

HAPPY BIRTHDAY AMERICA

July 2018

Lantern Crest Senior Living Horizons

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
9:30 Exercise w/ Spiritual Music @ Theater 1 10:00 Communion Al Theater 10:30 Coffee Time & Love on a Leash 1:00 Stories w/ Cyndi & Ice Cream 2:30 Movie & Popcorn @ Sunroom 3:30 Coupon Clipping 6:00 Miscellaneous with Ellie	9:30 Jesus Calling 2 10:00 Stretching w/ Beach Boys 10:30 Watering Garden & Hydration 1:00 Ring Toss Games 2:00 Chair Yoga & Relaxing 3:00 Bingo Extravaganza & Floats 6:00 Aromatherapy	9:30 Daily Bread 3 10:00 Stretch w/ Noodles 10:45 Bird Watching & Hydration Station 1:00 Arts & Crafts w/ Flags 1:30 Organizing Art Room 2:30 Shut The Box w/ A Friend 6:00 Gentle Stretches	4th of July Courtyard Barbecue 11:00 to 2:00 4 Happy 4th of July 9:30 On This Day In History 10:00 Courtyard Exercise 11:00 Lunch Outing to Jimmy's 1:30 Prep Art Room for Art Class 2:00 Memories in the Making w/ Diane "4th of July" 3:00 Pretty Nail Care 6:00 Mind Body & Soul Meditation	9:30 Bible Study & Hymns w/ Pastor Bob 5 10:30 Bistro Social & Snacks 10:45 Relaxing @ Courtyard 1:00 Root Beer Floats w/ Maritza 2:00 Dominoes Games 3:00 Sing -A-Long 4:00 Happy Hour w/Bob 6:00 Full Body Relaxation	9:30 News & Views 6 10:00 Lets Get Fit W/Zumba Class 10:30 Cool Down and Refreshments 11:00 Get to Know You One on One 1:00 "Christmas in July" Decorating Wood Art 2:00 Good Magazines Coffee & Manicures 3:00 Bingo Bonanza "Jackpot Prizes" 6:00 Move to Music	9:30 On This Day In History 7 10:00 Sittercise To Music 10:30 July Trivia 1:30 Sing along with Myron 2:30 Mystery Bus Ride 3:30 Watermelon Social 6:00 Range Of Motion	
9:30 Exercise w/ Spiritual Music @ Theater 8 10:00 Communion Al Theater 10:30 Coffee Time & Love on a Leash 1:00 Stories w/ Cyndi & Ice Cream 2:30 Movie & Popcorn @ Sunroom 3:30 Coupon Clipping 6:00 Miscellaneous with Ellie	9:30 Jesus Calling 9 10:00 Stretching w/ Beach Boys 10:30 Watering Garden & Hydration 1:00 Ring Toss Games 2:00 Chair Yoga & Relaxing 3:00 Bingo Extravaganza & Floats 6:00 Aromatherapy	9:30 Daily Bread 10 10:00 Stretch w/ Noodles 10:45 Bird Watching & Hydration Station 1:00 Arts & Crafts w/ Flags 1:30 Organizing Art Room 2:30 Shut The Box w/ A Friend 6:00 Gentle Stretches	9:30 On This Day In History 11 10:00 Courtyard Exercises 10:30 Hydration Station & Snacks 11:00 Lunch Outing to Junction Bar and Grill 1:30 Prep Art Room for Art Class 2:00 Memories in the Making w/ Diane "Picnic Style" 3:00 Pretty Nail Care 6:00 Mind Body & Soul Meditation	9:30 Bible Study & Hymns w/ Pastor Bob 12 10:30 Bistro Social & Snacks 10:45 Relaxing @ Courtyard 1:00 Root Beer Floats w/ Maritza 1:30 Inspirational Music with Steve and Diane 2:30 Dominoes Games 3:00 Sing -A-Long 4:00 Happy Hour w/Sylvia and Salvador 6:00 Full Body Relaxation	9:30 News & Views 13 10:00 Volleyball w/Tracy & Cyndi in AL 10:30 Cool Down and Refreshments 11:00 Get to Know You One on One 1:00 "Christmas In July" Decorating Wood Art 2:00 IMAX movie: Flight of the Butterfly [RT] 3:00 Bingo Bonanza "Jackpot Prizes" 6:00 Move to Music	9:30 On This Day In History 14 10:00 Shadow Mountain Church 10:30 July Trivia 1:30 Balloon Exercise 2:30 Mystery Bus Ride 3:30 Watermelon Social 6:00 Range Of Motion	
9:30 Exercise w/ Spiritual Music @ Theater 15 10:00 Communion Al Theater 10:30 Coffee Time & Love on a Leash 1:00 Stories w/ Cyndi & Ice Cream 2:30 Movie & Popcorn @ Sunroom 3:30 Coupon Clipping 6:00 Miscellaneous with Ellie	9:30 Jesus Calling 16 10:00 Stretching w/ Beach Boys 10:30 Watering Garden & Hydration 1:00 Ring Toss Games 2:00 Chair Yoga & Relaxing 3:00 Bingo Extravaganza & Floats 6:00 Aromatherapy	9:30 Daily Bread 17 10:00 Stretch w/ Noodles 10:45 Bird Watching & Hydration Station 1:00 Arts & Crafts w/ Flags 1:30 Organizing Art Room 2:30 Shut The Box w/ A Friend 6:00 Gentle Stretches	9:30 On This Day In History 18 10:00 Courtyard Exercise 10:30 Hydration Station & Snacks 11:00 Lunch Outing to Mimi's Cafe 1:30 Prep Art Room for Art Class 2:00 Memories in the Making w/ Diane "Picnic Style" 3:00 Pretty Nail Care 6:00 Mind Body & Soul Meditation	9:30 Bible Study & Hymns w/ Pastor Bob 19 10:30 Bistro Social & Snacks 10:45 Relaxing @ Courtyard 1:00 Root Beer Floats w/ Maritza 2:00 Midway Presentation with Tom Dean [RT] 3:00 Sing -A-Long 4:00 Happy Hour w/Cowboy Jack 6:00 Full Body Relaxation	Staff Meeting @ 2:00 20 9:30 News & Views 10:00 Lets Get Fit W/Zumba Class 10:30 Cool Down and Refreshments 11:00 Get to Know You One on One 1:00 "Christmas In July" Decorating Wood Art 2:00 Movie and Popcorn 3:00 Bingo Bonanza "Jackpot Prizes" 6:00 Move to Music	9:30 On This Day In History 21 10:00 Sing Along with Myron 10:30 July Trivia 1:30 Balloon Exercise 2:30 Mystery Bus Ride 3:30 Watermelon Social 6:00 Range Of Motion	
9:30 Exercise w/ Spiritual Music @ Theater 22 10:00 Communion Al Theater 10:30 Coffee Time & Love on a Leash 1:00 Stories w/ Cyndi & Ice Cream 2:30 Movie & Popcorn @ Sunroom 3:30 Coupon Clipping 6:00 Miscellaneous with Ellie	9:30 Jesus Calling 23 10:00 Stretching w/ Beach Boys 10:30 Watering Garden & Hydration 1:00 Ring Toss Games 2:00 Chair Yoga & Relaxing 3:00 Bingo Extravaganza & Floats 6:00 Aromatherapy	9:30 Daily Bread 24 10:00 Stretch w/ Noodles 10:45 Bird Watching & Hydration Station 1:00 Arts & Crafts w/ Flags 1:30 Organizing Art Room 2:30 Shut The Box w/ A Friend 6:00 Gentle Stretches	9:30 On This Day In History 25 10:00 Courtyard Exercises 10:30 Hydration Station & Snacks 11:00 Lunch Outing to Marieta's 1:30 Prep Art Room for Art Class 2:00 Memories in the Making w/ Diane "Picnic Style" 3:00 Pretty Nail Care 6:00 Mind Body & Soul Meditation	9:30 Bible Study & Hymns w/ Pastor Bob 26 10:30 Bistro Social & Snacks 10:45 Relaxing @ Courtyard 1:00 Root Beer Floats w/ Maritza 1:30 Inspirational Music with Steve ad Diane [RT] 2:00 Dominoes Games 3:00 Sing -A-Long 4:00 Happy Hour w/Broken Strings 6:00 Full Body Relaxation	9:30 News & Views 27 10:00 Volleyball w/Tracy & Cyndi in AL 10:30 Cool Down and Refreshments 11:00 Get to Know You One on One 1:00 "Christmas In July" Decorating Wood Art 2:00 IMAX Movie: Humpback Whales [RT] 3:00 Bingo Bonanza "Jackpot Prizes" 6:00 Move to Music	9:30 On This Day In History 28 10:00 Sittercise To Music 10:30 July Trivia 1:30 Balloon Exercise 2:30 Mystery Bus Ride 3:30 Watermelon Social 6:00 Range Of Motion	
9:30 Exercise w/ Spiritual Music @ Theater 29 10:00 Communion Al Theater 10:30 Coffee Time & Love on a Leash 1:00 Stories w/ Cyndi & Ice Cream 2:30 Movie & Popcorn @ Sunroom 3:30 Coupon Clipping 6:00 Miscellaneous with Ellie	9:30 Jesus Calling 30 10:00 Stretching w/ Beach Boys 10:30 Watering Garden & Hydration 1:00 Ring Toss Games 2:00 Chair Yoga & Relaxing 3:00 Bingo Extravaganza & Floats 6:00 Aromatherapy	9:30 Daily Bread 31 10:00 Stretch w/ Noodles 10:45 Bird Watching & Hydration Station 1:00 Arts & Crafts w/ Flags 1:30 Organizing Art Room 2:30 Shut The Box w/ A Friend 6:00 Gentle Stretches	 <p>Resident Birthdays Marjorie H. 7/23</p>			<p><i>We are thankful</i> FOR YOUR SERVICE</p> <p>Maritza Aguirre Life Enrichment Director @ The Ridge 800 Lantern Crest Way Santee, Ca 92071 Cell: (619) 569-5547</p> <p><small>Maritza.aguirre@lanterncrestsantee.com</small></p>	