# November 2026 The Ridge Cottonwood Assisted Living

**Front Desk: 801-974-7400**

THE RIDGE
COTTONWOOD · SENIOR LIVING

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| **1**<br>• *9:30* Church Transportation<br>• *10:45* Sunday Matinee *Lost Treasures of the BIble: Secrets of Faith (#5)*<br>• *11:00* The Church of Jesus Christ of Latter-day Saints<br>• *12:15* Walking Club *Weather Permitting*<br>• *1:30* Music Artist Spotlight<br>• *2:30* Pop Corn in the Bistro<br>• *3:00* Trivia Corner<br>• *6:00* Sit Back with a Sunday Movie *Chariots of Fire* 1981 | **2**<br>• *10:00* Tighten Up Exercise with Utah Home Health<br>• *10:45* Rummikube with Lauri<br>• *12:15* Walking Club *Weather Permitting*<br>• *1:30* World Views with Tim Chambless<br>• *3:00* Music Bingo<br>• *3:00* Texas Hold'em "Poker" resident led<br>• *3:45* Mens Hand Care<br>• *6:00* Monday at the Movies | **3**<br>• *AD* Medical Transportation Day<br>• *10:00* Pet Therapy with Intermountain Animal Therapy<br>• *10:00* Tighten up with AMG Medical Group<br>• *10:40* Blackjack in the Bistro *please sign up at the desk*<br>• *11:00* Sunday School *LDS Activity*<br>• *12:15* Walking Club *Weather Permitting*<br>• *1:30* Fun with Bingo (4 bingo boards per person max)<br>• *3:00* Tender Hand and Nail Care<br>• *6:00* Evening Flix | **4**<br>• *10:00* Tighten Up Exercise with Randy from Excel Rehab Therapy<br>• *11:00* Pai Gow Poker *please sign up at the desk*<br>• *11:00* Super Scenic Drive<br>• *12:15* Walking Club *Weather Permitting*<br>• *1:30* Bridge at the Ridge *Resident Led Activity*<br>• *1:30* Cottonwood Cash Store<br>• *2:15* Cottonwood Cash Raffle with Marketing<br>• *3:00* Moving Forward, Movement Class<br>• *6:00* Wednesday Movie Night | **5**<br>• *AD* Medical Transportation Day<br>• *10:00* Tighten up Exercise with Holladay Rehab<br>• *10:40* Game Corner *Five Crowns*<br>• *12:15* Walking Club *Weather Permitting*<br>• *1:00* Catholic Communion<br>• *1:30* Texas Hold'em "Poker"<br>• *3:00* Concert with Pop Orchestra *Beth Bollinger* 50's & 60's Pop<br>• *6:00* Thursday at the Theater | **6**<br>• *9:00* Wendover Outing<br>• *10:00* Tighten up Exercise with Suncrest Home Health<br>• *10:30* Flower Arranging in the Bistro *one vase per resident*<br>• *11:00* Macey's Grocery Shopping (8 Sign-ups Max)<br>• *12:15* Walking Club *Weather Permitting*<br>• *1:30* Fun with Bingo (4 bingo boards per person max)<br>• *3:00* Pop Corn in the Bistro<br>• *3:30* Happy Hour<br>• *6:00* Friday Frenzy Movies | **7**<br>• *10:00* BYU & U of U Game Party<br>• *10:00* Tighten up Exercise with The Ridge Cottonwood Staff<br>• *11:00* Super Scenic Drive<br>• *12:15* Walking Club *Weather Permitting*<br>• *1:00* Blackjack in the Bistro *First Session* please sign up at the desk<br>• *2:00* Blackjack in the Bistro *Second Session* please sign up at the desk<br>• *3:00* Score with Wii Bowling!<br>• *3:30* Saturday Happy Hour<br>• *6:00* Saturday Movie |
| **8**<br>• *9:30* Church Transportation<br>• *10:45* Sunday Matinee<br>• *11:00* The Church of Jesus Christ of Latter-day Saints<br>• *12:15* Walking Club *Weather Permitting*<br>• *1:30* Music Artist Spotlight<br>• *2:30* Sunday Ice Cream Bars<br>• *3:00* Trivia Corner<br>• *6:00* Sit Back with a Sunday Movie | **9**<br>• *10:00* Tighten Up Exercise with Utah Home Health<br>• *10:45* MAKE IT *Be Creative*<br>• *12:15* Walking Club *Weather Permitting*<br>• *1:30* Current Events with Bart Barker<br>• *3:00* Music Bingo<br>• *3:00* Texas Hold'em "Poker" resident led<br>• *3:45* Mens Hand Care<br>• *6:00* Monday at the Movies | **10**<br>• *AD* Medical Transportation Day<br>• *10:00* Tighten up with AMG Medical Group<br>• *10:40* Blackjack in the Bistro *please sign up at the desk*<br>• *11:00* Priesthood Meeting LDS<br>• *11:00* Relief Society LDS<br>• *12:15* Walking Club *Weather Permitting*<br>• *1:30* Fun with Bingo (4 bingo boards per person max)<br>• *3:00* Tender Hand and Nail Care<br>• *6:00* Evening Flix | **11**<br>• *10:00* Tighten Up Exercise with Randy from Excel Rehab Therapy<br>• *11:00* Pai Gow Poker *please sign up at the desk*<br>• *11:00* Super Scenic Drive<br>• *11:30* Veteran Day Luncheon<br>• *12:15* Walking Club *Weather Permitting*<br>• *1:30* Bridge at the Ridge *Resident Led Activity*<br>• *1:30* Travel Cuisine<br>• *3:00* Gentle Chair Tai Chi for Mind & Body w/ Jeremy<br>• *6:00* Wednesday Movie Night | **12**<br>• *AD* Medical Transportation Day<br>• *10:00* Tighten up Exercise with Holladay Rehab<br>• *10:40* Game Corner *Five Crowns*<br>• *12:15* Walking Club *Weather Permitting*<br>• *1:00* Catholic Communion<br>• *1:30* Texas Hold'em "Poker"<br>• *3:00* Music with Kevin Scott<br>• *6:00* Thursday at the Theater | **13**<br>• *10:00* Tighten up Exercise with Suncrest Home Health<br>• *10:30* Flower Arranging in the Bistro *one vase per resident*<br>• *11:00* Macey's Grocery Shopping (8 Sign-ups Max)<br>• *12:15* Walking Club *Weather Permitting*<br>• *1:30* Fun with Bingo (4 bingo boards per person max)<br>• *3:00* Bread in the Bistro<br>• *3:30* Happy Hour<br>• *6:00* Friday Frenzy Movies | **14**<br>• *10:00* Tighten up Exercise with The Ridge Cottonwood Staff<br>• *11:00* Super Scenic Drive *Donut Drive*<br>• *12:15* Walking Club *Weather Permitting*<br>• *1:00* Blackjack in the Bistro *First Session* please sign up at the desk<br>• *2:00* Blackjack in the Bistro *Second Session* please sign up at the desk<br>• *3:00* Score with Wii Bowling!<br>• *3:30* Saturday Happy Hour<br>• *6:00* Saturday Movie |
| **15**<br>• *9:30* Church Transportation<br>• *10:45* Sunday Matinee<br>• *11:00* The Church of Jesus Christ of Latter-day Saints<br>• *12:15* Walking Club *Weather Permitting*<br>• *1:30* Music Artist Spotlight<br>• *2:30* Pop Corn in the Bistro<br>• *3:00* Trivia Corner<br>• *6:00* Sit Back with a Sunday Movie | **16**<br>• *10:45* MAKE IT *Be Creative*<br>• *10:45* Rummikube with Lauri<br>• *12:15* Walking Club *Weather Permitting*<br>• *1:30* World Views with Tim Chambless<br>• *3:00* Music Bingo<br>• *3:00* Texas Hold'em "Poker" resident led<br>• *3:45* Mens Hand Care<br>• *5:00* Family Home Evening Dinner *LDS Activity*<br>• *6:00* Monday at the Movies | **17**<br>• *AD* Medical Transportation Day<br>• *10:00* Tighten up with AMG Medical Group<br>• *10:40* Blackjack in the Bistro *please sign up at the desk*<br>• *11:00* Sunday School *LDS Activity*<br>• *12:15* Walking Club *Weather Permitting*<br>• *1:30* Fun with Bingo (4 bingo boards per person max)<br>• *3:00* Tender Hand and Nail Care<br>• *6:00* Evening Flix | **18**<br>• *10:00* Tighten Up Exercise with Randy from Excel Rehab Therapy<br>• *11:00* Pai Gow Poker *please sign up at the desk*<br>• *11:00* Super Scenic Drive<br>• *12:15* Walking Club *Weather Permitting*<br>• *1:15* Score with Wii Bowling!<br>• *1:30* Bridge at the Ridge *Resident Led Activity*<br>• *2:00* Scott Larabee on Piano<br>• *3:15* Happy Hour & Trivia<br>• *6:00* Wednesday Movie Night | **19**<br>• *AD* Medical Transportation Day<br>• *10:00* Tighten up Exercise with Holladay Rehab<br>• *10:40* Game Corner *Five Crowns*<br>• *12:15* Walking Club *Weather Permitting*<br>• *1:00* Catholic Communion<br>• *1:30* Texas Hold'em "Poker"<br>• *3:00* Concert with Pop Orchestra<br>• *6:00* Thursday at the Theater | **20**<br>• *10:00* Tighten up Exercise with Suncrest Home Health<br>• *10:30* Flower Arranging in the Bistro *one vase per resident*<br>• *11:00* Macey's Grocery Shopping (8 Sign-ups Max)<br>• *12:15* Walking Club *Weather Permitting*<br>• *1:30* Fun with Bingo (4 bingo boards per person max)<br>• *3:00* Pop Corn in the Bistro<br>• *3:30* Happy Hour<br>• *6:00* Friday Frenzy Movies | **21**<br>• *10:00* Tighten up Exercise with The Ridge Cottonwood Staff<br>• *11:00* Super Scenic Drive<br>• *12:15* Walking Club *Weather Permitting*<br>• *1:00* Blackjack in the Bistro *First Session* please sign up at the desk<br>• *2:00* Blackjack in the Bistro *Second Session* please sign up at the desk<br>• *3:00* Score with Wii Bowling!<br>• *3:30* Saturday Happy Hour<br>• *6:00* Saturday Movie |
| **22**<br>• *9:30* Church Transportation<br>• *10:45* Sunday Matinee<br>• *11:00* The Church of Jesus Christ of Latter-day Saints<br>• *12:15* Walking Club *Weather Permitting*<br>• *1:30* Music Artist Spotlight<br>• *2:30* Sunday Ice Cream Bars<br>• *3:00* Trivia Corner<br>• *6:00* Sit Back with a Sunday Movie | **23**<br>• *10:00* Tighten Up Exercise with Utah Home Health<br>• *10:45* MAKE IT *Be Creative*<br>• *12:15* Walking Club *Weather Permitting*<br>• *1:30* Pictionary in the Bistro<br>• *3:00* Music Bingo<br>• *3:00* Texas Hold'em "Poker" resident led<br>• *3:45* Mens Hand Care<br>• *6:00* Monday at the Movies | **24**<br>• *AD* Medical Transportation Day<br>• *10:00* Tighten up with AMG Medical Group<br>• *10:40* Blackjack in the Bistro *please sign up at the desk*<br>• *11:00* Priesthood Meeting LDS<br>• *11:00* Relief Society LDS<br>• *12:15* Walking Club *Weather Permitting*<br>• *1:45* Resident's Only Meeting<br>• *2:00* Resident Council<br>• *3:00* Tender Hand and Nail Care<br>• *6:00* Evening Flix | **25**<br>• *10:00* Tighten Up Exercise with Randy from Excel Rehab Therapy<br>• *11:00* Pai Gow Poker *please sign up at the desk*<br>• *11:00* Super Scenic Drive<br>• *12:15* Walking Club *Weather Permitting*<br>• *1:30* Bridge at the Ridge *Resident Led Activity*<br>• *1:30* Fun with Bingo (4 bingo boards per person max)<br>• *3:00* Moving Forward, Movement Class<br>• *6:00* Wednesday Movie Night | **26**<br>• *AD* Medical Transportation Day<br>• *10:00* Tighten up Exercise with Holladay Rehab<br>• *11:00* Thanksgiving Family Dinner<br>• *12:15* Walking Club *Weather Permitting*<br>• *1:45* Texas Hold'em "Poker"<br>• *3:00* BD Howes on Guitar<br>• *6:00* Thursday at the Theater | **27**<br>• *10:00* Tighten up Exercise with Suncrest Home Health<br>• *10:30* Flower Arranging in the Bistro *one vase per resident*<br>• *11:00* Macey's Grocery Shopping (8 Sign-ups Max)<br>• *12:15* Walking Club *Weather Permitting*<br>• *1:30* Fun with Bingo (4 bingo boards per person max)<br>• *3:00* Bread in the Bistro<br>• *3:30* Happy Hour<br>• *6:00* Friday Frenzy Movies | **28**<br>• *10:00* Tighten up Exercise with The Ridge Cottonwood Staff<br>• *11:00* Super Scenic Drive<br>• *12:15* Walking Club *Weather Permitting*<br>• *1:00* Blackjack in the Bistro *First Session* please sign up at the desk<br>• *2:00* Blackjack in the Bistro *Second Session* please sign up at the desk<br>• *3:00* Score with Wii Bowling!<br>• *3:30* Saturday Happy Hour<br>• *6:00* Saturday Movie |
| **29**<br>• *9:30* Church Transportation<br>• *10:45* Sunday Matinee<br>• *11:00* The Church of Jesus Christ of Latter-day Saints<br>• *12:15* Walking Club *Weather Permitting*<br>• *1:30* Music Artist Spotlight<br>• *2:30* Pop Corn in the Bistro<br>• *3:00* Trivia Corner<br>• *6:00* Sit Back with a Sunday Movie | **30**<br>• *10:00* Tighten Up Exercise with Utah Home Health<br>• *10:45* Rummikube with Lauri<br>• *12:15* Walking Club *Weather Permitting*<br>• *1:30* Pictionary in the Bistro<br>• *3:00* Music Bingo<br>• *3:00* Texas Hold'em "Poker" resident led<br>• *3:45* Mens Hand Care<br>• *6:00* Monday at the Movies | | | | | |

## HAPPY BIRTHDAY

**Jackie G. - 2nd**
**Elizabeth C. - 5th**
**Florencio S. - 6th**
**Inge B. - 7th**
**Ellen B. - 10th**
**David J. - 14th**
**Deb C. - 18th**
**Mary L. - 25th**

## 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**