

February Horizons at The Ridge

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| <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>Join us on February 12th @ 1:30pm Montecitos Dining Room live music with Ryan Collingwood</p> |  |  |  | <p>Join us on February 14th @ 10:00am Montecitos Dining Room live music with Luke Andreen</p> | <p>9:30 Daily Chronicle 10:00 Balloon Exercise 10:30 Reading Love Letters /Beverages 11:00 1:1 Soothing Visits 1:00 Courtyard Social 1:15 Relaxing & Essential Oils 1:30 Scenic Drive 2:00 Afternoon Snacks 3:30 Pictionary with Kasey 4:30 Sports on T.V.</p> |
| <p>Groundhog Day 2</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>9:30 Daily Chronicle 9:35 Bible Study & Hymns w/ Pastor Bob 3 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 3:00 Coffee or Hot Coco & Reminiscing 4:30 Sports on T.V.</p> | <p>9:30 Daily Chronicle 10:00 Chair Yoga Class 4 10:30 News Views & Beverages 11:00 1:1 Soothing Visits 1:00 Courtyard Social 1:15 Relaxing & Essential Oils 1:30 Afternoon Walk 2:00 Snacks & Music Throughout the Decades 2:30 Bingo 3:30 Happy Hour with "BROWN SUGAR OLDIES" 4:30 Sports on T.V.</p> | <p>"Spirit Wednesday "American Heart Month WEAR RED" 5</p> <p>9:30 Daily Chronicle 10:00 Balloon Exercise Class with Kasey 10:30 Reading Book #4 "Gallagher's Hope" & Beverages 11:00 1:1 Soothing Visits 1:00 Courtyard Social 1:15 Relaxing & Essential Oils 1:30 Puzzle Mania / Trivia 2:00 Snacks & Music Throughout the Decades 3:00 Memories in the Making with Diane & Kasey 4:30 Sports on T.V.</p> | <p>9:30 Daily Chronicle 10:00 Drum Fit Exercise Class with Kasey 6 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 3:00 Create! Arts & Crafts 4:30 Sports on T.V.</p> | <p>9:30 Daily Chronicle 10:00 Kickball Exercise 7 10:30 Reading Book #4 "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>9:30 Daily Chronicle 10:00 Balloon Exercise 8 10:30 Reading Love Letters /Beverages 11:00 1:1 Soothing Visits 1:00 Courtyard Social 1:15 Relaxing & Essential Oils 1:30 Scenic Drive 2:00 Afternoon Snacks 3:30 Pictionary with Kasey 4:30 Sports on T.V.</p> |
| <p>Super Bowl LIX "59" 9</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 Mike & Mandy "LOVE MUSIC CONCERT" 2:30 Poems with Aurora 2:45 Ukulele Sing Along with Bob Arii 4:30 Sports on T.V.</p> | <p>9:30 Daily Chronicle 10:00 Sing a-long with Dan Miller 10 11:00 1:1 Soothing Visits 1:15 Relaxing & Essential Oils 1:30 Bible Study & Hymns w/ Pastor Bob 2:00 Coffee or Hot Coco & Reminiscing 2:30 Exercise Class with Aurora 3:00 Movie & Popcorn 4:30 Sports on T.V.</p> | <p>9:30 Daily Chronicle 10:00 Chair Yoga Class 11 10:30 News Views & Beverages 11:00 1:1 Soothing Visits 1:00 Courtyard Social 1:15 Relaxing & Essential Oils 1:30 Afternoon Walk 2:00 Snacks & Music Throughout the Decades 2:30 Bingo 3:30 Happy Hour & Welcoming New Residents with "FIRST STRING BAND" 4:30 Sports on T.V.</p> | <p>"Spirit Wednesday "American Heart Month WEAR RED" 12</p> <p>9:30 Daily Chronicle 10:00 Balloon Exercise Class with Kasey 10:30 Reading Book #4 "Gallagher's Hope" & Beverages 11:00 1:1 Soothing Visits 1:00 Annual Valentine's Candy Bar "Sponsored by Comfort & Peace / Comfort & Thrive" 1:15 Relaxing & Essential Oils 1:30 Puzzle Mania / Trivia 1:30 Valentine's Elvis Show 2:00 Snacks & Music Throughout the Decades 3:00 Memories in the Making with Diane & Kasey 4:30 Sports on T.V.</p> | <p>9:30 Daily Chronicle 10:00 Drum Fit Exercise Class with Kasey 13 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>Happy Valentine's day 14</p> <p>9:30 Daily Chronicle 10:00 Valentine's Day Celebration with "LUKE ANDREEN" 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>9:30 Daily Chronicle 10:00 Balloon Exercise 15 10:30 Reading Love Letters /Beverages 11:00 1:1 Soothing Visits 1:00 Courtyard Social 1:15 Relaxing & Essential Oils 1:30 Scenic Drive 2:00 Afternoon Snacks 3:30 Pictionary with Kasey 4:30 Sports on T.V.</p> |
| <p>9:30 Daily Chronicle 10:15 LOVE ON A LEASH 16 11:00 1:1 Soothing Visits 1:15 Relaxing & Essential Oils 1:30 Balloon Exercise 2:30 St. Columba Church Service with Bill Bixby 2:45 Ukulele Sing Along with Bob Arii 4:30 Sports on T.V.</p> | <p>President's Day 17</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 3:00 Coffee or Hot Coco & Reminiscing 4:30 Sports on T.V.</p> | <p>9:30 Daily Chronicle 10:00 Chair Yoga Class 18 10:30 News Views & Beverages 11:00 1:1 Soothing Visits 1:00 Courtyard Social 1:15 Relaxing & Essential Oils 1:30 Afternoon Walk 2:00 Snacks & Music Throughout the Decades 2:30 Bingo 3:30 Happy Hour with "FIREBALL XPRESS" 4:30 Sports on T.V.</p> | <p>"Spirit Wednesday "American Heart Month WEAR RED" 19</p> <p>9:30 Daily Chronicle 10:00 Balloon Exercise Class with Kasey 10:30 Reading Book #4 "Gallagher's Hope" & Beverages 11:00 1:1 Soothing Visits 1:00 Courtyard Social 1:15 February Concert with "DOUBLE TAKE" 1:15 Relaxing & Essential Oils 1:30 Puzzle Mania / Trivia 2:00 Snacks & Music Throughout the Decades 3:00 Memories in the Making with Diane & Kasey 4:30 Sports on T.V.</p> | <p>9:30 Daily Chronicle 10:00 Drum Fit Exercise Class with Kasey 20 10:30 "HEY Google" & Beverages 11:00 1:1 Soothing Visits 1:00 Courtyard Social 1:15 Relaxing & Essential Oils 2:00 Afternoon Walks 3:00 Create! Arts & Crafts 4:30 Sports on T.V.</p> | <p>ALL STAFF MEETING 21</p> <p>9:30 Daily Chronicle 10:00 Kickball Exercise 10:30 Reading Book #4 "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>9:30 Daily Chronicle 10:00 Balloon Exercise 22 10:30 Reading Love Letters /Beverages 11:00 1:1 Soothing Visits 1:00 Courtyard Social 1:15 Relaxing & Essential Oils 1:30 Scenic Drive 2:00 Afternoon Snacks 3:30 Pictionary with Kasey 4:30 Sports on T.V.</p> |
| <p>9:30 Daily Chronicle 10:15 LOVE ON A LEASH 23 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>9:30 Daily Chronicle 10:00 Sing a-long with Dan Miller 24 11:00 1:1 Soothing Visits 1:15 Relaxing & Essential Oils 1:30 Exercise Class with Aurora 2:00 Did you Know? Game 2:30 Movie & Popcorn 3:00 Coffee or Hot Coco & Reminiscing 4:30 Sports on T.V.</p> | <p>9:30 Daily Chronicle 10:00 Chair Yoga Class 25 10:30 News Views & Beverages 11:00 1:1 Soothing Visits 1:00 Courtyard Social 1:15 Relaxing & Essential Oils 1:30 Afternoon Walk 2:00 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>"Spirit Wednesday "American Heart Month WEAR RED" 26</p> <p>9:30 Daily Chronicle 10:00 Balloon Exercise Class with Kasey 10:30 Reading Book #4 "Gallagher's Hope" & Beverages 11:00 1:1 Soothing Visits 1:00 Courtyard Social 1:15 Relaxing & Essential Oils 1:30 Puzzle Mania / Trivia 2:00 Snacks & Music Throughout the Decades 3:00 Memories in the Making with Diane & Kasey 4:30 Sports on T.V.</p> | <p>9:30 Daily Chronicle 10:00 February Concert with "PETER SELTSER" 27 10:30 "HEY Google" & Beverages 11:00 1:1 Soothing Visits 1:00 Courtyard Social 1:15 Relaxing & Essential Oils 2:00 Afternoon Walks 3:00 Create! Arts & Crafts 4:30 Sports on T.V.</p> | <p>9:30 Daily Chronicle 10:00 Kickball Exercise 28 10:30 Reading Book #4 "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>Happy Valentine's Day! Thank you for being such a wonderful friend!</p> |