

November 2018

Lantern Crest Senior Living Horizons



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>There are not words big enough. There is not a hug strong enough. There is not a smile wide enough. All I can offer is Thank You. You are my hero. You are in my thoughts. You are in my prayers. For all you've done, Thank You.</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>	<p>Resident Birthdays Elysa B. 11/8 Hellen M. 11/17</p>	<p>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 Daily Chronicle Courtyard 1:30 Pumpkin Pie Social 2:00 Holiday Crafts "Christmas Cards for are Troops" 2:30 Popcorn Seeds Pictues 4:00 Happy Hour w/ Sylvia & Salvador 6:00 Full Body Relaxation</p>	<p>9:45 Daily Chronicle 10:00 Lets Get Fit W/Zumba Class in the Sunroom 11:00 Relaxing with Good Music and Chai Tea 1:00 Laughter is The Best Medicine 2:00 Bingo Bonanza 3:00 Seasonal Photo Tinting Project 4:00 Aromatherapy w/ Natural Oils 6:00 Move to Music</p>	<p>9:45 Daily Chronicle 10:00 Head -to-Toes Exercise 11:00 Bowling 1:30 Sing-A-Long w/ Myron 2:30 Wrapping Up Art Projects 3:30 Fall Puzzle Tree Art 4:00 Magazine Clipping 6:00 Range Of Motion</p>
<p>Daylight Savings Time Ends 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 Games 1:00 Ukulele Sing along with Bob 2:00 Movie & Popcorn @ Sunroom "scent of a Woman" 4:00 Visit With Friends in the Courtyard 6:00 Miscellaneous with Ellie</p>	<p>Santana Buddies 9:45 Daily Chronicle 10:00 Exercise to Big Band Music 10:30 Dominoes Games 11:00 On This Day In History 1:30 Arts and Crafts w/ "Leaves" 2:00 Clay Pot Turkeys 3:00 Bingo Extravaganza in the Art Room 4:00 Hand Massage 6:00 Aromatherapy</p>	<p>9:45 Daily Chronicle 10:00 Stretch w/ Noodles in the Sunroom 10:30 News & Views 11:00 Walk The Halls 1:00 1:1 Social 1:30 Giving Thanks w/ Water Colors 2:30 Corn Wreaths Projects 3:30 Bunco Games 4:00 Breathing & Relaxing Fresh Air / Watering Garden 6:00 Gentle Stretches</p>	<p>10:00 Tippy Toe Exercise w/ Maritza 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 "Giving Thanks" 3:00 Pretty Nail Care 4:00 Daily Chronicle 6:00 Mind Body & Soul Meditation</p>	<p>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 Daily Chronicle Courtyard 1:30 Apple Pie Social 2:00 Holiday Crafts "Christmas Cards for are Troops" 2:30 Popcorn Seeds Pictues 4:00 Happy Hour w/Robert Arii 6:00 Full Body Relaxation</p>	<p>9:45 Daily Chronicle 10:00 Lets Get Fit W/Zumba Class in the Sunroom 11:00 Relaxing with Good Music and Chai Tea 1:00 Laughter is The Best Medicine 2:00 Bingo Bonanza 3:00 Seasonal Photo Tinting Project 4:00 Aromatherapy w/ Natural Oils 6:00 Move to Music</p>	<p>9:45 Daily Chronicle 10:00 Shadow Mountain Church in the AL Theater 11:00 Bowling 1:00 Round Table Hat Chat 2:00 Wrapping Up Art Projects 3:00 Fall Puzzle Tree Art 4:00 Magazine Clipping 6:00 Range Of Motion</p>
<p>Happy Veterans Day 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 Games 1:00 Ukulele Sing along with Bob 2:00 Movie & Popcorn @ Sunroom "Tom Hanks Big" 4:00 Visit With Friends in the Courtyard 6:00 Miscellaneous with Ellie</p>	<p>Santana Buddies 9:45 Daily Chronicle 10:00 Exercise to Big Band Music 10:30 Dominoes Games 11:00 On This Day In History 1:30 Arts and Crafts w/ "Leaves" 2:00 Clay Pot Turkeys 3:00 Bingo Extravaganza in the Art Room 4:00 Hand Massage 6:00 Aromatherapy</p>	<p>Loving Portraits 9:30am-3:30pm w/ Robert & Nancy 9:45 Daily Chronicle 10:00 Stretch w/ Noodles in the Sunroom 10:30 News & Views 11:00 Walk The Halls 1:00 1:1 Social 1:30 Giving Thanks w/ Water Colors 2:30 Corn Wreaths Projects 3:30 Bunco Games 4:00 Breathing & Relaxing Fresh Air / Watering Garden 6:00 Gentle Stretches</p>	<p>10:00 Tippy Toe Exercise w/ Maritza 10:30 Hydration Station & Snacks 11:00 Lunch Outing "Casa De Pico" 1:30 Prep Art Room for Art Class 2:00 Memories in the Making w/ Diane "Giving Thanks" 3:00 Pretty Nail Care 4:00 Daily Chronicle 6:00 Mind Body & Soul Meditation</p>	<p>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 Daily Chronicle Courtyard 1:30 Strawberry Rhubarb Pie Social 2:00 Holiday Crafts "Christmas Cards for are Troops" 2:30 Popcorn Seeds Pictues 4:00 Happy Hour w/Broken Strings 6:00 Full Body Relaxation</p>	<p>9:45 Daily Chronicle 10:00 Lets Get Fit W/Zumba Class in the Sunroom 11:00 Relaxing with Good Music and Chai Tea 1:00 Laughter is The Best Medicine 2:00 Bingo Bonanza 3:00 Seasonal Photo Tinting Project 4:00 Aromatherapy w/ Natural Oils 6:00 Move to Music</p>	<p>9:45 Daily Chronicle 10:00 Sing Along with Myron 11:00 Bowling 1:00 Round Table Hat Chat 2:00 Wrapping Up Art Projects 3:00 Fall Puzzle Tree Art 4:00 Magazine Clipping 6:00 Range Of Motion</p>
<p>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 Games 1:00 Ukulele Sing along with Bob 2:00 Movie & Popcorn @ Sunroom "Forever Young" 4:00 Visit With Friends in the Courtyard 6:00 Miscellaneous with Ellie</p>	<p>Santana Buddies on Break 9:45 Daily Chronicle 10:00 Exercise to Big Band Music 10:30 Dominoes Games 11:00 On This Day In History 1:30 Arts and Crafts w/ "Leaves" 2:00 Clay Pot Turkeys 3:00 Bingo Extravaganza in the Art Room 4:00 Hand Massage 6:00 Aromatherapy</p>	<p>9:45 Daily Chronicle 10:00 Stretch w/ Noodles in the Sunroom 10:30 News & Views 11:00 Walk The Halls 1:00 1:1 Social 1:30 Giving Thanks w/ Water Colors 2:30 Corn Wreaths Projects 3:30 Bunco Games 4:00 Breathing & Relaxing Fresh Air / Watering Garden 6:00 Gentle Stretches</p>	<p>10:00 Tippy Toe Exercise w/ Maritza 10:30 Hydration Station & Snacks 11:00 Lunch Outing "Jimmy's Restarant" 1:30 Prep Art Room for Art Class 2:00 Memories in the Making w/ Diane "Giving Thanks" 3:00 Pretty Nail Care 4:00 Daily Chronicle 6:00 Mind Body & Soul Meditation</p>	<p>Happy Thanksgiving 9:30 Bible Study & Hymns w/ Pastor Bob 10:30 Bistro Social & Snacks 11:00 Daily Chronicle Courtyard 11:30 Happy Thanksgiving w/ Sylvia & Salvador 1:30 Holiday Crafts "Christmas Cards for are Troops" 2:30 Library Social & Hotcoco 6:00 Full Body Relaxation</p>	<p>9:45 Daily Chronicle 10:00 Lets Get Fit W/Zumba Class in the Sunroom 11:00 Relaxing with Good Music and Chai Tea 1:00 Laughter is The Best Medicine 2:00 Bingo Bonanza 3:00 Seasonal Photo Tinting Project 4:00 Aromatherapy w/ Natural Oils 6:00 Move to Music</p>	<p>9:45 Daily Chronicle 10:00 Head -to-Toes Exercise 11:00 Bowling 1:00 Round Table Hat Chat 2:00 Wrapping Up Art Projects 3:00 Fall Puzzle Tree Art 4:00 Magazine Clipping 6:00 Range Of Motion</p>
<p>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 Games 1:00 Ukulele Sing along with Bob 2:00 Movie & Popcorn @ Sunroom "A Christmas Story" 4:00 Visit With Friends in the Courtyard 6:00 Miscellaneous with Ellie</p>	<p>Santana Buddies 9:45 Daily Chronicle 10:00 Exercise to Big Band Music 10:30 Dominoes Games 11:00 On This Day In History 1:30 Arts and Crafts w/ "Leaves" 2:00 Clay Pot Turkeys 3:00 Bingo Extravaganza in the Art Room 4:00 Hand Massage 6:00 Aromatherapy</p>	<p>9:45 Daily Chronicle 10:00 Stretch w/ Noodles in the Sunroom 10:30 News & Views 11:00 Walk The Halls 1:00 1:1 Social 1:30 Giving Thanks w/ Water Colors 2:30 Corn Wreaths Projects 3:30 Bunco Games 4:00 Breathing & Relaxing Fresh Air / Watering Garden 6:00 Gentle Stretches</p>	<p>10:00 Tippy Toe Exercise w/ Maritza 10:30 Hydration Station & Snacks 11:00 Lunch Outing "Red Lobster" 1:30 Prep Art Room for Art Class 2:00 Memories in the Making w/ Diane "Giving Thanks" 3:00 Pretty Nail Care 4:00 Daily Chronicle 6:00 Mind Body & Soul Meditation</p>	<p>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 Daily Chronicle Courtyard 2:00 Holiday Crafts "Christmas Cards for are Troops" 2:30 Popcorn Seeds Pictues 4:00 Happy Hour w/ Cowboy Jack 6:00 Full Body Relaxation</p>	<p>9:45 Daily Chronicle 10:00 Lets Get Fit W/Zumba Class in the Sunroom 11:00 Relaxing with Good Music and Chai Tea 1:00 Laughter is The Best Medicine 2:00 Bingo Bonanza 3:00 Seasonal Photo Tinting Project 4:00 Aromatherapy w/ Natural Oils 6:00 Move to Music</p>	<p>Give Thanks For a little and you will find a lot.</p>