

November 2023

AL-A at The Ridge

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



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



<p>5</p> <p>DAYLIGHT SAVING TIME ENDS Take a walk and find "The Turkey" 9:45 Daily Chronicle & Word Search 10:00 Trip to Walmart or Target 10:45 LOVE ON A LEASH 11:00 1:1 Residents Visits 1:00 Sunday Football Games [RT] 1:30 Trash Card Games [CR] 2:30 Exercise Class [L1] 3:00 Meet and Greet with Residents and Staff 5:00 Enjoy a Game with a Friend at the Sports Lounge</p>	<p>6</p> <p>Take a walk and find "The Turkey" 9:45 Daily Chronicle & Word Search 10:00 Exercise Class with Maritza [L1] 10:30 UNO Game [L1] 11:00 1:1 Residents Visits 1:00 Calendar Planning with Maritza [LCK] 2:30 Bingo for Prizes [AC] 3:30 Wood Clothespin Wreath Making [AC] 5:00 Enjoy a Game with a Friend at the Sports Lounge</p>	<p>7</p> <p>ELECTION DAY! Take a walk and find "The Turkey" 9:20 St. Kieran's Church Service with Gina [RT] 9:45 Daily Chronicle & Word Search 10:00 Balloon Volleyball [L1] 11:00 1:1 Residents Visits 1:30 Chat with our Sous Chef Daniela & Kathy Dining Room Supervisor [MDR] 3:30 Word in a Word Game [L1] 4:30 Happy Hour with "BLUE ZONE BAND" [MDR] 5:00 Enjoy a Game with a Friend at the Sports Lounge</p>	<p>8</p> <p>Flannels & Thank You Quotes T-Shirts Wednesdays Take a walk and find "The Turkey" 9:45 Daily Chronicle & Word Search 10:15 Stretch & Strength with Angie from Mobile Therapy [L1] 11:00 1:1 Residents Visits 1:00 Bingo for Prizes 2:00 Baking Cookies 3:30 Coffee Social & Visit with a Director 5:00 Enjoy a Game with a Friend at the Sports Lounge</p>	<p>9</p> <p>ALL SOUL'S DAY! Chef's Corner 11:30-12:30pm Take a walk and find "The Turkey" 9:45 Daily Chronicle & Word Search 10:00 Bocce Ball 11:00 1:1 Residents Visits 2:30 Cornhole Games 3:30 Cover The Number Dice Game 5:00 Enjoy a Game with a Friend at the Sports Lounge</p>	<p>10</p> <p>Take a walk and find "The Turkey" 9:45 Daily Chronicle & Word Search 10:00 Drum Fit Exercise 11:00 1:1 Residents Visits 12:30 Movie & Popcorn "Good Will Hunting" [RT] 1:30 Egg Nog or Hot Apple Cider 2:00 Bingo for Prizes [AC] 2:00 LOVE ON A LEASH 3:30 Word in a Word Game 5:00 Enjoy a Game with a Friend at the Sports Lounge</p>	<p>11</p> <p>Take a walk and find "The Turkey" 9:45 Daily Chronicle & Word Search 10:00 Balloon Volleyball 11:00 1:1 Residents Visits 1:30 Mission Health Care Veterans Day Pinning Ceremony 3:00 Bring Your Devices "Technology with Christy" 5:00 Enjoy a Game with a Friend at the Sports Lounge</p>
<p>12</p> <p>Take a walk and find "The Turkey" 9:45 Daily Chronicle & Word Search 10:00 Trip to Walmart or Target 10:45 LOVE ON A LEASH 11:00 1:1 Residents Visits 1:00 Sunday Football Games [RT] 1:30 Trash Card Games [CR] 2:30 Exercise Class [L1] 3:00 Meet and Greet with Residents and Staff 5:00 Enjoy a Game with a Friend at the Sports Lounge</p>	<p>13</p> <p>Take a walk and find "The Turkey" WORLD KINDNESS DAY! 9:45 Daily Chronicle & Word Search 10:00 Exercise Class with Maritza [L1] 10:30 UNO Game [L1] 11:00 1:1 Residents Visits 1:30 Northern India Presentation w/ Shirley Reider [RT] 2:30 Bingo for Prizes [AC] 3:30 Wood Clothespin Wreath Making [AC] 5:00 Enjoy a Game with a Friend at the Sports Lounge</p>	<p>14</p> <p>Take a walk and find "The Turkey" 9:45 Daily Chronicle & Word Search 10:00 Balloon Volleyball [L1] 11:00 1:1 Residents Visits 1:30 Chat with our Sous Chef Daniela & Kathy Dining Room Supervisor [MDR] 3:30 Word in a Word Game [L1] 4:30 Happy Hour & Welcome New Residents with "MUSICSTATION" 5:00 Enjoy a Game with a Friend at the Sports Lounge</p>	<p>15</p> <p>Flannels & Thank You Quotes T-Shirts Wednesdays Take a walk and find "The Turkey" 9:45 Daily Chronicle & Word Search 10:15 Stretch & Strength with Angie from Mobile Therapy [L1] 11:00 1:1 Residents Visits 11:30 Lantern Crest NATIONAL PIE DAY & Ice Cream Sponsored by "Cabrillo Hospice" 1:00 Bingo for Prizes 2:00 Baking Cookies 3:30 Coffee Social & Visit with a Director 5:00 Enjoy a Game with a Friend at the Sports Lounge</p>	<p>16</p> <p>Chef's Corner 11:30-12:30pm Take a walk and find "The Turkey" 9:45 Daily Chronicle & Word Search 10:00 Bocce Ball 11:00 1:1 Residents Visits 3:00 Cornhole Games 3:30 Cover The Number Dice Game 5:00 Enjoy a Game with a Friend at the Sports Lounge</p>	<p>17</p> <p>Take a walk and find "The Turkey" 9:45 Daily Chronicle & Word Search 10:00 Drum Fit Exercise 11:00 1:1 Residents Visits 12:30 Movie & Popcorn "The Red Skelton Show" [RT] 1:30 Egg Nog or Hot Apple Cider 2:00 Bingo for Prizes [AC] 2:00 LOVE ON A LEASH 3:30 Word in a Word Game 5:00 Enjoy a Game with a Friend at the Sports Lounge</p>	<p>18</p> <p>Take a walk and find "The Turkey" 9:45 Daily Chronicle & Word Search 10:00 Balloon Volleyball 11:00 1:1 Residents Visits 1:00 Blackjack Game 2:00 Penny Pitching Game 3:00 Bring Your Devices "Technology with Christy" 5:00 Enjoy a Game with a Friend at the Sports Lounge</p>
<p>19</p> <p>Take a walk and find "The Turkey" 9:45 Daily Chronicle & Word Search 10:00 ANNUAL TURKEY RED VISIT! Ridge Parking Lot 10:45 LOVE ON A LEASH 11:00 1:1 Residents Visits 1:00 Sunday Football Games [RT] 1:30 Trash Card Games [CR] 2:00 St. Columba Church Service with Bill Bixby [MDR] 2:30 Exercise Class [L1] 3:00 Meet and Greet with Residents and Staff 5:00 Enjoy a Game with a Friend at the Sports Lounge</p>	<p>20</p> <p>Take a walk and find "The Turkey" 9:45 Daily Chronicle & Word Search 10:00 Exercise Class with Maritza [L1] 10:30 UNO Game [L1] 11:00 1:1 Residents Visits 1:00 Calendar Planning with Maritza [LCK] 2:30 Bingo for Prizes [AC] 3:30 Wood Clothespin Wreath Making [AC] 5:00 Enjoy a Game with a Friend at the Sports Lounge</p>	<p>21</p> <p>Take a walk and find "The Turkey" 9:20 St. Kieran's Church Service with Gina 9:45 Daily Chronicle & Word Search 10:00 Balloon Volleyball [L1] 11:00 1:1 Residents Visits 1:30 Chat with our Sous Chef Daniela & Kathy Dining Room Supervisor [MDR] 3:30 Word in a Word Game [L1] 4:30 Happy Hour with "FIRST STRING BAND" 5:00 Enjoy a Game with a Friend at the Sports Lounge</p>	<p>22</p> <p>All Staff Meeting Flannels & Thank You Quotes T-Shirts Wednesdays Take a walk and find "The Turkey" 9:45 Daily Chronicle & Word Search 10:15 Stretch & Strength with Angie from Mobile Therapy [L1] 11:00 1:1 Residents Visits 12:45 Bingo for Prizes 3:30 Coffee Social & Visit with a Director 5:00 Enjoy a Game with a Friend at the Sports Lounge</p>	<p>23</p> <p>THANKSGIVING! Take a walk and find "The Turkey" 9:45 Macy's Thanksgiving Day Parade 10:00 Bocce Ball 11:00 1:1 Residents Visits 1:30 NEIL DIAMOND TRIBUTE SHOW! w/ "SCOTT SAMUELS" [MDR] 3:00 Cornhole Games 3:30 Cover The Number Dice Game 5:00 Enjoy a Game with a Friend at the Sports Lounge</p>	<p>24</p> <p>Take a walk and find "The Turkey" 9:45 Daily Chronicle & Word Search 10:00 Drum Fit Exercise 11:00 1:1 Residents Visits 1:00 Janette Alessio-Way "The History Lady" Memories that Matter "November" [RT] 1:30 Egg Nog or Hot Apple Cider 2:00 Bingo for Prizes [AC] 3:30 Word in a Word Game 5:00 Enjoy a Game with a Friend at the Sports Lounge</p>	<p>25</p> <p>Take a walk and find "The Turkey" 9:45 Daily Chronicle & Word Search 10:00 Balloon Volleyball 11:00 1:1 Residents Visits 1:00 Blackjack Game 2:00 Penny Pitching Game 3:00 Bring Your Devices "Technology with Christy" 5:00 Enjoy a Game with a Friend at the Sports Lounge</p>
<p>26</p> <p>Take a walk and find "The Turkey" 9:45 Daily Chronicle & Word Search 10:00 Trip to Walmart or Target 10:45 LOVE ON A LEASH 11:00 1:1 Residents Visits 1:00 Sunday Football Games [RT] 1:30 Trash Card Games [CR] 2:30 Exercise Class [L1] 3:00 Meet and Greet with Residents and Staff 5:00 Enjoy a Game with a Friend at the Sports Lounge</p>	<p>27</p> <p>Take a walk and find "The Turkey" 9:45 Daily Chronicle & Word Search 10:00 Exercise Class with Maritza [L1] 10:30 UNO Game [L1] 11:00 1:1 Residents Visits 1:00 Calendar Planning with Maritza [LCK] 2:30 Bingo for Prizes [AC] 3:30 Wood Clothespin Wreath Making [AC] 5:00 Enjoy a Game with a Friend at the Sports Lounge</p>	<p>28</p> <p>Take a walk and find "The Turkey" 9:45 Daily Chronicle & Word Search 10:00 Balloon Volleyball [L1] 11:00 1:1 Residents Visits 1:30 Chat with our Sous Chef Daniela & Kathy Dining Room Supervisor [MDR] 3:30 Word in a Word Game [L1] 4:30 Happy Hour & Birthday Celebration with "BROWN SUGAR OLDIES" Cakes Sponsored by "Comfort & Peace" 5:00 Enjoy a Game with a Friend at the Sports Lounge</p>	<p>29</p> <p>Flannels & Thank You Quotes T-Shirts Wednesdays Take a walk and find "The Turkey" 9:45 Daily Chronicle & Word Search 10:15 Stretch & Strength with Angie from Mobile Therapy [L1] 11:00 1:1 Residents Visits 1:00 Bingo for Prizes 2:00 Baking Cookies 3:30 Coffee Social & Visit with a Director 5:00 Enjoy a Game with a Friend at the Sports Lounge</p>	<p>30</p> <p>Chef's Corner 11:30-12:30pm Take a walk and find "The Turkey" 9:45 Daily Chronicle & Word Search 10:00 Bocce Ball 11:00 1:1 Residents Visits 3:00 Cornhole Games 3:30 Cover The Number Dice Game 5:00 Enjoy a Game with a Friend at the Sports Lounge</p>	<p>Maritza Aguirre Life Enrichment Director At The Ridge 800 Lantern Crest Way Santee Ca, 92071 Cell:(619) 495-5666 Maritza.aguirre@lanterncrest.com</p>	<p>DAYLIGHT SAVING FALL BACK ONE HOUR</p>