Horizons at The Ridge Sunday Tuesdav Wednesdav Thursday Monday Friday Saturday 9:30 Daily Chronicle and **WEDNESDAYS** We Wear Florals 9:30 Daily Chronicle and 9:30 Daily Chronicle and 9:30 Daily Chronicle and **April Fool's Day** Inspirational Quotes 9:30 Daily Chronicle and **Inspirational Quotes Inspirational Quotes** Inspirational Quotes 9:30 Daily Chronicle and Inspirational Quotes 10:00 Parachute Exercise 10:00 **Chair Yoga Class** 10:00 Kickball Exercise **Inspirational Quotes** 10:00 Balloon Exercise 10:00 Drum Fit Exercise 10:30 Short Stories & Beverages 10:30 Gratitude Chat with Kasey 10:30 News Views & Beverages 9:35 Bible Study & Hymns w/ 10:30 Short Stories & Beverages 10:30 List It Game with Kasey 11:00 1:1 Soothing Visits 11:00 **1:1 Soothing Visits** 11:00 **1:1 Soothing Visits Pastor Bob** 11:00 **1:1 Soothing Visits** 11:00 1:1 Soothing Visits 1:15 Relaxing & Essential Oils 1:15 Relaxing & Essential Oils 1:15 Relaxing & Essential Oils 11:00 **1:1 Soothing Visits** 1:15 Relaxing & Essential Oils 1:15 Relaxing & Essential Oils 1:30 Gospel Music with Steve & Diane 1:30 Ice Cream Social / Reminiscing 1:30 Science Experiment Kit Projects 1:30 Tostilocos with Victor Spayde from Lantern Crest 1:15 Relaxing & Essential Oils 1:30 Tattoo Shop with Kasey 2:30 Movie & Ice Cream Sundae 2:30 Bingo Extravaganza 2:00 Love on a Leash "A Better Solution" The Lobby 2:30 Memories in the Making with Diane 3:00 Activity Baskets 3:00 Trivia with Kasey SENIOR LIVING 3:30 Happy Hour with "BROWN SUGAR 3:00 Bingo Extravaganza 3:00 Nail Care & Hand Massage & Kasey 4:30 Sports on T.V 4:30 Sports on T.V **OLDIES**" 4:30 Sports on T.V 4:30 Sports on T.V 4:30 Sports on T.V 4:30 Sports on T.V 9:30 Daily Chronicle and **WEDNESDAYS** We Wear Happy Birthday Betty M. 9:30 Daily Chronicle and 9:30 Daily Chronicle and 9:30 Daily Chronicle and 9:30 Daily Chronicle Inspirational Quotes 9:30 Daily Chronicle and Inspirational Quotes **Florals** Inspirational Ouotes Inspirational Quotes and Inspirational 10:00 Chair Yoga Class Inspirational Ouotes 9:30 Daily Chronicle and 10:00 Kickball Exercise 10:15 LOVE ON A LEASH 10:00 Balloon Exercise Ouotes 10:30 News Views & Beverages 10:00 Gardening Event with "The Master Inspirational Quotes 10:30 Gratitude Chat with Kasey 11:00 **1:1 Soothing Visits** 10:30 Short Stories & Beverages Gardeners" 9:35 Bible Study & Hymns w/ 11:00 1:1 Soothing Visits 10:00 Drum Fit Exercise 11:00 **1:1 Soothing Visits** 1:15 Relaxing & Essential Oils 11:00 1:1 Soothing Visits 10:30 Short Stories & Beverages 1:15 Relaxing & Essential Oils **Pastor Bob** 10:30 List It Game with Kasev 1:00 Jeanette Alessio-Way April 2:30 Enjoy a Movie & Popcorn -1:30 Ice Cream Social / Reminiscing 11:00 1:1 Soothing Visits 1:15 Relaxing & Essential Oils 11:00 1:1 Soothing Visits **History Class** 11:00 **1:1 Soothing Visits** from the "MOVIE BASKET" 2:30 Bingo Extravaganza 1:15 Relaxing & Essential Oils 2:30 Movie & Ice Cream Sundae 1:15 April Concert with "Double Take" 1:15 Relaxing & Essential Oils 1:15 Relaxing & Essential Oils 1:30 Spring Crafting / Painting with Kase 3:30 Happy Hour & Welcome New 2:45 Ukulele Sing Along with Bob 3:00 Puzzle Mania 2:30 Memories in the Making with 2:00 Music Madness Residents with "FIRST STRING 3:00 Nail Care & Hand Massage 3:00 Activity Baskets 4:30 Sports on T.V Diane & Kasey 3:00 Bingo Extravaganza 4:30 Sports on T.V 9:30 Daily Chronicle and 9:30 Daily Chronicle and 9:30 Daily Chronicle and **WEDNESDAYS We Wear Florals** 9:30 Daily Chronicle and 9:30 Daily Chronicle and 9:30 Daily Chronicle 9:30 Daily Chronicle and Inspirational Ouotes **Inspirational Ouotes Inspirational Quotes** Inspirational Ouotes **Inspirational Quotes** and Inspirational Inspirational Quotes 10:15 LOVE ON A LEASH 10:00 Chair Yoga Class 10:00 Kickball Exercise 10:00 Parachute Exercise 10:30 Balloon Exercise Quotes 10:00 Drum Fit Exercise 11:00 **1:1 Soothing Visits** 10:30 News Views & Beverages 10:30 Gratitude Chat with Kasey 10:30 Short Stories & Beverages 10:30 Short Stories & Beverages 10:30 List It Game with Kasey 9:35 Bible Study & Hymns w/ 1:15 Relaxing & Essential Oils 11:00 1:1 Soothing Visits **Pastor Bob** 1:30 Concert with "THE 1:15 Relaxing & Essential Oils 1:15 Relaxing & Essential Oils 11:30 Music Therapy with Eric Amparo from 1:00 Movie & Ice Cream Sundae 1:15 Relaxing & Essential Oils "ADVANTAGE HEALTH" **SOPHISTICATS**" 11:00 **1:1 Soothing Visits** 1:30 Ice Cream Social / Reminiscing 1:30 Science Experiment Kit Projects 1:30 Spring Crafting / Painting w 1:15 Relaxing & Essential Oils 1:15 Relaxing & Essential Oils 2:30 Enjoy a Movie & Popcorn - from 2:00 Love on a Leash 2:30 Bingo Extravaganza 1:15 Relaxing & Essential Oils 1:30 Courtyard Social 2:30 Pictionary with Kasey the "MOVIE BASKET" 3:30 Happy Hour with "FIREBALL 3:00 Bingo Extravaganza 2:30 Memories in the Making with Diane & 3:00 Activity Baskets 3:00 Nail Care & Hand Massage 4:30 Sports on T.V 2:45 Ukulele Sing Along with Bob Arii XPRESS" 4:30 Sports on T.V 9:30 Daily Chronicle and 9:30 Daily Chronicle and **WEDNESDAYS** We Wear Florals 9:30 Daily Chronicle and 9:30 Daily Chronicle and 9:30 Daily Chronicle and **All Staff Meeting Inspirational Quotes** 9:30 Daily Chronicle and Inspirational Quotes Inspirational Quotes **Inspirational Quotes** Earth Day - Passover Begins **Inspirational Quotes** Inspirational Quotes 10:15 LOVE ON A LEASH 9:30 Daily Chronicle and 10:00 Chair Yoga Class 10:00 April Concert with 10:00 Kickball Exercise 10:00 Balloon Exercise 10:00 Drum Fit Exercise "Peter Seltser" 11:00 **1:1 Soothing Visits** Inspirational Quotes 10:30 News Views & Beverages 10:30 Gratitude Chat with Kasey 10:30 Short Stories & Beverages 10:30 List It Game with Kasey 10:30 Short Stories & Beverages 1:15 Relaxing & Essential Oils 10:00 Sing-along with "Dan Miller" 11:00 1:1 Soothing Visits 11:00 1:1 Soothing Visits 11:00 **1:1 Soothing Visits** 11:00 1:1 Soothing Visits 2:30 Enjoy a Movie & Popcorn - from 11:00 1:1 Soothing Visits 1:15 Relaxing & Essential Oils 11:00 1:1 Soothing Visits 1:00 Jeanette Alessio-Way April 1:15 Relaxing & Essential Oils 1:15 Relaxing & Essential Oils the "MOVIE BASKET" 1:15 Relaxing & Essential Oils **History Class** 1:15 Relaxing & Essential Oils 1:30 Ice Cream Social / Reminiscing 1:30 Tattoo Shop with Kasey 2:30 Movie & Ice Cream Sundae 2:45 St. Columba Church Service with 1:30 Spring Crafting / Painting with 1:30 Bible Study & Hymns w/ Pastor 1:15 Relaxing & Essential Oils 2:30 Bingo Extravaganza 2:30 Memories in the Making with Diane 3:00 Puzzle Mania "BILL BIXBY" 3:30 Happy Hour with "BLUE ZONE" 2:00 Music Madness & Kasey 4:30 Sports on T.V 2:45 Ukulele Sing Along with Bob Arii 3:00 Nail Care & Hand Massage 3:00 Activity Baskets 3:00 Bingo Extravaganza 4:30 Sports on T.V 9:30 Daily Chronicle and 30 9:30 Daily Chronicle and 9:30 Daily Chronicle Maritza Aguirre Inspirational Quotes Residents and (Stall Inspirational and Inspirational Life Enrichment Director IN APRIL WE WOULD LIKE 10:00 Chair Yoga Class Quotes **Ouotes** 10:30 News Views & Beverages At The Ridge 10:15 LOVE ON A LEASH 11:00 **1:1 Soothing Visits** TO ENCOURAGE YOU ALL 11:00 1:1 Soothing Visits 11:00 **1:1 Soothing Visits** 1:15 Relaxing & Essential Oils TO WEAR FLORALS **Resident Birthdays** 800 Lantern Crest Way 1:15 Relaxing & Essential Oils 1:30 Ice Cream Social / Reminiscing 1:15 Relaxing & Essential Oils Let's come together Santee, Ca 92071 3:00 Activity Baskets 4/11 Betty M. 2:30 Bingo Extravaganza 2:30 Enjoy a Movie & Popcorn -4:30 Sports on T.V 3:30 Happy Hour & Birthday Celebration Cell: (619) 495-5666 as a team! from the "MOVIE BASKET" with "THE SOPHISTICATS" Cakes Maritza.aguirre@ 4:30 Sports on T.V Sponsored by "Comfort & Peace" Thank uou 4:30 Sports on T.V lanterncrestsantee.com