


August 2018 Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Maritza Aguirre Life Enrichment Director @ the Ridge 800 Lantern Crest Way Santee, CA 92071 619-647-6392 Maritza.aguirre@lanterncrestsantee.com</p>	<p>Resident Birthdays Delbert B. 8/10 Janet S. 8/29</p>	<p>Resident Council Meeting @3:00 1</p> <p>9:30 Self Led Walking For your Health 10:00 Water Our Garden and Check our Butterflies [RC] 10:30 Fitness with Sheri [L1] 11:30 Cool Down, Relax and 20 Questions [L1] 1:30 Luau Art [AC] 3:00 Resident Council Meeting [RT] 4:00 Finish Our Art Project [AC] 6:00 Relax and Reminisce with Good Friends in the Courtyard [RC]</p>	<p>National Ice Cream Sandwich Day 2</p> <p>9:30 Self Led Walking Club [RL] 10:30 Lunch Outing: Tio Leo's [BUS] 11:00 Meet your neighbor in the Library with a good book [L] 11:30 Puzzles in the Art Room [AC] 12:30 Lunch Visits with Pastor Bob 2:00 Bible Study with Pastor Bob [L2] 3:00 Ice Cream Social and Good Friends [AC] 4:00 Bingo for Gift Cards [AC] 6:00 Relax and Reminisce with Good Friends in the courtyard [RC]</p>	<p>9:30 Walk for your Health [RL] 3</p> <p>10:00 Early Riser Artists at Work [AC] 11:00 Hawaii in Water Colors [AC] 1:30 Feeling Lucky Black Jack [CR] 3:00 Afternoon Movie and Popcorn: Glenn Miller Story with James Stewart [RT] 4:30 Resident Visits 6:00 Relax and Reminisce with Good Friends in the Courtyard</p>	<p>National Chocolate Chip Cookie Day 4</p> <p>10:00 Shopping and Walking for your Health [RL] 11:00 Meet friends in the courtyard with a good book [RC] 11:30 Puzzles in the Art Room [AC] 1:30 Luau Art [AC] 1:30 Sing Along with Myron 2:30 Crocheting/Knitting w/Jane 3:00 Art Room Social and Cookie Baking [RL] 4:30 Organize Our Art Supplies 6:00 Relax in the Bistro</p>
<p>8:00 Guardian Angels Catholic Church [BUS] 5 8:45 Sonrise Church [BUS] 10:00 Communion @ The Theater [RT] 10:15 Exercise Class [L1] 10:30 Coffee Time & Love on a Leash [L1] 11:00 Come chat with Daniela from Culinary [MDR] 1:30 Ukulele Class with Neal [L1] 2:30 Ice Cream Social [L1] 3:30 Movie and Popcorn [RT]</p>	<p>9:30 Self Led Walking Club [RL] 6 10:00 Exercise Therapy w/ Angie [L1] 10:30 Hydrate [L1] 11:00 Wheel of Fortune [L1] 1:00 Feeling Lucky Black Jack [CR] 3:00 Bingo for Prizes [L1] 6:00 Wii Bowling [L1]</p>	<p>9:30 Self Led Walking Club 7 10:00 Exercise with Robert [L1] 10:30 Refreshments and Horoscopes 11:00 Place Your Bets Horseracing 1:30 Black Jack Tournament Continues [CR] 2:30 Bocce Ball [L1] 4:30 Happy Hour w/Sylvia and Salvador [MDR] 6:00 Relax and Reminisce with Good Friends in the Courtyard [RC]</p>	<p>9:30 Self Led Walking For your Health 8 10:00 Water Our Garden and Check our Butterflies [RC] 10:30 Fitness with Sheri [L1] 11:30 Cool Down, Relax and 20 Questions [L1] 1:30 Bunco [L1] 2:30 Artists at Work [AC] 4:00 Clean Up Our Art Area 6:00 Reminisce with Good Friends in the Courtyard</p>	<p>9:30 Self Led Walking Club [RL] 9 10:30 Lunch Outing to Marechiaro's [BUS] 11:00 Meet your neighbor in the Library with a good book [L] 11:30 Puzzles in the Art Room [AC] 12:30 Lunch Visits with Pastor Bob 1:30 Inspirational Music with Steve and Diane 2:00 Bible Study with Pastor Bob [L2] 3:00 Card Game Your Choice [AC] 4:00 Bingo for Gift Cards [AC] 6:00 Relax and Reminisce with Good Friends in the courtyard [RC]</p>	<p>9:30 Walk for your Health [RL] 10 10:00 Volleyball w/ Tracy & Cyndi in AL [AC] 11:00 Watering Garden & Hydration 1:30 Texas Hold Um' [CR] 3:00 Afternoon Movie and Popcorn-IMAX To The Atric [RT] 4:30 Resident Visits 5:30 Relax in the Bistro [L1]</p>	<p>10:00 Shadow Mountain Church Shopping and Walking for your Health [RL] 11 11:00 Meet friends in the courtyard with a good book [RC] 1:30 Lei making for our Luau [AC] 2:30 Crocheting/Knitting w/Jane 3:00 Art Room Social and Card Game [RL] 4:30 Organize Our Art Supplies 6:00 Relax in the Bistro</p>
<p>8:00 Guardian Angels Catholic Church [BUS] 12 8:45 Sonrise Church [BUS] 10:00 Communion @ The Theater [RT] 10:15 Exercise Class [L1] 10:30 Coffee Time & Love on a Leash [L1] 11:00 Come chat with Daniela from Culinary [MDR] 1:30 Ukulele Class with Neal [L1] 2:30 St.Columbus Episcopal Church with Bill Bixby [L1] 3:30 Movie and Popcorn [RT]</p>	<p>9:30 Self Led Walking Club [RL] 13 10:00 Exercise Therapy w/ Angie [L1] 10:30 Hydrate [L1] 11:00 Wheel of Fortune [L1] 1:00 Feeling Lucky Black Jack [CR] 3:00 Bingo for Prizes [L1] 6:00 Wii Bowling [L1]</p>	<p>9:30 Self Led Walking Club 14 10:00 Exercise with Robert [L1] 10:30 News, Health and Horoscopes [L1] 11:00 Fun Trivia for your Health [L1] 1:00 Texas Hold Um' [CR] 2:30 Bocce Ball [L1] 4:30 Happy Hour w/Bob [MDR] 6:00 Relax and Reminisce with Good Friends in the Courtyard [RC]</p>	<p>9:30 Self Led Walking For your Health 15 10:00 Water Our Garden and Check our Butterflies [RC] 10:30 Fitness with Sheri [L1] 11:30 Cool Down, Relax and 20 Questions [L1] 1:30 Watercolor Artists at Work [AC] 2:30 Aloha Charm Bracelets 3:00 Art Room Social and Refreshments [AC] 4:00 Clean Up Our Art Area [AC] 5:00 Relax and Reminisce with Good Friends in the Courtyard</p>	<p>9:30 Self Led Walking Club [RL] 16 10:30 Lunch Outing: Anthonys [BUS] 11:00 Meet your neighbor in the Library with a good book [L] 11:30 Puzzles in the Art Room [AC] 12:30 Lunch Visits with Pastor Bob 2:00 Bible Study with Pastor Bob [L2] 3:00 Refreshments and Good Friends [AC] 4:00 Bingo for Gift Cards [AC] 6:00 Relax and Reminisce with Good Friends in the courtyard [RC]</p>	<p>9:30 Walk for your Health [RL] 17 10:00 Early Riser Artists at Work [AC] 11:00 Plan our next art project 1:00 Parasol Strutters [RT] 1:30 Texas Hold Um' [CR] 3:00 Afternoon Movie and Popcorn- The Green Mile [RT] 3:30 Activity Meeting 4:30 Resident Visits 5:30 Wii Sports [L1]</p>	<p>9:00 Breakfast Outing : Gillespie Field Cafe [RL] 18 11:00 Meet friends in the courtyard with a good book [RC] 1:30 Crafts for our Luau [AC] 2:30 Crocheting/Knitting w/Jane 3:00 Art Room Social and Refreshments [RL] 3:30 Meeting to plan our Bistro [AC] 4:30 Organize Our Art Supplies 6:00 Relax and Reminisce with Good Friends in the Courtyard</p>
<p>8:00 Guardian Angels Catholic Church [BUS] 19 8:45 Sonrise Church [BUS] 10:00 Communion @ The Theater [RT] 10:15 Exercise Class [L1] 10:30 Coffee Time & Love on a Leash [L1] 11:00 Come chat with Daniela from Culinary [MDR] 1:30 Ukulele Class with Neal [L1] 2:30 Ice Cream Social [L1] 3:30 Movie and Popcorn [RT]</p>	<p>9:30 Self Led Walking Club [RL] 20 10:00 Exercise Therapy w/ Angie [L1] 10:30 Hydrate [L1] 11:00 Wheel of Fortune [L1] 1:00 Feeling Lucky Black Jack [CR] 3:00 Bingo for Prizes [L1] 6:00 Wii Bowling [L1]</p>	<p>9:30 Self Led Walking Club 21 10:00 Exercise with Robert [L1] 10:30 News, Health and Horoscopes [L1] 11:00 Hawaiian Trivia and Fun Facts [L1] 1:30 Black Jack Tournament Continues [CR] 2:30 Bocce Ball [L1] 4:30 Happy Hour w/Cowboy Jack [MDR] 6:00 Relax and Reminisce with Good Friends in the Courtyard [RC]</p>	<p>Staff Meeting @ 2:00 22 9:30 Self Led Walking For your Health 10:00 Water Our Garden and Check our Butterflies [RC] 10:30 Fitness with Sheri [L1] 11:30 Cool Down, Relax and 20 Questions [L1] 1:30 Self Led Painting and Pencil Art [AC] 4:00 Clean Up Our Art Area [AC] 6:00 Relax and Reminisce with Good Friends in the Courtyard [RC]</p>	<p>9:30 Self Led Walking Club [RL] 23 10:30 Lunch Outing: Hamburger Factory [BUS] 11:00 Meet your neighbor in the Library with a good book [L] 11:30 Puzzles in the Art Room [AC] 1:30 Inspirational Music with Steve and Diane [L2] 3:00 Refreshments and Good Friends [AC] 4:00 Bingo for Gift Cards [AC] 6:00 Relax and Reminisce with Good Friends in the courtyard [RC]</p>	<p>9:30 Walk for your Health [RL] 24 10:00 Early Riser Artists at Work [AC] 11:00 Dreamy Designs [AC] 1:30 Texas Hold Um' [CR] 1:30 Texas Hold Um' [CR] 3:00 Afternoon Movie and Popcorn-Imax The Rocky Mountain Express [RT] 4:30 Resident Visits 5:30 Wii Sports [L1]</p>	<p>10:00 Shopping and Walking for your Health [RL] 25 11:00 Meet friends in the courtyard with a good book [RC] 1:30 Tropical Wind Chimes [AC] 2:30 Crocheting/Knitting w/Jane 3:00 Art Room Social Refreshments, Healthy Vegies and Dip [RL] 4:30 Organize Our Art Supplies 6:00 Relax and Reminisce with Good Friends in the Courtyard</p>
<p>8:00 Guardian Angels Catholic Church [BUS] 26 8:45 Sonrise Church [BUS] 10:00 Communion @ The Theater [RT] 10:15 Exercise Class [L1] 10:30 Coffee Time & Love on a Leash [L1] 11:00 Come chat with Daniela from Culinary [MDR] 1:30 Blue Zone [RT] 2:30 Ice Cream Social [L1] 3:30 Movie and Popcorn [RT]</p>	<p>9:30 Self Led Walking Club [RL] 27 10:00 Exercise Therapy w/ Angie [L1] 10:30 Hydrate [L1] 11:00 Wheel of Fortune [L1] 1:00 Feeling Lucky Black Jack [CR] 3:00 Bingo for Prizes [L1] 6:00 Wii Bowling [L1]</p>	<p>Happy Hour August Birthday Celebration 28 9:30 Self Led Walking Club 10:00 Exercise with Robert [L1] 10:30 News, Health and Horoscopes [L1] 11:00 Wacky Wheel of Fortune [L1] 1:30 5 Card Stud/Deuces Wild [CR] 2:30 Bocce Ball [L1] 4:30 Happy Hour w/Kemosabe [MDR] 6:00 Relax and Reminisce with Good Friends in the Courtyard [RC]</p>	<p>9:30 Self Led Walking For your Health 29 10:00 Water Our Garden and Check our Butterflies [RC] 10:30 Fitness with Sheri [L1] 11:30 Cool Down, Relax and 20 Questions [L1] 1:30 Create Your Own Mini Zen Garden 2:30 Puzzles and Fleece Blanket Making 3:00 Art Room Social and Refreshments [AC] 4:00 Clean Up Our Art Area [AC] 6:00 Meet friends in the courtyard with a good book</p>	<p>Hawaiian Luau from 12:00 to 1:30 30 9:30 Self Led Walking Club [RL] 10:00 Wheel of Fortune the Hawaiian Way [L1] 11:00 Meet your neighbor in the Library with a good book [L] 12:00 Hawaiian Luau and Entertainment [MDR] 2:00 Bible Study with Pastor Bob [L2] 4:00 Bingo for Gift Cards [AC] 6:00 Relax and Reminisce with Good Friends in the courtyard [RC]</p>	<p>9:30 Walk for your Health [RL] 31 10:00 Early Riser Artists at Work [AC] 1:30 Texas Hold Um' [CR] 3:00 Afternoon Movie and Popcorn-Murphy's Romance [RT] 4:30 Resident Visits 5:30 Wii Sports [L1]</p>	