

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
	<b>1:1 Activities Baskets Available</b> <b>1</b> 9:45 <b>Daily Chronicle</b> 10:00 <b>Exercise to Big Band Music</b> 11:00 News & Views 1:00 <b>1:1 Visits &amp; Ice Cream Social</b> 1:30 <b>Flower Arrangements</b> 2:00 <b>Finish the Sentence "Mind Game"</b> 3:00 <b>Spring Bingo</b> 4:00 <b>Stretch &amp; Relax w/ Ocean Breeze Sounds [G2]</b> 6:00 <b>Movie of your Choice</b>	<b>1:1 Activities Baskets Available</b> <b>2</b> 9:45 <b>Daily Chronicle</b> 10:00 Exercise w/ Noodles in the Sun-room 11:00 <b>Beach-ball Parachuting</b> 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 <b>Spring Bird Houses</b> 4:00 Improve Joint Function w/ Range of Motion 6:00 Gentle Stretches	<b>1:1 Activities Baskets Available</b> <b>3</b> 9:30 <b>Maximum Fitness w/ Shari</b> 10:30 Hydration Station & Snacks 11:00 <b>Lunch Outing "Janet's Montana Cafe"</b> 1:30 Prep Art Room for Art Class 2:00 <b>Memories in the Making w/ Diane "Welcome Spring"</b> 3:00 <b>Pretty Nail Care &amp; Hand Massage</b> 4:00 Daily Chronicle 6:00 <b>Movie of your Choice</b>	<b>11:30-1:30pm Action Station w/ Chef Mario</b> <b>4</b> 1:1 <b>Activities Baskets Available</b> 9:30 Bible Study & Hymns w/ Pastor Bob 10:30 Bistro Social & Snacks 11:00 <b>Daily Chronicles &amp; Finish the Sentence "Mind Game" @ the Courtyard</b> 1:30 <b>Inspirational Music w/ Steve and Diane</b> 2:30 <b>Shabby Chic Bunny Door Hangers</b> 3:00 <b>Balloon Exercise "Hand &amp; Eye Coordination"</b> 4:00 <b>Happy Hour w/ Sylvia &amp; Salvador</b> 6:00 Full Body Relaxation	<b>1:1 Activities Baskets Available</b> <b>5</b> 9:45 <b>Daily Chronicle</b> 10:00 Lets Get Fit W/Zumba Class in the Sunroom 11:00 <b>Volleyball Game w/ Cyndi</b> 1:00 <b>Ice Cream Social</b> 1:30 Nail Care 2:00 <b>Bingo Extravaganza</b> 3:00 <b>Photo Tinting &amp; Miscellaneous Crafts</b> 4:00 <b>Aromatherapy w/ Natural Oils &amp; Yoga</b> 6:00 Move to Music	<b>1:1 Activities Baskets Available</b> <b>6</b> 9:45 <b>Daily Chronicle</b> 10:00 Head -to-Toes Exercise 11:00 <b>Courtyard Social &amp; Watering Garden</b> 1:00 1:1 Visits & Welcoming New Residents 1:30 <b>Sing- Along with Myron</b> 2:30 Magazine / Coupon Clipping 3:00 <b>Water Color Paintings "Spring Flowers"</b> 4:00 Clean Up Our Art Area 6:00 Range Of Motion			
	<b>1:1 Activities Baskets Available</b> <b>7</b> 9:45 <b>Daily Chronicle</b> 10:00 Communion Al Theater 10:00 Namaste Chair Yoga w/ Spiritual Music 10:15 <b>Love on a Leash in the Sunroom</b> 12:00 Balloon Exercise "Hand & Eye Coordination" 1:00 <b>Ukulele Sing along with Bob</b> 2:00 <b>Movie &amp; Popcorn @ Sunroom "Pay it Forward"</b> 4:00 Visit With Friends & The Daily Bread 6:00 <b>Miscellaneous Activities w/ "Activities Baskets"</b>	<b>1:1 Activities Baskets Available</b> <b>8</b> 9:45 <b>Daily Chronicle</b> 10:00 <b>Exercise to Big Band Music</b> 11:00 News & Views 1:00 <b>1:1 Visits &amp; Ice Cream Social</b> 1:30 <b>Flower Arrangements</b> 2:00 <b>Finish the Sentence "Mind Game"</b> 3:00 <b>Spring Bingo</b> 4:00 <b>Stretch &amp; Relax w/ Ocean Breeze Sounds [G2]</b> 6:00 <b>Movie of your Choice</b>	<b>1:1 Activities Baskets Available</b> <b>9</b> 9:45 <b>Daily Chronicle</b> 10:00 Exercise w/ Noodles in the Sun-room 11:00 <b>Beach-ball Parachuting</b> 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 <b>Spring Bird Houses</b> 4:00 Improve Joint Function w/ Range of Motion 6:00 Gentle Stretches	<b>1:1 Activities Baskets Available</b> <b>10</b> 9:30 <b>Maximum Fitness w/ Shari</b> 10:30 Hydration Station & Snacks 11:00 <b>Lunch Outing "Mimi's Cafe"</b> 1:30 Prep Art Room for Art Class 2:00 <b>Memories in the Making w/ Diane "Welcome Spring"</b> 3:00 <b>Pretty Nail Care &amp; Hand Massage</b> 4:00 Daily Chronicle 6:00 <b>Movie of your Choice</b>	<b>11:30-1:30pm Action Station w/ Chef Mario</b> <b>11</b> 1:1 <b>Activities Baskets Available</b> 9:30 Bible Study & Hymns w/ Pastor Bob 10:30 Bistro Social & Snacks 11:00 <b>Daily Chronicles &amp; Finish the Sentence "Mind Game" @ the Courtyard</b> 1:30 <b>Organize Baskets &amp; Supplies</b> 2:30 <b>Shabby Chic Bunny Door Hangers</b> 3:00 <b>Balloon Exercise "Hand &amp; Eye Coordination"</b> 4:00 <b>Happy Hour w/ "George &amp; Alan The Jazz Duo"</b> 6:00 Full Body Relaxation	<b>1:1 Activities Baskets Available</b> <b>12</b> 9:45 <b>Daily Chronicle</b> 10:00 Lets Get Fit W/Zumba Class in the Sunroom 11:00 <b>Volleyball Game w/ Cyndi</b> 1:00 <b>Ice Cream Social</b> 1:30 Nail Care 2:00 <b>Bingo Extravaganza</b> 3:00 <b>Photo Tinting &amp; Miscellaneous Crafts</b> 4:00 <b>Aromatherapy w/ Natural Oils &amp; Yoga</b> 6:00 Move to Music	<b>1:1 Activities Baskets Available</b> <b>13</b> 9:45 <b>Daily Chronicle</b> 10:00 <b>Happy Birthday Mary</b> 10:00 <b>Shadow Mountain Church "AL Theater"</b> 11:00 <b>Courtyard Social &amp; Watering Garden</b> 1:00 1:1 Visits & Welcoming New Residents 2:30 Magazine / Coupon Clipping 3:00 <b>Water Color Paintings "Spring Flowers"</b> 4:00 Clean Up Our Art Area 6:00 Range Of Motion		
	<b>1:1 Activities Baskets Available</b> <b>14</b> 9:45 <b>Daily Chronicle</b> 10:00 Communion Al Theater 10:00 Namaste Chair Yoga w/ Spiritual Music 10:15 <b>Love on a Leash in the Sunroom</b> 12:00 Balloon Exercise "Hand & Eye Coordination" 1:00 <b>Ukulele Sing along with Bob</b> 1:45 <b>Friends from TLC Ministries</b> 2:00 <b>Movie &amp; Popcorn @ Sunroom "Casablanca"</b> 3:15 <b>Evening Prayer w/ Bob Bixby</b> 4:00 Visit With Friends & The Daily Bread 6:00 <b>Miscellaneous Activities w/ "Activities Baskets"</b>	<b>1:1 Activities Baskets Available</b> <b>15</b> 9:45 <b>Daily Chronicle</b> 10:00 <b>Exercise to Big Band Music</b> 11:00 News & Views 1:00 <b>1:1 Visits &amp; Ice Cream Social</b> 1:30 <b>Flower Arrangements</b> 2:00 <b>Finish the Sentence "Mind Game"</b> 3:00 <b>Spring Bingo</b> 4:00 <b>Stretch &amp; Relax w/ Ocean Breeze Sounds [G2]</b> 6:00 <b>Movie of your Choice</b>	<b>1:1 Activities Baskets Available</b> <b>16</b> 9:45 <b>Daily Chronicle</b> 10:00 Exercise w/ Noodles in the Sun-room 11:00 <b>Beach-ball Parachuting</b> 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 <b>Spring Bird Houses</b> 4:00 Improve Joint Function w/ Range of Motion 6:00 Gentle Stretches	<b>1:1 Activities Baskets Available</b> <b>17</b> 9:30 <b>Maximum Fitness w/ Shari</b> 10:30 Hydration Station & Snacks 11:00 <b>Lunch Outing "Mediterraneo"</b> 1:30 Prep Art Room for Art Class 2:00 <b>Memories in the Making w/ Diane "Welcome Spring"</b> 3:00 <b>Pretty Nail Care &amp; Hand Massage</b> 4:00 Daily Chronicle 6:00 <b>Movie of your Choice</b>	<b>11:30-1:30pm Action Station w/ Chef Mario</b> <b>18</b> 1:1 <b>Activities Baskets Available</b> 9:30 Bible Study & Hymns w/ Pastor Bob 10:30 Bistro Social & Snacks 11:00 <b>Daily Chronicles &amp; Finish the Sentence "Mind Game" @ the Courtyard</b> 1:30 <b>Inspirational Music w/ Steve and Diane</b> 2:30 <b>Movie &amp; Popcorn "LA LA LAND"</b> 4:00 <b>Happy Hour w/ Blue Zone</b> 6:00 Full Body Relaxation	<b>1:1 Activities Baskets Available</b> <b>19</b> 9:45 <b>Daily Chronicle</b> 10:00 Lets Get Fit W/Zumba Class in the Sunroom 11:00 <b>Volleyball Game w/ Cyndi</b> 1:00 <b>San Diego Parasol Strutters</b> 1:30 Nail Care 2:00 <b>Bingo Extravaganza</b> 3:00 <b>Photo Tinting &amp; Miscellaneous Crafts</b> 4:00 <b>Aromatherapy w/ Natural Oils &amp; Yoga</b> 6:00 Move to Music	<b>1:1 Activities Baskets Available</b> <b>20</b> 9:45 <b>Daily Chronicle</b> 10:00 Head -to-Toes Exercise 10:30 <b>Sing Along with Myron</b> 11:00 <b>Courtyard Social &amp; Watering Garden</b> 1:00 1:1 Visits & Welcoming New Residents 2:30 Magazine / Coupon Clipping 3:00 <b>Water Color Paintings "Spring Flowers"</b> 4:00 Clean Up Our Art Area 6:00 Range Of Motion		
	<b>1:1 Activities Baskets Available</b> <b>Happy Easter</b> <b>Look out for the Easter Bunny</b> <b>21</b> 9:45 <b>Daily Chronicle</b> 10:00 Communion Al Theater 10:00 Namaste Chair Yoga w/ Spiritual Music 10:15 <b>Love on a Leash in the Sunroom</b> 12:00 Balloon Exercise "Hand & Eye Coordination" 1:00 <b>Easter Celebration w/ Ukulele Sing along with Bob</b> 1:00 <b>Ukulele Sing along with Bob</b> 2:00 <b>Movie &amp; Popcorn @ Sunroom "The Band Wagon"</b> 4:00 Visit With Friends & The Daily Bread 6:00 <b>Miscellaneous Activities w/ "Activities Baskets"</b>	<b>1:1 Activities Baskets Available</b> <b>All Staff Meeting</b> <b>22</b> 9:45 <b>Daily Chronicle</b> 10:00 <b>Exercise to Big Band Music</b> 11:00 News & Views 1:00 <b>1:1 Visits &amp; Ice Cream Social</b> 1:30 <b>Flower Arrangements</b> 2:00 <b>Finish the Sentence "Mind Game"</b> 3:00 <b>Spring Bingo</b> 4:00 <b>Stretch &amp; Relax w/ Ocean Breeze Sounds [G2]</b> 6:00 <b>Movie of your Choice</b>	<b>1:1 Activities Baskets Available</b> <b>23</b> 9:45 <b>Daily Chronicle</b> 10:00 Exercise w/ Noodles in the Sun-room 11:00 <b>Beach-ball Parachuting</b> 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 <b>Spring Bird Houses</b> 4:00 Improve Joint Function w/ Range of Motion 6:00 Gentle Stretches	<b>1:1 Activities Baskets Available</b> <b>Happy Birthday Helen</b> <b>24</b> 9:30 <b>Maximum Fitness w/ Shari</b> 10:30 Hydration Station & Snacks 11:00 <b>Lunch Outing "Dickey's Barbecue Pit"</b> 1:30 Prep Art Room for Art Class 2:00 <b>Memories in the Making w/ Diane "Welcome Spring"</b> 3:00 <b>Pretty Nail Care &amp; Hand Massage</b> 4:00 Daily Chronicle 6:00 <b>Movie of your Choice</b>	<b>11:30-1:30pm Action Station w/ Chef Mario</b> <b>25</b> 1:1 <b>Activities Baskets Available</b> 9:30 Bible Study & Hymns w/ Pastor Bob 10:30 Bistro Social & Snacks 11:00 <b>Daily Chronicles &amp; Finish the Sentence "Mind Game" @ the Courtyard</b> 1:30 <b>Organize Baskets &amp; Supplies</b> 2:30 <b>Shabby Chic Bunny Door Hangers</b> 3:00 <b>Balloon Exercise "Hand &amp; Eye Coordination"</b> 4:00 <b>Happy Hour w/ Cowboy Jack</b> 6:00 Full Body Relaxation	<b>1:1 Activities Baskets Available</b> <b>26</b> 9:45 <b>Daily Chronicle</b> 10:00 Lets Get Fit W/Zumba Class in the Sunroom 11:00 <b>Volleyball Game w/ Cyndi</b> 1:00 <b>Ice Cream Social</b> 1:30 Nail Care 2:00 <b>Bingo Extravaganza</b> 3:00 <b>Photo Tinting &amp; Miscellaneous Crafts</b> 4:00 <b>Aromatherapy w/ Natural Oils &amp; Yoga</b> 6:00 Move to Music	<b>1:1 Activities Baskets Available</b> <b>27</b> 9:45 <b>Daily Chronicle</b> 10:00 Head -to-Toes Exercise 11:00 <b>Courtyard Social &amp; Watering Garden</b> 1:00 1:1 Visits & Welcoming New Residents 2:30 Magazine / Coupon Clipping 3:00 <b>Water Color Paintings "Spring Flowers"</b> 4:00 Clean Up Our Art Area 6:00 Range Of Motion		
	<b>1:1 Activities Baskets Available</b> <b>28</b> 9:45 <b>Daily Chronicle</b> 10:00 Communion Al Theater 10:00 Namaste Chair Yoga w/ Spiritual Music 10:15 <b>Love on a Leash in the Sunroom</b> 12:00 Balloon Exercise "Hand & Eye Coordination" 1:00 <b>Ukulele Sing along with Bob</b> 2:00 <b>Movie &amp; Popcorn @ Sunroom "Because of Winn-Dixie"</b> 4:00 Visit With Friends & The Daily Bread 6:00 <b>Miscellaneous Activities w/ "Activities Baskets"</b>	<b>1:1 Activities Baskets Available</b> <b>29</b> 9:45 <b>Daily Chronicle</b> 10:00 <b>Exercise to Big Band Music</b> 11:00 News & Views 1:00 <b>1:1 Visits &amp; Ice Cream Social</b> 1:30 <b>Flower Arrangements</b> 2:00 <b>Finish the Sentence "Mind Game"</b> 3:00 <b>Spring Bingo</b> 4:00 <b>Stretch &amp; Relax w/ Ocean Breeze Sounds [G2]</b> 6:00 <b>Movie of your Choice</b>	<b>1:1 Activities Baskets Available</b> <b>30</b> 9:45 <b>Daily Chronicle</b> 10:00 Exercise w/ Noodles in the Sun-room 11:00 <b>Beach-ball Parachuting</b> 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 <b>Spring Bird Houses</b> 4:00 Improve Joint Function w/ Range of Motion 6:00 Gentle Stretches	<p><b>LC Alzheimer's Craft Fair</b>  <b>April 18th</b>  <b>from 4:00pm-6:00pm</b>  <b>AL Activities Art Room</b></p>			<p><b>Maritza Aguirre</b>  <b>Life Enrichment Director @ The Ridge</b>  <b>800 Lantern Crest Way</b>  <b>Santee, Ca 92071</b>  <b>Cell: (619) 647-6392</b>  <i>Maritza.aguirre@lanterncrestsantee.com</i></p>		<p><b>Spring is nature's way of saying "Let's Party!"</b></p>