

Happy New Year cheers! January Horizons at The Ridge 2025

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><i>"Spirt Wednesday "Beanies & Cozy Socks"</i> 1</p> <p>Happy New Years Day</p> <p>9:30 Daily Chronicle 10:00 Drum Fit Exercise Class with Kasey 10:30 Reading "Gallagher's Hope" & Beverages 11:00 1:1 Soothing Visits 1:00 Courtyard Social 1:15 Relaxing & Essential Oils 1:30 New Years Celebration with "First String Band" 2:30 Memories in the Making with Diane & Kasey 4:30 Sports on T.V.</p>	<p>2</p> <p>9:30 Daily Chronicle 10:00 Balloon Exercise 10:30 "HEY Google" & Beverages 11:00 1:1 Soothing Visits 1:00 Courtyard Social 1:15 Relaxing & Essential Oils 1:30 Gospel Music with "STEVE & DIANE" 2:00 Afternoon Walks 3:00 Create! Arts & Crafts 4:30 Sports on T.V.</p>	<p>3</p> <p>9:30 Daily Chronicle 10:00 Kickball Exercise 10:30 Reading "Gallagher's Hope" & Beverages 11:00 1:1 Soothing Visits 1:00 Friday Movie & Snacks 1:15 Relaxing & Essential Oils 2:00 Nail Care & Hand Lotions 3:00 Bingo 4:00 Piano Music with "TREVOR GIBSON" 4:30 Sports on T.V.</p>	<p>4</p> <p>9:30 Daily Chronicle 10:00 Balloon Exercise 10:30 New Years Resolutions & Beverages 11:00 1:1 Soothing Visits 1:00 Courtyard Social 1:15 Relaxing & Essential Oils 1:30 Scenic Drive 3:00 Snacks & Music Throughout the Decades 3:30 Puzzle Mania / Trivia 4:30 Sports on T.V.</p>
<p>Happy Birthday Carolynn G. 5</p> <p>9:30 Daily Chronicle 10:15 LOVE ON A LEASH 11:00 1:1 Soothing Visits 1:15 Relaxing & Essential Oils 1:30 Balloon Exercise 2:30 Poems with Aurora 2:45 Ukulele Sing Along with Bob Arii 4:30 Sports on T.V.</p>	<p>Three Kings Day 6</p> <p>9:30 Daily Chronicle 9:35 Bible Study & Hymns w/ Pastor Bob 10:30 Exercise Class with Aurora 11:00 1:1 Soothing Visits 1:15 Relaxing & Essential Oils 1:30 Three Kings Day Celebration with "ROSCA" 2:30 Movie & Popcorn 4:30 Sports on T.V.</p>	<p>7</p> <p>9:30 Daily Chronicle 10:00 Chair Yoga Class 10:30 News Views & Beverages 11:00 1:1 Soothing Visits 1:00 Courtyard Social 1:15 Relaxing & Essential Oils 1:30 Snacks & Music Throughout the Decades 2:30 Bingo 3:30 Happy Hour with "BROWN SUGAR OLDIES" 4:30 Sports on T.V.</p>	<p><i>"Spirt Wednesday "Beanies & Cozy Socks"</i> 8</p> <p>9:30 Daily Chronicle 10:00 Drum Fit Exercise Class with Kasey 10:30 Reading "Gallagher's Hope" & Beverages 11:00 1:1 Soothing Visits 1:00 Courtyard Social 1:15 Relaxing & Essential Oils 1:30 Snacks & Music Throughout the Decades 2:30 Memories in the Making with Diane & Kasey 3:30 Pictionary 4:30 Sports on T.V.</p>	<p>9</p> <p>9:30 Daily Chronicle 10:00 Balloon Exercise 10:30 "HEY Google" & Beverages 11:00 1:1 Soothing Visits 1:00 Courtyard Social 1:15 Relaxing & Essential Oils 1:30 Snacks & Music Throughout the Decades 2:00 Rider Mobility with "Timmy" AL-Lounge 1 3:00 Create! Arts & Crafts 4:30 Sports on T.V.</p>	<p>10</p> <p>9:30 Daily Chronicle 10:00 Kickball Exercise 10:30 Reading "Gallagher's Hope" & Beverages 11:00 1:1 Soothing Visits 1:00 Friday Movie & Snacks 1:15 Relaxing & Essential Oils 2:00 LOVE ON A LEASH 2:00 Nail Care & Hand Lotions 3:00 Bingo 4:00 Piano Music with "TREVOR GIBSON" 4:30 Sports on T.V.</p>	<p>11</p> <p>9:30 Daily Chronicle 10:00 Balloon Exercise 10:30 Spelling Bee & Beverages 11:00 1:1 Soothing Visits 1:00 Courtyard Social 1:15 Relaxing & Essential Oils 1:30 Scenic Drive 3:00 Snacks & Music Throughout the Decades 3:30 Puzzle Mania / Trivia 4:30 Sports on T.V.</p>
<p>12</p> <p>9:30 Daily Chronicle 10:15 LOVE ON A LEASH 11:00 1:1 Soothing Visits 1:15 Relaxing & Essential Oils 1:30 Glen Erath "Piano Player" 2:30 Poems with Aurora 2:45 Ukulele Sing Along with Bob Arii 4:30 Sports on T.V.</p>	<p>Happy Birthday Anna M. C. 13</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 Bible Study & Hymns w/ Pastor Bob 2:00 Hot Coco & Coffee 2:30 Exercise Class with Aurora 3:00 Movie & Popcorn 4:30 Sports on T.V.</p>	<p>14</p> <p>9:30 Daily Chronicle 10:00 Chair Yoga Class 10:30 News Views & Beverages 11:00 1:1 Soothing Visits 1:00 Courtyard Social 1:15 Relaxing & Essential Oils 1:30 Snacks & Music Throughout the Decades 2:30 Bingo 3:30 Happy Hour & Welcome New Residents with "FIRST STRING BAND" 4:30 Sports on T.V.</p>	<p><i>"Spirt Wednesday "Beanies & Cozy Socks"</i> 15</p> <p>9:30 Daily Chronicle 10:00 Drum Fit Exercise Class with Kasey 10:30 Reading "Gallagher's Hope" & Beverages 11:00 1:1 Soothing Visits 1:00 Courtyard Social 1:15 January Concert with "DOBLE TAKE 1:15 Relaxing & Essential Oils 2:30 Memories in the Making with Diane & Kasey 3:30 Pictionary 4:30 Sports on T.V.</p>	<p>16</p> <p>9:30 Daily Chronicle 10:00 Welcome Back "San Diego Master Gardeners" 11:00 1:1 Soothing Visits 1:00 Courtyard Social 1:15 Relaxing & Essential Oils 1:30 Snacks & Music Throughout the Decades 2:00 Afternoon Walks 3:00 Create! Arts & Crafts 4:30 Sports on T.V.</p>	<p>17</p> <p>9:30 Daily Chronicle 10:00 Kickball Exercise 10:30 Reading "Gallagher's Hope" & Beverages 11:00 1:1 Soothing Visits 1:00 Friday Movie & Snacks 1:15 Relaxing & Essential Oils 2:00 Nail Care & Hand Lotions 3:00 Bingo 4:00 Piano Music with "TREVOR GIBSON" 4:30 Sports on T.V.</p>	<p>18</p> <p>9:30 Daily Chronicle 10:00 Balloon Exercise 10:30 New Years Resolutions /Beverages 11:00 1:1 Soothing Visits 1:00 Courtyard Social 1:15 Relaxing & Essential Oils 1:30 Scenic Drive 3:00 Snacks & Music Throughout the Decades 3:30 Puzzle Mania / Trivia 4:30 Sports on T.V.</p>
<p>19</p> <p>9:30 Daily Chronicle 10:15 LOVE ON A LEASH 11:00 1:1 Soothing Visits 1:15 Relaxing & Essential Oils 1:30 Balloon Exercise 2:00 St.Columba Church Service with "BILL BIXBY" 2:45 Ukulele Sing Along with Bob Arii 4:30 Sports on T.V.</p>	<p>Martin Luther King, JR. Day 20</p> <p>9:30 Daily Chronicle 9:35 Bible Study & Hymns w/ Pastor Bob 10:30 Exercise Class with Aurora 11:00 1:1 Soothing Visits 1:15 Relaxing & Essential Oils 1:30 Wheel of Fortune 2:00 Did You Know? Game 2:30 Movie & Popcorn 4:30 Sports on T.V.</p>	<p>21</p> <p>9:30 Daily Chronicle 10:00 Chair Yoga Class 10:30 News Views & Beverages 11:00 1:1 Soothing Visits 1:00 Courtyard Social 1:15 Relaxing & Essential Oils 1:30 Snacks & Music Throughout the Decades 2:30 Bingo 3:30 Happy Hour with "FIREBALL XPRESS" 4:30 Sports on T.V.</p>	<p><i>"Spirt Wednesday "Beanies & Cozy Socks"</i> 22</p> <p>ALL STAFF MEETING</p> <p>9:30 Daily Chronicle 10:00 Drum Fit Exercise Class with Kasey 10:30 Reading "Gallagher's Hope" & Beverages 11:00 1:1 Soothing Visits 1:00 Courtyard Social 1:15 Relaxing & Essential Oils 1:30 Snacks & Music Throughout the Decades 2:00 Hallmark Movie 3:30 Pictionary 4:30 Sports on T.V.</p>	<p>23</p> <p>9:30 Daily Chronicle 10:00 January Concert with "PETER SELTSER" 10:30 "HEY Google" & Beverages 11:00 1:1 Soothing Visits 1:00 Courtyard Social 1:15 Relaxing & Essential Oils 1:30 Snacks & Music Throughout the Decades 2:00 Afternoon Walks 3:00 Create! Arts & Crafts 4:30 Sports on T.V.</p>	<p>24</p> <p>9:30 Daily Chronicle 10:00 Kickball Exercise 10:30 Reading "Gallagher's Hope" & Beverages 11:00 1:1 Soothing Visits 1:00 Friday Movie & Snacks 1:15 Relaxing & Essential Oils 2:00 LOVE ON A LEASH 2:00 Nail Care & Hand Lotions 3:00 Bingo 4:00 Piano Music with "TREVOR GIBSON" 4:30 Sports on T.V.</p>	<p>25</p> <p>9:30 Daily Chronicle 10:00 Balloon Exercise 10:30 Spelling Bee & Beverages 11:00 1:1 Soothing Visits 1:00 Courtyard Social 1:15 Relaxing & Essential Oils 1:30 Scenic Drive 3:00 Snacks & Music Throughout the Decades 3:30 Puzzle Mania / Trivia 4:30 Sports on T.V.</p>
<p>26</p> <p>9:30 Daily Chronicle 10:15 LOVE ON A LEASH 11:00 1:1 Soothing Visits 1:15 Relaxing & Essential Oils 1:30 Balloon Exercise 2:30 Poems with Aurora 2:45 Ukulele Sing Along with Bob Arii 4:30 Sports on T.V.</p>	<p>Happy Birthday Lucille J. 27</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 Bible Study & Hymns w/ Pastor Bob 2:00 Hot Coco & Coffee 2:30 Exercise Class with Aurora 3:00 Movie & Popcorn 4:30 Sports on T.V.</p>	<p>28</p> <p>9:30 Daily Chronicle 10:00 Chair Yoga Class 10:30 News Views & Beverages 11:00 1:1 Soothing Visits 1:00 Courtyard Social 1:15 Relaxing & Essential Oils 1:30 Snacks & Music Throughout the Decades 2:30 Bingo 3:30 Happy Hour & Birthday Celebration with "THE SOPHISTICATS" Cakes Sponsored by Comfort & Peace 4:30 Sports on T.V.</p>	<p><i>"Spirt Wednesday "Beanies & Cozy Socks"</i> 29</p> <p>9:30 Daily Chronicle 10:00 Drum Fit Exercise Class with Kasey 10:30 Reading "Gallagher's Hope" & Beverages 11:00 1:1 Soothing Visits 1:00 Courtyard Social 1:15 Relaxing & Essential Oils 1:30 Snacks & Music Throughout the Decades 2:30 Memories in the Making with Diane & Kasey 3:30 Pictionary 4:30 Sports on T.V.</p>	<p>Happy Birthday Pamela M. 30</p> <p>9:30 Daily Chronicle 10:00 Balloon Exercise 10:30 "HEY Google" & Beverages 11:00 1:1 Soothing Visits 1:00 Courtyard Social 1:15 Relaxing & Essential Oils 1:30 Snacks & Music Throughout the Decades 2:00 Afternoon Walks 3:00 Create! Arts & Crafts 4:30 Sports on T.V.</p>	<p>31</p> <p>9:30 Daily Chronicle 10:00 Kickball Exercise 10:30 Reading "Gallagher's Hope" & Beverages 11:00 1:1 Soothing Visits 1:00 Friday Movie & Snacks 1:15 Relaxing & Essential Oils 2:00 Nail Care & Hand Lotions 3:00 Bingo 4:00 Piano Music with "TREVOR GIBSON" 4:30 Sports on T.V.</p>	<p>Resident Birthdays</p> <p>Carolynn G. 1/5 Anna M. C. 1/13 Lucille J. 1/27 Pamela M. 1/30</p>