

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:45 Converse and Connect 10:00 Sit and Be Fit 10:30 Bingo 1:30 Crafting Corner 2:30 Music Guest Scott Woker 2:30 Snack and Hydration 3:30 Big Jenga 5:45 Inspirational Short Stories 6:30 Classic Movie Night	9:45 Converse and Connect 10:00 Sit and Be Fit 10:30 Family Feud 11:00 Musical Hangman 1:30 IN2L Games with Kennedy 1:30 Super Scenic Drive~ Ice Cream Drive 2:45 Bingo + Snack and Hydration 3:15 Art Class 4:00 Sing ~ A ~ Long 5:45 Meditation and Stretching 6:30 Western Movie Night	9:45 Converse and Connect 10:00 Sit and Be Fit 10:30 On This Day In History 11:00 Pass The Story 1:30 Balloon Badminton 2:30 Cooking Club 3:45 Puzzle Challenge 5:45 Evening Wind Down Yoga 6:30 Comedy Movie Night	9:45 Converse and Connect 10:00 Sit and Be Fit 10:30 Finish the Phrase 11:00 Music Memories on the iN2L 1:30 Super Scenic Drive~ Big Cottonwood Canyon 1:30 Trivia Time 2:30 Card Creations + Snack and Hydration 3:30 Sports Center ~ Bean Bag Toss 5:45 Conversation Ball 6:30 Award Winning Movie	9:45 Converse and Connect 10:00 Sit and Be Fit 10:30 This Day In History 11:00 Travel Club 1:30 Jen Bradshaw on Guitar 2:30 Hand Massages + Snack and Hydration 3:00 Drum Fit 4:00 Sing ~ A ~ Long 5:45 Inspirational Short Stories 6:30 Saturday Cinema
9:45 Converse and Connect 10:00 Sit and Be Fit 10:30 Catholic Communion 10:30 Sunday Morning Funny Pages 10:45 Musical & Mini Manicures/Hand Massage 1:00 LDS Sacrament Service 1:00 Table Games 2:15 Bowling with Brody & Vae 3:30 Bingo 3:30 Sunday Sundae's 5:45 Conversation Ball 6:30 Sunday Cinema	9:45 Converse and Connect 10:00 Sit and Be Fit 10:30 Trivia Time 1:30 Noodle Ball 2:30 Name That Tune + Snack and Hydration 3:30 Floral Design 4:15 Sing ~ A ~ Long 5:45 Evening Wind Down Yoga 6:30 Monday Musical Movie	9:45 Converse and Connect 10:00 Sit and Be Fit 10:30 Bingo 1:30 Crafting Corner 2:30 Giant Kerplunk + Snack and Hydration 3:30 Concert with Maggie Beers 5:45 Inspirational Short Stories 6:30 Classic Movie Night	9:45 Converse and Connect 10:00 Sit and Be Fit 10:30 Family Feud 11:00 Musical Hangman 1:30 IN2L Games with Kennedy 1:30 Super Scenic Drive~ Ice Cream Drive 2:45 Bingo + Snack and Hydration 3:15 Art Class 4:00 Sing ~ A ~ Long 5:45 Meditation and Stretching 6:30 Western Movie Night	9:45 Converse and Connect 10:00 Sit and Be Fit 10:30 On This Day In History 11:00 Pass The Story 1:30 Balloon Badminton 2:30 Cooking Club 3:30 Concert with Pop Orchestra 5:45 Evening Wind Down Yoga 6:30 Comedy Movie Night	9:45 Converse and Connect 10:00 Sit and Be Fit 10:30 Finish the Phrase 11:00 Music Memories on the iN2L 1:30 Super Scenic Drive ~ City Creek Canyon and Capital 1:30 Trivia Time 2:30 Card Creations + Snack and Hydration 3:30 Sports Center ~ Table Tennis 5:45 Conversation Ball 6:30 Award Winning Movie	9:45 Converse and Connect 10:00 Sit and Be Fit 10:30 This Day In History 11:00 Active Games 11:00 Travel Club 1:30 Musical Guest ~ Kevin Scott 2:30 Hand Massages + Snack and Hydration 3:00 Drum Fit 4:00 Sing ~ A ~ Long 5:45 Inspirational Short Stories 6:30 Saturday Cinema
9:45 Converse and Connect 10:00 Sit and Be Fit 10:30 Catholic Communion 10:30 Sunday Morning Funny Pages 10:45 Musical & Mini Manicures/Hand Massage 1:00 LDS Sacrament Service 1:00 Table Games 2:15 Bowling with Brody & Vae 3:30 Bingo 3:30 Sunday Sundae's 5:45 Conversation Ball 6:30 Sunday Cinema	9:45 Converse and Connect 10:00 Sit and Be Fit 10:30 Trivia Time 1:30 Giant Kerplunk 1:30 Noodle Ball 2:30 Name That Tune + Snack and Hydration 3:30 Floral Design 4:15 Sing ~ A ~ Long 5:45 Evening Wind Down Yoga 6:30 Monday Musical Movie	9:45 Converse and Connect 10:00 Sit and Be Fit 10:30 Bingo 1:30 Crafting Corner 2:30 Musical Guest ~ Merrill Smith 2:30 Snack and Hydration 3:30 Big Jenga 5:45 Inspirational Short Stories 6:30 Classic Movie Night	9:45 Converse and Connect 10:00 Sit and Be Fit 10:30 Family Feud 11:00 Musical Hangman 1:30 IN2L Games with Kennedy 1:30 Super Scenic Drive ~ Ice Cream Drive 2:45 Bingo + Snack and Hydration 3:15 Art Class 4:00 Sing ~ A ~ Long 5:45 Meditation and Stretching 6:30 Western Movie Night	9:45 Converse and Connect 10:00 Sit and Be Fit 10:30 On This Day In History 11:00 Pass The Story 1:30 Cooking Club 2:30 Kerstin Tennes ~ Violinist 3:30 Balloon Badminton 5:45 Evening Wind Down Yoga 6:30 Comedy Movie Night	9:45 Converse and Connect 10:00 Sit and Be Fit 10:30 Finish the Phrase 11:00 Music Memories on the iN2L 1:30 Super Scenic Drive~ Sugarhouse Park, Liberty Park, Murray Park 1:30 Trivia Time 2:30 Card Creations + Snack and Hydration 3:30 Sports Center ~ Beach Ball Toss 5:45 Conversation Ball 6:30 Award Winning Movie	9:45 Converse and Connect 10:00 Sit and Be Fit 10:30 This Day In History 11:00 Imagination Vacation 11:00 Travel Club 1:30 Concert with Pop Orchestra 2:30 Hand Massages + Snack and Hydration 3:00 Drum Fit 4:00 Sing ~ A ~ Long 5:45 Inspirational Short Stories 6:30 Saturday Cinema
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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

Meal Times

Breakfast
8:00am ~ 9:00am

Lunch
12:00pm ~ 1:00pm

Dinner
5:00pm ~ 6:00pm