

HAPPY BIRTHDAY

Suzanne A. - 1st
Peter A. - 5th
Jean B. - 7th
Sandy B. - 7th
Ralph B. - 12th
Gayle T. - 13th
Esther A. - 20th
Doc John R. - 26th
Violet B. - 30th

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 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" 3:15 Jen Bradshaw 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) 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 *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 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 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 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 Scarecrow Build 3:30 Happy Hour 6:00 Friday Frenzy Movies	10:00 Tighten up Exercise with The Ridge Cottonwood Staff 11:00 Super Scenic Drive *Thanksgiving Point Scarecrow Drop off* 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 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 Scarecrow Festival Outing 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 Pop Orchestra 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 Bread in the Bistro 3:30 Happy Hour 6:00 Friday Frenzy Movies	9:30 Alzheimer's Walk 10:00 Tighten up Exercise with The Ridge Cottonwood Staff 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 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 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 Piano with Merrill Smith 3:15 Happy Hour 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 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* 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 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 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 *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 Fun with Bingo (4 bingo boards per person max) 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* 12:15 Walking Club *Weather Permitting* 1:00 Catholic Communion 1:30 Monster Mash Halloween Celebration 3:00 Texas Hold'em "Poker" 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 Trick or Treating 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