

February 2023

The Ridge Horizons

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Resident Birthdays John B. 2/8</p>		<p>Maritza Aguirre <i>Life Enrichment Director</i> At The Ridge 800 Lantern Crest Way Santee, Ca 92071 Cell: (619) 495-5666 Maritza.aguirre@ lanterncrestsantee.com</p>	<p>9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment 1 10:00 Drum Fit Exercise 10:30 Cool Down & Breathing Exercise 11:00 1:1 Soothing Visits 1:00 Finish The Projects Essential Oils & Hand Massage 1:00 Nail Care & Hand Massage 2:30 Memories in the Making "Sweet Heart Art" 4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment 2 10:00 Kick Ball Exercise Class 10:30 News Views & Horoscopes 11:00 1:1 Soothing Visits 1:00 Finish The Projects Essential Oils & Hand Massage 1:30 Yarn Art On Canvas or Watercolor Paper 2:30 Color Me Calm 4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment 3 10:00 Workout & Stretch 10:30 Courtyard Social & Watering Gardening 11:00 1:1 Soothing Visits 1:00 Finish The Projects Essential Oils & Hand Massage 1:30 Candy Trees Décor 2:30 Bingo Extravaganza 3:00 Finish the Sentence Game 4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment 4 10:00 Stretch & Strenght Exercise 10:30 Sing-along 11:00 1:1 Soothing Visits 1:00 Finish The Projects Essential Oils & Hand Massage 1:30 Tea Social & Friendship Saying Button Art 2:30 Balloon Exercise for Hand and Eye Coordination 4:30 Sports on T.V</p>
<p>9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment 5 10:15 LOVE ON A LEASH 11:00 1:1 Soothing Visits 1:00 Activity Baskets 1:30 Ukulele Sing Along with Bob Arie 2:30 Movie & Popcorn "EVER AFTER" 4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment 6 9:45 Bible Study & Hymns w/ Pastor Bob 11:00 1:1 Soothing Visits 2:00 Activity Baskets 3:30 Exercise Your Mind with Riddles/ Activity Baskets 4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment 7 10:00 Beach Ball & Pool Noodle Exercise Class 10:30 Valentine's Hangman Game in the Sunroom 11:00 1:1 Soothing Visits 1:00 Finish The Projects Essential Oils & Hand Massage 1:30 Bingo Extravaganza 2:30 Love You To Pieces Craft with Puzzle's 3:30 Happy Hour with "BROWN SUGAR OLDIES" 4:30 Sports on T.V</p>	<p>HAPPY BIRTHDAY JOHN B. 9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment 8 10:00 Drum Fit Exercise 10:30 Cool Down & Breathing Exercise 11:00 1:1 Soothing Visits 1:00 Finish The Projects Essential Oils & Hand Massage 1:30 Special Entertainment with "Double Take" 2:30 Memories in the Making "Sweet Heart Art" 4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment 9 10:00 Kick Ball Exercise Class 10:30 News Views & Horoscopes 11:00 1:1 Soothing Visits 1:00 Finish The Projects Essential Oils & Hand Massage 1:30 Yarn Art On Canvas or Watercolor Paper 2:30 Color Me Calm 4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment 10 10:00 Workout & Stretch 10:30 Courtyard Social & Watering Gardening 11:00 1:1 Soothing Visits 1:00 Finish The Projects Essential Oils & Hand Massage 1:00 Jeanette Alessio-Way "The History Lady" Memories that Matter "February" 2:30 Bingo Extravaganza 3:00 Finish the Sentence Game 4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment 11 10:00 Stretch & Strenght Exercise 10:30 Sing-along 11:00 1:1 Soothing Visits 1:00 Finish The Projects Essential Oils & Hand Massage 1:30 Tea Social & Friendship Saying Button Art 2:30 Balloon Exercise for Hand and Eye Coordination 4:30 Sports on T.V</p>
<p>SUPER BOWL LVII 9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment 12 10:15 LOVE ON A LEASH 11:00 1:1 Soothing Visits 1:00 Activity Baskets 1:30 Ukulele Sing Along with Bob Arie 2:30 Movie & Popcorn "LETTERS TO JULIET" 4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment 13 10:00 Sing Along with Dan Miller 11:00 1:1 Soothing Visits 1:00 Bible Study & Hymns w/ Pastor Bob 2:00 Activity Baskets 3:30 Exercise Your Mind with Riddles/ Activity Baskets 4:30 Sports on T.V</p>	<p>HAPPY VALENTINE'S DAY 9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment 14 10:00 Beach Ball & Pool Noodle Exercise Class 10:30 Valentine's Hangman Game in the Sunroom 11:00 1:1 Soothing Visits 1:00 Finish The Projects Essential Oils & Hand Massage 1:30 Bingo Extravaganza 2:30 Love You To Pieces Craft with Puzzle's 3:30 Happy Hour & Welcoming New Residents with "FIRST STRING BAND" 4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment 15 10:00 Drum Fit Exercise 10:30 Cool Down & Breathing Exercise 11:00 1:1 Soothing Visits 1:00 Finish The Projects Essential Oils & Hand Massage 1:00 Nail Care & Hand Massage 2:30 Memories in the Making "Sweet Heart Art" 4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment 16 10:00 Kick Ball Exercise Class 10:30 News Views & Horoscopes 11:00 1:1 Soothing Visits 1:00 Finish The Projects Essential Oils & Hand Massage 1:30 Yarn Art On Canvas or Watercolor Paper 2:30 Color Me Calm 4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment 17 10:00 Workout & Stretch 10:30 Courtyard Social & Watering Gardening 11:00 1:1 Soothing Visits 1:00 Finish The Projects Essential Oils & Hand Massage 1:30 Candy Trees Décor 2:30 Bingo Extravaganza 3:00 Finish the Sentence Game 4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment 18 10:00 Stretch & Strenght Exercise 10:30 Sing-along 11:00 1:1 Soothing Visits 1:00 Finish The Projects Essential Oils & Hand Massage 1:30 Tea Social & Friendship Saying Button Art 2:30 Balloon Exercise for Hand and Eye Coordination 4:30 Sports on T.V</p>
<p>9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment 19 10:15 LOVE ON A LEASH 11:00 1:1 Soothing Visits 1:00 Activity Baskets 1:30 Ukulele Sing Along with Bob Arie 2:30 Movie & Popcorn "RODGERS & HAMMERSTEIN'S STATE FAIR" 4:30 Sports on T.V</p>	<p>PRESIDENTS DAY 9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment 20 9:45 Bible Study & Hymns w/ Pastor Bob 11:00 1:1 Soothing Visits 2:00 Activity Baskets 3:30 Exercise Your Mind with Riddles/ Activity Baskets 4:30 Sports on T.V</p>	<p>MARDI GRAS DAY 9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment 21 10:00 Beach Ball & Pool Noodle Exercise Class 10:30 Valentine's Hangman Game in the Sunroom 11:00 1:1 Soothing Visits 1:00 Finish The Projects Essential Oils & Hand Massage 1:30 Bingo Extravaganza 2:30 Love You To Pieces Craft with Puzzle's 3:30 Happy Hour with "TREVOR GIBSON" 4:30 Sports on T.V</p>	<p>ASH WEDNESDAY 9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment 22 10:00 Drum Fit Exercise 10:30 Cool Down & Breathing Exercise 11:00 1:1 Soothing Visits 1:00 Ash Wednesday with Daniela from "SEA COAST HOSPICE" 1:00 Finish The Projects Essential Oils & Hand Massage 2:30 Memories in the Making "Sweet Heart Art" 4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment 23 10:00 Kick Ball Exercise Class 10:30 News Views & Horoscopes 11:00 1:1 Soothing Visits 1:00 Finish The Projects Essential Oils & Hand Massage 1:30 Inspirational Music with "STEVE & DIANE" 2:30 Color Me Calm 4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment 24 10:00 Workout & Stretch 10:30 Courtyard Social & Watering Gardening 11:00 1:1 Soothing Visits 1:00 Finish The Projects Essential Oils & Hand Massage 1:30 Candy Trees Décor 2:30 Bingo Extravaganza 3:00 Finish the Sentence Game 4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment 25 10:00 Stretch & Strenght Exercise 10:30 Sing-along 11:00 1:1 Soothing Visits 1:00 Finish The Projects Essential Oils & Hand Massage 1:30 Tea Social & Friendship Saying Button Art 2:30 Balloon Exercise for Hand and Eye Coordination 4:30 Sports on T.V</p>
<p>9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment 26 10:15 LOVE ON A LEASH 11:00 1:1 Soothing Visits 1:00 Activity Baskets 1:30 Ukulele Sing Along with Bob Arie 2:30 Movie & Popcorn "HONEY, I SHRUNK THE KIDS" 4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment 27 10:00 Dan Miller with Sing-along 11:00 1:1 Soothing Visits 1:00 Bible Study & Hymns w/ Pastor Bob 2:00 Activity Baskets 3:30 Exercise Your Mind with Riddles/ Activity Baskets 4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes with Life Enrichment 28 10:00 Beach Ball & Pool Noodle Exercise Class 10:30 Valentine's Hangman Game in the Sunroom 11:00 1:1 Soothing Visits 1:00 Finish The Projects Essential Oils & Hand Massage 1:30 Bingo Extravaganza 2:30 Love You To Pieces Craft with Puzzle's 3:30 Happy Hour & Birthday Celebration with "THE SOPHISTICATS" Cakes Sponsored by "Comfort and Peace" 4:30 Sports on T.V</p>	 <p>PRESIDENT'S DAY</p>	 <p>LOVE</p>	 <p>HAPPY MARDI GRAS</p>	 <p>Lantern Crest SENIOR LIVING</p>