

September Horizons at The Ridge						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Labor Day Relaxing & Essential Oils 9:30 Daily Chronicle 10:00 Exercise Class 10:30 Courtyard Social 11:30 1:1 Soothing Visits 1:30 Labor Day Celebration with "Gregory Page" 2:30 Wheel of Fortune 3:00 Movie & Popcorn 4:30 Sports on T.V.	Relaxing & Essential Oils 9:30 Daily Chronicle 10:00 Stretch and Strength with Kasey 10:30 Reading & Beverages 11:30 1:1 Soothing Visits 1:30 Axe Throwing Games 2:00 Snacks & Famous Faces 2:30 Bingo 3:30 Happy Hour with "BROWN SUGAR OLDIES" 4:30 Sports on T.V.	Relaxing & Essential Oils Spirit Wednesday "Wear Favorite APRON" 9:30 Daily Chronicle 9:45 Courtyard Gardening 10:00 Balloon Exercise Class with Kasey 10:30 Pictionary & Beverages 11:30 1:1 Soothing Visits 1:15 Padres Watch Party 2:00 Snacks & Social 2:30 Target Practice 3:00 Memories in the Making with Diane & Kasey 4:30 Sports on T.V.	Relaxing & Essential Oils 9:30 Daily Chronicle 10:00 Kickball Exercise 10:30 Reading & Beverages 11:30 1:1 Soothing Visits 1:30 Gospel Music with STEVE & DIANE 2:30 Snacks & Meditation 3:00 Puzzle Mania 4:30 Sports on T.V.	Relaxing & Essential Oils 9:30 Daily Chronicle 10:00 Cycle Though Nature 10:30 Reminiscing & Beverages 11:30 1:1 Soothing Visits 1:15 Friday Movie & Ice Cream 2:00 LOVE ON A LEASH 2:00 Snacks & Finish The Phrase 3:00 Bingo 4:30 Piano Music with "TREVOR GIBSON" 4:30 Sports on T.V.	Relaxing & Essential Oils 9:30 Daily Chronicle 10:00 Seated Yoga Stretch 10:30 Trivia Game & Beverages 11:30 1:1 Soothing Visits 1:30 Scenic Drive 2:00 Social & Snacks 3:30 Lemonade & Fishing 4:30 Sports on T.V.
Grandparents Day Relaxing & Essential Oils 9:30 Daily Chronicle 10:15 LOVE ON A LEASH 10:30 Watering Garden 11:00 Grandparents Day Celebration with "BLUE ZONE BAND" 11:30 1:1 Soothing Visits 1:30 Grandparents Day Celebration with "TAYLOR" 2:00 Snacks & Reminiscing 2:30 Reading Poems 2:45 Ukulele Sing Along with Bob Arii 4:30 Sports on T.V.	Relaxing & Essential Oils 9:30 Daily Chronicle 10:00 Sing-along with Dan Miller 11:30 1:1 Soothing Visits 1:30 Bible Study & Hymns w/ Pastor Bob 2:00 Snacks 2:30 Movie & Popcorn 4:30 Sports on T.V.	Relaxing & Essential Oils 9:30 Daily Chronicle 10:00 Stretch and Strength with Kasey 10:30 Reading & Beverages 11:30 1:1 Soothing Visits 1:30 Axe Throwing Games 2:00 Snacks & Famous Faces 2:30 Bingo 3:30 Happy Hour & Welcome New Residents with "FIRST STRING BAND" 4:30 Sports on T.V.	Relaxing & Essential Oils Spirit Wednesday "Wear Favorite APRON" 9:30 Daily Chronicle 9:45 Courtyard Gardening 10:00 Balloon Exercise Class with Kasey 10:30 Pictionary & Beverages 11:30 1:1 Soothing Visits 1:30 Basketball, Hot Shoot! 2:00 Snacks & Social 2:30 Tidy Crew 3:00 Memories in the Making with Diane & Kasey 4:30 Sports on T.V.	Relaxing & Essential Oils 9:30 Daily Chronicle 10:00 Kickball Exercise 10:30 Reading & Beverages 11:30 1:1 Soothing Visits 1:30 Cookie Decorating 2:00 Snacks & Music 3:00 Hangman Game 4:30 Sports on T.V.	Relaxing & Essential Oils 9:30 Daily Chronicle 10:00 Cycle Though Nature 10:30 Reminiscing & Beverages 11:30 1:1 Soothing Visits 1:15 Friday Movie & Root Beer Floats 2:00 Snacks & Finish The Phrase 3:00 Bingo 4:30 Piano Music with "TREVOR GIBSON" 4:30 Sports on T.V.	Relaxing & Essential Oils 9:30 Daily Chronicle 10:00 Seated Yoga Stretch 10:30 Trivia Game & Beverages 11:30 1:1 Soothing Visits 1:30 Scenic Drive 2:00 Social & Snacks 3:30 Lemonade & Mad libs 4:30 Sports on T.V.
Relaxing & Essential Oils 9:30 Daily Chronicle 10:30 Balloon Exercise 10:30 Beverages Social 11:30 1:1 Soothing Visits 1:30 List it Game 2:00 Snacks 2:30 Reading Poems 2:45 Ukulele Sing Along with Bob Arii 4:30 Sports on T.V.	Relaxing & Essential Oils 9:30 Daily Chronicle 9:35 Bible Study & Hymns w/ Pastor Bob 10:30 Travel Talks 11:30 1:1 Soothing Visits 1:30 Afternoon Walk & Stretch 2:00 Snacks 2:30 Magazine & Nail Care 3:30 Color me Calm 4:30 Sports on T.V.	Relaxing & Essential Oils 9:30 Daily Chronicle 10:00 Stretch and Strength with Kasey 10:30 Reading & Beverages 11:30 1:1 Soothing Visits 1:30 Axe Throwing Games 2:00 Snacks & Famous Faces 2:30 Bingo 3:30 Happy Hour with "FIREBALL XPRESS" 4:30 Sports on T.V.	Relaxing & Essential Oils Spirit Wednesday "Wear Favorite APRON" 9:30 Daily Chronicle 9:45 Courtyard Gardening 10:00 Balloon Exercise Class with Kasey 10:30 Pictionary & Beverages 11:30 1:1 Soothing Visits 1:15 September Concert with "DOUBLE TAKE" 2:00 Snacks & Social 2:30 Target Practice 3:00 Memories in the Making with Diane & Kasey 4:30 Sports on T.V.	Relaxing & Essential Oils 9:30 Daily Chronicle 10:00 Padres Watching Party 11:30 1:1 Soothing Visits 1:30 Corn Hole Games 2:00 Snacks & Music Trivia 2:30 Puzzle Mania 3:00 Kickball Exercise 4:30 Sports on T.V.	Relaxing & Essential Oils 9:30 Daily Chronicle 10:00 Cycle Though Nature 10:30 Reminiscing & Beverages 11:30 1:1 Soothing Visits 1:15 Friday Movie & Ice Cream 2:00 LOVE ON A LEASH 2:00 Snacks & Finish The Phrase 3:00 Bingo 4:30 Piano Music with "TREVOR GIBSON" 4:30 Sports on T.V.	Relaxing & Essential Oils 9:30 Daily Chronicle 10:00 Seated Yoga Stretch 10:30 Trivia Game & Beverages 11:30 1:1 Soothing Visits 1:30 Scenic Drive 2:00 Social & Snacks 3:30 Lemonade & Fishing 4:30 Sports on T.V.
Relaxing & Essential Oils 9:30 Daily Chronicle 10:15 LOVE ON A LEASH 10:30 Watering Garden 11:30 1:1 Soothing Visits 1:30 Balloon Exercise 2:00 Snacks & Reminiscing 2:00 St. Columba Church Service with Bill Bixby 2:45 Ukulele Sing Along with Bob Arii 4:30 Sports on T.V.	ALL STAFF MEETING Autumn Begins Relaxing & Essential Oils 9:30 Daily Chronicle 10:00 Sing-along with Dan Miller 11:30 1:1 Soothing Visits 1:30 Bible Study & Hymns w/ Pastor Bob 2:00 Baked Goods Social 2:30 Movie & Popcorn 4:30 Sports on T.V.	Relaxing & Essential Oils 9:30 Daily Chronicle 10:00 Stretch and Strength with Kasey 10:30 Reading & Beverages 11:30 1:1 Soothing Visits 1:30 Axe Throwing Games 2:00 Snacks & Famous Faces 2:30 Bingo 3:30 Happy Hour with "THE SUNSHINE GANG" 4:30 Sports on T.V.	Relaxing & Essential Oils Spirit Wednesday "Wear Favorite APRON" 9:30 Daily Chronicle 9:45 Courtyard Gardening 10:00 Balloon Exercise Class with Kasey 10:30 Pictionary & Beverages 11:30 1:1 Soothing Visits 1:00 Padres Watching Party 1:30 September Concert with "UNWIND MUSIC DUO ROBIN & CYNTHIA" 2:00 Snacks & Social 2:30 Tidy Crew 3:00 Memories in the Making with Diane & Kasey 4:30 Sports on T.V.	Relaxing & Essential Oils 9:30 Daily Chronicle 10:00 September Concert with "PETER SELTSE" 11:30 1:1 Soothing Visits 1:30 Corn Hole Games 2:00 Snacks & Music Trivia 2:30 Hangman Game 3:00 Kickball Exercise 4:30 Sports on T.V.	Relaxing & Essential Oils 9:30 Daily Chronicle 10:00 Cycle Though Nature 10:30 Reminiscing & Beverages 11:30 1:1 Soothing Visits 1:15 Friday Movie & Root Beer Floats 2:00 Snacks & Finish The Phrase 3:00 Bingo 4:30 Piano Music with "TREVOR GIBSON" 4:30 Sports on T.V.	Relaxing & Essential Oils 9:30 Daily Chronicle 10:00 Seated Yoga Stretch 10:30 Trivia Game & Beverages 11:30 1:1 Soothing Visits 1:30 Scenic Drive 2:00 Social & Snacks 3:30 Lemonade & Mad libs 4:30 Sports on T.V.
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