



THE RIDGE
FOOTHILL · SENIOR LIVING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<ul style="list-style-type: none"> 10:00 Stretch and Strengthen 11:00 Card Game: Five Crowns 11:00 Super Scenic Drive *Brighton Ski Resort* 1:30 Spanish Class with Vivi 2:30 Musical Guest ~ Kevin Scott 3:30 TGIF Happy Hour 6:30 Award Winning Movie: The Zone of Interest (2023, PG-13, DVD) 	<ul style="list-style-type: none"> 10:00 Sit and Get Fit 10:45 Brain Games with Mary 1:30 Italian Soda Bar 2:30 Texas Hold'em 3:30 Our Planet 6:30 Saturday Cinema : The Bucket List (2007, PG-13, DVD)
<ul style="list-style-type: none"> 10:00 Sit and Get Fit 10:30 Catholic Communion 11:00 Trail Walks with Eric 1:00 LDS Sacrament Services 1:15 The Ridge Bridge Club 1:30 Sunday Sundae's 3:00 Bingo Bunch 6:30 Sunday Cinema: John Steinbeck's Cannery Row (1982, PG, DVD) 	<ul style="list-style-type: none"> 10:00 Move It Monday 10:45 Walk at Sugar House Park 1:30 Floral Designers 3:00 Sports Center 3:30 Chatter & Cheers Happy Hour 4:00 Come Follow Me *LDS Resident Led Activity* 6:30 Monday Musical Movie: Finian's Rainbow (1968, PG, DVD) 	<ul style="list-style-type: none"> 10:15 Movement Class with Canyons 10:45 Balloon Badminton 1:30 Musical Guest ~ Scott Woker 2:30 Blackjack with Mary 3:30 Cinco de Mayo Celebration 6:30 Classic Movie Night: Cool Hand Luke (1967, PG-13, DVD) 	<ul style="list-style-type: none"> 10:00 Wednesday's Workout 10:45 Mini Mani and Hand Massage 11:00 Resident Shopping ~ Walmart 1:00 Relief Society 1:30 Mexican Train Dominoes 2:00 Balance Class with Christian 3:30 Wine & Cheese Social 6:30 Western Movie Night: The Searchers (1956, PG-13, DVD) 	<ul style="list-style-type: none"> 10:15 Movement Class with Canyons 10:45 Current Events with Tim Chambliss 1:30 Rummykub Club 2:30 Bingo Bunch 3:30 MAKE IT *Be Creative* 6:30 Comedy Movie Night: Throw Momma from the Train (1987, PG-13, DVD) 	<ul style="list-style-type: none"> 10:00 Stretch and Strengthen 11:00 Card Game: Five Crowns 11:00 Resident Shopping ~ Liquor Store 1:30 Spanish Class with Vivi 2:30 Concert with Pop Orchestra 3:30 TGIF Happy Hour 6:30 Award Winning Movie: Million Dollar Baby (2014, PG-13, DVD) 	<ul style="list-style-type: none"> 10:00 Sit and Get Fit 10:45 Brain Games with Mary 1:30 Italian Soda Bar 2:30 Texas Hold'em 3:30 Our Planet 6:30 Saturday Cinema: The Shawshank Redemption (1994, R, DVD)
<ul style="list-style-type: none"> 10:00 Sit and Get Fit 10:30 Catholic Communion 11:00 Mother's Day Brunch 11:00 Trail Walks with Eric 1:00 LDS Sacrament Services 1:15 The Ridge Bridge Club 1:30 Sunday Sundae's 3:00 Bingo Bunch 6:30 Sunday Cinema: Wonder (2017, PG, DVD) 	<ul style="list-style-type: none"> 10:00 Move It Monday 11:00 Lunch Bunch 1:30 Floral Designers 3:00 Sports Center 3:30 Chatter & Cheers Happy Hour 4:00 Come Follow Me *LDS Resident Led Activity* 6:30 Monday Musical Movie: Kiss Me Kate (1953, PG, DVD) 	<ul style="list-style-type: none"> 10:15 Movement Class with Canyons 10:45 Balloon Badminton 1:30 Blackjack with Mary 2:30 Art with Lemon 3:30 Resident Birthday Party with Marketing and Champagne 6:30 Classic Movie Night: Dr. Strangelove, or, How I learned to stop worrying and love the bomb (1964, PG, DVD) 	<ul style="list-style-type: none"> 10:00 Wednesday's Workout 10:45 Mini Mani and Hand Massage 11:00 Resident Shopping ~ Walmart 1:30 Mexican Train Dominoes 2:00 Balance Class with Christian 3:30 Hope & Inspiration with Pastor Bruce 3:30 Wine & Cheese Social 6:30 Western Movie Night: Untamed (1955, PG-13, DVD) 	<ul style="list-style-type: none"> 10:15 Movement Class with Canyons 10:45 Current Events with Tim Chambliss 1:30 Mary Jo's and Peggy's Birthday Party 2:30 Bingo Bunch 3:30 Musical Guest ~ BD Howes 6:30 Comedy Movie Night: Private Benjamin (1980, R, DVD) 	<ul style="list-style-type: none"> 10:00 Stretch and Strengthen 11:00 Card Game: Five Crowns 11:00 Whole Foods Shopping Trip 1:30 Spanish Class with Vivi 2:30 Musical Guest ~ Scott Larabee 3:30 TGIF Happy Hour 6:30 Award Winning Movie: Anatomy of a Fall (2023, R, DVD) 	<ul style="list-style-type: none"> 10:00 Sit and Get Fit 10:45 Brain Games with Mary 1:30 Italian Soda Bar 2:30 Texas Hold'em 3:30 Our Planet 6:30 Saturday Cinema: Paris, Texas (1984, R, DVD)
<ul style="list-style-type: none"> 10:00 Sit and Get Fit 10:30 Catholic Communion 11:00 Trail Walks with Eric 11:30 Sunday Brunch 1:00 LDS Sacrament Services 1:15 The Ridge Bridge Club 1:30 Sunday Sundae's 3:00 Bingo Bunch 6:30 Sci-Fi Sunday Cinema: The Martian (2015, PG-13, DVD) 	<ul style="list-style-type: none"> 10:00 Move It Monday 11:00 Picnic at the Park 1:30 Floral Designers 3:00 Sports Center 3:30 Chatter & Cheers Happy Hour 4:00 Come Follow Me *LDS Resident Led Activity* 6:30 Monday Musical Movie 	<ul style="list-style-type: none"> 10:15 Movement Class with Canyons 10:45 Balloon Badminton 1:30 Blackjack with Mary 2:30 Resident Food Committee & Teaching Kitchen 3:30 Musical Guest ~ Merrill Smith 6:30 Classic Movie Night 	<ul style="list-style-type: none"> 10:00 Wednesday's Workout 10:45 Mini Mani and Hand Massage 11:00 Resident Shopping ~ Walmart 1:30 Mexican Train Dominoes 2:00 Balance Class with Christian 2:30 Music with Heart & Soul 3:30 Wine & Cheese Social 6:30 Western Movie Night: The Magnificent 7 (1960, PG, DVD) 	<ul style="list-style-type: none"> 10:15 Movement Class with Canyons 10:45 Trivia Corner with Emma 1:30 Rummykub Club 2:30 Bingo Bunch 3:30 MAKE IT *Be Creative* 6:30 Comedy Movie Night 	<ul style="list-style-type: none"> 10:00 Stretch and Strengthen 11:00 Card Game: Five Crowns 11:00 Super Scenic Drive 1:30 Spanish Class with Vivi 2:30 Concert with Pop Orchestra 3:30 TGIF Happy Hour 6:30 Award Winning Movie: The Color of Money (1986, R, DVD) 	<ul style="list-style-type: none"> 10:00 Sit and Get Fit 10:45 Brain Games with Mary 1:30 Italian Soda Bar 2:30 Texas Hold'em 3:30 Our Planet 6:30 Saturday Cinema ~ Super Heros: Far and Away (1992, PG-13, DVD)
<ul style="list-style-type: none"> 10:00 Sit and Get Fit 10:30 Catholic Communion 11:00 Trail Walks with Eric 1:00 LDS Sacrament Services 1:15 The Ridge Bridge Club 1:30 Sunday Sundae's 3:00 Bingo Bunch 6:30 Sunday Cinema: Speed (1994, R, DVD) 	<ul style="list-style-type: none"> 10:00 Move It Monday 11:00 Floral Designers 1:30 Frank Store 2:30 Sports Center 3:30 Chatter & Cheers Happy Hour 4:00 Come Follow Me *LDS Resident Led Activity* 6:30 Monday Musical Movie 	<ul style="list-style-type: none"> 10:15 Movement Class with Canyons 10:45 Balloon Badminton 11:30 Meals with Micki 2:00 Concert with Pop Orchestra 3:00 Blackjack with Mary 6:30 Classic Movie Night 	<ul style="list-style-type: none"> 10:00 Wednesday's Workout 10:45 Mini Mani and Hand Massage 11:00 Resident Shopping ~ Smiths 1:30 Mexican Train Dominoes 2:00 Balance Class with Christian 3:30 Wine & Cheese Social 6:00 Dementia Support Group (Everyone is Welcome) 6:30 Western Movie Night: 3:10 to Yuma(1957, PG-13, DVD) 	<ul style="list-style-type: none"> 10:15 Movement Class with Canyons 10:45 Current Events with Tim Chambliss 1:30 Rummykub Club 2:00 Resident Council 2:30 Town Hall 3:30 Musical Guest ~ Maggie Beers 6:30 Comedy Movie Night 	<ul style="list-style-type: none"> 10:00 Stretch and Strengthen 11:00 Card Game: Five Crowns 11:00 Super Scenic Drive 1:30 Spanish Class with Vivi 2:30 Concert with *Margo Canaan* 3:30 TGIF Happy Hour 6:30 Award Winning Movie 	<ul style="list-style-type: none"> 10:00 Sit and Get Fit 10:45 Brain Games with Mary 1:30 Italian Soda Bar 2:30 Texas Hold'em 3:30 Our Planet 6:30 Saturday Cinema ~ Super Heros
<ul style="list-style-type: none"> 10:00 Sit and Get Fit 10:30 Catholic Communion 11:00 Trail Walks with Eric 1:00 LDS Sacrament Services 1:15 The Ridge Bridge Club 1:30 Sunday Sundae's 3:00 Bingo Bunch 6:30 Sunday Cinema 						

HAPPY BIRTHDAY

Renate N. - 3rd
Gilbert G. - 5th
Kathleen S. - 6th
Dorothy D. - 11th
Peggy W. - 16th
Mary Jo L. - 16th
Suzy F. - 21st

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