



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>“There is nothing in the world so irresistibly contagious as laughter and good humor.” — Charles Dickens, <i>A Christmas Carol</i></p>	<p><b>Resident Birthdays</b> Kathleen W. 9/14</p>		<p>9:00 🟢 Video Chat 9:30 ❤️ Movement Exercise with The Ridge Cottonwood Staff 10:00 🟡 Music Artist Spotlight 11:00 📖 Make me Laugh 1:30 🟡 Super Scenic Drive 2:30 ❤️ Break and Hydration 3:00 ❤️ Moving Forward, Movement Class 3:30 🟢 Nail Salon and Hand Massage 6:00 🟡 Mindful Meditation and Stretching</p>	<p>9:30 ❤️ To the Beat! Exercise 10:00 🟡 Making Bread 10:30 📖 Who am I 11:00 📖 Lingo and Idioms 1:00 🟡 Catholic Communion [GR] 1:30 🟡 Craft with Eden 2:30 🟢 Homemade Bread and Hydration 3:00 🟡 Wii Sports with Hydration 4:00 🟢 Nail Care 6:00 📖 Current Events</p>	<p>9:30 ❤️ Open Arms Exercise w/ Music 10:00 🟡 Art Corner 10:45 🟡 Outdoor Appreciation 1:30 🟡 Super Scenic Drive 2:30 ❤️ Break and Hydration 3:00 🟡 Sing-A-Long with Katie 4:00 ❤️ Mini Golf 6:00 📖 Seasonal Trivia</p>	<p>9:30 ❤️ Open Arms Exercise 9:30 🟡 Saturday Synagogue 10:00 📖 Name that Tune 11:00 📖 Getting To Know You 1:30 🟢 Musical Memories 2:30 ❤️ Stretch and Reset with Hydration 3:00 🟡 Jen Bradshaw on the Guitar 4:00 📖 This Day in History on the iN2L 6:00 🟢 Saturday Night at the Movies (Hidalgo)</p>
<p>9:30 🟡 Spiritual Hymns - Recollect/Reflect 10:30 🟡 Inspirational Story's and Quotes 11:00 🟡 The Church of Jesus Christ of Latter-day Saints 1:30 📖 Trivia Corner 2:30 🟢 Sunday Ice Cream Bars 3:00 ❤️ Pool Noodle Ball 3:30 🟡 Armchair Travel 4:00 ❤️ Walk in the Garden (Weather Permitting) [C] 6:00 Sunday Movie ( The Sound of Music)</p>	<p>9:30 ❤️ Open Arms Exercises With Music 10:00 Seasonal Trivia 10:45 📖 Find a Word in a Word 1:30 🟡 Concert with CHERYL BLACKLEY 2:30 🟢 Smoothies with Kenzie 3:00 📖 Game Corner 4:00 Converse and Connect 6:00 📖 Fact or Fiction</p>	<p>9:30 ❤️ Chair Aerobics 10:00 📖 Who Sang That? 10:30 🟢 Conversation Starters 11:00 ❤️ Balloon Volleyball 1:30 🟡 Concert with HEART &amp; SOUL 2:30 📖 Baking with Jen &amp; Aubry 3:30 📖 Seasonal Inspired Coloring 6:00 🟡 Poetry Corner and Relaxation</p>	<p>9:00 🟢 Video Chat 9:30 ❤️ Movement Exercise with The Ridge Cottonwood Staff 10:00 🟡 Music Artist Spotlight 11:00 📖 Make me Laugh 1:30 🟡 Super Scenic Drive 2:30 ❤️ Break and Hydration 3:00 ❤️ Moving Forward, Movement Class 3:30 🟢 Nail Salon and Hand Massage 6:00 🟡 Mindful Meditation and Stretching</p>	<p>9:30 ❤️ To the Beat! Exercise 10:00 🟡 Making Bread 10:30 🟢 Sensational Sitcom 11:00 🟢 Picnic at the Park 1:00 🟡 Catholic Communion [GR] 1:30 🟡 Craft with Eden 2:30 🟢 Homemade Bread and Hydration 3:00 🟡 Wii Sports with Hydration 4:00 🟢 Nail Care 6:00 📖 Current Events</p>	<p>9:30 ❤️ Open Arms Exercise w/ Music 10:00 🟡 Art Corner 10:45 🟡 Outdoor Appreciation 1:30 🟡 Super Scenic Drive 2:30 ❤️ Break and Hydration 3:00 🟡 Sing-A-Long with Katie 4:00 ❤️ Mini Golf 6:00 📖 Seasonal Trivia</p>	<p>9:30 ❤️ Open Arms Exercise 9:30 🟡 Saturday Synagogue 10:00 📖 Name that Tune 11:00 📖 Getting To Know You 1:30 🟢 Musical Memories 2:30 ❤️ Stretch and Reset with Hydration 3:00 Indoor Games 3:30 📖 This Day in History on the iN2L 6:00 🟢 Saturday Night at the Movies</p>
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