



April Horizons at The Ridge

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>April Fool's Day 1</p> <p>9:30 Daily Chronicle 10:00 Chair Yoga Class 10:30 News Views & Beverages "Courtyard" 11:30 1:1 Soothing Visits 1:00 Relaxing & Essential Oils 1:15 Spring & Easter Crafts with Kasey 2:00 Snacks & Trivia 2:30 Bingo 3:30 Happy Hour with "BROWN SUGAR OLDIES" 4:30 Sports on T.V.</p>	<p>Spirit Wednesday "Wear Green" 2</p> <p>9:30 Daily Chronicle 10:00 Stretch & Cycling with Kasey 10:30 Reading Book #4 "Gallagher's Hope" & Beverages 11:30 1:1 Soothing Visits 1:00 Relaxing & Essential Oils 1:15 Axe Throwing Games 2:00 Snacks & Music Throughout the Decades 2:30 Afternoon Meditation 3:00 Spring Memories in the Making with Diane & Kasey 4:30 Sports on T.V.</p>	<p>3</p> <p>9:30 Daily Chronicle 10:00 Birdwatching in the Courtyard 10:30 Balloon Exercise Class with Kasey 11:30 1:1 Soothing Visits 1:00 Courtyard Social 1:00 Relaxing & Essential Oils 1:30 Gospel Music with STEVE & DIANE 3:00 Basketball, Shoot! 3:30 Courtyard Gardening 4:30 Sports on T.V.</p>	<p>4</p> <p>9:30 Daily Chronicle 10:00 Kickball Exercise 10:30 Reading Book #4 "Gallagher's Hope" & Beverages 11:30 1:1 Soothing Visits 1:00 Relaxing & Essential Oils 1:15 April History Lady "DVD" 2:00 Snacks 3:00 Bingo 4:00 Piano Music with "TREVOR GIBSON" 4:30 Sports on T.V.</p>	<p>5</p> <p>9:30 Daily Chronicle 10:00 Balloon Exercise 10:30 Pictionary 11:30 1:1 Soothing Visits 1:00 Courtyard Social 1:00 Relaxing & Essential Oils 2:00 Afternoon Snacks 3:30 Color Me Calm 4:30 Sports on T.V.</p>	
<p>9:30 Daily Chronicle 10:15 LOVE ON A LEASH 11:30 1:1 Soothing Visits 1:00 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>6</p> <p>9:30 Daily Chronicle 10:00 Sing-along with Dan Miller 11:30 1:1 Soothing Visits 1:00 Relaxing & Essential Oils 1:30 Bible Study & Hymns w/ Pastor Bob 2:30 Stretch and Strength with Aurora 3:00 Movie & Popcorn 4:30 Sports on T.V.</p>	<p>7</p> <p>9:30 Daily Chronicle 10:00 Sing-along with Dan Miller 11:30 1:1 Soothing Visits 1:00 Relaxing & Essential Oils 1:30 Bible Study & Hymns w/ Pastor Bob 2:30 Stretch and Strength with Aurora 3:00 Movie & Popcorn 4:30 Sports on T.V.</p>	<p>8</p> <p>9:30 Daily Chronicle 10:00 Chair Yoga Class 10:30 News Views & Beverages "Courtyard" 11:30 1:1 Soothing Visits 1:00 Relaxing & Essential Oils 1:15 Spring & Easter Crafts with Kasey 2:00 Snacks & Trivia 2:30 Bingo 3:30 Happy Hour & Welcome New Residents with "FIRST STRING BAND" 4:30 Sports on T.V.</p>	<p>9</p> <p>9:30 Daily Chronicle 10:00 Stretch & Cycling with Kasey 10:30 Reading Book #4 "Gallagher's Hope" & Beverages 11:30 1:1 Soothing Visits 1:00 Relaxing & Essential Oils 1:30 ELVIS CLASSIC SHOW 2:30 Afternoon Meditation 3:00 Spring Memories in the Making with Diane & Kasey 4:30 Sports on T.V.</p>	<p>10</p> <p>9:30 Daily Chronicle 10:00 Birdwatching in the Courtyard 10:30 Master Gardeners 10:30 Balloon Exercise Class with Kasey 11:30 1:1 Soothing Visits 1:00 Courtyard Social 1:00 Relaxing & Essential Oils 3:00 Basketball, Shoot! 3:30 Courtyard Gardening 4:30 Sports on T.V.</p>	<p>11</p> <p>9:30 Daily Chronicle 10:00 Kickball Exercise 10:30 Reading Book #4 "Gallagher's Hope" & Beverages 11:30 1:1 Soothing Visits 1:00 Relaxing & Essential Oils 1:15 Puzzlesmania 2:00 Snacks 3:00 Bingo 4:00 Piano Music with "TREVOR GIBSON" 4:30 Sports on T.V.</p>	<p>12</p> <p>Passover Begins 9:30 Daily Chronicle 10:00 Balloon Exercise 10:30 Pictionary 11:30 1:1 Soothing Visits 1:00 Courtyard Social 1:00 Relaxing & Essential Oils 2:00 Afternoon Snacks 3:30 Color Me Calm 4:30 Sports on T.V.</p>
<p>Palm Sunday 13</p> <p>9:30 Daily Chronicle 10:15 LOVE ON A LEASH 11:30 1:1 Soothing Visits 1:00 Relaxing & Essential Oils 1:30 Easter Concert with Taylor Johns 2:45 Ukulele Sing Along with Bob Arii 4:30 Sports on T.V.</p>	<p>14</p> <p>9:30 Daily Chronicle 9:35 Bible Study & Hymns w/ Pastor Bob 10:30 Exercise Class with Aurora 11:30 1:1 Soothing Visits 1:00 Relaxing & Essential Oils 1:30 Wheel of Fortune 2:30 Baked Goods and Poetry 2:30 Movie & Popcorn 3:00 Coffee or Hot Coco & Reminiscing 4:30 Sports on T.V.</p>	<p>15</p> <p>9:30 Daily Chronicle 10:00 Chair Yoga Class 10:30 News Views & Beverages "Courtyard" 11:30 1:1 Soothing Visits 1:00 Relaxing & Essential Oils 1:15 Spring & Easter Crafts with Kasey 2:00 Snacks & Trivia 2:30 Bingo 3:30 Happy Hour with "FIREBALL XPRESS" 4:30 Sports on T.V.</p>	<p>16</p> <p>9:30 Daily Chronicle 10:00 Stretch & Cycling with Kasey 10:30 Reading Book #4 "Gallagher's Hope" & Beverages 11:30 1:1 Soothing Visits 1:00 Relaxing & Essential Oils 1:15 April Concert with "Double Take" 2:30 Afternoon Meditation 3:00 Spring Memories in the Making with Diane & Kasey 4:30 Sports on T.V.</p>	<p>17</p> <p>9:30 Daily Chronicle 10:00 Birdwatching in the Courtyard 10:30 Balloon Exercise Class with Kasey 11:30 1:1 Soothing Visits 1:00 Courtyard Social 1:00 Relaxing & Essential Oils 3:00 Basketball, Shoot! 3:30 Courtyard Gardening 4:30 Sports on T.V.</p>	<p>18</p> <p>Good Friday 9:30 Daily Chronicle 10:00 Kickball Exercise 10:30 Reading Book #4 "Gallagher's Hope" & Beverages 11:30 1:1 Soothing Visits 1:00 Relaxing & Essential Oils 1:15 Salt Dough Crafts 2:00 Snacks 3:00 Bingo 4:00 Piano Music with "TREVOR GIBSON" 4:30 Sports on T.V.</p>	<p>19</p> <p>9:30 Daily Chronicle 10:00 Balloon Exercise 10:30 Courtyard Social 11:30 1:1 Soothing Visits 1:00 Movie and Popcorn 1:00 Relaxing & Essential Oils 2:00 Afternoon Snacks 3:30 Color Me Calm 4:30 Sports on T.V.</p>	
<p>Happy Easter 20</p> <p>9:30 Daily Chronicle 10:00 Easter Bunny Bash 10:15 LOVE ON A LEASH 11:30 1:1 Soothing Visits 1:00 Relaxing & Essential Oils 1:30 Easter Celebration with "BLUE ZONE BAND" 2:30 The Gazette 2:45 Ukulele Sing Along with Bob Arii 4:30 Sports on T.V.</p>	<p>Happy Birthday Michael G. 21</p> <p>9:30 Daily Chronicle 10:00 Sing-along with Dan Miller 11:30 1:1 Soothing Visits 1:00 Relaxing & Essential Oils 1:30 Bible Study & Hymns w/ Pastor Bob 3:00 Movie & Popcorn 3:00 Stretch and Strength with Aurora 4:30 Sports on T.V.</p>	<p>ALL STAFF MEETING 22</p> <p>9:30 Daily Chronicle 10:00 Chair Yoga Class 10:30 News Views & Beverages "Courtyard" 11:30 1:1 Soothing Visits 1:00 Relaxing & Essential Oils 1:15 Spring & Easter Crafts with Kasey 2:00 Mini Easter Egg Hunt "I Spy Game" 2:30 Bingo 3:30 Happy Hour "THE SUNSHINE GANG" 4:30 Sports on T.V.</p>	<p>Spirit Wednesday "Wear Green" 23</p> <p>9:30 Daily Chronicle 10:00 Stretch & Cycling with Kasey 10:30 Reading Book #4 "Gallagher's Hope" & Beverages 11:30 1:1 Soothing Visits 1:00 Relaxing & Essential Oils 1:15 Axe Throwing Games 2:00 Snacks & Music Throughout the Decades 2:30 Afternoon Meditation 3:00 Spring Memories in the Making with Diane & Kasey 4:30 Sports on T.V.</p>	<p>24</p> <p>9:30 Daily Chronicle 10:00 April Concert with "PETER SELTSE" 10:30 Balloon Exercise Class with Kasey 11:30 1:1 Soothing Visits 1:00 Courtyard Social 1:00 Relaxing & Essential Oils 3:00 Basketball, Shoot! 3:30 Courtyard Gardening 4:30 Sports on T.V.</p>	<p>25</p> <p>9:30 Daily Chronicle 10:00 Kickball Exercise 10:30 Reading Book #4 "Gallagher's Hope" & Beverages 11:30 1:1 Soothing Visits 1:00 Relaxing & Essential Oils 1:15 April History Lady "DVD" 2:00 Snacks 3:00 Bingo 4:00 Piano Music with "TREVOR GIBSON" 4:30 Sports on T.V.</p>	<p>26</p> <p>9:30 Daily Chronicle 10:00 Balloon Exercise 10:30 Pictionary 11:30 1:1 Soothing Visits 1:00 Courtyard Social 1:00 Relaxing & Essential Oils 2:00 Afternoon Snacks 3:30 Color Me Calm 4:30 Sports on T.V.</p>	
<p>9:30 Daily Chronicle 10:15 LOVE ON A LEASH 11:30 1:1 Soothing Visits 1:00 Relaxing & Essential Oils 1:30 Balloon Exercise 2:30 Short Stories with Aurora 2:45 Ukulele Sing Along with Bob Arii 4:30 Sports on T.V.</p>	<p>27</p> <p>9:30 Daily Chronicle 9:35 Bible Study & Hymns w/ Pastor Bob 10:30 Exercise Class with Aurora 11:30 1:1 Soothing Visits 1:00 Relaxing & Essential Oils 1:30 Wheel of Fortune 2:30 Baked Goods and Poetry 2:30 Movie & Popcorn 4:30 Sports on T.V.</p>	<p>28</p> <p>9:30 Daily Chronicle 9:35 Bible Study & Hymns w/ Pastor Bob 10:30 Exercise Class with Aurora 11:30 1:1 Soothing Visits 1:00 Relaxing & Essential Oils 1:30 Wheel of Fortune 2:30 Baked Goods and Poetry 2:30 Movie & Popcorn 4:30 Sports on T.V.</p>	<p>29</p> <p>9:30 Daily Chronicle 10:00 Chair Yoga Class 10:30 News Views & Beverages "Courtyard" 11:30 1:1 Soothing Visits 1:00 Relaxing & Essential Oils 1:15 Spring & Easter Crafts with Kasey 2:00 Snacks & Trivia 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>30</p> <p>9:30 Daily Chronicle 10:00 Stretch & Cycling with Kasey 10:30 Reading Book #4 "Gallagher's Hope" & Beverages 11:30 1:1 Soothing Visits 1:00 Relaxing & Essential Oils 1:15 Axe Throwing Games 2:00 Snacks & Music Throughout the Decades 2:30 Afternoon Meditation 3:00 Spring Memories in the Making with Diane & Kasey 4:30 Sports on T.V.</p>	<p>Resident Birthdays Michael G. 4/21</p>		