

February 2019

Lantern Crest Senior Living Horizons



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Happy 1 Year Anniversary Pastor Bob Resident's, Families and Staff Thank you for your loving services at Lantern Crest</p>	<p>Love what you do and do what you Love.</p>	<p>Resident Birthdays Richard J. 2/16 Mary H. 2/16 Diane W. 2/29</p>	<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>9:45 Daily Chronicle 1 10:00 Lets Get Fit W/Zumba Class in the Sunroom 11:00 Parachute w/ Cyndi 1:00 Nail Care 1:00 Nail Care 2:00 Chinese New Year's Bingo 3:00 Valentine's Photo Tinting 4:00 Aromatherapy w/ Natural Oils & Eucalyptus Hand Massage 6:00 Move to Music</p>	<p>9:45 Daily Chronicle 2 10:00 Head -to-Toes Exercise 11:00 Volleyball Games 1:30 Sing Along with Myron 2:30 Magazine Clipping 3:00 Magazine Clipping Projects with Boxes 4:00 Valentine Stories w/Cyndi 6:00 Range Of Motion</p>	
<p>9:45 Daily Chronicle 3 10:00 Communion At Theater 10:00 Namaste Chair Yoga w/ Spiritual Music 10:15 Love on a Leash in the Sunroom 11:00 Balloon Exercise "Hand & Eye Coordination" 1:00 Ukulele Sing along with Bob 2:00 Movie & Popcorn @ Sunroom: Driving Miss Daisy 4:00 Visit With Friends in the Courtyard 6:00 Miscellaneous with Ellie</p>	<p>9:45 Daily Chronicle 4 10:00 Exercise to Big Band Music 11:00 Valentine's Trivia 1:00 1:1 Hand-to Hand Visits & Ice Cream 1:30 Ice Cream Cone Social 2:00 Arts and Crafts Class 3:00 Bingo Extravaganza in the Art Room 4:00 Hand Massage/ Nail Care 6:00 Aromatherapy</p>	<p>Happy Chinese New Year 5 9:45 Daily Chronicle 10:00 Stretch w/ Noodles in the Sunroom 11:00 Bowling w/ Cyndi 1:00 1:1 Resident Visits w/ Book Supplies 2:00 Art Room Social, Refreshments and Comedy 3:30 Celebrating Year of the Pig "Bingo" 4:00 Who am I (All About Animals) 6:00 Gentle Stretches</p>	<p>9:30 Maximum Fitness w/ Shari 6 10:30 Hydration Station & Snacks 11:00 Lunch Bunch: Filippi's Pizza 1:30 Prep Art Room for Art Class 2:00 Memories in the Making w/ Diane "Valentine's Stamps" 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 7 9:30 Bible Study & Hymns w/ Pastor Bob 10:30 Bistro Social & Snacks 11:00 Balloon Exercise "Hand & Eye Coordination" 1:30 Inspirational Music with Steve and Diane 2:30 Picture Frames Project w/ Stamps 4:00 Happy Hour w/ Sylvia & Salvador 6:00 Full Body Relaxation</p>	<p>9:45 Daily Chronicle 8 10:00 Lets Get Fit W/Zumba Class in the Sunroom 11:00 Parachute w/ Cyndi 1:00 Nail Care 1:00 Nail Care 2:00 Chinese New Year's Bingo 3:00 Valentine's Photo Tinting 4:00 Aromatherapy w/ Natural Oils & Eucalyptus Hand Massage 6:00 Move to Music</p>	<p>9:45 Daily Chronicle 9 10:00 Shadow Mountain Church in the AL Theater 11:00 Volleyball Games 1:00 1:1 Visits & Welcoming New Residents 1:30 Magazine Clipping 2:00 Magazine Clipping Projects with Boxes 2:30 Magazine Clipping 3:00 Valentine Stories w/Cyndi 3:45 Stretching with Noodles 6:00 Range Of Motion</p>
<p>9:45 Daily Chronicle 10 10:00 Communion At Theater 10:00 Namaste Chair Yoga w/ Spiritual Music 10:15 Love on a Leash in the Sunroom 11:00 Balloon Exercise "Hand & Eye Coordination" 1:00 Ukulele Sing along with Bob 2:00 Movie & Popcorn @ Sunroom: The Book Club 4:00 Visit With Friends in the Courtyard 6:00 Miscellaneous with Ellie</p>	<p>9:45 Daily Chronicle 11 10:00 Exercise to Big Band Music 11:00 Valentine's Trivia 1:00 1:1 Hand-to Hand Visits & Ice Cream 1:30 Ice Cream Cone Social 2:00 Arts and Crafts Class 3:00 Bingo Extravaganza in the Art Room 4:00 Hand Massage/ Nail Care 6:00 Aromatherapy</p>	<p>9:45 Daily Chronicle 12 10:00 Stretch w/ Noodles in the Sunroom 11:00 Bowling w/ Cyndi 1:00 1:1 Resident Visits w/ Book Supplies 2:00 Art Room Social, Refreshments and Comedy 3:30 Bird Watching Month "Making Bird Houses" 4:00 Who am I (All About Animals) 6:00 Gentle Stretches</p>	<p>9:30 Maximum Fitness w/ Shari 13 10:30 Hydration Station & Snacks 11:00 Lunch Bunch: "Phil's BBQ" 1:30 Prep Art Room for Art Class 2:00 Memories in the Making w/ Diane "Valentine's Stamps" 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 14 Happy Valentine's Day 9:30 Bible Study & Hymns w/ Pastor Bob 10:30 Bistro Social & Snacks 11:00 Balloon Exercise "Hand & Eye Coordination" 1:30 Happy Valentine's Ice Cream Cone Social 2:30 Picture Frames Project w/ Stamps 4:00 Happy Valentine's Day w/ Broken Strings 6:00 Full Body Relaxation</p>	<p>9:45 Daily Chronicle 15 10:00 Lets Get Fit W/Zumba Class in the Sunroom 11:00 Parachute w/ Cyndi 1:00 Nail Care 1:00 Nail Care 2:00 Chinese New Year's Bingo 3:00 Valentine's Photo Tinting 4:00 Aromatherapy w/ Natural Oils & Eucalyptus Hand Massage 6:00 Move to Music</p>	<p>Happy Birthday "Richard & Mary H" 16 9:45 Daily Chronicle 10:00 Head -to-Toes Exercise 11:00 Volleyball Games 1:30 Sing -A-Long w/ Myron 2:30 Magazine Clipping 3:00 Valentine Stories w/Cyndi 3:30 Magazine Clipping Projects with Boxes 4:00 Valentine Stories w/Cyndi 6:00 Range Of Motion</p>
<p>9:45 Daily Chronicle 17 10:00 Communion At Theater 10:00 Namaste Chair Yoga w/ Spiritual Music 10:15 Love on a Leash in the Sunroom 11:00 Balloon Exercise "Hand & Eye Coordination" 1:00 Ukulele Sing along with Bob 2:00 Movie & Popcorn @ Sunroom: Deepwater Horizon 4:00 Visit With Friends in the Courtyard 6:00 Miscellaneous with Ellie</p>	<p>Happy President's Day 18 9:45 Daily Chronicle 10:00 Exercise to Big Band Music 11:00 President's Day Trivia 12:00 Happy President's Day w/ Spontaneous Combustion 1:00 1:1 Hand-to Hand Visits & Ice Cream 1:30 Ice Cream Cone Social 2:00 Arts and Crafts Class 3:00 Bingo Extravaganza in the Art Room 4:00 Hand Massage/ Nail Care 6:00 Aromatherapy</p>	<p>9:45 Daily Chronicle 19 10:00 Stretch w/ Noodles in the Sunroom 11:00 Bowling w/ Cyndi 1:00 1:1 Resident Visits w/ Book Supplies 2:00 Art Room Social, Refreshments and Comedy 3:30 Bird Watching Month "Making Bird Houses" 4:00 Who am I (All About Animals) 6:00 Gentle Stretches</p>	<p>9:30 Maximum Fitness w/ Shari 20 10:30 Hydration Station & Snacks 11:00 Lunch Bunch: "Okawa Steak House & Sushi" 1:30 Prep Art Room for Art Class 2:00 Memories in the Making w/ Diane "Lucky Leprechaun" 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 21 9:30 Bible Study & Hymns w/ Pastor Bob 10:30 Bistro Social & Snacks 11:00 Balloon Exercise "Hand & Eye Coordination" 1:30 Inspirational Music with Steve and Diane 2:30 Picture Frames Project w/ Stamps 4:00 Happy Hour w/Blue Zone 6:00 Full Body Relaxation</p>	<p>All Staff Meeting 22 Happy 1 Year Anniversary "Pastor Bob" 9:45 Daily Chronicle 10:00 Lets Get Fit W/Zumba Class in the Sunroom 11:00 Parachute w/ Cyndi 1:00 Nail Care 2:00 Movie and Popcorn 3:00 Valentine's Photo Tinting 4:00 Aromatherapy w/ Natural Oils & Eucalyptus Hand Massage 6:00 Move to Music</p>	<p>9:45 Daily Chronicle 23 10:00 Head -to-Toes Exercise 11:00 Volleyball Games 1:00 1:1 Visits & Welcoming New Residents 1:30 Magazine Clipping 2:00 Magazine Clipping Projects with Boxes 3:00 Stretch w/ Noodles 3:30 Cool Down and Refreshments 4:00 Valentine Stories w/Cyndi 6:00 Range Of Motion</p>
<p>9:45 Daily Chronicle 24 10:00 Communion At Theater 10:00 Namaste Chair Yoga w/ Spiritual Music 10:15 Love on a Leash in the Sunroom 11:00 Balloon Exercise "Hand & Eye Coordination" 1:00 Ukulele Sing along with Bob 2:00 Movie & Popcorn @ Sunroom: Jurassic World 4:00 Visit With Friends in the Courtyard 6:00 Miscellaneous with Ellie</p>	<p>9:45 Daily Chronicle 25 10:00 Exercise to Big Band Music 11:00 Valentine's Trivia 1:00 1:1 Hand-to Hand Visits & Ice Cream 1:30 Ice Cream Cone Social 2:00 Arts and Crafts Class 3:00 Bingo Extravaganza in the Art Room 4:00 Hand Massage/ Nail Care 6:00 Aromatherapy</p>	<p>9:45 Daily Chronicle 26 10:00 Stretch w/ Noodles in the Sunroom 11:00 Bowling w/ Cyndi 1:00 1:1 Resident Visits w/ Book Supplies 2:00 Art Room Social, Refreshments and Comedy 3:30 Bird Watching Month "Making Bird Houses" 4:00 Who am I (All About Animals) 6:00 Gentle Stretches</p>	<p>9:30 Maximum Fitness w/ Shari 27 10:30 Hydration Station & Snacks 11:00 Lunch Bunch: "The Broken Yolk Cafe" 1:30 Prep Art Room for Art Class 2:00 Memories in the Making w/ Diane "Lucky Leprechaun" 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 28 9:30 Daily Bread 9:45 Balloon Exercise 10:30 Bistro Social & Snacks 11:00 Balloon Exercise "Hand & Eye Coordination" 1:30 Ice Cream Cone Social 2:30 Picture Frames Project w/ Stamps 4:00 Happy Hour and February Birthday Celebration w/Cowboy Jack 6:00 Full Body Relaxation</p>	<p>Lunch Bunch 2/6 "Filipp's Pizza" 2/13 "Phil's BBQ" 2/20 "Okawa Steak House" 2/27 "The Broken Yolk"</p> <p>Happy Hours 2/7 Sylvia & Salvador 2/14 Broken Strings 2/21 Blue Zone 2/28 Cowboy Jack</p>	