September Horizons at The Ridge Sunday Monday Tuesday Wednesday Thursday Friday Saturday Relaxing & Essential Oils Relaxing & Essential Oils Relaxing & Essential Oils Relaxing & Essential Oils **Relaxing & Essential Oils** Spirit Wednesday "Wear Favorite **Relaxing & Essential Oils** 9:30 Daily Chronicle 9:30 Daily Chronicle 9:30 Daily Chronicle 9:30 Daily Chronicle 10:00 Stretch and Strength with 9:30 Daily Chronicle 10:00 Cycle Though Nature 10:00 Kickball Exercise 10:00 Seated Yoga Stretch 9:30 Daily Chronicle 0:00 Exercise Class 10:30 Reminiscing & Beverages 9:45 Courtyard Gardening 10:30 Reading & Beverages 10:30 Trivia Game & Beverages 10:30 Reading & Beverages 0:30 Courtvard Social 11:30 1:1 Soothing Visits 10:00 Balloon Exercise Class with Kasey 11:30 1:1 Soothing Visits 11:30 **1:1 Soothing Visits** 1:30 1:1 Soothing Visits 11:30 **1:1 Soothing Visits** 10:30 Pictionary & Beverages 1:15 Friday Movie & Ice Cream 11:30 1:1 Soothing Visits 1:30 Labor Day Celebration with "Gregory 1:30 Axe Throwing Games 1:30 Gospel Music with STEVE & 2:00 LOVE ON A LEASH 1:30 Scenic Drive Lantern Crest 1:15 Padres Watch Party 2:00 Snacks & Famous Faces DIANE Page" 2:00 Snacks & Finish The Phrase 2:00 Social & Snacks 2:00 Snacks & Social 2:30 Wheel of Fortune 2:30 **Bingo** 3:00 **Bingo** 2:30 Snacks & Meditation 3:30 Lemonade & Fishing 2:30 Target Practice 3:30 Happy Hour with "BROWN SUGAR 3:00 Movie & Popcorn 4:30 Piano Music with "TREVOR GIBSON" 3:00 Memories in the Making with Diane & Kasey 3:00 Puzzle Mania 4:30 **Sports on T.V. 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Relaxing & Essential Oils** Relaxing & Essential Oils Relaxing & Essential Oils **Relaxing & Essential Oils Relaxing & Essential Oils Relaxing & Essential Oils** Relaxing & Essential Oils Spirit Wednesday "Wear Favorite 9:30 Daily Chronicle APRON 10:00 Stretch and Strength with 10:00 Cycle Though Nature 10:15 LOVE ON A LEASH 10:00 Sing-along with Dan 9:30 Daily Chronicle 10:00 Seated Yoga Stretch 10:00 Kickball Exercise Kasey 10:30 Reminiscing & Beverages 9:45 Courtyard Gardening 10:30 Watering Garden 10:30 Trivia Game & Beverages 10:30 Reading & Beverages 10:30 Reading & Beverages 10:00 Balloon Exercise Class with Kasey 11:30 1:1 Soothing Visits 11:00 Grandparents Day Celebration with "BLUE 11:30 1:1 Soothing Visits 11:30 **1:1 Soothing Visits** 11:30 **1:1 Soothing Visits** ZONE BAND' 10:30 Pictionary & Beverages 11:30 **1:1 Soothing Visits** 1:15 Friday Movie & Root Beer Floats 1:30 Axe Throwing Games 11:30 1:1 Soothing Visits 1:30 Bible Study & Hymns w/ 11:30 1:1 Soothing Visits 1:30 Scenic Drive 2:00 Snacks & Finish The Phrase 1:30 Cookie Decorating 1:30 Grandparents Day Celebration with "TAYLOR" 2:00 Snacks & Famous Faces 1:30 Basketball, Hot Shoot! **Pastor Bob** 3:00 Bingo 2:00 Social & Snacks 2:30 **Bingo** 2:00 Snacks & Reminiscing 2:00 Snacks & Social 2:00 Snacks & Music 4:30 Piano Music with "TREVOR GIBSON" 2:00 Snacks 2:30 Reading Poems 3:30 Happy Hour & Welcome New Residents 2:30 Tidy Crew 3:30 Lemonade & Mad libs 3:00 Hangman Game 4:30 **Sports on T.V.** 2:45 Ukulele Sing Along with Bob Arii 3:00 Memories in the Making with Diane & Kasey 2:30 Movie & Popcorn with "FIRST STRING BAND" 4:30 **Sports on T.V.** 4:30 Sports on T.V. 4:30 Sports on T.V. 4:30 **Sports on T.V.** 4:30 Sports on T.V. 4:30 **Sports on T.V.** Relaxing & Essential Oils **Relaxing & Essential Oils** Relaxing & Essential Oils **Relaxing & Essential Oils Relaxing & Essential Oils Relaxing & Essential Oils Relaxing & Essential Oils** Spirit Wednesday "Wear Favorite 9:30 Daily Chronicle 9:35 Bible Study & Hymns w/ 10:00 Stretch and Strength with 10:00 Cycle Though Nature 10:30 Balloon Exercise 10:00 Padres Watching 9:30 Daily Chronicle 10:00 Seated Yoga Stretch Pastor Bob 10:30 Reminiscing & Beverages 10:30 Beverages Social 9:45 Courtyard Gardening 10:30 Trivia Game & Beverages 10:30 Travel Talks 10:30 Reading & Beverages 10:00 Balloon Exercise Class with Kasey 11:30 1:1 Soothing Visits 11:30 **1:1 Soothing Visits** 11:30 **1:1 Soothing Visits** 11:30 **1:1 Soothing Visits** 11:30 1:1 Soothing Visits 11:30 1:1 Soothing Visits 10:30 Pictionary & Beverages 1:15 Friday Movie & Ice Cream 1:30 List it Game 11:30 1:1 Soothing Visits 1:30 Corn Hole Games 2:00 LOVE ON A LEASH 1:30 Afternoon Walk & Stretch 1:30 Axe Throwing Games 1:30 Scenic Drive 2:00 Snacks 1:15 September Concert with "DOUBLE TAKE" 2:00 Snacks & Famous Faces 2:00 Snacks 2:00 Snacks & Music Trivia 2:00 Snacks & Finish The Phrase 2:00 Social & Snacks 2:00 Snacks & Social 2:30 Reading Poems 2:30 Magazine & Nail Care 2:30 **Bingo** 3:00 **Bingo** 2:30 Puzzle Mania 3:30 Lemonade & Fishing 2:30 Target Practice 2:45 Ukulele Sing Along with Bob Arii 3:30 Happy Hour with "FIREBALL XPRESS 3:30 Color me Calm 4:30 Piano Music with "TREVOR GIBSON" 3:00 Memories in the Making with Diane & Kasey 3:00 Kickball Exercise 4:30 **Sports on T.V.** 4:30 Sports on T.V. 4:30 **Sports on T.V.** Relaxing & Essential Oils Relaxing & Essential Oils **Relaxing & Essential Oils Relaxing & Essential Oils ALL STAFF MEETING Relaxing & Essential Oils Relaxing & Essential Oils** Spirit Wednesday "Wear Favorite 9:30 Daily Chronicle 9:30 Daily Chronicle 9:30 Daily Chronicle **Autumn Begins** 9:30 Daily Chronicle 9:30 Daily Chronicle **APRON** 10:15 LOVE ON A LEASH **Relaxing & Essential Oils** 10:00 Cycle Though Nature 10:00 Stretch and Strength with 9:30 Daily Chronicle 10:00 September Concert 10:00 Seated Yoga Stretch 9:30 Daily Chronicle 10:30 Reminiscing & Beverages 10:30 Watering Garden <u>Kasey</u> 9:45 Courtyard Gardening with "PETER SELTSER" 10:30 Trivia Game & Beverages 10:00 Sing-along with Dan Miller 10:30 Reading & Beverages 11:30 1:1 Soothing Visits 11:30 1:1 Soothing Visits 10:00 Balloon Exercise Class with Kasey 11:30 **1:1 Soothing Visits** 11:30 **1:1 Soothing Visits** 11:30 1:1 Soothing Visits 11:30 1:1 Soothing Visits 10:30 Pictionary & Beverages 1:15 Friday Movie & Root Beer Floats 1:30 Balloon Exercise 11:30 1:1 Soothing Visits 1:30 Corn Hole Games 1:30 Scenic Drive 2:00 Snacks & Reminiscing 1:30 Bible Study & Hymns w/ Pastor Bob 1:30 Axe Throwing Games 2:00 Snacks & Finish The Phrase 2:00 Snacks & Famous Faces 2:00 Snacks & Music Trivia 2:00 St. Columba Church Service with Bill 2:00 Baked Goods Social 3:00 **Bingo** 2:00 Social & Snacks 1:30 September Concert with "UNWIND MUSIC DUC 2:30 Movie & Popcorn 2:30 **Bingo** 4:30 Piano Music with "TREVOR GIBSON" 2:30 Hangman Game RÓBIN & CYNTHIA" 3:30 Lemonade & Mad libs 2:45 Ukulele Sing Along with Bob Arii 3:30 Happy Hour with "THE SUNSHINE 4:30 **Sports on T.V.** 2:00 Snacks & Social 4:30 **Sports on T.V.** 3:00 Kickball Exercise 4:30 **Sports on T.V.** 4:30 Sports on T.V. 2:30 Tidy Crew 4:30 **Sports on T.V.** 3:00 Memories in the Making with Diane & Kasey 4:30 **Sports on T.V.** 4:30 Sports on T.V. Relaxing & Essential Oils **Relaxing & Essential Oils Relaxing & Essential Oils** Maritza Aguirre 9:30 Daily Chronicle 9:30 Daily Chronicle 9:30 Daily Chronicle 10:00 Stretch and Strength with Life Enrichment Director 9:35 Bible Study & Hymns w/ 10:30 Watering Garden Every Wednesday, show off Pastor Bob At The Ridge 11:30 **1:1 Soothing Visits** 10:30 Reading & Beverages your kitchen flair and 10:30 Exercise Class with Aurora in the 11:30 1:1 Soothing Visits creative flair-wear your 1:30 Balloon Exercise Courtyard **Resident Birthdays** 800 Lantern Crest Way 1:30 Axe Throwing Games favorite APRON and join 2:00 Snacks & Reminiscing 11:30 1:1 Soothing Visits 2:00 Snacks & Famous Faces 9/28 Santee, Ca 92071 Shirley P. the fun! Whether it's frilly, 1:30 Wheel of Fortune 2:30 Reading Poems funny, floral, or festive, 2:00 Baked Goods Social Cell: (619) 495-5666 2:45 Ukulele Sing Along with Bob 3:30 Happy Hour & Birthday Celebration with your apron is your spirit 2:30 Movie & Popcorn "THE SOPHISTICATS" Cakes Sponsored

4:30 **Sports on T.V.**

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badge for the day!

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