## December Horizons at The Ridge Sunday Monday Tuesday Wednesday Friday Saturday Thursday 9:30 Daily Chronicle HAPPY BIRTHDAY Daisy F. 9:30 Daily Chronicle **Directors & Staff Christmas Tree** 9:30 Daily Chronicle "Spirt Wednesday "Ugly Sweater" 9:30 Daily Chronicle 9:30 Daily Chronicle **Competition Starts** 10:00 Chair Yoga Class 9:30 Daily Chronicle 10:00 Sing-along with Dan 10:00 Kickball Exercise 10:00 Balloon Exercise 10:00 Drum Fit Exercise Class with 9:30 Daily Chronicle 10:30 Holiday Stories & Social 10:30 News Views & Beverages 10:00 Balloon Exercise 10:30 Reading "Gallagher's 10:15 LOVE ON A LEASH 11:00 1:1 Soothing Visits 10:30 Hot Coco & Reminiscing Chats /Beverages 11:00 1:1 Soothing Visits Hope" & Beverages 10:30 Reading "Gallagher's Hope" & Beverages 11:00 1:1 Soothing Visits 11:00 1:1 Soothing Visits 11:00 1:1 Soothing Visits 1:00 Courtyard Social 1:15 Relaxing & Essential Oils 11:00 **1:1 Soothing Visits** 11:00 1:1 Soothing Visits 1:15 Relaxing & Essential Oils 1:00 Courtyard Social 1:15 Relaxing & Essential Oils 1:15 Relaxing & Essential Oils 1:30 Bible Study & Hymns w/ Pastor 1:00 Holiday Movie 1:00 Courtyard Social 1:30 Balloon Exercise 1:30 Reindeer Snacks & Games 1:30 Gospel Music with STEVE & DIANE 1:15 Relaxing & Essential Oils **Bob** 1:15 Relaxing & Essential Oils 1:15 Relaxing & Essential Oils 2:30 Enjoy a Movie & Popcorn - from the 2:30 **Bingo** 2:30 Reindeer Snacks & Games 1:45 Scenic Drive 1:30 Blue Suede Elvis "CHRISTMAS SHOW" 2:00 Hot Coco or Coffee 2:30 **Bingo** "MOVIE BASKET" 3:30 Happy Hour with "BROWN SUGAR 2:30 Reindeer Snacks & Games 3:00 Creating Arts & Crafts 2:30 Holiday Memories in the Making with 2:30 Holiday Movie 4:00 Piano Music with "TREVOR 2:45 Ukulele Sing Along with Bob Arii 3:00 Puzzle Mania / Trivia **OLDIES**" 4:30 **Sports on T.V.** Diane & Kasey 3:30 Stretch and Strength with Aurora **GIBSON**" 3:45 Poems with Aurora 4:30 **Sports on T.V.** 9:30 Daily Chronicle 9:30 Daily Chronicle 9:30 Daily Chronicle "Spirt Wednesday "Ugly Sweater" 9:30 Daily Chronicle 9:30 Daily Chronicle 9:30 Daily Chronicle 10:15 LOVE ON A LEASH 9:35 Bible Study & Hymns w/ 10:00 Chair Yoga Class 9:30 Daily Chronicle 10:00 Balloon Exercise 10:00 Balloon Exercise 10:00 Kickball Exercise Pastor Bob 10:00 Drum Fit Exercise Class with 10:30 Holiday Stories & Social 11:00 1:1 Soothing Visits 10:30 News Views & Beverages 10:30 Hot Coco & Reminiscing 10:30 Reading "Gallagher's 0:30 Exercise Class with Aurora 11:00 1:1 Soothing Visits Chats /Beverages 1:15 Relaxing & Essential Oils 11:00 **1:1 Soothing Visits** Hope" & Beverages 1:00 1:1 Soothing Visits 10:30 Reading "Gallagher's Hope" & Beverages 11:00 **1:1 Soothing Visits** 1:00 Courtyard Social 1:00 Annual LC National Tamales Day 1:30 Balloon Exercise 1:15 Relaxing & Essential Oils 11:00 1:1 Soothing Visits 11:00 **1:1 Soothing Visits** 1:00 Courtyard Social 2:00 St. Columba Church Service with Bil 1:15 Relaxing & Essential Oils 1:30 Christmas Show with "HARMONY 1:00 Courtyard Social 1:00 Holiday Movie 1:15 Relaxing & Essential Oils 1:15 Relaxing & Essential Oils **Bixby** 1:30 Reindeer Snacks & Games **GALORE**" 1:15 Relaxing & Essential Oils 1:30 Holiday Christmas Show w/ "The 2:30 Enjoy a Movie & Popcorn - from the 1:15 Relaxing & Essential Oils 1:30 Scenic Drive 2:30 **Bingo** 2:30 Hot Coco & Coffee 1:30 Reindeer Snacks & Games Malt Shop Girls" 2:30 Reindeer Snacks & Games "MOVIE BASKET" 3:30 <u>Happy Hour & Welcome New</u> <u>Residents with "FIRST STRING</u> 2:00 Love on a Leash 3:30 Did you Know? 2:30 Holiday Memories in the Making with 2:45 Ukulele Sing Along with Bob Arii 2:30 Reindeer Snacks & Games 3:00 Puzzle Mania / Trivia 4:30 **Sports on T.V.** Diane & Kasey 2:30 **Bingo** 3:45 Poems with Aurora 3:00 Creating Arts & Crafts 5:00 Christmas Lights Excursion to Starlight 4:30 Sports on T.V. 4:30 **Sports on T.V.** 9:30 Daily Chronicle 21 9:30 Daily Chronicle 16 **HAPPY BIRTHDAY "Norris P."** "Spirt Wednesday "Ugly Sweater" 9:30 Daily Chronicle 9:30 Daily Chronicle **WINTER BEGINS** 10:00 From Rock to Pop And Folk to 9:30 Daily Chronicle 10:00 Sing-along with Dan 9:30 Daily Chronicle 10:00 December Concert with 10:00 Kickball Exercise 9:30 Daily Chronicle Blues Let's Experience the Wonderful World of Music with 10:00 Drum Fit Exercise Class with 10:00 Chair Yoga Class 10:00 Balloon Exercise "PETER SELTSER" 10:30 Reading "Gallagher's Holiday Tunes with CHRIS BURNS 10:30 News Views & Beverages 10:30 Holiday Stories & Social Chats 11:00 1:1 Soothing Visits 11:00 1:1 Soothing Visits Hope" & Beverages 10:30 Reading "Gallagher's Hope" & Beverage: 10:15 LOVE ON A LEASH 11:00 1:1 Soothing Visits /Beverages 1:15 Relaxing & Essential Oils 1:00 Courtyard Social 11:00 1:1 Soothing Visits 11:00 1:1 Soothing Visits 11:00 1:1 Soothing Visits 11:00 **1:1 Soothing Visits** 1:00 Courtyard Social 1:30 Bible Study & Hymns w/ Pastor 1:15 Relaxing & Essential Oils 1:00 Holiday Movie 1:00 Courtyard Social 1:15 Relaxing & Essential Oils 1:00 Courtyard Social 1:15 Relaxing & Essential Oils 1:15 December Concert with "DOUBLE TAKE" 1:30 Stretch and Strength 1:15 Relaxing & Essential Oils 1:15 Relaxing & Essential Oils 1:30 Reindeer Snacks & Games 2:30 Enjoy a Movie & Popcorn - from the "MOVIE 1:15 Relaxing & Essential Oils 2:30 Hot Coco & Coffee 2:30 Reindeer Snacks & Games 2:30 **Bingo** 1:30 Scenic Drive 2:30 **Bingo** 2:30 Holiday Memories in the Making with 3:30 Stretch and Strength with Aurora 4:00 Piano Music with "TREVOR 3:00 Creating Arts & Crafts 2:45 Ukulele Sing Along with Bob Arii 2:30 Reindeer Snacks & Games 3:30 Happy Hour with "FIREBALL 4:30 **Sports on T.V. GIBSON**" 3:45 Poems with Aurora 4:30 **Sports on T.V.** XPRESS" 3:00 Puzzle Mania / Trivia 4:30 Sports on T.V. 4:30 Sports on T.V. 4:30 **Sports on T.V.** 4:30 **Sports on T.V.** 4:30 **Sports on T.V. CHRISTMAS EVE HAPPY BIRTHDAY "Donna Z. & ALL STAFF MEETING** <u> "Spirt Wednesday "Ugly Sweater"</u> 9:30 Daily Chronicle 9:30 Daily Chronicle 9:30 Daily Chronicle **CHRISTMAS DAY** Maura G." 9:30 Daily Chronicle 9:30 Daily Chronicle 10:15 LOVE ON A LEASH 10:00 Balloon Exercise 10:00 Kickball Exercise 9:30 Daily Chronicle 9:30 Daily Chronicle 9:35 Bible Study & Hymns w/ 10:00 Chair Yoga Class 11:00 **1:1 Soothing Visits** 10:30 Hot Coco & Reminiscing 10:30 Reading "Gallagher's 10:00 Balloon Exercise Pastor Bob 10:00 Balloon Exercise Class with Kasey 10:30 News Views & Beverages 11:00 1:1 Soothing Visits 1:15 Relaxing & Essential Oils Hope" & Beverages 10:30 Holiday Stories & Social Chats 10:30 Hot Tea/ Coco & X-MAS Stories 10:30 Exercise Class with Aurora 11:00 1:1 Soothing Visits 1:00 Courtyard Social 1:30 Live Music with "Jef 11:00 1:1 Soothing Visits /Beverages 11:00 **1:1 Soothing Visits** 11:00 1:1 Soothing Visits 1:00 Courtyard Social 1:15 Relaxing & Essential Oils **Entertaining** 11:00 1:1 Soothing Visits 1:00 Courtyard Social 1:00 Holiday Movie 1:15 Relaxing & Essential Oils 1:15 Relaxing & Essential Oils 1:30 Stretch and Strength 1:00 Courtyard Social 2:30 Enjoy a Movie & Popcorn - from 1:15 Relaxing & Essential Oils 1:30 December Concert with "THE 1:30 Decorating & Eating Gingerbread 1:15 Relaxing & Essential Oils 2:00 Reindeer Snacks & Games 1:15 Relaxing & Essential Oils 1:30 Singing X-MAS Carols / Milk & Cookies the "MOVIE BASKET" **SUNSHINE GANG"** 2:00 Love on a Leash 1:30 Scenic Drive 2:30 Holiday Memories in the Making with 2:30 Creating Arts & Crafts 2:45 Ukulele Sing Along with Bob Arii 2:30 Hot Coco & Coffee 2:30 **Bingo** 2:30 Reindeer Snacks & Games Diane & Kasey 4:30 **Sports on T.V.** 2:30 **Bingo** 3:45 **Poems with Aurora** 3:30 Did you Know? 4:30 Sports on T.V. 3:00 Puzzle Mania / Trivia 4:30 Sports on T.V. 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 31 9:30 Daily Chronicle **NEW YEARS EVE** Maritza Aguirre 10:15 LOVE ON A LEASH 10:00 Sing-along with Dan 9:30 Daily Chronicle Life Enrichment Director 11:00 **1:1 Soothing Visits** 10:00 Chair Yoga Class **Resident Birthdays** 11:00 1:1 Soothing Visits 1:15 Relaxing & Essential Oils At The Ridge 10:30 News Views & Beverages 1:15 Relaxing & Essential Oils 1:30 Balloon Exercise Daisv F. 11:00 **1:1 Soothing Visits** 800 Lantern Crest Way 1:30 Bible Study & Hymns w/ Pastor 2:30 Enjoy a Movie & Popcorn - from Norris P. 1:00 Courtyard Social the "MOVIE BASKET" Bob Santee, Ca 92071 Lantern Crest 1:15 Relaxing & Essential Oils Donna Z 12/28 2:30 Hot Coco & Coffee 2:45 Ukulele Sing Along with Bob Arii Cell: (619) 495-5666 1:30 Reindeer Snacks & Games 3:30 Stretch and Strength with Aurora 3:45 Poems with Aurora 12/28 Maura G. 2:30 **Bingo** 4:30 **Sports on T.V.** Maritza.aguirre@ 4:30 **Sports on T.V.** 4:30 **Sports on T.V.** lanterncrestsantee.com