

December Horizons at The Ridge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday											
<p>Directors & Staff Christmas Tree Competition Starts 1</p> <p>9:30 Daily Chronicle</p> <p>10:15 LOVE ON A LEASH</p> <p>11:00 1:1 Soothing Visits</p> <p>1:15 Relaxing & Essential Oils</p> <p>1:30 Balloon Exercise</p> <p>2:30 Enjoy a Movie & Popcorn - from the "MOVIE BASKET"</p> <p>2:45 Ukulele Sing Along with Bob Aarii</p> <p>3:45 Poems with Aurora</p> <p>4:30 Sports on T.V.</p>	<p>9:30 Daily Chronicle</p> <p>10:00 Sing-along with Dan Miller 2</p> <p>11:00 1:1 Soothing Visits</p> <p>1:15 Relaxing & Essential Oils</p> <p>1:30 Bible Study & Hymns w/ Pastor Bob</p> <p>2:00 Hot Coco or Coffee</p> <p>2:30 Holiday Movie</p> <p>3:30 Stretch and Strength with Aurora</p> <p>4:30 Sports on T.V.</p>	<p>9:30 Daily Chronicle</p> <p>10:00 Chair Yoga Class 3</p> <p>10:30 News Views & Beverages</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Courtyard Social</p> <p>1:15 Relaxing & Essential Oils</p> <p>1:30 Reindeer Snacks & Games</p> <p>2:30 Bingo</p> <p>3:30 Happy Hour with "BROWN SUGAR OLDIES"</p> <p>4:30 Sports on T.V.</p>	<p>"Spirt Wednesday "Ugly Sweater" 4</p> <p>9:30 Daily Chronicle</p> <p>10:00 Drum Fit Exercise Class with Kasey</p> <p>10:30 Reading "Gallagher's Hope" & Beverages</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Courtyard Social</p> <p>1:15 Relaxing & Essential Oils</p> <p>1:30 Blue Suede Elvis "CHRISTMAS SHOW"</p> <p>2:30 Holiday Memories in the Making with Diane & Kasey</p> <p>4:30 Sports on T.V.</p>	<p>HAPPY BIRTHDAY Daisy F. 5</p> <p>9:30 Daily Chronicle</p> <p>10:00 Balloon Exercise</p> <p>10:30 Hot Coco & Reminiscing</p> <p>11:00 1:1 Soothing Visits</p> <p>1:15 Relaxing & Essential Oils</p> <p>1:30 Gospel Music with STEVE & DIANE</p> <p>2:30 Reindeer Snacks & Games</p> <p>3:00 Creating Arts & Crafts</p> <p>4:30 Sports on T.V.</p>	<p>9:30 Daily Chronicle</p> <p>10:00 Kickball Exercise 6</p> <p>10:30 Reading "Gallagher's Hope" & Beverages</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Holiday Movie</p> <p>1:15 Relaxing & Essential Oils</p> <p>2:30 Bingo</p> <p>4:00 Piano Music with "TREVOR GIBSON"</p> <p>4:30 Sports on T.V.</p>	<p>9:30 Daily Chronicle</p> <p>10:00 Balloon Exercise 7</p> <p>10:30 Holiday Stories & Social Chats /Beverages</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Courtyard Social</p> <p>1:15 Relaxing & Essential Oils</p> <p>1:45 Scenic Drive</p> <p>2:30 Reindeer Snacks & Games</p> <p>3:00 Puzzle Mania / Trivia</p> <p>4:30 Sports on T.V.</p>											
<p>9:30 Daily Chronicle</p> <p>10:15 LOVE ON A LEASH 8</p> <p>11:00 1:1 Soothing Visits</p> <p>1:15 Relaxing & Essential Oils</p> <p>1:30 Balloon Exercise</p> <p>2:00 St. Columba Church Service with Bill Bixby</p> <p>2:30 Enjoy a Movie & Popcorn - from the "MOVIE BASKET"</p> <p>2:45 Ukulele Sing Along with Bob Aarii</p> <p>3:45 Poems with Aurora</p> <p>4:30 Sports on T.V.</p>	<p>9:30 Daily Chronicle</p> <p>9:35 Bible Study & Hymns w/ Pastor Bob 9</p> <p>10:30 Exercise Class with Aurora</p> <p>11:00 1:1 Soothing Visits</p> <p>1:15 Relaxing & Essential Oils</p> <p>1:30 Christmas Show with "HARMONY GALORE"</p> <p>2:30 Hot Coco & Coffee</p> <p>3:30 Did you Know?</p> <p>4:30 Sports on T.V.</p> <p>5:00 Christmas Lights Excursion to Starlight Circle</p>	<p>9:30 Daily Chronicle</p> <p>10:00 Chair Yoga Class 10</p> <p>10:30 News Views & Beverages</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Courtyard Social</p> <p>1:15 Relaxing & Essential Oils</p> <p>1:30 Reindeer Snacks & Games</p> <p>2:30 Bingo</p> <p>3:30 Happy Hour & Welcome New Residents with "FIRST STRING BAND"</p> <p>4:30 Sports on T.V.</p>	<p>"Spirt Wednesday "Ugly Sweater" 11</p> <p>9:30 Daily Chronicle</p> <p>10:00 Drum Fit Exercise Class with Kasey</p> <p>10:30 Reading "Gallagher's Hope" & Beverages</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Courtyard Social</p> <p>1:15 Relaxing & Essential Oils</p> <p>1:30 Reindeer Snacks & Games</p> <p>2:30 Holiday Memories in the Making with Diane & Kasey</p> <p>4:30 Sports on T.V.</p>	<p>9:30 Daily Chronicle</p> <p>10:00 Balloon Exercise 12</p> <p>10:30 Hot Coco & Reminiscing</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Annual LC National Tamales Day "Lobby"</p> <p>1:15 Relaxing & Essential Oils</p> <p>1:30 Holiday Christmas Show w/ "The Malt Shop Girls"</p> <p>2:30 Reindeer Snacks & Games</p> <p>3:00 Creating Arts & Crafts</p> <p>4:30 Sports on T.V.</p>	<p>9:30 Daily Chronicle</p> <p>10:00 Kickball Exercise 13</p> <p>10:30 Reading "Gallagher's Hope" & Beverages</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Holiday Movie</p> <p>1:15 Relaxing & Essential Oils</p> <p>2:00 Love on a Leash</p> <p>2:30 Bingo</p> <p>4:30 Sports on T.V.</p>	<p>9:30 Daily Chronicle</p> <p>10:00 Balloon Exercise 14</p> <p>10:30 Holiday Stories & Social Chats /Beverages</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Courtyard Social</p> <p>1:15 Relaxing & Essential Oils</p> <p>1:30 Scenic Drive</p> <p>2:30 Reindeer Snacks & Games</p> <p>3:00 Puzzle Mania / Trivia</p> <p>4:30 Sports on T.V.</p>											
<p>9:30 Daily Chronicle</p> <p>10:00 From Rock to Pop And Folk to Blues Let's Experience the Wonderful World of Music with Holiday Tunes with CHRIS BURNS 15</p> <p>10:15 LOVE ON A LEASH</p> <p>11:00 1:1 Soothing Visits</p> <p>1:15 Relaxing & Essential Oils</p> <p>1:30 Balloon Exercise</p> <p>2:30 Enjoy a Movie & Popcorn - from the "MOVIE BASKET"</p> <p>2:45 Ukulele Sing Along with Bob Aarii</p> <p>3:45 Poems with Aurora</p> <p>4:30 Sports on T.V.</p>	<p>9:30 Daily Chronicle</p> <p>10:00 Sing-along with Dan Miller 16</p> <p>11:00 1:1 Soothing Visits</p> <p>1:15 Relaxing & Essential Oils</p> <p>1:30 Bible Study & Hymns w/ Pastor Bob</p> <p>2:30 Hot Coco & Coffee</p> <p>3:30 Stretch and Strength with Aurora</p> <p>4:30 Sports on T.V.</p>	<p>HAPPY BIRTHDAY "Norris P." 17</p> <p>9:30 Daily Chronicle</p> <p>10:00 Chair Yoga Class</p> <p>10:30 News Views & Beverages</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Courtyard Social</p> <p>1:15 Relaxing & Essential Oils</p> <p>1:30 Reindeer Snacks & Games</p> <p>2:30 Bingo</p> <p>3:30 Happy Hour with "FIREBALL XPRESS"</p> <p>4:30 Sports on T.V.</p>	<p>"Spirt Wednesday "Ugly Sweater" 18</p> <p>9:30 Daily Chronicle</p> <p>10:00 Drum Fit Exercise Class with Kasey</p> <p>10:30 Reading "Gallagher's Hope" & Beverages</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Courtyard Social</p> <p>1:15 December Concert with "DOUBLE TAKE"</p> <p>1:15 Relaxing & Essential Oils</p> <p>2:30 Holiday Memories in the Making with Diane & Kasey</p> <p>4:30 Sports on T.V.</p>	<p>9:30 Daily Chronicle</p> <p>10:00 December Concert with "PETER SELTSE" 19</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Courtyard Social</p> <p>1:15 Relaxing & Essential Oils</p> <p>1:30 Stretch and Strength</p> <p>2:30 Reindeer Snacks & Games</p> <p>3:00 Creating Arts & Crafts</p> <p>4:30 Sports on T.V.</p>	<p>9:30 Daily Chronicle</p> <p>10:00 Kickball Exercise 20</p> <p>10:30 Reading "Gallagher's Hope" & Beverages</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Holiday Movie</p> <p>1:15 Relaxing & Essential Oils</p> <p>2:30 Bingo</p> <p>4:00 Piano Music with "TREVOR GIBSON"</p> <p>4:30 Sports on T.V.</p>	<p>WINTER BEGINS 21</p> <p>9:30 Daily Chronicle</p> <p>10:00 Balloon Exercise</p> <p>10:30 Holiday Stories & Social Chats /Beverages</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Courtyard Social</p> <p>1:15 Relaxing & Essential Oils</p> <p>1:30 Scenic Drive</p> <p>2:30 Reindeer Snacks & Games</p> <p>3:00 Puzzle Mania / Trivia</p> <p>4:30 Sports on T.V.</p>											
<p>9:30 Daily Chronicle</p> <p>10:15 LOVE ON A LEASH 22</p> <p>11:00 1:1 Soothing Visits</p> <p>1:15 Relaxing & Essential Oils</p> <p>1:30 Live Music with "Jef Entertaining"</p> <p>2:30 Enjoy a Movie & Popcorn - from the "MOVIE BASKET"</p> <p>2:45 Ukulele Sing Along with Bob Aarii</p> <p>3:45 Poems with Aurora</p> <p>4:30 Sports on T.V.</p>	<p>ALL STAFF MEETING 23</p> <p>9:30 Daily Chronicle</p> <p>9:35 Bible Study & Hymns w/ Pastor Bob</p> <p>10:30 Exercise Class with Aurora</p> <p>11:00 1:1 Soothing Visits</p> <p>1:15 Relaxing & Essential Oils</p> <p>1:30 December Concert with "THE SUNSHINE GANG"</p> <p>2:30 Hot Coco & Coffee</p> <p>3:30 Did you Know?</p> <p>4:30 Sports on T.V.</p>	<p>CHRISTMAS EVE 24</p> <p>9:30 Daily Chronicle</p> <p>10:00 Chair Yoga Class</p> <p>10:30 News Views & Beverages</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Courtyard Social</p> <p>1:15 Relaxing & Essential Oils</p> <p>1:30 Decorating & Eating Gingerbread Men</p> <p>2:30 Bingo</p> <p>4:30 Sports on T.V.</p>	<p>"Spirt Wednesday "Ugly Sweater" 25</p> <p>CHRISTMAS DAY</p> <p>9:30 Daily Chronicle</p> <p>10:00 Balloon Exercise Class with Kasey</p> <p>10:30 Hot Tea/ Coco & X-MAS Stories</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Courtyard Social</p> <p>1:15 Relaxing & Essential Oils</p> <p>1:30 Singing X-MAS Carols / Milk & Cookies</p> <p>2:30 Holiday Memories in the Making with Diane & Kasey</p> <p>4:30 Sports on T.V.</p>	<p>9:30 Daily Chronicle</p> <p>10:00 Balloon Exercise 26</p> <p>10:30 Hot Coco & Reminiscing</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Courtyard Social</p> <p>1:15 Relaxing & Essential Oils</p> <p>1:30 Stretch and Strength</p> <p>2:00 Reindeer Snacks & Games</p> <p>2:30 Creating Arts & Crafts</p> <p>4:30 Sports on T.V.</p>	<p>9:30 Daily Chronicle</p> <p>10:00 Kickball Exercise 27</p> <p>10:30 Reading "Gallagher's Hope" & Beverages</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Holiday Movie</p> <p>1:15 Relaxing & Essential Oils</p> <p>2:00 Love on a Leash</p> <p>2:30 Bingo</p> <p>4:30 Sports on T.V.</p>	<p>HAPPY BIRTHDAY "Donna Z. & Maura G." 28</p> <p>9:30 Daily Chronicle</p> <p>10:00 Balloon Exercise</p> <p>10:30 Holiday Stories & Social Chats /Beverages</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Courtyard Social</p> <p>1:15 Relaxing & Essential Oils</p> <p>1:30 Scenic Drive</p> <p>2:30 Reindeer Snacks & Games</p> <p>3:00 Puzzle Mania / Trivia</p> <p>4:30 Sports on T.V.</p>											
<p>9:30 Daily Chronicle</p> <p>10:15 LOVE ON A LEASH 29</p> <p>11:00 1:1 Soothing Visits</p> <p>1:15 Relaxing & Essential Oils</p> <p>1:30 Balloon Exercise</p> <p>2:30 Enjoy a Movie & Popcorn - from the "MOVIE BASKET"</p> <p>2:45 Ukulele Sing Along with Bob Aarii</p> <p>3:45 Poems with Aurora</p> <p>4:30 Sports on T.V.</p>	<p>9:30 Daily Chronicle</p> <p>10:00 Sing-along with Dan Miller 30</p> <p>11:00 1:1 Soothing Visits</p> <p>1:15 Relaxing & Essential Oils</p> <p>1:30 Bible Study & Hymns w/ Pastor Bob</p> <p>2:30 Hot Coco & Coffee</p> <p>3:30 Stretch and Strength with Aurora</p> <p>4:30 Sports on T.V.</p>	<p>NEW YEARS EVE 31</p> <p>9:30 Daily Chronicle</p> <p>10:00 Chair Yoga Class</p> <p>10:30 News Views & Beverages</p> <p>11:00 1:1 Soothing Visits</p> <p>1:00 Courtyard Social</p> <p>1:15 Relaxing & Essential Oils</p> <p>1:30 Reindeer Snacks & Games</p> <p>2:30 Bingo</p> <p>4:30 Sports on T.V.</p>	<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>Resident Birthdays</p> <table style="margin: auto;"> <tr><td>Daisy F.</td><td>12/5</td></tr> <tr><td>Norris P.</td><td>12/17</td></tr> <tr><td>Donna Z.</td><td>12/28</td></tr> <tr><td>Maura G.</td><td>12/28</td></tr> </table>	Daisy F.	12/5	Norris P.	12/17	Donna Z.	12/28	Maura G.	12/28
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