 3:00 Texas Hold'em "Poker" resident led 3:45 Mens Hand Care 6:00 Monday at the Movies 	<ul style="list-style-type: none"> AD Medical Transportation Day 10:00 Tighten up with AMG Medical Group 10:40 Blackjack in the Bistro 11:00 Priesthood Meeting LDS 11:00 Relief Society LDS 12:00 Walking Club *Weather Permitting* 1:30 Fun with Bingo (4 bingo boards per person max) 3:00 Tender Hand and Nail Care 6:00 Evening Flix 	<ul style="list-style-type: none"> 10:00 Tighten Up Exercise with Randy from Excel Rehab Therapy 10:30 Tulip Festival Outing 11:00 Pai Gow Poker 12:00 Walking Club *Weather Permitting* 1:30 Bridge at the Ridge *Resident Led Activity* 1:30 Travel Cuisine *Mexico* 3:00 Moving Forward, Movement Class 6:00 Wednesday Movie Night 	<ul style="list-style-type: none"> AD Medical Transportation Day 10:00 Tighten up Exercise with Canyons Home Health 10:40 Game Corner *Five Crowns* 12:00 Walking Club *Weather Permitting* 1:00 Catholic Communion 1:30 Texas Hold'em "Poker" 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 Health 10:30 Flower Arranging in the Bistro *one vase per resident* 11:00 Macey's Grocery Shopping (8 Sign-up's Max) 12:00 Walking Club *Weather Permitting* 1:30 Fun with Bingo (4 bingo boards per person max) 3:00 Bread in the Bistro 3:30 Happy Hour 6:00 Friday Frenzy Movies 	<ul style="list-style-type: none"> 10:00 Tighten up Exercise with The Ridge Cottonwood Staff 11:00 Super Scenic Drive 12:00 Walking Club *Weather Permitting* 1:00 Blackjack in the Bistro *First Session* 2:00 Blackjack in the Bistro *Second Session* 3:00 Score with Wii Bowling! 3:15 Dominating Dominos *Mexican Train* 3:30 Saturday Happy Hour 6:00 Saturday Movie
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HAPPY BIRTHDAY

Anabel P. - 1st
David N. - 3rd
Yeiko N. - 3rd
Joann W. - 6th
Annette H. - 9th
Jeannine N. - 9th
Barbara C. - 12th
Joan E. - 12th
Mike B. - 19th
Thomas M. - 22nd
Kay C. - 26th
Jerry N. - 29th

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