

March 2019 Lantern Crest Senior Living Horizons

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>March cont'd 31</p> <p>1:1 Activities Baskets Available 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 12:00 Balloon Exercise "Hand & Eye Coordination" Ukulele Sing along with Bob 2:00 Movie & Popcorn @ Sunroom "Father of the Bride" 4:00 Visit With Friends & The Daily Bread 6:00 Miscellaneous with Ellie</p>		<p>Courage doesn't mean you don't get afraid. Courage means you don't let fear stop you.</p>	<p>Resident Birthdays Winifred "Susie" R. 3/23</p>	<p>Maritza Aguirre <i>Life Enrichment Director @ The Ridge</i> 800 Lantern Crest Way <i>Santee, Ca 92071</i> Cell: (619) 647-6392 <i>Maritza.aguirre@lanterncrestsantee.com</i></p>	<p>1:1 Activities Baskets Available 1</p> <p>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 Leprechaun Bingo 3:00 Mardi Gras Photo Tinting 4:00 Aromatherapy w/ Natural Oils & Yoga 6:00 Move to Music</p>	<p>1:1 Activities Baskets Available 2</p> <p>9:45 Daily Chronicle 10:00 Volleyball Games 11:00 Head -to-Toes Exercise 1:30 Sing -A-Long w/ Myron 2:30 Magazine Clipping 3:00 Magazine Clipping Projects with Boxes 4:00 Clean Up Our Art Area 6:00 Range Of Motion</p>
<p>1:1 Activities Baskets Available 3</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 1:00 Balloon Exercise "Hand & Eye Coordination" 2:00 Movie & Popcorn @ Sunroom "It Could Happen to You" 4:00 Visit With Friends & The Daily Bread 6:00 Miscellaneous with Ellie</p>	<p>1:1 Activities Baskets Available 4</p> <p>9:45 Daily Chronicle 10:00 Exercise to Big Band Music 11:00 News & Views 1:00 1:1 Visits & Ice Cream 1:30 Ice Cream Social 2:00 Crafts Class 3:00 Leprechaun Bingo 4:00 Stretch with Noodles 6:00 Aromatherapy</p>	<p>1:1 Activities Baskets Available 5</p> <p>Happy Mardi Gras Day 9:45 Daily Chronicle 10:00 Stretch w/ Noodles in the Sunroom 11:00 Bowling 12:00 Mardi Gras w/William Young 1:00 1:1 Resident Visits w/ Book Supplies 1:30 Prep Art Room for Art Class 2:00 Arts & Crafts Class w/ Cyndi 3:30 "Making Bird Houses" 4:00 Improve Joint Function w/ Range of Motion 6:00 Gentle Stretches</p>	<p>1:1 Activities Baskets Available 6</p> <p>Ash Wednesday 9:30 Maximum Fitness w/ Shari 10:30 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 "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 7</p> <p>1:1 Activities Baskets Available 9:30 Bible Study & Hymns w/ Pastor Bob 10:30 Bistro Social & Snacks 11:00 Daily Chronicles 1:30 Organize Baskets & Supplies 2:30 Picture Frames Project w/ Stamps 3:00 Balloon Exercise "Hand & Eye Coordination" 4:00 Happy Hour w/Broken Strings 6:00 Full Body Relaxation</p>	<p>1:1 Activities Baskets Available 8</p> <p>9:45 Daily Chronicle 10:00 Lets Get Fit W/Zumba Class in the Sunroom 11:00 Parachute w/ Cyndi 1:00 Inspirational Music with Steve and Diane 2:00 Leprechaun Bingo 3:00 Mardi Gras Photo Tinting 4:00 Aromatherapy w/ Natural Oils & Yoga 6:00 Move to Music</p>	<p>1:1 Activities Baskets Available 9</p> <p>9:45 Daily Chronicle 10:00 Shadow Mountain Church 11:00 Head -to-Toes Exercise 1:00 1:1 Visits & Welcoming New Residents 2:30 Magazine Clipping 3:00 Magazine Clipping Projects with Boxes 4:00 Clean Up Our Art Area 6:00 Range Of Motion</p>
<p>1:1 Activities Baskets Available 10</p> <p>Daylight Savings Time Begins 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 12:00 Balloon Exercise "Hand & Eye Coordination" Ukulele Sing along with Bob 2:00 Movie & Popcorn @ Sunroom "The Quiet Man" 3:15 Evening Prayer w/ Bob Bixby 4:00 Visit With Friends & The Daily Bread 6:00 Miscellaneous with Ellie</p>	<p>1:1 Activities Baskets Available 11</p> <p>9:45 Daily Chronicle 10:00 Exercise to Big Band Music 11:00 News & Views 1:00 1:1 Visits & Ice Cream 1:30 Ice Cream Social 2:00 Crafts Class 3:00 Leprechaun Bingo 4:00 Stretch with Noodles 6:00 Aromatherapy</p>	<p>1:1 Activities Baskets Available 12</p> <p>9:45 Daily Chronicle 10:00 Stretch w/ Noodles in the Sunroom 11:00 Bowling 1:00 1:1 Resident Visits w/ Book Supplies 1:30 Prep Art Room for Art Class 2:00 Arts & Crafts Class w/ Cyndi 3:30 "Making Bird Houses" 4:00 Improve Joint Function w/ Range of Motion 6:00 Gentle Stretches</p>	<p>1:1 Activities Baskets Available 13</p> <p>9:30 Maximum Fitness w/ Shari 10:30 Hydration Station & Snacks 1:00 Movie & Popcorn 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 14</p> <p>1:1 Activities Baskets Available 9:30 Bible Study & Hymns w/ Pastor Bob 10:30 Bistro Social & Snacks 11:00 Daily Chronicles 1:30 Organize Baskets & Supplies 2:30 Picture Frames Project w/ Stamps 3:00 Balloon Exercise "Hand & Eye Coordination" 4:00 Happy Hour w/ Spontaneous Combustion 6:00 Full Body Relaxation</p>	<p>1:1 Activities Baskets Available 15</p> <p>9:45 Daily Chronicle 10:00 Lets Get Fit W/Zumba Class in the Sunroom 11:00 Parachute w/ Cyndi 1:30 "Andy" The Musical Puppeteer 2:00 Leprechaun Bingo 3:00 Mardi Gras Photo Tinting 4:00 Aromatherapy w/ Natural Oils & Yoga 6:00 Move to Music</p>	<p>1:1 Activities Baskets Available 16</p> <p>9:45 Daily Chronicle 10:00 Volleyball Games 11:00 Head -to-Toes Exercise 1:00 1:1 Visits & Welcoming New Residents 1:30 Sing -A-Long w/ Myron 2:30 Magazine Clipping 3:00 Magazine Clipping Projects with Boxes 4:00 Clean Up Our Art Area 6:00 Range Of Motion</p>
<p>1:1 Activities Baskets Available 17</p> <p>Happy St. Patrick's 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 12:00 Balloon Exercise "Hand & Eye Coordination" 12:30 St. Patrick's Day w/ Sylvia & Salvador 1:00 Ukulele Sing along with Bob 2:00 Movie & Popcorn @ Sunroom "Open Range" 4:00 Visit With Friends & The Daily Bread 6:00 Miscellaneous with Ellie</p>	<p>1:1 Activities Baskets Available 18</p> <p>9:45 Daily Chronicle 10:00 Exercise to Big Band Music 11:00 News & Views 1:00 1:1 Visits & Ice Cream 1:30 Ice Cream Social 2:00 Crafts Class 3:00 Leprechaun Bingo 4:00 Stretch with Noodles 6:00 Aromatherapy</p>	<p>1:1 Activities Baskets Available 19</p> <p>9:45 Daily Chronicle 10:00 Stretch w/ Noodles in the Sunroom 11:00 Bowling 1:00 1:1 Resident Visits w/ Book Supplies 1:30 Prep Art Room for Art Class 2:00 Arts & Crafts Class w/ Cyndi 3:30 "Making Bird Houses" 4:00 Improve Joint Function w/ Range of Motion 6:00 Gentle Stretches</p>	<p>1:1 Activities Baskets Available 20</p> <p>9:30 Maximum Fitness w/ Shari 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 "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</p> <p>1:1 Activities Baskets Available 9:30 Bible Study & Hymns w/ Pastor Bob 10:30 Bistro Social & Snacks 11:00 Daily Chronicles 1:30 Inspirational Music with Steve and Diane 1:30 Organize Baskets & Supplies 2:30 Picture Frames Project w/ Stamps 3:00 Balloon Exercise "Hand & Eye Coordination" 4:00 Happy Hour w/Blue Zone 6:00 Full Body Relaxation</p>	<p>1:1 Activities Baskets Available 22</p> <p>All Staff Meeting 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 Leprechaun Bingo 4:00 Aromatherapy w/ Natural Oils & Yoga 6:00 Move to Music</p>	<p>1:1 Activities Baskets Available 23</p> <p>Happy Birthday Winifred Susie 9:45 Daily Chronicle 10:00 Volleyball Games 11:00 Head -to-Toes Exercise 1:00 1:1 Visits & Welcoming New Residents 2:30 Magazine Clipping 3:00 Magazine Clipping Projects with Boxes 4:00 Clean Up Our Art Area 6:00 Range Of Motion</p>
<p>1:1 Activities Baskets Available 24</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 12:00 Balloon Exercise "Hand & Eye Coordination" 1:00 Ukulele Sing along with Bob 2:00 Movie & Popcorn @ Sunroom "The Intern" 4:00 Visit With Friends & The Daily Bread 6:00 Miscellaneous with Ellie</p>	<p>1:1 Activities Baskets Available 25</p> <p>9:45 Daily Chronicle 10:00 Exercise to Big Band Music 11:00 News & Views 1:00 1:1 Visits & Ice Cream 1:30 Ice Cream Social 2:00 Crafts Class 3:00 Leprechaun Bingo 4:00 Stretch with Noodles 6:00 Aromatherapy</p>	<p>1:1 Activities Baskets Available 26</p> <p>9:45 Daily Chronicle 10:00 Stretch w/ Noodles in the Sunroom 11:00 Bowling 1:00 1:1 Resident Visits w/ Book Supplies 1:30 Prep Art Room for Art Class 2:00 Arts & Crafts Class w/ Cyndi 3:30 "Making Bird Houses" 4:00 Improve Joint Function w/ Range of Motion 6:00 Gentle Stretches</p>	<p>1:1 Activities Baskets Available 27</p> <p>9:30 Maximum Fitness w/ Shari 10:30 Hydration Station & Snacks 11:00 Lunch Outing "Bollweevil's" 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</p> <p>1:1 Activities Baskets Available 9:30 Bible Study & Hymns w/ Pastor Bob 10:30 Bistro Social & Snacks 11:00 Daily Chronicles 1:30 March Celebration of Life (BISR) 1:30 Organize Baskets & Supplies 2:30 Picture Frames Project w/ Stamps 3:00 Balloon Exercise "Hand & Eye Coordination" 4:00 Happy Hour w/Jazz Duo 6:00 Full Body Relaxation</p>	<p>1:1 Activities Baskets Available 29</p> <p>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 Leprechaun Bingo 3:00 Mardi Gras Photo Tinting 4:00 Aromatherapy w/ Natural Oils & Yoga 6:00 Move to Music</p>	<p>1:1 Activities Baskets Available 30</p> <p>9:45 Daily Chronicle 10:00 Volleyball Games 11:00 Head -to-Toes Exercise 1:00 1:1 Visits & Welcoming New Residents 2:30 Magazine Clipping 3:00 Magazine Clipping Projects with Boxes 4:00 Clean Up Our Art Area 6:00 Range Of Motion</p>

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