Lantern Crest Horizons September 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lantern Crest SENIOR LIVING	*Maritza Aguirre* *Life Enrichment Director* *At The Ridge* 800 Lantern Crest Way Santee, Ca 92071 *Cell: (619) 495-5666* *Maritza.aguirre@* *lanterncrestsantee.com*	**Resident Birthdays** Corinre A. 9/2 Lucy K. 9/17 Crancer E. 9/17 Ernest J. 9/21	**1** 9:30 Delivery of Daily Chronicle and Inspirational Quotes 10:00 Basketball Games in the Sunroom 10:30 Courtyard Social & Refreshments 11:00 1:1 Soothing Visits 1:00 Essential Oils and Relaxing Music 1:30 Cookies & Cream Popsicle Social 2:30 Memories in the Making All About Fall with Diane & Daniel 4:30 Sports on T.V	**2** Happy Birthday Corinre. A 9:30 Delivery of Daily Chronicle and Inspirational Quotes 10:00 Lets Get Fit Exercise Class with Daniel 10:30 Courtyard Social & Relaxing 11:00 1:1 Soothing Visits 1:00 Essential Oils and Relaxing Music 1:15 Bingo for Prizes with Daniel 2:15 Men's Group & Finish the Sentence 4:30 Sports on T.V	**3** 9:30 Delivery of Daily Chronicle and Inspirational Quotes 10:00 Yoga and Bubbles at The Courtyard 11:00 1:1 Soothing Visits 1:00 Essential Oils and Relaxing Music 1:30 Embroidery Hoop Fox Wreaths & Yarn Trees 3:00 Balloon Exercise & Sing-along with Charlotte 4:30 Sports on T.V	**4** 9:30 Delivery of Daily Chronicle and Inspirational Quotes 10:00 Oldie Tunes & Kick Ball 10:30 Courtyard and Story Time with Sweet Ice Tea 11:00 1:1 Soothing Visits 1:00 Essential Oils and Relaxing Music 1:15 Old Book Page Paper Pumpkins 2:00 Bowling Games 2:30 Movie & Popcorn in the Sun-Room "Anastasia" 4:30 Sports on T.V
5 9:30 Delivery of Daily Chronicle and Inspirational Quotes 9:45 Exercise Class with Frank From Mobile Therapy 10:15 LOVE ON A LEASH 11:00 1:1 Soothing Visits 1:00 Essential Oils and Relaxing Music 1:30 Social with Bob Arii 2:30 Movie & Popcorn in the Sun-Room "Fiddler on the Roof" 4:30 Sports on T.V	**6** 9:00 Happy Labor Day 9:30 Delivery of Daily Chronicle and Inspirational Quotes 10:00 Balloon Exercise for Hand and Eye Coordination 11:30 Labor Day Celebration with "Sophisticats" 1:00 Essential Oils and Relaxing Music 1:40 Drum Fit Class with Sheri Guzman 2:30 Fall Crafts with Wine Corks 3:30 Mindful Exercises 4:30 Sports on T.V	**7** 9:30 Delivery of Daily Chronicle and Inspirational Quotes 10:00 Exercise Class with Noodles 10:30 Courtyard Social 11:00 1:1 Soothing Visits 1:00 Essential Oils and Relaxing Music 1:15 New Project "Yarn Pumpkins" 2:00 Mason Jar Scarecrows Craft 3:00 Mad Libs Game 3:30 Happy Hour with "Trevor" 4:30 Sports on T.V	**8** 9:30 Delivery of Daily Chronicle and Inspirational Quotes 9:35 Bible Study with Pastor Bob 10:15 Sing-along with Dan Miller 11:00 1:1 Soothing Visits 1:00 Essential Oils and Relaxing Music 1:30 Fudge Bars Social 2:30 Memories in the Making All About Fall with Diane & Daniel 4:30 Sports on T.V	**9** 9:30 Delivery of Daily Chronicle and Inspirational Quotes 10:00 Lets Get Fit Exercise Class with Daniel 10:30 Courtyard Social & Relaxing 11:00 1:1 Soothing Visits 1:00 Essential Oils and Relaxing Music 1:15 Bingo for Prizes with Daniel 2:15 Men's Group & Finish the Sentence 4:30 Sports on T.V	**10** 9:30 Delivery of Daily Chronicle and Inspirational Quotes 10:00 Yoga and Bubbles at The Courtyard 11:00 1:1 Soothing Visits 1:00 Essential Oils and Relaxing Music 1:30 Embroidery Hoop Fox Wreaths & Yarn Trees 3:00 Balloon Exercise & Sing-along with Charlotte 4:30 Sports on T.V	**11** 9:30 Delivery of Daily Chronicle and Inspirational Quotes 10:00 Oldie Tunes & Kick Ball 10:30 Courtyard and Story Time with Sweet Ice Tea 11:00 1:1 Soothing Visits 1:00 Essential Oils and Relaxing Music 1:15 Old Book Page Paper Pumpkins 2:00 Bowling Games 2:30 Movie & Popcorn in the Sun-Room "Cars" 4:30 Sports on T.V
12 Happy Grandparents Day 9:30 Delivery of Daily Chronicle and Inspirational Quotes 9:45 Exercise Class with Frank From Mobile Therapy 10:15 LOVE ON A LEASH 11:30 Grandparents Day Celebration with "Blue Zone" 1:00 Essential Oils and Relaxing Music 1:30 Social with Bob Arii 2:30 Movie & Popcorn in the Sun-Room "It's a Wonderful Life" 4:30 Sports on T.V	**13** 9:30 Delivery of Daily Chronicle and Inspirational Quotes 10:00 Balloon Exercise for Hand and Eye Coordination 11:00 1:1 Soothing Visits 1:00 Essential Oils and Relaxing Music 1:40 Drum Fit Class with Sheri Guzman 2:30 Fall Crafts with Wine Corks 3:30 Mindful Exercises 4:30 Sports on T.V	**14** 9:30 Delivery of Daily Chronicle and Inspirational Quotes 10:00 Exercise Class with Noodles 10:30 Courtyard Social 11:00 1:1 Soothing Visits 1:00 Essential Oils and Relaxing Music 1:15 New Project "Yarn Pumpkins" 2:00 Mason Jar Scarecrows Craft 3:00 Mad Libs Game 3:30 Happy Hour & Welcome New Residents with "First String Band" 4:30 Sports on T.V	**15** 9:30 Delivery of Daily Chronicle and Inspirational Quotes 9:35 Bible Study with Pastor Bob 10:15 Basketball Games in the Sunroom 11:00 1:1 Soothing Visits 1:00 Essential Oils and Relaxing Music 1:30 Strawberry Shortcake Bar Social 2:30 Memories in the Making All About Fall with Diane & Daniel 4:30 Sports on T.V	**16** 9:30 Delivery of Daily Chronicle and Inspirational Quotes 10:00 Lets Get Fit Exercise Class with Daniel 10:30 Courtyard Social & Relaxing 11:00 1:1 Soothing Visits 1:00 Essential Oils and Relaxing Music 1:15 Bingo for Prizes with Daniel 2:15 Men's Group & Finish the Sentence 4:30 Sports on T.V	**17** Happy Birthday Espy. E Happy Birthday Lucy. K 9:30 Delivery of Daily Chronicle and Inspirational Quotes 10:00 Yoga and Bubbles at The Courtyard 11:00 1:1 Soothing Visits 1:00 Jeanette Alessio-Way "The History Lady" Memories That Matter 3:00 Balloon Exercise & Sing-along with Charlotte 4:30 Sports on T.V	**18** 9:30 Delivery of Daily Chronicle and Inspirational Quotes 10:00 Oldie Tunes & Kick Ball 10:30 Courtyard and Story Time with Sweet Ice Tea 11:00 1:1 Soothing Visits 1:00 Essential Oils and Relaxing Music 1:15 Old Book Page Paper Pumpkins 2:00 Bowling Games 2:30 Movie & Popcorn in the Sun-Room "The Sandlot" 4:30 Sports on T.V
19 9:30 Delivery of Daily Chronicle and Inspirational Quotes 9:45 Exercise Class with Frank From Mobile Therapy 10:15 LOVE ON A LEASH 11:00 1:1 Soothing Visits 1:00 Essential Oils and Relaxing Music 1:30 Social with Bob Arii 2:30 Movie & Popcorn in the Sun-Room "The Greatest Showman" 4:30 Sports on T.V	**20** 9:30 Delivery of Daily Chronicle and Inspirational Quotes 10:00 Balloon Exercise for Hand and Eye Coordination 11:00 1:1 Soothing Visits 1:00 Essential Oils and Relaxing Music 1:40 Drum Fit Class with Sheri Guzman 2:30 Fall Crafts with Wine Corks 3:30 Mindful Exercises 4:30 Sports on T.V	**21** Happy Birthday Ernest. J 9:30 Delivery of Daily Chronicle and Inspirational Quotes 10:00 Exercise Class with Noodles 10:30 Courtyard Social 11:00 1:1 Soothing Visits 1:00 Essential Oils and Relaxing Music 1:15 New Project "Yarn Pumpkins" 2:00 Mason Jar Scarecrows Craft 3:00 Mad Libs Game 3:30 Happy Hour with "Sylvia & Salvador" 4:30 Sports on T.V	**22** All Staff Meeting @ 2:00pm 9:30 Delivery of Daily Chronicle and Inspirational Quotes 9:35 Bible Study with Pastor Bob 10:15 Sing-along with Dan Miller 11:00 1:1 Soothing Visits 1:00 Essential Oils and Relaxing Music 1:30 Cookies & Cream Popsicle Social 2:00 Movie of your Choice 4:30 Sports on T.V	**23** 9:30 Delivery of Daily Chronicle and Inspirational Quotes 10:00 Lets Get Fit Exercise Class with Daniel 10:30 Courtyard Social & Relaxing 11:00 1:1 Soothing Visits 12:45 Essential Oils and Relaxing Music 1:00 Bingo for Prizes with Daniel 2:00 Inspirational Music with Steve and Diane 4:30 Sports on T.V	**24** 9:30 Delivery of Daily Chronicle and Inspirational Quotes 10:00 Yoga and Bubbles at The Courtyard 11:00 1:1 Soothing Visits 1:00 Essential Oils and Relaxing Music 1:30 Embroidery Hoop Fox Wreaths & Yarn Trees 3:00 Balloon Exercise & Sing-along with Charlotte 4:30 Sports on T.V	**25** 9:30 Delivery of Daily Chronicle and Inspirational Quotes 10:00 Oldie Tunes & Kick Ball 10:30 Courtyard and Story Time with Sweet Ice Tea 11:00 1:1 Soothing Visits 1:00 Essential Oils and Relaxing Music 1:15 Old Book Page Paper Pumpkins 2:00 Bowling Games 2:30 Movie & Popcorn in the Sun-Room "Alice in Wonderland" 4:30 Sports on T.V
26 9:30 Delivery of Daily Chronicle and Inspirational Quotes 9:45 Exercise Class with Frank From Mobile Therapy 10:15 LOVE ON A LEASH 11:00 1:1 Soothing Visits 1:00 Essential Oils and Relaxing Music 1:30 Social with Bob Arii 2:30 Movie & Popcorn in the Sun-Room "Stewart Harvey" 4:30 Sports on T.V	**27** Lantern Crest Art's & Craft's Fair 9:30 Delivery of Daily Chronicle and Inspirational Quotes 10:00 Balloon Exercise for Hand and Eye Coordination 11:00 1:1 Soothing Visits 1:00 Essential Oils and Relaxing Music 1:40 Drum Fit Class with Sheri Guzman 2:30 Fall Crafts with Wine Corks 3:30 Mindful Exercises 4:30 Sports on T.V	**28** 9:30 Delivery of Daily Chronicle and Inspirational Quotes 10:00 Exercise Class with Noodles 10:30 Courtyard Social 11:00 1:1 Soothing Visits 1:00 Essential Oils and Relaxing Music 1:15 New Project "Yarn Pumpkins" 2:00 Mason Jar Scarecrows Craft 3:00 Mad Libs Game 3:30 Happy Hour with & Birthday Celebration "Brown Sugar Band" 4:30 Sports on T.V	**29** 9:30 Delivery of Daily Chronicle and Inspirational Quotes 9:35 Bible Study with Pastor Bob 10:15 Basketball Games in the Sunroom 11:00 1:1 Soothing Visits 1:00 Essential Oils and Relaxing Music 1:30 Fudge Bars Social 2:30 Memories in the Making All About Fall with Diane & Daniel 4:30 Sports on T.V	**30** 9:30 Delivery of Daily Chronicle and Inspirational Quotes 10:00 Lets Get Fit Exercise Class with Daniel 10:30 Courtyard Social & Relaxing 11:00 1:1 Soothing Visits 1:00 Essential Oils and Relaxing Music 1:15 Bingo for Prizes with Daniel 2:15 Men's Group & Finish the Sentence 4:30 Sports on T.V		Sunday-Thursday 10:00am - 3:00pm Schedule Face-Time or Zoom Calls with Maritza