



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	● 10:00 Tighten Up Exercise with Utah Home Health ● 10:45 Rummikube with Lauri ● 12:15 Walking Club *Weather Permitting* ● 1:30 Pictionary in the Bistro ● 3:00 Music Bingo ● 3:00 Texas Hold'em "Poker" resident led ● 3:45 Mens Hand Care ● 6:00 Monday at the Movies	● AD Medical Transportation Day ● 10:00 Pet Therapy with Intermountain Animal Therapy ● 10:00 Tighten up with AMG Medical Group ● 11:00 Sunday School *LDS Activity* ● 12:15 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	● 10:00 Tighten Up Exercise with Randy from Excel Rehab Therapy ● 11:00 Pai Gow Poker ● 11:00 Super Scenic Drive ● 12:15 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 ● 6:00 Wednesday Movie Night	● AD Medical Transportation Day ● 10:00 Tighten up Exercise with Canyons Home Health ● 10:30 Thursday Matinee ● 10:40 Game Corner *Five Crowns* ● 12:15 Walking Club *Weather Permitting* ● 1:00 Catholic Communion ● 1:30 Texas Hold'em "Poker" ● 3:00 Concert with Lucas Morley *Big Band Swing* ● 6:00 Thursday at the Theater	● 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) ● 12:15 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	● 10:00 Tighten up Exercise with The Ridge Cottonwood Staff ● 11:00 Super Scenic Drive ● 12:15 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* resident led activity ● 3:30 Saturday Happy Hour ● 6:00 Saturday Movie
● 9:30 Church Transportation ● 10:45 Sunday Matinee ● 11:00 The Church of Jesus Christ of Latter-day Saints ● 12:15 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	● 10:00 Tighten Up Exercise with Utah Home Health ● 10:45 MAKE IT *Be Creative* ● 12:15 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	● 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 ● 12:15 Walking Club *Weather Permitting* ● 1:30 Fun with Bingo (4 bingo boards per person max) ● 3:00 Jeannie Luke Choir Murray Senior Center ● 6:00 Evening Flix	● 10:00 Tighten Up Exercise with Randy from Excel Rehab Therapy ● 11:00 Pai Gow Poker ● 11:00 Super Scenic Drive ● 12:15 Walking Club *Weather Permitting* ● 1:30 Bridge at the Ridge *Resident Led Activity* ● 1:30 Tender Hand and Nail Care ● 3:00 Moving Forward, Movement Class ● 6:00 Wednesday Movie Night	● AD Medical Transportation Day ● 10:00 Tighten up Exercise with Canyons Home Health ● 10:30 Thursday Matinee ● 10:40 Game Corner *Five Crowns* ● 12:15 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	● 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) ● 12:15 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	● 10:00 Tighten up Exercise with The Ridge Cottonwood Staff ● 11:00 Super Scenic Drive *Donut Drive* ● 12:15 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* resident led activity ● 3:30 Saturday Happy Hour ● 6:00 Saturday Movie
● 9:30 Church Transportation ● 10:45 Sunday Matinee ● 11:00 The Church of Jesus Christ of Latter-day Saints ● 12:15 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	● 10:00 Tighten Up Exercise with Utah Home Health ● 10:45 Rummikube with Lauri ● 12:15 Walking Club *Weather Permitting* ● 1:30 Current Events with Bart Barker ● 3:00 Music Bingo ● 3:00 Texas Hold'em "Poker" resident led ● 3:45 Mens Hand Care ● 6:00 Family Home Evening *LDS Activity* ● 6:00 Monday at the Movies	● AD Medical Transportation Day ● 10:00 Pet Therapy with Intermountain Animal Therapy ● 10:00 Tighten up with AMG Medical Group ● 11:00 Sunday School *LDS Activity* ● 12:15 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	● 10:00 Tighten Up Exercise with Randy from Excel Rehab Therapy ● 11:00 Pai Gow Poker ● 11:00 Super Scenic Drive ● 12:15 Walking Club *Weather Permitting* ● 1:15 Score with Wii Bowling! ● 1:30 Bridge at the Ridge *Resident Led Activity* ● 2:00 Concert with Angel Martinez *Crooners of 1950's-1970's* ● 3:15 Corn Hole & Root Beer Floats ● 6:00 Wednesday Movie Night	● AD Medical Transportation Day ● 10:00 Tighten up Exercise with Canyons Home Health ● 10:30 Thursday Matinee ● 10:40 Tracy Aviary Outing and Picnic ● 12:15 Walking Club *Weather Permitting* ● 1:00 Catholic Communion ● 1:30 Texas Hold'em "Poker" ● 3:00 Concert with CeCe Cole *Golden Age Movie Musicals* ● 6:00 Thursday at the Theater	● 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) ● 12:15 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	● 10:00 Tighten up Exercise with The Ridge Cottonwood Staff ● 11:30 Father's Day BBQ ● 12:15 Walking Club *Weather Permitting* ● 2:00 Blackjack in the Bistro *One Session* ● 3:15 Dominating Dominos *Mexican Train* resident led activity ● 3:15 Score with Wii Bowling! ● 3:30 Saturday Happy Hour ● 6:00 Saturday Movie
● AD Happy Father's Day ● 9:30 Church Transportation ● 10:45 Sunday Matinee ● 11:00 The Church of Jesus Christ of Latter-day Saints ● 12:15 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	● 10:00 Tighten Up Exercise with Utah Home Health ● 10:45 MAKE IT *Be Creative* ● 12:15 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	● 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 ● 12:15 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	● 10:00 Tighten Up Exercise with Randy from Excel Rehab Therapy ● 11:00 Pai Gow Poker ● 11:00 Super Scenic Drive ● 12:15 Walking Club *Weather Permitting* ● 1:30 Bridge at the Ridge *Resident Led Activity* ● 1:30 Travel Cuisine ● 3:00 Moving Forward, Movement Class ● 6:00 Wednesday Movie Night	● AD Medical Transportation Day ● 10:00 Tighten up Exercise with Canyons Home Health ● 10:30 Thursday Matinee ● 10:40 Game Corner *Five Crowns* ● 12:15 Walking Club *Weather Permitting* ● 1:00 Catholic Communion ● 1:30 Texas Hold'em "Poker" ● 3:00 Concert with Margo Canaan ● 6:00 Thursday at the Theater	● 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) ● 12:15 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	● 10:00 Tighten up Exercise with The Ridge Cottonwood Staff ● 11:00 Super Scenic Drive ● 12:15 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* resident led activity ● 3:30 Saturday Happy Hour ● 6:00 Saturday Movie
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HAPPY BIRTHDAY

Linda O. - 3rd
Jim B. - 5th
Carol V. - 8th
Kay V. - 9th
June H. - 11th
Gordon W. - 13th
Samm S. - 14th
Shirley M. - 17th
Cyd F. - 19th
Rick S. - 19th
Judy G. - 24th
Marcia R. - 25th
Wendy R. - 25th
Carolyn A. - 30th

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