

# November 2023

# Horizons at The Ridge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Resident Birthdays</b> Connie G. 11/1 Charles T. 11/2 Pearl B. 11/19 Barbara B. 11/27		<b>1</b> <b>Flannels &amp; Thank You Quotes T-Shirts Wednesdays</b> <b>Happy Birthday Connie G.</b> 9:30 Daily Chronicle and Inspirational Quotes 9:45 <b>Our Daily Bread</b> 10:00 <b>Drum Fit Exercise</b> 10:30 <b>Cool Down &amp; Breathing Courtyard</b> 11:00 1:1 Soothing Visits 1:00 <b>Afternoon Games &amp; Essential Oils</b> 1:30 <b>Nail Care &amp; Hand Massage</b> 2:00 <b>Apple Tasting</b> 2:30 <b>Memories in the Making with Diane &amp; Kasey</b> 4:30 Sports on T.V	<b>2</b> <b>ALL SOUL'S DAY!</b> <b>Happy Birthday Charles T.</b> 9:30 Daily Chronicle and Inspirational Quotes 9:45 <b>Our Daily Bread</b> 10:00 <b>Kick Ball Exercise Class</b> 10:30 <b>News Views &amp; Horoscopes Courtyard</b> 11:00 1:1 Soothing Visits 1:00 <b>Afternoon Games &amp; Essential Oils</b> 1:15 <b>Corn Hole Games</b> 2:00 <b>Paper Fan Making</b> 3:00 <b>Music Madness-Music, Artist, Song &amp; More</b> 4:30 Sports on T.V	<b>3</b> 9:30 Daily Chronicle and Inspirational Quotes 9:45 <b>Our Daily Bread</b> 10:00 <b>Workout &amp; Stretch</b> 10:30 <b>Courtyard Social &amp; Reading Thankful Notes</b> 11:00 1:1 Soothing Visits 1:00 <b>Afternoon Games &amp; Essential Oils</b> 1:15 <b>Janette Alessio-Way "The History Lady" Memories that Matter "November"</b> 2:00 <b>LOVE ON A LEASH</b> 2:30 <b>Bingo Extravaganza</b> 3:00 <b>Thank You Notes</b> 4:30 Sports on T.V	<b>4</b> 9:30 Daily Chronicle and Inspirational Quotes 9:45 <b>Our Daily Bread</b> 10:00 <b>Balloon Exercise</b> 10:30 <b>Relaxing in the Courtyard</b> 11:00 1:1 Soothing Visits 1:00 <b>Afternoon Games &amp; Essential Oils</b> 1:30 <b>Round the World Travel's with Kasey</b> 2:30 <b>Jeopardy Game</b> 3:00 <b>ReadingOur Book</b> 4:30 Sports on T.V
<b>5</b> <b>DAYLIGHT SAVING TIME ENDS</b> 9:30 Daily Chronicle and Inspirational Quotes 9:45 <b>Our Daily Bread</b> 10:15 <b>LOVE ON A LEASH</b> 11:00 1:1 Soothing Visits 1:00 <b>Afternoon Games &amp; Essential Oils</b> 1:30 <b>Exercise Class with Aurora</b> 2:00 <b>Wheel of Fortune Game</b> 2:30 <b>Enjoy a Movie &amp; Popcorn with Aurora - from the "MOVIE BASKET"</b> 4:30 Sports on T.V	<b>6</b> 9:30 Daily Chronicle and Inspirational Quotes 9:45 <b>Our Daily Bread</b> 10:00 <b>SING-ALONG w/ DAN MILLER</b> 11:00 1:1 Soothing Visits 1:00 <b>Afternoon Games &amp; Essential Oils</b> 2:00 <b>Pinecone Crafts w/ Aurora</b> 3:30 <b>Coffee Social Reminiscing w/ Aurora</b> 4:30 Sports on T.V	<b>7</b> <b>ELECTION DAY!</b> 9:30 Daily Chronicle and Inspirational Quotes 9:45 <b>Our Daily Bread</b> 10:00 <b>Chair Yoga Class</b> 10:30 <b>Courtyard Social &amp; Reading Love Notes from Mailbox</b> 11:00 1:1 Soothing Visits 1:00 <b>Afternoon Games &amp; Essential Oils</b> 1:30 <b>X-Mas Ornament Making</b> 2:30 <b>Bingo Extravaganza</b> 3:30 <b>Happy Hour w/ "BROWN SUGAR OLDIES"</b> 4:30 Sports on T.V	<b>8</b> <b>Flannels &amp; Thank You Quotes T-Shirts Wednesdays</b> 9:30 Daily Chronicle and Inspirational Quotes 9:45 <b>Our Daily Bread</b> 10:00 <b>Drum Fit Exercise</b> 10:30 <b>Cool Down &amp; Breathing Courtyard</b> 11:00 1:1 Soothing Visits 1:00 <b>Afternoon Games &amp; Essential Oils</b> 1:15 <b>November Concert w/ "DOUBLE TAKE"</b> 2:30 <b>Memories in the Making with Diane &amp; Kasey</b> 4:30 Sports on T.V	<b>9</b> 9:30 Daily Chronicle and Inspirational Quotes 9:45 <b>Our Daily Bread</b> 10:00 <b>Kick Ball Exercise Class</b> 10:30 <b>News Views &amp; Horoscopes Courtyard</b> 11:00 1:1 Soothing Visits 1:00 <b>Afternoon Games &amp; Essential Oils</b> 1:30 <b>GOSPEL MUSIC w/ Steve DeCaro</b> 3:00 <b>Music Madness-Music, Artist, Song &amp; More</b> 4:30 Sports on T.V	<b>10</b> 9:30 Daily Chronicle and Inspirational Quotes 9:45 <b>Our Daily Bread</b> 10:00 <b>Workout &amp; Stretch</b> 10:30 <b>Courtyard Social &amp; Reading Thankful Notes</b> 11:00 1:1 Soothing Visits 1:00 <b>Afternoon Games &amp; Essential Oils</b> 1:30 <b>Concert "Elvis GIRLS, GIRLS, GIRLS" Egg Nog or Hot Apple Cider</b> 2:30 <b>Bingo Extravaganza</b> 3:00 <b>Thank You Notes</b> 4:30 Sports on T.V	<b>11</b> <b>VETERANS DAY!</b> 9:30 Daily Chronicle and Inspirational Quotes 9:45 <b>Our Daily Bread</b> 10:00 <b>Balloon Exercise</b> 10:30 <b>Relaxing in the Courtyard</b> 11:00 1:1 Soothing Visits 1:00 <b>Afternoon Games &amp; Essential Oils</b> 1:30 <b>Mission Health Care Veterans Day Pinning Ceremony [MDR]</b> 2:30 <b>Jeopardy Game</b> 3:00 <b>ReadingOur Book</b> 4:30 Sports on T.V
<b>12</b> 9:30 Daily Chronicle and Inspirational Quotes 9:45 <b>Our Daily Bread</b> 10:15 <b>LOVE ON A LEASH</b> 11:00 1:1 Soothing Visits 1:00 <b>Afternoon Games &amp; Essential Oils</b> 1:30 <b>Exercise Class with Aurora</b> 2:00 <b>Wheel of Fortune Game</b> 2:30 <b>Enjoy a Movie &amp; Popcorn with Aurora - from the "MOVIE BASKET"</b> 4:30 Sports on T.V	<b>13</b> <b>WORLD KINDNESS DAY!</b> 9:30 Daily Chronicle and Inspirational Quotes 9:45 <b>Our Daily Bread</b> 10:00 <b>Exercise with Pom Poms</b> 11:00 1:1 Soothing Visits 1:00 <b>Afternoon Games &amp; Essential Oils</b> 2:00 <b>World Kindness "POP THE PUMPKIN GAME"</b> 3:30 <b>Coffee Social Reminiscing w/ Aurora</b> 4:30 Sports on T.V	<b>14</b> 9:30 Daily Chronicle and Inspirational Quotes 9:45 <b>Our Daily Bread</b> 10:00 <b>Chair Yoga Class</b> 10:30 <b>Courtyard Social &amp; Reading Love Notes from Mailbox</b> 11:00 1:1 Soothing Visits 1:00 <b>Afternoon Games &amp; Essential Oils</b> 1:30 <b>X-Mas Ornament Making</b> 2:30 <b>Bingo Extravaganza</b> 3:30 <b>Happy Hour &amp; Welcome New Residents with "FIRST STRING BAND"</b> 4:30 Sports on T.V	<b>15</b> <b>Flannels &amp; Thank You Quotes T-Shirts Wednesdays</b> 9:30 Daily Chronicle and Inspirational Quotes 9:45 <b>Our Daily Bread</b> 10:00 <b>Drum Fit Exercise</b> 10:30 <b>Cool Down &amp; Breathing Courtyard</b> 11:00 1:1 Soothing Visits 11:30 <b>Lantern Crest National Pie Day!</b> 1:00 <b>Afternoon Games &amp; Essential Oils</b> 1:30 <b>Nail Care &amp; Hand Massage</b> 2:00 <b>Rock Dot Painting</b> 2:30 <b>Memories in the Making with Diane &amp; Kasey</b> 4:30 Sports on T.V	<b>16</b> 9:30 Daily Chronicle and Inspirational Quotes 9:45 <b>Our Daily Bread</b> 10:00 <b>Kick Ball Exercise Class</b> 10:30 <b>News Views &amp; Horoscopes Courtyard</b> 11:00 1:1 Soothing Visits 1:00 <b>Afternoon Games &amp; Essential Oils</b> 1:30 <b>GOSPEL MUSIC w/ Steve DeCaro</b> 3:00 <b>Music Madness-Music, Artist, Song &amp; More</b> 4:30 Sports on T.V	<b>17</b> 9:30 Daily Chronicle and Inspirational Quotes 9:45 <b>Our Daily Bread</b> 10:00 <b>Workout &amp; Stretch</b> 10:30 <b>Courtyard Social &amp; Reading Thankful Notes</b> 11:00 1:1 Soothing Visits 1:00 <b>Afternoon Games &amp; Essential Oils</b> 1:30 <b>Movie "Good Will Hunting" &amp; Egg Nog or Hot Apple Cider</b> 2:00 <b>LOVE ON A LEASH</b> 2:30 <b>Bingo Extravaganza</b> 3:00 <b>Thank You Notes</b> 4:30 Sports on T.V	<b>18</b> 9:30 Daily Chronicle and Inspirational Quotes 9:45 <b>Our Daily Bread</b> 10:00 <b>Balloon Exercise</b> 10:30 <b>Relaxing in the Courtyard</b> 11:00 1:1 Soothing Visits 1:00 <b>Afternoon Games &amp; Essential Oils</b> 1:30 <b>Round the World Travel's with Kasey</b> 2:30 <b>Jeopardy Game</b> 3:00 <b>ReadingOur Book</b> 4:30 Sports on T.V
<b>19</b> <b>Happy Birthday Pearl B.</b> 9:30 Daily Chronicle and Inspirational Quotes 9:45 <b>Our Daily Bread</b> 10:15 <b>LOVE ON A LEASH</b> 10:30 <b>ANNUAL TURKEY VISIT! Ridge Parking Lot</b> 11:00 1:1 Soothing Visits 1:00 <b>Afternoon Games &amp; Essential Oils</b> 1:30 <b>Exercise Class with Aurora</b> 2:00 <b>Wheel of Fortune Game</b> 2:30 <b>Enjoy a Movie &amp; Popcorn with Aurora - from the "MOVIE BASKET"</b> 2:45 <b>St. Columba Church Service with Bill Bixby</b> 4:30 Sports on T.V	<b>20</b> 9:30 Daily Chronicle and Inspirational Quotes 9:45 <b>Our Daily Bread</b> 10:00 <b>SING-ALONG w/ DAN MILLER</b> 11:00 1:1 Soothing Visits 1:00 <b>Afternoon Games &amp; Essential Oils</b> 2:00 <b>Pinecone Crafts w/ Aurora</b> 3:30 <b>Coffee Social Reminiscing w/ Aurora</b> 4:30 Sports on T.V	<b>21</b> 9:30 Daily Chronicle and Inspirational Quotes 9:45 <b>Our Daily Bread</b> 10:00 <b>Chair Yoga Class</b> 10:30 <b>Courtyard Social &amp; Reading Love Notes from Mailbox</b> 11:00 1:1 Soothing Visits 1:00 <b>Afternoon Games &amp; Essential Oils</b> 1:30 <b>X-Mas Ornament Making</b> 2:30 <b>Bingo Extravaganza</b> 3:30 <b>Happy Hour w/ THE SOPHISTICATS"</b> 4:30 Sports on T.V	<b>22</b> <b>ALL STAFF MEETING!</b> <b>Flannels &amp; Thank You Quotes T-Shirts Wednesdays</b> 9:30 Daily Chronicle and Inspirational Quotes 9:45 <b>Our Daily Bread</b> 10:00 <b>Drum Fit Exercise</b> 10:30 <b>Cool Down &amp; Breathing Courtyard</b> 11:00 1:1 Soothing Visits 1:00 <b>Afternoon Games &amp; Essential Oils</b> 1:30 <b>Nail Care &amp; Hand Massage</b> 2:30 <b>Memories in the Making with Diane &amp; Kasey</b> 4:30 Sports on T.V	<b>23</b> <b>Thanksgiving</b> <b>Macy's Thanksgiving Day Parade</b> 9:45 <b>Our Daily Bread</b> 10:00 <b>Kick Ball Exercise Class</b> 10:30 <b>News Views &amp; Horoscopes Courtyard</b> 11:00 1:1 Soothing Visits 12:30 <b>Happy Thanksgiving w/ Sylvia &amp; Salvador</b> 1:00 <b>Afternoon Games &amp; Essential Oils</b> 1:15 <b>Corn Hole Games</b> 2:00 <b>Clothespin Wreath</b> 3:00 <b>Music Madness-Music, Artist, Song &amp; More</b> 4:30 Sports on T.V	<b>24</b> 9:30 Daily Chronicle and Inspirational Quotes 9:45 <b>Our Daily Bread</b> 10:00 <b>Workout &amp; Stretch</b> 10:30 <b>Courtyard Social &amp; Reading Thankful Notes</b> 11:00 1:1 Soothing Visits 1:00 <b>Afternoon Games &amp; Essential Oils</b> 1:30 <b>Concert "It's Elvis Spinout" &amp; Egg Nog or Hot Apple Cider</b> 2:30 <b>Bingo Extravaganza</b> 3:00 <b>Thank You Notes</b> 4:30 Sports on T.V	<b>25</b> 9:30 Daily Chronicle and Inspirational Quotes 9:45 <b>Our Daily Bread</b> 10:00 <b>Balloon Exercise</b> 10:30 <b>Relaxing in the Courtyard</b> 11:00 1:1 Soothing Visits 1:00 <b>Afternoon Games &amp; Essential Oils</b> 1:30 <b>Round the World Travel's with Kasey</b> 2:30 <b>Jeopardy Game</b> 3:00 <b>ReadingOur Book</b> 4:30 Sports on T.V
<b>26</b> 9:30 Daily Chronicle and Inspirational Quotes 9:45 <b>Our Daily Bread</b> 10:15 <b>LOVE ON A LEASH</b> 11:00 1:1 Soothing Visits 1:00 <b>Afternoon Games &amp; Essential Oils</b> 1:30 <b>Exercise Class with Aurora</b> 2:00 <b>Wheel of Fortune Game</b> 2:30 <b>Enjoy a Movie &amp; Popcorn with Aurora - from the "MOVIE BASKET"</b> 4:30 Sports on T.V	<b>27</b> <b>Happy Birthday Barbara B.</b> 9:30 Daily Chronicle and Inspirational Quotes 9:45 <b>Our Daily Bread</b> 10:00 <b>Exercise with Pom Poms</b> 11:00 1:1 Soothing Visits 1:00 <b>Afternoon Games &amp; Essential Oils</b> 2:00 <b>Pinecone Crafts w/ Aurora</b> 3:30 <b>Coffee Social Reminiscing w/ Aurora</b> 4:30 Sports on T.V	<b>28</b> 9:30 Daily Chronicle and Inspirational Quotes 9:45 <b>Our Daily Bread</b> 10:00 <b>Chair Yoga Class</b> 10:30 <b>Courtyard Social &amp; Reading Love Notes from Mailbox</b> 11:00 1:1 Soothing Visits 1:00 <b>Afternoon Games &amp; Essential Oils</b> 1:30 <b>Piñata Birthday Party w/ Kasey</b> 2:30 <b>Bingo Extravaganza</b> 3:30 <b>Happy Hour &amp; Birthday Celebration with "SYLVIA &amp; SALVADOR" Cakes Sponsored by "Comfort &amp; Peace"</b> 4:30 Sports on T.V	<b>29</b> <b>Flannels &amp; Thank You Quotes T-Shirts Wednesdays</b> 9:30 Daily Chronicle and Inspirational Quotes 9:45 <b>Our Daily Bread</b> 10:00 <b>Drum Fit Exercise</b> 10:30 <b>Cool Down &amp; Breathing Courtyard</b> 11:00 1:1 Soothing Visits 1:00 <b>Afternoon Games &amp; Essential Oils</b> 1:30 <b>Nail Care &amp; Hand Massage</b> 2:30 <b>Memories in the Making with Diane &amp; Kasey</b> 4:30 Sports on T.V	<b>30</b> 9:30 Daily Chronicle and Inspirational Quotes 9:45 <b>Our Daily Bread</b> 10:00 <b>Kick Ball Exercise Class</b> 10:30 <b>News Views &amp; Horoscopes Courtyard</b> 11:00 1:1 Soothing Visits 1:00 <b>Afternoon Games &amp; Essential Oils</b> 1:15 <b>Corn Hole Games</b> 2:00 <b>Christmas Crafts</b> 3:00 <b>Music Madness-Music, Artist, Song &amp; More</b> 4:30 Sports on T.V	<div style="text-align: center;"> <b>Maritza Aguirre</b>                      Life Enrichment Director                      At The Ridge                      800 Lantern Crest Way                      Santee, Ca 92071                      Cell: (619) 495-5666                      Maritza.aguirre@lanterncrestsantee.com                 </div> 	