



THE RIDGE
COTTONWOOD • SENIOR LIVING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:45 Converse and Connect 10:00 Movement with Music/with Hydration 10:30 Pet Therapy with Intermountain Animal Therapy 11:00 Reading Aloud 1:30 Baking Corner 2:30 This Day in History 3:00 Word Games 3:30 Name that Tune 4:00 Stretch and Reset 1	9:30 Good Morning Conversation Starters 10:00 Open Arms Exercises With Music/Hydration 10:30 Music Artist Spotlight 1:30 Super Scenic Drive 1:45 Reading and Reminiscing 3:00 Snack and Hydration from the Kitchen 3:30 Aroma Therapy & Hand Massage 6:00 Name that Tune 6:30 Wednesday Movie Night *Oh God* (1977) 2	9:30 Good Morning Conversation Starters 10:00 Reading Aloud 10:45 Exercises With Canyons 11:00 This Day in History 1:30 Basket Ball 2:00 Trivia Corner 2:30 Homemade Bread and Hydration 3:00 Tender Hand and Nail Care 4:00 Mindful Meditation and Stretching 6:00 Relax to Soft Music 6:30 Thursday Movie Night *The Hustler* (1961) 3	9:30 A Stroll Down Memory Lane 10:00 Open Arms Exercises With Music/Hydration 10:45 Actor Spotlight 1:30 Super Scenic Drive 1:45 Reading and Reminiscing 3:00 Trail Mix Popcorn Snack 3:30 Family Feud 4:00 Trivia Corner 6:00 Name that Tune 6:15 Tuesday at the Theatre *Resort to Love* (2021) 6:30 Friday Movie Night *Train Robbers* (1973) 4	10:00 Good Morning this Day in History 10:30 Open Arms Exercises With Music 11:00 Art & Puzzles 1:30 Game Corner 2:00 Brain Games 2:30 Snack and Hydration from the Kitchen 3:00 Jen Bradshaw on Guitar 4:00 Stretch and Reset 6:00 Saturday Night at the Movies *Hidalgo* (2004) 5
10:00 Spiritual Hymns - Recollect/Reflect 10:30 Inspirational Story's and Quotes 11:00 The Church of Jesus Christ of Latter-day Saints 1:30 Pictionary 2:00 Putt, Putt Golf 2:30 Sunday Ice Cream Bars 3:00 Armchair Travel 4:00 Stretch and Reset 6:00 Sing-along with Kim 6:30 Sunday Movie *Out of Africa* (1985) 6	9:30 Fact or Fiction 10:00 Open Arms Exercises With Music 10:30 Sensational Sitcoms 1:30 CHERYL BLACKLEY Performs 2:30 Sensational Smoothies 3:00 Sports Corner 3:45 Sing-along with Kim 6:00 Fill in the Blanks 6:30 Monday Movie Night 7	9:45 Converse and Connect 10:00 Movement with Music/with Hydration 10:45 Music Therapy with Inspiration Home Health 1:30 Baking Corner 2:30 This Day in History 3:00 Word Games 3:30 Name that Tune 4:00 Stretch and Reset 6:00 Poetry Time 6:30 Tuesday at the Theatre 8	9:30 Good Morning Conversation Starters 10:00 Open Arms Exercises With Music/Hydration 10:30 Music Artist Spotlight 1:30 Super Scenic Drive 1:45 Reading and Reminiscing 3:00 Snack and Hydration from the Kitchen 3:30 Aroma Therapy & Hand Massage 6:00 Name that Tune 6:30 Wednesday Movie Night 9	9:30 Good Morning Conversation Starters 10:00 Reading Aloud 10:45 Exercises With Canyons 11:00 This Day in History 1:30 Basket Ball 2:00 Trivia Corner 2:30 Homemade Bread and Hydration 3:00 Tender Hand and Nail Care 4:00 Mindful Meditation and Stretching 6:00 Relax to Soft Music 6:30 Thursday Movie Night 10	9:30 A Stroll Down Memory Lane 10:00 Open Arms Exercises With Music/Hydration 10:45 Actor Spotlight 1:30 Super Scenic Drive 1:45 Reading and Reminiscing 3:00 Trail Mix Popcorn Snack 3:30 Family Feud 4:00 Trivia Corner 6:00 Name that Tune 6:30 Friday Movie Night 11	10:00 Good Morning this Day in History 10:30 Open Arms Exercises With Music 11:00 Art & Puzzles 1:30 Game Corner 2:00 Brain Games 2:30 Snack and Hydration from the Kitchen 3:00 Music with Kevin Scott 4:00 Stretch and Reset 6:00 Saturday Night at the Movies 12
10:00 Spiritual Hymns - Recollect/Reflect 10:30 Inspirational Story's and Quotes 11:00 The Church of Jesus Christ of Latter-day Saints 1:30 Pictionary 2:00 Putt, Putt Golf 2:30 Sunday Ice Cream Bars 3:00 Armchair Travel 4:00 Stretch and Reset 6:00 Sing-along with Kim 6:30 Sunday Movie 13	9:30 Fact or Fiction 10:00 Open Arms Exercises With Music 10:30 Sensational Sitcoms 1:30 Concert wit Elise Stowe *Broadway* 2:30 Sensational Smoothies 3:00 Sports Corner 3:45 Sing-along with Kim 6:00 Fill in the Blanks 6:30 Monday Movie Night 14	9:45 Converse and Connect 10:00 Movement with Music/with Hydration 10:30 Pet Therapy with Intermountain Animal Therapy 11:00 Reading Aloud 1:30 Baking Corner 2:30 This Day in History 3:00 Word Games 3:30 Name that Tune 4:00 Stretch and Reset 6:00 Poetry Time 6:30 Tuesday at the Theatre 15	9:30 Good Morning Conversation Starters 10:00 Open Arms Exercises With Music/Hydration 10:30 Music Artist Spotlight 1:30 Scattergories 2:00 Music Concert with *Scott Woker* 3:00 Snack and Hydration from the Kitchen 3:15 Super Scenic Drive 3:30 Reading and Reminiscing 6:00 Name that Tune 6:30 Wednesday Movie Night 16	9:30 Good Morning Conversation Starters 10:00 Reading Aloud 10:45 Exercises With Canyons 11:00 This Day in History 1:30 Basket Ball 2:00 Trivia Corner 2:30 Homemade Bread and Hydration 3:00 Tender Hand and Nail Care 4:00 Mindful Meditation and Stretching 6:00 Anniversary Party 7:00 Thursday Movie Night 17	9:30 A Stroll Down Memory Lane 10:00 Open Arms Exercises With Music/Hydration 10:45 Actor Spotlight 1:30 Super Scenic Drive 1:45 Reading and Reminiscing 3:00 Trail Mix Popcorn Snack 3:30 Family Feud 4:00 Trivia Corner 6:00 Name that Tune 6:30 Friday Movie Night 18	10:00 Good Morning this Day in History 10:30 Open Arms Exercises With Music 11:00 Art & Puzzles 1:30 Game Corner 2:00 Brain Games 2:30 Snack and Hydration from the Kitchen 3:00 Concert with Alec Foote *Golden Age Musicals* 4:00 Stretch and Reset 6:00 Saturday Night at the Movies 19
10:00 Spiritual Hymns - Recollect/Reflect 10:30 Inspirational Story's and Quotes 11:00 The Church of Jesus Christ of Latter-day Saints 1:30 Pictionary 2:00 Putt, Putt Golf 2:30 Sunday Ice Cream Bars 3:00 Armchair Travel 4:00 Stretch and Reset 6:00 Sing-along with Kim 6:30 Sunday Movie 20	9:30 Fact or Fiction 10:00 Open Arms Exercises With Music 10:30 Sensational Sitcoms 1:30 Concert with Margo Canaan 2:30 Sensational Smoothies 3:00 Sports Corner 3:45 Sing-along with Kim 6:00 Fill in the Blanks 6:30 Monday Movie Night 21	9:45 Converse and Connect 10:00 Movement with Music/with Hydration 10:30 Trivia Corner 11:00 Reading Aloud 1:30 Baking Corner 2:30 This Day in History 3:00 Word Games 3:30 Name that Tune 4:00 Stretch and Reset 6:00 Poetry Time 6:30 Tuesday at the Theatre 22	9:30 Good Morning Conversation Starters 10:00 Open Arms Exercises With Music/Hydration 10:30 Music Artist Spotlight 1:30 Super Scenic Drive 1:45 Reading and Reminiscing 3:00 Snack and Hydration from the Kitchen 3:30 Aroma Therapy & Hand Massage 6:00 Name that Tune 6:30 Wednesday Movie Night 23	9:30 Good Morning Conversation Starters 10:00 Reading Aloud 10:45 Exercises With Canyons 11:00 This Day in History 1:30 Basket Ball 2:00 Trivia Corner 2:30 Homemade Bread and Hydration 3:00 Tender Hand and Nail Care 4:00 Mindful Meditation and Stretching 6:00 Relax to Soft Music 6:30 Thursday Movie Night 24	9:30 A Stroll Down Memory Lane 10:00 Open Arms Exercises With Music/Hydration 10:45 Actor Spotlight 1:30 Super Scenic Drive 1:45 Reading and Reminiscing 3:00 Trail Mix Popcorn Snack 3:30 Family Feud 4:00 Trivia Corner 6:00 Name that Tune 6:30 Friday Movie Night 25	10:00 Good Morning this Day in History 10:30 Open Arms Exercises With Music 11:00 Art & Puzzles 1:30 Game Corner 2:00 Brain Games 2:30 Snack and Hydration from the Kitchen 3:00 Piano with Merrill Smith 4:00 Stretch and Reset 6:00 Saturday Night at the Movies 26
10:00 Spiritual Hymns - Recollect/Reflect 10:30 Inspirational Story's and Quotes 11:00 The Church of Jesus Christ of Latter-day Saints 1:30 Pictionary 2:00 Putt, Putt Golf 2:30 Sunday Ice Cream Bars 3:00 Armchair Travel 4:00 Stretch and Reset 6:00 Sing-along with Kim 6:30 Sunday Movie 27	9:30 Fact or Fiction 10:00 Open Arms Exercises With Music 10:30 Sensational Sitcoms 1:30 Scott Larabee Performs 2:30 Sensational Smoothies 3:00 Sports Corner 3:45 Sing-along with Kim 6:00 Fill in the Blanks 6:30 Monday Movie Night 28	9:45 Converse and Connect 10:00 Movement with Music/with Hydration 10:30 Reading Aloud 11:00 This is the Place Heritage Park Outing 1:30 Baking Corner 2:30 This Day in History 3:00 Word Games 3:30 Name that Tune 4:00 Stretch and Reset 6:00 Poetry Time 6:30 Tuesday at the Theatre 29	9:30 Good Morning Conversation Starters 10:00 Open Arms Exercises With Music/Hydration 10:30 Music Artist Spotlight 1:30 Super Scenic Drive 1:45 Reading and Reminiscing 3:00 Snack and Hydration from the Kitchen 3:30 Aroma Therapy & Hand Massage 6:00 Name that Tune 6:30 Wednesday Movie Night 30			

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