

January 2022

Lantern Crest Horizons

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>January cont'd 30</p> <p>9:30 Delivery of Daily Chronicle and Inspirational Quotes</p> <p>9:45 Exercise Class with Frank From Mobile Therapy</p> <p>10:15 LOVE ON A LEASH</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Holiday Essential Oils & Relaxing Music</p> <p>1:30 Ukulele Sing Along with Bob Arij</p> <p>2:30 Movie & Popcorn in the Sun-Room "Viva Las Vegas"</p> <p>4:30 Sports on T.V</p>	<p>31</p> <p>9:30 Delivery of Daily Chronicle and Inspirational Quotes</p> <p>10:00 Drum Fit Class with Charlotte</p> <p>10:30 Walk the Halls & Holiday Music</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Holiday Essential Oils & Relaxing Music</p> <p>1:30 Crafting with Charlotte</p> <p>2:30 Cornhole Board Games</p> <p>3:30 Exercise Your Mind with Riddles</p> <p>4:30 Sports on T.V</p>		<p>Resident Birthdays</p> <p>Anna M. C. 1/13</p> <p>Thomas M. 1/22</p>		<p>Maritza Aguirre Life Enrichment Director</p> <p>At The Ridge</p> <p>800 Lantern Crest Way Santee, Ca 92071</p> <p>Cell: (619) 495-5666</p> <p>Maritza.aguirre@lanterncrestsantee.com</p>	<p>Happy New Year's Welcome 2022! 1</p> <p>9:30 Delivery of Daily Chronicle and Inspirational Quotes</p> <p>10:00 Exercise Kick Ball</p> <p>10:30 Courtyard and Story Time</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Holiday Essential Oils & Relaxing Music</p> <p>1:15 Nail Care and Hand Massage</p> <p>2:30 Movie & Popcorn in the Sun-Room "She Wore a Yellow Ribbon"</p> <p>4:30 Sports on T.V</p>
<p>2</p> <p>9:30 Delivery of Daily Chronicle and Inspirational Quotes</p> <p>9:45 Exercise Class with Frank From Mobile Therapy</p> <p>10:15 LOVE ON A LEASH</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Holiday Essential Oils & Relaxing Music</p> <p>1:30 Ukulele Sing Along with Bob Arij</p> <p>2:30 Movie & Popcorn in the Sun-Room "Guys and Dolls"</p> <p>4:30 Sports on T.V</p>	<p>3</p> <p>9:30 Delivery of Daily Chronicle and Inspirational Quotes</p> <p>10:00 Drum Fit Class with Charlotte</p> <p>10:30 Walk the Halls & Holiday Music</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Holiday Essential Oils & Relaxing Music</p> <p>1:30 Crafting with Charlotte</p> <p>2:30 Cornhole Board Games</p> <p>3:30 Exercise Your Mind with Riddles</p> <p>4:30 Sports on T.V</p>	<p>4</p> <p>9:30 Delivery of Daily Chronicle and Inspirational Quotes</p> <p>10:00 Exercise Class with Noodles</p> <p>10:30 Bistro Social</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Holiday Essential Oils & Relaxing Music</p> <p>1:15 Therapeutic Sculpting with Play Dough</p> <p>2:00 Bingo Extravaganza</p> <p>3:00 Mad Libs Game</p> <p>3:30 Happy Hour with "Brown Sugar Oldies"</p> <p>4:30 Sports on T.V</p>	<p>5</p> <p>9:30 Delivery of Daily Chronicle and Inspirational Quotes</p> <p>9:35 Bible Study with Pastor Bob</p> <p>10:30 Familiar Music with Dan</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Holiday Essential Oils & Relaxing Music</p> <p>1:15 Mexican Train Game</p> <p>2:30 Winter Wonderland Memories in the Making with Diane How & Daniel</p> <p>4:30 Sports on T.V</p>	<p>6</p> <p>9:30 Delivery of Daily Chronicle and Inspirational Quotes</p> <p>10:00 Lets Get Fit Exercise Class with Daniel</p> <p>10:30 Bistro Social & Snacks</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Holiday Essential Oils & Relaxing Music</p> <p>1:15 Piano Music with Jeffrey Mosier</p> <p>2:15 Bingo Game</p> <p>2:30 Men's Group & Finish the Sentence</p> <p>4:30 Sports on T.V</p>	<p>7</p> <p>9:30 Delivery of Daily Chronicle and Inspirational Quotes</p> <p>10:00 Resistance Band Exercise with Charlotte</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Holiday Essential Oils & Relaxing Music</p> <p>1:15 New Year's Miscellaneous Craft's</p> <p>3:00 Pacific North West Animal History with Charlotte</p> <p>4:30 Sports on T.V</p>	<p>8</p> <p>9:30 Delivery of Daily Chronicle and Inspirational Quotes</p> <p>10:00 Exercise Kick Ball</p> <p>10:30 Courtyard and Story Time</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Holiday Essential Oils & Relaxing Music</p> <p>1:15 Nail Care and Hand Massage</p> <p>2:30 Movie & Popcorn in the Sun-Room "Sabrina"</p> <p>4:30 Sports on T.V</p>
<p>9</p> <p>9:30 Delivery of Daily Chronicle and Inspirational Quotes</p> <p>9:45 Exercise Class with Frank From Mobile Therapy</p> <p>10:15 LOVE ON A LEASH</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Holiday Essential Oils & Relaxing Music</p> <p>1:30 Hangman Game "Sunroom"</p> <p>2:30 Movie & Popcorn in the Sun-Room "Rodgers & Hammerstein's Carousel"</p> <p>4:30 Sports on T.V</p>	<p>10</p> <p>9:30 Delivery of Daily Chronicle and Inspirational Quotes</p> <p>10:00 Drum Fit Class with Charlotte</p> <p>10:30 Walk the Halls & Holiday Music</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Holiday Essential Oils & Relaxing Music</p> <p>1:30 Crafting with Charlotte</p> <p>2:30 Cornhole Board Games</p> <p>3:30 Exercise Your Mind with Riddles</p> <p>4:30 Sports on T.V</p>	<p>11</p> <p>9:30 Delivery of Daily Chronicle and Inspirational Quotes</p> <p>10:00 Exercise Class with Noodles</p> <p>10:30 Bistro Social</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Holiday Essential Oils & Relaxing Music</p> <p>1:15 Therapeutic Sculpting with Play Dough</p> <p>2:00 Bingo Extravaganza</p> <p>3:00 Mad Libs Game</p> <p>3:30 Happy Hour & Welcome New Residents with "First String Band"</p> <p>4:30 Sports on T.V</p>	<p>12</p> <p>9:30 Delivery of Daily Chronicle and Inspirational Quotes</p> <p>9:35 Bible Study with Pastor Bob</p> <p>10:15 Fly Swatters & Balloon Games</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Holiday Essential Oils & Relaxing Music</p> <p>1:15 Mexican Train Game</p> <p>2:30 Winter Wonderland Memories in the Making with Diane How & Daniel</p> <p>4:30 Sports on T.V</p>	<p>Happy Birthday Anna M. C. 13</p> <p>9:30 Delivery of Daily Chronicle and Inspirational Quotes</p> <p>10:00 Lets Get Fit Exercise Class with Daniel</p> <p>10:30 Bistro Social & Snacks</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Holiday Essential Oils & Relaxing Music</p> <p>1:15 Wood Variety Decorative Bird Houses with Daniel</p> <p>2:15 Bingo Game</p> <p>2:30 Men's Group & Finish the Sentence</p> <p>4:30 Sports on T.V</p>	<p>14</p> <p>9:30 Delivery of Daily Chronicle and Inspirational Quotes</p> <p>10:00 Resistance Band Exercise with Charlotte</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Holiday Essential Oils & Relaxing Music</p> <p>1:30 Jeanette Alessio-Way "The History Lady" Memories that Matter "January Class"</p> <p>3:00 Pacific North West Animal History with Charlotte</p> <p>4:30 Sports on T.V</p>	<p>15</p> <p>9:30 Delivery of Daily Chronicle and Inspirational Quotes</p> <p>10:00 Exercise Kick Ball</p> <p>10:30 Courtyard and Story Time</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Holiday Essential Oils & Relaxing Music</p> <p>1:15 Nail Care and Hand Massage</p> <p>2:30 Movie & Popcorn in the Sun-Room "The Help"</p> <p>4:30 Sports on T.V</p>
<p>16</p> <p>9:30 Delivery of Daily Chronicle and Inspirational Quotes</p> <p>9:45 Exercise Class with Frank From Mobile Therapy</p> <p>10:15 LOVE ON A LEASH</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Holiday Essential Oils & Relaxing Music</p> <p>1:30 Ukulele Sing Along with Bob Arij</p> <p>2:30 Movie & Popcorn in the Sun-Room "A Hole in The Head"</p> <p>4:30 Sports on T.V</p>	<p>Martin Luther King, Jr. Day 17</p> <p>9:30 Delivery of Daily Chronicle and Inspirational Quotes</p> <p>10:00 Drum Fit Class with Charlotte</p> <p>10:30 Walk the Halls & Holiday Music</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Holiday Essential Oils & Relaxing Music</p> <p>1:30 Crafting with Charlotte</p> <p>2:30 Cornhole Board Games</p> <p>3:30 Exercise Your Mind with Riddles</p> <p>4:30 Sports on T.V</p>	<p>18</p> <p>9:30 Delivery of Daily Chronicle and Inspirational Quotes</p> <p>10:00 Exercise Class with Noodles</p> <p>10:30 Bistro Social</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Holiday Essential Oils & Relaxing Music</p> <p>1:15 Therapeutic Sculpting with Play Dough</p> <p>2:00 Bingo Extravaganza</p> <p>3:00 Mad Libs Game</p> <p>3:30 Happy Hour with "Cowboy Jack"</p> <p>4:30 Sports on T.V</p>	<p>19</p> <p>9:30 Delivery of Daily Chronicle and Inspirational Quotes</p> <p>9:35 Bible Study with Pastor Bob</p> <p>10:30 Familiar Music with Dan</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Holiday Essential Oils & Relaxing Music</p> <p>1:15 Mexican Train Game</p> <p>2:30 Winter Wonderland Memories in the Making with Diane How & Daniel</p> <p>4:30 Sports on T.V</p>	<p>20</p> <p>9:30 Delivery of Daily Chronicle and Inspirational Quotes</p> <p>10:00 Lets Get Fit Exercise Class with Daniel</p> <p>10:30 Bistro Social & Snacks</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Holiday Essential Oils & Relaxing Music</p> <p>1:15 Piano Music with Jeffrey Mosier</p> <p>2:15 Bingo Game</p> <p>2:30 Men's Group & Finish the Sentence</p> <p>4:30 Sports on T.V</p>	<p>21</p> <p>9:30 Delivery of Daily Chronicle and Inspirational Quotes</p> <p>10:00 Resistance Band Exercise with Charlotte</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Holiday Essential Oils & Relaxing Music</p> <p>1:15 New Year's Miscellaneous Craft's</p> <p>3:00 Pacific North West Animal History with Charlotte</p> <p>4:30 Sports on T.V</p>	<p>Happy Birthday Thomas M. 22</p> <p>9:30 Delivery of Daily Chronicle and Inspirational Quotes</p> <p>10:00 Exercise Kick Ball</p> <p>10:30 Courtyard and Story Time</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Holiday Essential Oils & Relaxing Music</p> <p>1:15 Nail Care and Hand Massage</p> <p>2:30 Movie & Popcorn in the Sun-Room "Fried Green Tomatoes"</p> <p>4:30 Sports on T.V</p>
<p>23</p> <p>9:30 Delivery of Daily Chronicle and Inspirational Quotes</p> <p>9:45 Exercise Class with Frank From Mobile Therapy</p> <p>10:15 LOVE ON A LEASH</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Holiday Essential Oils & Relaxing Music</p> <p>1:30 Ukulele Sing Along with Bob Arij</p> <p>2:30 Movie & Popcorn in the Sun-Room "ELVIS King Creole"</p> <p>4:30 Sports on T.V</p>	<p>24</p> <p>9:30 Delivery of Daily Chronicle and Inspirational Quotes</p> <p>10:00 Drum Fit Class with Charlotte</p> <p>10:30 Walk the Halls & Holiday Music</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Holiday Essential Oils & Relaxing Music</p> <p>1:30 Crafting with Charlotte</p> <p>2:30 Cornhole Board Games</p> <p>3:30 Exercise Your Mind with Riddles</p> <p>4:30 Sports on T.V</p>	<p>25</p> <p>9:30 Delivery of Daily Chronicle and Inspirational Quotes</p> <p>10:00 Exercise Class with Noodles</p> <p>10:30 Bistro Social</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Holiday Essential Oils & Relaxing Music</p> <p>1:15 Therapeutic Sculpting with Play Dough</p> <p>2:00 Bingo Extravaganza</p> <p>3:00 Mad Libs Game</p> <p>3:30 Happy Hour & Birthday Celebration with "Sophisticates"</p> <p>4:30 Sports on T.V</p>	<p>26</p> <p>9:30 Delivery of Daily Chronicle and Inspirational Quotes</p> <p>9:35 Bible Study with Pastor Bob</p> <p>10:15 Fly Swatters & Balloon Games</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Holiday Essential Oils & Relaxing Music</p> <p>1:15 Mexican Train Game</p> <p>2:30 Winter Wonderland Memories in the Making with Diane How & Daniel</p> <p>4:30 Sports on T.V</p>	<p>27</p> <p>9:30 Delivery of Daily Chronicle and Inspirational Quotes</p> <p>10:00 Lets Get Fit Exercise Class with Daniel</p> <p>10:30 Bistro Social & Snacks</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Holiday Essential Oils & Relaxing Music</p> <p>1:15 Wood Variety Decorative Bird Houses with Daniel</p> <p>2:15 Bingo Game</p> <p>2:30 Men's Group & Finish the Sentence</p> <p>4:30 Sports on T.V</p>	<p>28</p> <p>9:30 Delivery of Daily Chronicle and Inspirational Quotes</p> <p>10:00 Resistance Band Exercise with Charlotte</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Holiday Essential Oils & Relaxing Music</p> <p>1:15 New Year's Miscellaneous Craft's</p> <p>3:00 Pacific North West Animal History with Charlotte</p> <p>4:30 Sports on T.V</p>	<p>29</p> <p>9:30 Delivery of Daily Chronicle and Inspirational Quotes</p> <p>10:00 Exercise Kick Ball</p> <p>10:30 Courtyard and Story Time</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Holiday Essential Oils & Relaxing Music</p> <p>1:15 Nail Care and Hand Massage</p> <p>2:30 Movie & Popcorn in the Sun-Room "The History Lady"</p> <p>4:30 Sports on T.V</p>