


October Horizons at The Ridge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday								
	<p>Maritza Aguirre 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 10:00 Chair Yoga Class 10:30 News Views & Beverages 11:00 1:1 Soothing Visits 1:15 Relaxing & Essential Oils 1:30 Preparing Halloween Trial Mix 2:30 Bingo 3:30 Happy Hour with "BROWN SUGAR OLDIES" 4:30 Sports on T.V.</p>	<p>"Spirt Wednesday Halloween Costumes" 9:30 Daily Chronicle 10:00 Stretch and Strength with Kasey 10:30 Short Stories & Beverages 11:00 1:1 Soothing Visits 1:15 Relaxing & Essential Oils 1:30 Puzzle Mania / Trivia 2:00 Let's Have a Snacks 2:30 Boo-Memories in the Making with Diane & Kasey 4:30 Sports on T.V.</p>	<p>9:30 Daily Chronicle 10:00 Exercise Courtyard 10:30 Gardening with Kasey 11:00 1:1 Soothing Visits 1:15 Relaxing & Essential Oils 1:30 Drum Fit Exercise Class 2:00 Let's Have a Snacks 2:30 Halloween Crafts / Painting 4:30 Sports on T.V.</p>	<p>9:30 Daily Chronicle 10:00 Kickball Exercise 10:30 Reading "Gallagher's Hope" & Beverages 11:00 1:1 Soothing Visits 1:15 Relaxing & Essential Oils 1:30 Ice Cream & History Lady 2:30 Bingo 4:30 Sports on T.V.</p>	<p>9:30 Daily Chronicle 10:00 Balloon Exercise 10:30 Nail Care & Juice Social with Kasey "Courtyard" 11:00 1:1 Soothing Visits 1:15 Relaxing & Essential Oils 1:30 Scenic Drive 2:30 Let's Have a Snacks 3:00 Corn Hole Games 4:30 Sports on T.V.</p>								
<p>9:30 Daily Chronicle 10:15 LOVE ON A LEASH 11:00 1:1 Soothing Visits 1:15 Relaxing & Essential Oils 2:30 Enjoy a Movie & Popcorn - from the "MOVIE BASKET" 4:30 Sports on T.V.</p>	<p>9:30 Daily Chronicle 10:00 Sing-along with Dan Miller 11:00 1:1 Soothing Visits 1:15 Relaxing & Essential Oils 1:30 Color Me Calm 2:00 Fall Hallmark Movie 4:30 Sports on T.V.</p>	<p>9:30 Daily Chronicle 10:00 Chair Yoga Class 10:30 News Views & Beverages 11:00 1:1 Soothing Visits 1:15 Relaxing & Essential Oils 1:30 Preparing Halloween Trial Mix 2:30 Bingo 3:30 Happy Hour & Welcome New Residents with "FIRST STRING BAND" 4:30 Sports on T.V.</p>	<p>"Spirt Wednesday Halloween Costumes" 9:30 Daily Chronicle 10:00 Stretch and Strength with Kasey 10:30 Short Stories & Beverages 11:00 1:1 Soothing Visits 1:15 Relaxing & Essential Oils 1:30 Puzzle Mania / Trivia 2:00 Let's Have a Snacks 2:30 Boo-Memories in the Making with Diane & Kasey 4:30 Sports on T.V.</p>	<p>9:30 Daily Chronicle 10:00 San Diego Master Gardeners 10:30 Gardening with Kasey 11:00 1:1 Soothing Visits 1:15 Relaxing & Essential Oils 1:30 Gospel Music with STEVE & DIANE 2:00 Let's Have a Snacks 2:30 Halloween Crafts / Painting 4:30 Sports on T.V.</p>	<p>9:30 Daily Chronicle 10:00 Kickball Exercise 10:30 Reading "Gallagher's Hope" & Beverages 11:00 1:1 Soothing Visits 1:15 Relaxing & Essential Oils 1:30 Ice Cream & History Lady 2:30 Bingo 4:00 Piano Music with "TREVOR GIBSON" 4:30 Sports on T.V.</p>	<p>9:30 Daily Chronicle 10:00 Balloon Exercise 10:30 Nail Care & Juice Social with Kasey "Courtyard" 11:00 1:1 Soothing Visits 1:15 Relaxing & Essential Oils 1:30 Scenic Drive 2:30 Let's Have a Snacks 3:00 Corn Hole Games 4:30 Sports on T.V.</p>								
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