

August 2018 Lantern Crest Senior Living Horizons

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Resident Birthdays Marvin H. 8/5 Rosemarie O. 8/11 Jesse S. 8/22</p>	<p>"Ohana" means family Family means nobody gets left behind or forgotten.</p>	<p>9:30 Fitness With Sheri in the Sunroom 1</p> <p>10:30 Hydration Station & Snacks</p> <p>11:00 Lunch Outing Outback Steak House</p> <p>1:30 Prep Art Room for Art Class</p> <p>2:00 Memories in the Making w/ Diane "Luau Art"</p> <p>3:00 Pretty Nail Care</p> <p>6:00 Mind Body & Soul Meditation</p>	<p>9:30 Bible Study & Hymns w/ Pastor Bob 2</p> <p>10:30 Bistro Social & Snacks</p> <p>10:45 Relaxing @ Courtyard</p> <p>1:00 Fresh Fruit Smoothies</p> <p>2:00 Horse Racing</p> <p>3:00 Family Feud</p> <p>4:00 Happy Hour w/ Broken Strings</p> <p>6:00 Full Body Relaxation</p>	<p>9:45 News & Views in the Sunroom 3</p> <p>10:00 Lets Get Fit W/Zumba Class</p> <p>10:30 Cool Down and Refreshments</p> <p>11:00 Beach Volleyball in the Courtyard</p> <p>1:30 Summertime Arts and Crafts in the Art Room</p> <p>2:30 Bingo Bonanza</p> <p>3:30 Visit With Friends in the Courtyard</p> <p>6:00 Move to Music</p>	<p>9:45 On This Day In History & Trivia in the Sunroom 4</p> <p>10:00 Sittercise To Hawaiian Music in the Sunroom</p> <p>11:00 Courtyard Beach Ball</p> <p>1:30 Sing Along with Myron</p> <p>2:30 Luau Art in the Art Room</p> <p>3:30 Watering Garden & Hydration</p> <p>4:00 Visit With Friends in the Courtyard</p> <p>6:00 Range Of Motion</p>	
<p>9:45 Namaste Chair Yoga w/ Spiritual Music in the Sunroom 5</p> <p>10:00 Communion Al Theater</p> <p>10:30 Love on a Leash in the Sunroom</p> <p>1:00 Ukulele Sing along with Bob in the Sunroom</p> <p>2:30 Movie & Popcorn @ Sunroom</p> <p>3:30 Ring Toss Games in the Sunroom</p> <p>4:00 Visit With Friends in the Courtyard</p> <p>6:00 Miscellaneous with Ellie</p>	<p>9:45 Daily Bible Devotion in the Sunroom 6</p> <p>10:00 Stretching with Aloha Music in the Sunroom</p> <p>11:00 Watering Garden & Hydration</p> <p>1:30 Tropical Arts and Crafts in the Art Room</p> <p>2:30 Hawaiian Water Colors in the Art Room</p> <p>3:00 Bingo Extravaganza in the Art Room</p> <p>4:00 Visit With Friends in the Courtyard</p> <p>6:00 Aromatherapy</p>	<p>9:45 Daily Bread in the Sunroom 7</p> <p>10:00 Stretch w/ Noodles in the Sunroom</p> <p>11:00 Bird Watching & Hydration Station in the Courtyard</p> <p>1:30 Art For Our Luau in the Art Room</p> <p>2:30 Shut The Box w/ A Friend in the Art Room</p> <p>3:30 Listening and Singing to our favorite Music in the Courtyard</p> <p>4:00 Visit With Friends in the Courtyard</p> <p>6:00 Gentle Stretches</p>	<p>9:30 Fitness With Sheri in the Sunroom 8</p> <p>10:30 Hydration Station & Snacks</p> <p>11:00 Lunch Outing Olive Garden</p> <p>1:30 Prep Art Room for Art Class</p> <p>2:00 Memories in the Making w/ Diane "Luau Art"</p> <p>3:00 Pretty Nail Care</p> <p>6:00 Mind Body & Soul Meditation</p>	<p>9:30 Bible Study & Hymns w/ Pastor Bob 9</p> <p>10:30 Bistro Social & Snacks</p> <p>10:45 Relaxing @ Courtyard</p> <p>1:30 Inspirational Music w/ Steve & Diane</p> <p>3:00 Horse Racing</p> <p>4:00 Aloha Happy Hour w/ Bob</p> <p>6:00 Full Body Relaxation</p>	<p>9:45 News & Views in the Sunroom 10</p> <p>10:00 Volleyball w/ Tracy & Cyndi in AL</p> <p>11:00 Cool Down and Refreshments</p> <p>1:30 Summertime Arts and Crafts in the Art Room</p> <p>3:00 Afternoon Movie and Popcorn-IMAX To The Artic</p> <p>4:00 Visit With Friends in the Courtyard</p> <p>6:00 Move to Music</p>	<p>9:45 On This Day In History in the Sunroom 11</p> <p>10:00 Shadow Mountain Church in the AL Theater</p> <p>11:00 Courtyard Beach Ball</p> <p>1:30 Balloon Exercise</p> <p>2:30 Baking cupcakes with Cyndi</p> <p>3:30 Cupcake Social and Refreshments</p> <p>4:00 Visit With Friends in the Courtyard</p> <p>6:00 Range Of Motion</p>
<p>9:45 Namaste Chair Yoga w/ Spiritual Music in the Sunroom 12</p> <p>10:00 Communion Al Theater</p> <p>10:30 Love on a Leash in the Sunroom</p> <p>1:00 Ukulele Sing along with Bob in the Sunroom</p> <p>2:30 Movie & Popcorn @ Sunroom</p> <p>3:00 Bible Study with Bill Bixby</p> <p>3:30 Ring Toss Games in the Sunroom</p> <p>4:00 Visit With Friends in the Courtyard</p> <p>6:00 Miscellaneous with Ellie</p>	<p>9:45 Daily Bible Devotion in the Sunroom 13</p> <p>10:00 Stretching with Aloha Music in the Sunroom</p> <p>11:00 Watering Garden & Hydration</p> <p>1:30 Tropical Arts and Crafts in the Art Room</p> <p>2:30 Hawaiian Water Colors in the Art Room</p> <p>3:00 Bingo Extravaganza in the Art Room</p> <p>4:00 Visit With Friends in the Courtyard</p> <p>6:00 Aromatherapy</p>	<p>9:45 Daily Bread in the Sunroom 14</p> <p>10:00 Stretch w/ Noodles in the Sunroom</p> <p>11:00 Bird Watching & Hydration Station in the Courtyard</p> <p>1:30 Art For Our Luau in the Art Room</p> <p>2:30 Shut The Box w/ A Friend in the Art Room</p> <p>3:30 Listening and Singing to our favorite Music in the Courtyard</p> <p>4:00 Visit With Friends in the Courtyard</p> <p>6:00 Gentle Stretches</p>	<p>9:30 Fitness With Sheri in the Sunroom 15</p> <p>10:30 Hydration Station & Snacks</p> <p>11:00 Lunch Outing Claim Jumper</p> <p>1:30 Prep Art Room for Art Class</p> <p>2:00 Memories in the Making w/ Diane "Luau Art"</p> <p>3:00 Pretty Nail Care</p> <p>6:00 Mind Body & Soul Meditation</p>	<p>9:30 Bible Study & Hymns w/ Pastor Bob 16</p> <p>10:30 Bistro Social & Snacks</p> <p>10:45 Relaxing @ Courtyard</p> <p>1:00 Fresh Fruit Smoothies</p> <p>2:00 Horse Racing</p> <p>3:00 Family Feud</p> <p>4:00 Happy Hour w/ Sylvia & Salvador</p> <p>6:00 Full Body Relaxation</p>	<p>9:45 News & Views in the Sunroom 17</p> <p>10:00 Lets Get Fit W/Zumba Class in the Sunroom</p> <p>10:30 Cool Down and Refreshments</p> <p>11:00 Beach Volleyball in the Courtyard</p> <p>1:00 Parasol Strutters in the AL Theater</p> <p>2:30 Afternoon Movie and Popcorn - Honey I Shrunk the Kids</p> <p>3:30 Activity Meeting</p> <p>4:00 Visit With Friends in the Courtyard</p> <p>6:00 Move to Music</p>	<p>9:45 On This Day In History in the Sunroom 18</p> <p>10:00 Sing Along with Myron in the AL Theater</p> <p>11:00 Beach Volleyball in the Courtyard Sunroom</p> <p>1:30 Decorate Bird Houses in the Art Room</p> <p>2:30 Paint Wooden Toys in the Art Room</p> <p>3:00 Bingo Bonanza</p> <p>4:00 Visit With Friends in the Courtyard</p> <p>6:00 Range Of Motion</p>
<p>9:45 Namaste Chair Yoga w/ Spiritual Music in the Sunroom 19</p> <p>10:00 Communion Al Theater</p> <p>10:30 Love on a Leash in the Sunroom</p> <p>1:00 Sing along in the Sunroom</p> <p>1:30 Stories w/ Cyndi and Refreshments in the Sunroom</p> <p>2:30 Movie & Popcorn @ Sunroom</p> <p>3:30 Ring Toss Games in the Sunroom</p> <p>4:00 Visit With Friends in the Courtyard</p> <p>6:00 Miscellaneous with Ellie</p>	<p>9:45 Daily Bible Devotion in the Sunroom 20</p> <p>10:00 Stretching with Aloha Music in the Sunroom</p> <p>11:00 Watering Garden & Hydration</p> <p>1:30 Tropical Arts and Crafts in the Art Room</p> <p>2:30 Hawaiian Water Colors in the Art Room</p> <p>3:00 Bingo Extravaganza in the Art Room</p> <p>4:00 Visit With Friends in the Courtyard</p> <p>6:00 Aromatherapy</p>	<p>9:45 Daily Bread in the Sunroom 21</p> <p>10:00 Stretch w/ Noodles in the Sunroom</p> <p>11:00 Bird Watching & Hydration Station in the Courtyard</p> <p>1:30 Art For Our Luau in the Art Room</p> <p>2:30 Shut The Box w/ A Friend in the Art Room</p> <p>3:30 Listening and Singing to our favorite Music in the Courtyard</p> <p>4:00 Visit With Friends in the Courtyard</p> <p>6:00 Gentle Stretches</p>	<p>All Staff Meeting 22</p> <p>9:30 Fitness With Sheri in the Sunroom</p> <p>10:30 Hydration Station & Snacks</p> <p>11:00 Lunch Outing Chil's Bar & Grill</p> <p>1:30 Prep Art Room for Art Class</p> <p>2:00 1:1 Reminiscing</p> <p>3:00 Pretty Nail Care</p> <p>6:00 Mind Body & Soul Meditation</p>	<p>9:30 Bible Study & Hymns w/ Pastor Bob 23</p> <p>10:30 Bistro Social & Snacks</p> <p>10:45 Relaxing @ Courtyard</p> <p>1:30 Inspirational Music with Steve and Diane</p> <p>3:00 Horse Racing</p> <p>4:00 Happy Hour w/ Cowboy Jack</p> <p>6:00 Full Body Relaxation</p>	<p>9:45 News & Views in the Sunroom 24</p> <p>10:00 Lets Get Fit W/Zumba Class in the Sunroom</p> <p>10:30 Cool Down and Refreshments</p> <p>11:00 Beach Volleyball in the Courtyard</p> <p>1:30 Summertime Arts and Crafts in the Art Room</p> <p>3:00 Afternoon Movie and Popcorn-Imax The Rocky Mountain Express in the AL Theater</p> <p>4:00 Visit With Friends in the Courtyard</p> <p>6:00 Move to Music</p>	<p>9:45 On This Day In History in the Sunroom 25</p> <p>10:00 Balloon Exercise in the Sunroom</p> <p>11:00 Courtyard Beach Ball</p> <p>1:30 August Trivia and Fun Facts</p> <p>2:30 Mystery Bus Ride</p> <p>3:30 Watering Garden & Hydration</p> <p>4:00 Visit With Friends in the Courtyard</p> <p>6:00 Range Of Motion</p>
<p>9:45 Namaste Chair Yoga w/ Spiritual Music in the Sunroom 26</p> <p>10:00 Communion Al Theater</p> <p>10:30 Love on a Leash in the Sunroom</p> <p>1:00 Ukulele Sing along with Bob in the Sunroom</p> <p>1:30 Blue Zone</p> <p>2:30 Movie & Popcorn @ Sunroom</p> <p>3:30 Ring Toss Games in the Sunroom</p> <p>4:00 Visit With Friends in the Courtyard</p> <p>6:00 Miscellaneous with Ellie</p>	<p>9:45 Daily Bible Devotion in the Sunroom 27</p> <p>10:00 Stretching with Aloha Music in the Sunroom</p> <p>11:00 Watering Garden & Hydration</p> <p>1:30 Tropical Arts and Crafts in the Art Room</p> <p>2:30 Hawaiian Water Colors in the Art Room</p> <p>3:00 Bingo Extravaganza in the Art Room</p> <p>4:00 Visit With Friends in the Courtyard</p> <p>6:00 Aromatherapy</p>	<p>9:45 Daily Bread in the Sunroom 28</p> <p>10:00 Stretch w/ Noodles in the Sunroom</p> <p>11:00 Bird Watching & Hydration Station in the Courtyard</p> <p>1:30 Art For Our Luau in the Art Room</p> <p>2:30 Shut The Box w/ A Friend in the Art Room</p> <p>3:30 Listening and Singing to our favorite Music in the Courtyard</p> <p>4:00 Visit With Friends in the Courtyard</p> <p>6:00 Gentle Stretches</p>	<p>9:30 Fitness With Sheri in the Sunroom 29</p> <p>10:30 Hydration Station & Snacks</p> <p>11:00 Lunch Outing IHOP</p> <p>1:30 Prep Art Room for Art Class</p> <p>2:00 Memories in the Making w/ Diane "Luau Art"</p> <p>3:00 Pretty Nail Care</p> <p>6:00 Mind Body & Soul Meditation</p>	<p>9:30 Bible Study & Hymns w/ Pastor Bob 30</p> <p>10:30 Bistro Social & Snacks</p> <p>10:45 Relaxing @ Courtyard</p> <p>1:00 Fresh Fruit Smoothies</p> <p>2:00 Horse Racing</p> <p>3:00 Family Feud</p> <p>4:00 Luau Happy Hour w/Bob</p> <p>6:00 Full Body Relaxation</p>	<p>9:45 News & Views in the Sunroom 31</p> <p>10:00 Lets Get Fit W/Zumba Class in the Sunroom</p> <p>10:30 Cool Down and Refreshments</p> <p>11:00 Beach Volleyball in the Courtyard</p> <p>1:30 Summertime Arts and Crafts in the Art Room</p> <p>2:30 Bingo Bonanza</p> <p>4:00 Visit With Friends in the Courtyard</p> <p>6:00 Move to Music</p>	<p>Maritza Aguirre Life Enrichment Director @ The Ridge 800 Lantern Crest Way Santee, Ca 92071 Cell: (619) 569-5547 <i>Maritza.aguirre@lanterncrestsantee.com</i></p>