

September 2018

Lantern Crest Senior Living Horizons

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September cont'd 30 9:30 Daily Chronicle 10:00 Communion At Theater 10:00 Namaste Chair Yoga w/ Spiritual Music 10:30 Love on a Leash in the Sunroom 1:00 1:1 Hand-to Hand 1:00 Ukulele Sing along with Bob 2:30 Movie & Popcorn "Blended" @ The Sunroom 3:30 Ring Toss Games 4:00 Visit With Friends in the Courtyard 6:00 Miscellaneous with Ellie		Maritza Aguirre Life Enrichment Director @ The Ridge 800 Lantern Crest Way Santee, Ca 92071 Cell: (619) 569-5547 <i>Maritza.aguirre@lanterncrestsantee.com</i>	In September we will be starting a movie program in Lounge #2 @ 1:30 every day Activities will be showing a classic movie. Thank You!	Resident Birthdays Elizabeth "Betty" P. 9/18 Beatrice C. 9/30	It's a new Season. A perfect opportunity to do something. NEW Something BOLD Something Beautiful!	9:45 Daily Chronicle 1 10:00 Exercise to Big Band Music 10:45 Cool Down and Refreshments 11:00 Watering Garden Courtyard 1:30 Sing- Along with Myron 2:30 Memories in the Making Fall Colors 3:30 September Trivia 4:00 Grandparents are a Hoot 6:00 Range Of Motion
2 9:30 Daily Chronicle 10:00 Communion At Theater 10:00 Namaste Chair Yoga w/ Spiritual Music 10:30 Love on a Leash in the Sunroom 11:00 Old Jokes for the Soul 1:00 1:1 Hand-to Hand 1:30 Sing-Along-"What's Your Favorite Song" 2:30 Movie & Popcorn "The Stars" @ The Sunroom 3:30 Ring Toss Games 4:00 Visit With Friends in the Courtyard 6:00 Miscellaneous with Ellie	Happy Labor Day! Santana Buddies 3 9:30 Daily Chronicle 10:00 Exercise to Big Band Music 10:30 On This Day In History 11:00 Watering Garden & Hydration 1:00 1:1 Visits 1:30 Labor Day Art 2:00 Inspirational Stories 3:00 Bingo Extravaganza in the Art Room 4:00 Hand Massage 6:00 Aromatherapy	4 9:30 Daily Chronicle 10:00 Stretch w/ Noodles in the Sunroom 10:30 News & Views 11:00 Bird Watching & Hydration Station @ The Courtyard 1:00 1:1 Social 1:30 Art For All Ages 2:30 Basketball Tournament 3:30 History on The Farmer's Almanac 4:00 Breathing & Relaxing Fresh Air 6:00 Gentle Stretches	5 9:30 Fitness With Sheri in the Sunroom 10:30 Hydration Station & Snacks 11:00 Lunch Outing- Olive Gardern 1:30 Prep Art Room for Art Class 2:00 Memories in the Making w/ Diane -"Lets Step into Fall" 3:00 Pretty Nail Care 4:00 Daily Chronicle 6:00 Mind Body & Soul Meditation	6 11:30-1:30pm Action Station w/ Chef Mario Santana Buddies 9:30 Bible Study & Hymns w/ Pastor Bob 10:30 Bistro Social & Snacks 11:00 Horoscopes & Dear Abby 1:00 Daily Chronicle 1:30 Inspirational Music w/ Steve & Diane 2:30 Library Social with a Spot of Tea 3:30 Famous People in History Trivia 4:00 Welcoming New Residents & Happy Hour w/ Broken Strings 6:00 Full Body Relaxation	7 9:30 Daily Chronicle 10:00 Bible Devotional 10:30 Lets Get Fit W/Zumba Class in the Sunroom 11:00 Laughter is The Best Medicine 1:00 1:1 Heart-to-Heart 1:30 Autumn in Water Colors 2:30 Bingo Bonanza 3:30 Parachute Ball 4:00 Watering Garden in The Courtyard 6:00 Move to Music	8 9:45 Daily Chronicle 10:00 Shadow Mountain Church 11:00 Watering Garden Courtyard 1:30 Sing-Along 2:30 Memories in the Making - Dot-to-Dot 3:30 Ladder Ball Game 4:00 Aroma Therapy & Inspirational Quotes 6:00 Range Of Motion
9 Honor Our Grandparents Day! 9:30 Daily Chronicle 10:00 Communion At Theater 10:00 Namaste Chair Yoga w/ Spiritual Music 10:30 Love on a Leash in the Sunroom 11:00 Old Jokes for The Soul 1:00 1:1 Hand-to Hand 1:30 Sing-Along-"What's Your Favorite Grandparent Song" 2:30 Bill Bixby Prayer Visits 2:30 Movie & Popcorn "Flying Fingers" @ The Sunroom 3:30 Ring Toss Games 4:00 Visit With Friends in the Courtyard 6:00 Miscellaneous with Ellie	Santana Buddies 10 9:30 Daily Chronicle 10:00 Exercise to Big Band Music 10:30 On This Day In History 11:00 Watering Garden & Hydration 1:00 1:1 Visits 1:30 Fall Arts and Crafts 2:00 Inspirational Stories 3:00 Bingo Extravaganza in the Art Room 4:00 Hand Massage 6:00 Aromatherapy	A Moment of Silence @ noon in Memory of 9/11 11 9:30 Daily Chronicle 10:00 Stretch w/ Noodles in the Sunroom 10:30 News & Views 11:00 Bird Watching & Hydration Station @ The Courtyard 1:00 1:1 Social 1:30 Art For All Ages 2:30 Basketball Tournament 3:30 History on The Farmer's Almanac 4:00 Breathing & Relaxing Fresh Air 6:00 Gentle Stretches	12 9:30 Fitness With Sheri in the Sunroom 10:30 Hydration Station & Snacks 11:00 Lunch Outing - Boll Weevil 1:30 Prep Art Room for Art Class 2:00 Memories in the Making w/ Diane -"Lets Step into Fall" 3:00 Pretty Nail Care 4:00 Daily Chronicle 6:00 Mind Body & Soul Meditation	13 11:30-1:30pm Action Station w/ Chef Mario Santana Buddies 9:30 Bible Study & Hymns w/ Pastor Bob 10:30 Bistro Social & Snacks 11:00 Horoscopes & Dear Abby 1:00 Daily Chronicle 1:30 Baking Coconut Custard Pie "Betty's Recipe" 2:30 Library Social with a Spot of Tea 3:30 Famous People in History Trivia 4:00 Happy Hour w/ Bob 6:00 Full Body Relaxation	14 9:30 Daily Chronicle 10:00 Bible Devotional 10:30 Lets Get Fit W/Zumba Class in the Sunroom 11:00 Laughter is The Best Medicine 1:00 1:1 Heart-to-Heart 1:30 Autumn in Water Colors 2:30 Bingo Bonanza 3:30 Parachute Ball 4:00 Watering Garden in The Courtyard 6:00 Move to Music	15 9:45 Daily Chronicle 10:00 Sing Along with Myron 11:00 Watering Garden Courtyard 1:30 Memories in the Making Dot-to-Dot 2:30 Bowling 3:30 September Trivia 4:00 Aroma Therapy & Inspirational Quotes 6:00 Range Of Motion
16 9:30 Daily Chronicle 10:00 Communion At Theater 10:00 Namaste Chair Yoga w/ Spiritual Music 10:30 Love on a Leash in the Sunroom 1:00 1:1 Hand-to Hand 1:00 Ukulele Sing along with Bob 2:30 Movie & Popcorn "How to Steal a Million"@ The Sunroom 3:30 Ring Toss Games 4:00 Visit With Friends in the Courtyard 6:00 Miscellaneous with Ellie	Santana Buddies 17 9:30 Daily Chronicle 10:00 Exercise to Big Band Music 10:30 On This Day In History 11:00 Watering Garden & Hydration 1:00 1:1 Visits 1:30 Fall Arts and Crafts 2:00 Inspirational Stories 3:00 Bingo Extravaganza in the Art Room 4:00 Hand Massage 6:00 Aromatherapy	18 9:30 Daily Chronicle 10:00 Stretch w/ Noodles in the Sunroom 10:30 News & Views 11:00 Bird Watching & Hydration Station @ The Courtyard 11:30 Yummy Corn on The Cob 1:00 1:1 Social 1:30 Shades of Autumn Water Colors 2:30 Basketball Tournament 3:30 History on The Farmer's Almanac 4:00 Breathing & Relaxing Fresh Air 6:00 Gentle Stretches	19 9:30 Fitness With Sheri in the Sunroom 10:30 Hydration Station & Snacks 11:00 Lunch Outing Mimi's Cafe 1:30 Prep Art Room for Art Class 2:00 Memories in the Making w/ Diane -"Lets Step into Fall" 3:00 Pretty Nail Care 4:00 Daily Chronicle 6:00 Mind Body & Soul Meditation	20 11:30-1:30pm Action Station w/ Chef Mario 11:30-1:30pm Action Station w/ Chef Mario Santana Buddies 9:30 Bible Study & Hymns w/ Pastor Bob 10:30 Bistro Social & Snacks 11:00 Horoscopes & Dear Abby 1:00 Daily Chronicle 1:30 Inspirational Music w/ Steve & Diane 2:30 Library Social with a Spot of Tea 3:30 Famous People in History Trivia 4:00 Happy Hour w/ Sylvia & Salvador 6:00 Full Body Relaxation	21 All Staff Meeting 9:30 Daily Chronicle 10:00 Bible Devotional 10:30 Lets Get Fit W/Zumba Class in the Sunroom 11:00 Laughter is The Best Medicine 1:00 1:1 Heart-to-Heart 2:00 Movie "La La Land" 3:30 Parachute Ball 4:00 Watering Garden in The Courtyard 6:00 Move to Music	22 9:45 Daily Chronicle 10:00 Exercise to Big Band Music 10:45 Cool Down and Refreshments 11:00 Watering Garden Courtyard 1:30 Memories in the Making On Canvas 2:30 Ring Toss Games 3:30 September Trivia 4:00 Aroma Therapy & Inspirational Quotes 6:00 Range Of Motion
23 9:30 Daily Chronicle 10:00 Communion At Theater 10:00 Namaste Chair Yoga w/ Spiritual Music 10:30 Love on a Leash in the Sunroom 1:00 1:1 Hand-to Hand 1:00 Ukulele Sing along with Bob 2:30 Movie & Popcorn "Casablanca" @ The Sunroom 3:30 Ring Toss Games 4:00 Visit With Friends in the Courtyard 6:00 Miscellaneous with Ellie	Santana Buddies 24 9:30 Daily Chronicle 10:00 Exercise to Big Band Music 10:30 On This Day In History 11:00 Watering Garden & Hydration 1:00 1:1 Visits 1:30 Fall Arts and Crafts 2:00 Inspirational Stories 3:00 Bingo Extravaganza in the Art Room 4:00 Hand Massage 6:00 Aromatherapy	25 9:30 Daily Chronicle 10:00 Stretch w/ Noodles in the Sunroom 10:30 News & Views 11:00 Bird Watching & Hydration Station @ The Courtyard 1:00 1:1 Social 1:30 Shades of Autumn Water Colors 2:30 Basketball Tournament 3:30 History on The Farmer's Almanac 4:00 Breathing & Relaxing Fresh Air 6:00 Gentle Stretches	26 9:30 Fitness With Sheri in the Sunroom 10:30 Hydration Station & Snacks 11:00 Lunch Outing- Hamburger Factory 1:30 Prep Art Room for Art Class 2:00 Memories in the Making w/ Diane -"Lets Step into Fall" 3:00 Pretty Nail Care 4:00 Daily Chronicle 6:00 Mind Body & Soul Meditation	27 11:30-1:30pm Action Station w/ Chef Mario 11:30-1:30pm Action Station w/ Chef Mario Santana Buddies 9:30 Bible Study & Hymns w/ Pastor Bob 10:30 Bistro Social & Snacks 11:00 Horoscopes & Dear Abby 1:00 Daily Chronicle 1:30 Baking Stuffed Apples 2:30 Library Social with a Spot of Tea 3:30 Famous People in History Trivia 4:00 Birthday Celebration & Happy Hour w/ Cowboy Jack 6:00 Full Body Relaxation	28 9:30 Daily Chronicle 10:00 Bible Devotional 10:30 Lets Get Fit W/Zumba Class in the Sunroom 11:00 Laughter is The Best Medicine 1:00 1:1 Heart-to-Heart 2:30 Bingo Bonanza 3:30 Parachute Ball 4:00 Watering Garden in The Courtyard 6:00 Move to Music	29 9:45 Daily Chronicle 10:00 Exercise to Big Band Music 10:45 Cool Down and Refreshments 11:00 Watering Garden Courtyard 1:30 Memories in the Making On Canvas 2:30 Ring Toss Games 3:30 September Trivia 4:00 Aroma Therapy & Inspirational Quotes 6:00 Range Of Motion

Continued at top