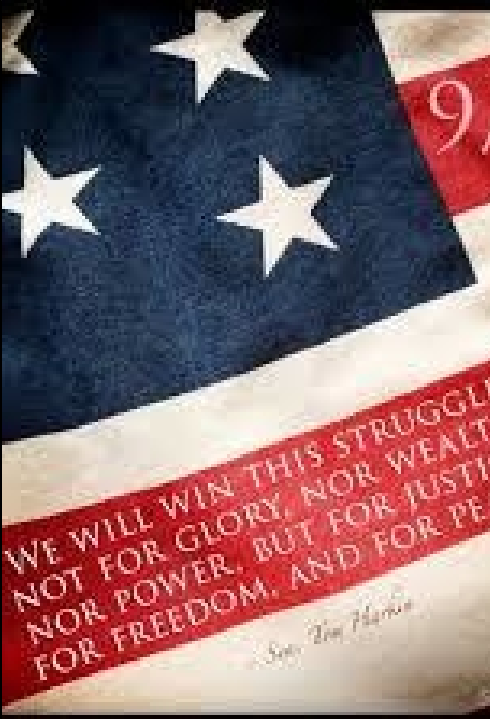
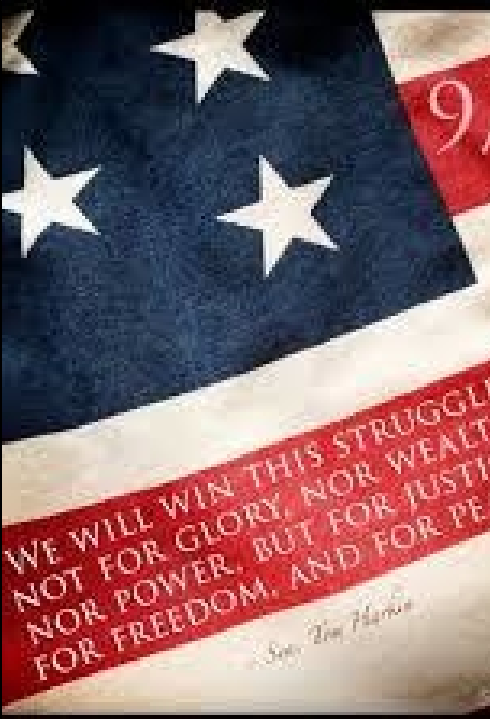
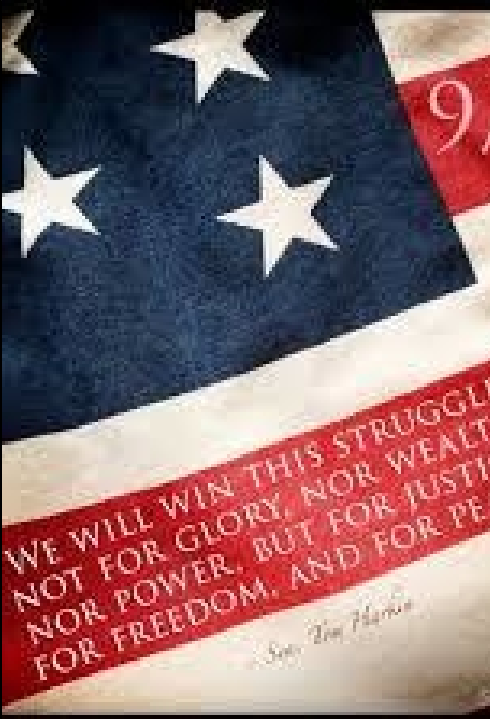



September 2019 Lantern Crest Senior Living Horizons

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|---|--|---|
|  |  |  |  |  |  |  |
| <p>1:1 Activities Baskets Available 1</p> <p>9:45 Daily Chronicle</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>1:00 Craft Class w/ Jenny</p> <p>2:00 Come Join us for a Movie & Popcorn</p> <p>4:00 Visit With Friends & The Daily Bread</p> <p>5:30 Sports on T.V</p> <p>6:00 Miscellaneous Activities w/ "Activities Baskets"</p> <p>11:00 1:1 Visits & Welcoming New Residents</p> | <p>1:1 Activities Baskets Available 2</p> <p>Santana Buddies</p> <p>9:45 Daily Chronicle</p> <p>10:00 Exercise Class</p> <p>11:00 Reminiscing @ the "Courtyard"</p> <p>1:00 Ultimate Foodie Quiz</p> <p>1:15 Memory Tree Art Project</p> <p>3:00 Bingo For Prizes</p> <p>4:00 Stretch & Relax [G2]</p> <p>5:30 Sports on T.V</p> <p>6:00 Movie of your Choice</p> | <p>1:1 Activities Baskets Available 3</p> <p>9:45 Daily Chronicle</p> <p>10:00 Exercise w/ Noodles</p> <p>11:00 Courtyard Social & Refreshments</p> <p>1:00 Autumn Art Projects</p> <p>2:30 Ice Cream Sundae</p> <p>3:00 Wood-Shop/ Wood Painting</p> <p>4:00 Improve Joint Function w/ Range of Motion</p> <p>5:30 Sports on T.V</p> <p>6:00 Gentle Stretches</p> | <p>1:1 Activities Baskets Available 4</p> <p>9:30 Maximum Fitness w/ Shari</p> <p>10:30 Hydration Station & Snacks</p> <p>11:00 Lunch Outing Montecito Restaurant</p> <p>1:30 Prep Art Room for Art Class</p> <p>2:00 Memories in the Making w/ Diane</p> <p>2:30 Popsicle Ice Pops</p> <p>3:00 Pretty Nail Care & Hand Massage</p> <p>4:00 Daily Chronicle</p> <p>5:30 Sports on T.V</p> <p>6:00 Movie of your Choice</p> | <p>11:30-1:30pm Action Station w/ Chef Mario 5</p> <p>Santana Buddies</p> <p>9:30 Exercise Class</p> <p>10:30 Bistro Social & Snacks</p> <p>11:00 Watering Garden Courtyard/ Daily Chronicle</p> <p>1:30 Inspirational Music with Steve and Diane</p> <p>2:30 Bingo Extravaganza</p> <p>3:00 Balloon Exercise "Hand & Eye Coordination"</p> <p>4:00 Happy Hour w/Broken Strings</p> <p>5:30 Sports on T.V</p> <p>6:00 Full Body Relaxation</p> | <p>1:1 Activities Baskets Available 6</p> <p>9:45 Daily Chronicle</p> <p>10:00 Lets Get Fit Exercise Class</p> <p>11:00 Courtyard Reminiscing "Family Talk"</p> <p>1:00 Nail Care</p> <p>2:00 Welcome New Resident Social & Banana Splits</p> <p>3:00 Board Games Resident's Choice</p> <p>4:00 Aromatherapy w/ Natural Oils & Yoga</p> <p>5:30 Sports on T.V</p> <p>6:00 Move to Music</p> | <p>1:1 Activities Baskets Available 7</p> <p>9:45 Daily Chronicle</p> <p>10:00 Head -to-Toes Exercise</p> <p>11:00 Courtyard Social & Watering Garden</p> <p>1:00 1:1 Resident Visits w/ Book Supplies</p> <p>1:30 Remembering Gershwin Tunes</p> <p>2:30 Bowling</p> <p>3:00 Movie & Popcorn</p> <p>3:30 Pretty Nail Care & Hand Massage</p> <p>5:30 Sports on T.V</p> <p>6:00 Range Of Motion</p> |
| <p>1:1 Activities Baskets Available 8</p> <p>9:45 Daily Chronicle</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>1:00 Craft Class w/ Jenny</p> <p>2:00 Come Join us for a Movie & Popcorn</p> <p>4:00 Visit With Friends & The Daily Bread</p> <p>5:30 Sports on T.V</p> <p>6:00 Miscellaneous Activities w/ "Activities Baskets"</p> <p>11:00 1:1 Visits & Welcoming New Residents</p> | <p>1:1 Activities Baskets Available 9</p> <p>Santana Buddies</p> <p>9:45 Daily Chronicle</p> <p>10:00 Exercise Class</p> <p>11:00 Reminiscing @ the "Courtyard"</p> <p>1:00 Ultimate Foodie Quiz</p> <p>1:15 Memory Tree Art Project</p> <p>3:00 Bingo For Prizes</p> <p>4:00 Stretch & Relax [G2]</p> <p>5:30 Sports on T.V</p> <p>6:00 Movie of your Choice</p> | <p>1:1 Activities Baskets Available 10</p> <p>9:45 Daily Chronicle</p> <p>10:00 Exercise w/ Noodles</p> <p>11:00 Courtyard Social & Refreshments</p> <p>1:00 Autumn Art Projects</p> <p>2:30 Ice Cream Sundae</p> <p>3:00 Wood-Shop/ Wood Painting</p> <p>4:00 Improve Joint Function w/ Range of Motion</p> <p>5:30 Sports on T.V</p> <p>6:00 Gentle Stretches</p> | <p>1:1 Activities Baskets Available 11</p> <p>9:30 Maximum Fitness w/ Shari</p> <p>10:30 Hydration Station & Snacks</p> <p>11:00 Lunch Outing Filippi's Pizza</p> <p>12:00 Patriot Day "Remembering 9/11" with Jerry McCann</p> <p>1:30 Prep Art Room for Art Class</p> <p>2:00 Memories in the Making w/ Diane</p> <p>2:30 Popsicle Ice Pops</p> <p>3:00 Pretty Nail Care & Hand Massage</p> <p>4:00 Daily Chronicle</p> <p>5:30 Sports on T.V</p> <p>6:00 Movie of your Choice</p> | <p>11:30-1:30pm Action Station w/ Chef Mario 12</p> <p>Santana Buddies</p> <p>9:30 Bible Study & Hymns w/ Pastor Bob</p> <p>10:30 Bistro Social & Snacks</p> <p>11:00 Watering Garden Courtyard/ Daily Chronicle</p> <p>1:30 Ice Cream Cone Social</p> <p>2:30 Bingo Extravaganza</p> <p>3:00 Balloon Exercise "Hand & Eye Coordination"</p> <p>4:00 Happy Hour w/Blue Zone</p> <p>5:30 Sports on T.V</p> <p>6:00 Full Body Relaxation</p> | <p>1:1 Activities Baskets Available 13</p> <p>9:45 Daily Chronicle</p> <p>10:00 Lets Get Fit Exercise Class</p> <p>11:00 Courtyard Reminiscing "Family Talk"</p> <p>1:00 Nail Care</p> <p>2:00 Welcome New Resident Social & Banana Splits</p> <p>3:00 Board Games Resident's Choice</p> <p>4:00 Aromatherapy w/ Natural Oils & Yoga</p> <p>5:30 Sports on T.V</p> <p>6:00 Move to Music</p> | <p>1:1 Activities Baskets Available 14</p> <p>9:00 1:1 Resident Visits w/ Book Supplies</p> <p>9:45 Daily Chronicle</p> <p>10:00 Shadow Mountain Church</p> <p>11:00 Courtyard Social & Watering Garden</p> <p>1:00 1:1 Resident Visits w/ Book Supplies</p> <p>2:30 Bowling</p> <p>3:00 Movie & Popcorn</p> <p>5:30 Sports on T.V</p> <p>6:00 Range Of Motion</p> |
| <p>1:1 Activities Baskets Available 15</p> <p>9:45 Daily Chronicle</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>1:00 Aloha Ukulele Sing along w/ Bob</p> <p>2:00 Come Join us for a Movie & Popcorn</p> <p>3:00 Evening Prayer w/ Bill Bixby</p> <p>4:00 Visit With Friends & The Daily Bread</p> <p>5:30 Sports on T.V</p> <p>6:00 Miscellaneous Activities w/ "Activities Baskets"</p> <p>11:00 1:1 Visits & Welcoming New Residents</p> | <p>1:1 Activities Baskets Available 16</p> <p>Santana Buddies</p> <p>9:45 Daily Chronicle</p> <p>10:00 Exercise Class</p> <p>11:00 Reminiscing @ the "Courtyard"</p> <p>1:00 Ultimate Foodie Quiz</p> <p>1:15 Memory Tree Art Project</p> <p>3:00 Bingo For Prizes</p> <p>4:00 Stretch & Relax [G2]</p> <p>5:30 Sports on T.V</p> <p>6:00 Movie of your Choice</p> | <p>1:1 Activities Baskets Available 17</p> <p>9:45 Daily Chronicle</p> <p>10:00 Exercise w/ Noodles</p> <p>11:00 Courtyard Social & Refreshments</p> <p>1:00 Autumn Art Projects</p> <p>2:30 Ice Cream Sundae</p> <p>3:00 Wood-Shop/ Wood Painting w/ Bob</p> <p>4:00 Improve Joint Function w/ Range of Motion</p> <p>5:30 Sports on T.V</p> <p>6:00 Gentle Stretches</p> | <p>1:1 Activities Baskets Available 18</p> <p>9:30 Maximum Fitness w/ Shari</p> <p>10:30 Hydration Station & Snacks</p> <p>11:00 Lunch Outing Terrazza Restaurant</p> <p>1:30 Prep Art Room for Art Class</p> <p>2:00 Memories in the Making w/ Diane</p> <p>2:30 Popsicle Ice Pops</p> <p>3:00 Pretty Nail Care & Hand Massage</p> <p>4:00 Daily Chronicle</p> <p>5:30 Sports on T.V</p> <p>6:00 Movie of your Choice</p> | <p>11:30-1:30pm Action Station w/ Chef Mario 19</p> <p>Santana Buddies</p> <p>9:30 Bible Study & Hymns w/ Pastor Bob</p> <p>10:30 Bistro Social & Snacks</p> <p>11:00 Watering Garden Courtyard/ Daily Chronicle</p> <p>1:30 Inspirational Music with Steve and Diane</p> <p>2:30 Bingo Extravaganza</p> <p>3:00 Balloon Exercise "Hand & Eye Coordination"</p> <p>4:00 Happy Hour Bob Arie</p> <p>5:30 Sports on T.V</p> <p>6:00 Full Body Relaxation</p> | <p>1:1 Activities Baskets Available 20</p> <p>All Staff Meeting</p> <p>9:45 Daily Chronicle</p> <p>10:00 Lets Get Fit Exercise Class</p> <p>11:00 Courtyard Reminiscing "Family Talk"</p> <p>1:00 Nail Care</p> <p>2:00 Board Games Resident's Choice</p> <p>3:15 Welcome New Resident Social & Banana Splits</p> <p>4:00 Aromatherapy w/ Natural Oils & Yoga</p> <p>5:30 Sports on T.V</p> <p>6:00 Move to Music</p> | <p>1:1 Activities Baskets Available 21</p> <p>Happy Birthday Ernest J.</p> <p>9:00 1:1 Resident Visits w/ Book Supplies</p> <p>9:45 Daily Chronicle</p> <p>10:00 Head -to-Toes Exercise</p> <p>11:00 Courtyard Social & Watering Garden</p> <p>1:00 1:1 Resident Visits w/ Book Supplies</p> <p>1:30 Sing -A-Long w/ Myron</p> <p>2:30 Bowling</p> <p>3:00 Movie & Popcorn</p> <p>5:30 Sports on T.V</p> <p>6:00 Range Of Motion</p> |
| <p>1:1 Activities Baskets Available 22</p> <p>9:45 Daily Chronicle</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>1:00 Aloha Ukulele Sing along w/ Bob</p> <p>2:00 Come Join us for a Movie & Popcorn</p> <p>4:00 Visit With Friends & The Daily Bread</p> <p>5:30 Sports on T.V</p> <p>6:00 Miscellaneous Activities w/ "Activities Baskets"</p> <p>11:00 1:1 Visits & Welcoming New Residents</p> | <p>1:1 Activities Baskets Available 23</p> <p>Santana Buddies</p> <p>9:45 Daily Chronicle</p> <p>10:00 Exercise Class</p> <p>11:00 Reminiscing @ the "Courtyard"</p> <p>1:00 Ultimate Foodie Quiz</p> <p>1:15 Memory Tree Art Project</p> <p>3:00 Bingo For Prizes</p> <p>4:00 Stretch & Relax [G2]</p> <p>5:30 Sports on T.V</p> <p>6:00 Movie of your Choice</p> | <p>1:1 Activities Baskets Available 24</p> <p>9:45 Daily Chronicle</p> <p>10:00 Exercise w/ Noodles</p> <p>11:00 Courtyard Social & Refreshments</p> <p>1:00 Autumn Art Projects</p> <p>2:30 Ice Cream Sundae</p> <p>3:00 Wood-Shop/ Wood Painting w/ Bob</p> <p>4:00 Improve Joint Function w/ Range of Motion</p> <p>5:30 Sports on T.V</p> <p>6:00 Gentle Stretches</p> | <p>1:1 Activities Baskets Available 25</p> <p>9:30 Maximum Fitness w/ Shari</p> <p>10:30 Hydration Station & Snacks</p> <p>11:00 Lunch Outing Boll Weevil's</p> <p>1:30 Prep Art Room for Art Class</p> <p>2:00 Memories in the Making w/ Diane</p> <p>2:30 Popsicle Ice Pops</p> <p>3:00 Pretty Nail Care & Hand Massage</p> <p>4:00 Daily Chronicle</p> <p>5:30 Sports on T.V</p> <p>6:00 Movie of your Choice</p> | <p>11:30-1:30pm Action Station w/ Chef Mario 26</p> <p>Santana Buddies</p> <p>9:30 Bible Study & Hymns w/ Pastor Bob</p> <p>10:30 Bistro Social & Snacks</p> <p>11:00 Watering Garden Courtyard/ Daily Chronicle</p> <p>1:30 Ice Cream Cone Social</p> <p>2:30 Bingo Extravaganza</p> <p>3:00 Balloon Exercise "Hand & Eye Coordination"</p> <p>4:00 Happy Hour & Birthday Celebration w/ Sylvia and Salvador</p> <p>5:30 Sports on T.V</p> <p>6:00 Full Body Relaxation</p> | <p>1:1 Activities Baskets Available 27</p> <p>9:45 Daily Chronicle</p> <p>10:00 Lets Get Fit Exercise Class</p> <p>11:00 Courtyard Reminiscing "Family Talk"</p> <p>1:00 Nail Care</p> <p>2:00 Welcome New Resident Social & Banana Splits</p> <p>3:00 Board Games Resident's Choice</p> <p>4:00 Aromatherapy w/ Natural Oils & Yoga</p> <p>5:30 Sports on T.V</p> <p>6:00 Move to Music</p> | <p>1:1 Activities Baskets Available 28</p> <p>9:00 1:1 Resident Visits w/ Book Supplies</p> <p>9:45 Daily Chronicle</p> <p>10:00 Head -to-Toes Exercise</p> <p>11:00 Courtyard Social & Watering Garden</p> <p>1:00 1:1 Resident Visits w/ Book Supplies</p> <p>1:30 Bistro Social & Snacks</p> <p>2:30 Bowling</p> <p>3:00 Movie & Popcorn</p> <p>5:30 Sports on T.V</p> <p>6:00 Range Of Motion</p> |
| <p>1:1 Activities Baskets Available 29</p> <p>9:45 Daily Chronicle</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>1:00 Aloha Ukulele Sing along w/ Bob</p> <p>2:00 Come Join us for a Movie & Popcorn</p> <p>4:00 Visit With Friends & The Daily Bread</p> <p>5:30 Sports on T.V</p> <p>6:00 Miscellaneous Activities w/ "Activities Baskets"</p> <p>11:00 1:1 Visits & Welcoming New Residents</p> | <p>1:1 Activities Baskets Available 30</p> <p>Happy Birthday Beatrice C.</p> <p>Santana Buddies</p> <p>9:45 Daily Chronicle</p> <p>10:00 Exercise Class</p> <p>11:00 Reminiscing @ the "Courtyard"</p> <p>1:00 Ultimate Foodie Quiz</p> <p>1:15 Memory Tree Art Project</p> <p>3:00 Bingo For Prizes</p> <p>4:00 Stretch & Relax [G2]</p> <p>5:30 Sports on T.V</p> <p>6:00 Movie of your Choice</p> |  <p>All Activities are subject change without notice. Please check dailies for all updates.</p> | | <p>Resident Birthdays</p> <p>Ernest J. 9/21</p> <p>Beatrice C. 9/30</p> | | <p>Maritza Aguirre Life Enrichment Director @ The Ridge</p> <p>800 lantern Crest Santee, Ca 92071</p> <p>Cell: (619) 647-6392</p> <p>Maritza.aguirre@lanterncrestsantee.com</p> |
|  |  |  <p>All Activities are subject change without notice. Please check dailies for all updates.</p> | | <p>Resident Birthdays</p> <p>Ernest J. 9/21</p> <p>Beatrice C. 9/30</p> | |  |