

Lantern Crest Horizons

October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>October cont'd 31</p> <p>Happy Halloween 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 11:30 Halloween Party with Sylvia & Salvador 1:00 Fall Essential Oils and Relaxing Music 1:30 Engaging Explorations with Bob Arie 2:30 Movie & Popcorn in the Sun-Room "Hocus Pocus" 4:30 Sports on T.V</p>	 <p>TRICK OR TREAT</p>	<p>Maritza Aguirre Life Enrichment Director At The Ridge 800 Lantern Crest Way Santee, Ca 92071 Cell: (619) 495-5666 Maritza.aguirre@lanterncrestsantee.com</p>	<p>Resident Birthdays Robert T. 10/1 Stephen P. 10/2 Harold E. S. 10/5 Juanita A. 10/10 Maryanne H. 10/23</p>		<p>Happy Birthday Robert T. 1 9:30 Delivery of Daily Chronicle and Inspirational Quotes 10:00 Nest Nooks and Storybooks with Charlotte 11:00 1:1 Soothing Visits 1:00 Essential Oils and Relaxing Music 1:15 Maple Leaf Fabric Embroidery Hoop 2:15 Puzzles 3:00 Balloon Exercise & Sing-along 4:30 Sports on T.V</p>	<p>Happy Birthday Steve P. 2 9:30 Delivery of Daily Chronicle and Inspirational Quotes 10:00 Oldie Tunes & Kick Ball 10:30 Courtyard and Story Time 11:00 1:1 Soothing Visits 1:00 Essential Oils and Relaxing Music 1:15 Old Book Craft Projects 2:15 Fall Scented Hand Massages 2:30 Movie & Popcorn in the Sun-Room "Ever After" 4:30 Sports on T.V</p>
<p>3 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 Fall Essential Oils and Relaxing Music 1:30 Engaging Explorations with Bob Arie 2:30 Movie & Popcorn in the Sun-Room "MIB Men in Black" 4:30 Sports on T.V</p>	<p>4 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 Fall Essential Oils and Relaxing Music 1:45 Drum Fit Class with Sheri Guzman 2:30 Mini Harvest Pumpkin Painting 3:30 Mindful Exercises 4:30 Sports on T.V</p>	<p>5 9:30 Happy Birthday Harold S. 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 Fall Essential Oils and Relaxing Music 1:15 Finishing Touches on Mini Harvest Pumpkins 2:00 Pumpkin Patch Bingo 3:00 Mad Libs Game 3:30 Happy Hour with Sylvia & Salvador 4:30 Sports on T.V</p>	<p>6 9:30 Delivery of Daily Chronicle and Inspirational Quotes 9:35 Bible Study with Pastor Bob 10:15 Fly Swatters & Balloon Games 11:00 1:1 Soothing Visits 1:00 Fall Essential Oils and Relaxing Music 1:30 Hot Coco or Apple Cider Social 2:30 Memories in the Making All About Halloween with Diane & Daniel 4:30 Sports on T.V</p>	<p>7 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 Fall Essential Oils and Relaxing Music 1:15 Pumpkin Patch Bingo 2:15 Coffee & Tea Social with Daniel 2:30 Men's Group & Finish the Sentence 4:30 Sports on T.V</p>	<p>8 9:30 Delivery of Daily Chronicle and Inspirational Quotes 10:00 Nest Nooks and Storybooks with Charlotte 11:00 1:1 Soothing Visits 1:00 Fall Essential Oils and Relaxing Music 1:30 Jeanette Alessio-Way October "The History Lady" Memories That Matter 2:30 LOVE ON A LEASH 3:00 Balloon Exercise & Sing-along 4:30 Sports on T.V</p>	<p>9 9:30 Delivery of Daily Chronicle and Inspirational Quotes 10:00 Oldie Tunes & Kick Ball 10:30 Courtyard and Story Time 11:00 1:1 Soothing Visits 1:00 Fall Essential Oils and Relaxing Music 1:15 Old Book Craft Projects 2:15 Fall Scented Hand Massages 2:30 Movie & Popcorn in the Sun-Room "The Birds" 4:30 Sports on T.V</p>
<p>10 9:30 Happy Birthday Juanita A. 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 Fall Essential Oils and Relaxing Music 1:30 Engaging Explorations with Bob Arie 2:00 Evening Prayer with Bill Bixby "St. Columba's Episcopal Church" 2:30 Movie & Popcorn in the Sun-Room "Bud Abbott and Lou Costello Meet Frankenstein" 4:30 Sports on T.V</p>	<p>11 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 Fall Essential Oils and Relaxing Music 1:45 Drum Fit Class with Sheri Guzman 2:30 Mini Harvest Pumpkin Painting 3:30 Mindful Exercises 4:30 Sports on T.V</p>	<p>12 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 Fall Essential Oils and Relaxing Music 1:15 Finishing Touches on Mini Harvest Pumpkins 2:00 Pumpkin Patch Bingo 3:00 Mad Libs Game 3:30 Happy Hour & Welcoming New Residents with "Brown Sugar Band" 4:30 Sports on T.V</p>	<p>13 9:30 Delivery of Daily Chronicle and Inspirational Quotes 9:35 Bible Study with Pastor Bob 10:15 Fly Swatters & Balloon Games 11:00 1:1 Soothing Visits 1:00 Fall Essential Oils and Relaxing Music 1:30 Hot Coco or Apple Cider Social 2:30 Memories in the Making All About Halloween with Diane & Daniel 4:30 Sports on T.V</p>	<p>14 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 Fall Essential Oils and Relaxing Music 1:15 Pumpkin Patch Bingo 2:15 Coffee & Tea Social with Daniel 2:30 Men's Group & Finish the Sentence 4:30 Sports on T.V</p>	<p>15 9:30 Delivery of Daily Chronicle and Inspirational Quotes 10:00 Nest Nooks and Storybooks with Charlotte 11:00 1:1 Soothing Visits 1:00 Fall Essential Oils and Relaxing Music 1:15 Maple Leaf Fabric Embroidery Hoop 2:15 Puzzles 3:00 Balloon Exercise & Sing-along 4:30 Sports on T.V</p>	<p>16 9:30 Delivery of Daily Chronicle and Inspirational Quotes 10:00 Oldie Tunes & Kick Ball 10:30 Courtyard and Story Time 11:00 1:1 Soothing Visits 1:00 Fall Essential Oils and Relaxing Music 1:15 Old Book Craft Projects 2:15 Fall Scented Hand Massages 2:30 Movie & Popcorn in the Sun-Room "The Ghost and Mr. Chicken" 4:30 Sports on T.V</p>
<p>17 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 Fall Essential Oils and Relaxing Music 1:30 Engaging Explorations with Bob Arie 2:30 Movie & Popcorn in the Sun-Room "October Sky" 4:30 Sports on T.V</p>	<p>18 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 Fall Essential Oils and Relaxing Music 1:45 Drum Fit Class with Sheri Guzman 2:30 Mini Harvest Pumpkin Painting 3:30 Mindful Exercises 4:30 Sports on T.V</p>	<p>19 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 Fall Essential Oils and Relaxing Music 1:15 Finishing Touches on Mini Harvest Pumpkins 2:00 Pumpkin Patch Bingo 3:00 Mad Libs Game 3:30 Happy Hour with "First String Band" 4:30 Sports on T.V</p>	<p>20 9:30 Delivery of Daily Chronicle and Inspirational Quotes 9:35 Story's of Our Daily Bread 10:15 Fly Swatters & Balloon Games 11:00 1:1 Soothing Visits 1:00 Fall Essential Oils and Relaxing Music 1:30 Hot Coco or Apple Cider Social 2:30 Memories in the Making All About Halloween with Diane & Daniel 4:30 Sports on T.V</p>	<p>21 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 Fall Essential Oils and Relaxing Music 1:15 Pumpkin Patch Bingo 2:00 Inspirational Music with Steve and Diane 3:00 Finish the Sentence 4:30 Sports on T.V</p>	<p>22 9:30 Delivery of Daily Chronicle and Inspirational Quotes 10:00 Nest Nooks and Storybooks with Charlotte 11:00 1:1 Soothing Visits 1:00 Fall Essential Oils and Relaxing Music 1:15 Maple Leaf Fabric Embroidery Hoop 2:30 LOVE ON A LEASH 3:00 Balloon Exercise & Sing-along 4:30 Sports on T.V</p>	<p>Happy Birthday Maryanne H. 23 9:30 Delivery of Daily Chronicle and Inspirational Quotes 10:00 Oldie Tunes & Kick Ball 10:30 Courtyard and Story Time 11:00 1:1 Soothing Visits 1:00 Fall Essential Oils and Relaxing Music 1:15 Old Book Craft Projects 2:15 Fall Scented Hand Massages 2:30 Movie & Popcorn in the Sun-Room "Young Frankenstein" 4:30 Sports on T.V</p>
<p>24 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 Fall Essential Oils and Relaxing Music 1:30 Engaging Explorations with Charlotte 2:30 Movie & Popcorn in the Sun-Room "Little Women" 4:30 Sports on T.V</p>	<p>25 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 Fall Essential Oils and Relaxing Music 1:45 Drum Fit Class with Sheri Guzman 2:30 Mini Harvest Pumpkin Painting 3:30 Mindful Exercises 4:30 Sports on T.V</p>	<p>26 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 Fall Essential Oils and Relaxing Music 1:15 Finishing Touches on Mini Harvest Pumpkins 2:00 Pumpkin Patch Bingo 3:00 Mad Libs Game 3:30 Happy Hour with "Brown Sugar Band" 4:30 Sports on T.V</p>	<p>27 9:30 Delivery of Daily Chronicle and Inspirational Quotes 9:35 Bible Study with Pastor Bob 10:15 Fly Swatters & Balloon Games 11:00 1:1 Soothing Visits 1:00 Fall Essential Oils and Relaxing Music 1:30 Hot Coco or Apple Cider Social 2:30 Memories in the Making with Diane & Daniel "Harvest" 4:30 Sports on T.V</p>	<p>28 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 Fall Essential Oils and Relaxing Music 1:15 Pumpkin Patch Bingo 2:15 Coffee & Tea Social with Daniel 2:30 Men's Group & Finish the Sentence 4:30 Sports on T.V</p>	<p>29 9:30 Delivery of Daily Chronicle and Inspirational Quotes 10:00 Nest Nooks and Storybooks with Charlotte 11:00 1:1 Soothing Visits 1:00 Fall Essential Oils and Relaxing Music 1:15 Maple Leaf Fabric Embroidery Hoop 2:15 Puzzles 3:00 Balloon Exercise & Sing-along 4:30 Sports on T.V</p>	<p>30 9:30 Delivery of Daily Chronicle and Inspirational Quotes 10:00 Oldie Tunes & Kick Ball 10:30 Courtyard and Story Time 11:00 1:1 Soothing Visits 1:00 Fall Essential Oils and Relaxing Music 1:15 Old Book Craft Projects 2:15 Fall Scented Hand Massages 2:30 Movie & Popcorn in the Sun-Room "The Great Gatsby" 4:30 Sports on T.V</p>