## January Horizons at The Ridge Tuesday Friday Sunday Monday Wednesday Thursday Saturday 9:30 Daily Chronicle 9:30 Daily Chronicle 9:30 Daily Chronicle "Spirt Wed Maritza Aguirre 10:00 Balloon Exercise 10:00 Kickball Exercise 10:00 Balloon Exercise appy New Years Day Life Enrichment Director 10:30 "HEY Google" & Beverages 10:30 Reading "Gallagher's 10:30 New Years Resolutions & 9:30 Daily Chronicle Hope" & Beverages 11:00 1:1 Soothing Visits **Beverages** 10:00 Drum Fit Exercise Class with Kasey At The Ridge 11:00 1:1 Soothing Visits 11:00 **1:1 Soothing Visits** 1:00 Courtyard Social 10:30 Reading "Gallagher's Hope" & Beverages 800 Lantern Crest Way 11:00 1:1 Soothing Visits 1:00 Friday Movie & Snacks 1:00 Courtyard Social 1:15 Relaxing & Essential Oils 1:00 Courtvard Social 1:30 Gospel Music with "STEVE & DIANE" 1:15 Relaxing & Essential Oils 1:15 Relaxing & Essential Oils Santee, Ca 92071 1:15 Relaxing & Essential Oils Lantern Crest 2:00 Nail Care & Hand Lotions 2:00 Afternoon Walks 1:30 Scenic Drive 1:30 New Years Celebration with "First String Band 3:00 **Bingo** 3:00 Snacks & Music Throughout the Cell: (619) 495-5666 3:00 Create! Arts & Crafts 2:30 Memories in the Making with Diane & Kasey SENIOR LIVING 4:00 Piano Music with "TREVOR GIBSON" **Decades** 4:30 **Sports on T.V.** 4:30 Sports on T.V. Maritza.aguirre@ 3:30 Puzzle Mania / Trivia 4:30 Sports on T.V. 4:30 **Sports on T.V.** lanterncrestsantee.com Happy Birthday Carolynn G. 9:30 Daily Chronicle "Spirt Wednesday "Beanies & Cozy 9:30 Daily Chronicle 9:30 Daily Chronicle 9:30 Daily Chronicle **Three Kings Day** 10:00 Chair Yoga Class 10:00 Balloon Exercise 10:00 Kickball Exercise 10:00 Balloon Exercise 9:30 Daily Chronicle 9:30 Daily Chronicle 9:30 Daily Chronicle 10:30 News Views & Beverages 10:30 "HEY Google" & Beverages 10:30 Reading "Gallagher's 10:30 Spelling Bee & Beverages 9:35 Bible Study & Hymns w/ 10:15 LOVE ON A LEASH 10:00 Drum Fit Exercise Class with 11:00 1:1 Soothing Visits 11:00 1:1 Soothing Visits Hope" & Beverages 11:00 1:1 Soothing Visits **Pastor Bob** 11:00 **1:1 Soothing Visits** 11:00 1:1 Soothing Visits 1:00 Courtyard Social 10:30 Reading "Gallagher's Hope" & Beverages 1:00 Courtyard Social 1:00 Courtyard Social 10:30 Exercise Class with Aurora 1:15 Relaxing & Essential Oils 11:00 1:1 Soothing Visits 1:00 Friday Movie & Snacks 1:15 Relaxing & Essential Oils 1:15 Relaxing & Essential Oils 1:15 Relaxing & Essential Oils 11:00 1:1 Soothing Visits 1:00 Courtyard Social 1:15 Relaxing & Essential Oils 1:30 Balloon Exercise 1:30 Snacks & Music Throughout the 1:30 Snacks & Music Throughout the 1:30 Scenic Drive 1:15 Relaxing & Essential Oils 1:15 Relaxing & Essential Oils 2:00 LOVE ON A LEASH **Decades** 2:30 Poems with Aurora **Decades** 3:00 Snacks & Music Throughout the 1:30 Snacks & Music Throughout the Decades 1:30 Three Kings Day Celebration with 2:30 Bingo 2:00 Rider Mobility with "Timmy" AL-2:00 Nail Care & Hand Lotions **Decades** 2:45 **Ukulele Sing Along with Bob** 2:30 Memories in the Making with Diane & Kasey <u>"ROSCA"</u> 3:30 Happy Hour with "BROWN SUGAR Lounge 1 3:00 **Bingo** 3:30 Puzzle Mania / Trivia 3:30 Pictionary 2:30 Movie & Popcorn 3:00 Create! Arts & Crafts 4:00 Piano Music with "TREVOR GIBSON" 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.** 4:30 **Sports on T.V.** 4:30 Sports on T.V. 9:30 Daily Chronicle 10:00 Chair Yoga Class 9:30 Daily Chronicle 9:30 Daily Chronicle 18 9:30 Daily Chronicle Happy Birthday Anna M. C. "Spirt Wednesday "Beanies & Cozy 9:30 Daily Chronicle 9:30 Daily Chronicle 10:00 Welcome Back "San Diego 9:30 Daily Chronicle 10:00 Kickball Exercise 10:00 Balloon Exercise 10:15 LOVE ON A LEASH 9:30 Daily Chronicle Master Gardeners 10:30 News Views & Beverages 10:30 Reading "Gallagher's 10:00 Sing-along with Dan Miller 10:30 New Years Resolutions 10:00 Drum Fit Exercise Class with 11:00 **1:1 Soothing Visits** 11:00 1:1 Soothing Visits 11:00 1:1 Soothing Visits 11:00 1:1 Soothing Visits Hope" & Beverages /Beverages 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 10:30 Reading "Gallagher's Hope" & Beverages 1:00 Courtyard Social 1:15 Relaxing & Essential Oils 11:00 1:1 Soothing Visits 1:15 Relaxing & Essential Oils 1:00 Friday Movie & Snacks 1:00 Courtvard Social 1:30 Glen Erath "Piano Player" 1:30 Bible Study & Hymns w/ Pastor Bob 1:30 Snacks & Music Throughout the 1:00 Courtyard Social 1:15 Relaxing & Essential Oils 1:30 Snacks & Music Throughout the 1:15 Relaxing & Essential Oils 2:00 Hot Coco & Coffee 2:30 Poems with Aurora 1:15 January Concert with "DOBLE TAKE **Decades** 2:00 Nail Care & Hand Lotions 1:30 Scenic Drive 2:30 Exercise Class with Aurora 2:30 **Bingo** 1:15 Relaxing & Essential Oils 2:45 Ukulele Sing Along with 2:00 Afternoon Walks 3:00 Snacks & Music Throughout the 3:00 **Bingo** 3:00 Movie & Popcorn 3:30 Happy Hour & Welcome New Residents with "FIRST STRING BAND"" 2:30 Memories in the Making with Diane & Kasey **Bob Arii** 3:00 Create! Arts & Crafts 4:00 Piano Music with "TREVOR GIBSON" **Decades** 4:30 **Sports on T.V.** 3:30 Pictionary 3:30 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. 4:30 **Sports on T.V.** 9:30 Daily Chronicle 9:30 Daily Chronicle Martin Luther King. JR. Day 9:30 Daily Chronicle Spirt Wednesday "Beanies & Cozy 9:30 Daily Chronicle 9:30 Daily Chronicle 9:30 Daily Chronicle 10:00 <u>Chair Yoga Class</u> 10:00 January Concert with 9:30 Daily Chronicle 10:00 Kickball Exercise 10:00 Balloon Exercise 10:15 LOVE ON A LEASH **ALL STAFF MEETING** "PETER SELTSER" 10:30 Reading "Gallagher's 9:35 Bible Study & Hymns w/ 10:30 Spelling Bee & Beverages 10:30 News Views & Beverages 11:00 **1:1 Soothing Visits** 9:30 Daily Chronicle Pastor Bob 10:30 "HEY Google" & Beverages Hope" & Beverages 11:00 1:1 Soothing Visits 11:00 1:1 Soothing Visits 1:15 Relaxing & Essential Oils 10:00 Drum Fit Exercise Class with Kasey 10:30 Exercise Class with Aurora 11:00 **1:1 Soothing Visits** 11:00 1:1 Soothing Visits 1:00 Courtyard Social 1:00 Courtyard Social 10:30 Reading "Gallagher's Hope" & Beverages 1:30 Balloon Exercise 11:00 1:1 Soothing Visits 1:00 Courtyard Social 1:00 Friday Movie & Snacks 1:15 Relaxing & Essential Oils 1:15 Relaxing & Essential Oils 11:00 1:1 Soothing Visits 2:00 St.Columba Church Service 1:15 Relaxing & Essential Oils 1:15 Relaxing & Essential Oils 1:15 Relaxing & Essential Oils 1:30 Snacks & Music Throughout the 1:30 Scenic Drive 1:00 Courtyard Social 1:30 Wheel of Fortune 1:30 Snacks & Music Throughout the 2:00 LOVE ON A LEASH with "BILL BIXBY" **Decades** 3:00 Snacks & Music Throughout the 1:15 Relaxing & Essential Oils **Decades** 2:00 Did You Know? Game 2:00 Nail Care & Hand Lotions 2:30 **Bingo Decades** 2:45 **Ukulele Sing Along with Bob** 1:30 Snacks & Music Throughout the 3:30 Happy Hour with "FIREBALL 2:00 Afternoon Walks 2:30 Movie & Popcorn 3:00 **Bingo** 3:30 Puzzle Mania / Trivia **Decades** Arii 3:00 Create! Arts & Crafts 4:30 **Sports on T.V.** 4:00 Piano Music with "TREVOR GIBSON" 4:30 Sports on T.V. 2:00 Hallmark Movie 4:30 **Sports on T.V.** 4:30 Sports on T.V. 4:30 **Sports on T.V.** 4:30 **Sports on T.V.** 3:30 Pictionary 1.20 Chartaan TI/ 9:30 Daily Chronicle Happy Birthday Lucille J. 9:30 Daily Chronicle "Spirt Wednesday "Beanies & Cozy lappy Birthday Pamela M. 9:30 Daily Chronicle 10:00 Chair Yoga Class 10:00 Kickball Exercise 9:30 Daily Chronicle 9:30 Daily Chronicle 10:15 LOVE ON A LEASH 9:30 Daily Chronicle 10:30 News Views & Beverages 10:00 Sing-along with Dan Miller 10:30 Reading "Gallagher's 10:00 Balloon Exercise 10:00 Drum Fit Exercise Class with 11:00 **1:1 Soothing Visits Resident Birthdays** 11:00 1:1 Soothing Visits 11:00 1:1 Soothing Visits 10:30 "HEY Google" & Beverages Hope" & Beverages 1:00 Courtyard Social 1:15 Relaxing & Essential Oils 11:00 1:1 Soothing Visits 1:15 Relaxing & Essential Oils 10:30 Reading "Gallagher's Hope" & Beverages 11:00 1:1 Soothing Visits Carolynn G. 1:15 Relaxing & Essential Oils 11:00 1:1 Soothing Visits 1:00 Friday Movie & Snacks 1:30 Bible Study & Hymns w/ Pastor Bob 1:00 Courtyard Social 1:30 Balloon Exercise 1:30 Snacks & Music Throughout the 1:00 Courtyard Social Anna M. C. 1:15 Relaxing & Essential Oils 2:00 Hot Coco & Coffee 1:15 Relaxing & Essential Oils 2:30 Poems with Aurora **Decades** 1:15 Relaxing & Essential Oils 2:30 Exercise Class with Aurora 2:00 Nail Care & Hand Lotions 1:30 Snacks & Music Throughout the Lucille J 1/27 2:45 **Ukulele Sing Along with** 1:30 Snacks & Music Throughout the Decades **Decades** 3:00 **Bingo** 3:00 Movie & Popcorn 2:30 Memories in the Making with Diane & Kasey 3:30 Happy Hour & Birthday Celebration with **Bob Arii** 1/30 Pamela M. 4:00 Piano Music with "TREVOR GIBSON" 4:30 **Sports on T.V.** "THE SOPHISTICATS" Cakes Sponsored 2:00 Afternoon Walks 3:30 Pictionary 4:30 **Sports on T.V.** by Comfort & Peace 4:30 Sports on T.V. 3:00 Create! Arts & Crafts 4:30 **Sports on T.V.** 4:30 Sports on T.V. 4:30 Sports on T.V.