



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<div><div></div>9:30 Fact or Fiction</div> <div><div></div>10:00 Open Arms Exercises With Music</div> <div><div></div>10:30 Hydration Break</div> <div><div></div>10:45 Word Games</div> <div><div></div>1:30 CHERYL BLACKLEY Performs</div> <div><div></div>2:30 Sensational Smoothies</div> <div><div></div>3:15 Sports Corner</div> <div><div></div>4:00 Converse and Connect</div> <div><div></div>6:00 Music and Trivia</div> <div><div></div>6:45 Monday Movie Night</div>	<div><div></div>9:45 Converse and Connect</div> <div><div></div>10:00 Movement with Music</div> <div><div></div>10:30 Hydration Break</div> <div><div></div>10:45 Name that Tune</div> <div><div></div>1:30 This Day in History</div> <div><div></div>2:00 Baking Corner</div> <div><div></div>3:00 Seasonal Inspired Coloring</div> <div><div></div>4:00 Word Games</div> <div><div></div>6:00 Poetry Corner and Relaxation</div> <div><div></div>6:45 Tuesday at the Theatre</div>	<div><div></div>9:30 Good Morning Conversation Starters</div> <div><div></div>10:00 Exercise with the Ridge Cottonwood Staff</div> <div><div></div>10:30 Hydration Break</div> <div><div></div>10:45 Music Artist Spotlight</div> <div><div></div>1:30 Super Scenic Drive</div> <div><div></div>3:00 Snack and Hydration from the Kitchen</div> <div><div></div>4:00 Trivia Corner</div> <div><div></div>6:00 Name that Tune</div> <div><div></div>6:30 Wednesday Movie Night</div>	<div><div></div>9:30 Good Morning Conversation Starters</div> <div><div></div>10:00 Reading Aloud</div> <div><div></div>10:30 Hydration Break</div> <div><div></div>10:45 Exercise with Canyons Home Health</div> <div><div></div>11:15 Trivia Corner</div> <div><div></div>1:00 Catholic Communion with St. Vincent's</div> <div><div></div>1:30 Fun with Bingo</div> <div><div></div>2:30 Balloon Ball</div> <div><div></div>3:00 Homemade Bread and Hydration</div> <div><div></div>3:30 White Board Games</div> <div><div></div>4:00 This Day in History</div> <div><div></div>6:00 Fact or Fiction</div> <div><div></div>6:45 Thursday Movie Night</div>	<div><div></div>9:30 Current Events: On the iN2L</div> <div><div></div>10:00 Open Arms Exercises With Music</div> <div><div></div>10:30 Hydration Break</div> <div><div></div>10:45 Actor Spotlight</div> <div><div></div>1:30 Super Scenic Drive</div> <div><div></div>3:00 Trail Mix Popcorn Snack</div> <div><div></div>3:30 Scattergories</div> <div><div></div>4:00 Stretch and Reset</div> <div><div></div>6:00 Name that Tune</div> <div><div></div>6:45 Friday Movie Night</div>	<div><div></div>10:00 Current Events: On the iN2L</div> <div><div></div>10:30 Exercise with the Ridge Cottonwood Staff</div> <div><div></div>10:30 Hydration Break</div> <div><div></div>11:00 White Board Games</div> <div><div></div>1:30 Game Corner</div> <div><div></div>2:30 Snack and Hydration from the Kitchen</div> <div><div></div>3:00 Jen Bradshaw on Guitar</div> <div><div></div>4:00 Aroma Therapy with Hand Massage</div> <div><div></div>6:30 Stretch and Reset</div> <div><div></div>6:45 Saturday Night at the Movies</div>
<div><div></div>9:45 Spiritual Hymns - Recollect/Reflect</div> <div><div></div>10:30 Hydration Break</div> <div><div></div>10:30 Inspirational Story's and Quotes</div> <div><div></div>11:00 The Church of Jesus Christ of Latter-day Saints</div> <div><div></div>1:30 Hand and Nail Care</div> <div><div></div>2:30 Sunday Hot Chocolate</div> <div><div></div>3:00 Armchair Travel</div> <div><div></div>4:00 This Day in History</div> <div><div></div>6:00 Stretch and Reset</div> <div><div></div>7:00 Sunday Movie</div>	<div><div></div>9:30 Fact or Fiction</div> <div><div></div>10:00 Open Arms Exercises With Music</div> <div><div></div>10:30 Hydration Break</div> <div><div></div>10:45 Word Games</div> <div><div></div>1:30 Concert with April Huntington *Big Band Swing*</div> <div><div></div>2:30 Sensational Smoothies</div> <div><div></div>3:15 Sports Corner</div> <div><div></div>4:00 Converse and Connect</div> <div><div></div>6:00 Music and Trivia</div> <div><div></div>6:45 Monday Movie Night</div>	<div><div></div>9:45 Converse and Connect</div> <div><div></div>10:00 Movement with Music</div> <div><div></div>10:30 Hydration Break</div> <div><div></div>10:45 Name that Tune</div> <div><div></div>1:30 This Day in History</div> <div><div></div>2:00 Baking Corner</div> <div><div></div>3:00 Seasonal Inspired Coloring</div> <div><div></div>4:00 Word Games</div> <div><div></div>6:00 Poetry Corner and Relaxation</div> <div><div></div>6:45 Tuesday at the Theatre</div>	<div><div></div>9:30 Good Morning Conversation Starters</div> <div><div></div>10:00 Exercise with the Ridge Cottonwood Staff</div> <div><div></div>10:30 Hydration Break</div> <div><div></div>10:45 Music Artist Spotlight</div> <div><div></div>1:30 Super Scenic Drive</div> <div><div></div>3:00 Snack and Hydration from the Kitchen</div> <div><div></div>4:00 Trivia Corner</div> <div><div></div>6:00 Name that Tune</div> <div><div></div>6:30 Wednesday Movie Night</div>	<div><div></div>9:30 Good Morning Conversation Starters</div> <div><div></div>10:00 Reading Aloud</div> <div><div></div>10:30 Hydration Break</div> <div><div></div>10:45 Exercise with Canyons Home Health</div> <div><div></div>11:15 Trivia Corner</div> <div><div></div>1:00 Catholic Communion with St. Vincent's</div> <div><div></div>1:30 Fun with Bingo</div> <div><div></div>2:30 Balloon Ball</div> <div><div></div>3:00 Homemade Bread and Hydration</div> <div><div></div>3:30 White Board Games</div> <div><div></div>4:00 This Day in History</div> <div><div></div>6:00 Fact or Fiction</div> <div><div></div>6:45 Thursday Movie Night</div>	<div><div></div>9:30 Current Events: On the iN2L</div> <div><div></div>10:00 Open Arms Exercises With Music</div> <div><div></div>10:30 Hydration Break</div> <div><div></div>10:45 Actor Spotlight</div> <div><div></div>1:30 Super Scenic Drive</div> <div><div></div>3:00 Trail Mix Popcorn Snack</div> <div><div></div>3:30 Scattergories</div> <div><div></div>4:00 Stretch and Reset</div> <div><div></div>6:00 Name that Tune</div> <div><div></div>6:45 Friday Movie Night</div>	<div><div></div>10:00 Current Events: On the iN2L</div> <div><div></div>10:30 Exercise with the Ridge Cottonwood Staff</div> <div><div></div>10:30 Hydration Break</div> <div><div></div>11:00 White Board Games</div> <div><div></div>1:30 Game Corner</div> <div><div></div>2:30 Snack and Hydration from the Kitchen</div> <div><div></div>3:00 Music with Kevin Scott</div> <div><div></div>4:00 Aroma Therapy with Hand Massage</div> <div><div></div>6:30 Stretch and Reset</div> <div><div></div>6:45 Saturday Night at the Movies</div>
<div><div></div>9:45 Spiritual Hymns - Recollect/Reflect</div> <div><div></div>10:30 Hydration Break</div> <div><div></div>10:30 Inspirational Story's and Quotes</div> <div><div></div>11:00 The Church of Jesus Christ of Latter-day Saints</div> <div><div></div>1:30 This Day in History</div> <div><div></div>2:00 Concert with Annie Pugmire</div> <div><div></div>2:45 Hand and Nail Care</div> <div><div></div>3:45 Sunday Hot Chocolate</div> <div><div></div>6:00 Stretch and Reset</div> <div><div></div>7:00 Sunday Movie</div>	<div><div></div>9:30 Fact or Fiction</div> <div><div></div>10:00 Open Arms Exercises With Music</div> <div><div></div>10:30 Hydration Break</div> <div><div></div>10:45 Word Games</div> <div><div></div>2:30 Sensational Smoothies</div> <div><div></div>3:15 Sports Corner</div> <div><div></div>4:00 Converse and Connect</div> <div><div></div>6:00 Music and Trivia</div> <div><div></div>6:45 Monday Movie Night</div>	<div><div></div>9:45 Converse and Connect</div> <div><div></div>10:00 Movement with Music</div> <div><div></div>10:30 Hydration Break</div> <div><div></div>10:45 Name that Tune</div> <div><div></div>1:30 This Day in History</div> <div><div></div>2:00 Baking Corner</div> <div><div></div>3:00 Concert with Heart & Soul</div> <div><div></div>4:00 Word Games</div> <div><div></div>6:00 Poetry Corner and Relaxation</div> <div><div></div>6:45 Tuesday at the Theatre</div>	<div><div></div>9:30 Good Morning Conversation Starters</div> <div><div></div>10:00 Exercise with the Ridge Cottonwood Staff</div> <div><div></div>10:30 Hydration Break</div> <div><div></div>10:45 Music Artist Spotlight</div> <div><div></div>1:30 Family Feud</div> <div><div></div>2:00 Concert with Scott Larabee</div> <div><div></div>3:00 Snack and Hydration from the Kitchen</div> <div><div></div>3:15 Super Scenic Drive</div> <div><div></div>6:00 Name that Tune</div> <div><div></div>6:30 Wednesday Movie Night</div>	<div><div></div>9:30 Good Morning Conversation Starters</div> <div><div></div>10:00 Reading Aloud</div> <div><div></div>10:30 Hydration Break</div> <div><div></div>10:45 Exercise with Canyons Home Health</div> <div><div></div>11:15 Trivia Corner</div> <div><div></div>1:00 Catholic Communion with St. Vincent's</div> <div><div></div>1:30 Fun with Bingo</div> <div><div></div>2:30 Balloon Ball</div> <div><div></div>3:00 Homemade Bread and Hydration</div> <div><div></div>3:30 White Board Games</div> <div><div></div>4:00 This Day in History</div> <div><div></div>6:00 Fact or Fiction</div> <div><div></div>6:45 Thursday Movie Night</div>	<div><div></div>9:30 Current Events: On the iN2L</div> <div><div></div>10:00 Open Arms Exercises With Music</div> <div><div></div>10:30 Hydration Break</div> <div><div></div>10:45 Actor Spotlight</div> <div><div></div>1:30 Super Scenic Drive</div> <div><div></div>3:00 Trail Mix Popcorn Snack</div> <div><div></div>3:30 Scattergories</div> <div><div></div>4:00 Stretch and Reset</div> <div><div></div>6:00 Name that Tune</div> <div><div></div>6:45 Friday Movie Night</div>	<div><div></div>10:00 Current Events: On the iN2L</div> <div><div></div>10:30 Exercise with the Ridge Cottonwood Staff</div> <div><div></div>10:30 Hydration Break</div> <div><div></div>11:00 White Board Games</div> <div><div></div>1:30 Game Corner</div> <div><div></div>2:30 Snack and Hydration from the Kitchen</div> <div><div></div>3:00 Concert with Josh Rogers *Movie Musicals*</div> <div><div></div>4:00 Aroma Therapy with Hand Massage</div> <div><div></div>6:30 Stretch and Reset</div> <div><div></div>6:45 Saturday Night at the Movies</div>
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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