

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<div><div></div>10:00 Tighten Up Exercise with Utah Home Health</div> <div><div></div>10:45 Book Club</div> <div><div></div>1:30 The Worlds Greatest Paintings *The Great Courses*</div> <div><div></div>2:30 Walking Club *Weather Permitting*</div> <div><div></div>3:00 Music Bingo</div> <div><div></div>3:45 One to One's</div> <div><div></div>6:00 Monday at the Movies</div>	<div><div></div>AD Medical Transportation Day</div> <div><div></div>10:00 Tighten up with AMG Medical Group</div> <div><div></div>10:40 Blackjack in the Bistro</div> <div><div></div>11:00 Sunday School LDS</div> <div><div></div>1:30 Fun with Bingo (4 bingo boards per person max)</div> <div><div></div>2:30 Walking Club *Weather Permitting*</div> <div><div></div>3:00 Tender Hand and Nail Care</div> <div><div></div>6:00 Evening Flix</div>	<div><div></div>10:00 Tighten Up Exercise with Randy from Excel Rehab Therapy</div> <div><div></div>11:00 Super Scenic Drive</div> <div><div></div>1:30 Cottonwood Cash Store</div> <div><div></div>2:30 Cottonwood Cash Raffle with Marketing</div> <div><div></div>2:30 Walking Club *Weather Permitting*</div> <div><div></div>3:00 Moving Forward Movement Class</div> <div><div></div>6:00 Wednesday Movie Night</div>	<div><div></div>AD Medical Transportation Day</div> <div><div></div>10:00 Tighten up with Canyons Home Health</div> <div><div></div>10:40 Game Corner</div> <div><div></div>1:00 Catholic Communion with St. Vincent's</div> <div><div></div>1:30 Texas Hold'em "Poker"</div> <div><div></div>2:30 Walking Club *Weather Permitting*</div> <div><div></div>3:00 Concert with Cait Cooper *American Songbook*</div> <div><div></div>4:00 Creative Writing Club: Writing From the Senses</div> <div><div></div>6:00 Thursday at the Theater</div>	<div><div></div>10:00 Tighten up with The Ridge Cottonwood Staff</div> <div><div></div>10:30 Flower Arranging in the Bistro *one vase per resident*</div> <div><div></div>11:00 Resident Grocery Shopping (Macey's Grocery Store) must be signed up 10:30 am</div> <div><div></div>1:30 Fun with Bingo (4 bingo boards per person max)</div> <div><div></div>2:30 Walking Club *Weather Permitting*</div> <div><div></div>3:00 Bread in the Bistro</div> <div><div></div>3:30 Happy Hour</div> <div><div></div>6:00 Friday Frenzy Movies</div>	<div><div></div>10:00 Tighten up with The Ridge Cottonwood Staff</div> <div><div></div>11:00 Super Scenic Drive</div> <div><div></div>1:30 Blackjack in the Bistro</div> <div><div></div>2:30 Walking Club *Weather Permitting*</div> <div><div></div>3:00 Score with Wii Bowling!</div> <div><div></div>3:15 Dominating Dominos with Paul</div> <div><div></div>4:30 One to One's</div> <div><div></div>6:00 Saturday Movie</div>
<div><div></div>9:30 Church Transportation</div> <div><div></div>10:30 Sunday Matinee</div> <div><div></div>11:00 The Church of Jesus Christ of Latter-day Saints</div> <div><div></div>1:30 Music Artist Spotlight</div> <div><div></div>2:30 Hot Chocolate in the Bistro</div> <div><div></div>2:30 Walking Club *Weather Permitting*</div> <div><div></div>3:00 Trivia Corner</div> <div><div></div>6:00 Sit Back with a Sunday Movie</div>	<div><div></div>10:00 Tighten Up Exercise with Utah Home Health</div> <div><div></div>10:30 MAKE IT * Be Creative* Snowman Tissue Boxes</div> <div><div></div>1:30 World Views with Tim Chambless</div> <div><div></div>2:30 Walking Club *Weather Permitting*</div> <div><div></div>3:00 Music Bingo</div> <div><div></div>3:45 One to One's</div> <div><div></div>6:00 Monday at the Movies</div>	<div><div></div>AD Medical Transportation Day</div> <div><div></div>10:00 Tighten up with AMG Medical Group</div> <div><div></div>10:40 Blackjack in the Bistro</div> <div><div></div>11:00 Priesthood Meeting LDS</div> <div><div></div>11:00 Relief Society LDS</div> <div><div></div>1:30 Fun with Bingo (4 bingo boards per person max)</div> <div><div></div>2:30 Walking Club *Weather Permitting*</div> <div><div></div>3:00 Tender Hand and Nail Care</div> <div><div></div>3:45 Happy Hour</div> <div><div></div>6:00 Evening Flix</div>	<div><div></div>10:00 Tighten Up Exercise with Randy from Excel Rehab Therapy</div> <div><div></div>11:00 Super Scenic Drive</div> <div><div></div>1:30 Resident Spotlight</div> <div><div></div>2:30 Walking Club *Weather Permitting*</div> <div><div></div>3:00 Travel Cuisine</div> <div><div></div>6:00 Wednesday Movie Night</div>	<div><div></div>AD Medical Transportation Day</div> <div><div></div>10:00 Tighten up with Canyons Home Health</div> <div><div></div>10:40 Game Corner</div> <div><div></div>1:00 Catholic Communion with St. Vincent's</div> <div><div></div>1:30 Texas Hold'em "Poker"</div> <div><div></div>2:30 Walking Club *Weather Permitting*</div> <div><div></div>3:00 Concert with Nathan Spencer</div> <div><div></div>3:00 Piano with Merrill</div> <div><div></div>4:00 Creative Writing Club: Writing From the Senses</div> <div><div></div>6:00 Thursday at the Theater</div>	<div><div></div>10:00 Tighten up with The Ridge Cottonwood Staff</div> <div><div></div>10:30 Flower Arranging in the Bistro *one vase per resident*</div> <div><div></div>11:00 Resident Grocery Shopping (Macey's Grocery Store) must be signed up 10:30 am</div> <div><div></div>1:30 Fun with Bingo (4 bingo boards per person max)</div> <div><div></div>2:30 Walking Club *Weather Permitting*</div> <div><div></div>3:00 Corn Hole and Fresh Baked Cookies in the Bistro</div> <div><div></div>3:45 Happy Hour</div> <div><div></div>6:00 Friday Frenzy Movies</div>	<div><div></div>10:00 Tighten up with The Ridge Cottonwood Staff</div> <div><div></div>11:00 Super Scenic Drive</div> <div><div></div>1:30 Blackjack in the Bistro</div> <div><div></div>2:30 Walking Club *Weather Permitting*</div> <div><div></div>3:00 Score with Wii Bowling!</div> <div><div></div>3:15 Dominating Dominos with Paul</div> <div><div></div>4:30 One to One's</div> <div><div></div>6:00 Saturday Movie</div>
<div><div></div>9:30 Church Transportation</div> <div><div></div>10:30 Sunday Matinee</div> <div><div></div>11:00 The Church of Jesus Christ of Latter-day Saints</div> <div><div></div>1:30 Music Artist Spotlight</div> <div><div></div>2:30 Hot Chocolate in the Bistro</div> <div><div></div>2:30 Walking Club *Weather Permitting*</div> <div><div></div>3:00 Trivia Corner</div> <div><div></div>6:00 Sit Back with a Sunday Movie</div>	<div><div></div>10:00 Tighten Up Exercise with Utah Home Health</div> <div><div></div>10:45 Book Club</div> <div><div></div>1:30 The Worlds Greatest Paintings *The Great Courses*</div> <div><div></div>2:30 Walking Club *Weather Permitting*</div> <div><div></div>3:00 Music Bingo</div> <div><div></div>3:45 One to One's</div> <div><div></div>6:00 Family Home Evening *LDS Activity*</div> <div><div></div>6:00 Monday at the Movies</div>	<div><div></div>AD Medical Transportation Day</div> <div><div></div>10:00 Tighten up with AMG Medical Group</div> <div><div></div>10:40 Blackjack in the Bistro</div> <div><div></div>11:00 Sunday School LDS</div> <div><div></div>1:30 Fun with Bingo (4 bingo boards per person max)</div> <div><div></div>2:30 Walking Club *Weather Permitting*</div> <div><div></div>3:00 Tender Hand and Nail Care</div> <div><div></div>3:45 Happy Hour</div> <div><div></div>6:00 Evening Flix</div>	<div><div></div>10:00 Tighten Up Exercise with Randy from Excel Rehab Therapy</div> <div><div></div>11:00 Super Scenic Drive</div> <div><div></div>1:15 Score with Wii Bowling!</div> <div><div></div>2:15 Concert with Jen Bradshaw</div> <div><div></div>2:30 Walking Club *Weather Permitting*</div> <div><div></div>3:15 Word-in-a-Word</div> <div><div></div>6:00 Wednesday Movie Night</div>	<div><div></div>AD Medical Transportation Day</div> <div><div></div>10:00 Tighten up with Canyons Home Health</div> <div><div></div>10:40 Game Corner</div> <div><div></div>1:00 Catholic Communion with St. Vincent's</div> <div><div></div>1:30 Texas Hold'em "Poker"</div> <div><div></div>2:30 Walking Club *Weather Permitting*</div> <div><div></div>3:00 Concert *To be announced*</div> <div><div></div>4:00 Creative Writing Club: Writing From the Senses</div> <div><div></div>6:00 Thursday at the Theater</div>	<div><div></div>10:00 Tighten up with The Ridge Cottonwood Staff</div> <div><div></div>10:30 Flower Arranging in the Bistro *one vase per resident*</div> <div><div></div>11:00 Lunch Bunch</div> <div><div></div>1:30 Fun with Bingo (4 bingo boards per person max)</div> <div><div></div>2:30 Walking Club *Weather Permitting*</div> <div><div></div>3:00 Bread in the Bistro</div> <div><div></div>3:30 Happy Hour</div> <div><div></div>3:45 Happy Hour</div> <div><div></div>6:00 Friday Frenzy Movies</div>	<div><div></div>10:00 Tighten up with The Ridge Cottonwood Staff</div> <div><div></div>11:00 Super Scenic Drive</div> <div><div></div>1:30 Blackjack in the Bistro</div> <div><div></div>2:30 Walking Club *Weather Permitting*</div> <div><div></div>3:00 Score with Wii Bowling!</div> <div><div></div>3:15 Dominating Dominos with Paul</div> <div><div></div>4:30 One to One's</div> <div><div></div>6:00 Saturday Movie</div>
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THE RIDGE

COTTONWOOD • SENIOR LIVING

HAPPY BIRTHDAY

Jerry N. - 7th

Joe M. - 11th

Verlaine S. - 12th

Peggy M. - 17th

Ron T. - 18th

Judith T. - 19th

Jani S. - 22nd

Paul W. - 26th

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