

# The Ridge Horizons

# March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Maritza Aguirre</i> Life Enrichment Director At The Ridge 800 Lantern Crest Way Santee, Ca 92071 Cell: (619) 495-5666 Maritza.aguirre@lanterncrestsantee.com</p>		<p><b>Resident Birthdays</b> Joan M. 3/2 Kathleen P. 3/3</p>	<p>9:30 Daily Chronicle and Inspirational Quotes <b>1</b> 10:00 <u>Drum Fit Exercise</u> 10:30 <u>Cool Down &amp; Breathing Exercise</u> 11:00 1:1 Soothing Visits 1:00 <u>Music Therapy &amp; Essential Oils</u> 1:00 <u>Nail Care &amp; Hand Massage</u> 2:30 <u>Memories in the Making "Spring Art"</u> 4:30 Sports on T.V</p>	<p><u>Happy Birthday Joan M.</u> <b>2</b> 9:30 Daily Chronicle and Inspirational Quotes 10:00 <u>Kick Ball Exercise Class</u> 10:30 News Views &amp; Horoscopes 11:00 1:1 Soothing Visits 1:00 <u>Music Therapy &amp; Essential Oils</u> 1:30 <u>Sorting &amp; Organizing Art Room</u> 2:30 <u>Color Me Calm</u> 4:30 Sports on T.V</p>	<p><u>Happy Birthday Kathleen P.</u> <b>3</b> 9:30 Daily Chronicle and Inspirational Quotes 10:00 <u>Workout &amp; Stretch</u> 10:30 <u>Courtyard Social &amp; Watering Gardening</u> 11:00 1:1 Soothing Visits 1:00 <u>Music Therapy &amp; Essential Oils</u> 1:30 <u>The Magic of Music with Instruments</u> 2:30 <u>Bingo Extravaganza</u> 3:00 <u>Finish the Sentence Game</u> 4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes <b>4</b> 10:00 <u>Stretch &amp; Strenght Exercise</u> 10:30 <u>Balloon Volleyball</u> 11:00 1:1 Soothing Visits 1:00 <u>Music Therapy &amp; Essential Oils</u> 1:30 <u>Spring Crafts</u> 2:30 <u>Round Table Hat Chat</u> 4:30 Sports on T.V</p>
<p>9:30 Daily Chronicle and Inspirational Quotes <b>5</b> 10:15 <u>LOVE ON A LEASH</u> 11:00 1:1 Soothing Visits 1:00 <u>Activity Baskets</u> 1:30 <u>Ukulele Sing Along with Bob Arii</u> 2:30 <u>Movie &amp; Popcorn "Danny Collins"</u> 4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes <b>6</b> 9:45 <u>Bible Study &amp; Hymns w/ Pastor Bob</u> 11:00 1:1 Soothing Visits 2:00 <u>Activity Baskets</u> 3:30 Exercise Your Mind with Riddles/ Activity Baskets 4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes <b>7</b> 10:00 <u>Beach Ball &amp; Pool Noodle Exercise Class</u> 10:30 <u>March Hangman Game in the Sunroom</u> 11:00 1:1 Soothing Visits 1:00 <u>Music Therapy &amp; Essential Oils</u> 1:30 <u>Bingo Extravaganza</u> 2:30 <u>Four leaf Clover Craft with Puzzle's</u> 3:30 <u>Happy Hour with "Brown Sugar Oldies"</u> 4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes <b>8</b> 10:00 <u>Drum Fit Exercise</u> 10:30 <u>Cool Down &amp; Breathing Exercise</u> 11:00 1:1 Soothing Visits 1:00 <u>Music Therapy &amp; Essential Oils</u> 1:00 <u>Nail Care &amp; Hand Massage</u> 2:30 <u>Memories in the Making "Spring Art"</u> 4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes <b>9</b> 10:00 <u>Kick Ball Exercise Class</u> 10:30 News Views &amp; Horoscopes 11:00 1:1 Soothing Visits 1:00 <u>Music Therapy &amp; Essential Oils</u> 1:30 <u>Sorting &amp; Organizing Art Room</u> 2:30 <u>Color Me Calm</u> 4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes <b>10</b> 10:00 <u>Workout &amp; Stretch</u> 10:30 <u>Courtyard Social &amp; Watering Gardening</u> 11:00 1:1 Soothing Visits 1:00 <u>Janette Alessio-Way "The History Lady" Memories that Matter "March"</u> 1:00 <u>Music Therapy &amp; Essential Oils</u> 2:30 <u>Bingo Extravaganza</u> 3:00 <u>Finish the Sentence Game</u> 4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes <b>11</b> 10:00 <u>Stretch &amp; Strenght Exercise</u> 10:30 <u>Balloon Volleyball</u> 11:00 1:1 Soothing Visits 1:00 <u>Music Therapy &amp; Essential Oils</u> 1:30 <u>Spring Crafts</u> 2:30 <u>Round Table Hat Chat</u> 4:30 Sports on T.V</p>
<p><u>Daylight Saving Time Begins</u> <b>12</b> 9:30 Daily Chronicle and Inspirational Quotes 10:15 <u>LOVE ON A LEASH</u> 11:00 1:1 Soothing Visits 1:00 <u>Activity Baskets</u> 1:30 <u>Ukulele Sing Along with Bob Arii</u> 2:30 <u>Movie &amp; Popcorn "Megan Leavey"</u> 4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes <b>13</b> 10:00 <u>Sing - Along with "Dan Miller"</u> 11:00 1:1 Soothing Visits 1:00 <u>Bible Study &amp; Hymns w/ Pastor Bob</u> 2:00 <u>Activity Baskets</u> 3:30 Exercise Your Mind with Riddles/ Activity Baskets 4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes <b>14</b> 10:00 <u>Beach Ball &amp; Pool Noodle Exercise Class</u> 10:30 <u>March Hangman Game in the Sunroom</u> 11:00 1:1 Soothing Visits 1:00 <u>Music Therapy &amp; Essential Oils</u> 1:30 <u>Bingo Extravaganza</u> 2:30 <u>Four leaf Clover Craft with Puzzle's</u> 3:30 <u>Happy Hour &amp; Welcome New Resident with "First String Band"</u> 4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes <b>15</b> 10:00 <u>Drum Fit Exercise</u> 10:30 <u>Cool Down &amp; Breathing Exercise</u> 11:00 1:1 Soothing Visits 1:00 <u>Music Therapy &amp; Essential Oils</u> 1:00 <u>Nail Care &amp; Hand Massage</u> 2:30 <u>Memories in the Making "Spring Art"</u> 4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes <b>16</b> 10:00 <u>Kick Ball Exercise Class</u> 10:30 News Views &amp; Horoscopes 11:00 1:1 Soothing Visits 1:00 <u>Music Therapy &amp; Essential Oils</u> 1:30 <u>Sorting &amp; Organizing Art Room</u> 2:30 <u>Color Me Calm</u> 4:30 Sports on T.V</p>	<p><u>Happy St. Patrick's Day</u> <b>17</b> 9:30 Daily Chronicle and Inspirational Quotes 10:00 <u>Workout &amp; Stretch</u> 10:30 <u>Courtyard Social &amp; Watering Gardening</u> 11:00 1:1 Soothing Visits 1:00 <u>Music Therapy &amp; Essential Oils</u> 1:30 <u>Sing - Along with "Myron Frame"</u> 2:30 <u>Bingo Extravaganza</u> 3:00 <u>Finish the Sentence Game</u> 4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes <b>18</b> 10:00 <u>Stretch &amp; Strenght Exercise</u> 10:30 <u>Balloon Volleyball</u> 11:00 1:1 Soothing Visits 1:00 <u>Music Therapy &amp; Essential Oils</u> 1:30 <u>Spring Crafts</u> 2:30 <u>Round Table Hat Chat</u> 4:30 Sports on T.V</p>
<p>9:30 Daily Chronicle and Inspirational Quotes <b>19</b> 10:15 <u>LOVE ON A LEASH</u> 11:00 1:1 Soothing Visits 1:00 <u>Activity Baskets</u> 1:30 <u>Ukulele Sing Along with Bob Arii</u> 2:30 <u>Movie &amp; Popcorn "Stardust Memories"</u> 4:30 Sports on T.V</p>	<p><u>Spring Begins</u> <b>20</b> 9:30 Daily Chronicle and Inspirational Quotes 9:45 <u>Bible Study &amp; Hymns w/ Pastor Bob</u> 11:00 1:1 Soothing Visits 2:00 <u>Activity Baskets</u> 3:30 Exercise Your Mind with Riddles/ Activity Baskets 4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes <b>21</b> 10:00 <u>Beach Ball &amp; Pool Noodle Exercise Class</u> 10:30 <u>March Hangman Game in the Sunroom</u> 11:00 1:1 Soothing Visits 1:00 <u>Music Therapy &amp; Essential Oils</u> 1:30 <u>Bingo Extravaganza</u> 2:30 <u>Four leaf Clover Craft with Puzzle's</u> 3:30 <u>Happy Hour with "Trevor Gibson"</u> 4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes <b>22</b> 10:00 <u>Drum Fit Exercise</u> 10:30 <u>Cool Down &amp; Breathing Exercise</u> 11:00 1:1 Soothing Visits 1:00 <u>Music Therapy &amp; Essential Oils</u> 1:00 <u>Nail Care &amp; Hand Massage</u> 2:30 <u>Memories in the Making "Spring Art"</u> 4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes <b>23</b> 10:00 <u>Kick Ball Exercise Class</u> 10:30 News Views &amp; Horoscopes 11:00 1:1 Soothing Visits 1:00 <u>Music Therapy &amp; Essential Oils</u> 1:30 <u>Inspirational music with "Steve &amp; Diane"</u> 2:30 <u>Color Me Calm</u> 4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes <b>24</b> 10:00 <u>Workout &amp; Stretch</u> 10:30 <u>Courtyard Social &amp; Watering Gardening</u> 11:00 1:1 Soothing Visits 1:00 <u>Music Therapy &amp; Essential Oils</u> 1:30 <u>The Magic of Music with Instruments</u> 2:30 <u>Bingo Extravaganza</u> 3:00 <u>Finish the Sentence Game</u> 4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes <b>25</b> 10:00 <u>Stretch &amp; Strenght Exercise</u> 10:30 <u>Balloon Volleyball</u> 11:00 1:1 Soothing Visits 1:00 <u>Music Therapy &amp; Essential Oils</u> 1:30 <u>Spring Crafts</u> 2:30 <u>Round Table Hat Chat</u> 4:30 Sports on T.V</p>
<p>9:30 Daily Chronicle and Inspirational Quotes <b>26</b> 10:15 <u>LOVE ON A LEASH</u> 11:00 1:1 Soothing Visits 1:00 <u>Activity Baskets</u> 1:30 <u>Ukulele Sing Along with Bob Arii</u> 2:30 <u>Movie &amp; Popcorn "The tomorrow Man"</u> 4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes <b>27</b> 10:00 <u>Sing - Along with "Dan Miller"</u> 11:00 1:1 Soothing Visits 1:00 <u>Bible Study &amp; Hymns w/ Pastor Bob</u> 2:00 <u>Activity Baskets</u> 3:30 Exercise Your Mind with Riddles/ Activity Baskets 4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes <b>28</b> 10:00 <u>Beach Ball &amp; Pool Noodle Exercise Class</u> 10:30 <u>March Hangman Game in the Sunroom</u> 11:00 1:1 Soothing Visits 1:00 <u>Music Therapy &amp; Essential Oils</u> 1:30 <u>Bingo Extravaganza</u> 2:30 <u>Four leaf Clover Craft with Puzzle's</u> 3:30 <u>Happy Hour &amp; Birthday Celebration with "The Sophisticats" Cakes Sponsored by "Comfort &amp; Peace"</u> 4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes <b>29</b> 10:00 <u>Drum Fit Exercise</u> 10:30 <u>Cool Down &amp; Breathing Exercise</u> 11:00 1:1 Soothing Visits 1:00 <u>Music Therapy &amp; Essential Oils</u> 1:30 <u>Special Event with "Double Take"</u> 2:30 <u>Memories in the Making "Spring Art"</u> 4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes <b>30</b> 10:00 <u>Kick Ball Exercise Class</u> 10:30 News Views &amp; Horoscopes 11:00 1:1 Soothing Visits 1:00 <u>Music Therapy &amp; Essential Oils</u> 1:30 <u>Sorting &amp; Organizing Art Room</u> 2:30 <u>Color Me Calm</u> 4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes <b>31</b> 10:00 <u>Workout &amp; Stretch</u> 10:30 <u>Courtyard Social &amp; Watering Gardening</u> 11:00 1:1 Soothing Visits 1:00 <u>Music Therapy &amp; Essential Oils</u> 1:30 <u>The Magic of Music with Instruments</u> 2:30 <u>Bingo Extravaganza</u> 3:00 <u>Finish the Sentence Game</u> 4:30 Sports on T.V</p>	