November 2026

The Ridge Foothill Assisted Living

Front Desk: 801-466-1122

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10:00 Sit and Get Fit 10:30 Catholic Communion 10:45 Crafting with Kennedy 1:00 LDS Sacrament Services 1:15 The Ridge Bridge Club 1:30 Sunday Sundae's 3:00 Bingo Bunch 6:30 Sunday Cinema	**2** 10:00 Move It Monday 10:45 Rummykub Club 1:30 Floral Designers 2:30 Scrabble Club (Resident Lead) 3:00 Music & Mingling: Name That Tune 3:30 Chatter & Cheers Happy Hour 4:00 Come Follow Me *LDS Resident Led Activity* 6:30 Inspired by Music Movie:	**3** 10:15 Movement Class with Canyons 10:45 Travel Club with Brody - 1:30 Musical Guest ~ Scott Woker 2:30 The Creative Table: Fall Sign Painting 3:30 Blackjack 6:30 Classic Movie Night: Gone with the Wind Part 1 (1939, G, DVD)	**4** 10:00 Wednesday's Workout 10:45 Pampered Palms: Nail Care & Manicures 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) 3:00 Table Talk: First Jobs & Funny Stories 3:30 Midweek Mix & Mingle 6:30 Classic Movie: Gone with the Wind Part 2 (1939, G, DVD)	**5** 10:15 Movement Class with Canyons 10:30 Current Events with Tim Chambless 1:30 Card Game: Five Crowns 2:35 Bingo Bunch 3:40 Watercolor Workshop with Kennedy 6:30 Comedy Movie Night	**6** 10:00 Stretch and Strengthen 11:00 Book Club ~ The Inconvenient Widow 11:00 Super Scenic Drive 1:30 Poem Writing Class with Kennedy 2:30 Musical Guest ~ Kevin Scott 3:00 Friday Favorites: Resident Requests 3:30 TGIF Happy Hour 6:30 Award Winning Movie	**7** 10:00 Sit and Get Fit 10:45 Crack the Crossword 1:30 Italian Soda Bar and Wheel of Fortune 2:30 Card Game: Bluff 2:30 Scrabble Club (Resident Lead) 3:30 Music Memories 6:30 Saturday Cinema:
8 10:00 Sit and Get Fit 10:30 Catholic Communion 10:45 Crafting with Kennedy 1:00 LDS Sacrament Services 1:15 The Ridge Bridge Club 1:30 Sunday Sundae's 3:00 Bingo Bunch 6:30 Sunday Cinema	**9** 10:00 Move It Monday 10:45 Rummykub Club 1:30 Floral Designers 2:30 Scrabble Club (Resident Lead) 3:00 Music & Mingling: Finish the Lyrics 3:30 Chatter & Cheers Happy Hour 4:00 Come Follow Me *LDS Resident Led Activity* 6:30 Inspired by Music Movie:	**10** 10:15 Movement Class with Canyons 10:45 Travel Club with Brody - 1:30 Blackjack 2:30 Art with Lemon 3:00 Resident Birthday Party 6:30 Classic Movie Night	**11** 10:00 Wednesday's Workout 10:45 Pampered Palms: Nail Care & Manicures 11:00 Resident Shopping ~ Maceys 1:30 Mexican Train Dominoes 2:00 Balance Class with Christian 2:30 Scrabble Club (Resident Lead) 3:00 A Salute to Our Veterans 3:30 Hope & Inspiration with Pastor Bruce 3:30 Midweek Mix & Mingle 6:30 Western Movie Night	**12** 10:15 Movement Class with Canyons 10:30 Current Events with Tim Chambless 1:30 Card Game: Five Crowns 2:35 Bingo Bunch 3:30 Musical Guest ~ BD Howes 3:40 Watercolor Workshop with Kennedy 6:30 Comedy Movie Night	**13** 10:00 Stretch and Strengthen 11:00 Super Scenic Drive 1:30 Poem Writing Class with Kennedy 2:30 Concert with Pop Orchestra 3:00 Feeling Lucky? 3:30 TGIF Happy Hour 6:30 Award Winning Movie	**14** 10:00 Sit and Get Fit 10:45 Crack the Crossword 1:00 Foothill Franc Store 2:30 Card Game: Bluff 2:30 Scrabble Club (Resident Lead) 3:30 Music Memories 6:30 Saturday Cinema:
15 10:00 Sit and Get Fit 10:30 Catholic Communion 10:45 Crafting with Kennedy 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	**16** 10:00 Move It Monday 10:45 Rummykub Club 1:30 Floral Designers 2:30 Scrabble Club (Resident Lead) 3:00 Music & Mingling: Crooner Classics 3:30 Chatter & Cheers Happy Hour 4:00 Come Follow Me *LDS Resident Led Activity* 6:30 Inspired by Music Movie:	**17** 10:15 Movement Class with Canyons 10:45 Travel Club with Brody - 1:30 Blackjack 2:30 Resident Food Commitee & Teaching Kitchen 3:30 Musical Guest ~ Merrill Smith 6:30 Classic Movie Night	**18** 10:00 Wednesday's Workout 10:45 Pampered Palms: Nail Care & Manicures 11:00 Resident Shopping ~ Maceys 1:30 Mexican Train Dominoes 2:00 Balance Class with Christian 2:30 Music with Heart & Soul 2:30 Scrabble Club (Resident Lead) 3:00 This or That: Thanksgiving Edition 4:30 Thanksgiving Diner - Stuffing, Secrets, and Suspects 6:30 Western Movie Night	**19** 10:15 Movement Class with Canyons 10:30 Current Events with Tim Chambless 2:00 Resident Council 3:00 Watercolor Workshop with Kennedy 6:30 Comedy Movie Night	**20** 10:00 Stretch and Strengthen 11:00 Book Club ~ An Inconvenient Widow 11:00 Utah Fine Arts Museum 1:30 Poem Writing Class with Kennedy 2:30 Musical Guest ~ Scott Larabee 3:00 Mystery Photo Social 3:30 TGIF Happy Hour 6:30 Award Winning Movie	**21** 10:00 Sit and Get Fit 10:45 Crack the Crossword 1:30 Italian Soda Bar and Wheel of Fortune 2:30 Card Game: Bluff 2:30 Scrabble Club (Resident Lead) 3:30 Music Memories 6:30 Saturday Cinema:
22 10:00 Sit and Get Fit 10:30 Catholic Communion 10:45 Crafting with Kennedy 1:00 LDS Sacrament Services 1:15 The Ridge Bridge Club 1:30 Sunday Sundae's 3:00 Bingo Bunch 6:30 Sunday Cinema	**23** 10:00 Move It Monday 10:45 Rummykub Club 1:30 Floral Designers 2:30 Scrabble Club (Resident Lead) 3:00 Music & Mingling: Songs We're Thankful For 3:30 Chatter & Cheers Happy Hour 4:00 Come Follow Me *LDS Resident Led Activity* 6:30 Inspired by Music Movie:	**24** 10:15 Movement Class with Canyons 10:45 Travel Club with Brody - 11:30 Meals with Micki 1:30 Blackjack 2:00 Concert with Pop Orchestra 3:15 The Creative Table: Holiday Card Studio 6:30 Classic Movie Night	**25** 10:00 Wednesday's Workout 10:45 Pampered Palms: Nail Care & Manicures 11:00 Resident Shopping ~ Maceys 1:30 Mexican Train Dominoes 2:00 Balance Class with Christian 2:30 Scrabble Club (Resident Lead) 3:00 Gather & Gab: Thanksgiving Traditions 3:30 Midweek Mix & Mingle 6:30 Western Movie Night	**26** 10:15 Movement Class with Canyons 1:30 Card Game: Five Crowns 2:35 Bingo Bunch 3:30 Musical Guest ~ Maggie Beers 3:40 Watercolor Workshop with Kennedy 6:30 Comedy Movie Night	**27** 10:00 Stretch and Strengthen 11:00 Super Scenic Drive 1:30 Poem Writing Class with Kennedy 2:30 Concert with Pop Orchestra 3:00 Fall Meets Christmas: You Pick the Music 3:30 TGIF Happy Hour 6:30 Award Winning Movie	**28** 10:00 Sit and Get Fit 10:45 Crack the Crossword 1:30 Italian Soda Bar and Wheel of Fortune 2:30 Card Game: Bluff 2:30 Scrabble Club (Resident Lead) 3:30 Music Memories 6:30 Saturday Cinema:
29 10:00 Sit and Get Fit 10:30 Catholic Communion 10:45 Crafting with Kennedy 1:00 LDS Sacrament Services 1:15 The Ridge Bridge Club 1:30 Sunday Sundae's 3:00 Bingo Bunch 6:30 Sunday Cinema	**30** 10:00 Move It Monday 10:30 Current Events with Tim Chambless 10:45 Rummykub Club 1:30 Floral Designers 2:30 Scrabble Club (Resident Lead) 3:00 Music & Mingling: Holiday Kickoff 3:30 Chatter & Cheers Happy Hour 4:00 Come Follow Me *LDS Resident Led Activity* 6:30 Inspired by Music Movie:					

THE RIDGE
FOOTHILL · SENIOR LIVING

HAPPY BIRTHDAY

John P. - 3rd
Mary Jane S. - 5th
Yelly "Elisabeth" K. - 5th
Anna H. - 6th
Louis "Lou" M. - 10th
Larry S. - 13th
Dina G. - 14th
Cynthia "Cyndi" G. - 15th
Joan P. - 15th
William "Bill" C. - 18th
Glenn O. - 27th
Phyllis S. - 28th
Susan W. - 28th
Steven "Steve" S. - 30th

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