

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		10:15 Movement Class with Canyons 10:45 Travel Club with Brody - UK 1:30 Musical Guest ~ Scott Woker 2:30 Sip and Stitch 3:30 Blackjack 6:30 Resident Requested Classic Movie Night: Three Faces of Eve (1957, G, DVD) 1	10:00 Wednesday's Workout 10:45 Pampered Palms 11:00 Resident Shopping ~ Walmart 1:00 Relief Society 1:30 Mexican Train Dominoes 2:00 Balance Class with Christian 2:30 Scrabble Club (Resident Lead) 3:30 Wine & Cheese Social 6:30 Western Movie Night: The Gunfighter (1950, PG-13, DVD) 2	10:15 Movement Class with Canyons 10:45 Current Events with Tim Chambless 1:30 Music With BJ Stringham 3:30 Bingo Bunch 6:30 Comedy Movie Night: Duck Soup (1933, PG, DVD) 3	10:00 Stretch and Strengthen 11:00 Super Scenic Drive 1:30 Book Club ~ The Nightingale by Kristen Hannah 1:30 Poem Writing Class with Kennedy 2:30 Musical Guest ~ Kevin Scott 3:30 TGIF Happy Hour 6:30 Award Winning Movie: Network (1976, R, DVD) 4	10:00 Sit and Get Fit 10:45 Crack the Crossword 1:30 Italian Soda Bar and Board Games 2:30 Scrabble Club (Resident Lead) 2:30 Texas Hold'em 3:30 Music Memories 6:30 Saturday Cinema: Toy Story (1995, G, DVD) 5
10:00 Sit and Get Fit 10:30 Catholic Communion 1:00 LDS Sacrament Services 1:15 The Ridge Bridge Club 1:30 Sunday Sundae's 3:00 Bingo Bunch 6:30 Sunday Cinema: The Sixth Sense (1999, PG-13, DVD) 6	10:00 Move It Monday 10:45 Rummykub Club 1:30 Floral Designers 2:30 Scrabble Club (Resident Lead) 3:00 Meaningful Memories 3:30 Chatter & Cheers Happy Hour 4:00 Come Follow Me *LDS Resident Led Activity* 6:30 Monday Musical Documentary: America's Choir - the Mormon Tabernacle Choir (2004, G, DVD) 7	10:15 Movement Class with Canyons 10:45 Travel Club with Brody - Thailand 1:30 Blackjack 2:30 Art with Lemon 3:00 Resident Birthday Party with Marketing 6:30 Classic Movie Night: The Fugitive Kind (1960, PG-13, DVD) 8	10:00 Wednesday's Workout 10:45 Pampered Palms 11:00 Resident Shopping ~ Macys 1:30 Mexican Train Dominoes 2:00 Balance Class with Christian 2:30 Scrabble Club (Resident Lead) 3:30 Hope & Inspiration with Pastor Bruce 3:30 Wine & Cheese Social 6:30 Western Movie Night: The Naked Spur (1953, PG-13, DVD) 9	10:15 Movement Class with Canyons 10:45 Current Events with Tim Chambless 1:30 Card Game: Five Crowns 2:35 Bingo Bunch 3:30 Musical Guest ~ BD Howes 6:30 Comedy Movie Night: Freaky Friday (1976, G, DVD) 10	10:00 Stretch and Strengthen 11:00 Super Scenic Drive 1:30 Poem Writing Class with Kennedy 2:30 Concert with Pop Orchestra 3:30 TGIF Happy Hour 6:30 Award Winning Silent Film: The Gold Rush (1925, PG, DVD) 11	10:00 Sit and Get Fit 10:45 Crack the Crossword 1:30 Italian Soda Bar and Board Games 2:30 Scrabble Club (Resident Lead) 2:30 Texas Hold'em 3:30 Music Memories 6:30 Saturday Cinema: Sweet Home Alabama (2002, PG-13, DVD) 12
10:00 Sit and Get Fit 10:30 Catholic Communion 1:00 LDS Sacrament Services 1:15 The Ridge Bridge Club 1:30 Sunday Sundae's 3:00 Bingo Bunch 6:30 Sunday Cinema: 2001 A Space Odyssey (1968, G, DVD) 13	10:00 Move It Monday 10:45 Rummykub Club 1:30 Floral Designers 2:30 Music with Eric Heideman 2:30 Scrabble Club (Resident Lead) 3:30 Chatter & Cheers Happy Hour 4:00 Come Follow Me *LDS Resident Led Activity* 6:30 Monday Musical Movie: Mamma Mia! (2008, PG-13, DVD) 14	10:15 Movement Class with Canyons 10:45 Travel Club with Brody - Brazil 1:30 Blackjack 2:30 Resident Food Commitee & Teaching Kitchen 2:30 Sip and Stitch 3:30 Musical Guest ~ Merrill Smith 6:30 Classic Movie Night: Sweet Bird of Youth (1962, PG-13, DVD) 15	10:00 Wednesday's Workout 10:45 Pampered Palms 11:00 Resident Shopping ~ Macys 1:30 Mexican Train Dominoes 2:00 Balance Class with Christian 2:30 Music with Heart & Soul 2:30 Music with Heart & Soul 2:30 Scrabble Club (Resident Lead) 3:30 Wine & Cheese Social 6:30 Western Movie Night: Joe Kidd (1972, PG, DVD) 16	10:15 Movement Class with Canyons 10:45 Current Events with Tim Chambless 1:30 Card Game: Five Crowns 2:35 Bingo Bunch 3:30 Kerstin Tenney - Violinst 6:30 Comedy Movie Night: Legally Blonde (2001, PG-13, DVD) 17	10:00 Stretch and Strengthen 11:00 Super Scenic Drive 1:30 Fall Festival 6:30 Award Winning Movie: Raging Bull (1980, R, DVD) 18	10:00 Sit and Get Fit 10:45 Crack the Crossword 1:30 Italian Soda Bar and Board Games 2:30 Scrabble Club (Resident Lead) 2:30 Texas Hold'em 3:30 Music Memories 6:30 Saturday Cinema: Hitch (2005, PG-13, DVD) 19
10:00 Sit and Get Fit 10:30 Catholic Communion 11:30 Sunday Brunch 1:00 LDS Sacrament Services 1:15 The Ridge Bridge Club 1:30 Sunday Sundae's 3:00 Bingo Bunch 6:30 Sunday Cinema: Isle of Dogs (2018, PG-13, DVD) 20	10:00 Move It Monday 10:45 Rummykub Club 1:30 Floral Designers 2:30 Scrabble Club (Resident Lead) 3:00 Meaningful Memories 3:30 Chatter & Cheers Happy Hour 4:00 Come Follow Me *LDS Resident Led Activity* 6:30 Monday Musical Movie: Sparkle (1976, PG-13, DVD) 21	10:15 Movement Class with Canyons 10:45 Travel Club with Brody - Nigeria 11:30 Meals with Micki 1:30 Blackjack 2:00 Concert with Pop Orchestra 2:30 Sip and Stitch 6:30 Classic Movie Night: In the heat of the Night (1967, PG-13, DVD) 22	10:00 Wednesday's Workout 10:45 Pampered Palms 11:00 Resident Shopping ~ Macys 1:30 Mexican Train Dominoes 2:00 Balance Class with Christian 2:30 Scrabble Club (Resident Lead) 3:30 Wine & Cheese Social 6:30 Western Movie Night: The Revenant (2015, R, DVD) 23	10:15 Movement Class with Canyons 10:45 Current Events with Tim Chambless 1:30 Card Game: Five Crowns 2:00 Resident Council *Resident only Meeting* 2:30 Resident Council with Directors 2:35 Bingo Bunch 3:30 MAKE IT *Be Creative* Water Colors 3:30 Musical Guest ~ Maggie Beers 6:30 Comedy Movie Night 24	10:00 Stretch and Strengthen 11:00 Super Scenic Drive 1:30 Poem Writing Class with Kennedy 2:30 Concert with Pop Orchestra 3:30 TGIF Happy Hour 6:30 Award Winning Movie: Apocalypse Now (1979, R, DVD) 25	10:00 Sit and Get Fit 10:45 Crack the Crossword 1:30 Italian Soda Bar and Board Games 2:30 Scrabble Club (Resident Lead) 2:30 Texas Hold'em 3:30 Music Memories 6:30 Saturday Cinema: 26
10:00 Sit and Get Fit 10:30 Catholic Communion 1:00 LDS Sacrament Services 1:15 The Ridge Bridge Club 1:30 Sunday Sundae's 3:00 Bingo Bunch 6:30 Sunday Cinema: The Hunger Games (2012, PG-13, DVD) 27	10:00 Move It Monday 10:45 Rummykub Club 1:30 Floral Designers 2:30 Scrabble Club (Resident Lead) 3:00 Meaningful Memories 3:30 Chatter & Cheers Happy Hour 4:00 Come Follow Me *LDS Resident Led Activity* 6:30 Monday Musical Movie: Into the Woods (2014, PG, DVD) 28	10:15 Movement Class with Canyons 10:45 Travel Club with Brody - 1:30 Blackjack 2:30 Sip and Stitch 6:30 Classic Movie Night The African Queen (1951, PG-13, DVD) 29	10:00 Wednesday's Workout 10:45 Pampered Palms 11:00 Resident Shopping ~ Macys 1:30 Mexican Train Dominoes 2:00 Balance Class with Christian 2:30 Scrabble Club (Resident Lead) 3:30 Wine & Cheese Social 6:00 Dementia Support Group (Everyone is Welcome) 6:30 Western Movie Night 30			



THE RIDGE

FOOTHILL • SENIOR LIVING

HAPPY BIRTHDAY

Miriam S. - 6th

Nana "Nana" A. - 11th

Richard H. - 13th

Dawn D. - 18th

Ronald P. - 21st

Dennis K. - 22nd

Pauline C. - 22nd

Shuya X. - 22nd

Tung H. - 27th

Michael "Mike" S. - 28th

Lawrence "Larry" D. - 29th

ACTIVITY TYPES

Inspirational

Intellectual

Physical

Social

LOCATION KEY

Art Studio (2nd Floor) = A

Courtyard = C

Demonstration Kitchen = DK

Fitness Center (3rd Floor) = F C

Great Room (2nd Floor) = GR

Lobby = L

Summit Room = S

Theatre = T