

November 2019 Lantern Crest Senior Living Horizons

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Resident Birthdays Charles T. 11/2 Carlos G. 11/5 Elysa B. 11/8 Gloria E. 11/22 Robert M M. 11/24 Anna Maria Vilma S. 11/29	All Activities are subject change without notice. Please check dailies for all updates.	Maritza Aguirre Life Enrichment Director @ The Ridge 800 lantern Crest Santee, Ca 92071 Cell: (619) 647-6392 <i>Maritza.aguirre@lanterncrestsantee.com</i>		1:1 Activities Baskets Available 1 9:45 Daily Chronicle 10:00 Lets Get Fit Exercise Class 10:30 Hot Apple Cider & Reminiscing 11:30 1:1 Thankful Quotes "Family Talk" 1:00 Nail Care 2:00 Welcome New Resident Social & Baking Cookies 3:00 Craft w/ Buttons Class 3:30 Aromatherapy w/ Natural Oils & Eucalyptus Hand Massage 5:30 Sports on T.V 6:00 Move to Music	1:1 Activities Baskets Available 2 Happy Birthday Charles T 9:45 Daily Chronicle 10:00 Head -to-Toes Exercise 10:30 Working w/ Stamps 11:30 1:1 Resident Visits w/ Magazines 1:00 Holiday Bread Bingo w/ a Twist 1:30 Sing Along with Myron 2:30 Bowling 3:00 Poinsettia Pins 5:30 Sports on T.V 6:00 Range Of Motion
	1:1 Activities Baskets Available 3 Daylight Savings Time Ends 9:45 Daily Chronicle 10:00 Communion Al Theater 10:00 Namaste Chair Yoga w/ Spiritual Music 10:15 Love on a Leash in the Sunroom 11:00 1:1 Visits & Welcoming New Residents 1:00 Ukulele Sing along w/ Bob 2:00 Come Join us for a Movie & Popcorn 3:30 Hot Cocoa & The Daily Bread 5:30 Sports on T.V 6:00 Miscellaneous Activities w/ "Activities Baskets"	1:1 Activities Baskets Available 4 Santana Buddies 9:45 Daily Chronicle 10:00 Rock Art w/ Buddies 11:30 1:1 Visits w/ Newspaper 1:00 Exercise Class 2:00 Pumpkin Seed Art Projects 3:00 Quotes & Giving Thanks Card Making [G2] 5:30 Sports on T.V 6:00 Movie of your Choice	1:1 Activities Baskets Available 5 Happy Birthday Carlos G 9:45 Daily Chronicle 10:00 Bates Nut Farm 10:30 Exercise Class 1:00 Movie and Popcorn 2:00 Taste of the Holidays w/ Eggnog 3:00 Men's Group w/ Pastor Bob 3:00 Wood-Shop/ Wood Painting 4:00 Improve Joint Function w/ Range of Motion 5:30 Sports on T.V 6:00 Gentle Stretches	1:1 Activities Baskets Available 6 Maximum Fitness w/ Shari 9:30 Hydration Station & Snacks 11:00 Lunch Outing Terrazza Restaurant 1:30 Prep Art Room for Art Class 2:00 Memories in the Making w/ Diane 2:30 Autumn Favorites Coffee Bar 3:00 Pretty Nail Care & Hand Massage 4:00 Daily Chronicle 5:30 Sports on T.V 6:00 Movie of your Choice	11:30-1:30pm Action Station w/ Chef Mario 7 9:30 Bible Study & Hymns w/ Pastor Bob 10:30 Bistro Social & Snacks 11:00 Watering Garden Courtyard/ Daily Chronicle 1:30 Inspirational Music with Steve and Diane 2:30 Gather Together, Give Thanks & Eat Pie 3:30 Balloon Exercise "Hand & Eye Coordination" 4:00 Happy Hour w/Broken Strings 5:30 Sports on T.V 6:00 Full Body Relaxation	1:1 Activities Baskets Available 8 Happy Birthday Elysa B 9:45 Daily Chronicle 10:00 Lets Get Fit Exercise Class 10:30 Hot Apple Cider & Reminiscing 11:30 1:1 Thankful Quotes "Family Talk" 1:00 Nail Care 2:00 Welcome New Resident Social & Baking Cookies 3:00 Craft w/ Buttons Class 3:30 Aromatherapy w/ Natural Oils & Eucalyptus Hand Massage 5:30 Sports on T.V 6:00 Move to Music	1:1 Activities Baskets Available 9 Daily Chronicle 9:45 Shadow Mountain Church "AL Theater" 10:00 Working w/ Stamps 11:30 1:1 Resident Visits w/ Magazines 1:00 Holiday Bread Bingo w/ a Twist 2:30 Bowling 3:00 Poinsettia Pins 5:30 Sports on T.V 6:00 Range Of Motion
November Events *11/05 Bates Nut Farm at 10:30 am *11/14 Turkey "Blue" Lantern Crest Hall at 1:30 pm	1:1 Activities Baskets Available 10 Daily Chronicle 9:45 Communion Al Theater 10:00 Namaste Chair Yoga w/ Spiritual Music 10:15 Love on a Leash in the Sunroom 11:00 1:1 Visits & Welcoming New Residents 1:00 Ukulele Sing along w/ Bob 2:00 Come Join us for a Movie & Popcorn 3:00 Bill Bixby w/ Evening Prayers 3:30 Hot Cocoa & The Daily Bread 5:30 Sports on T.V 6:00 Miscellaneous Activities w/ "Activities Baskets"	1:1 Activities Baskets Available 11 Happy Veterans Day Santana Buddies 9:45 Daily Chronicle 10:00 Rock Art w/ Buddies 11:30 1:1 Visits w/ Newspaper 1:00 Exercise Class 2:00 Pumpkin Seed Art Projects 3:00 Quotes & Giving Thanks Card Making [G2] 5:30 Sports on T.V 6:00 Movie of your Choice	1:1 Activities Baskets Available 12 Daily Chronicle 9:45 Exercise w/ Noodles 11:30 1:1 Visits w/ Daily Chronicle 1:00 Holiday Art with Canvas 2:00 Taste of the Holidays w/ Eggnog 3:00 Men's Group w/ Pastor Bob 3:00 Wood-Shop/ Wood Painting 4:00 Improve Joint Function w/ Range of Motion 5:30 Sports on T.V 6:00 Gentle Stretches	1:1 Activities Baskets Available 13 Maximum Fitness w/ Shari 9:30 Hydration Station & Snacks 11:00 Lunch Outing Marie Calendars 1:30 Prep Art Room for Art Class 2:00 Memories in the Making w/ Diane 2:30 Autumn Favorites Coffee Bar 3:00 Pretty Nail Care & Hand Massage 4:00 Daily Chronicle 5:30 Sports on T.V 6:00 Movie of your Choice	11:30-1:30pm Action Station w/ Chef Mario 14 9:30 Bible Study & Hymns w/ Pastor Bob 10:30 Bistro Social & Snacks 11:00 Watering Garden Courtyard/ Daily Chronicle 1:30 Play the number game with "Turkey Blue" 2:30 Holiday Bread Bingo 3:30 Balloon Exercise "Hand & Eye Coordination" 4:00 Happy Hour w/Blue Zone 5:30 Sports on T.V 6:00 Full Body Relaxation	1:1 Activities Baskets Available 15 Daily Chronicle 9:45 Lets Get Fit Exercise Class 10:30 Hot Apple Cider & Reminiscing 11:30 1:1 Thankful Quotes "Family Talk" 1:00 Nail Care 2:00 Welcome New Resident Social & Baking Cookies 3:00 Craft w/ Buttons Class 3:30 Aromatherapy w/ Natural Oils & Eucalyptus Hand Massage 5:30 Sports on T.V 6:00 Move to Music	1:1 Activities Baskets Available 16 Daily Chronicle 9:45 Head -to-Toes Exercise 10:00 Working w/ Stamps 11:30 1:1 Resident Visits w/ Magazines 1:30 Sing -A-Long w/ Myron 2:30 Bowling 3:00 Poinsettia Pins 5:30 Sports on T.V 6:00 Range Of Motion
	1:1 Activities Baskets Available 17 Daily Chronicle 9:45 Communion Al Theater 10:00 Namaste Chair Yoga w/ Spiritual Music 10:15 Love on a Leash in the Sunroom 11:00 1:1 Visits & Welcoming New Residents 1:00 Ukulele Sing along w/ Bob 2:00 Come Join us for a Movie & Popcorn 3:30 Hot Cocoa & The Daily Bread 5:30 Sports on T.V 6:00 Miscellaneous Activities w/ "Activities Baskets"	1:1 Activities Baskets Available 18 Santana Buddies 9:45 Daily Chronicle 10:00 Rock Art w/ Buddies 11:30 1:1 Visits w/ Newspaper 1:00 Exercise Class 2:00 Pumpkin Seed Art Projects 3:00 Quotes & Giving Thanks Card Making [G2] 5:30 Sports on T.V 6:00 Movie of your Choice	1:1 Activities Baskets Available 19 Daily Chronicle 9:45 Exercise w/ Noodles 11:30 1:1 Visits w/ Daily Chronicle 1:00 Holiday Art with Canvas 2:00 Taste of the Holidays w/ Eggnog 3:00 Men's Group w/ Pastor Bob 3:00 Wood-Shop/ Wood Painting 4:00 Improve Joint Function w/ Range of Motion 5:30 Sports on T.V 6:00 Gentle Stretches	1:1 Activities Baskets Available 20 Maximum Fitness w/ Shari 9:30 Hydration Station & Snacks 11:00 Lunch Outing IHOP 1:30 Prep Art Room for Art Class 2:00 Memories in the Making w/ Diane 2:30 Autumn Favorites Coffee Bar 3:00 Pretty Nail Care & Hand Massage 4:00 Daily Chronicle 5:30 Sports on T.V 6:00 Movie of your Choice	11:30-1:30pm Action Station w/ Chef Mario 21 9:30 Bible Study & Hymns w/ Pastor Bob 10:30 Bistro Social & Snacks 11:00 Watering Garden Courtyard/ Daily Chronicle 1:30 Inspirational Music with Steve and Diane 2:30 Gather Together, Give Thanks & Eat Pie 3:30 Balloon Exercise "Hand & Eye Coordination" 4:00 Happy Hour w/Broken Strings 5:30 Sports on T.V 6:00 Full Body Relaxation	1:1 Activities Baskets Available 22 All Staff Meeting Happy Birthday Gloria B 9:45 Daily Chronicle 10:00 Lets Get Fit Exercise Class 10:30 Hot Apple Cider & Reminiscing 11:30 1:1 Thankful Quotes "Family Talk" 1:00 Nail Care 2:00 Welcome New Resident Social & Baking Cookies 3:00 Craft w/ Buttons Class 3:30 Aromatherapy w/ Natural Oils & Eucalyptus Hand Massage 5:30 Sports on T.V 6:00 Move to Music	1:1 Activities Baskets Available 23 Daily Chronicle 9:45 Head -to-Toes Exercise 10:00 Working w/ Stamps 11:30 1:1 Resident Visits w/ Magazines 1:00 Holiday Bread Bingo w/ a Twist 2:30 Bowling 3:00 Poinsettia Pins 5:30 Sports on T.V 6:00 Range Of Motion
	1:1 Activities Baskets Available 24 73rd Annual Mother Goose Parade 2019 Happy Birthday Robert M 9:45 Daily Chronicle 10:00 Communion Al Theater 10:00 Namaste Chair Yoga w/ Spiritual Music 10:15 Love on a Leash in the Sunroom 11:00 1:1 Visits & Welcoming New Residents 1:00 Ukulele Sing along w/ Bob 2:00 Come Join us for a Movie & Popcorn 3:30 Hot Cocoa & The Daily Bread 5:30 Sports on T.V 6:00 Miscellaneous Activities w/ "Activities Baskets"	1:1 Activities Baskets Available 25 Santana Buddies 9:45 Daily Chronicle 10:00 Rock Art w/ Buddies 11:30 1:1 Visits w/ Newspaper 1:00 Exercise Class 2:00 Pumpkin Seed Art Projects 3:00 Quotes & Giving Thanks Card Making [G2] 5:30 Sports on T.V 6:00 Movie of your Choice	1:1 Activities Baskets Available 26 Daily Chronicle 9:45 Exercise w/ Noodles 11:30 1:1 Visits w/ Daily Chronicle 1:00 Holiday Art with Canvas 2:00 Taste of the Holidays w/ Eggnog 3:00 Men's Group w/ Pastor Bob 3:00 Wood-Shop/ Wood Painting 4:00 Improve Joint Function w/ Range of Motion 5:30 Sports on T.V 6:00 Gentle Stretches	1:1 Activities Baskets Available 27 Maximum Fitness w/ Shari 9:30 Hydration Station & Snacks 11:00 Lunch Outing Jimmy's Cafe 1:30 Prep Art Room for Art Class 2:00 Memories in the Making w/ Diane 2:30 Autumn Favorites Coffee Bar 3:00 Pretty Nail Care & Hand Massage 4:00 Daily Chronicle 5:30 Sports on T.V 6:00 Movie of your Choice	11:30-1:30pm Action Station w/ Chef Mario 28 Happy Thanksgiving 9:30 Exercise Class 10:30 Bistro Social & Snacks 11:00 Watering Garden Courtyard/ Daily Chronicle 12:00 Sylvia & Salvador "Happy Thanksgiving" 1:30 Holiday Movies & Popcorn 3:30 Balloon Exercise "Hand & Eye Coordination" 5:30 Sports on T.V 6:00 Full Body Relaxation	1:1 Activities Baskets Available 29 Happy Birthday Velma S 9:45 Daily Chronicle 10:00 Lets Get Fit Exercise Class 10:30 Hot Apple Cider & Reminiscing 11:30 1:1 Thankful Quotes "Family Talk" 1:00 Nail Care 2:00 Welcome New Resident Social & Baking Cookies 3:00 Craft w/ Buttons Class 3:30 Aromatherapy w/ Natural Oils & Eucalyptus Hand Massage 5:30 Sports on T.V 6:00 Move to Music	1:1 Activities Baskets Available 30 Daily Chronicle 9:45 Head -to-Toes Exercise 10:00 Working w/ Stamps 11:30 1:1 Resident Visits w/ Magazines 1:00 Holiday Bread Bingo w/ a Twist 2:30 Bowling 3:00 Poinsettia Pins 5:30 Sports on T.V 6:00 Range Of Motion