




# September 2023

# The Ridge Horizons

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>Resident Birthdays</b></p> <p>Shirley H. 9/13            Patricia H. 9/16            Lucy K. 9/17            Shirley P. 9/28</p>		<p><i>Maritza Aguirre</i>  <b>Life Enrichment Director</b>            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 <b>1</b></p> <p>10:00 <b>Workout &amp; Stretch</b></p> <p>10:30 <b>Courtyard Social &amp; Watering Gardening</b></p> <p>11:00 <b>1:1 Soothing Visits</b></p> <p>1:00 <b>Meditation with Essential Oils</b></p> <p>1:30 <b>Root Beer Floats Social with Kasey</b></p> <p>2:00 <b>LOVE ON A LEASH</b></p> <p>2:30 <b>Bingo Extravaganza</b></p> <p>3:00 <b>Finish the Sentence Game</b></p> <p>4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes <b>2</b></p> <p>10:00 <b>Balloon Exercise</b></p> <p>10:30 <b>Relaxing in the Courtyard</b></p> <p>11:00 <b>1:1 Soothing Visits</b></p> <p>1:00 <b>Meditation with Essential Oils</b></p> <p>1:30 <b>Ping Pong Games</b></p> <p>2:30 <b>Round Table Hat Chat</b></p> <p>3:00 <b>Coupon Clipping</b></p> <p>4:30 Sports on T.V</p>
<p>9:30 Daily Chronicle and Inspirational Quotes <b>3</b></p> <p>10:15 <b>LOVE ON A LEASH</b></p> <p>11:00 <b>1:1 Soothing Visits</b></p> <p>1:00 <b>Activity Baskets</b></p> <p>2:30 <b>Enjoy a Movie from the "MOVIE BASKET"</b></p> <p>4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes <b>4</b></p> <p>9:45 <b>Bible Study &amp; Hymns w/ Pastor Bob</b></p> <p>11:00 <b>1:1 Soothing Visits</b></p> <p>2:00 <b>Activity Baskets</b></p> <p>3:30 Exercise Your Mind with Riddles/ Activity Baskets</p> <p>4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes <b>5</b></p> <p>10:00 <b>Beach Ball &amp; Pool Noodle Exercise Class</b></p> <p>10:30 <b>Short Story's at the Courtyard &amp; Refreshments</b></p> <p>11:00 <b>1:1 Soothing Visits</b></p> <p>1:00 <b>Meditation with Essential Oils</b></p> <p>1:30 <b>Canvas Western Art with Kasey</b></p> <p>2:30 <b>Bingo Extravaganza</b></p> <p>3:30 <b>Happy Hour with "BROWN SUGAR OLDIES"</b></p> <p>4:30 Sports on T.V</p>	<p><b>HEY YA'LL Western Wednesday</b> <b>6</b></p> <p>9:30 Daily Chronicle and Inspirational Quotes</p> <p>10:00 <b>Drum Fit Exercise</b></p> <p>10:30 <b>Cool Down &amp; Breathing Courtyard</b></p> <p>11:00 <b>1:1 Soothing Visits</b></p> <p>1:00 <b>Meditation with Essential Oils</b></p> <p>1:30 <b>Nail Care &amp; Hand Massage</b></p> <p>2:00 <b>What's in the Mystery Box Game</b></p> <p>2:30 <b>Memories in the Making with Diane &amp; Kasey "Autumn"</b></p> <p>4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes <b>7</b></p> <p>10:00 <b>Kick Ball Exercise Class</b></p> <p>10:30 <b>News Views &amp; Horoscopes Courtyard</b></p> <p>11:00 <b>1:1 Soothing Visits</b></p> <p>1:00 <b>Meditation with Essential Oils</b></p> <p>1:30 <b>Rhinestone Grannies &amp; John James from The Original Platters</b></p> <p>2:30 <b>Puzzle Tress Creations</b></p> <p>3:00 <b>Soothing Baby Time and Folding Laundry</b></p> <p>4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes <b>8</b></p> <p>10:00 <b>Workout &amp; Stretch</b></p> <p>10:30 <b>Courtyard Social &amp; Watering Gardening</b></p> <p>11:00 <b>1:1 Soothing Visits</b></p> <p>1:00 <b>Meditation with Essential Oils</b></p> <p>1:30 <b>Root Beer Floats Social with Kasey</b></p> <p>2:30 <b>Bingo Extravaganza</b></p> <p>3:00 <b>Finish the Sentence Game</b></p> <p>4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes <b>9</b></p> <p>10:00 <b>Balloon Exercise</b></p> <p>10:30 <b>Relaxing in the Courtyard</b></p> <p>11:00 <b>1:1 Soothing Visits</b></p> <p>1:00 <b>Meditation with Essential Oils</b></p> <p>1:30 <b>Ping Pong Games</b></p> <p>2:30 <b>Round Table Hat Chat</b></p> <p>3:00 <b>Coupon Clipping</b></p> <p>4:30 Sports on T.V</p>
<p><b>Happy Grandparents Day</b> <b>10</b></p> <p>9:30 Daily Chronicle and Inspirational Quotes</p> <p>10:15 <b>LOVE ON A LEASH</b></p> <p>11:00 <b>1:1 Soothing Visits</b></p> <p>11:30 <b>Grandparent's Day Celebration with Miranda Marie &amp; Bryan Willson</b></p> <p>1:00 <b>Activity Baskets</b></p> <p>2:30 <b>Enjoy a Movie from the "MOVIE BASKET"</b></p> <p>4:30 Sports on T.V</p>	<p><b>Patriot Day</b> <b>11</b></p> <p>9:30 Daily Chronicle and Inspirational Quotes</p> <p>10:00 <b>Sing - Along with "Dan Miller"</b></p> <p>11:00 <b>1:1 Soothing Visits</b></p> <p>2:00 <b>Activity Baskets</b></p> <p>3:30 Exercise Your Mind with Riddles/ Activity Baskets</p> <p>4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes <b>12</b></p> <p>10:00 <b>Beach Ball &amp; Pool Noodle Exercise Class</b></p> <p>10:30 <b>Short Story's at the Courtyard &amp; Refreshments</b></p> <p>11:00 <b>1:1 Soothing Visits</b></p> <p>1:00 <b>Meditation with Essential Oils</b></p> <p>2:30 <b>Bingo Extravaganza</b></p> <p>2:30 <b>Canvas Western Art with Kasey</b></p> <p>3:30 <b>Happy Hour &amp; Welcome New Residents with "FIRST STRING BAND"</b></p> <p>4:30 Sports on T.V</p>	<p><b>HEY YA'LL Western Wednesday</b> <b>13</b></p> <p>9:30 Daily Chronicle and Inspirational Quotes</p> <p>10:00 <b>Drum Fit Exercise</b></p> <p>10:30 <b>Cool Down &amp; Breathing Courtyard</b></p> <p>11:00 <b>1:1 Soothing Visits</b></p> <p>11:30 <b>Comfort &amp; Peace Barbecuing Hot Dogs &amp; Live Music with Scott Samuels</b></p> <p>1:00 <b>Meditation with Essential Oils</b></p> <p>1:30 <b>Nail Care &amp; Hand Massage</b></p> <p>2:00 <b>What's in the Mystery Box Game</b></p> <p>2:30 <b>Memories in the Making with Diane &amp; Kasey "Autumn"</b></p> <p>4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes <b>14</b></p> <p>10:00 <b>Kick Ball Exercise Class</b></p> <p>10:30 <b>News Views &amp; Horoscopes Courtyard</b></p> <p>11:00 <b>1:1 Soothing Visits</b></p> <p>1:00 <b>Meditation with Essential Oils</b></p> <p>1:15 <b>Baking with Kasey</b></p> <p>1:30 <b>Gospel Music with "STEVE &amp; DIANE"</b></p> <p>2:30 <b>Fall Wood Clothespin Wreath Making</b></p> <p>3:00 <b>Soothing Baby Time and Folding Laundry</b></p> <p>4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes <b>15</b></p> <p>10:00 <b>Workout &amp; Stretch</b></p> <p>10:30 <b>Courtyard Social &amp; Watering Gardening</b></p> <p>11:00 <b>1:1 Soothing Visits</b></p> <p>1:00 <b>Meditation with Essential Oils</b></p> <p>1:30 <b>Root Beer Floats Social with Kasey</b></p> <p>2:00 <b>LOVE ON A LEASH</b></p> <p>2:30 <b>Bingo Extravaganza</b></p> <p>3:00 <b>Finish the Sentence Game</b></p> <p>4:30 Sports on T.V</p>	<p><b>Happy Birthday Patricia H.</b> <b>16</b></p> <p>9:30 Daily Chronicle and Inspirational Quotes</p> <p>10:00 <b>Balloon Exercise</b></p> <p>10:30 <b>Relaxing in the Courtyard</b></p> <p>11:00 <b>1:1 Soothing Visits</b></p> <p>1:00 <b>Meditation with Essential Oils</b></p> <p>1:30 <b>Ping Pong Games</b></p> <p>2:30 <b>Round Table Hat Chat</b></p> <p>3:00 <b>Coupon Clipping</b></p> <p>4:30 Sports on T.V</p>
<p><b>Happy Birthday Lucy K.</b> <b>17</b></p> <p>9:30 Daily Chronicle and Inspirational Quotes</p> <p>10:15 <b>LOVE ON A LEASH</b></p> <p>11:00 <b>1:1 Soothing Visits</b></p> <p>1:00 <b>Activity Baskets</b></p> <p>2:30 <b>Enjoy a Movie from the "MOVIE BASKET"</b></p> <p>4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes <b>18</b></p> <p>11:00 <b>1:1 Soothing Visits</b></p> <p>2:00 <b>Activity Baskets</b></p> <p>3:30 Exercise Your Mind with Riddles/ Activity Baskets</p> <p>4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes <b>19</b></p> <p>10:00 <b>Beach Ball &amp; Pool Noodle Exercise Class</b></p> <p>10:30 <b>Short Story's at the Courtyard &amp; Refreshments</b></p> <p>11:00 <b>1:1 Soothing Visits</b></p> <p>1:00 <b>Meditation with Essential Oils</b></p> <p>2:30 <b>Bingo Extravaganza</b></p> <p>2:30 <b>Canvas Western Art with Kasey</b></p> <p>3:30 <b>Happy Hour with "SYLVIA &amp; SALVADOR"</b></p> <p>4:30 Sports on T.V</p>	<p><b>HEY YA'LL Western Wednesday</b> <b>20</b></p> <p>9:30 Daily Chronicle and Inspirational Quotes</p> <p>10:00 <b>Drum Fit Exercise</b></p> <p>10:30 <b>Cool Down &amp; Breathing Courtyard</b></p> <p>11:00 <b>1:1 Soothing Visits</b></p> <p>1:00 <b>Meditation with Essential Oils</b></p> <p>1:15 <b>September Concert with Double Take</b></p> <p>2:00 <b>What's in the Mystery Box Game</b></p> <p>2:30 <b>Memories in the Making with Diane &amp; Kasey "Autumn"</b></p> <p>4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes <b>21</b></p> <p>10:00 <b>Kick Ball Exercise Class</b></p> <p>10:30 <b>News Views &amp; Horoscopes Courtyard</b></p> <p>11:00 <b>1:1 Soothing Visits</b></p> <p>1:00 <b>Meditation with Essential Oils</b></p> <p>1:30 <b>Gospel Music with "STEVE &amp; DIANE"</b></p> <p>2:30 <b>Puzzle Tress Creations</b></p> <p>3:00 <b>Soothing Baby Time and Folding Laundry</b></p> <p>4:30 Sports on T.V</p>	<p><b>All Staff Meeting Autumn Begins</b> <b>22</b></p> <p>9:30 Daily Chronicle and Inspirational Quotes</p> <p>10:00 <b>Workout &amp; Stretch</b></p> <p>10:30 <b>Courtyard Social &amp; Watering Gardening</b></p> <p>11:00 <b>1:1 Soothing Visits</b></p> <p>1:00 <b>Meditation with Essential Oils</b></p> <p>1:30 <b>Root Beer Floats Social with Kasey</b></p> <p>2:00 <b>Movie from the Move Basket</b></p> <p>3:00 <b>Finish the Sentence Game</b></p> <p>4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes <b>23</b></p> <p>10:00 <b>Balloon Exercise</b></p> <p>10:30 <b>Relaxing in the Courtyard</b></p> <p>11:00 <b>1:1 Soothing Visits</b></p> <p>1:00 <b>Meditation with Essential Oils</b></p> <p>1:30 <b>Ping Pong Games</b></p> <p>2:30 <b>Round Table Hat Chat</b></p> <p>3:00 <b>Coupon Clipping</b></p> <p>4:30 Sports on T.V</p>
<p>9:30 Daily Chronicle and Inspirational Quotes <b>24</b></p> <p>10:15 <b>LOVE ON A LEASH</b></p> <p>11:00 <b>1:1 Soothing Visits</b></p> <p>1:00 <b>Activity Baskets</b></p> <p>1:30 <b>Ukulele Sing Along with Bob Arii</b></p> <p>2:30 <b>Enjoy a Movie from the "MOVIE BASKET"</b></p> <p>4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes <b>25</b></p> <p>10:00 <b>Sing - Along with "Dan Miller"</b></p> <p>11:00 <b>1:1 Soothing Visits</b></p> <p>1:00 <b>Bible Study &amp; Hymns w/ Pastor Bob</b></p> <p>2:00 <b>Activity Baskets</b></p> <p>3:30 Exercise Your Mind with Riddles/ Activity Baskets</p> <p>4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes <b>26</b></p> <p>10:00 <b>Beach Ball &amp; Pool Noodle Exercise Class</b></p> <p>10:30 <b>Short Story's at the Courtyard &amp; Refreshments</b></p> <p>11:00 <b>1:1 Soothing Visits</b></p> <p>1:00 <b>Meditation with Essential Oils</b></p> <p>2:30 <b>Bingo Extravaganza</b></p> <p>2:30 <b>Canvas Western Art with Kasey</b></p> <p>3:30 <b>Happy Hour &amp; Birthday Celebration with "The Sophisticats" Cakes Sponsored by "Comfort &amp; Peace"</b></p> <p>4:30 Sports on T.V</p>	<p><b>HEY YA'LL Western Wednesday</b> <b>27</b></p> <p>9:30 Daily Chronicle and Inspirational Quotes</p> <p>10:00 <b>Drum Fit Exercise</b></p> <p>10:30 <b>Cool Down &amp; Breathing Courtyard</b></p> <p>11:00 <b>1:1 Soothing Visits</b></p> <p>11:30 <b>Lantern Crest National Frito Pie</b></p> <p>1:00 <b>Meditation with Essential Oils</b></p> <p>1:30 <b>Nail Care &amp; Hand Massage</b></p> <p>2:00 <b>What's in the Mystery Box Game</b></p> <p>2:30 <b>Memories in the Making with Diane &amp; Kasey "Autumn"</b></p> <p>4:30 Sports on T.V</p>	<p><b>Happy Birthday Shirley P.</b> <b>28</b></p> <p>9:30 Daily Chronicle and Inspirational Quotes</p> <p>10:00 <b>Kick Ball Exercise Class</b></p> <p>10:30 <b>News Views &amp; Horoscopes Courtyard</b></p> <p>11:00 <b>1:1 Soothing Visits</b></p> <p>1:00 <b>Meditation with Essential Oils</b></p> <p>1:15 <b>Baking with Kasey</b></p> <p>2:30 <b>Fall Wood Clothespin Wreath Making</b></p> <p>3:00 <b>Soothing Baby Time and Folding Laundry</b></p> <p>4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes <b>29</b></p> <p>10:00 <b>Workout &amp; Stretch</b></p> <p>10:30 <b>Courtyard Social &amp; Watering Gardening</b></p> <p>11:00 <b>1:1 Soothing Visits</b></p> <p>1:00 <b>Meditation with Essential Oils</b></p> <p>1:30 <b>Root Beer Floats Social with Kasey</b></p> <p>2:00 <b>LOVE ON A LEASH</b></p> <p>2:30 <b>Bingo Extravaganza</b></p> <p>3:00 <b>Finish the Sentence Game</b></p> <p>4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes <b>30</b></p> <p>10:00 <b>Balloon Exercise</b></p> <p>10:30 <b>Relaxing in the Courtyard</b></p> <p>11:00 <b>1:1 Soothing Visits</b></p> <p>1:00 <b>Meditation with Essential Oils</b></p> <p>1:30 <b>Ping Pong Games</b></p> <p>2:30 <b>Round Table Hat Chat</b></p> <p>3:00 <b>Coupon Clipping</b></p> <p>4:30 Sports on T.V</p>