

December 2018 Lantern Crest Senior Living Horizons

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
December cont'd 30 9:45 Daily Chronicle 10:00 Communion At Theater 10:00 Namaste Chair Yoga w/ Spiritual Music 10:15 Love on a Leash in the Sunroom 11:00 Ring Toss Take Score 1:00 Ukulele Sing along with Bob 2:00 Movie & Popcorn @ Sun-room "Deck the Halls" 4:00 Visit With Friends in the Courtyard 6:00 Miscellaneous with Ellie	New Year's Eve 31 9:45 Daily Chronicle 10:00 Exercise to Music & Bells 11:00 On This Day In History 12:00 Noon Year's w/ Robert Arii 1:30 Arts and Crafts 3:00 Bingo Extravaganza in the Art Room 4:00 Hand Massage/ Nail Care 6:00 Aromatherapy	 Christmas is Love in action, Every time we Love, every time we give it's Christmas.	Maritza Aguirre Life Enrichment Director @ The Ridge 800 Lantern Crest Way Santee, Ca 92071 Cell: (619) 569-5547 <i>Maritza.aguirre@lanterncrestsantee.com</i>	Resident Birthdays Kenneth W. 12/15 Dorothy S. 12/17 Ellen K. 12/27	9:45 Daily Chronicle 10:00 Head -to-Toes Exercise 10:30 Music Maker's "Christmas Music" 1:00 1:1 Visits & Welcoming New Residents 1:30 Sing-a-Long w/ Myron 2:00 Wrapping Up Art Projects 3:00 Trivia Around The World 4:00 Magazine Clipping 6:00 Range Of Motion	1	
9:45 Daily Chronicle 10:00 Communion At Theater 10:00 Namaste Chair Yoga w/ Spiritual Music 10:15 Love on a Leash in the Sunroom 11:00 Ring Toss Take Score 1:00 Ukulele Sing along with Bob 2:00 Movie & Popcorn @ Sun-room "Christmas Vacation" 3:45 The Alpine Choral 6:00 Miscellaneous with Ellie	2 9:45 Daily Chronicle 10:00 Exercise to Christmas Music & Bells 11:00 On This Day In History 1:00 Christmas Stories 1:30 Arts and Crafts w/ Clay-Pots "Santa Treat Holders" 2:00 Christmas Cards 3:00 Bingo Extravaganza in the Art Room 4:00 Hand Massage/ Nail Care 6:00 Aromatherapy	3 9:45 Daily Chronicle 10:00 Stretch w/ Noodles in the Sunroom 10:30 Walk The Halls 11:00 Christmas Sing-a-Long 1:00 1:1 Social 1:30 Christmas Trees w/ Sticks 2:30 Christmas Ornaments "Pine Cone Elves" 3:30 Bunco Games 4:00 Breathing & Relaxing Fresh Air / Watering Garden 6:00 Gentle Stretches	4 9:45 Daily Chronicle 10:00 Maximum Fitness w/ Shari 10:45 Hydration Station & Snacks 11:00 Lunch Outing "Marie Calendars" 1:30 Prep Art Room for Art Class 2:00 Memories in the Making w/ Diane "Trees & Angels" 3:00 Pretty Nail Care 4:00 Daily Chronicle 6:00 Mind Body & Soul Meditation	5 11:30-1:30pm Action Station w/ Chef Mario 9:30 Bible Study & Hymns w/ Pastor Bob 10:30 Bistro Social & Snacks 11:00 Daily Chronicle Courtyard 1:30 Inspirational Music w/ Steve & Diane 2:30 Holiday Crafts "Have a Ball this Christmas" 4:00 Happy Hour w/ Broken Strings 6:00 Full Body Relaxation	6 9:45 Daily Chronicle 10:00 Lets Get Fit W/Zumba Class in the Sunroom 11:00 Laughter is The Best Medicine/ Wheel of Fortune 1:00 1:1 visits w/ Reading Supplies 2:00 Bingo Bonanza 3:00 Holiday Photo Tinting Project 4:00 Aromatherapy w/ Natural Oils & Eucalyptus Hand Massage 6:00 Move to Music	7 9:45 Daily Chronicle 10:00 Shadow Mountain Church 11:00 Head -to-Toes Exercise 1:00 1:1 Visits & Welcoming New Residents 2:00 Wrapping Up Art Projects 3:00 Trivia Around The World 4:00 Magazine Clipping 6:00 Range Of Motion	8
9:45 Daily Chronicle 10:00 Communion At Theater 10:00 Namaste Chair Yoga w/ Spiritual Music 10:15 Love on a Leash in the Sunroom 11:00 Ring Toss Take Score 1:00 Ukulele Sing along with Bob 2:00 Movie & Popcorn @ Sun-room "Home Alone" 2:30 Christmas Carols 4:00 Visit With Friends in the Courtyard 6:00 Miscellaneous with Ellie	9 9:45 Daily Chronicle 10:00 Exercise to Christmas Music & Bells 11:00 Wobbly Walkers & Cleaning 1:00 Christmas Stories 1:30 Arts and Crafts w/ Clay-Pots "Santa Treat Holders" 2:00 Christmas Cards 3:00 Bingo Extravaganza in the Art Room 4:00 Hand Massage/ Nail Care 6:00 Aromatherapy	10 9:45 Daily Chronicle 10:00 Stretch w/ Noodles in the Sunroom 10:30 Walk The Halls 11:00 Christmas Sing-a-Long 1:00 1:1 Social 1:30 Pine-Cone Christmas Trees 2:30 Christmas Ornaments "Pine Cone Elves" 3:30 Bunco Games 4:00 Breathing & Relaxing Fresh Air / Watering Garden 6:00 Gentle Stretches	11 9:45 Maximum Fitness w/ Shari 10:45 Hydration Station & Snacks 11:00 Lunch Outing "Olive Garden" 1:30 Prep Art Room for Art Class 2:00 Memories in the Making w/ Diane "Trees & Angels" 3:00 Pretty Nail Care 4:00 Daily Chronicle 6:00 Mind Body & Soul Meditation	12 11:30-1:30pm Action Station w/ Chef Mario 9:30 Bible Study & Hymns w/ Pastor Bob 10:30 Bistro Social & Snacks 11:00 Daily Chronicle Courtyard 1:00 1:1 Visits 2:00 Holiday Crafts "Spread the Cheer" 3:00 Holiday Stockings 4:00 Happy Hour w/ Sylvia & Salvador 6:00 Full Body Relaxation	13 9:45 Daily Chronicle 10:00 Lets Get Fit W/Zumba Class in the Sunroom 11:00 Laughter is The Best Medicine/ Wheel of Fortune 1:00 1:1 visits w/ Reading Supplies 2:00 Bingo Bonanza 3:00 Holiday Photo Tinting Project 4:00 Aromatherapy w/ Natural Oils & Eucalyptus Hand Massage 6:00 Move to Music	14 9:45 Daily Chronicle 10:00 Sing-a-Long w/ Myron 11:00 Head -to-Toes Exercise 1:00 1:1 Visits & Welcoming New Residents 2:00 Wrapping Up Art Projects 3:00 Trivia Around The World 4:00 Magazine Clipping 6:00 Range Of Motion	15
9:45 Daily Chronicle 10:00 Communion At Theater 10:00 Namaste Chair Yoga w/ Spiritual Music 10:15 Love on a Leash in the Sunroom 11:00 Ring Toss Take Score 1:00 Ukulele Sing along with Bob 2:00 Movie & Popcorn @ Sun-room "Wonderful Life" 4:00 Visit With Friends in the Courtyard 6:00 Miscellaneous with Ellie	16 9:45 Daily Chronicle 10:00 Exercise to Christmas Music & Bells 11:00 On This Day In History 1:00 Christmas Stories 1:30 Arts and Crafts w/ Clay-Pots "Santa Treat Holders" 2:00 Christmas Cards 3:00 Bingo Extravaganza in the Art Room 4:00 Hand Massage/ Nail Care 6:00 Aromatherapy	17 9:45 Daily Chronicle 10:00 Stretch w/ Noodles in the Sunroom 10:30 Walk The Halls 11:00 Christmas Sing-a-Long 1:00 1:1 Social 1:30 Christmas Trees w/ Sticks 2:30 Christmas Ornaments "Pine Cone Elves" 3:30 Bunco Games 4:00 Breathing & Relaxing Fresh Air / Watering Garden 6:00 Gentle Stretches	18 9:45 Maximum Fitness w/ Shari 10:45 Hydration Station & Snacks 11:00 Lunch Outing "Black Angus Steakhouse" 1:30 Prep Art Room for Art Class 2:00 Memories in the Making w/ Diane "Trees & Angels" 3:00 Pretty Nail Care 4:00 Daily Chronicle 6:00 Mind Body & Soul Meditation	19 11:30-1:30pm Action Station w/ Chef Mario 9:30 Bible Study & Hymns w/ Pastor Bob 10:30 Bistro Social & Snacks 11:00 Daily Chronicle Courtyard 1:00 1:1 Visits 2:00 Holiday Crafts "Spread the Cheer" 3:00 Holiday Stockings 4:00 Happy Hour w/ Cowboy Jack 6:00 Full Body Relaxation	20 All Staff 9:45 Daily Chronicle 10:00 Lets Get Fit W/Zumba Class in the Sunroom 11:00 Laughter is The Best Medicine/ Wheel of Fortune 1:00 Parasol Strutters in the AL Theater 2:00 Holiday Movie "The Polar Express" 3:00 Holiday Photo Tinting Project 4:00 Aromatherapy w/ Natural Oils & Eucalyptus Hand Massage 6:00 Move to Music	21 9:45 Daily Chronicle 10:00 Head -to-Toes Exercise 11:00 Christmas Story's 1:00 1:1 Visits & Welcoming New Residents 2:00 Wrapping Up Art Projects 3:00 Trivia Around The World 4:00 Magazine Clipping 6:00 Range Of Motion	22
9:45 Daily Chronicle 10:00 Communion At Theater 10:00 Namaste Chair Yoga w/ Spiritual Music 10:15 Love on a Leash in the Sunroom 11:00 Ring Toss Take Score 1:00 Ukulele Christmas Sing-a-long w/ Bob 2:00 Movie & Popcorn @ Sun-room "Four Christmas" 4:00 Visit With Friends in the Courtyard 6:00 Miscellaneous with Ellie	23 9:45 Christmas Eve Daily Chronicle 10:00 Inspirational Music w/ Steve & Diane 11:00 On This Day In History 1:00 Christmas Stories 2:00 Bingo Extravaganza in the Art Room 4:00 Hand Massage/ Nail Care 6:00 Aromatherapy	24 9:45 Daily Chronicle 10:00 Stretch w/ Noodles in the Sunroom 10:30 Walk The Halls 11:00 Christmas Sing-a-Long / Hot-Coco 12:30 Elves Gift Delivery 1:00 1:1 Social 2:30 Miracle on 34th Street 3:30 Bunco Games 6:00 Gentle Stretches	25 9:45 Maximum Fitness w/ Shari 10:45 Hydration Station & Snacks 11:00 Lunch Outing Casa "Chili's Grill & Bar" 1:30 Prep Art Room for Art Class 2:00 Memories in the Making w/ Diane "Trees & Angels" 3:00 Pretty Nail Care 4:00 Daily Chronicle 6:00 Mind Body & Soul Meditation	26 11:30-1:30pm Action Station w/ Chef Mario 9:30 Daily Bread/ Chair Exercise 10:30 Bistro Social & Snacks 11:00 Daily Chronicle Courtyard 1:00 1:1 Visits 2:00 Holiday Crafts "Spread the Cheer" 3:00 Baking Cookies 4:00 Happy Hour w/ Spontaneous Combustion "Birthday Celebration & Welcome New Residents" 6:00 Full Body Relaxation	27 9:45 Daily Chronicle 10:00 Lets Get Fit W/Zumba Class in the Sunroom 11:00 Laughter is The Best Medicine/ Wheel of Fortune 2:00 Bingo Bonanza 3:00 Holiday Photo Tinting Project 4:00 Aromatherapy w/ Natural Oils & Eucalyptus Hand Massage 6:00 Move to Music	28 9:45 Daily Chronicle 10:00 Head -to-Toes Exercise 11:00 Ring Toss Games 1:00 1:1 Visits & Welcoming New Residents 2:00 Wrapping Up Art Projects 3:00 Trivia Around The World 4:00 Magazine Clipping 6:00 Range Of Motion	29

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