

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			9:45 Converse and Connect 10:00 Exercise and Hydration 10:30 Trivia Time 11:00 On This Day In History 1:30 Super Scenic Drive~ Little Cottonwood Canyon 1:30 Table Games 2:45 Snack and Bingo 3:15 Art Class 4:00 Sing ~ A ~ Long 5:45 Meditation and Stretching 6:30 Western Movie Night 1	9:45 Converse and Connect 10:00 Exercise and Hydration 10:30 Musical Hangman 11:00 Pass The Story 1:30 Crafting Corner 2:30 Bowling 3:30 Gardening and Hydration 4:00 Puzzle Challenge 5:30 Comedy Movie Night 2	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 2:30 Card Creations 2:30 Snack & Hydration 3:30 Sports Center ~ GOLF 4:00 Sing ~ A ~ Long 4:30 Forth of July BBQ & Celebration 5:45 Story Time with Kaylee 6:30 Award Winning Movie 3	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 Gardening + Snack and Hydration 3:00 Drum Fit 4:00 Sing ~ A ~ Long 5:45 Stretching and Meditation with Vivi 6:30 Saturday Cinema 4
9:45 Converse and Connect 10:00 Sunday Morning Funny Pages 10:30 Catholic Communion 10:30 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 5	9:45 Converse and Connect 10:00 Exercise and Hydration 10:30 Trivia Time 11:00 Pass The Story 1:30 Inflatable Games 2:30 Name That Tune + Snack and Hydration 3:30 Floral Design 5:30 Monday Musical Movie 6	9:45 Converse and Connect 10:00 Sit and Be Fit 10:30 Bingo 11:00 Table Games and Puzzles 1:30 Cooking Club 2:30 Music Guest Scott Woker 3:30 Noodle Ball 5:45 Story Time with Kaylee 6:30 Classic Movie Night 7	9:45 Converse and Connect 10:00 Exercise and Hydration 10:30 Trivia Time 11:00 On This Day In History 1:30 Super Scenic Drive~ Capitol and City Creek Canyon 1:30 Table Games 2:45 Snack and Bingo 3:15 Art Class 4:00 Sing ~ A ~ Long 5:45 Meditation and Stretching 6:30 Western Movie Night 8	9:45 Converse and Connect 10:00 Exercise and Hydration 10:30 Musical Hangman 11:00 Pass The Story 1:30 Crafting Corner 2:30 Bowling 3:30 Concert with Pop Orchestra 3:30 Gardening And Hydration 4:00 Puzzle Challenge 5:30 Comedy Movie Night 9	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 2:30 Card Creations 2:30 Snack & Hydration 3:30 Sports Center ~ Football 4:00 Sing ~ A ~ Long 5:45 Story Time with Kaylee 6:30 Award Winning Movie 10	9:45 Converse and Connect 10:00 Exercise and Hydration 10:30 This Day In History 11:00 Active Games 11:00 Travel Club with Kaylee 1:30 Musical Guest ~ Kevin Scott 2:30 Gardening + Snack and Hydration 3:00 Drum Fit 4:00 Sing ~ A ~ Long 5:45 Stretching and Meditation with Vivi 6:30 Saturday Cinema 11
9:45 Converse and Connect 10:00 Sunday Morning Funny Pages 10:30 Catholic Communion 10:30 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 12	9:45 Converse and Connect 10:00 Exercise and Hydration 10:30 Trivia Time 11:00 Pass The Story 1:30 Inflatable Games 2:30 Name That Tune + Snack and Hydration 3:30 Floral Design 5:30 Monday Musical Movie 13	9:45 Converse and Connect 10:00 Sit and Be Fit 10:30 Bingo 11:00 Table Games and Puzzles 1:30 Cooking Club 3:30 Concert with Maggie Beers 5:45 Story Time with Kaylee 6:30 Classic Movie Night 14	9:45 Converse and Connect 10:00 Exercise and Hydration 10:30 Trivia Time 11:00 On This Day In History 1:30 Super Scenic Drive~ Immigration Canyon and Liberty Park 1:30 Table Games 2:45 Snack and Bingo 3:15 Art Class 4:00 Sing ~ A ~ Long 5:45 Meditation and Stretching 6:30 Western Movie Night 15	9:45 Converse and Connect 10:00 Exercise and Hydration 10:30 Musical Hangman 11:00 Pass The Story 1:30 Crafting Corner 2:30 Bowling 3:30 Gardening And Hydration 4:00 Puzzle Challenge 5:30 Comedy Movie Night 16	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 2:30 Card Creations 2:30 Snack & Hydration 3:30 Sports Center ~ Basketball 4:00 Sing ~ A ~ Long 5:45 Story Time with Kaylee 6:30 Award Winning Movie 17	9:45 Converse and Connect 10:00 Exercise and Hydration 10:30 This Day In History 11:00 Imagination Vacation 11:00 Travel Club with Kaylee 1:30 Concert with Pop Orchestra 2:30 Gardening + Snack and Hydration 3:00 Drum Fit 4:00 Sing ~ A ~ Long 5:45 Stretching and Meditation with Vivi 6:30 Saturday Cinema 18
9:45 Converse and Connect 10:00 Sunday Morning Funny Pages 10:30 Catholic Communion 10:30 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 19	9:45 Converse and Connect 10:00 Exercise and Hydration 10:30 Trivia Time 11:00 Pass The Story 1:30 Inflatable Games 2:30 Name That Tune + Snack and Hydration 3:30 Floral Design 5:30 Monday Musical Movie 20	9:45 Converse and Connect 10:00 Sit and Be Fit 10:30 Bingo 11:00 Table Games and Puzzles 1:30 Cooking Club 2:30 Musical Guest ~ Merrill Smith 3:30 Noodle Ball 5:45 Story Time with Kaylee 6:30 Classic Movie Night 21	9:45 Converse and Connect 10:00 Exercise and Hydration 10:30 Trivia Time 11:00 On This Day In History 1:30 Super Scenic Drive~ Sugarhouse Park, Liberty Park, Murray Park 1:30 Table Games 2:45 Snack and Bingo 3:15 Art Class 4:00 Sing ~ A ~ Long 5:45 Meditation and Stretching 6:30 Western Movie Night 22	9:45 Converse and Connect 10:00 Exercise and Hydration 10:30 Musical Hangman 11:00 Pass The Story 1:30 Crafting Corner 2:30 Bowling 3:30 Gardening And Hydration 4:00 Puzzle Challenge 5:30 Comedy Movie Night 23	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 2:30 Card Creations 2:30 Snack & Hydration 3:30 Sports Center ~ Soccer 4:00 Sing ~ A ~ Long 5:45 Story Time with Kaylee 6:30 Award Winning Movie 24	9:45 Converse and Connect 10:00 Exercise and Hydration 10:30 This Day In History 11:00 Travel Club with Kaylee 2:30 Gardening + Snack and Hydration 3:00 Drum Fit 4:00 Sing ~ A ~ Long 5:45 Stretching and Meditation with Vivi 6:30 Saturday Cinema 25
9:45 Converse and Connect 10:00 Sunday Morning Funny Pages 10:30 Catholic Communion 10:30 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 26	9:45 Converse and Connect 10:00 Exercise and Hydration 10:30 Trivia Time 11:00 Pass The Story 1:30 Inflatable Games 2:30 Name That Tune + Snack and Hydration 3:30 Floral Design 5:30 Monday Musical Movie 27	9:45 Converse and Connect 10:00 Sit and Be Fit 10:30 Bingo 11:00 Table Games and Puzzles 1:30 Cooking Club 2:00 BD Howes on Guitar 3:30 Noodle Ball 5:45 Story Time with Kaylee 6:30 Classic Movie Night 28	9:45 Converse and Connect 10:00 Exercise and Hydration 10:30 Trivia Time 11:00 On This Day In History 1:30 Super Scenic Drive~ Big Cottonwood Canyon 1:30 Table Games 2:45 Snack and Bingo 3:15 Art Class 4:00 Sing ~ A ~ Long 5:45 Meditation and Stretching 6:30 Western Movie Night 29	9:45 Converse and Connect 10:00 Exercise and Hydration 10:30 Musical Hangman 11:00 Pass The Story 1:30 Crafting Corner 2:30 Balloon Volleyball 3:00 Gardening and Hydration 3:30 Music with Heart & Soul 5:30 Comedy Movie Night 30	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 2:30 Card Creations 2:30 Snack & Hydration 3:30 Sports Center ~ Baseball 4:00 Sing ~ A ~ Long 5:45 Story Time with Kaylee 6:30 Award Winning Movie 31	

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THE RIDGE

FOOTHILL • SENIOR LIVING

HAPPY BIRTHDAY

Ron D. - 2nd

Judith G. - 8th

Ruth S. - 8th

Marianne T. - 12th

Valerie W. - 15th

Hubert M. - 21st

Launa K. - 21st

Joan D. - 23rd

Dorothy W. - 24th

Barbara G. - 25th

Robert H. - 30th

ACTIVITY TYPES

- Inspirational
- Intellectual
- Physical
- Social

Meal Times

Breakfast

8:00am ~ 9:00am

Lunch

12:00pm ~ 1:00pm

Dinner

5:00pm ~ 6:00pm