November 2026

The Ridge Foothill ~ Tapestry

Front Desk: 801-466-1122

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 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 and Coloring Pictures 2:30 Bowling with Brody & Vae 3:30 Ice Cream Sundae Social 4:00 Bingo 6:00 Walking Club 6:30 Sunday Cinema	**2** 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 Cinema	**3** 9:45 Converse and Connect 10:00 Sit and Be Fit 10:30 Bingo 1:30 Crafting Corner 2:30 Snack and Hydration 3:30 Puzzle Challenge 5:45 Inspirational Short Stories 6:30 Tuesday Cinema	**4** 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 Scenic Ice Cream Drive 2:30 Bingo + Snack and Hydration 3:30 Art Class 5:45 Stretching and Stories with Kennedy 6:30 Wednesday Cinema	**5** 9:45 Converse and Connect 10:00 Sit and Be Fit 10:30 Sing ~ A ~ Long 1:30 Balloon Badminton 2:30 Cooking Club 3:45 Conversation Ball 5:45 Evening Wind Down Yoga 6:30 Thursday Cinema	**6** 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 1:30 Trivia Time 2:30 Card Creations + Snack and Hydration 3:30 Sports Center ~ GOLF 5:45 Conversation Ball 6:30 Friday Cinema	**7** 9:45 Converse and Connect 10:00 Sit and Be Fit 10:30 This Day In History 11:00 Travel Club 2:30 Puzzle Challenge + 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

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

Meal Times

Breakfast
8:00am ~ 9:00am

Lunch
12:00pm ~ 1:00pm

Dinner
5:00pm ~ 6:00pm