



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 IN2L with Vae 1:30 Ring Toss 2:30 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 5:45 Story Time with Kaylee 6:30 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~ Sugarhouse Park, Liberty Park, Murray Park 1:30 Table Games with Emma 2:45 Snack and Hydration 3:15 Art Class 4:00 Sing ~ A ~ Long 5:45 Meditation and Stretching 6:30 Western Movie Night 	<ul style="list-style-type: none"> 9:45 Converse and Connect 10:00 Exercise and Hydration 10:30 Musical Hangman 1:30 Crafting Corner 2:30 Bowling 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 IN2L Games 1:30 Super Scenic Drive~ Big Cottonwood Canyon 2:30 Snack & Hydration 3:30 Sports Center ~ Air Hockey 5:45 Story Time with Kaylee 6:30 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 Travel Club with Kaylee 1:30 Jen Bradshaw on Guitar 2:30 Snack and Hydration 3:00 Drum Fit 4:00 Sing ~ A ~ Long 5:45 Stretching and Meditation with Vivi 6:30 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 Sundaes 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 Target Practice 2:30 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 Color Me Calm 3:30 Concert with Pop Orchestra 5:45 Story Time with Kaylee 6:30 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 Fine Arts Museum Outing 3:00 Snack and Hydration 3:15 Art Class 4:00 Sing ~ A ~ Long 5:45 Meditation and Stretching 6:30 Western Movie Night 	<ul style="list-style-type: none"> 9:45 Converse and Connect 10:00 Exercise and Hydration 10:30 Musical Hangman 1:30 Crafting Corner 2:30 Bowling 3:30 Concert with Pop Orchestra 3:30 Hydration Station 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 IN2L Games 1:30 Super Scenic Drive~ Little Cottonwood Canyon 2:30 Snack & Hydration 3:30 Sports Center ~ Table Tennis 5:45 Story Time with Kaylee 6:30 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 Travel Club with Kaylee 1:30 Musical Guest ~ Kevin Scott 2:30 Snack and Hydration 3:00 Drum Fit 4:00 Sing ~ A ~ Long 5:45 Stretching and Meditation with Vivi 6:30 Saturday Cinema
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HAPPY BIRTHDAY

Jo S. - 1st
Theodore F. - 2nd
Joan E. - 10th
Deb B. - 15th
Tom W. - 19th
Victoria W. - 21st
Amnon G. - 25th
Sandy R. - 29th

ACTIVITY TYPES

- Inspirational
- Intellectual
- Physical
- Social

Meal Times

Breakfast
8:00am ~ 9:00am

Lunch
12:00pm ~ 1:00pm

Dinner
5:00pm ~ 6:00pm