September 2024 AL At The Ridge Friday Sunday Monday Tuesday Wednesday Thursdav Saturday Take a walk and find "The Dancing Take a walk and find "The Dancing "HEY Y'ALL WESTERN WEAR' Take a walk and find "The Take a walk and find "The Labor Day 7 Take a walk and find "The Dancing Take a walk and find "The Dancing Take a walk and find "The Cactus' **Dancing Cactus**" **Dancing Cactus**" 9:20 St. Kieran's Church Communion 9:45 Daily Chronicle & Word Cactus" **Dancing Cactus**" 9:45 Daily Chronicle & Word 9:45 Daily Chronicle & Word with Gina [RT] 9:45 Daily Chronicle & Word Search 9:45 Daily Chronicle & Word Search Search 9:45 Daily Chronicle & Word Search 9:45 Daily Chronicle & Word Search Search Search 10:00 Bocce Ball Is Back! Green Machine vs 10:00 Stretch & Cycling with Charlotte 10:00 Bocce Ball [L1] 10:00 Balloon Volleyball Game with Purple 10:00 Stretch & Cycling with Maritza Red Warriors [L1] 10:00 Trip to Walmart or Target 10:00 Upper body Weight Training 10:15 Stretch & Strength with Angie from Majesties & Purple People Eaters [CD] 10:00 Stretch and Strength "Coronado Dining" [MDR] with Charlotte [CD] 10:45 Love on a Leash [L1] Mobile Therapy [CD] 10:30 Cover the Number Game [L1] 10:00 **Chair Yoga [L1]** 10:30 Courtvard Social 10:30 Courtyard Social with Maritza 11:00 1:1Resident visits 10:30 Courtyard Social & Watering 11:00 1:1Resident visits 11:00 1:1Resident visits 10:30 LCR Game or Cover the Number Game 11:00 1:1Resident visits [L1] 12:00 Walk The Halls 1:00 Bingo for Tickets [AC] Garden 12:00 Walk The Halls 12:00 Walk The Halls 11:00 1:1Resident visits 11:00 1:1Resident visits 1:00 Bingo for Tickets at The Coronado 12:45 Now Streaming "Back to the Future" 1:00 Axe Throwing Games "Coronado Dining" 11:00 1:1Resident visits 1:00 Netflix Movies [RT] 12:00 Walk The Halls 12:00 Walk The Halls 1:00 Bowling Games [L1] 12:00 Walk The Halls 1:30 Blackjack Game [CR] 1:30 Chat with our Sous Chef Efren & Kathy 1:30 Kings in the Corner Card Game "Sports Dining Room Supervisor [CD] 1:00 Blackjack Game [CR] 1:30 Kings in the Corner Card "Sports Lounge' <u> "Sports Lounge"</u> "Sports Lounge" 1:30 Kings in the Corner Card Game "Sports 1:30 Kings in the Corner Card Game "Sports Lounge" 2:00 Reading Stories in The Courtyard 3:00 Bingo for Tickets with Charlotte A 2:15 Bridge Game with Friends [L1] 1:30 Labor Day Celebration with "THE Lounge 2:00 Trivia [L1] 4:45 Happy hour with "DOUBLE TAKE" **Game "Sports Lounge"** 2:30 Crafts Class "Western Hat & 2:30 Pool Noodle Exercise Class 2:30 Root beer Float Social at the Bistro [BISR] **SUNSHINE GANG" [MDR]** 3:00 UNO Game [L1] **Coronado Dining** Horseshoes" with Aurora & Charlotte 2:00 Horse Racing Game [L1] 3:00 Stand Up Comedy [BISR] with Maritza [L1] 3:00 Bingo for Tickets [AC] 4:30 Piano Music with "TREVOR GIBSON" 5:00 Enjoy a Game with Friends at the 3:00 Word in a Word Game [L1] 3:00 **UNO Game [L1]** 3:00 **UNO GAMES [L1]** 5:00 Enjoy a Game with Friends at "Sports Lounge" 4:30 Happy Hour with "BLUE ZONE BAND" 4:30 Wine Down Wednesday 5:00 Enjoy a Game with Friends at 5:00 Enjoy a Game with Friends at 5:00 Enjoy a Game with Friends at the "Sports the "Sports Lounge" 5:00 Enjoy a Game with Friends at the Lounge' the "Sports Lounge" the "Sports Lounge" 5:00 Enjoy a Game with Friends at the "Sports "Sports Lounge" Lounge' Happy Birthday Christine W. "HEY Y'ALL WESTERN WEAR" **National Grandparents Day** Take a walk and find "The Dancing **Chef's Corner 11:30-12:30pm** Take a walk and find "The Take a walk and find "The Take a walk and find "The Dancing **Patriot Day** Take a walk and find "The Dancing **Dancing Cactus**" Take a walk and find "The **Dancing Cactus**" 9:45 Daily Chronicle & Word Search Take a walk and find "The Dancing Cactus' **Dancing Cactus**" 9:45 Daily Chronicle & Word Search 9:45 Daily Chronicle & Word 10:00 Balloon Volleyball Game with Purple Cactus' 9:45 Daily Chronicle & Word Search 9:45 Daily Chronicle & Word Search 9:45 Daily Chronicle & Word Search 10:00 Stretch & Cycling with Charlotte Search Majesties & Purple People Eaters [CD] 9:45 Daily Chronicle & Word Search 10:00 Bocce Ball Is Back! Green Machine 10:00 Stretch & Cycling with Maritza 10:45 Love on a Leash [L1] [MDR] 10:00 Chair Yoga [L1] 10:00 Bocce Ball [L1] 10:00 Upper body Weight Training vs Red Warriors [L1] [MDR] 11:00 1:1Resident visits 10:30 LCR Game or Cover the Number Game 10:30 LCR Game [L1] 10:15 Stretch & Strength with Angie from with Charlotte [CD] 10:30 Bible Study & Hymns w/ Pastor Bob 10:30 Courtyard Social Mobile Therapy [CD] 12:00 Walk The Halls 11:00 1:1Resident visits [<u>L1</u>] 11:00 1:1Resident visits 10:30 Courtyard Social & Watering 11:00 1:1Resident visits 11:00 1:1Resident visits 1:00 Netflix Movies [RT] 12:00 Walk The Halls 11:00 1:1Resident visits 12:00 Walk The Halls 12:00 Walk The Halls **Garden** 11:30 VETERANS LUNCHEON with Derrik from 1:30 Grandparent's Day Celebration 12:00 Walk The Halls 12:45 Now Streaming "Whitney 1:30 Chat with our Sous Chef Efren & Kathy "Mission Hospice" Coronado Dining 1:00 Bowling Games [L1] 11:00 1:1Resident visits with "THE SOPHISTICATS" [MDR] Houston: I Wanna Dance with 1:00 Baking Zucchini Bread & Calendar Dining Room Supervisor [CD] 12:00 Walk The Halls 1:30 Kings in the Corner Card Game 12:00 Walk The Halls 1:30 Kings in the Corner Card Game "Sports 1:30 Kings in the Corner Card Game Planning with Maritza [LCK] 1:15 September Concert with DOUBLE TAKE "Sports Lounge" Somebody" [RT] 1:00 Blackjack Game [CR] "Sports Lounge" 1:30 Kings in the Corner Card Game 2:00 Trivia [L1] 1:30 Kings in the Corner Card Game 2:30 Ice Coffee Bar Social at the Bistro [BISR] 1:30 Kings in the Corner Card Game "Sports 1:30 Kings in the Corner Card 2:45 St. Columba Church Service with "Sports Lounge" 3:00 **UNO Game [L1]** "Sports Lounge" 3:00 Reading a Story [BISR] Lounge" **Game "Sports Lounge"** 2:30 Bingo for Tickets [AC] **Bill Bixby [MDR]** 4:30 Happy Hour with "BLUE ZONE BAND" 3:00 Bingo for Tickets with Charlotte 2:15 Bridge Game with Friends [L1] 3:00 Word in a Word Game [L1] 3:30 Sorting & Organizing Art Room **Coronado Dining** 2:00 Horse Racing Game [L1] 3:00 UNO Game [L1] 4:30 Happy Hour & Welcome New Residents 2:30 Bingo for Tickets [AC] 5:00 Enjoy a Game with Friends at the 4:30 Piano Music with "TREVOR GIBSON 5:00 Enjoy a Game with Friends at the 3:00 **UNO GAMES [L1]** with "FIREBALL XPRESS" [MDR] 5:00 Enjoy a Game with Friends at 4:30 Wine Down Wednesday "Sports Lounge" "Sports Lounge" 5:00 Enjoy a Game with Friends at the "Sports 5:00 Enjoy a Game with Friends at the "Sports 5:00 Enjoy a Game with Friends at the "Sports Lounge" 5:00 Enjoy a Game with Friends at the Lounge" the "Sports Lounge" "Sports Lounge" Happy Birthday Joyce J. Take a walk and find "The Take a walk and find "The Dancing "HEY Y'ALL WESTERN WEAR" Chef's Corner 11:30-12:30pm Take a walk and find "The Happy Birthday Virginia B. Take a walk and find "The Dancing Cactus" Resident Council Meeting Take a walk and find "The Dancing **Dancing Cactus**" Cactus' **Dancing Cactus**" **Oktoberfest Starts** 9:20 St. Kieran's Church Communion with Take a walk and find "The Dancing Cactus' 9:45 Daily Chronicle & Word Take a walk and find "The Dancing 9:45 Daily Chronicle & Word 9:45 Daily Chronicle & Word Gina [RT] 9:45 Daily Chronicle & Word Search Cactus Search 9:45 Daily Chronicle & Word Search Cactus" Search Search 10:00 Bocce Ball Is Back! Green Machine vs 9:45 Daily Chronicle & Word Search 10:00 Stretch & Cycling with Maritza 10:00 Balloon Volleyball Game with Purple Majesties 9:45 Daily Chronicle & Word Search Red Warriors [L1] 10:00 Trip to Walmart or Target 10:00 Bocce Ball [L1] 10:00 Stretch & Cycling with & Purple People Eaters [CD] [MDR] 10:00 Stretch and Strength "Coronado Dining" 10:00 Upper body Weight Training with 10:15 Stretch & Strength with Angie from Charlotte [MDR] 10:45 Love on a Leash [L1] 10:00 Chair Yoga [L1] 10:30 Bible Study & Hymns w/ Pastor Bob Mobile Therapy [CD] 10:30 Courtyard Social Charlotte [CD] 10:30 LCR Game or Cover the Number Game [L1] 10:30 Cover the Number Game [L1] 11:00 1:1Resident visits 11:00 1:1Resident visits 11:00 1:1Resident visits 11:00 1:1Resident visits 10:30 Courtyard Social & Watering 11:00 1:1Resident visits 11:00 1:1Resident visits 12:00 Walk The Halls 11:30 "BBQ CORN" Sponsored by Mission 12:00 Walk The Halls 12:00 Walk The Halls Garden 12:00 Walk The Halls 1:30 Gospel Music with STEVE & DIANE [MDR] 12:00 Walk The Halls 1:30 Chat with our Sous Chef Efren & Kathy Dining 1:00 Netflix Movies [RT] 11:00 1:1Resident visits 1:00 Baking Tomato Soup Cake & Room Supervisor [CD] 12:00 Walk The Halls 1:30 Kings in the Corner Card Game "Sports 12:45 Now Streaming "Gran 1:30 Blackjack Game [CR] 1:30 Kings in the Corner Card Game "Sports 12:00 Walk The Halls Calendar Planning with Maritza 1:00 Bingo for Tickets [AC] Lounge" Turismo" [RT] Lounge 1:30 Kings in the Corner Card 1:00 Blackjack Game [CR] 1:00 Bingo for Tickets at The Coronado Dinin 3:00 **UNO Game [L1]** 2:30 Root beer Float Social at the Bistro [BISR] 1:30 Kings in the Corner Card Game 4:30 Happy Hour with "THE SHOPHISTICATS" 1:30 Kings in the Corner Card Game "Sports Lounge" 1:30 Kings in the Corner Card Game "Sports 1:30 Kings in the Corner Card Game 3:00 Stand Up Comedy [BISR] "Sports Lounge" **Game "Sports Lounge"** 2:30 Pool Noodle Exercise Class "Sports Lounge" 3:00 Word in a Word Game [L1] 2:15 Bridge Game with Friends [L1] 4:30 Piano Music with "TREVOR GIBSON" 2:30 Bingo for Tickets [AC] 4:30 Happy Hour with "FIRST STRING BAND" [MDR] 3:00 Bingo for Tickets with 2:00 Horse Racing Game [L1] with Maritza [L1] 3:00 Resident Council Meeting [CD 3:30 Sorting & Organizing Art Room 5:00 Enjoy a Game with Friends at the "Sports Charlotte [AC] 3:00 **UNO Game [L1]** 3:00 **UNO GAMES [L1]** 4:30 Wine Down Wednesday 5:00 Enjoy a Game with Friends at the "Sports 5:00 Enjoy a Game with Friends at the Lounge' 5:00 Enjoy a Game with Friends at 5:00 Enjoy a Game with Friends at the Lounge' 5:00 Enjoy a Game with Friends at 5:00 Enjoy a Game with Friends at the "Sports "Sports Lounge" Lounge the "Sports Lounge" "Sports Lounge" the "Sports Lounge"

September 2024 AL At The Ridge

Sunday Happy Birthday Joseph G. Take a walk and find "The Dancing

Cactus" 9:45 Daily Chronicle & Word Search

10:00 Trip to Walmart or Target

10:45 Love on a Leash [L1]

11:00 1:1Resident visits

12:00 Walk The Halls

1:00 Netflix Movies [RT]

1:30 Blackjack Game [CR] 1:30 Kings in the Corner Card Game

<u>"Sports Lounge"</u> 2:30 Pool Noodle Exercise Class with Maritza [L1]

3:00 **UNO Game [L1]**

5:00 Enjoy a Game with Friends at the "Sports Lounge"

Monday

Happy Birthday Rosario B. Take a walk and find "The Dancing Cactus"

9:45 Daily Chronicle & Word Search

10:00 Stretch & Cycling with Maritza

10:30 Bible Study & Hymns w/ Pastor **Bob** [L1]

11:00 1:1Resident visits

12:00 Walk The Halls

12:45 Bingo for Tickets [AC]

1:30 Kings in the Corner Card Game <u>"Sports Lounge"</u>

3:30 Sorting & Organizing Art Room

5:00 Enjoy a Game with Friends at the "Sports Lounge"

Tuesdav

9:45 Daily Chronicle & Word Search 10:00 Balloon Volleyball Game with Purple Majesties & Purple People Eaters [CD]

10:00 Chair Yoga [L1] 10:30 LCR Game or Cover the Number Game

11:00 1:1Resident visits

12:00 Walk The Halls

1:30 Chat with our Sous Chef Efren & Kathy Dining Room Supervisor [CD]

1:30 Kings in the Corner Card Game "Sports Lounge'

2:30 Ice Coffee Bar Social at the Bistro [BISR]

3:00 Reading a Story [BISR] 3:00 Word in a Word Game [L1]

4:30 Happy Hour & Birthday Celebration with "BROWN SUGAR OLDIES" Cakes Sponsored by "Comfort & Peace" [MDR]

5:00 Enjoy a Game with Friends at the "Sports Lounge"

Wednesday

"HEY Y'ALL WESTERN WEAR"
Take a walk and find "The Dancing 25 "HEY Y'ALL WESTERN WEAR"

9:45 Daily Chronicle & Word Search 10:00 Bocce Ball [L1]

10:15 Stretch & Strength with Angie from Mobile Therapy [CD]

11:00 1:1Resident visits

12:00 Walk The Halls

1:00 Bingo for Tickets [AC]

1:00 Bingo for Tickets at The Coronado

1:30 Kings in the Corner Card Game

"Sports Lounge" 2:15 Bridge Game with Friends [L1]

2:30 Crafts Class "Western Hat & Horseshoes" with Aurora & Charlott

4:30 Wine Down Wednesday

5:00 Enjoy a Game with Friends at the "Sports Lounge"

Thursday

Take a walk and find "The Dancing Cactu

9:45 Daily Chronicle & Word Search

10:00 Bocce Ball Is Back! Green Machine vs Red Warriors [L1]

10:00 Stretch and Strength "Coronado Dining"

10:30 Courtvard Social

11:00 1:1Resident visits 12:00 Walk The Halls

1:00 Axe Throwing Games "Coronado Dining"

1:00 Bowling Games [L1]

1:30 "TEXAS FRITO PIE" Sponsored by Comfort 8 Peace Lobby

1:30 Kings in the Corner Card Game "Sports

3:00 **UNO Game [L1]**

4:30 Happy Hour with "FIRST STRING BAND" Coronado Dining

4:30 Piano Music with "TREVOR GIBSON" [MDR]

5:00 Enjoy a Game with Friends at the "Sports

Friday

Take a walk and find "The **Dancing Cactus**'

9:45 Daily Chronicle & Word Search

10:00 Stretch & Cycling with Charlotte [MDR]

10:30 **LCRGame [L1]**

11:00 1:1Resident visits

12:00 Walk The Halls

12:45 Now Streaming "Enola Holmes" [RT]

1:30 Kings in the Corner Card **Game "Sports Lounge"**

3:00 Bingo for Tickets with Charlotte [AC]

5:00 Enjoy a Game with Friends at the "Sports Lounge"

Saturday

Happy Birthday Joan G. Take a walk and find "The **Dancing Cactus**"

9:45 Daily Chronicle & Word Search

10:00 Upper body Weight Training with Charlotte [CD]

10:30 Courtyard Social & Watering **Garden**

11:00 1:1Resident visits

12:00 Walk The Halls

1:30 Kings in the Corner Card Game "Sports Lounge"

1:30 San Diego County Music with "Many Strings" [MDR]

3:00 **UNO GAMES [L1]**

5:00 Enjoy a Game with Friends at the "Sports Lounge"

Take a walk and find "The **Dancing Cactus**"

9:45 Daily Chronicle & Word Search

10:00 Trip to Walmart or Target 10:45 Love on a Leash [L1]

11:00 1:1Resident visits

12:00 Walk The Halls

1:00 Netflix Movies [RT]

1:30 Blackjack Game [CR] 1:30 Kings in the Corner Card Game "Sports Lounge"

2:30 Pool Noodle Exercise Class with Maritza [L1]

3:00 **UNO Game [L1]**

5:00 Enjoy a Game with Friends at the "Sports Lounge"

Take a walk and find "The Dancii

9:45 Daily Chronicle & Word Search

10:00 Stretch & Cycling with Maritza [MDR]

10:30 Bible Study & Hymns w/ Pastor Bob [L1]

11:00 1:1Resident visits 12:00 Walk The Halls

1:00 Baking Country Biscuits & Calendar Planning with Maritza [LCK]

1:30 Kings in the Corner Card Game "Sports Lounge"

2:30 Bingo for Tickets [AC]

3:30 Bingo Shopping Cart "Ticket Exchange" Sponsored by A Better

5:00 Enjoy a Game with Friends at the "Sports Lounge"

L1 - Lounge 1

CR - Card Room

MDR - Montecito Dining Room

AC - Art & Craft

RT - Ridge Theater

LCK - Lantern Crest Kitchen

BISR - Bistro **CD** - Coronado Dining



THANK YOU AND HAVE FUN!

Resident Birthdays

Christine W. 9/9 Jovce J 9/17 9/21 Virginia B. 9/22 Joseph G. 9/23 Rosario B. 9/26 Neil T. 9/28 Joan G.



JOIN US ON SEPTEMBER 26, 2024 AT 1:30PM

LOUNGE 1-AL



REDDED CHEES
4-ONIONS 5- JALAPENOS ARE OPTIONAL IFE ENRICHMENT

Maritza Aguirre Life Enrichment Director

At The Ridge 800 Lantern Crest Way Santee, Ca 92071

619-258-8886 Maritza.aguirre@ lanterncrest.com







