October 2019

Lantern Crest Senior Living Horizons

Wednesday Monday Sunday Tuesday Thursday Saturday 1:1 Activities Baskets 1:1 Activities Baskets 11:30-1:30pm Action Stati 1:1 Activities Baskets 1:1 Activities Baskets Available 9:30 Bible Study & Hymns w/ 9:45 Daily Chronicle 9:30 Maximum Fitness w/ 9:45 Daily Chronicle 9:45 Daily Chronicle 10:00 Exercise w/ Noodles 0:00 Lets Get Fit Exercise 10:00 Head -to-Toes Exercise Resident 0:30 Bistro Social & Snacks 10:30 Courtyard Social & Refreshments 10:30 Hydration Station & Snacks Class 10:30 Courtyard Social & Watering Garden 11:00 Watering Garden Courtyard/ Daily **Birthdays** 1:00 Lunch Outing Omelet Factory 0:30 Courtyard Reminiscing "Family Talk" 11:30 1:1 Visits w/ Daily Chronicle 11:30 1:1 Resident Visits w/ Magazines 11:30 1:1 Hand-to Hand Visits 1:00 Fall Art with Canvas 1:30 Pren Art Room for Art Class 1:30 Inspirational Music with Steve and Diane 1:00 Halloween Bingo & Candy 2:30 Ice Cream "Drowned" in Coffee 2:00 Memories in the Making w/ Diane 1:00 Nail Care 1:30 Sing Along with Myron Juanita A. 2:30 Halloween Bingo 2:30 Flavored Coffee Bar 3:30 Balloon Exercise "Hand & Eye 2:00 Welcome New Resident Social & 3:00 Wood-Shop/ Wood Painting w/Bob 2:30 Bowling Lantern Crest Coordination' Charles C. 10/15 4:00 Improve Joint Function w/ Range of 3:00 Pretty Nail Care & Hand Massage Baking Cookies 3:00 Who, What, When Game 4:00 Happy Hour w/ Broken Strings 3:00 Pumpkin Craft Class 4:00 Daily Chronicle 5:30 Sports on T.V Mary M. 5:30 Sports on T.V 3:30 Aromatherapy w/ Natural Oils & Eucalyptus Hand Massage 10/26 5:30 Sports on T.V 5:30 Sports on T.V 6:00 Range Of Motion 6:00 Full Body Relaxation 6:00 Gentle Stretches 6:00 Movie of your Choice 5:30 Sports on T.V 6:00 Move to Music 1:1 Activities Baskets 1:1 Activities Baskets 1:1 Activities Baskets 1:1 Activities Baskets 11:30-1:30pm Action Station w/ Chef Mario 1:1 Activities Baskets 1:1 Activities Baskets Available Available Happy Birthday Juanita 9:45 Daily Chronicle 9:45 Daily Chronicle 9:45 Daily Chronicle 9:30 Maximum Fitness w/ 9:45 Daily Chronicle Santana Buddies 9:30 Bible Study & Hymns w/ 10:00 Communion Al Theater 10:00 Exercise w/ Noodles 0:00 Lets Get Fit Exercise 10:00 Shadow Mountain 9:45 Daily Chronicle 10:30 Courtyard Social & Refreshments 10:30 Hydration Station & Snacks 10:00 Namaste Chair Yoga w/ Spiritual Class 10:00 Exercise Class 10:30 UCCE Master Gardener Program of San 0:30 Courtyard Reminiscing "Family Talk" 10:30 Courtyard Social & Watering Garden 11:00 Lunch Outing Breakfast House 1:30 1:1 Visits w/ Daily Chronicle 10:30 Reminiscing @ the "Courtyard" 10:15 Love on a Leash in the Sunroom 1:00 Fall Art with Canvas 1:30 Prep Art Room for Art Class 1:30 1:1 Hand-to Hand Visits 11:30 1:1 Resident Visits w/ Magazines 11:00 Watering Garden Courtyard/ Daily 11:30 1:1 Visits w/ Newspaper 11:00 1:1 Visits & Welcoming New 2:00 Memories in the Making w/ Diane 1:00 Nail Care 1:00 Halloween Bingo & Candy 2:00 Ice Cream "Drowned" in Coffee Chronicle 1:00 Halloween Card Making 1:00 Prepping Fall Snack Mix Residents 3:00 Wood-Shop/ Wood Painting w/Bob 2:30 Flavored Coffee Bar 2:00 Welcome New Resident Social & 2:30 Bowling 1:00 Ukulele Sing along w/ Bob 2:00 Halloween Bind 2:00 Button Art Projects 3:00 Pretty Nail Care & Hand Massage **Baking Cookies** 3:00 Who, What, When Game 4:00 Improve Joint Function w/ Range of 3:30 Balloon Exercise "Hand & Eye 2:00 Come Join us for a Movie & Popcorn 3:00 Pumpkin Craft Class 3:30 Stretch & Relax [G2] 4:00 Daily Chronicle 5:30 Sports on T.V Coordination' 4:00 Visit With Friends & The Daily Bread 3:30 Aromatherapy w/ Natural Oils & 5:30 Sports on T.V 5:30 Sports on T.V 6:00 Range Of Motion 5:30 Sports on T.V 4:00 Happy Hour w/Blue Zone 5:30 Sports on T.V **Eucalyptus Hand Massage** 6:00 Gentle Stretches 6:00 Movie of your Choice 6:00 Movie of your Choice 5:30 Sports on T.V 5:30 Sports on T.V 6:00 Miscellaneous Activities w/ 6:00 Full Body Relaxation "Activities Baskets" 6:00 Move to Music 1:1 Activities Baskets Available 1:1 Activities Baskets 1:1 Activities Baskets 1:1 Activities Baskets 8 1:1 Activities Baskets 1:1 Activities Baskets 16 11:30-1:30pm Action Station w/ Chef Mario 19 **October Events** 9:45 Daily Chronicle Available Available Available Available **Available** 9:30 Bible Study & Hymns w/ 10:00 Communion Al Theater Happy Birthday Charles 9:30 Maximum Fitness w/ 9:45 Daily Chronicle Alzheimer's Walk Balboa Park Santana Buddies 10:00 Namaste Chair Yoga w/ *10/10 Shari 0:00 Lets Get Fit Exercise **Senior Fall Portraits** 9:45 Daily Chronicle 9:45 Daily Chronicle 0:30 Bistro Social & Snacks Spiritual Music 10:30 Hydration Station & Snacks 9:45 Daily Chronicle 0:00 Head -to-Toes Exercise 10:15 Love on a Leash in the Sunroom 11:00 Watering Garden Courtyard/ Daily 10:00 Exercise Class 10:00 Exercise w/ Noodles 11:00 Lunch Outing Mimi's Cafe 0:30 Courtyard Reminiscing "Family Talk" 10:30 Courtyard Social & Watering Garden **Master Gardeners** 11:00 1:1 Visits & Welcoming New Residents 10:30 Reminiscing @ the "Courtyard" 1:30 1:1 Hand-to Hand Visits 1:30 Prep Art Room for Art Class 10:30 Courtyard Social & Refreshments 1:30 Inspirational Music with Steve and Diane 11:30 1:1 Resident Visits w/ Magazines 1:00 Ukulele Sing along w/ Bob 11:30 1:1 Visits w/ Newspaper 2:00 Memories in the Making w/ Diane 1:00 Nail Care 11:30 1:1 Visits w/ Daily Chronicle 2:30 Halloween Bingo 1:00 Halloween Bingo & Candy 2:00 Come Join us for a Movie & Popcorn *10/15 1:00 Halloween Card Making 3:30 Balloon Exercise "Hand & Eye 2:00 Special Event/Parasol Strutters 2:30 Flavored Coffee Bar 1:00 Fall Art with Canvas 1:30 Sing Along with Myron Coordination" 4:00 Visit With Friends & The Daily Bread 2:00 Button Art Projects 3:00 Pretty Nail Care & Hand Massage 3:00 Pumpkin Craft Class 2:00 Ice Cream "Drowned" in Coffee 2:30 Bowling 4:00 Happy Hour w/Cowboy Jack 3:30 Aromatherapy w/ Natural Oils & Eucalyptus Hand Massage **Senior Portraits** 5:30 Sports on T.V 3:30 Stretch & Relax [G2] 4:00 Daily Chronicle 3:00 Who, What, When Game 3:00 Wood-Shop/ Wood Painting w/Bob 5:30 Sports on T.V 6:00 Miscellaneous Activities w/ "Activities 5:30 Sports on T.V 5:30 Sports on T.V 4:00 Improve Joint Function w/ Range of 5:30 Sports on T.V 6:00 Full Body Relaxation 5:30 Sports on T.V 6:00 Movie of your Choice Motion 6:00 Range Of Motion *10/18 6:00 Movie of your Choice 6:00 Move to Music 5:30 Sports on T.V 6:00 Gentle Stretches Halloween 1:1 Activities Baskets 11:30-1:30pm Action Station 26 Available Available Available Available Available Available Special Event with 9:45 Daily Chronicle 9:45 Daily Chronicle 9:30 Bible Study & Hymns w/ 9:45 Daily Chronicle Happy Birthday Mary M 9:30 Maximum Fitness w/ **Santana Buddies** Pastor Bob 9:45 Daily Chronicle 10:00 Communion Al Theater 10:00 Exercise w/ Noodles 0:00 Lets Get Fit Exercise 9:45 Daily Chronicle 10:30 Hydration Station & Snacks 0:30 Bistro Social & Snacks 10:00 Namaste Chair Yoga w/ Spiritual 10:30 Courtvard Social & Refreshments 10:00 Head -to-Toes Exercise **Rhinestone Grannies** 10:00 Exercise Class 10:30 Courtyard Reminiscing "Family Talk" 11:00 Lunch Outing Montecito Restaurant 11:00 Watering Garden Courtyard/ Daily Music 11:30 1:1 Visits w/ Daily Chronicle 10:30 Courtyard Social & Watering Garden 10:30 Reminiscing @ the "Courtyard" 10:15 Love on a Leash in the Sunroom Chronicle 1:30 1:1 Hand-to Hand Visits 1:00 Fall Art with Canvas 1:30 Prep Art Room for Art Class 11:30 1:1 Resident Visits w/ Magazines Dance, Comedy, Song 11:30 1:1 Visits w/ Newspaper 11:00 1:1 Visits & Welcoming New 2:00 Memories in the Making w/ Diane 1:00 Prepping Fall Snack Mix 2:00 Ice Cream "Drowned" in Coffee 1:00 Nail Care 1:00 Halloween Card Making Residents 2:00 Halloween Bingo 2:00 Welcome New Resident Social & 2:30 Bowling 3:00 Wood-Shop/ Wood Painting w/Bob with John James 1:00 Ukulele Sing along w/ Bob 2:00 Button Art Projects 3:00 Pretty Nail Care & Hand Massage 3:30 Balloon Exercise "Hand & Eye **Baking Cookies** 4:00 Improve Joint Function w/ Range of 3:00 Who, What, When Game 2:00 Come Join us for a Movie & Popcorn Coordination" 3:00 Pumpkin Craft Class 3:30 Stretch & Relax [G2] 4:00 Daily Chronicle 5:30 Sports on T.V 4:00 Happy Hour w/ Bob 4:00 Visit With Friends & The Daily Bread 3:30 Aromatherapy w/ Natural Oils & 5:30 Sports on T.V 5:30 Sports on T.V of THE PLATTERS! 5:30 Sports on T.V 6:00 Range Of Motion Eucalyptus Hand Massage 5:30 Sports on T.V 5:30 Sports on T.V 6:00 Gentle Stretches 6:00 Movie of your Choice 6:00 Movie of your Choice 5:30 Sports on T.V 6:00 Full Body Relaxation 6:00 Miscellaneous Activities w/ "Activities Baskets" 6:00 Move to Music 1:1 Activities Baskets 1:1 Activities Baskets 1:1 Activities Baskets 1:1 Activities Baskets 30 Maritza Aguirre Chef Mario Available Available Available Available Hanny Halloween 9:45 Daily Chronicle 9:45 Daily Chronicle 9:30 Maximum Fitness w/ All Activities Life Enrichment **Santana Buddies** 9:30 Bible Study & Hymns w/ 10:00 Communion Al Theater 10:00 Exercise w/ Noodles Shari 9:45 Daily Chronicle Pastor Bob 10:30 Hydration Station & Snacks are subject change Director @ The 10:00 Namaste Chair Yoga w/ Spiritual 10:30 Courtyard Social & Refreshments 0:30 Bistro Social & Snacks 10:00 Exercise Class 11:30 1:1 Visits w/ Daily Chronicle 1:00 Lunch Outing Montecito Restaurant 11:00 Watering Garden Courtyard/ Daily 10:30 Reminiscing @ the "Courtyard" without notice. Ridge 10:15 Love on a Leash in the Sunroom 1:00 Fall Art with Canvas 1:30 Prep Art Room for Art Class Chronicle 11:30 1:1 Visits w/ Newspaper 11:00 1:1 Visits & Welcoming New 2:00 Memories in the Making w/ Diane 1:00 Prepping Fall Snack Mix 2:00 Ice Cream "Drowned" in Coffee Please check 800 lantern Crest Residents 1:00 Halloween Card Making 2:30 Flavored Coffee Bar 3:00 Wood-Shop/Wood Painting w/Bob 2:00 Halloween Bingo 3:30 Balloon Exercise "Hand & Eye 1:00 Ukulele Sing along w/ Bob 2:00 Button Art Projects 3:00 Pretty Nail Care & Hand Massage 4:00 Improve Joint Function w/ Range of dailies Santee, Ca 92071 Coordination" 2:00 Come Join us for a Movie & Popcorn 4:00 Daily Chronicle 3:30 Stretch & Relax [G2] 4:00 Come Celebrate witches Brew! with

5:30 Sports on T.V

6:00 Movie of your Choice

Broken Strings Band

5:30 Sports on T.V

6:00 Full Body Relaxation

for all updates.

Cell: (619) 647-6392

Maritza,aguirre@lanterncrestsantee.com

5:30 Sports on T.V

6:00 Gentle Stretches

4:00 Visit With Friends & The Daily Bread

6:00 Miscellaneous Activities w/

"Activities Baskets'

5:30 Sports on T.V

5:30 Sports on T.V

6:00 Movie of your Choice