

# Horizons at The Ridge

# February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p><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</p>		<p>9:30 Daily Chronicle and Inspirational Quotes <b>1</b></p> <p>10:00 <a href="#">Mindful Walking / Meditation</a></p> <p>10:30 <a href="#">Short Stories &amp; Beverages</a></p> <p>11:00 1:1 Soothing Visits</p> <p>1:15 <a href="#">Afternoon Games &amp; Essential Oils</a></p> <p>1:30 <a href="#">Crafting with Kasey</a></p> <p>3:00 <a href="#">Jeopardy Game</a></p> <p>4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes <b>2</b></p> <p>10:00 <a href="#">Parachute Game</a></p> <p>10:30 <a href="#">List it Game with Kasey</a></p> <p>11:00 1:1 Soothing Visits</p> <p>1:15 <a href="#">Afternoon Games &amp; Essential Oils</a></p> <p>2:00 <a href="#">Music Madness</a></p> <p>3:00 <a href="#">Bingo Extravaganza</a></p> <p>4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes <b>3</b></p> <p>10:00 <a href="#">Balloon Exercise</a></p> <p>10:30 <a href="#">Short Stories &amp; Beverages</a></p> <p>11:00 1:1 Soothing Visits</p> <p>1:15 <a href="#">Afternoon Games &amp; Essential Oils</a></p> <p>1:30 <a href="#">Balloon Mini Game</a></p> <p>2:00 <a href="#">Prepping Our Snack</a></p> <p>3:00 <a href="#">Trivia with Kasey</a></p> <p>4:30 Sports on T.V</p>
<p>9:30 Daily Chronicle and Inspirational Quotes <b>4</b></p> <p>10:15 <a href="#">LOVE ON A LEASH</a></p> <p>11:00 1:1 Soothing Visits</p> <p>1:15 <a href="#">Afternoon Games &amp; Essential Oils</a></p> <p>1:30 <a href="#">Ukulele Sing Along with Bob Arij</a></p> <p>2:30 <a href="#">Enjoy a Movie &amp; Popcorn - from the "MOVIE BASKET"</a></p> <p>4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes <b>5</b></p> <p>9:35 <a href="#">Bible Study &amp; Hymns w/ Pastor Bob</a></p> <p>11:00 1:1 Soothing Visits</p> <p>1:15 <a href="#">Afternoon Games &amp; Essential Oils</a></p> <p>3:00 <a href="#">Activity Baskets</a></p> <p>4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes <b>6</b></p> <p>10:00 <a href="#">Chair Yoga Class</a></p> <p>10:30 <a href="#">Tea &amp; Coffee Social/ Reading Newspaper</a></p> <p>11:00 1:1 Soothing Visits</p> <p>1:15 <a href="#">Afternoon Games &amp; Essential Oils</a></p> <p>2:00 <a href="#">Lounge Social / Reminiscing</a></p> <p>2:30 <a href="#">Bingo Extravaganza</a></p> <p>3:30 <a href="#">Happy Hour with "BROWN SUGAR OLDIES"</a></p> <p>4:30 Sports on T.V</p>	<p><a href="#">Wear Red for "HEART AWARENESS"</a> <b>7</b></p> <p>9:30 Daily Chronicle and Inspirational Quotes</p> <p>10:00 <a href="#">Drum Fit Exercise</a></p> <p>10:30 <a href="#">Pictionary with Kasey</a></p> <p>11:00 1:1 Soothing Visits</p> <p>1:15 <a href="#">Afternoon Games &amp; Essential Oils</a></p> <p>1:30 <a href="#">Valentine Candy Bar Sponsored by "Comfort &amp; Peace" Ridge Lobby</a></p> <p>2:30 <a href="#">Memories in the Making with Diane &amp; Kasey</a></p> <p>4:30 Sports on T.V</p>	<p><a href="#">Happy Birthday John B.</a> <b>8</b></p> <p>9:30 Daily Chronicle and Inspirational Quotes</p> <p>10:00 <a href="#">Mindful Walking / Meditation</a></p> <p>10:30 <a href="#">Short Stories &amp; Beverages</a></p> <p>11:00 1:1 Soothing Visits</p> <p>1:15 <a href="#">Afternoon Games &amp; Essential Oils</a></p> <p>1:30 <a href="#">Gospel Music with "STEVE &amp; DIANE"</a></p> <p>3:00 <a href="#">Jeopardy Game</a></p> <p>4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes <b>9</b></p> <p>10:00 <a href="#">Kickball Exercise</a></p> <p>10:30 <a href="#">List it Game with Kasey</a></p> <p>11:00 1:1 Soothing Visits</p> <p>1:15 <a href="#">Afternoon Games &amp; Essential Oils</a></p> <p>2:00 <a href="#">LOVE ON A LEASH</a></p> <p>2:00 <a href="#">Music Madness</a></p> <p>3:00 <a href="#">Bingo Extravaganza</a></p> <p>4:30 Sports on T.V</p>	<p><a href="#">Lunar New Year</a> <b>10</b></p> <p>9:30 Daily Chronicle and Inspirational Quotes</p> <p>10:00 <a href="#">Balloon Exercise</a></p> <p>10:30 <a href="#">Short Stories &amp; Beverages</a></p> <p>11:00 1:1 Soothing Visits</p> <p>1:15 <a href="#">Afternoon Games &amp; Essential Oils</a></p> <p>1:30 <a href="#">Lunar New Year Celebration with "THE SOPHISTICATS"</a></p> <p>3:00 <a href="#">Trivia with Kasey</a></p> <p>4:30 Sports on T.V</p>
<p>9:30 Daily Chronicle and Inspirational Quotes <b>11</b></p> <p>10:15 <a href="#">LOVE ON A LEASH</a></p> <p>11:00 1:1 Soothing Visits</p> <p>1:15 <a href="#">Afternoon Games &amp; Essential Oils</a></p> <p>1:30 <a href="#">Ukulele Sing Along with Bob Arij</a></p> <p>2:30 <a href="#">Enjoy a Movie &amp; Popcorn - from the "MOVIE BASKET"</a></p> <p>4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes <b>12</b></p> <p>9:35 <a href="#">Bible Study &amp; Hymns w/ Pastor Bob</a></p> <p>10:00 <a href="#">SING-ALONG w/ DAN MILLER</a></p> <p>11:00 1:1 Soothing Visits</p> <p>1:15 <a href="#">Afternoon Games &amp; Essential Oils</a></p> <p>3:00 <a href="#">Activity Baskets</a></p> <p>4:30 Sports on T.V</p>	<p><a href="#">Mardi Gras</a> <b>13</b></p> <p>9:30 Daily Chronicle and Inspirational Quotes</p> <p>10:00 <a href="#">Chair Yoga Class</a></p> <p>10:30 <a href="#">Tea &amp; Coffee Social/ Reading Newspaper</a></p> <p>11:00 1:1 Soothing Visits</p> <p>1:15 <a href="#">Afternoon Games &amp; Essential Oils</a></p> <p>2:00 <a href="#">Puzzle Mania</a></p> <p>2:30 <a href="#">Bingo Extravaganza</a></p> <p>3:30 <a href="#">Happy Hour &amp; Welcome New Residents with "FIRST STRING BAND"</a></p> <p>4:30 Sports on T.V</p>	<p><a href="#">Happy Valentine's Day / Ash Wednesday</a> <b>14</b></p> <p><a href="#">Wear Red for "HEART AWARENESS"</a></p> <p>9:30 Daily Chronicle and Inspirational Quotes</p> <p>10:00 <a href="#">RED CARPET VALENTINE PICTURES</a></p> <p>11:00 1:1 Soothing Visits</p> <p>1:15 <a href="#">Afternoon Games &amp; Essential Oils</a></p> <p>1:15 <a href="#">February Concert with "DOUBLE TAKE"</a></p> <p>2:30 <a href="#">Memories in the Making with Diane &amp; Kasey</a></p> <p>4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes <b>15</b></p> <p>10:00 <a href="#">Mindful Walking / Meditation</a></p> <p>10:30 <a href="#">Short Stories &amp; Beverages</a></p> <p>11:00 1:1 Soothing Visits</p> <p>1:15 <a href="#">Afternoon Games &amp; Essential Oils</a></p> <p>1:30 <a href="#">Crafting with Kasey</a></p> <p>3:00 <a href="#">Jeopardy Game</a></p> <p>4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes <b>16</b></p> <p>10:00 <a href="#">Parachute Game</a></p> <p>10:30 <a href="#">List it Game with Kasey</a></p> <p>11:00 1:1 Soothing Visits</p> <p>1:15 <a href="#">Afternoon Games &amp; Essential Oils</a></p> <p>2:00 <a href="#">Music Madness</a></p> <p>3:00 <a href="#">Bingo Extravaganza</a></p> <p>4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes <b>17</b></p> <p>10:00 <a href="#">Balloon Exercise</a></p> <p>10:30 <a href="#">Short Stories &amp; Beverages</a></p> <p>11:00 1:1 Soothing Visits</p> <p>1:15 <a href="#">Afternoon Games &amp; Essential Oils</a></p> <p>2:00 <a href="#">Prepping Our Snack</a></p> <p>3:00 <a href="#">Trivia with Kasey</a></p> <p>4:30 Sports on T.V</p>
<p>9:30 Daily Chronicle and Inspirational Quotes <b>18</b></p> <p>10:15 <a href="#">LOVE ON A LEASH</a></p> <p>11:00 1:1 Soothing Visits</p> <p>1:15 <a href="#">Afternoon Games &amp; Essential Oils</a></p> <p>1:30 <a href="#">Ukulele Sing Along with Bob Arij</a></p> <p>2:30 <a href="#">Enjoy a Movie &amp; Popcorn - from the "MOVIE BASKET"</a></p> <p>2:45 <a href="#">St. Colulmba Church Service with Bill Bixby</a></p> <p>4:30 Sports on T.V</p>	<p><a href="#">President's Day</a> <b>19</b></p> <p>9:30 Daily Chronicle and Inspirational Quotes</p> <p>9:35 <a href="#">Bible Study &amp; Hymns w/ Pastor Bob</a></p> <p>11:00 1:1 Soothing Visits</p> <p>1:15 <a href="#">Afternoon Games &amp; Essential Oils</a></p> <p>3:00 <a href="#">Activity Baskets</a></p> <p>4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes <b>20</b></p> <p>10:00 <a href="#">Chair Yoga Class</a></p> <p>10:30 <a href="#">Tea &amp; Coffee Social/ Reading Newspaper</a></p> <p>11:00 1:1 Soothing Visits</p> <p>1:15 <a href="#">Afternoon Games &amp; Essential Oils</a></p> <p>2:00 <a href="#">Lounge Social / Reminiscing</a></p> <p>2:30 <a href="#">Bingo Extravaganza</a></p> <p>3:30 <a href="#">Happy Hour with "FIREBALL XPRESS"</a></p> <p>4:30 Sports on T.V</p>	<p><a href="#">Wear Red for "HEART AWARENESS"</a> <b>21</b></p> <p>9:30 Daily Chronicle and Inspirational Quotes</p> <p>10:00 <a href="#">Drum Fit Exercise</a></p> <p>10:30 <a href="#">Pictionary with Kasey</a></p> <p>11:00 1:1 Soothing Visits</p> <p>1:15 <a href="#">Afternoon Games &amp; Essential Oils</a></p> <p>1:15 <a href="#">Nail Care &amp; Magazine/ Relaxing</a></p> <p>2:30 <a href="#">Memories in the Making with Diane &amp; Kasey</a></p> <p>4:30 Sports on T.V</p>	<p><a href="#">All Staff Meeting</a> <b>22</b></p> <p>9:30 Daily Chronicle and Inspirational Quotes</p> <p>10:00 <a href="#">Mindful Walking / Meditation</a></p> <p>10:30 <a href="#">Short Stories &amp; Beverages</a></p> <p>11:00 1:1 Soothing Visits</p> <p>1:15 <a href="#">Afternoon Games &amp; Essential Oils</a></p> <p>3:00 <a href="#">Jeopardy Game</a></p> <p>4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes <b>23</b></p> <p>10:00 <a href="#">Kickball Exercise</a></p> <p>10:30 <a href="#">List it Game with Kasey</a></p> <p>11:00 1:1 Soothing Visits</p> <p>1:15 <a href="#">Afternoon Games &amp; Essential Oils</a></p> <p>2:00 <a href="#">LOVE ON A LEASH</a></p> <p>2:00 <a href="#">Music Madness</a></p> <p>3:00 <a href="#">Bingo Extravaganza</a></p> <p>4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes <b>24</b></p> <p>10:00 <a href="#">Balloon Exercise</a></p> <p>10:30 <a href="#">Short Stories &amp; Beverages</a></p> <p>11:00 1:1 Soothing Visits</p> <p>1:15 <a href="#">Afternoon Games &amp; Essential Oils</a></p> <p>2:00 <a href="#">Prepping Our Snack</a></p> <p>3:00 <a href="#">Trivia with Kasey</a></p> <p>4:30 Sports on T.V</p>
<p>9:30 Daily Chronicle and Inspirational Quotes <b>25</b></p> <p>10:15 <a href="#">LOVE ON A LEASH</a></p> <p>11:00 1:1 Soothing Visits</p> <p>1:15 <a href="#">Afternoon Games &amp; Essential Oils</a></p> <p>1:30 <a href="#">Ukulele Sing Along with Bob Arij</a></p> <p>2:30 <a href="#">Enjoy a Movie &amp; Popcorn - from the "MOVIE BASKET"</a></p> <p>4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes <b>26</b></p> <p>9:35 <a href="#">Bible Study &amp; Hymns w/ Pastor Bob</a></p> <p>10:00 <a href="#">SING-ALONG w/ DAN MILLER</a></p> <p>11:00 1:1 Soothing Visits</p> <p>1:15 <a href="#">Afternoon Games &amp; Essential Oils</a></p> <p>3:00 <a href="#">Activity Baskets</a></p> <p>4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes <b>27</b></p> <p>10:00 <a href="#">Chair Yoga Class</a></p> <p>10:30 <a href="#">Tea &amp; Coffee Social/ Reading Newspaper</a></p> <p>11:00 1:1 Soothing Visits</p> <p>1:15 <a href="#">Afternoon Games &amp; Essential Oils</a></p> <p>2:00 <a href="#">Puzzle Mania</a></p> <p>2:30 <a href="#">Bingo Extravaganza</a></p> <p>3:30 <a href="#">Happy Hour &amp; Birthday Celebration with "The Sophisticats" Cakes Sponsored by "Comfort &amp; Peace"</a></p> <p>4:30 Sports on T.V</p>	<p><a href="#">Wear Red for "HEART AWARENESS"</a> <b>28</b></p> <p>9:30 Daily Chronicle and Inspirational Quotes</p> <p>10:00 <a href="#">Drum Fit Exercise</a></p> <p>10:30 <a href="#">Pictionary with Kasey</a></p> <p>11:00 1:1 Soothing Visits</p> <p>1:15 <a href="#">Afternoon Games &amp; Essential Oils</a></p> <p>1:15 <a href="#">Nail Care &amp; Magazine/ Relaxing</a></p> <p>2:30 <a href="#">Memories in the Making with Diane &amp; Kasey</a></p> <p>4:30 Sports on T.V</p>	<p>9:30 Daily Chronicle and Inspirational Quotes <b>29</b></p> <p>10:00 <a href="#">February Concert with "PETER SELTSER"</a></p> <p>10:30 <a href="#">Short Stories &amp; Beverages</a></p> <p>11:00 1:1 Soothing Visits</p> <p>1:15 <a href="#">Afternoon Games &amp; Essential Oils</a></p> <p>1:30 <a href="#">Crafting with Kasey</a></p> <p>3:00 <a href="#">Jeopardy Game</a></p> <p>4:30 Sports on T.V</p>		<p><b>Resident Birthdays</b> John B. <span style="float:right">2/8</span></p>