

# December 2019

## Lantern Crest Senior Living Horizons

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1:1 Activities Baskets Available</b> 9:45 Daily Chronicle 10:00 Communion At Theater 10:15 Love on a Leash in the Sunroom 10:30 Namaste Chair Yoga w/ Spiritual Music 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 & Nail Care 5:30 Sports on T.V 6:00 Miscellaneous Activities w/ "Activities Baskets"	<b>1:1 Activities Baskets Available</b> 9:45 Daily Chronicle 10:00 Exercise Class 11:30 1:1 Visits w/ Newspaper 1:00 Holiday Trivia and Fun Facts 2:00 Seed Art Projects 3:00 Christmas Trees w/ Sticks 5:30 Sports on T.V 6:00 Movie of your Choice	<b>1:1 Activities Baskets Available</b> 9:45 Daily Chronicle 10:00 Exercise w/ Noodles 11:30 1:1 Visits w/ Daily Chronicle 1:00 Holiday Tree Art on 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 Christmas Lights Tour and Coco 6:00 Gentle Stretches	<b>1:1 Activities Baskets Available</b> 9:30 Maximum Fitness w/ Shari 10:30 Hydration Station & Snacks 11:00 Lunch Outing Casa De Pico 1:30 Prep Art Room for Art Class 2:00 Holiday Memories in the Making w/ Diane 2:30 Coffee Bar Favorites 3:00 Pretty Nail Care & Hand Massage 4:00 Daily Chronicle 5:30 Sports on T.V 6:00 Movie of your Choice	<b>11:30-1:30pm Chef's Corner</b> 9:30 Bible Study & Hymns w/ Pastor Bob 10:30 UCCE Master Gardener Program of San Diego 1:30 Inspirational Music with Steve and Diane 2:30 Holiday Bingo 3:30 Balloon Exercise "Hand & Eye Coordination" 4:00 Happy Hour w/Sylvia and Salvador 5:30 Sports on T.V 6:00 Full Body Relaxation	<b>1:1 Activities Baskets Available</b> 9:45 Daily Chronicle 10:00 Lets Get Fit Exercise Class 10:30 Hot Apple Cider & Reminiscing 11:00 Holiday Sing-along 1:30 Nail Care 2:00 Welcome New Resident Social & Baking Cookies 3:30 Aromatherapy w/ Natural Oils & Eucalyptus Hand Massage 5:30 Sports on T.V 6:00 Move to Music	<b>1:1 Activities Baskets Available</b> 9:45 Daily Chronicle 10:00 Head -to-Toes Exercise 11:30 1:1 Resident Visits w/ Magazines 1:00 Working w/ Stamps 1:30 Sing -A-Long w/ Myron 3:00 Poinsettia Pins 5:30 Sports on T.V 6:00 Range Of Motion
	<b>1:1 Activities Baskets Available</b> 9:45 Daily Chronicle 10:00 Communion At Theater 10:15 Love on a Leash in the Sunroom 10:30 Namaste Chair Yoga w/ Spiritual Music 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 & Christmas Carols 5:30 Sports on T.V 6:00 Miscellaneous Activities w/ "Activities Baskets"	<b>1:1 Activities Baskets Available</b> 9:45 Daily Chronicle 10:00 Exercise Class 11:30 1:1 Visits w/ Newspaper 1:00 Holiday Trivia and Fun Facts 2:00 Seed Art Projects 3:00 Christmas Trees w/ Sticks 5:30 Sports on T.V 6:00 Movie of your Choice	<b>1:1 Activities Baskets Available</b> 9:45 Daily Chronicle 10:00 Exercise w/ Noodles 10:30 The History Lady Is Back!!! 11:30 1:1 Visits w/ Daily Chronicle 1:00 Holiday Tree Art on 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 Christmas Lights Tour and Coco 6:00 Gentle Stretches	<b>1:1 Activities Baskets Available</b> 9:30 Maximum Fitness w/ Shari 10:30 Hydration Station & Snacks 11:00 Lunch Outing Olive Garden 1:00 Retired Teacher's Chorus 2:00 Holiday Memories in the Making w/ Diane 2:30 Coffee Bar Favorites 3:00 Pretty Nail Care & Hand Massage 4:00 Daily Chronicle 5:30 Sports on T.V 6:00 Movie of your Choice	<b>11:30-1:30pm Chef's Corner</b> 9:30 Bible Study & Hymns w/ Pastor Bob 10:30 Bistro Social & Snacks 1:30 Holiday Bingo 2:30 Balloon Exercise "Hand & Eye Coordination" 4:00 Happy Hour w/Broken Strings 5:30 Sports on T.V 6:00 Full Body Relaxation	<b>1:1 Activities Baskets Available</b> 9:45 Daily Chronicle 10:00 Lets Get Fit Exercise Class 10:30 Hot Apple Cider & Reminiscing 11:00 Holiday Sing-along 1:30 Nail Care 2:00 Welcome New Resident Social & Baking Cookies 3:30 Aromatherapy w/ Natural Oils & Eucalyptus Hand Massage 5:30 Sports on T.V 6:00 Move to Music	<b>1:1 Activities Baskets Available</b> 9:45 Daily Chronicle 10:00 Shadow Mountain Church in the AL Theater 11:00 1:1 Resident Visits w/ Magazines 1:00 Holiday Bingo 3:00 Poinsettia Pins 5:30 Sports on T.V 6:00 Range Of Motion
<b>Tuesday Dec 24th</b> at 12:00 pm <b>Christmas Eve Lunch</b> with Sounds of the Season featuring Sylvia and Salvador & Gift Delivery with Santa's Elves!!!	<b>1:1 Activities Baskets Available</b> 9:45 Daily Chronicle 10:00 Communion At Theater 10:15 Love on a Leash in the Sunroom 10:30 Namaste Chair Yoga w/ Spiritual Music 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 & Nail Care 5:30 Sports on T.V 6:00 Miscellaneous Activities w/ "Activities Baskets"	<b>1:1 Activities Baskets Available</b> 9:45 Daily Chronicle 10:00 Exercise Class 11:30 1:1 Visits w/ Newspaper 1:00 Holiday Trivia and Fun Facts 2:00 Seed Art Projects 3:00 Christmas Trees w/ Sticks 5:30 Sports on T.V 6:00 Movie of your Choice	<b>1:1 Activities Baskets Available</b> 9:45 Daily Chronicle 10:00 Exercise w/ Noodles 11:30 1:1 Visits w/ Daily Chronicle 1:00 Holiday Tree Art on 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 Christmas Lights Tour and Coco 6:00 Gentle Stretches	<b>1:1 Activities Baskets Available</b> 9:30 Maximum Fitness w/ Shari 10:30 Hydration Station & Snacks 11:00 Lunch Outing Terrazza Restaurant 1:30 Prep Art Room for Art Class 2:00 Holiday Memories in the Making w/ Diane 2:30 Coffee Bar Favorites 3:00 Pretty Nail Care & Hand Massage 4:00 Daily Chronicle 5:30 Sports on T.V 6:00 Movie of your Choice	<b>11:30-1:30pm Chef's Corner</b> 9:30 Bible Study & Hymns w/ Pastor Bob 10:30 Bistro Social & Snacks 1:30 Inspirational Music with Steve and Diane 2:30 Holiday 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	<b>1:1 Activities Baskets Available</b> 9:45 Daily Chronicle 10:00 Lets Get Fit Exercise Class 10:30 Hot Apple Cider & Reminiscing 11:00 Holiday Sing-along 1:30 Nail Care 2:00 Welcome New Resident Social & Baking Cookies 3:30 Aromatherapy w/ Natural Oils & Eucalyptus Hand Massage 5:30 Sports on T.V 6:00 Move to Music	<b>1:1 Activities Baskets Available</b> 9:45 Daily Chronicle 10:00 Head -to-Toes Exercise 10:30 Working w/ Stamps 11:30 1:1 Resident Visits w/ Magazines 1:30 Sing Along with Myron 2:30 New Year's Pin Decor 5:30 Sports on T.V 6:00 Range Of Motion
	<b>1:1 Activities Baskets Available</b> Happy Hanukkah 9:45 Daily Chronicle 10:00 Communion At Theater 10:15 Love on a Leash in the Sunroom 10:30 Namaste Chair Yoga w/ Spiritual Music 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 & Nail Care 5:30 Sports on T.V 6:00 Miscellaneous Activities w/ "Activities Baskets"	<b>1:1 Activities Baskets Available</b> All Staff Meeting @2pm 9:45 Daily Chronicle 10:00 Exercise Class 11:30 1:1 Visits w/ Newspaper 1:00 Holiday Trivia and Fun Facts 2:00 Seed Art Projects 3:00 Christmas Trees w/ Sticks 5:30 Sports on T.V 6:00 Movie of your Choice	<b>1:1 Activities Baskets Available</b> Happy Christmas Eve 9:45 Daily Chronicle 10:00 Exercise w/ Noodles 11:30 1:1 Visits w/ Daily Chronicle 12:00 Christmas Eve Lunch Featuring Sylvia & Salvador 1:00 Holiday Tree Art on Canvas 2:00 Taste of the Holidays w/ Eggnog 2:30 Holiday Movie 5:30 Sports on T.V 6:00 Gentle Stretches	<b>1:1 Activities Baskets Available</b> Merry Christmas 9:30 Exercise Class 10:30 Hydration Station & Snacks 1:30 Join a Friend for a Hallmark Christmas Movie 3:00 Hand Massage 4:00 Daily Chronicle 5:30 Sports on T.V 6:00 Movie of your Choice	<b>11:30-1:30pm Chef's Corner</b> 9:30 Bible Study & Hymns w/ Pastor Bob 10:30 Bistro Social & Snacks 1:30 Holiday Bingo 2:30 Balloon Exercise "Hand & Eye Coordination" 4:00 Birthday Celebration & Happy Hour w/Cowboy Jack 5:30 Sports on T.V 6:00 Full Body Relaxation	<b>1:1 Activities Baskets Available</b> 9:45 Daily Chronicle 10:00 Lets Get Fit Exercise Class 10:30 Hot Apple Cider & Reminiscing 11:00 Holiday Sing-along 1:30 Nail Care 2:00 Welcome New Resident Social & Baking Cookies 3:30 Aromatherapy w/ Natural Oils & Eucalyptus Hand Massage 5:30 Sports on T.V 6:00 Move to Music	<b>1:1 Activities Baskets Available</b> 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 Bingo 3:00 New Year's Pin Decor 5:30 Sports on T.V 6:00 Range Of Motion
<b>December 22nd</b> <b>Hanukkah Begins</b> at Sunset ..... <b>December 30th</b> <b>Hanukkah Ends</b> at Sunset	<b>1:1 Activities Baskets Available</b> 9:45 Daily Chronicle 10:00 Communion At Theater 10:15 Love on a Leash in the Sunroom 10:30 Namaste Chair Yoga w/ Spiritual Music 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 & Nail Care 5:30 Sports on T.V 6:00 Miscellaneous Activities w/ "Activities Baskets"	<b>1:1 Activities Baskets Available</b> Hanukkah Ends 9:45 Daily Chronicle 10:00 Exercise Class 11:30 1:1 Visits w/ Newspaper 1:00 Holiday Trivia and Fun Facts 2:00 Seed Art Projects 3:00 Christmas Trees w/ Sticks 5:30 Sports on T.V 6:00 Movie of your Choice	<b>1:1 Activities Baskets Available</b> New Year's Eve 9:45 Daily Chronicle 10:00 Exercise w/ Noodles 11:30 1:1 Visits w/ Daily Chronicle 12:00 Welcoming 2020 Noon Year's Toast w/William Young 1:30 Hot Apple Cider 2:00 Holiday Bingo/ "2019 Reminiscing" 2:30 Taste of the Holidays w/ Eggnog 5:30 Sports on T.V 6:00 Gentle Stretches	<b>Maritza Aguirre</b> <b>Life Enrichment Director @ The Ridge</b> 800 lantern Crest Santee, Ca 92071 Cell: (619) 647-6392 Maritza.aguirre@lanterncrestsantee.coi	<b>December Events</b> 12/05 Master Gardeners 10:00am-12:00pm 12/08 Christmas Carols w/ Bill Bixby -3:00pm 12/11 Retired Teacher's Chorus at 1:00pm	<b>All Activities are subject change without notice. Please check dailies for all updates.</b>	