



May Horizons at The Ridge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Maritza Aguirre</i> Life Enrichment Director At The Ridge 800 Lantern Crest Way Santee, Ca 92071 Cell: (619) 495-5666 Maritza.aguirre@lanterncrest.com</p>		<p>Resident Birthdays</p> <p>Judy H. 5/8 Richie S. 5/12 Louise C. 5/18 John H. 5/18 Timothy D. R. 5/19</p>		<p>9:30 Daily Chronicle 10:00 Birdwatching in the Courtyard 10:30 Axe Throwing with Kasey 11:30 1:1 Soothing Visits 1:00 Sensory Games 1:15 Relaxing & Essential Oils 1:30 Gospel Music with "STEVE & DIANE" 2:00 Snacks & Trivia 2:30 Basketball, Shoot! 3:00 Doodles & Drawing Class 4:30 Sports on T.V.</p> <p style="text-align: right;">1</p>	<p>9:30 Daily Chronicle 10:00 Kickball Exercise 10:30 Reading Book #5 "Gallagher's Hope" & Beverages 11:30 1:1 Soothing Visits 1:30 History Lady "May" 2:00 Snacks & Music Throughout the Decades 3:00 Bingo 4:00 Piano Music with "TREVOR GIBSON" 4:30 Sports on T.V.</p> <p style="text-align: right;">2</p>	<p>Kentucky Derby 9:30 Daily Chronicle 10:00 Balloon Exercise 10:30 "What's On Your Mind" game 11:30 1:1 Soothing Visits 1:00 Relaxing & Essential Oils 1:30 Scenic Drive 2:00 Padres Game Day Party 3:00 Color Me Calm 3:00 Courtyard Social 4:30 Sports on T.V.</p> <p style="text-align: right;">3</p>
<p>May The Fourth Be With You! 9:30 Daily Chronicle 10:15 LOVE ON A LEASH 11:30 1:1 Soothing Visits 1:15 Relaxing & Essential Oils 1:30 Balloon Exercise 2:00 Snacks & Reminiscing 2:45 Ukulele Sing Along with Bob Arii 4:30 Sports on T.V.</p> <p style="text-align: right;">4</p>	<p>Cinco De Mayo 9:30 Daily Chronicle 10:00 Sing-along with Dan Miller 10:30 Exercise Class with Aurora 11:30 1:1 Soothing Visits 1:15 Relaxing & Essential Oils 1:30 Cinco De Mayo Celebration with "FIRST STRING BAND" 2:30 Movie & Popcorn 4:30 Sports on T.V.</p> <p style="text-align: right;">5</p>	<p>9:30 Daily Chronicle 10:00 Chair Yoga Class 10:30 News Views & Beverages "Courtyard" 11:30 1:1 Soothing Visits 1:15 May Flower Crafts with Kasey 1:15 Relaxing & Essential Oils 2:00 Snacks & Trivia 2:30 Bingo 3:30 Happy Hour with "BROWN SUGAR OLDIES" 4:30 Sports on T.V.</p> <p style="text-align: right;">6</p>	<p>Spirit Wednesday "Florals" 9:30 Daily Chronicle 10:00 Stretch & Cycling with Kasey 10:30 Reading Book #5 "Gallagher's Hope" & Beverages 11:30 1:1 Soothing Visits 1:15 Balloon Games 1:15 Relaxing & Essential Oils 2:00 Snacks & Music Throughout the Decades 2:30 Afternoon Meditation 3:00 Mother's Day Memories in the Making with Diane & Kasey 4:30 Sports on T.V.</p> <p style="text-align: right;">7</p>	<p>Happy Birthday Judy H. 9:30 Daily Chronicle 10:00 Birdwatching in the Courtyard 10:30 Axe Throwing with Kasey 11:30 1:1 Soothing Visits 1:00 Pictionary with Kasey 1:15 Relaxing & Essential Oils 2:00 Snacks & Trivia 2:30 Basketball, Shoot! 3:00 Doodles & Drawing Class 4:30 Sports on T.V.</p> <p style="text-align: right;">8</p>	<p>9:30 Daily Chronicle 10:00 Kickball Exercise 10:30 Reading Book #5 "Gallagher's Hope" & Beverages 11:30 1:1 Soothing Visits 1:15 Friday Movie & Snacks 1:15 Relaxing & Essential Oils 2:00 Snacks & Music Throughout the Decades 3:00 Bingo 4:00 Piano Music with "TREVOR GIBSON" 4:30 Sports on T.V.</p> <p style="text-align: right;">9</p>	<p>9:30 Daily Chronicle 10:00 Mother's Day Tea Party 11:30 1:1 Soothing Visits 1:15 Relaxing & Essential Oils 1:30 Scenic Drive 2:00 Afternoon Snacks & Trivia 3:00 Color Me Calm 3:30 Courtyard Social 4:30 Sports on T.V.</p> <p style="text-align: right;">10</p>
<p>Happy Mother's day 9:30 Daily Chronicle 10:00 Mother's Day Celebration with "TAYLOR JOHNS" 10:15 LOVE ON A LEASH 11:00 Mother's Day Tea with "BLUE ZONE" 11:30 1:1 Soothing Visits 1:15 Relaxing & Essential Oils 1:30 Balloon Exercise 2:00 Snacks & Reminiscing 2:30 Ukulele Sing Along with Aurora 4:30 Sports on T.V.</p> <p style="text-align: right;">11</p>	<p>Happy Birthday Richie S. 9:30 Daily Chronicle 10:00 Exercise Class with Aurora 10:30 Courtyard Social 11:30 1:1 Soothing Visits 1:15 Relaxing & Essential Oils 1:30 Wheel of Fortune 2:00 Baked Goods Social 2:30 Movie & Popcorn 4:30 Sports on T.V.</p> <p style="text-align: right;">12</p>	<p>9:30 Daily Chronicle 10:00 Chair Yoga Class 10:30 News Views & Beverages "Courtyard" 11:30 1:1 Soothing Visits 1:15 May Flower Crafts with Kasey 1:15 Relaxing & Essential Oils 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 style="text-align: right;">13</p>	<p>Spirit Wednesday "Florals" 9:30 Daily Chronicle 10:00 Stretch & Cycling with Kasey 10:30 Reading Book #5 "Gallagher's Hope" & Beverages 11:30 1:1 Soothing Visits 1:15 Balloon Games 1:15 Relaxing & Essential Oils 2:00 Snacks & Music Throughout the Decades 2:30 Afternoon Meditation 3:00 Mother's Day Memories in the Making with Diane & Kasey 4:30 Sports on T.V.</p> <p style="text-align: right;">14</p>	<p>9:30 Daily Chronicle 10:00 Birdwatching in the Courtyard 10:30 Axe Throwing with Kasey 11:30 1:1 Soothing Visits 1:00 Sensory Games 1:15 Relaxing & Essential Oils 2:00 Snacks & Trivia 2:30 Basketball, Shoot! 3:00 Doodles & Drawing Class 4:30 Sports on T.V.</p> <p style="text-align: right;">15</p>	<p>9:30 Daily Chronicle 10:00 Kickball Exercise 10:30 Reading Book #5 "Gallagher's Hope" & Beverages 11:30 1:1 Soothing Visits 1:15 Friday Movie & Snacks 1:15 Relaxing & Essential Oils 2:00 Snacks & Music Throughout the Decades 3:00 Bingo 4:00 Piano Music with "TREVOR GIBSON" 4:30 Sports on T.V.</p> <p style="text-align: right;">16</p>	<p>9:30 Daily Chronicle 10:00 Balloon Exercise 10:30 "What's On Your Mind" game 11:30 1:1 Soothing Visits 1:15 Relaxing & Essential Oils 1:30 Scenic Drive 3:00 Color Me Calm 3:30 Courtyard Social 4:30 Sports on T.V.</p> <p style="text-align: right;">17</p>
<p>happy birthday Louise C. & John H. 9:30 Daily Chronicle 10:15 LOVE ON A LEASH 11:30 1:1 Soothing Visits 1:15 Relaxing & Essential Oils 1:30 Balloon Exercise 2:00 Snacks & Reminiscing 2:00 St. Columba Church Service with Bill Bixby 3:00 Did You Know Game? 4:30 Sports on T.V.</p> <p style="text-align: right;">18</p>	<p>Happy Birthday Timothy D.R. 9:30 Daily Chronicle 10:00 Sing-along with Dan Miller 11:30 1:1 Soothing Visits 1:15 Relaxing & Essential Oils 1:30 Exercise Class with Aurora 2:00 Baked Goods Social 2:30 Movie & Popcorn 4:30 Sports on T.V.</p> <p style="text-align: right;">19</p>	<p>9:30 Daily Chronicle 10:00 Chair Yoga Class 10:30 News Views & Beverages "Courtyard" 11:30 1:1 Soothing Visits 1:15 May Flower Crafts with Kasey 1:15 Relaxing & Essential Oils 2:00 Snacks & Trivia 2:30 Bingo 3:30 Happy Hour with "FIREBALL XPRESS" 4:30 Sports on T.V.</p> <p style="text-align: right;">20</p>	<p>Spirit Wednesday "Florals" 9:30 Daily Chronicle 10:00 Stretch & Cycling with Kasey 10:30 Reading Book #5 "Gallagher's Hope" & Beverages 11:30 1:1 Soothing Visits 1:15 May Concert with "DOUBLE TAKE" 1:15 Relaxing & Essential Oils 2:30 Afternoon Meditation 2:30 Snacks & Music Throughout the Decades 3:00 Mother's Day Memories in the Making with Diane & Kasey 4:30 Sports on T.V.</p> <p style="text-align: right;">21</p>	<p>ALL STAFF MEETING 9:30 Daily Chronicle 10:00 Birdwatching in the Courtyard 10:30 Axe Throwing with Kasey 11:30 1:1 Soothing Visits 1:00 Pictionary with Kasey 1:15 Relaxing & Essential Oils 2:00 Snacks & Trivia 2:30 Basketball, Shoot! 3:00 Doodles & Drawing Class 4:30 Sports on T.V.</p> <p style="text-align: right;">22</p>	<p>9:30 Daily Chronicle 10:00 Kickball Exercise 10:30 Reading Book #5 "Gallagher's Hope" & Beverages 11:30 1:1 Soothing Visits 1:15 History Lady "May" 1:15 Relaxing & Essential Oils 2:00 Snacks & Music Throughout the Decades 3:00 Bingo 4:00 Piano Music with "TREVOR GIBSON" 4:30 Sports on T.V.</p> <p style="text-align: right;">23</p>	<p>9:30 Daily Chronicle 10:00 Balloon Exercise 10:30 "What's On Your Mind" game 11:30 1:1 Soothing Visits 1:15 Relaxing & Essential Oils 1:30 Scenic Drive 2:00 Afternoon Snacks & Trivia 2:00 Padres Game Day Party 3:00 Color Me Calm 3:30 Courtyard Social 4:30 Sports on T.V.</p> <p style="text-align: right;">24</p>
<p>9:30 Daily Chronicle 10:15 LOVE ON A LEASH 11:30 1:1 Soothing Visits 1:15 Relaxing & Essential Oils 1:30 Balloon Exercise 2:00 Snacks & Reminiscing 2:45 Ukulele Sing Along with Bob Arii 4:30 Sports on T.V.</p> <p style="text-align: right;">25</p>	<p>Memorial Day 9:30 Daily Chronicle 9:35 Bible Study & Hymns w/ Pastor Bob 10:30 Exercise Class with Aurora 11:30 1:1 Soothing Visits 1:15 Relaxing & Essential Oils 1:30 Wheel of Fortune 2:00 Baked Goods Social 2:30 Movie & Popcorn 4:30 Sports on T.V.</p> <p style="text-align: right;">26</p>	<p>9:30 Daily Chronicle 10:00 Chair Yoga Class 10:30 Memorial Day Trivia & Beverages "Courtyard" 11:30 1:1 Soothing Visits 1:15 May Flower Crafts with Kasey 1:15 Relaxing & Essential Oils 2:00 Snacks & Trivia 2:30 Bingo 3:30 Happy Hour with "THE SOPHISTICATS" 4:30 Sports on T.V.</p> <p style="text-align: right;">27</p>	<p>Spirit Wednesday "Florals" 9:30 Daily Chronicle 10:00 May Concert with "PETER SELTSER" 11:30 1:1 Soothing Visits 1:15 Balloon Games 1:15 Relaxing & Essential Oils 2:00 Padres Game Day Party 2:30 Afternoon Meditation 3:00 Mother's Day Memories in the Making with Diane & Kasey 4:30 Sports on T.V.</p> <p style="text-align: right;">28</p>	<p>9:30 Daily Chronicle 10:00 Birdwatching in the Courtyard 10:30 Axe Throwing with Kasey 11:30 1:1 Soothing Visits 1:00 Sensory Games 1:15 Relaxing & Essential Oils 2:00 Snacks & Trivia 2:30 Basketball, Shoot! 3:00 Doodles & Drawing Class 4:30 Sports on T.V.</p> <p style="text-align: right;">29</p>	<p>9:30 Daily Chronicle 10:00 Kickball Exercise 10:30 Reading Book #5 "Gallagher's Hope" & Beverages 11:30 1:1 Soothing Visits 1:15 Friday Movie & Snacks 1:15 Relaxing & Essential Oils 2:00 Snacks & Music Throughout the Decades 3:00 Bingo 4:00 Piano Music with "TREVOR GIBSON" 4:30 Sports on T.V.</p> <p style="text-align: right;">30</p>	<p>9:30 Daily Chronicle 10:00 Balloon Exercise 10:30 "What's On Your Mind" game 11:30 1:1 Soothing Visits 1:15 Relaxing & Essential Oils 1:30 Scenic Drive 2:00 Afternoon Snacks & Trivia 3:00 Color Me Calm 3:30 Courtyard Social 4:30 Sports on T.V.</p> <p style="text-align: right;">31</p>