



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			10:00 Tighten Up Exercise with Randy from Excel Rehab Therapy 11:00 Pai Gow Poker 11:00 Super Scenic Drive *City Creek Canyon* 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 *Blast From the Past*(1999) 1	AD Medical Transportation Day 10:00 Tighten up Exercise with Canyons Home Health 10:40 Game Corner *Five Crowns* 12:15 Walking Club *Weather Permitting* 1:00 Catholic Communion 1:45 Texas Hold'em "Poker" Late Start 3:00 Concert with *Annie Burton* Carpenters and Easy Listening 6:00 Thursday at the Theater *Diamonds Are Forever*(1971) 2	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) 2:30 Movie Club Meeting 3:00 Pop Corn in the Bistro 3:30 Happy Hour *Watermelon Margarita* 6:00 Friday Frenzy Movies *Crocodile Dundee*(1986) 3	10:00 Tighten up Exercise with The Ridge Cottonwood Staff 11:00 4th of July BBQ 12:15 Walking Club *Weather Permitting* 2:00 Concert with *Silver Tongue Devils* 3:00 Score with Wii Bowling! 3:15 Dominating Dominos *Mexican Train* resident led activity 3:30 Saturday Happy Hour 6:00 Saturday Movie *Picture Perfect*(1997) 4
9:30 Church Transportation 10:45 Sunday Matinee *Beatles Anthology* Episode 9 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 *Jumanji 2*(2017) 5	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 6	AD Medical Transportation Day 10:00 Pet Therapy with Intermountain Animal Therapy 11:00 Tighten up with AMG Medical Group 10:40 Blackjack in the Bistro 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 7	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 Corn Hole & Ice Cream on the Patio 3:00 Moving Forward, Movement Class 6:00 Wednesday Movie Night 8	AD Medical Transportation Day 10:00 Tighten up Exercise with Canyons Home Health 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 Kevin Scott 6:00 Thursday at the Theater 9	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) 2:30 Resident Ambassador Meeting 3:00 Bread in the Bistro 3:30 Happy Hour 6:00 Friday Frenzy Movies 10	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 11
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 12	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 Monday at the Movies 13	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 14	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 Scott Larabee 6:00 Wednesday Movie Night 15	AD Medical Transportation Day 10:00 Tighten up Exercise with Canyons Home Health 11:00 Millcreek Canyon Picnic 12:15 Walking Club *Weather Permitting* 1:00 Catholic Communion 1:30 Texas Hold'em "Poker" 3:00 Concert with Pop Orchestra 6:00 Thursday at the Theater 16	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 17	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 18
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 19	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 Family Home Evening *LDS Activity* 6:00 Monday at the Movies 20	AD Medical Transportation Day 10:00 Pet Therapy with Intermountain Animal Therapy 11:00 Tighten up with AMG Medical Group 10:40 Blackjack in the Bistro 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 21	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 Baking Club *Fruit Tart * 1:30 Bridge at the Ridge *Resident Led Activity* 3:00 Moving Forward, Movement Class 6:00 Wednesday Movie Night 22	AD Medical Transportation Day 10:00 Tighten up Exercise with Canyons Home Health 10:40 Game Corner *Five Crowns* 12:15 Walking Club *Weather Permitting* 1:00 Catholic Communion 1:30 Texas Hold'em "Poker" 3:00 BD Howes on Guitar 6:00 Thursday at the Theater 23	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) 11:30 Pioneer Day BBQ 12:15 Walking Club *Weather Permitting* 1:30 Fun with Bingo (4 bingo boards per person max) 3:00 Celebrate Pioneer Day in the Bistro 6:00 Friday Frenzy Movies 24	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 25
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 26	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 27	AD Medical Transportation Day 10:40 Blackjack in the Bistro 11:00 Priesthood Meeting LDS 11:00 Relief Society LDS 12:15 Walking Club *Weather Permitting* 1:45 Resident's Only Meeting 2:00 Resident Council 3:00 Tender Hand and Nail Care 6:00 Evening Flix 28	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 Fun with Bingo (4 bingo boards per person max) 3:00 Moving Forward, Movement Class 6:00 Wednesday Movie Night 29	AD Medical Transportation Day 10:00 Tighten up Exercise with Canyons Home Health 10:40 Game Corner *Five Crowns* 12:15 Walking Club *Weather Permitting* 1:00 Catholic Communion 1:30 Texas Hold'em "Poker" 3:00 Jen Bradshaw on Guitar 6:00 Thursday at the Theater 30	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 31	

HAPPY BIRTHDAY

Ace A. - 3rd
Stott C. - 3rd
Lodene H. - 5th
Susan L. - 8th
Kay S. - 9th
Jackie K. - 11th
Karen M. - 13th
Valerie S. - 15th
Sharon P. - 16th
Wayne M. - 16th
Betty Sue P. - 19th
Linda B. - 20th
Gary W. - 31st

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