## The Ridge Horizons Wednesday Thursday Monday Tuesday Friday Saturday Sunday April cont'd Maritza Aguirre 9:30 Daily Chronicle and Life Enrichment Director 9:30 Daily Chronicle and Inspirational Quotes **Inspirational Quotes** 10:00 Stretch & Strenght Exercise At The Ridge 10:15 LOVE ON A LEASH 10:30 Balloon Volleyball 800 Lantern Crest Way 11:00 1:1 Soothing Visits 11:00 1:1 Soothing Visits 1:00 Activity Baskets 1:00 Stretch with Music Instrument & Santee, Ca 92071 Lantern Crest 1:30 Ukulele Sing Along with Bob Arii **Essential Oils** Cell: (619) 495-5666 2:30 Enjoy a Movie from the "MOVIE SENIOR LIVING 1:30 Peep's Milk Shakes BASKET" Maritza.aguirre@ 2:30 Round Table Hat Chat 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 9:30 Daily Chronicle and 9:30 Daily Chronicle and **Palm Sunday** Quotes 9:30 Daily Chronicle and 9:30 Daily Chronicle and Inspirational Quotes Inspirational Quotes 9:30 Daily Chronicle and **Inspirational Ouotes** 10:00 Beach Ball & Pool Noodle Inspirational Ouotes Inspirational Ouotes 10:00 Kick Ball Exercise Class 10:00 Stretch & Strenght **Inspirational Quotes** 9:45 Bible Study & Hymns Exercise Class 10:00 Workout & Stretch 10:00 Drum Fit Exercise 10:30 April Hangman Game in the Sunroom 10:15 LOVE ON A LEASH 10:30 News Views & Horoscopes **Exercise** w/ Pastor Bob 10:30 Courtyard Social & Watering Gardening 11:00 1:1 Soothing Visits 10:30 Cool Down & Breathing Exercise 10:30 Balloon Volleyball 11:00 **1:1 Soothing Visits** 11:00 1:1 Soothing Visits 11:00 1:1 Soothing Visits 11:00 1:1 Soothing Visits 1:00 Stretch with Music Instrument & Essential Oils 11:00 1:1 Soothing Visits 1:00 Stretch with Music Instrument & 11:00 **1:1 Soothing Visits** 1:00 Activity Baskets 1:00 Stretch with Music Instrument & 2:00 Activity Baskets 1:30 Bingo Extravaganza 1:00 Nail Care & Hand Massage 1:00 Stretch with Music Instrument & Essential Oils **Essential Oils** 1:30 Ukulele Sing Along with Bob Aria 2:30 Spring Splash with Pinecone Flowers "Craft" 3:30 Exercise Your Mind with 1:00 Stretch with Music Instrument & 1:30 No Sew Sock Bunny "Craft" 3:30 Happy Hour with "BROWN SUGAR OLDIES" **Essential Oils** 1:30 Easter Bunny Petting Zoo with 2:30 Enjoy a Movie from the "MOVIE **Essential Oils** Riddles/ Activity Baskets 4:30 Sports on T.V 2:30 Bingo Extravaganza "Richard Edwards" 1:30 Peep's Milk Shakes BASKET" Memories in the Making with Diane 3:00 Finish the Sentence Game 4:30 Sports on T.V 2:30 Round Table Hat Chat 2:30 Color Me Calm 4:30 Sports on T.V & Jessica "Spring Art" 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 Happy Easter 9:30 Daily Chronicle and 9:30 Daily Chronicle and 9:30 Daily Chronicle and 9:30 Daily Chronicle and Inspirational Quotes Inspirational Quotes Inspirational Quotes Inspirational Quotes 9:30 Daily Chronicle and Inspirational Ouotes Inspirational Ouotes 10:00 Beach Ball & Pool Noodle 10:00 Drum Fit Exercise 10:00 Master Gardeners Visit 10:00 Workout & Stretch **Inspirational Quotes** 10:00 Sing-along with Dan 10:00 Stretch & Strenght Exercise Class 10:30 Cool Down & Breathing Exercise with "Herbs, Plants and Flower 10:30 Courtyard Social & Watering 10:15 LOVE ON A LEASH **Exercise** 10:30 April Hangman Game in the Sunroom 11:00 1:1 Soothing Visits Gardening 11:00 1:1 Soothing Visits 10:30 Balloon Volleyball 10:30 Easter Bunny Visits 11:00 1:1 Soothing Visits 1:00 Stretch with Music Instrument & 11:00 1:1 Soothing Visits 11:00 1:1 Soothing Visits 1:00 Bible Study & Hymns w/ Pastor 11:00 1:1 Soothing Visits 11:00 **1:1 Soothing Visits** 1:00 Stretch with Music Instrument & **Essential Oils** 1:00 Stretch with Music Instrument & 1:00 Janette Alessio-Way "The History **Essential Oils** 1:00 Stretch with Music Instrument & 1:30 April Special Event with "Double Take" 1:00 Activity Baskets **Essential Oils** Lady" Memories that Matter "April" 1:30 Bingo Extravaganza 2:30 Memories in the Making with Diane & 2:00 Activity Baskets **Essential Oils** 1:30 Ukulele Sing Along with Bob Arii 1:30 Cotton Bud Print Dandelions "Craft" 2:30 Bingo Extravaganza 2:30 Cuddly POM POM Easter Bunny "Craft" Jessica "Spring Art" 3:30 Exercise Your Mind with Riddles/ 1:30 Peep's Milk Shakes 2:30 Enjoy a Movie from the "MOVIE 2:30 Color Me Calm 3:00 Finish the Sentence Game 3:30 Happy Hour & Welcoming New 4:30 Sports on T.V **Activity Baskets** 2:30 Round Table Hat Chat BASKET" 4:30 Sports on T.V 4:30 Sports on T.V Residents with "FIRST STRING BAND" 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 9:30 Daily Chronicle and 9:30 Daily Chronicle and 9:30 Daily Chronicle and **All Staff Meeting** Ouotes Inspirational Quotes Inspirational Quotes **Inspirational Quotes** Inspirational Quotes **Inspirational Quotes** 9:30 Daily Chronicle and 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Instrument & 3:30 Exercise Your Mind with 1:30 Bingo Extravaganza 2:30 Memories in the Making with Diane & Jessica 1:00 Stretch with Music Instrument & **Essential Oils** BASKET" 1:30 Bow Tie Pasta Spring "Craft" Riddles/ Activity Baskets 2:30 Sticks & Tube Spring Baskets "Craft" **Essential Oils** 1:30 Peep's Milk Shakes 3:00 St. Columba Church 2:30 Color Me Calm 3:30 Happy Hour with "SYLVIA & SALVADOR" 4:30 Sports on T.V 4:30 Sports on T.V "PROTESTANT" with Bill Bixby 3:00 Bingo Extravaganza 2:30 Round Table Hat Chat 4:30 Sports on T.V 9:30 Daily Chronicle and 9:30 Daily Chronicle and Inspirational 9:30 Daily Chronicle and Quotes Inspirational Ouotes Inspirational Ouotes Inspirational Quotes Inspirational Quotes Inspirational Quotes Inspirational Quotes 10:00 Beach Ball & Pool Noodle 10:00 Workout & Stretch 0:00 Stretch & Strenght Exercise 10:00 Sing-along with Dan 10:00 Drum Fit Exercise 10:00 Kick Ball Exercise Class 10:15 LOVE ON A LEASH Exercise Class 10:30 Courtyard Social & 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1:30 Inspirational music with "Steve 2:30 Enjoy a Movie from the SOPHISTICATS" Cakes Sponsored by 2:30 Bingo Extravaganza 2:30 Round Table Hat Chat 3:30 Exercise Your Mind with Riddles/ Diane" 2:30 Memories in the Making with mfort & Peace "MOVIE BASKET" 3:00 Finish the Sentence Game 4:30 Sports on T.V **Activity Baskets** Diane & Jessica "Spring Art" 2:30 Color Me Calm 4:30 Sports on T.V Continued at top