

HAPPY BIRTHDAY

Roger R. - 3rd

Freddie L. - 4th

Carmela S. - 7th

Ivan E. - 9th

Joyce L. - 22nd

Marea R. - 23rd

Rog L. - 28th

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		● 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 *please sign up at the desk* ● 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 *please sign up at the desk* ● 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, Movement Class ● 6:00 Wednesday Movie Night	● AD Medical Transportation Day ● 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* please sign up at the desk ● 2:00 Blackjack in the Bistro *Second Session* please sign up at the desk ● 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 With the Ridge Cottonwood Staff ● 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 *please sign up at the desk* ● 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 *please sign up at the desk* ● 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 Gentle Chair Tai Chi for Mind & Body w/ 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 Anne Burton *Carpenters, Easy Listening * ● 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* please sign up at the desk ● 2:00 Blackjack in the Bistro *Second Session* please sign up at the desk ● 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 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 *please sign up at the desk* ● 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 *please sign up at the desk* ● 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 Scott Larabee on Piano ● 3:15 Happy Hour *Arnold Palmer* ● 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 Get Glam With Us ● 5:30 Anniversary Casino Party	● 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* please sign up at the desk ● 2:00 Blackjack in the Bistro *Second Session* please sign up at the desk ● 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 Family Home Evening *LDS Activity* ● 6:00 Monday at the Movies	● AD Medical Transportation Day ● 10:00 Tighten up with AMG Medical Group ● 10:40 Blackjack in the Bistro *please sign up at the desk* ● 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 *please sign up at the desk* ● 11:00 Super Scenic Drive ● 12:15 Walking Club *Weather Permitting* ● 1:30 Bridge at the Ridge *Resident Led Activity* ● 1:30 Cooking Demo with Hugo ● 3:00 Moving Forward, Movement Class ● 6:00 Wednesday Movie Night	● AD Medical Transportation Day ● 10:00 Tighten up Exercise with Holladay Rehab ● 10:40 Game Corner *Five Crowns* ● 11:00 Outing to Clark Planetarium ● 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	● 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 ● 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* please sign up at the desk ● 2:00 Blackjack in the Bistro *Second Session* please sign up at the desk ● 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 Monday at the Movies	● AD Medical Transportation Day ● 10:00 Tighten up with AMG Medical Group ● 10:40 Blackjack in the Bistro *please sign up at the desk* ● 11:00 Sunday School *LDS Activity* ● 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 *please sign up at the desk* ● 11:00 Super Scenic Drive ● 12:15 Walking Club *Weather Permitting* ● 1:30 Baking Club ● 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			

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