



NOVEMBER HORIZONS AT THE RIDGE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>Maritza Aguirre</div> <div>Life Enrichment Director</div> <div>At The Ridge</div> <div>800 Lantern Crest Way</div> <div>Santee, Ca 92071</div> <div>Cell: (619) 495-5666</div> <div>Maritza.aguirre@lanterncrestsantee.com</div>				<div>Resident Birthdays</div> <div>Charles T. 11/2</div> <div>Sally I. 11/9</div> <div>Pearl B. 11/19</div> <div>Rosemary B. 11/24</div>	<div>All Saints Day</div> <div>9:30 Daily Chronicle</div> <div>10:00 Kickball Exercise</div> <div>10:30 Reading "Gallagher's Hope" & Beverages</div> <div>11:00 1:1 Soothing Visits</div> <div>1:15 Relaxing & Essential Oils</div> <div>1:30 Ice Cream & History Lady</div> <div>2:00 LOVE ON A LEASH</div> <div>2:30 Bingo</div> <div>4:30 Piano Music with "TREVOR GIBSON"</div> <div>1</div>	<div>All Soul's Day</div> <div>Happy Birthday Charles T.</div> <div>9:30 Daily Chronicle</div> <div>10:00 Balloon Exercise</div> <div>10:30 Pictionary & Beverages</div> <div>11:00 1:1 Soothing Visits</div> <div>1:15 Relaxing & Essential Oils</div> <div>1:30 Ryan Collingwood with "BLUE SUEDE ELVIS"</div> <div>2:30 Holiday Trail Mix & Gratitude Chat's</div> <div>3:00 Axe Throwing & Color Me Calm</div> <div>4:30 Sports on T.V.</div> <div>2</div>
<div>Daylight Savings</div> <div>9:30 Daily Chronicle</div> <div>10:15 LOVE ON A LEASH</div> <div>11:00 1:1 Soothing Visits</div> <div>1:15 Relaxing & Essential Oils</div> <div>2:30 Enjoy a Movie & Popcorn - from the "MOVIE BASKET"</div> <div>2:45 Ukulele Sing Along with Bob Arii</div> <div>4:30 Sports on T.V.</div> <div>3</div>	<div>9:30 Daily Chronicle</div> <div>10:00 Sing-along with Dan Miller</div> <div>11:00 1:1 Soothing Visits</div> <div>1:15 Relaxing & Essential Oils</div> <div>1:30 Bible Study & Hymns w/ Pastor Bob</div> <div>1:30 Color Me Calm</div> <div>2:00 Fall Hallmark Movie</div> <div>4:30 Sports on T.V.</div> <div>4</div>	<div>Election Day</div> <div>9:30 Daily Chronicle</div> <div>10:00 Chair Yoga Class</div> <div>10:30 News Views & Beverages</div> <div>11:00 1:1 Soothing Visits</div> <div>1:15 Relaxing & Essential Oils</div> <div>1:30 Mixing Our Weekly Holiday Trial Mix</div> <div>2:30 Bingo</div> <div>3:30 Happy Hour with "BROWN SUGAR OLDIES"</div> <div>4:30 Sports on T.V.</div> <div>5</div>	<div>"Spirt Wednesday "Flannels or Thankful Quote T-Shirts"</div> <div>9:30 Daily Chronicle</div> <div>10:00 Stretch and Strength with Kasey</div> <div>10:30 Reading "Gallagher's Hope" & Beverages</div> <div>11:00 1:1 Soothing Visits</div> <div>1:15 Relaxing & Essential Oils</div> <div>1:30 Learn it with Kasey</div> <div>2:00 Holiday Trail Mix & Gratitude Chat's</div> <div>2:30 Thankful Memories in the Making with Diane & Kasey</div> <div>4:30 Sports on T.V.</div> <div>6</div>	<div>9:30 Daily Chronicle</div> <div>10:00 November Concert with "Peter Seltser"</div> <div>11:00 1:1 Soothing Visits</div> <div>1:15 Relaxing & Essential Oils</div> <div>1:30 Gospel Music with "STEVE & DIANE"</div> <div>2:00 Holiday Trail Mix & Gratitude Chat's</div> <div>2:30 Trivia / Puzzlemania</div> <div>4:30 Sports on T.V.</div> <div>7</div>	<div>9:30 Daily Chronicle</div> <div>10:00 Kickball Exercise</div> <div>10:30 Reading "Gallagher's Hope" & Beverages</div> <div>11:00 1:1 Soothing Visits</div> <div>1:15 Relaxing & Essential Oils</div> <div>1:30 Ice Cream & Thankful Card Making</div> <div>2:30 Bingo</div> <div>4:30 Sports on T.V.</div> <div>8</div>	<div>Happy Birthday Sally I.</div> <div>9:30 Daily Chronicle</div> <div>10:00 Balloon Exercise</div> <div>10:30 Pictionary & Beverages</div> <div>11:00 1:1 Soothing Visits</div> <div>1:15 Relaxing & Essential Oils</div> <div>1:30 Scenic Drive</div> <div>2:30 Holiday Trail Mix & Gratitude Chat's</div> <div>3:00 Axe Throwing & Color Me Calm</div> <div>4:30 Sports on T.V.</div> <div>9</div>
<div>9:30 Daily Chronicle</div> <div>10:15 LOVE ON A LEASH</div> <div>11:00 1:1 Soothing Visits</div> <div>1:15 Relaxing & Essential Oils</div> <div>2:00 St.Columba Church Service with "BILL BIXBY"</div> <div>2:45 Ukulele Sing Along with Bob Arii</div> <div>3:45 Music Madness with Aurora</div> <div>4:30 Sports on T.V.</div> <div>10</div>	<div>Veterans Day</div> <div>9:30 Daily Chronicle</div> <div>9:35 Bible Study & Hymns w/ Pastor Bob</div> <div>10:00 Stretch and Strength with Aurora</div> <div>11:00 1:1 Soothing Visits</div> <div>1:15 Relaxing & Essential Oils</div> <div>1:30 Veterans Day Celebration with "The Sophisticats"</div> <div>2:30 Trivia with Aurora</div> <div>3:00 Wheel of Fortune</div> <div>4:30 Sports on T.V.</div> <div>11</div>	<div>9:30 Daily Chronicle</div> <div>10:00 Chair Yoga Class</div> <div>10:30 News Views & Beverages</div> <div>11:00 1:1 Soothing Visits</div> <div>1:15 Relaxing & Essential Oils</div> <div>1:30 Mixing Our Weekly Holiday Trial Mix</div> <div>2:30 Bingo</div> <div>3:30 Happy Hour & Welcoming New Residents with "FIRST STRING BAND"</div> <div>4:30 Sports on T.V.</div> <div>12</div>	<div>"Spirt Wednesday "Flannels or Thankful Quote T-Shirts"</div> <div>9:30 Daily Chronicle</div> <div>10:00 Stretch and Strength with Kasey</div> <div>10:30 Reading "Gallagher's Hope" & Beverages</div> <div>11:00 1:1 Soothing Visits</div> <div>1:15 November Concert with "DOUBLE TAKE"</div> <div>1:30 Learn it with Kasey</div> <div>2:00 Holiday Trail Mix & Gratitude Chat's</div> <div>2:30 Thankful Memories in the Making with Diane & Kasey</div> <div>4:30 Sports on T.V.</div> <div>13</div>	<div>9:30 Daily Chronicle</div> <div>10:00 Balloon Exercise</div> <div>10:30 Hot Apple Cider in the Courtyard</div> <div>11:00 1:1 Soothing Visits</div> <div>1:15 Relaxing & Essential Oils</div> <div>1:30 THANKSGIVING POTLOCK SOUP SOCIAL @ "SUNROOM"</div> <div>2:00 Holiday Trail Mix & Gratitude Chat's</div> <div>2:30 Trivia / Puzzlemania</div> <div>4:30 Sports on T.V.</div> <div>14</div>	<div>9:30 Daily Chronicle</div> <div>10:00 Kickball Exercise</div> <div>10:30 Reading "Gallagher's Hope" & Beverages</div> <div>11:00 1:1 Soothing Visits</div> <div>1:15 Relaxing & Essential Oils</div> <div>1:30 Ice Cream & Thankful Card Making</div> <div>2:00 LOVE ON A LEASH</div> <div>2:30 Bingo</div> <div>4:30 Sports on T.V.</div> <div>15</div>	<div>9:30 Daily Chronicle</div> <div>10:00 Balloon Exercise</div> <div>10:30 Pictionary & Beverages</div> <div>11:00 1:1 Soothing Visits</div> <div>1:15 Relaxing & Essential Oils</div> <div>1:30 Scenic Drive</div> <div>2:30 Holiday Trail Mix & Gratitude Chat's</div> <div>3:00 Axe Throwing & Color Me Calm</div> <div>4:30 Sports on T.V.</div> <div>16</div>
<div>9:30 Daily Chronicle</div> <div>10:00 Native American Music with "Many Strings"</div> <div>10:15 LOVE ON A LEASH</div> <div>11:00 1:1 Soothing Visits</div> <div>1:15 Relaxing & Essential Oils</div> <div>1:30 Balloon Exercise with Aurora</div> <div>2:45 Ukulele Sing Along with Bob Arii</div> <div>3:45 Music Madness with Aurora</div> <div>4:30 Sports on T.V.</div> <div>17</div>	<div>9:30 Daily Chronicle</div> <div>10:00 Sing-along with Dan Miller</div> <div>11:00 1:1 Soothing Visits</div> <div>1:15 Relaxing & Essential Oils</div> <div>2:00 Fall Hallmark Movie</div> <div>2:30 Coffee or Hot Coco & Reminiscing</div> <div>3:30 Stretching with Aurora</div> <div>4:30 Sports on T.V.</div> <div>18</div>	<div>Happy Birthday Pearl B.</div> <div>9:30 Daily Chronicle</div> <div>10:00 Chair Yoga Class</div> <div>10:30 News Views & Beverages</div> <div>11:00 1:1 Soothing Visits</div> <div>1:15 Relaxing & Essential Oils</div> <div>1:30 Mixing Our Weekly Holiday Trial Mix</div> <div>2:30 Bingo</div> <div>3:30 Happy Hour with "FIREBALL XPRESS"</div> <div>4:30 Sports on T.V.</div> <div>19</div>	<div>"Spirt Wednesday "Flannels or Thankful Quote T-Shirts"</div> <div>9:30 Daily Chronicle</div> <div>10:00 Stretch and Strength with Kasey</div> <div>10:30 Reading "Gallagher's Hope" & Beverages</div> <div>11:00 1:1 Soothing Visits</div> <div>1:15 Relaxing & Essential Oils</div> <div>1:30 L.C. Annual National Pie Day</div> <div>1:30 Learn it with Kasey</div> <div>2:00 Holiday Trail Mix & Gratitude Chat's</div> <div>2:30 Thankful Memories in the Making with Diane & Kasey</div> <div>4:30 Sports on T.V.</div> <div>20</div>	<div>9:30 Daily Chronicle</div> <div>10:00 Balloon Exercise</div> <div>10:30 Hot Apple Cider in the Courtyard</div> <div>11:00 1:1 Soothing Visits</div> <div>1:15 Relaxing & Essential Oils</div> <div>1:30 November Concert with "THE SUNSHINE GANG"</div> <div>2:00 Holiday Trail Mix & Gratitude Chat's</div> <div>2:30 Trivia / Puzzlemania</div> <div>4:30 Sports on T.V.</div> <div>21</div>	<div>ALL STAFF MEETING</div> <div>9:30 Daily Chronicle</div> <div>10:00 Kickball Exercise</div> <div>10:30 Reading "Gallagher's Hope" & Beverages</div> <div>11:00 1:1 Soothing Visits</div> <div>1:15 Relaxing & Essential Oils</div> <div>1:30 Ice Cream & Thankful Card Making</div> <div>2:30 Bingo</div> <div>4:00 Piano Music with "TREVOR GIBSON"</div> <div>4:30 Sports on T.V.</div> <div>22</div>	<div>9:30 Daily Chronicle</div> <div>10:00 Balloon Exercise</div> <div>10:30 Pictionary & Beverages</div> <div>11:00 1:1 Soothing Visits</div> <div>1:15 Relaxing & Essential Oils</div> <div>1:30 Scenic Drive</div> <div>2:30 Holiday Trail Mix & Gratitude Chat's</div> <div>3:00 Axe Throwing & Color Me Calm</div> <div>4:30 Sports on T.V.</div> <div>23</div>
<div>Happy Birthday Rosemary B.</div> <div>9:30 Daily Chronicle</div> <div>10:15 LOVE ON A LEASH</div> <div>11:00 1:1 Soothing Visits</div> <div>1:15 Relaxing & Essential Oils</div> <div>1:30 Balloon Exercise with Aurora</div> <div>2:45 Ukulele Sing Along with Bob Arii</div> <div>3:45 Stretch with Aurora</div> <div>4:30 Sports on T.V.</div> <div>24</div>	<div>9:30 Daily Chronicle</div> <div>9:35 Bible Study & Hymns w/ Pastor Bob</div> <div>10:00 Exercise Class with Aurora</div> <div>10:30 Courtyard Bubble Social with Aurora</div> <div>11:00 1:1 Soothing Visits</div> <div>1:15 Relaxing & Essential Oils</div> <div>1:30 Art for All Ages</div> <div>2:30 Trivia with Aurora</div> <div>3:30 Wheel of Fortune</div> <div>4:30 Sports on T.V.</div> <div>25</div>	<div>9:30 Daily Chronicle</div> <div>10:00 Chair Yoga Class</div> <div>10:30 News Views & Beverages</div> <div>11:00 1:1 Soothing Visits</div> <div>1:15 Relaxing & Essential Oils</div> <div>1:30 Mixing Our Weekly Holiday Trial Mix</div> <div>2:30 Bingo</div> <div>3:30 Happy Hour & Birthday Celebration with "THE SOPHISTICATS" Cakes Sponsored by Comfort & Peace</div> <div>4:30 Sports on T.V.</div> <div>26</div>	<div>"Spirt Wednesday "Flannels or Thankful Quote T-Shirts"</div> <div>9:30 Daily Chronicle</div> <div>10:00 Annual Turkey Red Visit</div> <div>10:30 Reading "Gallagher's Hope" & Beverages</div> <div>11:00 1:1 Soothing Visits</div> <div>1:15 Relaxing & Essential Oils</div> <div>1:30 Learn it with Kasey</div> <div>2:00 Holiday Trail Mix & Gratitude Chat's</div> <div>2:30 Thankful Memories in the Making with Diane & Kasey</div> <div>4:30 Sports on T.V.</div> <div>27</div>	<div>Happy Thanksgiving</div> <div>9:30 Daily Chronicle</div> <div>10:00 Balloon Exercise</div> <div>10:30 Hot Apple Cider in the Courtyard</div> <div>11:00 1:1 Soothing Visits</div> <div>12:00 Thanksgiving Celebration with "THE SUNSHINE GANG"</div> <div>1:15 Relaxing & Essential Oils</div> <div>1:30 Drum Fit Exercise Class</div> <div>2:00 Holiday Trail Mix & Gratitude Chat's</div> <div>2:30 Trivia / Puzzlemania</div> <div>4:30 Sports on T.V.</div> <div>28</div>	<div>9:30 Daily Chronicle</div> <div>10:00 Kickball Exercise</div> <div>10:30 Reading "Gallagher's Hope" & Beverages</div> <div>11:00 1:1 Soothing Visits</div> <div>1:15 Relaxing & Essential Oils</div> <div>1:30 Ice Cream & Thankful Card Making</div> <div>2:00 LOVE ON A LEASH</div> <div>2:30 Bingo</div> <div>4:30 Sports on T.V.</div> <div>29</div>	<div>9:30 Daily Chronicle</div> <div>10:00 Balloon Exercise</div> <div>10:30 Pictionary & Beverages</div> <div>11:00 1:1 Soothing Visits</div> <div>1:15 Relaxing & Essential Oils</div> <div>1:30 Scenic Drive</div> <div>2:30 Holiday Trail Mix & Gratitude Chat's</div> <div>3:00 Axe Throwing & Color Me Calm</div> <div>4:30 Sports on T.V.</div> <div>30</div>