



Sunday

Monday

Tuesday

Wednesday

Thursday

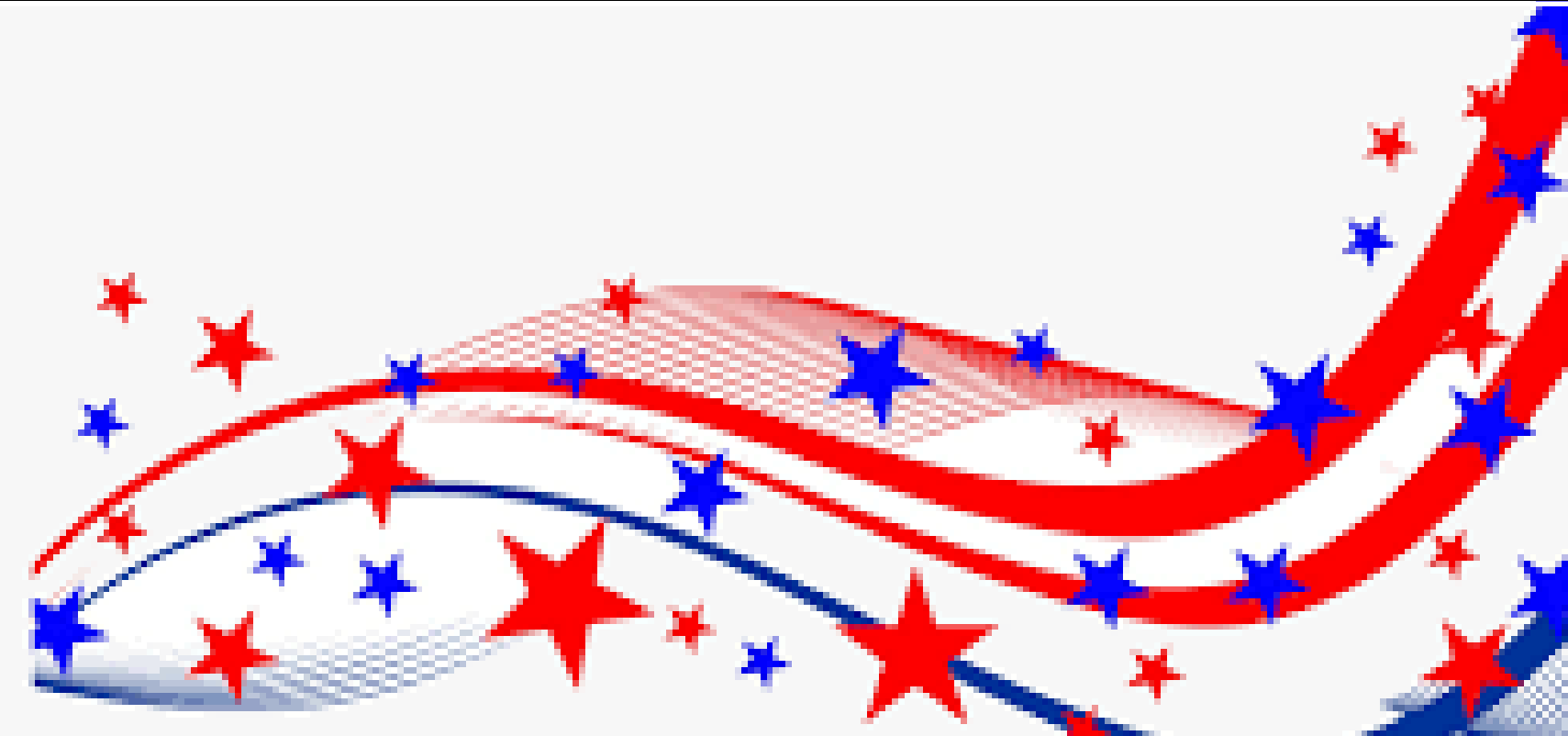
Friday

Saturday

- Inspirational
- Intellectual
- Physical
- Social

**Resident Birthdays**

Darrell M. 7/8  
 Joyce H. 7/8  
 Carolyn B. 7/19  
 Joyce F. 7/25  
 Sharlene B. 7/29



<p><b>Front Desk (801)947-7400</b> <i>Medical Transportation Day</i></p> <p>8:30 ● Family Visits [LOB]              8:30 ♀ Video Chats              10:00 ❤️ Tighten Up Exercise with the Ridge Cottonwood Staff [EX]              10:30 📖 Team Trivia              1:00 ♀ Catholic Communion with St. Vincent's [GR]              1:30 📖 Texas Hold'em "Poker"              2:30 ❤️ Walk Around the Block (Weather Permitting)              3:00 ♀ Scott Larabee on Piano [DRP]              3:30 ● Happy Hour              6:00 ● Thursday at the Theater (Love Story)</p> <p style="text-align: right;"><b>1</b></p>	<p><b>Front Desk (801)947-7400</b></p> <p>8:30 ● Family Visits [LOB]              8:30 ♀ Video Chats              10:00 ❤️ Tighten Up Exercise with The Ridge Cottonwood Staff [EX]              10:30 ♀ Flower Arranging in the Bistro [B]              1:30 ● Fun with Bingo              3:00 ● Bread in the Bistro [B]              3:30 📖 Find Words-in-a-Word [B]              6:00 ● Friday Frenzy Movies (Harper)</p> <p style="text-align: right;"><b>2</b></p>	<p><b>Front Desk (801)947-7400</b></p> <p>8:30 ● Family Visits [LOB]              8:30 ♀ Video Chats              9:30 ♀ Saturday Synagogue              10:00 ❤️ Tighten Up Exercise with the Ridge Cottonwood Staff [EX]              10:30 ● One to One's              11:00 ● Super Scenic Drive              1:30 📖 Stump the DEALER [B]              2:40 ● Walk Around the Block [B]              3:00 ❤️ Indoor Sports [MPR]              6:00 📖 Saturday Movie (The Misfits)</p> <p style="text-align: right;"><b>3</b></p>
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<p><b>Front Desk (801)947-7400</b> <i>Independence Day</i></p> <p>8:30 ● Family Visits [LOB]              8:30 ♀ Video Chats              9:15 ♀ Church Transportation              10:45 ● Fill Your Cup [B]              11:00 ♀ The Church of Jesus Christ of Latter-day Saints [MPR]              1:30 ♀ Music Artist Spotlight (Neil Diamond) [B]              2:30 ● Sunday Ice Cream Bars [B]              3:00 📖 Five Crowns Card Game [B]              6:00 ● Sit Back with a Sunday Movie (Yankee Doodle Dandy)</p> <p style="text-align: right;"><b>4</b></p>	<p><b>Front Desk (801)947-7400</b></p> <p>8:30 ● Family Visits [LOB]              8:30 ♀ Video Chats              10:00 ❤️ Tighten Up Exercise with the Ridge Cottonwood Staff [EX]              10:30 ♀ MAKE IT * Be Creative*              11:30 ● Resident Grocery Shopping Trip (Walmart)              1:30 📖 Who am I [B]              2:30 ❤️ Walk Around the Block              3:00 ● Jenny Floor on PIANO              3:30 ● Happy Hour              4:00 ● Pedicure with Eden (Appointment Only)              6:00 ● Monday Movies</p> <p style="text-align: right;"><b>5</b></p>	<p><b>Front Desk (801)947-7400</b> <i>Medical Transportation Day</i></p> <p>8:30 ● Family Visits [LOB]              8:30 ♀ Video Chats              10:00 ❤️ Tighten Up Exercise with the Ridge Cottonwood Staff [EX]              10:30 📖 This Day in History on the iN2L [B]              11:00 ♀ Priesthood Meeting LDS [GR]              11:00 ♀ Relief Society [MPR]              1:30 ● Fun with Bingo              2:45 ❤️ Walking Club/Walk Around the Building              3:00 ● Tender Hand and Nail Care [B]              6:00 ● Evening Flix</p> <p style="text-align: right;"><b>6</b></p>	<p><b>Front Desk (801)947-7400</b></p> <p>8:30 ● Family Visits [LOB]              8:30 ♀ Video Chats              10:00 ❤️ Tighten Up Exercise with Utah Home Health [EX]              11:00 ● Super Scenic Drive              1:30 ● Cottonwood Cash Store              2:30 📖 Spanish Class with Fernanda              3:00 ❤️ Moving Forward Movement Class              6:00 ● Wednesday Movie Night</p> <p style="text-align: right;"><b>7</b></p>	<p><b>Front Desk (801)947-7400</b> <i>Medical Transportation Day</i></p> <p>8:30 ● Family Visits [LOB]              8:30 ♀ Video Chats              10:00 ❤️ Tighten Up Exercise with the Ridge Cottonwood Staff [EX]              10:30 ● Millcreek Canyon Picnic              1:00 ♀ Catholic Communion with St. Vincent's [GR]              1:30 📖 Texas Hold'em "Poker"              2:30 ❤️ Walk Around the Block (Weather Permitting)              3:00 ♀ Music Entertainment [DRP]              3:30 ● Happy Hour              6:00 ● Thursday at the Theater</p> <p style="text-align: right;"><b>8</b></p>	<p><b>Front Desk (801)947-7400</b></p> <p>8:30 ● Family Visits [LOB]              8:30 ♀ Video Chats              10:00 ❤️ Tighten Up Exercise with The Ridge Cottonwood Staff [EX]              10:30 ♀ Flower Arranging in the Bistro [B]              1:30 ● Fun with Bingo              3:00 ● Bread in the Bistro [B]              3:30 📖 Find Words-in-a-Word [B]              6:00 ● Friday Frenzy Movies</p> <p style="text-align: right;"><b>9</b></p>	<p><b>Front Desk (801)947-7400</b></p> <p>8:30 ● Family Visits [LOB]              8:30 ♀ Video Chats              9:30 ♀ Saturday Synagogue              10:00 ❤️ Tighten Up Exercise with the Ridge Cottonwood Staff [EX]              10:30 ● One to One's              11:00 ● Super Scenic Drive              1:30 📖 Stump the DEALER [B]              2:40 ● Walk Around the Block [B]              3:00 ❤️ Indoor Sports [MPR]              6:00 📖 Saturday Movie</p> <p style="text-align: right;"><b>10</b></p>
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<p><b>Front Desk (801)947-7400</b></p> <p>8:30 ● Family Visits [LOB]              8:30 ♀ Video Chats              9:15 ♀ Church Transportation              10:45 ● Fill Your Cup [B]              11:00 ♀ The Church of Jesus Christ of Latter-day Saints [MPR]              1:30 ♀ Music Artist Spotlight [B]              2:30 ● Sunday Ice Cream Bars [B]              3:00 📖 Five Crowns Card Game [B]              6:00 ● Sit Back with a Sunday Movie</p> <p style="text-align: right;"><b>11</b></p>	<p><b>Front Desk (801)947-7400</b></p> <p>8:30 ● Family Visits [LOB]              8:30 ♀ Video Chats              10:00 ❤️ Tighten Up Exercise with the Ridge Cottonwood Staff [EX]              10:30 ♀ MAKE IT * Be Creative*              11:30 ● Resident Grocery Shopping Trip (Macey's Grocery Store)              1:30 📖 Who am I [B]              2:30 ● Aromatherapy and Hand Massages [B]              3:15 ❤️ Walk Around the Block              3:30 ● Happy Hour              4:00 ● Pedicure with Eden (Appointment Only)              6:00 ● Monday Movies</p> <p style="text-align: right;"><b>12</b></p>	<p><b>Front Desk (801)947-7400</b> <i>Medical Transportation Day</i> <i>National French Fry ay</i></p> <p>8:30 ● Family Visits [LOB]              8:30 ♀ Video Chats              10:00 ❤️ Tighten Up Exercise with the Ridge Cottonwood Staff [EX]              10:30 📖 This Day in History on the iN2L [B]              11:00 ♀ Sunday School LDS              1:30 ● Music Bingo [B]              2:45 ❤️ Walking Club/Walk Around the Building              3:00 ● Tender Hand and Nail Care [B]              6:00 ● Evening Flix</p> <p style="text-align: right;"><b>13</b></p>	<p><b>Front Desk (801)947-7400</b> <i>National Mac and Cheese Day</i></p> <p>8:30 ● Family Visits [LOB]              8:30 ♀ Video Chats              10:00 ❤️ Tighten Up Exercise with Utah Home Health [EX]              11:00 ● Super Scenic Drive              1:30 📖 Trivia Corner with Cristi and Keri [B]              2:30 📖 Spanish Class with Fernanda              3:00 ❤️ Moving Forward Movement Class              6:00 ● Wednesday Movie Night</p> <p style="text-align: right;"><b>14</b></p>	<p><b>Front Desk (801)947-7400</b> <i>Medical Transportation Day</i> <i>National Gummy Worm Day</i></p> <p>8:30 ● Family Visits [LOB]              8:30 ♀ Video Chats              10:00 ❤️ Tighten Up Exercise with the Ridge Cottonwood Staff [EX]              10:30 📖 Team Family Feud              1:00 ♀ Catholic Communion with St. Vincent's [GR]              1:30 📖 Texas Hold'em "Poker"              2:30 ❤️ Walk Around the Block (Weather Permitting)              3:00 ♀ Entertainer [DRP]              3:30 ● Happy Hour              6:00 ● Thursday at the Theater</p> <p style="text-align: right;"><b>15</b></p>	<p><b>Front Desk (801)947-7400</b></p> <p>8:30 ● Family Visits [LOB]              8:30 ♀ Video Chats              10:00 ❤️ Tighten Up Exercise with The Ridge Cottonwood Staff [EX]              10:30 ♀ Flower Arranging in the Bistro [B]              1:30 ● Fun with Bingo              3:00 ● Bread in the Bistro [B]              3:30 📖 Find Words-in-a-Word [B]              6:00 ● Friday Frenzy Movies</p> <p style="text-align: right;"><b>16</b></p>	<p><b>Front Desk (801)947-7400</b></p> <p>8:30 ● Family Visits [LOB]              8:30 ♀ Video Chats              9:30 ♀ Saturday Synagogue              10:00 ❤️ Tighten Up Exercise with the Ridge Cottonwood Staff [EX]              10:30 ● One to One's              11:00 ● Super Scenic Drive              1:30 📖 Stump the DEALER [B]              2:40 ● Walk Around the Block [B]              3:00 ❤️ Indoor Sports [MPR]              6:00 📖 Saturday Movie</p> <p style="text-align: right;"><b>17</b></p>
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<p><b>Front Desk (801)947-7400</b> <i>National Ice Cream Day</i></p> <p>8:30 ● Family Visits [LOB]              8:30 ♀ Video Chats              9:15 ♀ Church Transportation              10:45 ● Fill Your Cup [B]              11:00 ♀ The Church of Jesus Christ of Latter-day Saints [MPR]              1:30 ♀ Music Artist Spotlight [B]              2:30 ● Sunday Ice Cream Bars [B]              3:00 📖 Five Crowns Card Game [B]              6:00 ● Sit Back with a Sunday Movie</p> <p style="text-align: right;"><b>18</b></p>	<p><b>Front Desk (801)947-7400</b></p> <p>8:30 ● Family Visits [LOB]              8:30 ♀ Video Chats              10:00 ❤️ Tighten Up Exercise with the Ridge Cottonwood Staff [EX]              10:30 ♀ MAKE IT * Be Creative*              11:30 ● Resident Grocery Shopping Trip (Walmart)              1:30 📖 Who am I [B]              2:30 ● Aromatherapy and Hand Massages [B]              3:15 ❤️ Walk Around the Block              3:30 ● Happy Hour              4:00 ● Pedicure with Eden (Appointment Only)              6:00 ♀ Family Home Evening (LDS)              6:00 ● Monday Movies</p> <p style="text-align: right;"><b>19</b></p>	<p><b>Front Desk (801)947-7400</b> <i>Medical Transportation Day</i></p> <p>8:30 ● Family Visits [LOB]              8:30 ♀ Video Chats              10:00 ❤️ Tighten Up Exercise with the Ridge Cottonwood Staff [EX]              10:30 📖 This Day in History on the iN2L [B]              11:00 ♀ Priesthood Meeting LDS [GR]              11:00 ♀ Relief Society [MPR]              1:30 ● Paint and Sip with Aimee (Limit 15)              2:45 ❤️ Walking Club/Walk Around the Building              3:00 ● Tender Hand and Nail Care [B]              6:00 ● Evening Flix</p> <p style="text-align: right;"><b>20</b></p>	<p><b>Front Desk (801)947-7400</b> <i>National Hot Dog Day</i></p> <p>8:30 ● Family Visits [LOB]              8:30 ♀ Video Chats              10:00 ❤️ Tighten Up Exercise with Utah Home Health [EX]              11:00 ● Super Scenic Drive              1:30 📖 Travel Cuisine              2:30 📖 Spanish Class with Fernanda              3:00 ❤️ Moving Forward Movement Class              6:00 ● Wednesday Movie Night</p> <p style="text-align: right;"><b>21</b></p>	<p><b>Front Desk (801)947-7400</b> <i>Medical Transportation Day</i></p> <p>8:30 ● Family Visits [LOB]              8:30 ♀ Video Chats              10:00 ❤️ Tighten Up Exercise with the Ridge Cottonwood Staff [EX]              10:30 📖 Team Trivia              1:00 ♀ Catholic Communion with St. Vincent's [GR]              1:30 📖 Texas Hold'em "Poker"              2:30 ❤️ Walk Around the Block (Weather Permitting)              3:00 ♀ BD HOWES and his Guitar              3:30 ● Happy Hour              6:00 ● Thursday at the Theater</p> <p style="text-align: right;"><b>22</b></p>	<p><b>Front Desk (801)947-7400</b></p> <p>8:30 ● Family Visits [LOB]              8:30 ♀ Video Chats              10:00 ❤️ Tighten Up Exercise with The Ridge Cottonwood Staff [EX]              10:30 ♀ Flower Arranging in the Bistro [B]              1:30 ● Fun with Bingo              3:00 ● Bread in the Bistro [B]              3:30 📖 Find Words-in-a-Word [B]              6:00 ● Friday Frenzy Movies</p> <p style="text-align: right;"><b>23</b></p>	<p><b>Front Desk (801)947-7400</b></p> <p>8:30 ● Family Visits [LOB]              8:30 ♀ Video Chats              9:30 ♀ Saturday Synagogue              10:00 ❤️ Tighten Up Exercise with the Ridge Cottonwood Staff [EX]              10:30 ● One to One's              11:00 ● Super Scenic Drive              1:30 📖 Pioneer Day Fun [P]              2:40 ● Walk Around the Block [B]              3:00 ❤️ Indoor Sports [MPR]              6:00 📖 Saturday Movie</p> <p style="text-align: right;"><b>24</b></p>
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<p><b>Front Desk (801)947-7400</b></p> <p>8:30 ● Family Visits [LOB]              8:30 ♀ Video Chats              9:15 ♀ Church Transportation              10:45 ● Fill Your Cup [B]              11:00 ♀ The Church of Jesus Christ of Latter-day Saints [MPR]              1:30 ♀ Music Artist Spotlight [B]              2:30 ● Sunday Ice Cream Bars [B]              3:00 📖 Five Crowns Card Game [B]              6:00 ● Sit Back with a Sunday Movie</p> <p style="text-align: right;"><b>25</b></p>	<p><b>Front Desk (801)947-7400</b></p> <p>8:30 ● Family Visits [LOB]              8:30 ♀ Video Chats              10:00 ❤️ Tighten Up Exercise with the Ridge Cottonwood Staff [EX]              10:30 ♀ MAKE IT * Be Creative*              11:30 ● Resident Grocery Shopping Trip (Walmart)              1:30 📖 Who am I [B]              2:30 ● Aromatherapy and Hand Massages [B]              3:15 ❤️ Walk Around the Block              3:30 ● Happy Hour              4:00 ● Pedicure with Eden (Appointment Only)              6:00 ● Monday Movies</p> <p style="text-align: right;"><b>26</b></p>	<p><b>Front Desk (801)947-7400</b> <i>Medical Transportation Day</i></p> <p>8:30 ● Family Visits [LOB]              8:30 ♀ Video Chats              10:00 ❤️ Tighten Up Exercise with the Ridge Cottonwood Staff [EX]              10:30 📖 This Day in History on the iN2L [B]              11:00 ♀ Sunday School LDS              1:30 ● Fun with Bingo              1:45 ● Resident's Only Meeting [MPR]              2:00 📖 Resident Council [MPR]              2:45 ❤️ Walking Club/Walk Around the Building              3:00 ● Tender Hand and Nail Care [B]              6:00 ● Evening Flix</p> <p style="text-align: right;"><b>27</b></p>	<p><b>Front Desk (801)947-7400</b></p> <p>8:30 ● Family Visits [LOB]              8:30 ♀ Video Chats              10:00 ❤️ Tighten Up Exercise with Utah Home Health [EX]              11:00 ● Super Scenic Drive              1:30 ❤️ Wii Bowling [B]              2:00 ♀ Merrill Smith on the PIANO [DRP]              3:00 ❤️ Moving Forward Movement Class              3:00 ♀ Music Bingo [B]              3:30 ● Men's Group [C]              6:00 ● Wednesday Movie Night</p> <p style="text-align: right;"><b>28</b></p>	<p><b>Front Desk (801)947-7400</b> <i>Medical Transportation Day</i></p> <p>8:30 ● Family Visits [LOB]              8:30 ♀ Video Chats              10:00 ❤️ Tighten Up Exercise with the Ridge Cottonwood Staff [EX]              10:30 📖 Team Family Feud              1:00 ♀ Catholic Communion with St. Vincent's [GR]              1:30 📖 Texas Hold'em "Poker"              2:30 ❤️ Walk Around the Block (Weather Permitting)              3:00 ♀ CHERYL BLACKLEY Performs [DRP]              3:30 ● Happy Hour              6:00 ● Thursday at the Theater</p> <p style="text-align: right;"><b>29</b></p>	<p><b>Front Desk (801)947-7400</b></p> <p>8:30 ● Family Visits [LOB]              8:30 ♀ Video Chats              10:00 ❤️ Tighten Up Exercise with The Ridge Cottonwood Staff [EX]              10:30 ♀ Flower Arranging in the Bistro [B]              1:30 ● Fun with Bingo              3:00 ● Bread in the Bistro [B]              3:30 📖 Find Words-in-a-Word [B]              6:00 ● Friday Frenzy Movies</p> <p style="text-align: right;"><b>30</b></p>	<p><b>Front Desk (801)947-7400</b></p> <p>8:30 ● Family Visits [LOB]              8:30 ♀ Video Chats              9:30 ♀ Saturday Synagogue              10:00 ❤️ Tighten Up Exercise with the Ridge Cottonwood Staff [EX]              10:30 ● One to One's              11:00 ● Super Scenic Drive              1:30 📖 Stump the DEALER [B]              2:40 ● Walk Around the Block [B]              3:00 ❤️ Indoor Sports [MPR]              6:00 📖 Saturday Movie</p> <p style="text-align: right;"><b>31</b></p>
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