

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Maritza Aguirre Life Enrichment Director @ The Ridge 800 Lantern Crest Way Santee, Ca 92071 Cell: (619) 647-6392 <i>Maritza.aguirre@lanterncrestsantee.com</i></p>		<p>Happy New Year's</p> <p>9:45 Daily Chronicle 1</p> <p>10:00 Stretch w/ Noodles in the Sunroom</p> <p>11:00 Walk The Halls</p> <p>12:00 Happy New Year's w/ Soothing Piano Melodies w/ William Young</p> <p>1:00 1:1 Resident Visits w/ Book Supplies</p> <p>2:00 Art & Crafts 2019</p> <p>3:30 New Years Hat Chat</p> <p>4:00 Who am I ???</p> <p>6:00 Gentle Stretches</p>	<p>9:30 Maximum Fitness w/ Shari 2</p> <p>10:30 Hydration Station & Snacks</p> <p>11:00 Lunch Outing "Mona's Italian"</p> <p>1:30 Prep Art Room for Art Class</p> <p>2:00 Memories in the Making w/ Diane "Winter Wonderland"</p> <p>3:00 Pretty Nail Care</p> <p>4:00 Daily Chronicle</p> <p>6:00 Mind Body & Soul Meditation</p>	<p>9:30 Bible Study & Hymns w/ Pastor Bob 3</p> <p>10:30 Sun Room Social & Snacks</p> <p>11:00 Daily Chronicle Courtyard</p> <p>1:30 Inspirational Music with Steve and Diane</p> <p>2:30 illuminating Suncatchers</p> <p>4:00 Happy Hour w/ Scott Parloh</p> <p>6:00 Full Body Relaxation</p>	<p>9:45 Daily Chronicle 4</p> <p>10:00 Lets Get Fit W/Zumba Class in the Sunroom</p> <p>11:00 Bowling w/ Cyndi</p> <p>1:00 Nail Care</p> <p>2:00 Bingo Bonanza</p> <p>3:00 Snowman Photo Tinting</p> <p>4:00 Aromatherapy w/ Natural Oils & Eucalyptus Hand Massage</p> <p>6:00 Move to Music</p>	<p>9:45 Daily Chronicle 5</p> <p>10:00 Head -to-Toes Exercise</p> <p>11:00 Basketball Toss</p> <p>1:00 1:1 Visits & Welcoming New Residents & Hot Coco</p> <p>2:00 Wrapping Up Art Projects</p> <p>3:00 What's Your Hobby????</p> <p>4:00 Magazine Clipping</p> <p>6:00 Range Of Motion</p>
<p>9:45 Daily Chronicle 6</p> <p>10:00 Communion At Theater</p> <p>10:00 Namaste Chair Yoga w/ Spiritual Music</p> <p>10:15 Love on a Leash in the Sunroom</p> <p>11:00 Ring Toss Take Score</p> <p>1:00 Ukulele Sing along with Bob</p> <p>2:00 Movie & Popcorn @ Sunroom "The Sound of Music"</p> <p>4:00 Visit With Friends in the Courtyard</p> <p>6:00 Miscellaneous with Ellie</p>	<p>9:45 Daily Chronicle 7</p> <p>10:00 Exercise / Yoga</p> <p>11:00 On This Day In History</p> <p>1:00 A First Time for Everything</p> <p>2:00 Arts and Crafts w/ Clay-Pots</p> <p>3:00 Bingo Extravaganza in the Art Room</p> <p>4:00 Hand Massage/ Nail Care</p> <p>6:00 Aromatherapy</p>	<p>9:45 Daily Chronicle 8</p> <p>10:00 Stretch w/ Noodles in the Sunroom</p> <p>11:00 Walk The Halls</p> <p>1:00 1:1 Resident Visits w/ Book Supplies</p> <p>2:00 Art & Crafts 2019</p> <p>3:30 New Years Hat Chat</p> <p>4:00 Who am I ???</p> <p>6:00 Gentle Stretches</p>	<p>9:30 Maximum Fitness w/ Shari 9</p> <p>10:30 Hydration Station & Snacks</p> <p>11:00 Lunch Outing "Bonny's Cafe"</p> <p>1:30 Prep Art Room for Art Class</p> <p>2:00 Memories in the Making w/ Diane "Winter Wonderland"</p> <p>3:00 Pretty Nail Care</p> <p>4:00 Daily Chronicle</p> <p>6:00 Mind Body & Soul Meditation</p>	<p>9:30 Bible Study & Hymns w/ Pastor Bob 10</p> <p>10:30 Sun Room Social & Snacks</p> <p>11:00 Daily Chronicle Courtyard</p> <p>1:30 Maritza's Stop & Chat</p> <p>2:30 illuminating Suncatchers</p> <p>4:00 Happy Hour w/Broken Strings</p> <p>6:00 Full Body Relaxation</p>	<p>9:45 Daily Chronicle 11</p> <p>10:00 Lets Get Fit W/Zumba Class in the Sunroom</p> <p>11:00 Bowling w/ Cyndi</p> <p>1:00 Nail Care</p> <p>2:00 Bingo Bonanza</p> <p>3:00 Snowman Photo Tinting</p> <p>4:00 Aromatherapy w/ Natural Oils & Eucalyptus Hand Massage</p> <p>6:00 Move to Music</p>	<p>9:45 Daily Chronicle 12</p> <p>10:00 Head -to-Toes Exercise</p> <p>11:00 Basketball Toss</p> <p>1:00 1:1 Visits & Welcoming New Residents & Hot Coco</p> <p>2:00 Wrapping Up Art Projects</p> <p>3:00 What's Your Hobby????</p> <p>4:00 Magazine Clipping</p> <p>6:00 Range Of Motion</p>
<p>9:45 Daily Chronicle 13</p> <p>10:00 Communion At Theater</p> <p>10:00 Namaste Chair Yoga w/ Spiritual Music</p> <p>10:15 Love on a Leash in the Sunroom</p> <p>11:00 Ring Toss Take Score</p> <p>1:00 Ukulele Sing along with Bob</p> <p>2:00 Movie & Popcorn @ Sunroom "Sabrina"</p> <p>4:00 Visit With Friends in the Courtyard</p> <p>6:00 Miscellaneous with Ellie</p>	<p>9:45 Daily Chronicle 14</p> <p>10:00 Exercise / Yoga</p> <p>11:00 On This Day In History</p> <p>1:00 A First Time for Everything</p> <p>2:00 Arts and Crafts w/ Clay-Pots</p> <p>3:00 Bingo Extravaganza in the Art Room</p> <p>4:00 Hand Massage/ Nail Care</p> <p>6:00 Aromatherapy</p>	<p>9:45 Daily Chronicle 15</p> <p>10:00 Stretch w/ Noodles in the Sunroom</p> <p>11:00 Walk The Halls</p> <p>1:00 1:1 Resident Visits w/ Book Supplies</p> <p>2:00 Art & Crafts 2019</p> <p>3:30 New Years Hat Chat</p> <p>4:00 Who am I ???</p> <p>6:00 Gentle Stretches</p>	<p>9:30 Maximum Fitness w/ Shari 16</p> <p>10:30 Hydration Station & Snacks</p> <p>11:00 Lunch Outing "Bollweevil's"</p> <p>1:30 Prep Art Room for Art Class</p> <p>2:00 Memories in the Making w/ Diane "Winter Wonderland"</p> <p>3:00 Pretty Nail Care</p> <p>4:00 Daily Chronicle</p> <p>6:00 Mind Body & Soul Meditation</p>	<p>11:30-1:30pm Action Station w/ Chef Mario 17</p> <p>9:30 Bible Study & Hymns w/ Pastor Bob</p> <p>10:30 Sun Room Social & Snacks</p> <p>11:00 Daily Chronicle Courtyard</p> <p>1:30 Inspirational Music with Steve and Diane</p> <p>2:30 illuminating Suncatchers</p> <p>4:00 Happy Hour w/ Blue Zone</p> <p>6:00 Full Body Relaxation</p>	<p>9:45 Daily Chronicle 18</p> <p>10:00 Lets Get Fit W/Zumba Class in the Sunroom</p> <p>11:00 Bowling w/ Cyndi</p> <p>1:00 Nail Care</p> <p>2:00 Bingo Bonanza</p> <p>3:00 Snowman Photo Tinting</p> <p>4:00 Aromatherapy w/ Natural Oils & Eucalyptus Hand Massage</p> <p>6:00 Move to Music</p>	<p>9:45 Daily Chronicle 19</p> <p>10:00 Head -to-Toes Exercise</p> <p>11:00 Basketball Toss</p> <p>1:00 1:1 Visits & Welcoming New Residents & Hot Coco</p> <p>2:00 Wrapping Up Art Projects</p> <p>3:00 What's Your Hobby????</p> <p>4:00 Magazine Clipping</p> <p>6:00 Range Of Motion</p>
<p>9:45 Daily Chronicle 20</p> <p>10:00 Communion At Theater</p> <p>10:00 Namaste Chair Yoga w/ Spiritual Music</p> <p>10:15 Love on a Leash in the Sunroom</p> <p>11:00 Ring Toss Take Score</p> <p>1:00 Ukulele Sing along with Bob</p> <p>2:00 Movie & Popcorn @ Sunroom "Driving Miss Daisy"</p> <p>4:00 Visit With Friends in the Courtyard</p> <p>6:00 Miscellaneous with Ellie</p>	<p>9:45 Daily Chronicle 21</p> <p>10:00 Exercise / Yoga</p> <p>11:00 On This Day In History</p> <p>1:00 A First Time for Everything</p> <p>2:00 Arts and Crafts w/ Clay-Pots</p> <p>3:00 Bingo Extravaganza in the Art Room</p> <p>4:00 Hand Massage/ Nail Care</p> <p>6:00 Aromatherapy</p>	<p>All Staff Meeting 22</p> <p>9:45 Daily Chronicle</p> <p>10:00 Stretch w/ Noodles in the Sunroom</p> <p>11:00 Walk The Halls</p> <p>1:00 1:1 Resident Visits w/ Book Supplies</p> <p>2:00 Finding Neverland & Popcorn</p> <p>3:30 New Years Hat Chat</p> <p>4:00 Who am I ???</p> <p>6:00 Gentle Stretches</p>	<p>9:30 Maximum Fitness w/ Shari 23</p> <p>10:30 Hydration Station & Snacks</p> <p>11:00 Lunch Outing "Casa De Pico"</p> <p>1:30 Prep Art Room for Art Class</p> <p>2:00 Memories in the Making w/ Diane "Winter Wonderland"</p> <p>3:00 Pretty Nail Care</p> <p>4:00 Daily Chronicle</p> <p>6:00 Mind Body & Soul Meditation</p>	<p>11:30-1:30pm Action Station w/ Chef Mario 24</p> <p>9:30 Bible Study & Hymns w/ Pastor Bob</p> <p>10:30 Sun Room Social & Snacks</p> <p>11:00 Daily Chronicle Courtyard</p> <p>1:30 Maritza's Stop & Chat</p> <p>2:30 illuminating Suncatchers</p> <p>4:00 Happy Hour w/Sylvia and Salvador</p> <p>6:00 Full Body Relaxation</p>	<p>9:45 Daily Chronicle 25</p> <p>10:00 Lets Get Fit W/Zumba Class in the Sunroom</p> <p>11:00 Bowling w/ Cyndi</p> <p>1:00 Nail Care</p> <p>2:00 Bingo Bonanza</p> <p>3:00 Snowman Photo Tinting</p> <p>4:00 Aromatherapy w/ Natural Oils & Eucalyptus Hand Massage</p> <p>6:00 Move to Music</p>	<p>9:45 Daily Chronicle 26</p> <p>10:00 Head -to-Toes Exercise</p> <p>11:00 Basketball Toss</p> <p>1:00 1:1 Visits & Welcoming New Residents & Hot Coco</p> <p>2:00 Wrapping Up Art Projects</p> <p>3:00 What's Your Hobby????</p> <p>4:00 Magazine Clipping</p> <p>6:00 Range Of Motion</p>
<p>9:45 Daily Chronicle 27</p> <p>10:00 Communion At Theater</p> <p>10:00 Namaste Chair Yoga w/ Spiritual Music</p> <p>10:15 Love on a Leash in the Sunroom</p> <p>11:00 Ring Toss Take Score</p> <p>1:00 Ukulele Sing along with Bob</p> <p>2:00 Movie & Popcorn @ Sunroom "First Wives Club"</p> <p>4:00 Visit With Friends in the Courtyard</p> <p>6:00 Miscellaneous with Ellie</p>	<p>9:45 Daily Chronicle 28</p> <p>10:00 Exercise / Yoga</p> <p>11:00 On This Day In History</p> <p>1:00 A First Time for Everything</p> <p>2:00 Arts and Crafts w/ Clay-Pots</p> <p>3:00 Bingo Extravaganza in the Art Room</p> <p>4:00 Hand Massage/ Nail Care</p> <p>6:00 Aromatherapy</p>	<p>9:45 Daily Chronicle 29</p> <p>10:00 Stretch w/ Noodles in the Sunroom</p> <p>11:00 Walk The Halls</p> <p>1:00 1:1 Resident Visits w/ Book Supplies</p> <p>2:00 Art & Crafts 2019</p> <p>3:30 New Years Hat Chat</p> <p>4:00 Who am I ???</p> <p>6:00 Gentle Stretches</p>	<p>9:30 Maximum Fitness w/ Shari 30</p> <p>10:30 Hydration Station & Snacks</p> <p>11:00 Lunch Outing "Mimi's Cafe"</p> <p>1:30 Prep Art Room for Art Class</p> <p>2:00 Memories in the Making w/ Diane "Winter Wonderland"</p> <p>3:00 Pretty Nail Care</p> <p>4:00 Daily Chronicle</p> <p>6:00 Mind Body & Soul Meditation</p>	<p>11:30-1:30pm Action Station w/ Chef Mario 31</p> <p>9:30 Bible Study & Hymns w/ Pastor Bob</p> <p>10:30 Sun Room Social & Snacks</p> <p>11:00 Daily Chronicle Courtyard</p> <p>1:30 Maritza's Stop & Chat</p> <p>2:30 illuminating Suncatchers</p> <p>4:00 Happy Hour w/ Bob Arie</p> <p>6:00 Full Body Relaxation</p>	<p>Happy New Year's Family & Friends....</p> <p>Resident Birthdays Dora R. 1/30</p>	