November 2026 The Ridge Cottonwood Tapestry

Front Desk: 801-974-7400

THE RIDGE
COTTONWOOD · SENIOR LIVING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 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 *Return To Me* 2000	**2** 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	**3** 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	**4** 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	**5** 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 Sing along & Relax to Soft Music 6:30 Thursday Movie Night	**6** 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	**7** 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
8 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	**9** 9:30 Fact or Fiction 10:00 Open Arms Exercises With Music 10:30 Sensational Sitcoms 1:30 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	**10** 9:45 Converse and Connect 10:00 Movement with Music/with Hydration 10:45 Music Therapy with Inspiration Home Health 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	**11** 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	**12** 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 Sing along & Relax to Soft Music 6:30 Thursday Movie Night	**13** 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	**14** 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
15 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	**16** 9:30 Fact or Fiction 10:00 Open Arms Exercises With Music 10:30 Sensational Sitcoms 1:30 Music 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	**17** 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 Concert with Heart & Soul 3:30 Name that Tune 4:00 Stretch and Reset 6:00 Poetry Time 6:30 Tuesday at the Theatre	**18** 9:30 Good Morning Conversation Starters 10:00 Open Arms Exercises With Music/Hydration 10:30 Music Artist Spotlight 1:30 Family Feud 2:00 Music Concert with *Scott Woker* 3:00 Snack and Hydration from the Kitchen 3:15 Reading and Reminiscing 3:15 Super Scenic Drive 6:00 Name that Tune 6:30 Wednesday Movie Night	**19** 9:30 Good Morning Conversation Starters 10:00 Reading Aloud 10:45 Exercises With Canyons 11:00 Bowling Outing 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 Sing along & Relax to Soft Music 6:30 Thursday Movie Night	**20** 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	**21** 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 Pop Orchestra *Swing Jazz* 4:00 Stretch and Reset 6:00 Saturday Night at the Movies
22 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	**23** 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	**24** 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	**25** 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	**26** 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 Sing along & Relax to Soft Music 6:30 Thursday Movie Night	**27** 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	**28** 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 Merrille Smith 4:00 Stretch and Reset 6:00 Saturday Night at the Movies
29 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	**30** 9:30 Fact or Fiction 10:00 Open Arms Exercises With Music 10:30 Sensational Sitcoms 1:30 Sing-along with Linda 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					

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