

# November 2018

## Lantern Crest Assisted Living

| Sunday   | Monday  | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday   |
|--|---|--|---|---|--|--|
|  <p><b>Maritza Aguirre</b><br/>Life Enrichment Director<br/>@ the Ridge<br/>800 Lantern Crest Way<br/>Santee, CA 92071<br/>619-647-6392<br/>Maritza.aguirre@lanterncrestsantee.com</p>  |   | <p><b>Resident Birthdays</b><br/>Jon H. 11/25</p>  |   |  <p>"The willingness of America's veterans to sacrifice for our country has earned them our lasting gratitude." - Jeff Miller<br/><b>Happy Veterans Day!</b></p>   |  |  |
| <p><b>Daylight Saving Time Ends</b></p> <p>8:00 Guardian Angels Catholic Church<br/>8:45 Sunrise Church [BUS]<br/>9:30 <b>Good Morning w/ Daily Chronicles &amp; Puzzles</b><br/>10:00 Communion @ The Theater [RT]<br/>10:00 <b>Exercise Class w/ Mario [L1]</b><br/>10:45 <b>Love on a Leash [L1]</b><br/>11:15 Come chat with Daniela from Culinary [MDR]<br/>1:30 Black Jack<br/>2:30 <b>Join Me for chai Tea Lattes [L1]</b><br/>2:30 <b>Movie and Popcorn: "Edward Scissorhands" [RT]</b></p> <p style="text-align: right;"><b>4</b></p>             | <p>9:30 Self Led Walking Club [RL]<br/>10:00 <b>Exercise with Leo [L1]</b><br/>10:30 <b>Daily Chronicles &amp; Puzzles [L1]</b><br/>11:00 <b>20's 30's and 40's Trivia with Leo [L1]</b><br/>1:00 Feeling Lucky Black Jack [CR]<br/>3:00 Bingo for Prizes [L1]<br/>4:00 Water Our Garden [RC]<br/>6:30 Meet a Neighbor in The Courtyard</p> <p style="text-align: right;"><b>5</b></p>  | <p>9:30 Self Led Walking Club<br/>10:00 <b>Yoga and Exercise with Robert [L1]</b><br/>10:30 <b>News, Health, Horoscopes and the Daily Chronicle w/ Puzzles [L1]</b><br/>11:00 <b>November Trivia [L1]</b><br/>1:30 BlackJack [CR]<br/>3:00 Bocce Ball [L1]<br/>4:30 <b>Happy Hour w/Blue Zone [MDR]</b><br/>6:00 Relax and Reminisce with Good Friends at the Bistro [RC]</p> <p style="text-align: right;"><b>6</b></p>   | <p><b>Mario's Action Station 11:30 to 1:30</b><br/><b>Resident Council @ 3:00</b><br/>9:30 <b>Good Morning w/ Daily Chronicle &amp; Puzzles [AC]</b><br/>9:30 Self Led Walking For your Health<br/>10:00 <b>"Wobbly Walkers" [L1]</b><br/>1:30 <b>Art with Jane [AC]</b><br/>2:00 <b>Christmas Ornaments [AC]</b><br/>2:30 <b>Fleece Blankets for Childrens Hospital [AC]</b><br/>3:00 <b>Resident Council Meeting</b><br/>4:00 <b>Clean Up Our Art Area [AC]</b><br/>6:00 Relax and Reminisce with Good Friends in the Courtyard</p> <p style="text-align: right;"><b>7</b></p>                              | <p>9:30 <b>Good Morning w/ Daily Chronicles &amp; Puzzles</b><br/>9:30 Self Led Walking Club [RL]<br/>10:30 <b>Lunch Outing: Mimi's Cafe [BUS]</b><br/>11:00 Bistro Social &amp; Good Book [BISR]<br/>11:30 Puzzles in the Art Room [AC]<br/>12:30 <b>Lunch Visits with Pastor Bob</b><br/>2:00 <b>Bible Study with Pastor Bob [L2]</b><br/>2:30 BlackJack<br/>3:30 <b>Bingo for Gift Cards [AC]</b><br/>6:00 Relax and Reminisce with Good Friends in the courtyard [RC]</p> <p style="text-align: right;"><b>8</b></p>  | <p>9:30 <b>Good Morning w/ Daily Chronicles &amp; Puzzles</b><br/>9:30 Walk for your Health [RL]<br/>10:30 <b>Early Riser Artists at Work [AC]</b><br/>11:30 Jigsaw Puzzles [AC]<br/>1:30 Card Game Your Choice [CR]<br/>3:00 <b>Afternoon Movie and Popcorn: "Big" with Tom Hanks [RT]</b><br/>4:30 Resident Visits w/ Reading Supplies<br/>6:00 Meet For Coffee in the Lobby [RL]</p> <p style="text-align: right;"><b>9</b></p>   | <p>9:30 <b>Good Morning w/ Daily Chronicles &amp; Puzzles</b><br/>9:30 Self Led Walking Club [RL]<br/>10:00 <b>Shadow Mountain Church [RC]</b><br/>11:00 <b>Exercise with Ilana</b><br/>1:30 <b>Artists at Work [AC]</b><br/>2:30 <b>Christmas in Watercolors [AC]</b><br/>3:00 Puzzles in the Art Room [AC]<br/>3:00 Sorting &amp; Organizing The Art Room [RL]<br/>4:00 Organize Our Art Supplies<br/>6:00 Relax and Reminisce with Good Friends in the Courtyard</p> <p style="text-align: right;"><b>10</b></p>                              |
| <p><b>Happy Veterans Day</b></p> <p>8:00 Guardian Angels Catholic Church<br/>8:45 Sunrise Church [BUS]<br/>9:30 <b>Good Morning w/ Daily Chronicles &amp; Puzzles</b><br/>10:00 Communion @ The Theater [RT]<br/>10:00 <b>Exercise Class w/ Mario [L1]</b><br/>10:45 <b>Love on a Leash [L1]</b><br/>11:15 Come chat with Daniela from Culinary [MDR]<br/>1:30 <b>Ukulele Class with Neal [L1]</b><br/>2:30 <b>Join Me for chai Tea Lattes [L1]</b><br/>3:00 <b>Movie and Popcorn: Jerry Maguire" [RT]</b></p> <p style="text-align: right;"><b>11</b></p> | <p>9:30 Self Led Walking Club [RL]<br/>10:00 <b>Exercise with Leo [L1]</b><br/>10:30 <b>Daily Chronicles &amp; Puzzles [L1]</b><br/>11:00 <b>Beekeeping &amp; Tasting with Rick [L1]</b><br/>1:00 Feeling Lucky Black Jack [CR]<br/>3:00 Bingo for Prizes [L1]<br/>4:00 Water Our Garden [RC]<br/>6:30 Meet a Neighbor in The Courtyard</p> <p style="text-align: right;"><b>12</b></p> | <p><b>"Picture Day" with Loving Portraits</b></p> <p>9:30 Self Led Walking Club<br/>10:00 <b>Yoga and Exercise with Robert [L1]</b><br/>10:30 <b>News, Health, Horoscopes and the Daily Chronicle w/ Puzzles [L1]</b><br/>11:00 <b>Bunco for Prizes [L1]</b><br/>1:30 Card Game Your Choice [CR]<br/>3:00 Bocce Ball [L1]<br/>4:30 <b>Happy Hour w/Music Station [MDR]</b><br/>6:00 Relax and Reminisce with Good Friends at the Bistro [RC]</p> <p style="text-align: right;"><b>13</b></p>                                       | <p><b>Mario's Action Station 11:30 to 1:30</b><br/>9:30 <b>Good Morning w/Daily Chronicle &amp; Puzzles [AC]</b><br/>9:30 Self Led Walking For your Health<br/>10:00 <b>Aromatherapy w/ Natural Oils [L1]</b><br/>11:30 <b>November Trivia [L1]</b><br/>1:30 <b>Quirky Turkey Door De'cor [AC]</b><br/>2:30 <b>Fleece Blankets for Childrens Hospital [AC]</b><br/>3:00 <b>Baking Cookies [AC]</b><br/>3:30 <b>Christmas with Watercolors [AC]</b><br/>4:00 <b>Clean Up Our Art Area [AC]</b><br/>6:00 Relax and Reminisce with Good Friends in the Courtyard</p> <p style="text-align: right;"><b>14</b></p> | <p>9:30 <b>Good Morning w/ Daily Chronicles &amp; Puzzles</b><br/>9:30 Self Led Walking Club [RL]<br/>10:30 <b>Lunch Outing: Casa De Pico [BUS]</b><br/>11:00 Bistro Social &amp; Good Book [BISR]<br/>11:30 Puzzles in the Art Room [AC]<br/>12:30 <b>Lunch Visits with Pastor Bob</b><br/>1:30 <b>Inspirational Music with Steve and Diane</b><br/>2:00 <b>Bible Study with Pastor Bob [L2]</b><br/>2:30 BlackJack<br/>3:30 <b>Bingo for Gift Cards [AC]</b><br/>6:00 Relax and Reminisce with Good Friends in the courtyard [RC]</p> <p style="text-align: right;"><b>15</b></p> | <p>9:30 Walk for your Health [RL]<br/>10:00 <b>Good Morning w/ Daily Chronicles &amp; Puzzles [LCK]</b><br/>10:30 <b>Baking Pumpkin Bread with Tracy [LCK]</b><br/>11:30 Jigsaw Puzzles [AC]<br/>1:30 Card Game Your Choice [CR]<br/>3:00 <b>Afternoon Movie and Popcorn: "Forever Young" with Mel Gibson [RT]</b><br/>4:30 Resident Visits w/ Reading Supplies<br/>6:00 Meet For Coffee in the Lobby [RL]</p> <p style="text-align: right;"><b>16</b></p>   | <p>9:30 <b>Good Morning w/ Daily Chronicles &amp; Puzzles</b><br/>9:30 Self Led Walking Club [RL]<br/>10:00 <b>Shopping With Tracy [RC]</b><br/>10:00 <b>Sing Along with Myron</b><br/>11:00 Meet friends in the courtyard with a good book<br/>1:30 <b>Let's Talk Turkey Blue [RT]</b><br/>3:00 <b>Pie Social and Refreshments [AC]</b><br/>3:30 <b>Holiday Lanterns for our Tables [AC]</b><br/>4:00 Organize Our Art Supplies<br/>6:00 Relax and Reminisce with Good Friends in the Courtyard</p> <p style="text-align: right;"><b>17</b></p> |
| <p>8:00 Guardian Angels Catholic Church<br/>8:45 Sunrise Church [BUS]<br/>9:30 <b>Good Morning w/ Daily Chronicles &amp; Puzzles</b><br/>10:00 Communion @ The Theater [RT]<br/>10:00 <b>Exercise Class w/ Mario [L1]</b><br/>10:45 <b>Love on a Leash [L1]</b><br/>11:15 Come chat with Daniela from Culinary [MDR]<br/>1:30 Black Jack<br/>2:30 <b>Join Me for chai Tea Lattes [L1]</b><br/>3:00 <b>Movie and Popcorn: "Walk the Line" [RT]</b></p> <p style="text-align: right;"><b>18</b></p>  | <p>9:30 Self Led Walking Club [RL]<br/>10:00 <b>Exercise with Leo [L1]</b><br/>10:30 <b>Daily Chronicles &amp; Puzzles [L1]</b><br/>11:00 <b>20's 30's and 40's Trivia with Leo [L1]</b><br/>1:00 Feeling Lucky Black Jack [CR]<br/>3:00 Bingo for Prizes [L1]<br/>4:00 Water Our Garden [RC]<br/>6:30 Meet a Neighbor in The Courtyard</p> <p style="text-align: right;"><b>19</b></p> | <p>9:30 Self Led Walking Club<br/>10:00 <b>Yoga and Exercise with Robert [L1]</b><br/>10:30 <b>News, Health, Horoscopes and the Daily Chronicle w/ Puzzles [L1]</b><br/>11:00 <b>Curious Questions and Intriguing Answers [L1]</b><br/>11:30 <b>BBQ Corn On The Cobb [RC]</b><br/>1:30 Water Our Garden<br/>2:30 <b>Midway Presentation with Tom Dean [RT]</b><br/>4:30 <b>Happy Hour w/Broken Strings [MDR]</b><br/>6:00 Relax and Reminisce with Good Friends at the Bistro [RC]</p> <p style="text-align: right;"><b>20</b></p> | <p><b>Mario's Action Station 11:30 to 1:30</b><br/>9:30 Self Led Walking For your Health<br/>10:00 <b>Good Morning w/Daily Chronicle &amp; Puzzles [AC]</b><br/>10:30 <b>Fitness with Tracy [L1]</b><br/>11:30 <b>Cool Down and Refreshments [L1]</b><br/>1:30 <b>Christmas Lanterns [AC]</b><br/>2:30 <b>Fleece Blankets for Childrens Hospital [AC]</b><br/>3:00 <b>Baking Cookies [AC]</b><br/>3:30 <b>Puzzles in the Art Room [AC]</b><br/>4:00 <b>Clean Up Our Art Area [AC]</b><br/>6:00 Relax and Reminisce with Good Friends in the Courtyard</p> <p style="text-align: right;"><b>21</b></p>         | <p><b>Happy Thanksgiving!</b><br/>9:30 <b>Good Morning w/ Daily Chronicles &amp; Puzzles</b><br/>9:30 Self Led Walking Club [RL]<br/>10:30 Puzzles in the Art Room [AC]<br/>11:00 Bistro Social &amp; Good Book [BISR]<br/>12:30 <b>Thanksgiving w/Cowboy Jack</b><br/>2:00 <b>Bingo for Gift Cards [AC]</b><br/>6:00 Relax and Reminisce with Good Friends in the courtyard [RC]</p> <p style="text-align: right;"><b>22</b></p>   | <p>9:30 <b>Good Morning w/ Daily Chronicles &amp; Puzzles</b><br/>9:30 Walk for your Health [RL]<br/>10:00 <b>Early Morning Stretch [AC]</b><br/>10:30 <b>Early Riser Artists at Work [AC]</b><br/>11:00 Manicures with Tracy [AC]<br/>11:30 Jigsaw Puzzles [AC]<br/>1:30 Card Game Your Choice [CR]<br/>3:00 <b>Afternoon Movie and Popcorn: "Castaway" with Tom Hanks [RT]</b><br/>4:30 Resident Visits w/ Reading Supplies<br/>6:00 Meet For Coffee in the Lobby [RL]</p> <p style="text-align: right;"><b>23</b></p> | <p>9:30 <b>Good Morning w/ Daily Chronicles &amp; Puzzles</b><br/>9:30 Self Led Walking Club [RL]<br/>10:30 <b>Ring Toss Game and Exercise [RC]</b><br/>1:30 <b>Faux Leather Vase Making [AC]</b><br/>2:00 <b>Pie Social and Refreshments [AC]</b><br/>2:30 <b>Crocheting/Knitting w/Jane</b><br/>3:30 Puzzles in the Art Room [AC]<br/>4:00 Organize Our Art Supplies<br/>6:00 Relax and Reminisce with Good Friends in the Courtyard</p> <p style="text-align: right;"><b>24</b></p>   |
| <p>8:00 Guardian Angels Catholic Church<br/>8:45 Sunrise Church [BUS]<br/>9:30 <b>Good Morning w/ Daily Chronicles &amp; Puzzles</b><br/>10:00 Communion @ The Theater [RT]<br/>10:00 <b>Exercise Class w/ Mario [L1]</b><br/>10:45 <b>Love on a Leash [L1]</b><br/>11:15 Come chat with Daniela from Culinary [MDR]<br/>1:30 <b>Ukulele Class with Neal [L1]</b><br/>2:30 <b>Join Me for chai Tea Lattes [L1]</b><br/>3:00 <b>Movie and Popcorn: One Fine Day" [RT]</b></p> <p style="text-align: right;"><b>25</b></p>                                   | <p>9:30 Self Led Walking Club [RL]<br/>10:00 <b>Exercise with Leo [L1]</b><br/>10:30 <b>Daily Chronicles &amp; Puzzles [L1]</b><br/>11:00 <b>Tips for Beating the Holiday Blues [L1]</b><br/>1:00 Feeling Lucky Black Jack [CR]<br/>3:00 Bingo for Prizes [L1]<br/>4:00 Water Our Garden [RC]<br/>6:30 Meet a Neighbor in The Courtyard</p> <p style="text-align: right;"><b>26</b></p> | <p><b>Happy Hour November Birthday Celebration</b></p> <p>9:30 Self Led Walking Club<br/>10:00 <b>Yoga and Exercise with Robert [L1]</b><br/>10:30 <b>News, Health, Horoscopes and the Daily Chronicle w/ Puzzles [L1]</b><br/>11:00 <b>Here? or not here? Game [L1]</b><br/>1:30 Card Game Your Choice [CR]<br/>3:00 Bocce Ball [L1]<br/>4:30 <b>Happy Hour w/Kemosabe [MDR]</b><br/>6:00 Relax and Reminisce with Good Friends at the Bistro [RC]</p> <p style="text-align: right;"><b>27</b></p>                                | <p><b>Mario's Action Station 11:30 to 1:30</b><br/>9:30 Self Led Walking For your Health<br/>10:00 <b>Good Morning w/Daily Chronicle &amp; Puzzles [L1]</b><br/>10:30 <b>Fitness with Tracy [L1]</b><br/>11:30 <b>Cool Down and Refreshments [L1]</b><br/>1:30 <b>Artists at Work [AC]</b><br/>2:30 <b>Fleece Blankets for Childrens Hospital [AC]</b><br/>3:30 <b>Puzzles in the Art Room [AC]</b><br/>4:00 <b>Clean Up Our Art Area [AC]</b><br/>6:00 Relax and Reminisce with Good Friends in the Courtyard</p> <p style="text-align: right;"><b>28</b></p>  | <p>9:30 <b>Good Morning w/ Daily Chronicles &amp; Puzzles</b><br/>9:30 Self Led Walking Club [RL]<br/>10:30 <b>Lunch Outing: Jimmy's Restaurant [BUS]</b><br/>11:00 Bistro Social &amp; Good Book [BISR]<br/>11:30 Puzzles in the Art Room [AC]<br/>12:30 <b>Lunch Visits with Pastor Bob</b><br/>2:00 <b>Bible Study with Pastor Bob [L2]</b><br/>2:30 BlackJack<br/>3:30 <b>Bingo for Gift Cards [AC]</b><br/>6:00 Relax and Reminisce with Good Friends in the courtyard [RC]</p> <p style="text-align: right;"><b>29</b></p>  | <p>9:30 <b>Good Morning w/ Daily Chronicles &amp; Puzzles</b><br/>9:30 Walk for your Health [RL]<br/>10:00 <b>Early Morning Stretch [AC]</b><br/>10:30 <b>Early Riser Artists at Work [AC]</b><br/>11:00 Manicures with Tracy [AC]<br/>11:30 Jigsaw Puzzles [AC]<br/>1:30 Card Game Your Choice [CR]<br/>3:00 <b>Afternoon Movie and Popcorn: "A Christmas Story" [RT]</b><br/>4:30 Resident Visits w/ Reading Supplies<br/>6:00 Meet For Coffee in the Lobby [RL]</p> <p style="text-align: right;"><b>30</b></p>       | <p style="text-align: center;"><b>For the Veteran</b><br/><b>Thank You</b><br/>for bravely doing what<br/>you're called to do<br/>so we can safely do<br/>what we're FREE<br/>to do.</p>   |