

# Lantern Crest Assisted Living

# July 2021

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



**Maritza Aguirre**  
**Life Enrichment Director**  
@ The Ridge  
800 Lantern Crest  
Santee, Ca 92071  
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## Resident Birthdays

Marvin W. 7/1  
Herbert S. 7/24  
Mildred S. 7/27  
Patricia S. 7/27



<p><b>Happy 4th of July</b> <b>Take a Walk and Find The American Eagle</b> <b>4</b></p> <p>9:30 Delivery of the Daily Chronicle and Fun Extras 10:00 Chat with our Sous Chef Daniela [L1] 10:45 Love on a Leash [L1] 11:00 1:1 Resident visits 12:00 Independence Day Celebration with First String Band 1:30 Sunday Matinee with Popcorn "The Dolly Sisters" 2:00 Trash Card Games [CR] 5:00 Evening Chat with a Friend in the Courtyard</p>	<p><b>Take a Walk and Find The American Eagle</b> <b>5</b></p> <p>9:30 Delivery of the Daily Chronicle and Fun Extras 10:00 Bistro Social &amp; Calendar Planning 11:00 1:1 Resident visits 1:00 Drum Fit Class with Maritza [L1] 2:00 Bingo for Prizes [AC] 3:00 Popsicles with Maritza 5:00 Evening Chat with a Friend in the Courtyard</p>	<p><b>Take a Walk and Find The American Eagle</b> <b>6</b></p> <p>9:30 Delivery of the Daily Chronicle and Fun Extras 10:00 How to Use Your Smart Devices "Bristol Hospice" [L1] 10:30 Horseracing 11:00 1:1 Resident visits 1:00 Laughter is The Best Medicine Exercise Class [L1] 1:30 Crossword Puzzle [L1] 3:00 Black Jack [CR] 4:30 Happy Hour with Blue Zone [MDR] 5:00 Evening Chat with a Friend in the Courtyard</p>	<p><b>Resident Council Meeting</b> <b>Take a Walk and Find The American Eagle</b> <b>7</b></p> <p>9:30 Delivery of the Daily Chronicle and Fun Extras 10:00 Exercise Class [L1] 10:30 News, Views, History and Horoscopes 11:00 1:1 Resident visits 1:00 Afternoon Stretch and Watering the Courtyard [RC] 2:00 Crafts &amp; Creations [AC] 3:00 Resident Council [AC] 4:30 Wine Down Wednesday with Jeffrey Mosier 5:00 Evening Chat with a Friend in the Courtyard</p>	<p><b>Take a Walk and Find The American Eagle</b> <b>8</b></p> <p><b>Chef's Corner 11:30 to 1:30</b> <b>Take a Walk and Find The American Eagle</b></p> <p>9:30 Delivery of the Daily Chronicle and Fun Extras 10:00 Bocce Ball Is Back! Green Machine vs Red Warriors [L1] 11:00 1:1 Resident Visits 1:00 Bingo for Gift Cards [AC] 2:00 Inspirational Music with Steve and Diane [AC] 3:30 Stretch &amp; Strength [AC] 5:00 Evening Chat with a Friend in the Courtyard</p>	<p><b>Take a Walk and Find The American Eagle</b> <b>9</b></p> <p>9:30 Delivery of the Daily Chronicle and Fun Extras 10:00 Stretch and Strength Exercise Class [L1] 10:30 Wheel of Fortune [L1] 11:00 1:1 Resident visits 1:00 Afternoon Movie and Popcorn "The Great Escape" [RT] 1:30 Gardening Club [BISR] 3:00 Black Jack [L] 4:30 Friday Night Live with William Young 5:00 Evening Chat with a Friend in the Courtyard</p>	<p><b>Take a Walk and Find The American Eagle</b> <b>10</b></p> <p>9:30 Delivery of the Daily Chronicle and Fun Extras 10:00 Mornings with Irene at "Cafe de' Crest" - Coffee, Laughter and Good Friends [BISR] 11:00 1:1 Resident visits 1:00 Mind &amp; Body Fun Exercise Class with Irene [L1] 2:00 Word in a Word [L1] 3:00 Create Art on Canvas [AC] 5:00 Evening Chat with a Friend in the Courtyard</p>
<p><b>Take a Walk and Find The American Eagle</b> <b>11</b></p> <p>9:30 Delivery of the Daily Chronicle and Fun Extras 10:00 Chat with our Sous Chef Daniela [L1] 10:45 Love on a Leash [L1] 11:00 1:1 Resident visits 1:30 Sunday Matinee with Popcorn "Big Jake" 2:00 Trash Card Games [CR] 5:00 Evening Chat with a Friend in the Courtyard</p>	<p><b>Take a Walk and Find The American Eagle</b> <b>12</b></p> <p>9:30 Delivery of the Daily Chronicle and Fun Extras 10:00 Bistro Social &amp; Calendar Planning 10:30 Chaplin Scott Nelson [L1] 11:00 1:1 Resident visits 1:00 Drum Fit Class with Maritza [L1] 2:00 Bingo for Prizes [AC] 3:00 Popsicles with Maritza 5:00 Evening Chat with a Friend in the Courtyard</p>	<p><b>Take a Walk and Find The American Eagle</b> <b>13</b></p> <p>9:30 Delivery of the Daily Chronicle and Fun Extras 10:00 News, Views, Health and Horoscopes [L1] 10:30 Beetle Dice Game 11:00 1:1 Resident visits 1:00 Laughter is The Best Medicine Exercise Class [L1] 1:30 Crossword Puzzle [L1] 3:00 Black Jack [CR] 4:30 Happy Hour with Music Station and Welcome New Residents [MDR] 5:00 Evening Chat with a Friend in the Courtyard</p>	<p><b>Take a Walk and Find The American Eagle</b> <b>14</b></p> <p>9:30 Delivery of the Daily Chronicle and Fun Extras 10:00 Exercise Class [L1] 10:30 Bible Study &amp; Hymns w/ Pastor Bob 11:00 1:1 Resident visits 1:00 Afternoon Stretch and Watering the Courtyard [RC] 2:00 Crafts &amp; Creations [AC] 3:00 Luau Arts &amp; Crafts 4:30 Wine Down Wednesday with Trevor 5:00 Evening Chat with a Friend in the Courtyard</p>	<p><b>Take a Walk and Find The American Eagle</b> <b>15</b></p> <p>9:30 Delivery of the Daily Chronicle and Fun Extras 10:00 Bocce Ball Is Back! Green Machine vs Red Warriors [L1] 11:00 1:1 Resident visits 1:00 Armchair Travel "Highlights of Your Home Town" [AC] 2:00 Bingo for Gift Cards [AC] 3:30 Stretch &amp; Strength [AC] 5:00 Evening Chat with a Friend in the Courtyard</p>	<p><b>Take a Walk and Find The American Eagle</b> <b>16</b></p> <p>9:30 Delivery of the Daily Chronicle and Fun Extras 10:00 Stretch and Strength Exercise Class [L1] 10:30 Wheel of Fortune [L1] 11:00 1:1 Resident visits 1:00 Afternoon Movie and Popcorn "The Green Berets" [RT] 1:30 Gardening Club [BISR] 3:00 Black Jack [L] 4:30 Friday Night Live with William Young 5:00 Evening Chat with a Friend in the Courtyard</p>	<p><b>Take a Walk and Find The American Eagle</b> <b>17</b></p> <p>9:30 Delivery of the Daily Chronicle and Fun Extras 10:00 Mornings with Irene at "Cafe de' Crest" - Coffee, Laughter and Good Friends [BISR] 11:00 1:1 Resident visits 1:00 Mind &amp; Body Fun Exercise Class with Irene [L1] 2:00 Word in a Word [L1] 3:00 Create Art on Canvas [AC] 5:00 Evening Chat with a Friend in the Courtyard</p>
<p><b>Take a Walk and Find The American Eagle</b> <b>18</b></p> <p>9:30 Delivery of the Daily Chronicle and Fun Extras 10:00 Chat with our Sous Chef Daniela [L1] 10:45 Love on a Leash [L1] 11:00 1:1 Resident visits 1:30 Special Event w/ Sophisticates 2:30 Trash Card Games [CR] 5:00 Evening Chat with a Friend in the Courtyard</p>	<p><b>Take a Walk and Find The American Eagle</b> <b>19</b></p> <p>9:30 Delivery of the Daily Chronicle and Fun Extras 10:00 Bistro Social &amp; Calendar Planning 10:30 Chaplin Scott Nelson [L1] 11:00 1:1 Resident visits 1:00 Drum Fit Class with Maritza [L1] 2:00 Bingo for Prizes [AC] 3:00 Popsicles with Maritza 5:00 Evening Chat with a Friend in the Courtyard</p>	<p><b>Take a Walk and Find The American Eagle</b> <b>20</b></p> <p>9:30 Delivery of the Daily Chronicle and Fun Extras 10:00 News, Views, Health and Horoscopes [L1] 10:30 Jeopardy [L1] 11:00 1:1 Resident visits 1:00 Laughter is The Best Medicine Exercise Class [L1] 1:30 Crossword Puzzle [L1] 3:00 Black Jack [CR] 4:30 Happy Hour with Brown Sugar Oldies [MDR] 5:00 Evening Chat with a Friend in the Courtyard</p>	<p><b>Take a Walk and Find The American Eagle</b> <b>21</b></p> <p>9:30 Delivery of the Daily Chronicle and Fun Extras 10:00 Exercise Class [L1] 10:30 Bible Study &amp; Hymns w/ Pastor Bob 11:00 1:1 Resident visits 1:00 Afternoon Stretch and Watering the Courtyard [RC] 2:00 Crafts &amp; Creations [AC] 3:00 Luau Arts &amp; Crafts 4:30 Wine Down Wednesday with Jeffrey Mosier 5:00 Evening Chat with a Friend in the Courtyard</p>	<p><b>ALL STFF MEETING</b> <b>Chef's Corner 11:30 to 1:30</b> <b>Take a Walk and Find The American Eagle</b> <b>22</b></p> <p>9:30 Delivery of the Daily Chronicle and Fun Extras 10:00 Bocce Ball Is Back! Green Machine vs Red Warriors [L1] 11:00 1:1 Resident Visits 2:00 All Staff Meeting [AC] 3:30 Bingo for Gift Cards [AC] 5:00 Evening Chat with a Friend in the Courtyard</p>	<p><b>Take a Walk and Find The American Eagle</b> <b>23</b></p> <p>9:30 Delivery of the Daily Chronicle and Fun Extras 10:00 Stretch and Strength Exercise Class [L1] 10:30 Wheel of Fortune [L1] 11:00 1:1 Resident visits 1:00 Afternoon Movie and Popcorn "Fried Green Tomatoes" [RT] 1:30 Gardening Club [BISR] 3:00 Black Jack [L] 4:30 Friday Night Live with William Young 5:00 Evening Chat with a Friend in the Courtyard</p>	<p><b>Take a Walk and Find The American Eagle</b> <b>24</b></p> <p>9:30 Delivery of the Daily Chronicle and Fun Extras 10:00 Mornings with Irene at "Cafe de' Crest" - Coffee, Laughter and Good Friends [BISR] 11:00 1:1 Resident visits 1:00 Mind &amp; Body Fun Exercise Class with Irene [L1] 2:00 Word in a Word [L1] 3:00 Create Art on Canvas [AC] 5:00 Evening Chat with a Friend in the Courtyard</p>
<p><b>Take a Walk and Find The American Eagle</b> <b>25</b></p> <p>9:30 Delivery of the Daily Chronicle and Fun Extras 10:00 Chat with our Sous Chef Daniela [L1] 10:45 Love on a Leash [L1] 11:00 1:1 Resident visits 1:30 Sunday Matinee with Popcorn "Gregory Peck as General Douglas MacArthur" 2:30 Trash Card Games [CR] 5:00 Evening Chat with a Friend in the Courtyard</p>	<p><b>Take a Walk and Find The American Eagle</b> <b>26</b></p> <p>9:30 Delivery of the Daily Chronicle and Fun Extras 10:00 Bistro Social &amp; Calendar Planning 10:30 Chaplin Scott Nelson [L1] 11:00 1:1 Resident visits 1:00 Drum Fit Class with Maritza [L1] 2:00 Bingo for Prizes [AC] 3:00 Popsicles with Maritza 5:00 Evening Chat with a Friend in the Courtyard</p>	<p><b>Take a Walk and Find The American Eagle</b> <b>27</b></p> <p>9:30 Delivery of the Daily Chronicle and Fun Extras 10:00 News, Views, Health and Horoscopes [L1] 10:30 Horseracing [L1] 11:00 1:1 Resident visits 1:00 Laughter is The Best Medicine Exercise Class [L1] 1:30 Crossword Puzzle [L1] 3:00 Black Jack [CR] 4:30 Happy Hour with Double Take &amp; Birthday Celebration [MDR] 5:00 Evening Chat with a Friend in the Courtyard</p>	<p><b>Take a Walk and Find The American Eagle</b> <b>28</b></p> <p>9:30 Delivery of the Daily Chronicle and Fun Extras 10:00 Exercise Class [L1] 10:30 Bible Study &amp; Hymns w/ Pastor Bob 11:00 1:1 Resident visits 1:00 Afternoon Stretch and Watering the Courtyard [RC] 2:00 Crafts &amp; Creations [AC] 3:00 Luau Arts &amp; Crafts 4:30 Wine Down Wednesday with Trevor 5:00 Evening Chat with a Friend in the Courtyard</p>	<p><b>Take a Walk and Find The American Eagle</b> <b>29</b></p> <p>9:30 Delivery of the Daily Chronicle and Fun Extras 10:00 Bocce Ball Is Back! Green Machine vs Red Warriors [L1] 11:00 1:1 Resident visits 2:00 Armchair Travel "Highlights of Your Home Town" [AC] 2:00 Bingo for Gift Cards [AC] 3:30 Stretch &amp; Strength [AC] 5:00 Evening Chat with a Friend in the Courtyard</p>	<p><b>Take a Walk and Find The American Eagle</b> <b>30</b></p> <p>9:30 Delivery of the Daily Chronicle and Fun Extras 10:00 Stretch and Strength Exercise Class [L1] 10:30 Wheel of Fortune [L1] 11:00 1:1 Resident visits 1:00 Afternoon Movie and Popcorn "Frank Sinatra Collection On The Town" [RT] 1:30 Gardening Club [BISR] 3:00 Black Jack [L] 4:30 Friday Night Live with William Young 5:00 Evening Chat with a Friend in the Courtyard</p>	<p><b>Take a Walk and Find The American Eagle</b> <b>31</b></p> <p>9:30 Delivery of the Daily Chronicle and Fun Extras 10:00 Mornings with Irene at "Cafe de' Crest" - Coffee, Laughter and Good Friends [BISR] 11:00 1:1 Resident visits 1:00 Mind &amp; Body Fun Exercise Class with Irene [L1] 2:00 Word in a Word [L1] 3:00 Create Art on Canvas [AC] 5:00 Evening Chat with a Friend in the Courtyard</p>