February 2023

SHRUNK THE KIDS"

4:30 Sports on T.V

The Ridge Horizons

SENIOR LIVING

Friday Sunday Tuesday Saturday Monday Wednesday Thursday 9:30 Daily Chronicle and 9:30 Daily Chronicle and 9:30 Daily Chronicle and 9:30 Daily Chronicle and Maritza Aguirre Inspirational Quotes with Life Inspirational Quotes with Life Inspirational Quotes with Inspirational Quotes with Life Enrichment Director Life Enrichment Life Enrichment Enrichment Enrichment 10:00 Workout & Stretch 10:00 Stretch & Strenght Exercise 10:00 Kick Ball Exercise Class 10:00 Drum Fit Exercise At The Ridge 10:30 Courtyard Social & Watering Gardening 10:30 Sing-along 10:30 Cool Down & Breathing Exercise 10:30 News Views & Horoscopes 11:00 1:1 Soothing Visits 11:00 1:1 Soothing Visits 11:00 **1:1 Soothing Visits Resident Birthdays** 800 Lantern Crest Way 11:00 1:1 Soothing Visits 1:00 Finish The Projects Essential Oils & 1:00 Finish The Projects Essential Oils & Happy 1:00 Finish The Projects Essential Oils & 1:00 Finish The Projects Essential Oils & Hand Massage Hand Massage Santee, Ca 92071 2/8 John B. Hand Massage Hand Massage 1:30 Candy Trees Décor 1:30 Tea Social & Friendship Saying Button Valentine's 1:00 Nail Care & Hand Massage 1:30 Yarn Art On Canvas or Watercolor Cell: (619) 495-5666 2:30 Bingo Extravaganza 2:30 Memories in the Making "Sweet **Paper** 2:30 Balloon Exercise for Hand and Eye Day 3:00 Finish the Sentence Game Maritza.aguirre@ 2:30 Color Me Calm Heart Art" Coordination 4:30 Sports on T.V 4:30 Sports on T.V 4:30 Sports on T.V 4:30 Sports on T.V lanterncrestsantee.com 9:30 Daily Chronicle and 9:30 Daily Chronicle and Inspirational HAPPY BIRTHDAY JOHN B. 9:30 Daily Chronicle and 9:30 Daily Chronicle and 9:30 Daily Chronicle and 9:30 Daily Chronicle and Quotes with Life Enrichment Inspirational Quotes with Life Inspirational Quotes with Life Inspirational Quotes 9:30 Daily Chronicle and Inspirational Quotes with **Inspirational Ouotes** 0:00 Beach Ball & Pool Noodle Inspirational Quotes with Life Enrichment Life Enrichment with Life Enrichment with Life Enrichment Exercise Class Enrichment 10:00 Workout & Stretch 10:00 Stretch & Strenght Exercise 10:00 Kick Ball Exercise Class 10:15 LOVE ON A LEASH 10:30 Valentine's Hangman Game in the Sunroom 9:45 Bible Study & Hymns w/ 10:00 Drum Fit Exercise 10:30 Courtyard Social & Watering Gardening 10:30 Sing-along 10:30 News Views & Horoscopes 11:00 1:1 Soothing Visits 11:00 **1:1 Soothing Visits** 11:00 1:1 Soothing Visits 10:30 Cool Down & Breathing Exercise **Pastor Bob** 11:00 1:1 Soothing Visits 1:00 Finish The Projects Essential Oils & Hand 11:00 1:1 Soothing Visits 11:00 1:1 Soothing Visits 1:00 Activity Baskets 1:00 Finish The Projects Essential Oils & 1:00 Finish The Projects Essential Oils & 11:00 **1:1 Soothing Visits** Massage 1:00 Finish The Projects Essential Oils & 1:00 Finish The Projects Essential Oils & Hand Hand Massage Hand Massage 1:30 Ukulele Sing Along with Bob Aria 1:30 Bingo Extravaganza Hand Massage 2:00 Activity Baskets 1:30 Tea Social & Friendship Saying Button 1:00 Jeanette Alessio-Way "The History Lady 2:30 Love You To Pieces Craft with Puzzle's 2:30 Movie & Popcorn "EVER AFTER" 1:30 Yarn Art On Canvas or Watercolor 3:30 Exercise Your Mind with 1:30 Special Entertainment with "Double Take Memories that Matter "February" 3:30 Happy Hour with 'BROWN SUGAR OLDIES' 4:30 Sports on T.V 2:30 Memories in the Making "Sweet Heart Paper 4:30 Sports on T.V 2:30 Bingo Extravaganza 2:30 Balloon Exercise for Hand and Eye Riddles/ Activity Baskets 2:30 Color Me Calm Coordination 3:00 Finish the Sentence Game 4:30 Sports on T.V HAPPY VALENTINE'S DAY 9:30 Daily Chronicle and **SUPER BOWL LVII** 9:30 Daily Chronicle and Inspirational Inspirational Quotes with Inspirational Quotes with Inspirational Quotes with Life Inspirational Quotes with Life 9:30 Daily Chronicle and Inspirational Ouotes Quotes with Life Enrichment **Enrichment** Enrichment Life Enrichment Life Enrichment with Life Enrichment **Inspirational Quotes** 10:00 Beach Ball & Pool Noodle 10:00 Workout & Stretch 10:00 Stretch & Strenght Exercise 10:00 Kick Ball Exercise Class 10:00 Drum Fit Exercise with Life Enrichment 10:00 Sing Along with Dan Miller Exercise Class 10:30 Courtyard Social & Watering Gardening 10:30 Sing-along 10:30 Cool Down & Breathing Exercise 10:30 News Views & Horoscopes 10:30 Valentine's Hangman Game in the Sunroom 10:15 LOVE ON A LEASH 11:00 1:1 Soothing Visits 11:00 1:1 Soothing Visits 11:00 1:1 Soothing Visits 1:00 1:1 Soothing Visits 11:00 1:1 Soothing Visits 11:00 1:1 Soothing Visits 11:00 1:1 Soothing Visits 1:00 Bible Study & Hymns w/ Pastor 1:00 Finish The Projects Essential Oils & 1:00 Finish The Projects Essential Oils & 1:00 Finish The Projects Essential Oils & Hand 1:00 Finish The Projects Essential Oils & 1:00 Finish The Projects Essential Oils & Hand Massage Hand Massage 1:00 Activity Baskets Massage Hand Massage Hand Massage 1:30 Candy Trees Décor 1:30 Tea Social & Friendship Saying Button 1:30 Bingo Extravaganza 1:30 Ukulele Sing Along with Bob Arii 2:00 Activity Baskets 1:00 Nail Care & Hand Massage 1:30 Yarn Art On Canvas or Watercolor 2:30 Love You To Pieces Craft with Puzzle's 2:30 Bingo Extravaganza 3:30 Exercise Your Mind with Riddles/ 2:30 Movie & Popcorn "LETTERS TO 2:30 Memories in the Making "Sweet **Paper** 3:30 Happy Hour & Welcoming New Residents with 'FRIRST STRING BAND" 2:30 Balloon Exercise for Hand and Eye 3:00 Finish the Sentence Game **Activity Baskets** JULIET" 2:30 Color Me Calm Heart Art" Coordination 4:30 Sports on T.V 9:30 Daily Chronicle and 9:30 Daily Chronicle and 9:30 Daily Chronicle and **MARDI GRAS DAY ASH WEDNESDAY** 9:30 Daily Chronicle and **PRESIDENTS DAY** 9:30 Daily Chronicle and Inspirational 9:30 Daily Chronicle and Inspirational Inspirational Quotes with Life Inspirational Quotes with Life Inspirational Quotes with **Inspirational Quotes** 9:30 Daily Chronicle and Quotes with Life Enrichment Quotes with Life Enrichment Enrichment Enrichment Life Enrichment with Life Enrichment 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Massage 1:30 Candy Trees Décor 1:30 Tea Social & Friendship Saying Button 2:00 Activity Baskets 1:30 Bingo Extravaganza 2:30 Movie & Popcorn "RODGERS & 1:30 Inspirational Music with "STEVE & 2:30 Bingo Extravaganza 2:30 Love You To Pieces Craft with Puzzle's 2:30 Memories in the Making "Sweet Heart Art" HAMMERSTEIN'S STATE FAIR" 3:30 Exercise Your Mind with Riddles/ DIANE' 4:30 Sports on T.V 2:30 Balloon Exercise for Hand and Eye 3:30 Happy Hour with "TREVOR GIBSON" 3:00 Finish the Sentence Game **Activity Baskets** 4:30 Sports on T.V 2:30 Color Me Calm 4:30 Sports on T.V Coordination 4:30 Sports on T.V 4:30 Sports on T.V 4:30 Sports on T.V 4:30 Sports on T.V 9:30 Daily Chronicle and 9:30 Daily Chronicle and 9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment Inspirational Quotes Inspirational Ouotes 0:00 Beach Ball & Pool Noodle with Life Enrichment with Life Enrichment Exercise Class 10:15 LOVE ON A LEASH 10:00 Dan Miller with Sing-along 10:30 Valentine's Hangman Game 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3:30 Happy Hour & Birthday Celebration with "THE

OPHISTICATS" Cakes Sponsored by

Comfort and Peace

4:30 Sports on T.V

3:30 Exercise Your Mind with Riddles/

Activity Baskets

4:30 Sports on T.V