



# October 2019

## Lantern Crest Senior Living Horizons

| Sunday   | Monday  | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday  |   |
|--|---|--|--|--|---|---|---|
|  <p style="font-size: 2em; font-weight: bold; color: white;">October Events</p> <p style="color: white;">*10/10<br/>Master Gardeners<br/>*10/15<br/>Senior Portraits<br/>*10/18<br/>Halloween<br/>Special Event with<br/>Rhinestone Grannies<br/>Dance, Comedy, Song<br/>with John James<br/>of THE PLATTERS!</p>  |  <p style="font-size: 1.5em; font-weight: bold; color: white;">Resident Birthdays</p> <p style="color: white;">Juanita A. 10/10<br/>Charles C. 10/15<br/>Mary M. 10/26</p>   | <p style="font-size: 1.5em; font-weight: bold;">1</p> <p>1:1 Activities Baskets Available</p> <p>9:45 Daily Chronicle</p> <p>10:00 Exercise w/ Noodles</p> <p>10:30 Courtyard Social &amp; Refreshments</p> <p>11:30 1:1 Visits w/ Daily Chronicle</p> <p>1:00 Fall Art with Canvas</p> <p>2:30 Ice Cream "Drowned" in Coffee</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 style="font-size: 1.5em; font-weight: bold;">2</p> <p>1:1 Activities Baskets Available</p> <p>9:30 Maximum Fitness w/ Shari</p> <p>10:30 Hydration Station &amp; Snacks</p> <p>11:00 Lunch Outing Omelet Factory</p> <p>1:30 Prep Art Room for Art Class</p> <p>2:00 Memories in the Making w/ Diane</p> <p>2:30 Flavored Coffee Bar</p> <p>3:00 Pretty Nail Care &amp; 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 style="font-size: 1.5em; font-weight: bold;">3</p> <p>11:30-1:30pm Action Station w/ Chef Mario</p> <p>9:30 Bible Study &amp; Hymns w/ Pastor Bob</p> <p>10:30 Bistro Social &amp; Snacks</p> <p>11:00 Watering Garden Courtyard/ Daily Chronicle</p> <p>1:30 Inspirational Music with Steve and Diane</p> <p>2:30 Halloween Bingo</p> <p>3:30 Balloon Exercise "Hand &amp; 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 style="font-size: 1.5em; font-weight: bold;">4</p> <p>1:1 Activities Baskets Available</p> <p>9:45 Daily Chronicle</p> <p>10:00 Lets Get Fit Exercise Class</p> <p>10:30 Courtyard Reminiscing "Family Talk"</p> <p>11:30 1:1 Hand-to Hand Visits</p> <p>1:00 Nail Care</p> <p>2:00 Welcome New Resident Social &amp; Baking Cookies</p> <p>3:00 Pumpkin Craft Class</p> <p>3:30 Aromatherapy w/ Natural Oils &amp; Eucalyptus Hand Massage</p> <p>5:30 Sports on T.V</p> <p>6:00 Move to Music</p>                          | <p style="font-size: 1.5em; font-weight: bold;">5</p> <p>1:1 Activities Baskets Available</p> <p>9:45 Daily Chronicle</p> <p>10:00 Head -to-Toes Exercise Class</p> <p>10:30 Courtyard Social &amp; Watering Garden</p> <p>11:30 1:1 Resident Visits w/ Magazines</p> <p>1:00 Halloween Bingo &amp; Candy</p> <p>1:30 Sing Along with Myron</p> <p>2:30 Bowling</p> <p>3:00 Who, What, When Game</p> <p>5:30 Sports on T.V</p> <p>6:00 Range Of Motion</p>  |   |
|  | <p style="font-size: 1.5em; font-weight: bold;">6</p> <p>1:1 Activities Baskets Available</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>11:00 1:1 Visits &amp; Welcoming New Residents</p> <p>1:00 Ukulele Sing along w/ Bob</p> <p>2:00 Come Join us for a Movie &amp; Popcorn</p> <p>4:00 Visit With Friends &amp; The Daily Bread</p> <p>5:30 Sports on T.V</p> <p>6:00 Miscellaneous Activities w/ "Activities Baskets"</p>   | <p style="font-size: 1.5em; font-weight: bold;">7</p> <p>1:1 Activities Baskets Available</p> <p>Santana Buddies</p> <p>9:45 Daily Chronicle</p> <p>10:00 Exercise Class</p> <p>10:30 Reminiscing @ the "Courtyard"</p> <p>11:30 1:1 Visits w/ Newspaper</p> <p>1:00 Halloween Card Making</p> <p>2:00 Button Art Projects</p> <p>3:30 Stretch &amp; Relax [G2]</p> <p>5:30 Sports on T.V</p> <p>6:00 Movie of your Choice</p>   | <p style="font-size: 1.5em; font-weight: bold;">8</p> <p>1:1 Activities Baskets Available</p> <p>9:45 Daily Chronicle</p> <p>10:00 Exercise w/ Noodles</p> <p>10:30 Courtyard Social &amp; Refreshments</p> <p>11:30 1:1 Visits w/ Daily Chronicle</p> <p>1:00 Fall Art with Canvas</p> <p>2:00 Ice Cream "Drowned" in Coffee</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 style="font-size: 1.5em; font-weight: bold;">9</p> <p>1:1 Activities Baskets Available</p> <p>9:30 Maximum Fitness w/ Shari</p> <p>10:30 Hydration Station &amp; Snacks</p> <p>11:00 Lunch Outing Breakfast House</p> <p>1:30 Prep Art Room for Art Class</p> <p>2:00 Memories in the Making w/ Diane</p> <p>2:30 Flavored Coffee Bar</p> <p>3:00 Pretty Nail Care &amp; 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 style="font-size: 1.5em; font-weight: bold;">10</p> <p>11:30-1:30pm Action Station w/ Chef Mario</p> <p>Happy Birthday Juanita</p> <p>9:30 Bible Study &amp; Hymns w/ Pastor Bob</p> <p>10:30 UCCE Master Gardener Program of San Diego</p> <p>11:00 Watering Garden Courtyard/ Daily Chronicle</p> <p>1:00 Prepping Fall Snack Mix</p> <p>2:00 Halloween Bingo</p> <p>3:30 Balloon Exercise "Hand &amp; 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 style="font-size: 1.5em; font-weight: bold;">11</p> <p>1:1 Activities Baskets Available</p> <p>9:45 Daily Chronicle</p> <p>10:00 Lets Get Fit Exercise Class</p> <p>10:30 Courtyard Reminiscing "Family Talk"</p> <p>11:30 1:1 Hand-to Hand Visits</p> <p>1:00 Nail Care</p> <p>2:00 Welcome New Resident Social &amp; Baking Cookies</p> <p>3:00 Pumpkin Craft Class</p> <p>3:30 Aromatherapy w/ Natural Oils &amp; Eucalyptus Hand Massage</p> <p>5:30 Sports on T.V</p> <p>6:00 Move to Music</p> | <p style="font-size: 1.5em; font-weight: bold;">12</p> <p>1:1 Activities Baskets Available</p> <p>9:45 Daily Chronicle</p> <p>10:00 Shadow Mountain Church</p> <p>10:30 Courtyard Social &amp; Watering Garden</p> <p>11:30 1:1 Resident Visits w/ Magazines</p> <p>1:00 Halloween Bingo &amp; Candy</p> <p>2:30 Bowling</p> <p>3:00 Who, What, When Game</p> <p>5:30 Sports on T.V</p> <p>6:00 Range Of Motion</p>   |
|  | <p style="font-size: 1.5em; font-weight: bold;">13</p> <p>1:1 Activities Baskets Available</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>11:00 1:1 Visits &amp; Welcoming New Residents</p> <p>1:00 Ukulele Sing along w/ Bob</p> <p>2:00 Come Join us for a Movie &amp; Popcorn</p> <p>3:00 Afternoon Prayer with Bill Bixby</p> <p>4:00 Visit With Friends &amp; The Daily Bread</p> <p>5:30 Sports on T.V</p> <p>6:00 Miscellaneous Activities w/ "Activities Baskets"</p> | <p style="font-size: 1.5em; font-weight: bold;">14</p> <p>1:1 Activities Baskets Available</p> <p>Santana Buddies</p> <p>9:45 Daily Chronicle</p> <p>10:00 Exercise Class</p> <p>10:30 Reminiscing @ the "Courtyard"</p> <p>11:30 1:1 Visits w/ Newspaper</p> <p>1:00 Halloween Card Making</p> <p>2:00 Button Art Projects</p> <p>3:30 Stretch &amp; Relax [G2]</p> <p>5:30 Sports on T.V</p> <p>6:00 Movie of your Choice</p>  | <p style="font-size: 1.5em; font-weight: bold;">15</p> <p>1:1 Activities Baskets Available</p> <p>Happy Birthday Charles Senior Fall Portraits</p> <p>9:45 Daily Chronicle</p> <p>10:00 Exercise w/ Noodles</p> <p>10:30 Courtyard Social &amp; Refreshments</p> <p>11:30 1:1 Visits w/ Daily Chronicle</p> <p>1:00 Fall Art with Canvas</p> <p>2:00 Ice Cream "Drowned" in Coffee</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 style="font-size: 1.5em; font-weight: bold;">16</p> <p>1:1 Activities Baskets Available</p> <p>9:30 Maximum Fitness w/ Shari</p> <p>10:30 Hydration Station &amp; Snacks</p> <p>11:00 Lunch Outing Mimi's Cafe</p> <p>1:30 Prep Art Room for Art Class</p> <p>2:00 Memories in the Making w/ Diane</p> <p>2:30 Flavored Coffee Bar</p> <p>3:00 Pretty Nail Care &amp; 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 style="font-size: 1.5em; font-weight: bold;">17</p> <p>11:30-1:30pm Action Station w/ Chef Mario</p> <p>9:30 Bible Study &amp; Hymns w/ Pastor Bob</p> <p>10:30 Bistro Social &amp; Snacks</p> <p>11:00 Watering Garden Courtyard/ Daily Chronicle</p> <p>1:30 Inspirational Music with Steve and Diane</p> <p>2:30 Halloween Bingo</p> <p>3:30 Balloon Exercise "Hand &amp; Eye Coordination"</p> <p>4:00 Happy Hour w/Cowboy Jack</p> <p>5:30 Sports on T.V</p> <p>6:00 Full Body Relaxation</p>                           | <p style="font-size: 1.5em; font-weight: bold;">18</p> <p>1:1 Activities Baskets Available</p> <p>9:45 Daily Chronicle</p> <p>10:00 Lets Get Fit Exercise Class</p> <p>10:30 Courtyard Reminiscing "Family Talk"</p> <p>11:30 1:1 Hand-to Hand Visits</p> <p>1:00 Nail Care</p> <p>2:00 Special Event/Parasol Strutters</p> <p>3:00 Pumpkin Craft Class</p> <p>3:30 Aromatherapy w/ Natural Oils &amp; Eucalyptus Hand Massage</p> <p>5:30 Sports on T.V</p> <p>6:00 Move to Music</p>                  | <p style="font-size: 1.5em; font-weight: bold;">19</p> <p>1:1 Activities Baskets Available</p> <p>Alzheimer's Walk Balboa Park</p> <p>9:45 Daily Chronicle</p> <p>10:00 Head -to-Toes Exercise Class</p> <p>10:30 Courtyard Social &amp; Watering Garden</p> <p>11:30 1:1 Resident Visits w/ Magazines</p> <p>1:00 Halloween Bingo &amp; Candy</p> <p>1:30 Sing Along with Myron</p> <p>2:30 Bowling</p> <p>3:00 Who, What, When Game</p> <p>5:30 Sports on T.V</p> <p>6:00 Range Of Motion</p> |
|  | <p style="font-size: 1.5em; font-weight: bold;">20</p> <p>1:1 Activities Baskets Available</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>11:00 1:1 Visits &amp; Welcoming New Residents</p> <p>1:00 Ukulele Sing along w/ Bob</p> <p>2:00 Come Join us for a Movie &amp; Popcorn</p> <p>4:00 Visit With Friends &amp; The Daily Bread</p> <p>5:30 Sports on T.V</p> <p>6:00 Miscellaneous Activities w/ "Activities Baskets"</p>  | <p style="font-size: 1.5em; font-weight: bold;">21</p> <p>1:1 Activities Baskets Available</p> <p>Santana Buddies</p> <p>9:45 Daily Chronicle</p> <p>10:00 Exercise Class</p> <p>10:30 Reminiscing @ the "Courtyard"</p> <p>11:30 1:1 Visits w/ Newspaper</p> <p>1:00 Halloween Card Making</p> <p>2:00 Button Art Projects</p> <p>3:30 Stretch &amp; Relax [G2]</p> <p>5:30 Sports on T.V</p> <p>6:00 Movie of your Choice</p>  | <p style="font-size: 1.5em; font-weight: bold;">22</p> <p>1:1 Activities Baskets Available</p> <p>9:45 Daily Chronicle</p> <p>10:00 Exercise w/ Noodles</p> <p>10:30 Courtyard Social &amp; Refreshments</p> <p>11:30 1:1 Visits w/ Daily Chronicle</p> <p>1:00 Fall Art with Canvas</p> <p>2:00 Ice Cream "Drowned" in Coffee</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 style="font-size: 1.5em; font-weight: bold;">23</p> <p>1:1 Activities Baskets Available</p> <p>9:30 Maximum Fitness w/ Shari</p> <p>10:30 Hydration Station &amp; 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 Flavored Coffee Bar</p> <p>3:00 Pretty Nail Care &amp; 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 style="font-size: 1.5em; font-weight: bold;">24</p> <p>11:30-1:30pm Action Station w/ Chef Mario</p> <p>9:30 Bible Study &amp; Hymns w/ Pastor Bob</p> <p>10:30 Bistro Social &amp; Snacks</p> <p>11:00 Watering Garden Courtyard/ Daily Chronicle</p> <p>1:00 Prepping Fall Snack Mix</p> <p>2:00 Halloween Bingo</p> <p>3:30 Balloon Exercise "Hand &amp; Eye Coordination"</p> <p>4:00 Happy Hour w/ Bob</p> <p>5:30 Sports on T.V</p> <p>6:00 Full Body Relaxation</p>   | <p style="font-size: 1.5em; font-weight: bold;">25</p> <p>1:1 Activities Baskets Available</p> <p>9:45 Daily Chronicle</p> <p>10:00 Lets Get Fit Exercise Class</p> <p>10:30 Courtyard Reminiscing "Family Talk"</p> <p>11:30 1:1 Hand-to Hand Visits</p> <p>1:00 Nail Care</p> <p>2:00 Welcome New Resident Social &amp; Baking Cookies</p> <p>3:00 Pumpkin Craft Class</p> <p>3:30 Aromatherapy w/ Natural Oils &amp; Eucalyptus Hand Massage</p> <p>5:30 Sports on T.V</p> <p>6:00 Move to Music</p> | <p style="font-size: 1.5em; font-weight: bold;">26</p> <p>1:1 Activities Baskets Available</p> <p>Happy Birthday Mary M.</p> <p>9:45 Daily Chronicle</p> <p>10:00 Head -to-Toes Exercise Class</p> <p>10:30 Courtyard Social &amp; Watering Garden</p> <p>11:30 1:1 Resident Visits w/ Magazines</p> <p>1:00 Halloween Bingo &amp; Candy</p> <p>2:30 Bowling</p> <p>3:00 Who, What, When Game</p> <p>5:30 Sports on T.V</p> <p>6:00 Range Of Motion</p>   |
| <p style="font-size: 1.5em; font-weight: bold;">27</p> <p>1:1 Activities Baskets Available</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>11:00 1:1 Visits &amp; Welcoming New Residents</p> <p>1:00 Ukulele Sing along w/ Bob</p> <p>2:00 Come Join us for a Movie &amp; Popcorn</p> <p>4:00 Visit With Friends &amp; The Daily Bread</p> <p>5:30 Sports on T.V</p> <p>6:00 Miscellaneous Activities w/ "Activities Baskets"</p> | <p style="font-size: 1.5em; font-weight: bold;">28</p> <p>1:1 Activities Baskets Available</p> <p>Santana Buddies</p> <p>9:45 Daily Chronicle</p> <p>10:00 Exercise Class</p> <p>10:30 Reminiscing @ the "Courtyard"</p> <p>11:30 1:1 Visits w/ Newspaper</p> <p>1:00 Halloween Card Making</p> <p>2:00 Button Art Projects</p> <p>3:30 Stretch &amp; Relax [G2]</p> <p>5:30 Sports on T.V</p> <p>6:00 Movie of your Choice</p>   | <p style="font-size: 1.5em; font-weight: bold;">29</p> <p>1:1 Activities Baskets Available</p> <p>9:45 Daily Chronicle</p> <p>10:00 Exercise w/ Noodles</p> <p>10:30 Courtyard Social &amp; Refreshments</p> <p>11:30 1:1 Visits w/ Daily Chronicle</p> <p>1:00 Fall Art with Canvas</p> <p>2:00 Ice Cream "Drowned" in Coffee</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 style="font-size: 1.5em; font-weight: bold;">30</p> <p>1:1 Activities Baskets Available</p> <p>9:30 Maximum Fitness w/ Shari</p> <p>10:30 Hydration Station &amp; 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 Flavored Coffee Bar</p> <p>3:00 Pretty Nail Care &amp; 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 style="font-size: 1.5em; font-weight: bold;">31</p> <p>11:30-1:30pm Action Station w/ Chef Mario</p> <p>Happy Halloween</p> <p>9:30 Bible Study &amp; Hymns w/ Pastor Bob</p> <p>10:30 Bistro Social &amp; Snacks</p> <p>11:00 Watering Garden Courtyard/ Daily Chronicle</p> <p>1:00 Prepping Fall Snack Mix</p> <p>2:00 Halloween Bingo</p> <p>3:30 Balloon Exercise "Hand &amp; Eye Coordination"</p> <p>4:00 Come Celebrate witches Brew! with Broken Strings Band</p> <p>5:30 Sports on T.V</p> <p>6:00 Full Body Relaxation</p> | <p style="font-size: 1.5em; font-weight: bold;">All Activities are subject change without notice. Please check dailies for all updates.</p> <p style="font-size: 1.5em; font-weight: bold;">Maritza Aguirre<br/>Life Enrichment Director @ The Ridge</p> <p style="font-size: 1.5em; font-weight: bold;">800 lantern Crest<br/>Santee, Ca 92071<br/>Cell: (619) 647-6392</p> <p style="font-size: 0.8em; font-weight: normal;">Maritza.aguirre@lanterncrestsantee.com</p>   |   |   |