

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						● 10:00 Tighten up Exercise with Cristi Temple* ● 11:00 Super Scenic Drive *Draper ● 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! ● 3:30 Saturday Happy Hour ● 6:00 Saturday Movie *All the Presidents Men*
● 9:30 Church Transportation ● 10:45 Sunday Matinee *Lost Treasures of the Bible Ep. 4* ● 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 *Fancy Pants*	● 10:00 Tighten Up Exercise with Utah Home Health ● 10:45 MAKE IT *Be Creative* Watercolor Painting Birds ● 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 Pet Therapy with Intermountain Animal Therapy ● 10:00 Tighten up with AMG Medical Group ● 10:40 Blackjack in the Bistro ● 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 Gentle Chair Tai Chi for Mind and Body with Jeremy from Holladay Rehab ● 6:00 Wednesday Movie Night	● AD Medical Transportation Day ● 10:00 Tighten up Exercise with Holladay Rehab ● 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 Beth Bollinger ● 5:30's Bop* ● 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 Paint Class with Callie ● 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! ● 3:30 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 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 Super Scenic Drive ● 12:15 Walking Club *Weather Permitting* ● 1:30 Bob Shorten on the Piano ● 1:30 Bridge at the Ridge *Resident Led Activity* ● 3:00 Word in a Word in the Bistro ● 6:00 Wednesday Movie Night	● AD Medical Transportation Day ● 10:00 Tighten up Exercise with Holladay Rehab ● 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 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 *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! ● 3:30 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 Pictionary in the Bistro ● 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 ● 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	● 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 Piano with Merrill Smith ● 3:15 Air Hokey in the Bistro ● 6:00 Wednesday Movie Night	● AD Medical Transportation Day ● 10:00 Tighten up Exercise with Holladay Rehab ● 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 Kyra Furman*Classicals * ● 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) ● 2:30 Movie Club Meeting ● 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! ● 3:30 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 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* ● 1:45 Resident's Only Meeting ● 2:00 Resident Council ● 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 Fun with Bingo (4 bingo boards per person max) ● 3:00 Baking Club *Berry Tarts* ● 6:00 Wednesday Movie Night	● AD Medical Transportation Day ● 10:00 Tighten up Exercise with Holladay Rehab ● 11:00 Lunch Bunch Ruth's Diner ● 12:15 Walking Club *Weather Permitting* ● 1:00 Catholic Communion ● 1:30 Texas Hold'em "Poker" ● 3:00 Music with Margo Caanan ● 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* ● 2:00 Farmer's Market ● 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! ● 3:30 Saturday Happy Hour ● 6:00 Saturday Movie
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HAPPY BIRTHDAY

Judy K. - 4th
Dell B. - 4th
Hal G. - 9th
Billie R. - 10th
Laura B. - 11th
Oman T. - 13th
Randy A. - 15th
Duane C. - 16th
Ellen S. - 17th
Cubby C. - 19th
Lynn D. - 29th

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