

October 2018

Lantern Crest Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
	9:30 Good Morning w/ Daily Chronicle 1 9:30 Self Led Walking Club [RL] 10:00 Exercise with Leo [L1] 10:30 Hydrate [L1] 11:00 Wheel of Fortune [L1] 1:00 Feeling Lucky Black Jack [CR] 3:00 Bingo for Prizes [L1] 6:30 Meet a Neighbor in The Courtyard	9:30 Self Led Walking Club 2 10:00 Yoga and Exercise with Robert [L1] 10:30 News, Health, Horoscopes and the Daily Chronicle, [L1] 11:00 "Saddle Up" for some Horse Racing [L1] 1:00 Water Our Garden 1:30 Five Card Draw [CR] 3:00 Bocce Ball 4:30 Happy Hour w/Sylvia and Salvador [MDR] 6:00 Relax and Reminisce with Good Friends at the Bistro [RC]	Mario's Action Station 11:30 to 1:30 Resident Council @ 3:00 3 9:30 Self Led Walking For your Health 10:00 Good Morning w/Daily Chronicle [AC] 10:30 Fitness with Sheri [L1] 11:30 Cool Down and Refreshments [L1] 1:30 Work on our Mini Zen Gardens [AC] 3:00 Resident Council Meeting 4:00 Finish Our Art Project [AC] 6:00 Relax and Reminisce with Good Friends in the Courtyard	9:30 Good Morning w/ Daily Chronicle 4 9:30 Self Led Walking Club [RL] 10:30 Lunch Outing: Anthonys [BUS] 11:00 Bistro Social & Good Book [BISR] 11:30 Puzzles in the Art Room [AC] 12:30 Lunch Visits with Pastor Bob 2:00 Audio Book Club First Meeting and refreshments [BISR] 2:00 Bible Study with Pastor Bob [L2] 3:30 Bingo for Gift Cards [AC] 6:00 Relax and Reminisce with Good Friends in the courtyard [RC]	9:30 Good Morning w/Daily Chronicles 5 9:30 Walk for your Health [RL] 10:00 Early Riser's Morning Stretch [AC] 10:15 Early Riser Artists at Work [AC] 10:30 Working with watercolors [AC] 11:00 Manicures with Tracy [AC] 11:30 Jigsaw Puzzles [AC] 1:30 Texas Hold Um' [CR] 3:00 Afternoon Movie, Popcorn and Fun Now Showing: "A Walk in the Woods" [RT] 4:30 Resident Visits w/ Reading Supplies 6:00 Meet For Coffee in the Lobby [RL]	9:30 Self Led Walking Club [RL] 6 10:00 Prepare Apple and Pecan Cheese Spread [LCK] 11:00 Good Morning w/Daily Chronicles 1:30 Fall Leaves on Canvas [AC] 1:30 Sing Along with Myron [RT] 2:00 Crocheting/Knitting w/Jane [AC] 2:30 Getting Inspired with water colors [AC] 3:00 Refreshments and Apple Pecan Cheese Spread [AC] 3:30 Fall Birdhouses [AC] 4:00 Organize Our Art Supplies 6:00 Relax and Reminisce with Good Friends in the Courtyard		
	8:00 Guardian Angels Catholic Church 7 8:45 Sonrise Church [BUS] 9:30 Good Morning w/ Daily Chronicles 10:00 Communion @ The Theater [RT] 10:00 Exercise Class w/ Mario [L1] 10:30 Love on a Leash [L1] 11:00 Come chat with Daniela from Culinary [MDR] 1:30 Ukulele Class with Neal [L1] 2:30 Join Me for Chai Tea Lattes [L1] 3:30 Movie and Popcorn : "Foul Play" [RT]	9:30 Good Morning w/ Daily Chronicles [G2] 8 9:30 Self Led Walking Club [RL] 10:00 Exercise with Leo [L1] 10:30 Hydrate [L1] 11:00 20's 30's and 40's Trivia with Leo [L1] 1:00 Feeling Lucky Black Jack [CR] 3:00 Bingo for Prizes [L1] 6:30 Meet a Neighbor in The Courtyard	9:30 Self Led Walking Club 9 10:00 Yoga and Exercise with Robert [L1] 10:30 News, Health, Horoscopes and the Daily Chronicle, [L1] 11:00 Bunco [L1] 1:00 Water Our Garden 1:30 Poker "Deuces Wild" [CR] 3:00 Bocce Ball 4:30 Happy Hour w/Spontaneous Combustion [MDR] 6:00 Relax and Reminisce with Good Friends at the Bistro [RC]	Mario's Action Station 11:30 to 1:30 10 9:30 Good Morning w/ Daily Chronicles 9:30 Self Led Walking For your Health 10:00 Fun Facts for October [L1] 10:30 Fitness with Sheri [L1] 11:30 Cool Down and Refreshments [L1] 1:30 Fall watercolor [AC] 2:00 Tree's on Canvas-Fall Colors [AC] 2:30 Fleece Blanket Making 3:00 Puzzles in the Art Room [AC] 3:30 Christmas Cards for our Troops [AC] 4:00 Clean Up Our Art Area [AC] 6:00 Relax and Reminisce with Good Friends in the Courtyard	9:30 Good Morning w/ Daily Chronicle 11 9:30 Self Led Walking Club [RL] 10:30 Lunch Outing: Tip Top Meats in Carlsbad [BUS] 11:00 Bistro Social & Good Book [BISR] 11:30 Puzzles in the Art Room [AC] 12:30 Lunch Visits with Pastor Bob 1:30 Inspirational Music w/ Steve and Diane 2:00 Audio Book Club and refreshments [BISR] 2:00 Bible Study with Pastor Bob [L2] 3:30 Bingo for Gift Cards [AC] 6:00 Relax and Reminisce with Good Friends in the courtyard [RC]	9:30 Good Morning w/Daily Chronicles 12 9:30 Walk for your Health [RL] 10:15 Early Riser Artists at Work [AC] 10:30 Fleece Blanket Making 11:00 Manicures with Tracy [AC] 11:30 Jigsaw Puzzles [AC] 1:30 BlackJack [CR] 3:00 Afternoon Movie and Popcorn: Now Showing - "And So It Goes" [RT] 4:30 Resident Visits w/ Reading Supplies 6:00 Meet For Coffee in the Lobby [RL]	9:30 Good Morning w/Daily Chronicles 13 9:30 Self Led Walking Club [RL] 10:00 Shadow Mountain Church 10:00 Shopping with Tracy [BUS] 11:00 Meet friends in the courtyard with a good book [RC] 1:30 Fall Trees on Canvas [AC] 2:00 Crocheting/Knitting w/Jane [AC] 2:30 Yarn Pumpkins [AC] 3:00 Refreshments, Snacks and Fun [AC] 3:30 Fleece Blanket Making [RL] 4:00 Organize Our Art Supplies 6:00 Relax and Reminisce with Good Friends in the Courtyard	
	8:00 Guardian Angels Catholic Church 14 8:45 Sonrise Church [BUS] 9:30 Good Morning w/ Daily Chronicles 10:00 Communion @ The Theater [RT] 10:00 Exercise Class w/ Mario [L1] 10:30 Love on a Leash [L1] 11:00 Come chat with Daniela from Culinary [MDR] 1:30 Ukulele Class with Neal [L1] 2:30 Join Me for Chai Tea Lattes [L1] 3:30 Movie and Popcorn: "Young Frankenstein" [RT]	9:30 Good Morning w/ Daily Chronicles 15 9:30 Self Led Walking Club [RL] 10:00 Exercise with Leo [L1] 10:30 Hydrate [L1] 11:00 Wheel of Fortune 1:00 Feeling Lucky Black Jack [CR] 3:00 Bingo for Prizes [L1] 6:30 Meet a Neighbor in The Courtyard	9:30 Self Led Walking Club 16 10:00 Omas Pumpkin Patch with Maritza [BUS] 10:00 Yoga and Exercise with Robert [L1] 10:30 News, Health, Horoscopes and the Daily Chronicle, [L1] 11:00 "Saddle Up" for some Horse Racing [L1] 1:00 Water Our Garden 1:30 Feeling Lucky Black Jack 3:00 Bocce Ball 4:30 Happy Hour w/Cowboy Jack [MDR] 6:00 Relax and Reminisce with Good Friends at the Bistro [RC]	Mario's Action Station 11:30 to 1:30 17 9:30 Good Morning w/ Daily Chronicle [AC] 9:30 Self Led Walking For your Health 10:00 The Fall Season- Trivia and Fun Facts [L1] 10:30 Fitness with Sheri [L1] 11:30 Cool Down and Refreshments [L1] 1:30 Yarn Pumpkins [AC] 2:00 Fall Water Color Pages [AC] 2:30 Fleece Blanket Making 3:00 Puzzles in the Art Room [AC] 3:30 Christmas Cards for our Troops [AC] 4:00 Clean Up Our Art Area [AC] 6:00 Relax and Reminisce with Good Friends in the Courtyard	9:30 Good Morning w/ Daily Chronicle 18 9:30 Self Led Walking Club [RL] 10:30 Lunch Outing: Okawa's [BUS] 11:00 Bistro Social & Good Book [BISR] 11:30 Puzzles in the Art Room [AC] 12:30 Lunch Visits with Pastor Bob 2:00 Audio Book Club and refreshments [BISR] 2:00 Bible Study with Pastor Bob [L2] 3:30 Bingo for Gift Cards [AC] 6:00 Relax and Reminisce with Good Friends in the courtyard [RC]	9:30 Good Morning w/Daily Chronicles 19 9:30 Walk for your Health [RL] 10:15 Early Riser Artists at Work [AC] 10:30 Fall Bird Houses [AC] 11:00 Manicures with Tracy [AC] 11:30 Jigsaw Puzzles [AC] 1:00 Parasol Strutters in the AL Theater [RT] 3:00 Afternoon Movie and Popcorn - "Monster in Law" [RT] 4:30 Resident Visits w/ Reading Supplies 6:00 Meet For Coffee in the Lobby [RL]	9:30 Good Morning w/Daily Chronicles 20 9:30 Self Led Walking Club [RL] 10:00 Sing Along with Myron 11:00 Meet friends in the courtyard with a good book [RC] 1:30 Colors Of The Fall Art [AC] 2:00 Crocheting/Knitting w/Jane [AC] 2:30 Puzzles in the Art Room [AC] 3:00 Start Planning our next project [AC] 4:00 Organize Our Art Supplies 6:00 Relax and Reminisce with Good Friends in the Courtyard	
	8:00 Guardian Angels Catholic Church 21 8:45 Sonrise Church [BUS] 9:30 Good Morning w/ Daily Chronicles 10:00 Communion @ The Theater [RT] 10:00 Exercise Class w/ Mario [L1] 10:30 Love on a Leash [L1] 11:00 Come chat with Daniela from Culinary [MDR] 1:30 Courtyard Social [L1] 2:30 Join Me for Chai Tea Lattes [L1] 3:30 Movie and Popcorn: "The Legend of Zorro" [RT]	9:30 Good Morning w/ daily chronicles 22 9:30 Self Led Walking Club [RL] 10:00 Exercise with Leo [L1] 10:30 Hydrate [L1] 11:00 20's 30's and 40's Trivia with Leo [L1] 1:00 Feeling Lucky Black Jack [CR] 3:00 Bingo for Prizes [L1] 6:30 Meet a Neighbor in The Courtyard	9:30 Self Led Walking Club 23 10:00 Yoga and Exercise with Robert [L1] 10:30 News, Health, Horoscopes and the Daily Chronicle, [L1] 11:00 Bunco for Prizes [L1] 1:00 Water Our Garden 1:30 Feeling Lucky Black Jack 2:30 Midway Presentation with Tom Dean 4:30 Happy Hour w/Broken Strings [MDR] 6:00 Relax and Reminisce with Good Friends at the Bistro [RC]	Mario's Action Station 11:30 to 1:30 24 9:30 Self Led Walking For your Health 10:00 Good Morning w/Daily Chronicle [AC] 10:30 Fitness with Sheri [L1] 11:30 Cool Down and Refreshments [L1] 1:30 Paper Pumpkins [AC] 2:00 Fall Leaves on Canvas [AC] 2:30 Fleece Blanket Making 3:00 Puzzles in the Art Room [AC] 3:30 Christmas Cards for our Troops [AC] 4:00 Clean Up Our Art Area [AC] 6:00 Relax and Reminisce with Good Friends in the Courtyard	9:30 Good Morning w/ Daily Chronicle 25 9:30 Self Led Walking Club [RL] 10:30 Lunch Outing: Parkway Plaza Movie Theater to see "A Star is Born" [BUS] 11:00 Bistro Social & Good Book [BISR] 11:30 Puzzles in the Art Room [AC] 12:30 Lunch Visits with Pastor Bob 2:00 Audio Book Club and refreshments [BISR] 2:00 Bible Study with Pastor Bob [L2] 3:30 Bingo for Gift Cards [AC] 6:00 Relax and Reminisce with Good Friends in the courtyard [RC]	9:30 Good Morning w/Daily Chronicles 26 9:30 Walk for your Health [RL] 10:15 Early Riser Artists at Work [AC] 10:30 Crochet and Knitting [AC] 11:00 Manicures with Tracy [AC] 11:30 Jigsaw Puzzles [AC] 1:30 Feeling Lucky Black Jack [CR] 3:00 Afternoon Movie and Popcorn - "Death Becomes Her" [RT] 4:30 Resident Visits w/ Reading Supplies 6:00 Meet For Coffee in the Lobby [RL]	9:30 Good Morning w/Daily Chronicles 27 9:30 Self Led Walking Club [RL] 10:00 Shopping With Tracy [RC] 11:00 Meet friends in the courtyard with a good book 1:30 Colors Of The Fall Art [AC] 1:30 Paper Pumpkins [AC] 2:00 Crocheting/Knitting w/Jane [AC] 2:30 Learn to paint a "Mountain Scene" [AC] 3:00 Refreshments, Snacks and Fun [AC] 3:30 Puzzles in the Art Room [AC] 4:00 Organize Our Art Supplies 6:00 Relax and Reminisce with Good Friends in the Courtyard	
	8:00 Guardian Angels Catholic Church 28 8:45 Sonrise Church [BUS] 9:30 Good Morning w/ Daily Chronicles 10:00 Communion @ The Theater [RT] 10:00 Exercise Class w/ Mario [L1] 10:30 Love on a Leash [L1] 11:00 Come chat with Daniela from Culinary [MDR] 1:30 Ukulele Class with Neal [L1] 2:30 Join Me for Chai Tea Lattes [L1] 3:30 Movie and Popcorn: "Dirty Dancing" [RT]	9:30 Good Morning w/ Daily Chronicles 29 9:30 Self Led Walking Club [RL] 10:00 Exercise with Leo [L1] 10:30 Hydrate [L1] 11:00 Wheel of Fortune 1:00 Feeling Lucky Black Jack [CR] 3:00 Bingo for Prizes [L1] 6:30 Meet a Neighbor in The Courtyard	Happy Hour October Birthday Celebration 30 9:30 Self Led Walking Club 10:00 Yoga and Exercise with Robert [L1] 10:30 News, Health, Horoscopes and the Daily Chronicle, [L1] 11:00 "Saddle Up" for some Horse Racing [L1] 1:00 Water Our Garden 1:30 Seven Card Stud [CR] 4:30 Happy Hour w/Kemosabe [MDR] 6:00 Relax and Reminisce with Good Friends at the Bistro [RC]	Happy Halloween OKTOBERFEST 31 9:30 Self Led Walking For your Health 10:00 Good Morning w/Daily Chronicle [AC] 10:30 Fitness with Sheri [L1] 11:30 Cool Down and Refreshments [L1] 1:30 Cloth Pumpkins [AC] 2:30 Fleece Blanket Making 3:00 Puzzles in the Art Room [AC] 3:30 Christmas Cards for our Troops [AC] 4:00 Celebrating Oktoberfest with Blue Zone!!! Good Food & Beer [MDR] 6:00 Relax and Reminisce with Good Friends in the Courtyard	Maritza Aguirre Life Enrichment Director @ the Ridge 800 Lantern Crest Way Santee, CA 92071 619-647-6392 Maritza.aguirre@lanterncrestsantee.com		Resident Birthdays Karla D. 10/7 Mary K. 10/10 Hope M. 10/14 Thomas M. 10/20	"Listen! The Wind is rising, and the air is wild with leaves, We have had our summer evenings, now for October eves."