

September 2023

The Ridge AL

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Maritza Aguirre
Life Enrichment Director
At The Ridge
 800 Lantern Crest Way
 Santee, Ca 92071
 Cell: (619) 495-5666
 Maritza.aguirre@lanterncrest.com



1st Floor
L1 -Lounge 1 / CR- Card Room
MDR- Montecito Dining Room
2nd Floor
AC -Art & Craft / BISR-Bistro
RT- Ridge Theater
LCK - Lantern Crest Kitchen
BISR- Bistro

Resident Birthdays
 Alberta H. 9/20
 Virginia B. 9/21
 Rosario B. 9/23
 Joanne R. 9/27

Take a walk and find 'Dancing Cactus'
 9:45 Daily Chronicle and Horoscopes
 10:00 Drum Fit Class [L1]
 10:30 **UNO Game [L1]**
 11:00 1:1 Resident visits
 12:00 **Walk The Halls Club**
 12:30 **Movie & Popcorn "Urban Cowboy" [RT]**
 1:00 **Root Beer Floats [AC]**
 2:00 **Bingo for Prizes [AC]**
 2:00 **LOVE ON A LEASH**
 3:30 **Word in a Word Game [L1]**
 5:00 Enjoy a Game with Friends at the "Sports Lounge"

Take a walk and find 'Dancing Cactus'
 9:45 Daily Chronicle and Horoscopes
 10:00 **Balloon Volleyball Game with Purple Majesties & Purple People Eaters [L1]**
 11:00 1:1 Resident visits
 12:00 **Walk The Halls Club**
 1:00 **Blackjack Game [CR]**
 2:00 **Texas Hold'em Poker Game [CR]**
 3:00 **Chair Yoga & Essential Oils [L1]**
 5:00 Enjoy a Game with Friends at the "Sports Lounge"

Take a walk and find 'Dancing Cactus'
 9:45 Daily Chronicle and Horoscopes
 10:00 **Trip to Walmart or Target**
 10:45 **Love on a Leash [L1]**
 11:00 1:1 Resident visits
 12:00 **Walk The Halls Club**
 1:00 **Sunday Matinee "The Gods Must Be Crazy" [RT]**
 1:30 Trash Card Games [CR]
 2:30 **Exercise Class with Maritza [L1]**
 3:00 **Horse Racing Game [L1]**
 5:00 Enjoy a Game with Friends at the "Sports Lounge"

Labor Day
Take a walk and find 'Dancing Cactus'
 9:45 Daily Chronicle and Horoscopes
 10:00 **Exercise Class "Sports Lounge"**
 10:30 **Bible Study & Hymns w/ Pastor Bob at The Sports Lounge**
 11:00 1:1 Resident visits
 11:15 **Lunch with Pastor Bob [MDR]**
 12:00 **Walk The Halls Club**
 1:00 **Baking Sweets & Calendar Planning with Maritza [LCK]**
 2:30 **Bingo for Prizes [AC]**
 3:30 **Fall Wood Clothespin Wreath Making [AC]**
 5:00 Enjoy a Game with Friends at the "Sports Lounge"

Take a walk and find 'Dancing Cactus'
 9:20 **St. Kieran's Church Service with Gina**
 9:45 Daily Chronicle and Horoscopes
 10:00 **Balloon Volleyball Game with Purple Majesties & Purple People Eaters [L1]**
 11:00 1:1 Resident visits
 12:00 **Walk The Halls Club**
 1:00 **Beadable Pens Assorted Craft with Christy [AC]**
 1:30 **Chat with our Sous Chef Daniela & Kathy Dining Room Supervisor [AC]**
 2:30 **Gardening Club with "Master Gardener LINDA, Sister CINDY & Mom DONNA"**
 3:30 **Word in a Word Game [AC]**
 4:30 **Happy Hour with "BLUE ZONE BAND" [MDR]**
 5:00 Enjoy a Game with Friends at the "Sports Lounge"

HEY YA'LL Western Wednesday
Take a walk and find 'Dancing Cactus'
 9:45 Daily Chronicle and Horoscopes
 10:15 **Stretch & Strength with Angie from Mobile Therapy [L1]**
 11:00 1:1 Resident visits
 12:00 **Walk The Halls Club**
 1:00 **Bingo for Prizes [AC]**
 2:30 **Baking Class with Christy [LCK]**
 3:30 **Coffee Social & JEOPARDY GAME! [LCK]**
 5:00 Enjoy a Game with Friends at the "Sports Lounge"

Chef's Corner 11:30-12:30pm
Take a walk and find 'Dancing Cactus'
 9:45 Daily Chronicle and Horoscopes
 10:00 **Bocce Ball Is Back! Green Machine vs Red Warriors [L1]**
 11:00 1:1 Resident visits
 11:00 **LUNCH BUNCH "Santee"**
 12:00 **Walk The Halls Club**
 1:30 **Rhinestone Grannies & John James from The Original Platters [MDR]**
 3:00 **Hang Man Game [L1]**
 5:00 Enjoy a Game with Friends at the "Sports Lounge"

Take a walk and find 'Dancing Cactus'
 9:45 Daily Chronicle and Horoscopes
 10:00 Drum Fit Class [L1]
 10:30 **UNO Game [L1]**
 11:00 1:1 Resident visits
 12:00 **Walk The Halls Club**
 12:30 **Movie & Popcorn "Rio Bravo" [RT]**
 1:00 **Root Beer Floats [AC]**
 2:00 **Bingo for Prizes [AC]**
 3:30 **Word in a Word Game [L1]**
 5:00 Enjoy a Game with Friends at the "Sports Lounge"

Take a walk and find 'Dancing Cactus'
 9:45 Daily Chronicle and Horoscopes
 10:00 **Balloon Volleyball Game with Purple Majesties & Purple People Eaters [L1]**
 11:00 1:1 Resident visits
 12:00 **Walk The Halls Club**
 1:00 **Blackjack Game [CR]**
 2:00 **Texas Hold'em Poker Game [CR]**
 3:00 **Chair Yoga & Essential Oils [L1]**
 5:00 Enjoy a Game with Friends at the "Sports Lounge"

Grandparents Day "Western Portraits" Lobby 10:30am-2:00pm
Take a walk and find 'Dancing Cactus'
 9:45 Daily Chronicle and Horoscopes
 10:45 **Love on a Leash [L1]**
 11:00 1:1 Resident visits
 11:30 **Grandparent's Day Celebration with Miranda Marie & Bryan Willson [MDR]**
 12:00 **Walk The Halls Club**
 2:30 **Exercise Class with Maritza [L1]**
 3:00 **Horse Racing Game [L1]**
 5:00 Enjoy a Game with Friends at the "Sports Lounge"

Patriot Day
Take a walk and find 'Dancing Cactus'
 9:45 Daily Chronicle and Horoscopes
 10:00 **Exercise Class "Sports Lounge"**
 10:30 **Card Games @ The Sport Lounge**
 11:00 1:1 Resident visits
 12:00 **Walk The Halls Club**
 1:00 **Baking Sweets & Calendar Planning with Maritza [LCK]**
 2:30 **Bingo for Prizes [AC]**
 3:30 **Fall Wood Clothespin Wreath Making [AC]**
 5:00 Enjoy a Game with Friends at the "Sports Lounge"

Take a walk and find 'Dancing Cactus'
 9:45 Daily Chronicle and Horoscopes
 10:00 **Balloon Volleyball Game with Purple Majesties & Purple People Eaters [L1]**
 11:00 1:1 Resident visits
 12:00 **Walk The Halls Club**
 1:00 **Beadable Pens Assorted Craft with Christy [AC]**
 1:30 **Chat with our Sous Chef Daniela & Kathy Dining Room Supervisor [AC]**
 2:30 **Gardening Club with "CHRISTY & DONNA"**
 3:30 **Word in a Word Game [AC]**
 4:30 **Happy Hour & Welcoming New Residents with "MUSICSTATION" [MDR]**
 5:00 Enjoy a Game with Friends at the "Sports Lounge"

HEY YA'LL Western Wednesday
Resident Council Meeting
Take a walk and find 'Dancing Cactus'
 9:45 Daily Chronicle and Horoscopes
 10:15 **Stretch & Strength with Angie from Mobile Therapy [L1]**
 11:00 1:1 Resident visits
 12:00 **Walk The Halls Club**
 1:00 **Bingo for Prizes [AC]**
 3:00 **Resident Council Meeting [RT]**
 4:00 **Ping Pong Game / Basketball Toss Games [L1]**
 5:00 Enjoy a Game with Friends at the "Sports Lounge"

Chef's Corner 11:30-12:30pm
Take a walk and find 'Dancing Cactus'
 9:45 Daily Chronicle and Horoscopes
 10:00 **Bocce Ball Is Back! Green Machine vs Red Warriors [L1]**
 11:00 1:1 Resident visits
 11:00 **LUNCH BUNCH "Santee"**
 12:00 **Walk The Halls Club**
 1:30 **Gospel Music with "STEVE & DIANE" [MDR]**
 3:00 **Cover The Number Dice Game [L1]**
 5:00 Enjoy a Game with Friends at the "Sports Lounge"

Take a walk and find 'Dancing Cactus'
 9:45 Daily Chronicle and Horoscopes
 10:00 Drum Fit Class [L1]
 10:30 **UNO Game [L1]**
 11:00 1:1 Resident visits
 12:00 **Walk The Halls Club**
 12:30 **Movie & Popcorn "The Alamo" [RT]**
 1:00 **Root Beer Floats [AC]**
 2:00 **Bingo for Prizes [AC]**
 2:00 **LOVE ON A LEASH**
 3:30 **Word in a Word Game [L1]**
 5:00 Enjoy a Game with Friends at the "Sports Lounge"

Take a walk and find 'Dancing Cactus'
 9:45 Daily Chronicle and Horoscopes
 10:00 **Balloon Volleyball Game with Purple Majesties & Purple People Eaters [L1]**
 11:00 1:1 Resident visits
 12:00 **Walk The Halls Club**
 1:00 **Blackjack Game [CR]**
 2:00 **Texas Hold'em Poker Game [CR]**
 3:00 **Chair Yoga & Essential Oils [L1]**
 5:00 Enjoy a Game with Friends at the "Sports Lounge"

Take a walk and find 'Dancing Cactus'
 9:45 Daily Chronicle and Horoscopes
 10:00 **Trip to Walmart or Target**
 10:45 **Love on a Leash [L1]**
 11:00 1:1 Resident visits
 12:00 **Walk The Halls Club**
 1:00 **Sunday Matinee "The Best Exotic Marigold Hotel" [RT]**
 1:30 Trash Card Games [CR]
 2:30 **Exercise Class with Maritza [L1]**
 3:00 **Horse Racing Game [L1]**
 5:00 Enjoy a Game with Friends at the "Sports Lounge"

Take a walk and find 'Dancing Cactus'
 9:45 Daily Chronicle and Horoscopes
 10:00 **Exercise Class "Sports Lounge"**
 10:30 **Card Games @ The Sport Lounge**
 11:00 1:1 Resident visits
 12:00 **Walk The Halls Club**
 1:00 **Baking Sweets & Calendar Planning with Maritza [LCK]**
 2:30 **Bingo for Prizes [AC]**
 3:30 **Fall Wood Clothespin Wreath Making [AC]**
 5:00 Enjoy a Game with Friends at the "Sports Lounge"

Take a walk and find 'Dancing Cactus'
 9:20 **St. Kieran's Church Service with Gina**
 9:45 Daily Chronicle and Horoscopes
 10:00 **Balloon Volleyball Game with Purple Majesties & Purple People Eaters [L1]**
 11:00 1:1 Resident visits
 12:00 **Walk The Halls Club**
 1:00 **Beadable Pens Assorted Craft with Christy [AC]**
 1:30 **Chat with our Sous Chef Daniela & Kathy Dining Room Supervisor [AC]**
 2:30 **Gardening Club with "Master Gardener LINDA, Sister CINDY & Mom DONNA" Pumpkins Arrangements with Succulents**
 3:30 **Word in a Word Game [AC]**
 4:30 **Happy Hour with "FIRST STRING BAND" [MDR]**
 5:00 Enjoy a Game with Friends at the "Sports Lounge"

HEY YA'LL Western Wednesday
Happy Birthday Bobbi H.
Take a walk and find 'Dancing Cactus'
 9:45 Daily Chronicle and Horoscopes
 10:15 **Stretch & Strength with Angie from Mobile Therapy [L1]**
 11:00 1:1 Resident visits
 12:00 **Walk The Halls Club**
 2:15 **September Concert with "Double Take" [MDR]**
 2:30 **Bingo for Prizes [AC]**
 3:30 **Coffee Social & JEOPARDY GAME! [LCK]**
 5:00 Enjoy a Game with Friends at the "Sports Lounge"

Chef's Corner 11:30-12:30pm
Happy Birthday Virginia B.
Take a walk and find 'Dancing Cactus'
 9:45 Daily Chronicle and Horoscopes
 10:00 **Bocce Ball Is Back! Green Machine vs Red Warriors [L1]**
 11:00 1:1 Resident visits
 11:00 **LUNCH BUNCH "Santee"**
 12:00 **Walk The Halls Club**
 2:00 **Cover The Number Dice Game [L1]**
 3:00 **Hang Man Game [L1]**
 5:00 Enjoy a Game with Friends at the "Sports Lounge"

All Staff Meeting
Autumn Begins
Take a walk and find 'Dancing Cactus'
 9:45 Daily Chronicle and Horoscopes
 10:00 Drum Fit Class [L1]
 10:30 **UNO Game [L1]**
 11:00 1:1 Resident visits
 12:00 **Walk The Halls Club**
 12:45 **Bingo for Prizes [AC] [RT]**
 3:30 **Word in a Word Game [L1]**
 5:00 Enjoy a Game with Friends at the "Sports Lounge"

Happy Birthday Rosie B.
Take a walk and find 'Dancing Cactus'
 9:45 Daily Chronicle and Horoscopes
 10:00 **Balloon Volleyball Game with Purple Majesties & Purple People Eaters [L1]**
 11:00 1:1 Resident visits
 12:00 **Walk The Halls Club**
 1:00 **Blackjack Game [CR]**
 2:00 **Texas Hold'em Poker Game [CR]**
 3:00 **Chair Yoga & Essential Oils [L1]**
 5:00 Enjoy a Game with Friends at the "Sports Lounge"

Take a walk and find 'Dancing Cactus'
 9:45 Daily Chronicle and Horoscopes
 10:00 **Trip to Walmart or Target**
 10:45 **Love on a Leash [L1]**
 11:00 1:1 Resident visits
 12:00 **Walk The Halls Club**
 1:00 **Sunday Matinee "Oz The Great and Powerful" [RT]**
 1:30 Trash Card Games [CR]
 2:30 **Exercise Class with Maritza [L1]**
 3:00 **Horse Racing Game [L1]**
 5:00 Enjoy a Game with Friends at the "Sports Lounge"

Take a walk and find 'Dancing Cactus'
 9:45 Daily Chronicle and Horoscopes
 10:00 **Exercise Class "Sports Lounge"**
 10:30 **Bible Study & Hymns w/ Pastor Bob at The Sports Lounge**
 11:00 1:1 Resident visits
 11:15 **Lunch with Pastor Bob [MDR]**
 12:00 **Walk The Halls Club**
 1:00 **Baking Sweets & Calendar Planning with Maritza [LCK]**
 2:30 **Bingo for Prizes [AC]**
 3:30 **Fall Wood Clothespin Wreath Making [AC]**
 5:00 Enjoy a Game with Friends at the "Sports Lounge"

Take a walk and find 'Dancing Cactus'
 9:45 Daily Chronicle and Horoscopes
 10:00 **Balloon Volleyball Game with Purple Majesties & Purple People Eaters [L1]**
 11:00 1:1 Resident visits
 12:00 **Walk The Halls Club**
 1:00 **Beadable Pens Assorted Craft with Christy [AC]**
 1:30 **Chat with our Sous Chef Daniela & Kathy Dining Room Supervisor [AC]**
 2:30 **Gardening Club with "CHRISTY & DONNA"**
 3:30 **Word in a Word Game [AC]**
 4:30 **Happy Hour with "BROWN SUGAR OLDIES" [MDR]**
 5:00 Enjoy a Game with Friends at the "Sports Lounge"

HEY YA'LL Western Wednesday
Happy Birthday Joanne R.
Take a walk and find 'Dancing Cactus'
 9:45 Daily Chronicle and Horoscopes
 10:15 **Stretch & Strength with Angie from Mobile Therapy [L1]**
 11:00 1:1 Resident visits
 11:30 **Lantern Crest National Frito Pie Day**
 12:00 **Walk The Halls Club**
 1:00 **Bingo for Prizes [AC]**
 2:30 **Baking Class with Christy [LCK]**
 3:30 **Coffee Social & JEOPARDY GAME! [LCK]**
 5:00 Enjoy a Game with Friends at the "Sports Lounge"

Chef's Corner 11:30-12:30pm
Take a walk and find 'Dancing Cactus'
 9:45 Daily Chronicle and Horoscopes
 10:00 **Bocce Ball Is Back! Green Machine vs Red Warriors [L1]**
 11:00 1:1 Resident visits
 11:00 **LUNCH BUNCH "Santee"**
 12:00 **Walk The Halls Club**
 1:00 **Horse Racing Game**
 2:00 **Cover The Number Dice Game [L1]**
 3:00 **Hang Man Game [L1]**
 5:00 Enjoy a Game with Friends at the "Sports Lounge"

Take a walk and find 'Dancing Cactus'
 9:45 Daily Chronicle and Horoscopes
 10:00 Drum Fit Class [L1]
 10:30 **UNO Game [L1]**
 11:00 1:1 Resident visits
 12:00 **Walk The Halls Club**
 12:30 **Movie & Popcorn "Smokey and the Bandit" [RT]**
 1:00 **Root Beer Floats [AC]**
 2:00 **Bingo for Prizes [AC]**
 2:00 **LOVE ON A LEASH**
 3:30 **Word in a Word Game [L1]**
 5:00 Enjoy a Game with Friends at the "Sports Lounge"

Take a walk and find 'Dancing Cactus'
 9:45 Daily Chronicle and Horoscopes
 10:00 **Balloon Volleyball Game with Purple Majesties & Purple People Eaters [L1]**
 11:00 1:1 Resident visits
 12:00 **Walk The Halls Club**
 1:00 **Blackjack Game [CR]**
 2:00 **Texas Hold'em Poker Game [CR]**
 3:00 **Chair Yoga & Essential Oils [L1]**
 5:00 Enjoy a Game with Friends at the "Sports Lounge"