



THE RIDGE
FOOTHILL · SENIOR LIVING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<ul style="list-style-type: none"> 9:45 Converse and Connect 10:00 Exercise and Hydration 10:30 Music Memories on the IN2L 11:00 Finish the Phrase 1:30 Super Scenic Drive 3:00 Snack & Hydration 3:30 Sports Center ~ GOLF 4:00 Sing ~ A ~ Long 5:30 Award Winning Movie 	<ul style="list-style-type: none"> 9:45 Converse and Connect 10:00 Exercise and Hydration 10:30 This Day In History 1:30 Jen Bradshaw on Guitar 2:30 For the Health of It 3:30 Snack and Hydration 4:00 Name That Tune 5:30 Saturday Cinema
<ul style="list-style-type: none"> 9:45 Converse and Connect 10:00 Sunday Morning Funny Pages 10:30 Catholic Communion 10:45 Musical & Mini Manicures/Hand Massage 1:00 LDS Sacrament Service 1:00 Table Games 2:00 Sunday Sundae's 3:30 Creative Arts 5:30 Sunday Cinema 	<ul style="list-style-type: none"> 9:45 Converse and Connect 10:00 Exercise and Hydration 10:30 IN2L with Vae 1:30 Monday Mattinee 1:30 Scenic Drive 3:00 Snack and Hydration 3:30 Floral Design 5:30 Monday Musical Movie 	<ul style="list-style-type: none"> 9:45 Converse and Connect 10:00 Sit and Be Fit 10:30 Noodle Ball 1:30 Cooking Club 2:30 Music Guest Scott Woker 3:30 Color Me Calm 5:30 Classic Movie Night 	<ul style="list-style-type: none"> 9:45 Converse and Connect 10:00 Exercise and Hydration 10:30 Brain Games 1:30 Super Scenic Drive 2:45 Snack and Hydration 3:15 Art Class 4:00 Sing ~ A ~ Long 5:30 Western Movie Night 	<ul style="list-style-type: none"> 9:45 Converse and Connect 10:00 Exercise and Hydration 10:30 Conversation Ball 11:00 Musical Hangman 1:30 Crafting Corner 2:30 Balloon Volleyball 3:30 Hydration Station 4:00 Puzzle Challenge 5:30 Comedy Movie Night 	<ul style="list-style-type: none"> 9:45 Converse and Connect 10:00 Exercise and Hydration 10:30 Music Memories on the IN2L 11:00 Finish the Phrase 1:30 Super Scenic Drive 3:00 Snack & Hydration 3:30 Sports Center ~ GOLF 4:00 Sing ~ A ~ Long 5:30 Award Winning Movie 	<ul style="list-style-type: none"> 9:45 Converse and Connect 10:00 Exercise and Hydration 10:30 This Day In History 11:00 Active Games 1:30 Musical Guest ~ Kevin Scott 2:30 For the Health of It 3:30 Snack and Hydration 4:00 Name That Tune 5:30 Saturday Cinema
<ul style="list-style-type: none"> 9:45 Converse and Connect 10:00 Sunday Morning Funny Pages 10:30 Catholic Communion 10:45 Musical & Mini Manicures/Hand Massage 1:00 LDS Sacrament Service 1:00 Table Games 1:30 Flower planting 2:00 Sunday Sundae's 3:30 Creative Arts 5:30 Sunday Cinema 	<ul style="list-style-type: none"> 9:45 Converse and Connect 10:00 Exercise and Hydration 10:30 IN2L with Vae 1:30 Monday Mattinee 1:30 Scenic Drive 3:00 Snack and Hydration 3:30 Floral Design 5:30 Monday Musical Movie 	<ul style="list-style-type: none"> 9:45 Converse and Connect 10:00 Sit and Be Fit 10:30 Noodle Ball 1:30 Cooking Club 2:30 Music Artist Spotlight 3:30 Color Me Calm 3:30 Concert with Pop Orchestra 5:30 Classic Movie Night 	<ul style="list-style-type: none"> 9:45 Converse and Connect 10:00 Exercise and Hydration 10:30 Brain Games 1:30 Super Scenic Drive 2:45 Snack and Hydration 3:15 Art Class 4:00 Sing ~ A ~ Long 5:30 Western Movie Night 	<ul style="list-style-type: none"> 9:45 Converse and Connect 10:00 Exercise and Hydration 10:30 Conversation Ball 11:00 Musical Hangman 1:30 Crafting Corner 2:30 Balloon Volleyball 3:30 Concert with Pop Orchestra 4:00 Puzzle Challenge 5:30 Comedy Movie Night 	<ul style="list-style-type: none"> 9:45 Converse and Connect 10:00 Exercise and Hydration 10:30 Music Memories on the IN2L 11:00 Finish the Phrase 1:30 Super Scenic Drive 3:00 Snack & Hydration 3:30 Sports Center ~ GOLF 4:00 Sing ~ A ~ Long 5:30 Award Winning Movie 	<ul style="list-style-type: none"> 9:45 Converse and Connect 10:00 Exercise and Hydration 10:30 This Day In History 11:00 Imagination Vacation 1:30 Concert with Pop Orchestra 2:30 For the Health of It 3:30 Snack and Hydration 4:00 Name That Tune 5:30 Saturday Cinema
<ul style="list-style-type: none"> 9:45 Converse and Connect 10:00 Sunday Morning Funny Pages 10:30 Catholic Communion 10:45 Musical & Mini Manicures/Hand Massage 1:00 LDS Sacrament Service 1:00 Table Games 2:00 Sunday Sundae's 3:30 Creative Arts 5:30 Sunday Cinema 	<ul style="list-style-type: none"> 9:45 Converse and Connect 10:00 Exercise and Hydration 10:30 IN2L with Vae 1:30 Monday Mattinee 1:30 Scenic Drive 3:00 Snack and Hydration 3:30 Floral Design 5:30 Monday Musical Movie 	<ul style="list-style-type: none"> 9:45 Converse and Connect 10:00 Sit and Be Fit 10:30 Noodle Ball 1:30 Cooking Club 2:30 Musical Guest ~ Merrill Smith 3:30 Color Me Calm 5:30 Classic Movie Night 	<ul style="list-style-type: none"> 9:45 Converse and Connect 10:00 Exercise and Hydration 10:30 Brain Games 1:30 Super Scenic Drive 2:45 Snack and Hydration 3:15 Art Class 4:00 Sing ~ A ~ Long 5:30 Western Movie Night 	<ul style="list-style-type: none"> 9:45 Converse and Connect 10:00 Exercise and Hydration 10:30 Conversation Ball 11:00 Musical Hangman 1:30 Crafting Corner 2:30 Balloon Volleyball 3:30 Hydration Station 4:00 Puzzle Challenge 5:30 Comedy Movie Night 	<ul style="list-style-type: none"> 9:45 Converse and Connect 10:00 Exercise and Hydration 10:30 Music Memories on the IN2L 11:00 Finish the Phrase 1:30 Super Scenic Drive 3:00 Snack & Hydration 3:30 Sports Center ~ GOLF 4:00 Sing ~ A ~ Long 5:30 Award Winning Movie 	<ul style="list-style-type: none"> 9:45 Converse and Connect 10:00 Exercise and Hydration 10:30 This Day In History 1:30 Musical Guest 2:30 For the Health of It 3:30 Snack and Hydration 4:00 Name That Tune 5:30 Saturday Cinema
<ul style="list-style-type: none"> 9:45 Converse and Connect 10:00 Sunday Morning Funny Pages 10:30 Catholic Communion 10:45 Musical & Mini Manicures/Hand Massage 1:00 LDS Sacrament Service 1:00 Table Games 2:00 Sunday Sundae's 3:30 Creative Arts 5:30 Sunday Cinema 	<ul style="list-style-type: none"> 9:45 Converse and Connect 10:00 Exercise and Hydration 10:30 IN2L with Vae 1:30 Monday Mattinee 1:30 Scenic Drive 3:00 Snack and Hydration 3:30 Floral Design 5:30 Monday Musical Movie 	<ul style="list-style-type: none"> 9:45 Converse and Connect 10:00 Sit and Be Fit 10:30 Noodle Ball 1:30 Color Me Calm 2:00 BD Howes on Guitar 3:00 Cooking Club 5:30 Classic Movie Night 	<ul style="list-style-type: none"> 9:45 Converse and Connect 10:00 Exercise and Hydration 10:30 Brain Games 1:30 Super Scenic Drive 2:45 Snack and Hydration 3:15 Art Class 4:00 Sing ~ A ~ Long 5:30 Western Movie Night 	<ul style="list-style-type: none"> 9:45 Converse and Connect 10:00 Exercise and Hydration 10:30 Conversation Ball 11:00 Musical Hangman 1:30 Crafting Corner 2:30 Balloon Volleyball 3:30 Hydration Station 4:00 Puzzle Challenge 5:30 Comedy Movie Night 	<ul style="list-style-type: none"> 9:45 Converse and Connect 10:00 Exercise and Hydration 10:30 Music Memories on the IN2L 11:00 Finish the Phrase 1:30 Super Scenic Drive 3:00 Snack & Hydration 3:30 Sports Center ~ GOLF 4:00 Sing ~ A ~ Long 5:30 Award Winning Movie 	<ul style="list-style-type: none"> 9:45 Converse and Connect 10:00 Exercise and Hydration 10:30 This Day In History 1:15 Music Guest Linda Davidson 2:30 For the Health of It 3:30 Snack and Hydration 4:00 Name That Tune 5:30 Saturday Cinema
<ul style="list-style-type: none"> 9:45 Converse and Connect 10:00 Sunday Morning Funny Pages 10:30 Catholic Communion 10:45 Musical & Mini Manicures/Hand Massage 1:00 LDS Sacrament Service 1:00 Table Games 2:00 Sunday Sundae's 3:30 Creative Arts 5:30 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

Meal Times

Breakfast
8:00am ~ 9:00am

Lunch
12:00pm ~ 1:00pm

Dinner
5:00pm ~ 6:00pm