





# September 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>“There is nothing in the world so irresistibly contagious as laughter and good humor.”</b></p> <p>— Charles Dickens, A Christmas Carol</p>	<p><b>Location Keys</b></p> <p>Art Studio Second Floor A                      Courtyard C                      Demonstration Kitchen DK                      Fitness Center (Third Floor) FC                      Great Room (Second Floor) GR                      Lobby L                      Olympus Dining Room ODR                      Summit Room S                      Theater T</p>	<p><i>Resident Birthdays</i></p> <p>Joy M. 9/12                      Mary W. 9/14                      Donna K. 9/15                      Nana A. 9/11                      Kent A. 9/11                      Glen W. 9/11                      Gary S. 9/12                      LaRee E. 9/17                      Donna E. 9/18                      Dawn D. 9/18                      George A. 9/20                      Kathryn "Kay" T. 9/23                      Gayle M. 9/30</p>	<p>10:00 ❤️ Workout Wednesday with Mary [FC] <b>1</b></p> <p>10:45 🎲 Prize Poker [S]</p> <p>1:00 🧘 Relief Society [GR]</p> <p>1:30 🧶 Knitting &amp; Crocheting Club [S]</p> <p>2:00 ❤️ Balance Class with Canyons Home Health [FC]</p> <p>2:30 🎲 Board Scrabble Games [GR]</p> <p>4:00 🍹 Happy Hour [DK]</p> <p>6:30 🌊 Blue Miracle [T]</p>	<p><b>Podiatrist here @ 9 am</b> <b>2</b></p> <p>10:00 ❤️ Exercises with Canyons HH [FC]</p> <p>11:00 📅 Current Events with Tim Chambless [S]</p> <p>1:30 🧘 Aging Well with Canyons HH [S]</p> <p>2:15 🎲 Gaming Corner: Come learn how to play Canasta [L]</p> <p>3:00 ❤️ Moving Forward: Movement Class [S]</p> <p>4:00 🍹 Thirsty Thursdays: Signature Cocktails [DK]</p> <p>6:30 🌊 Rim of the World (2019) [T]</p>	<p><b>3</b></p> <p>10:00 ❤️ Fit Friday Exercise Class with Minerva [FC]</p> <p>11:00 📅 Beginning Spanish with Minerva [S]</p> <p>1:30 🌄 Scenic Drive: Big Cottonwood Canyon [L]</p> <p>2:30 🍷 Cooking Club with Amanda: Nachos [DK]</p> <p>3:30 ❤️ Weights Class [FC]</p> <p>4:00 🍹 Happy Hour [DK]</p> <p>6:30 🌟 Fancy Friday Oscars: Seven Pounds (2008) [T]</p>	<p><b>4</b></p> <p>10:00 ❤️ Saturday Sit and Stretch with Mary [FC]</p> <p>11:00 🎲 Family Feud Game! [S]</p> <p>1:00 📺 Documentary Hour: Animals on the Planet Earth [T]</p> <p>2:00 🍹 Soda Bar [DK]</p> <p>2:30 🎲 Board Scrabble [GR]</p> <p>6:30 🌟 Saturday Cinema: The Karate Kid (1984) [T]</p>
<p>10:00 ❤️ Sunday Exercise with Eric [FC] <b>5</b></p> <p>10:30 🧘 Catholic Mass</p> <p>11:00 ❤️ Walking with Eric [L]</p> <p>1:00 🧘 LDS Sacrament Meeting [S]</p> <p>1:15 📅 The Ridge Bridge Club [GR]</p> <p>2:00 🍹 Ice Cream Sundae Bar [DK]</p> <p>3:00 🎲 Bingo Blast [S]</p> <p>4:00 📺 TV Time - [T]</p> <p>6:30 🍷 Legally Blonde [T]</p>	<p><b>6</b></p> <p>10:00 ❤️ Get Movin' on Monday [FC]</p> <p>11:30 🎲 Games in the Lobby [L]</p> <p>1:30 🎲 Bingo [S]</p> <p>2:30 🎲 Board Scrabble [GR]</p> <p>4:00 🍹 Happy Hour [DK]</p> <p>6:30 🎵 Musical Movie Monday: - That's Entertainment part 3 - [T]</p>	<p><b>7</b></p> <p>10:00 ❤️ Exercises with Canyons HH [FC]</p> <p>11:00 🌊 Picnic Lunch Outing [L]</p> <p>1:30 🧘 Mini Manicures [A]</p> <p>3:00 🧶 Crafting Corner: Personalized Mugs [A]</p> <p>4:00 🎵 Laugh out Loud Comedy Hour [T]</p> <p>6:30 🌟 Greater [T]</p>	<p><b>8</b></p> <p>10:00 ❤️ Workout Wednesday with Mary [FC]</p> <p>10:45 🎲 Prize Poker [S]</p> <p>2:00 ❤️ Balance Class with Canyons Home Health [FC]</p> <p>2:30 🎲 Board Scrabble Games [GR]</p> <p>2:30 🧶 Knitting &amp; Crocheting Club [S]</p> <p>4:00 🍹 Happy Hour [DK]</p> <p>6:30 🐼 Mowgli [T]</p>	<p><b>9</b></p> <p><b>Podiatrist here @ 9 am</b></p> <p>10:00 ❤️ Exercises with Canyons HH [FC]</p> <p>11:00 📅 Current Events with Tim Chambless [S]</p> <p>1:30 🧘 Bible Study with Bristol Home Health [GR]</p> <p>2:30 🎲 Gaming Corner: Come learn to play</p> <p>4:00 🍹 Thirsty Thursdays: Signature Cocktails [DK]</p> <p>6:30 🧠 Mixed Nuts Entertainment [S]</p>	<p><b>10</b></p> <p>10:00 ❤️ Fit Friday Exercise Class with Minerva [FC]</p> <p>11:00 📅 Beginning Spanish with Minerva [S]</p> <p>11:30 🌟 Outdoor BBQ for National Hot Dog Day [C]</p> <p>1:30 🎵 Kerstin Tenney Violin [L]</p> <p>3:30 ❤️ Weights Class [FC]</p> <p>4:00 🍹 Happy Hour [DK]</p> <p>6:30 🌟 Fancy Friday Oscars- Walk. Ride. Rodeo (2019) [T]</p>	<p><b>11</b></p> <p>10:00 ❤️ Saturday Sit and Stretch with Mary [FC]</p> <p>11:00 🎲 Family Feud Game! [S]</p> <p>1:00 📺 Documentary Hour: Animals on the Planet Earth [T]</p> <p>2:00 🍹 Soda Bar [DK]</p> <p>2:30 🎲 Board Scrabble [GR]</p> <p>6:30 🌟 Saturday Cinema- Twilight (2008) [T]</p>
<p>10:00 ❤️ Sunday Exercise with Eric [FC] <b>12</b></p> <p>10:30 🧘 Catholic Mass</p> <p>11:00 ❤️ Walking with Eric [L]</p> <p>1:00 🧘 LDS Sacrament Meeting [S]</p> <p>1:15 📅 The Ridge Bridge Club [GR]</p> <p>2:00 🍹 Ice Cream Sundae Bar [DK]</p> <p>3:00 🎲 Bingo Blast [S]</p> <p>4:00 📺 TV Time - [T]</p> <p>6:30 🍷 Five Feet Apart [T]</p>	<p><b>13</b></p> <p>10:00 ❤️ Get Movin' on Monday [FC]</p> <p>10:45 ❤️ Shopping Outing to Smiths [L]</p> <p>1:30 🎲 Bingo [S]</p> <p>2:30 🎲 Board Scrabble [GR]</p> <p>2:30 🌸 Flower Arranging [DK]</p> <p>4:00 🍹 Happy Hour [DK]</p> <p>6:30 🎵 Musical Movie Monday: - That's Dancing - [T]</p>	<p><b>14</b></p> <p>10:00 ❤️ Exercises with Canyons HH [FC]</p> <p>10:00 ❤️ Free Walker &amp; Wheelchair tune up with Mobility City [S]</p> <p>10:45 🌊 Outing: Bird Watching [L]</p> <p>1:30 🧘 Mini Manicures [A]</p> <p>2:30 🌟 Resident Spotlight with Chocolate Milkshakes [S]</p> <p>3:00 🧶 Crafting Corner: Bracelets [A]</p> <p>4:00 🎵 Laugh out Loud Comedy Hour [T]</p> <p>6:30 🐶 Hachi A Dog's Tale [T]</p>	<p><b>15</b></p> <p>10:00 ❤️ Workout Wednesday with Mary [FC]</p> <p>10:45 🎲 Prize Poker [S]</p> <p>1:00 🧘 Relief Society [GR]</p> <p>1:30 🌟 Assisted Living Week: Community Fall Carnival [S]</p> <p>2:00 ❤️ Balance Class with Canyons Home Health [FC]</p> <p>2:30 🎲 Board Scrabble Games [GR]</p> <p>2:30 🧶 Knitting &amp; Crocheting Club [S]</p> <p>4:00 🍹 Happy Hour [DK]</p> <p>6:30 🌟 The Last Days [T]</p>	<p><b>16</b></p> <p><b>Podiatrist here @ 9 am</b></p> <p>10:00 ❤️ Exercises with Canyons HH [FC]</p> <p>11:00 📅 Current Events with Tim Chambless [S]</p> <p>1:30 🧘 Bible Study with Canyons HH [GR]</p> <p>2:00 🧘 Assisted Living Week: Caring Rocks - Come paint a positive message on a rock! [A]</p> <p>3:00 ❤️ Moving Forward: Movement Class [S]</p> <p>4:00 🍹 Thirsty Thursdays: New Resident Social with Signature Cocktails and Guacamole [DK]</p> <p>6:30 🌟 POMS ( 2019) [T]</p>	<p><b>17</b></p> <p>10:00 ❤️ Fit Friday Exercise Class with Minerva [FC]</p> <p>11:00 📅 Beginning Spanish with Minerva [S]</p> <p>1:30 🌟 Assisted Living Week: Talent Show/ Show and Tell [S]</p> <p>3:30 ❤️ Weights Class [FC]</p> <p>4:00 🍹 Happy Hour with Quinn [DK]</p> <p>6:30 🌟 Fancy Friday Oscars: Seven Years in Tibet - [T]</p>	<p><b>18</b></p> <p>10:00 ❤️ Saturday Sit and Stretch with Mary [FC]</p> <p>11:00 🎲 Family Feud Game! [S]</p> <p>1:00 📺 Documentary Hour: Animals on the Planet Earth [T]</p> <p>1:30 🎵 Beautiful Dreamer Trio [S]</p> <p>2:00 🍹 Soda Bar [DK]</p> <p>2:30 🎲 Board Scrabble [GR]</p> <p>6:30 🌟 Saturday Cinema- Zathura [T]</p>
<p>10:00 ❤️ Sunday Exercise with Eric [FC] <b>19</b></p> <p>10:30 🧘 Catholic Mass</p> <p>11:00 ❤️ Walking with Eric [L]</p> <p>1:00 🧘 LDS Sacrament Meeting [S]</p> <p>1:15 📅 The Ridge Bridge Club [GR]</p> <p>2:00 🍹 Ice Cream Sundae Bar [DK]</p> <p>3:00 🎲 Bingo Blast [S]</p> <p>4:00 📺 TV Time - [T]</p> <p>6:30 🍷 The Dig [T]</p>	<p><b>20</b></p> <p>10:00 ❤️ Get Movin' on Monday [FC]</p> <p>10:45 ❤️ Shopping Outing to Smiths [L]</p> <p>1:30 🎲 Bingo [S]</p> <p>2:30 🎲 Board Scrabble [GR]</p> <p>2:30 🌸 Flower Arranging [DK]</p> <p>4:00 🍹 Happy Hour with Butter Scotch Pudding [DK]</p> <p>6:30 🎵 Les Misérables (2012) [T]</p>	<p><b>21</b></p> <p>10:00 ❤️ Exercises with Canyons HH [FC]</p> <p>11:00 🌄 Scenic Drive: [L]</p> <p>1:30 🧘 Mini Manicures [A]</p> <p>2:00 ❤️ Health Benefits of Mushrooms [DK]</p> <p>3:00 🧶 Crafting Corner: Fall Coasters [A]</p> <p>4:00 🎵 Laugh out Loud Comedy Hour [T]</p> <p>6:30 🎵 Talladega Nights: The Ballad of Ricky Bobby (2006) [T]</p>	<p><b>22</b></p> <p>10:00 ❤️ Workout Wednesday with Mary [FC]</p> <p>10:45 🎲 Prize Poker [S]</p> <p>1:30 🍹 Ice Cream Cone Dessert Bar [DK]</p> <p>2:00 ❤️ Balance Class with Canyons Home Health [FC]</p> <p>2:30 🎲 Board Scrabble Games [GR]</p> <p>2:30 🧶 Knitting &amp; Crocheting Club [S]</p> <p>4:00 🍹 Happy Hour [DK]</p> <p>6:30 🌟 Western Movie Wednesday: Quigley Down Under (1990) [T]</p>	<p><b>23</b></p> <p><b>Podiatrist here @ 9 am</b></p> <p>10:00 ❤️ Exercises with Canyons HH [FC]</p> <p>11:00 📅 Current Events with Tim Chambless [S]</p> <p>1:30 🧘 Bible Study with Bristol Home Health [GR]</p> <p>2:30 🎵 Time Steppers Entertainment [ODR]</p> <p>4:00 🍹 Thirsty Thursdays: Signature Cocktails [DK]</p> <p>6:30 🎵 Thriller Thursday- Casino Royale (2006) [T]</p>	<p><b>24</b></p> <p>10:00 ❤️ Fit Friday Exercise Class with Minerva [FC]</p> <p>11:00 📅 Beginning Spanish with Minerva [S]</p> <p>1:15 📅 Foothill Franc Store [S]</p> <p>2:00 🎵 Scott Larabee [L]</p> <p>3:30 ❤️ Weights Class [FC]</p> <p>4:00 🍹 Happy Hour [DK]</p> <p>6:30 🌟 Fancy Friday Oscars: Beowulf (2007) [T]</p>	<p><b>25</b></p> <p>10:00 ❤️ Saturday Sit and Stretch with Mary [FC]</p> <p>11:30 ❤️ Walk to End Alzheimer's [L]</p> <p>1:00 📺 Documentary Hour: Animals on the Planet Earth [T]</p> <p>2:00 🍹 Soda Bar [DK]</p> <p>2:30 🎲 Board Scrabble [GR]</p> <p>6:30 🌟 Saturday Cinema: Fatherhood (2021) [T]</p>
<p>10:00 ❤️ Sunday Exercise with Eric [FC] <b>26</b></p> <p>10:30 🧘 Catholic Mass</p> <p>11:00 ❤️ Walking with Eric [L]</p> <p>1:00 🧘 LDS Sacrament Meeting [S]</p> <p>1:15 📅 The Ridge Bridge Club [GR]</p> <p>2:00 🍹 Ice Cream Sundae Bar [DK]</p> <p>3:00 🎲 Bingo Blast [S]</p> <p>4:00 📺 TV Time - [T]</p>	<p><b>27</b></p> <p>10:00 ❤️ Get Movin' on Monday [FC]</p> <p>10:45 ❤️ Shopping Outing to Smiths [L]</p> <p>1:30 🎲 Bingo [S]</p> <p>2:30 🎲 Board Scrabble [GR]</p> <p>2:30 🌸 Flower Arranging [DK]</p> <p>4:00 🍹 Happy Hour with Eric Heideman Music [S]</p> <p>6:30 🎵 JEM and the Holograms (2015) [T]</p>	<p><b>28</b></p> <p>10:00 ❤️ Exercises with Canyons HH [FC]</p> <p>10:45 🌊 Outing to TJ Maxx [L]</p> <p>1:30 🧘 Mini Manicures [A]</p> <p>2:00 🍷 Food Forum with Smoothies [DK]</p> <p>3:00 🎲 Beginning Poker Lessons [S]</p> <p>4:00 🎵 Laugh out Loud Comedy Hour [T]</p> <p>6:30 🎵 Evening Cinema: Star Trek (2009) [T]</p>	<p><b>29</b></p> <p>10:00 ❤️ Workout Wednesday with Mary [FC]</p> <p>10:45 🎲 Prize Poker [S]</p> <p>2:00 ❤️ Balance Class with Canyons Home Health [FC]</p> <p>2:30 🎲 Board Scrabble Games [GR]</p> <p>2:30 🧶 Knitting &amp; Crocheting Club [S]</p> <p>4:00 🍹 Happy Hour [DK]</p> <p>6:30 🌟 The Outlaw Josey Wales (1976) [T]</p>	<p><b>30</b></p> <p><b>Podiatrist here @ 9 am</b></p> <p>10:00 ❤️ Exercises with Canyons HH [FC]</p> <p>11:00 📅 Current Events with Tim Chambless [S]</p> <p>1:30 🧘 Bible Study with Canyons HH [GR]</p> <p>2:00 🌟 Resident Council [S]</p> <p>4:00 🍹 Thirsty Thursdays: Signature Cocktails [DK]</p> <p>6:30 🎵 Thriller Thursday: - Bodyguard [T]</p>	<p> <b>Inspirational</b></p> <p> <b>Intellectual</b></p> <p> <b>Physical</b></p> <p> <b>Social</b></p>	