



THE RIDGE
COTTONWOOD • SENIOR LIVING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<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>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>3:45 Happy Hour</div><div></div><div>6:00 Friday Frenzy Movies</div></div>	<div><div></div><div>10:00 Tighten up with The Ridge Cottonwood Staff</div><div></div><div>11:00 Super Scenic Drive *Weather Permitting*</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></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>3</div>	<div><div></div><div>10:00 Tighten Up Exercise with Utah Home Health</div><div></div><div>10:30 MAKE IT * Be Creative*</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>4</div>	<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>5</div>	<div><div></div><div>10:00 Tighten Up Exercise with Randy from Excel Rehab Therapy</div><div></div><div>11:00 Super Scenic Drive *Weather Permitting*</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>6</div>	<div><div></div><div>AD Medical Transportation Day</div><div></div><div>10:00 Tighten up with Canyons Home Health</div><div></div><div>10:45 Resident Grocery Shopping (Macey's Grocery Store) must be signed up 10:30 am</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 Kevin Scott *Irish Music*</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>7</div>	<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>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 in the Bistro</div><div></div><div>3:45 Happy Hour</div><div></div><div>6:00 Friday Frenzy Movies</div></div> <div>8</div>	<div><div></div><div>10:00 Tighten up with The Ridge Cottonwood Staff</div><div></div><div>11:00 Super Scenic Drive *Weather Permitting*</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>9</div>
<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>10</div>	<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 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>11</div>	<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</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>12</div>	<div><div></div><div>10:00 Tighten Up Exercise with Randy from Excel Rehab Therapy</div><div></div><div>11:00 Super Scenic Drive *Weather Permitting*</div><div></div><div>1:30 Fun on the iN2L</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>13</div>	<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 Amanda Frisby *Big Band and Swing*</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>14</div>	<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 Art Class with Callie</div><div></div><div>6:00 Friday Frenzy Movies</div></div> <div>15</div>	<div><div></div><div>10:00 Tighten up with The Ridge Cottonwood Staff</div><div></div><div>11:00 Super Scenic Drive *Weather Permitting*</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>16</div>
<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>17</div>	<div><div></div><div>10:00 Tighten Up Exercise with Utah Home Health</div><div></div><div>10:30 MAKE IT * Be Creative*</div><div></div><div>1:30 *The Great Courses* The Guide to Birding in North America*</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>18</div>	<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>19</div>	<div><div></div><div>10:00 Tighten Up Exercise with Randy from Excel Rehab Therapy</div><div></div><div>11:00 Super Scenic Drive *Weather Permitting*</div><div></div><div>1:15 Score with Wii Bowling!</div><div></div><div>2:15 Jen Bradshaw on Guitar</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>20</div>	<div><div></div><div>AD Medical Transportation Day</div><div></div><div>10:00 Tighten up with Canyons Home Health</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 Camrey Fox *Julie Andrews Tribute*</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>11:30 Lunch Bunch</div></div> <div>21</div>	<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>11:15 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>3:00 Resident Grocery Shopping (Macey's Grocery Store) must be signed up 2:00 am</div><div></div><div>3:45 Happy Hour</div><div></div><div>6:00 Friday Frenzy Movies</div></div> <div>22</div>	<div><div></div><div>10:00 Tighten up with The Ridge Cottonwood Staff</div><div></div><div>11:00 Super Scenic Drive *Weather Permitting*</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>23</div>
<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>24</div>	<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 Great Courses* The Guide to Birding in North America</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>25</div>	<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>1:45 Resident's Only Meeting</div><div></div><div>2:00 Resident Council</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>26</div>	<div><div></div><div>10:00 Tighten Up Exercise with Randy from Excel Rehab Therapy</div><div></div><div>11:00 Super Scenic Drive *Weather Permitting*</div><div></div><div>2:30 Reminiscing and Grief with Canyon Home Health</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>27</div>	<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 Outing to the Aquarium</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 BD Howes on Guitar</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>28</div>	<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>1:00 Resident Ambassador Meeting</div><div></div><div>1:30 Fun with Bingo (4 bingo boards per person max)</div><div></div><div>2:30 Movie Club Meeting</div><div></div><div>2:30 Walking Club *Weather Permitting*</div><div></div><div>3:00 Otters and Others Animal Encounter</div><div></div><div>6:00 Friday Frenzy Movies</div></div> <div>29</div>	<div><div></div><div>10:00 Tighten up with The Ridge Cottonwood Staff</div><div></div><div>11:00 Super Scenic Drive *Weather Permitting*</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>30</div>
<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>31</div>						

HAPPY BIRTHDAY

Arlene M. - 8th
John M. - 10th
Brent H. - 12th
Paula S. - 13th
Marty H. - 24th
Norman H. - 25th
Cary B. - 27th
Dale P. - 27th
David M. - 28th
Lois O. - 28th

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