

January 2023

The Ridge Horizons

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>Happy New Year's Day 1</p> <p>9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment</p> <p>10:15 LOVE ON A LEASH</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Activity Baskets</p> <p>1:30 Ukulele Sing Along with Bob Arij</p> <p>2:30 Movie & Popcorn "We Bought A Zoo"</p> <p>4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment 2</p> <p>10:00 Sing-along with Dan Miller</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Bible Study & Hymns w/ Pastor Bob</p> <p>2:00 Activity Baskets</p> <p>3:30 Exercise Your Mind with Riddles/ Activity Baskets</p> <p>4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment 3</p> <p>10:00 Beach Ball & Pool Noodle Exercise Class</p> <p>10:30 Hangman Game in the Sunroom</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Finish The Projects Essential Oils & Hand Massage</p> <p>1:30 Bingo Extravaganza</p> <p>2:30 Finger Paint with Cellophane</p> <p>3:30 Happy Hour with "Brown Sugar Oldies"</p> <p>4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment 4</p> <p>10:00 Parachute Exercise</p> <p>10:30 Sing -along with Gracie</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Finish The Projects Essential Oils & Hand Massage</p> <p>1:00 Nail Care & Hand Massage</p> <p>2:30 Memories in the Making with Diane & Gracie</p> <p>4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment 5</p> <p>10:00 Kick Ball Exercise Class</p> <p>10:30 News Views & Horoscopes</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Finish The Projects Essential Oils & Hand Massage</p> <p>1:30 Yarn Art On Canvas or Watercolor Paper</p> <p>2:30 Lacing Heart Cardboard Craft</p> <p>4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment 6</p> <p>10:00 Workout & Stretch</p> <p>10:30 Gams on White Board</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Finish The Projects Essential Oils & Hand Massage</p> <p>1:30 Round Table Hat Chat</p> <p>2:30 Bingo Extravaganza</p> <p>3:00 Finish the Sentence Game</p> <p>4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment 7</p> <p>10:00 Stretch & Strenght Exercise</p> <p>10:30 Sing-along with Gracie</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Finish The Projects Essential Oils & Hand Massage</p> <p>1:30 Lunar New Year Tea Social with Gracie</p> <p>2:30 Balloon Exercise for Hand and Eye Coordination</p> <p>4:30 Sports on T.V</p>	
<p>9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment 8</p> <p>10:15 LOVE ON A LEASH</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Activity Baskets</p> <p>1:30 Ukulele Sing Along with Bob Arij</p> <p>2:30 Movie & Popcorn "Marley & Me"</p> <p>4:30 Sports on T.V</p>	<p>9:30 Bible Study & Hymns w/ Pastor Bob 9</p> <p>9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment</p> <p>11:00 1:1 Soothing Visits</p> <p>2:00 Activity Baskets</p> <p>3:30 Exercise Your Mind with Riddles/ Activity Baskets</p> <p>4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment 10</p> <p>10:00 Beach Ball & Pool Noodle Exercise Class</p> <p>10:30 Hangman Game in the Sunroom</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Finish The Projects Essential Oils & Hand Massage</p> <p>1:30 Bingo Extravaganza</p> <p>2:30 Finger Paint with Cellophane</p> <p>3:30 Happy Hour & Welcoming New Residents with "First String Band"</p> <p>4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment 11</p> <p>10:00 Parachute Exercise</p> <p>10:30 Sing -along with Gracie</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Finish The Projects Essential Oils & Hand Massage</p> <p>1:00 Nail Care & Hand Massage</p> <p>2:30 Memories in the Making with Diane & Gracie</p> <p>4:30 Sports on T.V</p>	<p>Winter Olympics Starts 12</p> <p>9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment</p> <p>10:00 Kick Ball Exercise Class</p> <p>10:30 News Views & Horoscopes</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Finish The Projects Essential Oils & Hand Massage</p> <p>1:30 Yarn Art On Canvas or Watercolor Paper</p> <p>2:30 Lacing Heart Cardboard Craft</p> <p>4:30 Sports on T.V</p>	<p>Happy Birthday Anna C. National Sticker Day 13</p> <p>9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment</p> <p>10:00 Workout & Stretch</p> <p>10:30 Gams on White Board</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Essential Oils & Hand Massage</p> <p>1:00 Jeanette Alessio-Way "The History Lady" Memories that Matter "January"</p> <p>2:30 Bingo Extravaganza</p> <p>3:00 Finish the Sentence Game</p> <p>4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment 14</p> <p>10:00 Stretch & Strenght Exercise</p> <p>10:30 Sing-along with Gracie</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Finish The Projects Essential Oils & Hand Massage</p> <p>1:30 Lunar New Year Tea Social with Gracie</p> <p>2:30 Balloon Exercise for Hand and Eye Coordination</p> <p>4:30 Sports on T.V</p>	
<p>9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment 15</p> <p>10:15 LOVE ON A LEASH</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Activity Baskets</p> <p>1:30 Ukulele Sing Along with Bob Arij</p> <p>2:30 Movie & Popcorn "Parental Guidance"</p> <p>3:00 St. Columba Church "Protestant" with Bill Bixby</p> <p>4:30 Sports on T.V</p>	<p>Martin Luther King JR. Day 16</p> <p>9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment</p> <p>10:00 Sing Along with Dan Miller</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Bible Study & Hymns w/ Pastor Bob</p> <p>2:00 Activity Baskets</p> <p>3:30 Exercise Your Mind with Riddles/ Activity Baskets</p> <p>4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment 17</p> <p>10:00 Beach Ball & Pool Noodle Exercise Class</p> <p>10:30 Hangman Game in the Sunroom</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Finish The Projects Essential Oils & Hand Massage</p> <p>1:30 Bingo Extravaganza</p> <p>2:30 Finger Paint with Cellophane</p> <p>3:30 Happy Hour with "Trevor Gibson"</p> <p>4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment 18</p> <p>10:00 Parachute Exercise</p> <p>10:30 Sing -along with Gracie</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Finish The Projects Essential Oils & Hand Massage</p> <p>1:00 Nail Care & Hand Massage</p> <p>1:30 Special Entertainment with "Double Take"</p> <p>2:30 Memories in the Making with Diane & Gracie</p> <p>4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment 19</p> <p>10:00 Gardening with The Master Gardeners</p> <p>10:30 News Views & Horoscopes</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Finish The Projects Essential Oils & Hand Massage</p> <p>1:30 Yarn Art On Canvas or Watercolor Paper</p> <p>2:30 Lacing Heart Cardboard Craft</p> <p>4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment 20</p> <p>10:00 Workout & Stretch</p> <p>10:30 Gams on White Board</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Finish The Projects Essential Oils & Hand Massage</p> <p>1:30 Round Table Hat Chat</p> <p>2:30 Bingo Extravaganza</p> <p>3:00 Finish the Sentence Game</p> <p>4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment 21</p> <p>10:00 Stretch & Strenght Exercise</p> <p>10:30 Sing-along with Gracie</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Finish The Projects Essential Oils & Hand Massage</p> <p>1:30 Lunar New Year Tea Social with Gracie</p> <p>2:30 Balloon Exercise for Hand and Eye Coordination</p> <p>4:30 Sports on T.V</p>	
<p>Happy Lunar New Year Winter Olympics Ends 22</p> <p>9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment</p> <p>10:15 LOVE ON A LEASH</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Activity Baskets</p> <p>1:30 Ukulele Sing Along with Bob Arij</p> <p>2:30 Movie & Popcorn Dr. Dolittle"</p> <p>4:30 Sports on T.V</p>	<p>All Staff Meeting 23</p> <p>9:30 Bible Study & Hymns w/ Pastor Bob</p> <p>9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment</p> <p>11:00 1:1 Soothing Visits</p> <p>2:00 Activity Baskets</p> <p>3:30 Exercise Your Mind with Riddles/ Activity Baskets</p> <p>4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment 24</p> <p>10:00 Beach Ball & Pool Noodle Exercise Class</p> <p>10:30 Hangman Game in the Sunroom</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Finish The Projects Essential Oils & Hand Massage</p> <p>1:30 Bingo Extravaganza</p> <p>2:30 Finger Paint with Cellophane</p> <p>3:30 Happy Hour with "Sylvia & Salvador"</p> <p>4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment 25</p> <p>10:00 Parachute Exercise</p> <p>10:30 Sing -along with Gracie</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Finish The Projects Essential Oils & Hand Massage</p> <p>1:00 Nail Care & Hand Massage</p> <p>2:30 Memories in the Making with Diane & Gracie</p> <p>4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment 26</p> <p>10:00 Kick Ball Exercise Class</p> <p>10:30 News Views & Horoscopes</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Finish The Projects Essential Oils & Hand Massage</p> <p>1:30 Yarn Art On Canvas or Watercolor Paper</p> <p>2:30 Lacing Heart Cardboard Craft</p> <p>4:30 Sports on T.V</p>	<p>National Activity Professional Day 27</p> <p>9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment</p> <p>10:00 Workout & Stretch</p> <p>10:30 Gams on White Board</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Finish The Projects Essential Oils & Hand Massage</p> <p>1:30 Round Table Hat Chat</p> <p>2:30 Bingo Extravaganza</p> <p>3:00 Finish the Sentence Game</p> <p>4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment 28</p> <p>10:00 Stretch & Strenght Exercise</p> <p>10:30 Sing-along with Gracie</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Finish The Projects Essential Oils & Hand Massage</p> <p>1:30 Lunar New Year Tea Social with Gracie</p> <p>2:30 Balloon Exercise for Hand and Eye Coordination</p> <p>4:30 Sports on T.V</p>	
<p>9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment 29</p> <p>10:15 LOVE ON A LEASH</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Activity Baskets</p> <p>1:30 Ukulele Sing Along with Bob Arij</p> <p>2:30 Movie & Popcorn "Cheaper By The Dozen"</p> <p>4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment 30</p> <p>10:00 Sing Along with Dan Miller</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Bible Study & Hymns w/ Pastor Bob</p> <p>2:00 Activity Baskets</p> <p>3:30 Exercise Your Mind with Riddles/ Activity Baskets</p> <p>4:30 Sports on T.V</p>	<p>Thank You Comfort & Peace for the Birthday Cakes 31</p> <p>9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment</p> <p>10:00 Beach Ball & Pool Noodle Exercise Class</p> <p>10:30 Hangman Game in the Sunroom</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Finish The Projects Essential Oils & Hand Massage</p> <p>1:30 Bingo Extravaganza</p> <p>2:30 Finger Paint with Cellophane</p> <p>3:30 Happy Hour & Birthday Celebration with "The Sophisticats"</p> <p>4:30 Sports on T.V</p>	<p>Resident Birthdays Anna M. C. 1/13</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>		

