January 2021
Lantern Crest Senior Living Horizons

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January cont'd 31 10am - 3pm Schedule Face-Time or Zoom Calls w/ Maritza Life Enrichment will Help Pastor Bob with Face-Time or Calls 9:30 Visits with Daily Chronicle and Inspirational Quotes 10:00 Chair Yoga with Spiritual Music 10:30 This Day in History 11:00 1:1 Soothing Visits with Coco 12:30 Essential Oils and Relaxing Music 1:00 Holiday Movie & Popcorn "Hope-floats" 2:30 Trivia 3:00 Valentine Card Making 4:30 Sports on T.V	Maritza Aguirre Life Enrichment Director @ The Ridge 800 Lantern Crest Santee, Ca 92071 Cell: (619) 495-5666 Maritza.aguirre@lanterncrestsantee.com	Lantern Crest SENIOR LIVING	**Resident Birthdays** Lawrence S. 1/7 Thomas M. 1/22		1 10am - 3pm Schedule Face-Time or Zoom Calls w/Maritza Happy New Year's 2021!!! Life Enrichment will Help Pastor Bob with Face-Time or Calls 9:30 Visits with Daily Chronicle and Inspirational Quotes 10:00 Exercise with Zumba Music 10:30 This Day in History 11:00 1:1 Soothing Visits with Coco 12:30 Essential Oils and Relaxing Music 1:00 Rose Parade Celebration / Chanel 5 2:00 Rose Bowl / Game Chanel 3 ESPN 4:30 Sports on T.V	2 10am - 3pm Schedule Face-Time or Zoom Calls w/Maritza Life Enrichment will Help Pastor Bob with Face-Time or Calls 9:30 Visits with Daily Chronicle and Inspirational Quotes 10:00 Head to Toe Exersice 10:30 This Day in History 11:00 1:1 Soothing Visits with Coco 12:30 Essential Oils and Relaxing Music 1:00 Working on Puzzles and Puzzle Crafts 2:00 Bird House Project 4:30 Sports on T.V
3 10am - 3pm Schedule Face-Time or Zoom Calls w/Maritza Life Enrichment will Help Pastor Bob with Face-Time or Calls 9:30 Visits with Daily Chronicle and Inspirational Quotes 10:00 Chair Yoga with Spiritual Music 10:30 This Day in History 11:00 1:1 Soothing Visits with Coco 12:30 Essential Oils and Relaxing Music 1:00 Holiday Movie & Popcorn "Mary Poppins Returns" 2:30 Trivia 3:00 Valentine Card Making 4:30 Sports on T.V	4 10am - 3pm Schedule Face-Time or Zoom Calls w/Maritza Life Enrichment will Help Pastor Bob with Face-Time or Calls 9:30 Visits with Daily Chronicle and Inspirational Quotes 10:00 Exercise Class 10:30 This Day in History 11:00 1:1 Soothing Visits with Coco 12:30 Essential Oils and Relaxing Music [BBC] 1:00 Winter Wonderland Bingo 2:30 Visits with Buddy our Furry Friend 4:30 Sports on T.V	5 10am - 3pm Schedule Face-Time or Zoom Calls w/Maritza Life Enrichment will Help Pastor Bob with Face-Time or Calls 9:30 Visits with Daily Chronicle and Inspirational Quotes 10:00 Exercise Class with Noodles 10:30 This Day in History 11:00 1:1 Soothing Visits with Coco 12:30 Essential Oils and Relaxing Music 1:00 Baby Time/ Sorting & Organize 2:00 Happy Hour with Life Enrichment Team "Welcome New Residents" 4:30 Sports on T.V	6 10am - 3pm Schedule Face-Time or Zoom Calls w/Maritza Celebrating 3 Kings Day!!! Life Enrichment will Help Pastor Bob with Face-Time or Calls 9:30 Visits with Daily Chronicle and Inspirational Quotes 10:00 Exercise Class with Maritza 10:30 This Day in History 11:00 1:1 Soothing Visits with Coco 12:30 Essential Oils and Relaxing Music 1:00 Men's Group & Celebrating Three Kings Bread 2:30 Bingo with Maritza 4:30 Sports on T.V	7 10am - 3pm Schedule Face-Time or Zoom Calls w/Maritza Happy Birthday Lawrence S. Life Enrichment will Help Pastor Bob with Face-Time or Calls 9:30 Visits with Daily Chronicle and Inspirational Quotes 10:00 Lets Get Fit Exercise Class 10:30 This Day in History 11:00 1:1 Soothing Visits with Coco 12:30 Essential Oils and Relaxing Music 1:00 Nail Care/ Massage & Hot Tea 2:00 Finish the Sentence 4:30 Sports on T.V	8 10am - 3pm Schedule Face-Time or Zoom Calls w/Maritza Life Enrichment will Help Pastor Bob with Face-Time or Calls 9:30 Visits with Daily Chronicle and Inspirational Quotes 10:00 Exercise with Zumba Music 10:30 This Day in History 11:00 1:1 Soothing Visits with Coco 12:30 Essential Oils and Relaxing Music 1:00 Baking Sweets with Coco 2:00 Winter Wonderland Bingo 4:30 Sports on T.V	9 10am - 3pm Schedule Face-Time or Zoom Calls w/Maritza Life Enrichment will Help Pastor Bob with Face-Time or Calls 9:30 Visits with Daily Chronicle and Inspirational Quotes 10:00 Head to Toe Exersice 10:30 This Day in History 11:00 1:1 Soothing Visits with Coco 12:30 Essential Oils and Relaxing Music 1:00 Working on Puzzles and Puzzle Crafts 2:00 Wood Bird House Project 4:30 Sports on T.V
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17 10am - 3pm Schedule Face-Time or Zoom Calls w/Maritza Life Enrichment will Help Pastor Bob with Face-Time or Calls 9:30 Visits with Daily Chronicle and Inspirational Quotes 10:00 Chair Yoga with Spiritual Music 10:30 This Day in History 11:00 1:1 Soothing Visits with Coco 12:30 Essential Oils and Relaxing Music 1:00 Holiday Movie & Popcorn "The Notebook" 2:30 Trivia 3:00 Valentine Card Making 4:30 Sports on T.V	18 10am - 3pm Schedule Face-Time or Zoom Calls w/Maritza Life Enrichment will Help Pastor Bob with Face-Time or Calls Martin Luther King, Jr.Day 9:30 Visits with Daily Chronicle and Inspirational Quotes 10:00 Exercise Class 10:30 This Day in History 11:00 1:1 Soothing Visits with Coco 12:30 Essential Oils and Relaxing Music [BBC] 1:00 Winter Wonderland Bingo 2:30 Visits with Buddy our Furry Friend 4:30 Sports on T.V	19 10am - 3pm Schedule Face-Time or Zoom Calls w/Maritza Life Enrichment will Help Pastor Bob with Face-Time or Calls 9:30 Visits with Daily Chronicle and Inspirational Quotes 10:00 Exercise Class with Noodles 10:30 This Day in History 11:00 1:1 Soothing Visits with Coco 12:30 Essential Oils and Relaxing Music 1:00 Baby Time/ Sorting & Organize 2:00 Happy Hour with Life Enrichment Team 4:30 Sports on T.V	20 10am - 3pm Schedule Face-Time or Zoom Calls w/Maritza Life Enrichment will Help Pastor Bob with Face-Time or Calls 9:30 Visits with Daily Chronicle and Inspirational Quotes 10:00 Exercise Class with Maritza 10:30 This Day in History 11:00 1:1 Soothing Visits with Coco 12:30 Essential Oils and Relaxing Music 1:00 Men's Group 2:30 Bingo with Maritza 4:30 Sports on T.V	21 10am - 3pm Schedule Face-Time or Zoom Calls w/Maritza Life Enrichment will Help Pastor Bob with Face-Time or Calls 9:30 Visits with Daily Chronicle and Inspirational Quotes 10:00 Lets Get Fit Exercise Class 10:30 This Day in History 11:00 1:1 Soothing Visits with Coco 12:30 Essential Oils and Relaxing Music 1:00 Nail Care/ Massage & Hot Tea 2:00 Finish the Sentence 4:30 Sports on T.V	22 10am - 3pm Schedule Face-Time or Zoom Calls w/Maritza Happy Birthday Thomas M. Life Enrichment will Help Pastor Bob with Face-Time or Calls 9:30 Visits with Daily Chronicle and Inspirational Quotes 10:00 Exercise with Zumba Music 10:30 This Day in History 11:00 1:1 Soothing Visits with Coco 12:30 Essential Oils and Relaxing Music 1:00 Baking Sweets with Coco 2:00 Winter Wonderland Bingo 4:30 Sports on T.V	23 10am - 3pm Schedule Face-Time or Zoom Calls w/Maritza Life Enrichment will Help Pastor Bob with Face-Time or Calls 9:30 Visits with Daily Chronicle and Inspirational Quotes 10:00 Head to Toe Exersice 10:30 This Day in History 11:00 1:1 Soothing Visits with Coco 12:30 Essential Oils and Relaxing Music 1:00 Working on Puzzles and Puzzle Crafts 2:00 Wood Bird House Project 4:30 Sports on T.V
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