

November Horizons at The Ridge						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
November cont'd 30 Relaxing & Essential Oils 9:30 Lounge Chat & Daily Chronicle 10:00 <i>New Views and Horoscopes & Beverages</i> 11:30 1:1 Soothing Visits 1:30 <i>Balloon Exercise</i> 2:00 <i>Snacks & Reminiscing</i> 2:30 <i>Afternoon Stretch</i> 2:45 <i>Ukulele Sing Along with Bob Arie</i> 4:30 <i>Sports on T.V.</i>	 Happy Birthday Mary Ann S. Relaxing & Essential Oils 9:30 Lounge Chat & Daily Chronicle 10:00 <i>Sing-along with Dan Miller</i> 11:30 1:1 Soothing Visits 1:30 <i>Bible Study & Hymns w/ Pastor Bob</i> 2:00 <i>Baked Goods Social</i> 2:15 <i>Afternoon Stretch</i> 2:30 <i>Movie & Popcorn</i> 4:30 <i>Sports on T.V.</i>	Resident Birthdays Mary Ann S. 11/3 Pearl B. 11/19 Rosemary B. 11/24	 Relaxing & Essential Oils <i>Spirit Wednesday "Flannels & Thankful Quote T-Shirts"</i> 9:30 Lounge Chat & Daily Chronicle 10:00 <i>November Concert with "Peter Seltser"</i> 10:30 <i>Beverages & Finish the Phrase</i> 11:30 1:1 Soothing Visits 1:30 <i>Ping Pong / Trivia</i> 2:00 <i>Snacks & Faces & Places</i> 3:00 <i>Memories in the Making with Diane & Kasey</i> 4:30 <i>Sports on T.V.</i>	Maritza Aguirre Life Enrichment Director At The Ridge 800 Lantern Crest Way Santee, Ca 92071 Cell: (619) 495-5666 Maritza.aguirre@lanterncrest.com	 Relaxing & Essential Oils 9:30 Lounge Chat & Daily Chronicle 10:00 <i>Drum Fit Exercise Class</i> 10:30 <i>Book Club & Beverages</i> 11:30 1:1 Soothing Visits 1:30 <i>Friday Movie & Popcorn</i> 2:00 <i>Snacks</i> 3:00 <i>Bingo</i> 4:30 <i>Piano Music with "TREVOR GIBSON"</i> 4:30 <i>Sports on T.V.</i>	All Saints Day Relaxing & Essential Oils 9:30 Lounge Chat & Daily Chronicle 10:00 <i>Stretch and Strength</i> 10:30 <i>Beverages & Trivia</i> 11:30 1:1 Soothing Visits 1:30 <i>Scenic Drive</i> 2:00 <i>Social & Snacks</i> 2:30 Lounge Social 3:30 <i>Fishing & Color Me Calm</i> 4:30 <i>Sports on T.V.</i>
<i>Daylight Saving Time Ends</i> <i>Fall Back Daylight Saving Time</i> Relaxing & Essential Oils 9:30 Lounge Chat & Daily Chronicle 10:00 <i>New Views and Horoscopes & Beverages</i> 10:15 <i>LOVE ON A LEASH</i> 11:30 1:1 Soothing Visits 1:30 <i>Dia De Muertos Celebration with "THE FRANK GUY" Pan de Muerto & Abuelita Chocolate</i> 2:30 <i>Afternoon Stretch</i> 2:45 <i>Ukulele Sing Along with Bob Arie</i> 4:30 <i>Sports on T.V.</i>	2 Happy Birthday Mary Ann S. Relaxing & Essential Oils 9:30 Lounge Chat & Daily Chronicle 10:00 <i>Sing-along with Dan Miller</i> 11:30 1:1 Soothing Visits 1:30 <i>Bible Study & Hymns w/ Pastor Bob</i> 2:00 <i>Baked Goods Social</i> 2:15 <i>Afternoon Stretch</i> 2:30 <i>Movie & Popcorn</i> 4:30 <i>Sports on T.V.</i>	4 Election Day Relaxing & Essential Oils 9:30 Lounge Chat & Daily Chronicle 10:00 <i>Seated Yoga Stretch</i> 10:30 <i>Book Club & Beverages</i> 11:30 1:1 Soothing Visits 1:30 <i>Turkey Trot, Target Practice</i> 2:00 <i>Snacks & Pictionary</i> 2:30 <i>Bingo</i> 3:30 <i>Happy Hour with "BROWN SUGAR OLDIES"</i> 4:30 <i>Sports On T.V. "FOOTBALL GAME"</i>	5 Relaxing & Essential Oils <i>Spirit Wednesday "Flannels & Thankful Quote T-Shirts"</i> 9:30 Lounge Chat & Daily Chronicle 10:00 <i>November Concert with "Peter Seltser"</i> 10:30 <i>Beverages & Finish the Phrase</i> 11:30 1:1 Soothing Visits 1:30 <i>Ping Pong / Trivia</i> 2:00 <i>Snacks & Faces & Places</i> 3:00 <i>Memories in the Making with Diane & Kasey</i> 4:30 <i>Sports on T.V.</i>	6 Relaxing & Essential Oils 9:30 Lounge Chat & Daily Chronicle 10:00 <i>Kickball Exercise</i> 10:30 <i>Beverages & Pictionary</i> 11:30 1:1 Soothing Visits 1:30 <i>Gospel Music with STEVE & DIANE</i> 2:00 Snacks & Trivia 2:30 <i>Sensory Corner</i> 3:00 <i>Courtyard/ Craft & Create</i> 4:30 <i>Sports on T.V.</i>	7 Relaxing & Essential Oils 9:30 Lounge Chat & Daily Chronicle 10:00 <i>Drum Fit Exercise Class</i> 10:30 <i>Book Club & Beverages</i> 11:30 1:1 Soothing Visits 1:30 <i>Friday Movie & Popcorn</i> 2:00 <i>Snacks</i> 3:00 <i>Bingo</i> 4:30 <i>Piano Music with "TREVOR GIBSON"</i> 4:30 <i>Sports on T.V.</i>	8 Relaxing & Essential Oils 9:30 Lounge Chat & Daily Chronicle 10:00 <i>Stretch and Strength</i> 10:30 <i>Beverages & Trivia</i> 11:30 1:1 Soothing Visits 1:30 <i>Scenic Drive</i> 2:00 <i>Social & Snacks</i> 2:30 Lounge Social 3:30 <i>Fishing & Color Me Calm</i> 4:30 <i>Sports on T.V.</i>
Relaxing & Essential Oils 9:30 Lounge Chat & Daily Chronicle 10:00 <i>New Views and Horoscopes & Beverages</i> 10:30 <i>Exercise Class</i> 11:30 1:1 Soothing Visits 1:30 <i>Veterans Day Concert with "Taylor Johns"</i> 2:45 <i>Ukulele Sing Along with Bob Arie</i> 4:30 <i>Sports on T.V.</i>	9 Relaxing & Essential Oils 9:30 Lounge Chat & Daily Chronicle 9:35 <i>Bible Study & Hymns w/ Pastor Bob</i> 10:30 <i>Exercise Class with Aurora</i> 11:30 1:1 Soothing Visits 1:30 Wheel of Fortune 2:00 <i>Baked Goods Social</i> 2:30 <i>Movie & Popcorn</i> 4:30 <i>Sports on T.V.</i>	11 Relaxing & Essential Oils <i>Veterans Day</i> 9:30 Lounge Chat & Daily Chronicle 10:00 <i>Seated Yoga Stretch</i> 10:30 <i>Book Club & Beverages</i> 11:30 1:1 Soothing Visits 1:00 <i>Turkey Trot, Target Practice</i> 2:00 <i>Resident Council Meeting [CD]</i> 3:00 <i>Music Trivia</i> 3:30 <i>Happy Hour & Welcome New Residents with "FIRST STRING BAND"</i> 4:30 <i>Sports on T.V.</i>	12 Relaxing & Essential Oils <i>Spirit Wednesday "Flannels & Thankful Quote T-Shirts"</i> 9:30 Lounge Chat & Daily Chronicle 10:00 <i>Cycle Through Nature</i> 10:30 <i>Beverages & Finish the Phrase</i> 11:30 1:1 Soothing Visits 1:30 <i>L.C. National Pie Day "LOBBY"</i> 2:00 <i>Snacks & Faces & Places</i> 2:30 <i>Gratitude Chat</i> 3:00 <i>Memories in the Making with Diane & Kasey</i> 4:30 <i>Sports on T.V.</i>	13 Relaxing & Essential Oils <i>World Kindness Day</i> 9:30 Lounge Chat & Daily Chronicle 10:00 <i>Kickball Exercise</i> 10:30 <i>Beverages & Pictionary</i> 11:30 1:1 Soothing Visits 1:30 <i>TIC TAC TOE Toss Games</i> 2:00 Snacks & Trivia 2:30 <i>Sensory Corner</i> 3:00 <i>Courtyard/ Craft & Create</i> 4:30 <i>Sports on T.V.</i>	14 Relaxing & Essential Oils 9:30 Lounge Chat & Daily Chronicle 10:00 <i>Drum Fit Exercise Class</i> 10:30 <i>Book Club & Beverages</i> 11:30 1:1 Soothing Visits 1:30 <i>Friday Movie & Popcorn</i> 2:00 <i>Snacks</i> 3:00 <i>Bingo</i> 4:30 <i>Piano Music with "TREVOR GIBSON"</i> 4:30 <i>Sports on T.V.</i>	15 Relaxing & Essential Oils 9:30 Lounge Chat & Daily Chronicle 10:00 <i>Stretch and Strength</i> 10:30 <i>Beverages & Trivia</i> 11:30 1:1 Soothing Visits 1:30 <i>Scenic Drive</i> 2:00 <i>Social & Snacks</i> 2:30 Lounge Social 3:30 <i>Fishing & Color Me Calm</i> 4:30 <i>Sports on T.V.</i>
Relaxing & Essential Oils 9:30 Lounge Chat & Daily Chronicle 10:00 <i>New Views and Horoscopes & Beverages</i> 10:15 <i>LOVE ON A LEASH</i> 11:30 1:1 Soothing Visits 1:30 <i>Balloon Exercise</i> 2:00 <i>Snacks & Reminiscing</i> 2:00 <i>St. Columba Church Service with Bill Bixby</i> 2:30 <i>Afternoon Stretch</i> 2:45 <i>Ukulele Sing Along with Bob Arie</i> 4:30 <i>Sports on T.V.</i>	16 Relaxing & Essential Oils 9:30 Lounge Chat & Daily Chronicle 10:00 <i>Sing-along with Dan Miller</i> 11:30 1:1 Soothing Visits 1:30 <i>Bible Study & Hymns w/ Pastor Bob</i> 2:00 <i>Baked Goods Social</i> 2:15 <i>Afternoon Stretch</i> 2:30 <i>Movie & Popcorn</i> 4:30 <i>Sports on T.V.</i>	18 Relaxing & Essential Oils 9:30 Lounge Chat & Daily Chronicle 10:00 <i>Seated Yoga Stretch</i> 10:30 <i>Book Club & Beverages</i> 11:30 1:1 Soothing Visits 1:30 <i>The History Lady "NOVEMBER SHOW"</i> 2:00 <i>Snacks & Pictionary</i> 2:30 <i>Bingo</i> 3:30 <i>Happy Hour with "FIREBALL XPRESS"</i> 4:30 <i>Sports on T.V.</i>	19 Happy Birthday Pearl B. Relaxing & Essential Oils <i>Spirit Wednesday "Flannels & Thankful Quote T-Shirts"</i> 9:30 Lounge Chat & Daily Chronicle 10:00 <i>Cycle Through Nature</i> 10:30 <i>Beverages & Finish the Phrase</i> 11:30 1:1 Soothing Visits 1:15 <i>November Concert with "DOUBLE TAKE"</i> 2:00 <i>Snacks & Faces & Places</i> 2:30 <i>Tidy Crew</i> 3:00 <i>Memories in the Making with Diane & Kasey</i> 4:30 <i>Sports on T.V.</i>	20 Relaxing & Essential Oils 9:30 Lounge Chat & Daily Chronicle 10:00 <i>Kickball Exercise</i> 10:30 <i>Beverages & Pictionary</i> 11:30 1:1 Soothing Visits 1:30 <i>TIC TAC TOE Toss Games</i> 2:00 Snacks & Trivia 2:30 <i>Sensory Corner</i> 3:00 <i>Courtyard/ Craft & Create</i> 4:30 <i>Sports on T.V.</i>	21 ALL STAFF MEETING Relaxing & Essential Oils 9:30 Lounge Chat & Daily Chronicle 10:00 <i>Drum Fit Exercise Class</i> 10:30 <i>Book Club & Beverages</i> 11:30 1:1 Soothing Visits 1:00 <i>Friday Movie & Popcorn</i> 2:00 <i>Snacks</i> 3:00 <i>Stand-Up Comedy</i> 4:30 <i>Piano Music with "TREVOR GIBSON"</i> 4:30 <i>Sports on T.V.</i>	22 Relaxing & Essential Oils 9:30 Lounge Chat & Daily Chronicle 10:00 <i>Stretch and Strength</i> 10:30 <i>Beverages & Trivia</i> 11:30 1:1 Soothing Visits 1:30 <i>Scenic Drive</i> 2:00 <i>Social & Snacks</i> 2:30 Lounge Social 3:30 <i>Fishing & Color Me Calm</i> 4:30 <i>Sports on T.V.</i>
Relaxing & Essential Oils 9:30 Lounge Chat & Daily Chronicle 10:00 <i>New Views and Horoscopes & Beverages</i> 11:30 1:1 Soothing Visits 1:30 <i>Balloon Exercise</i> 2:00 <i>Snacks & Reminiscing</i> 2:30 <i>Afternoon Stretch</i> 2:45 <i>Ukulele Sing Along with Bob Arie</i> 4:30 <i>Sports on T.V.</i>	23 Happy Birthday Rosemary B. Relaxing & Essential Oils 9:30 Lounge Chat & Daily Chronicle 9:35 <i>Bible Study & Hymns w/ Pastor Bob</i> 10:30 <i>Exercise Class with Aurora</i> 11:30 1:1 Soothing Visits 1:30 <i>Wheel of Fortune</i> 2:00 <i>Baked Goods Social</i> 2:30 <i>Movie & Popcorn</i> 4:30 <i>Sports on T.V.</i>	25 Relaxing & Essential Oils 9:30 Lounge Chat & Daily Chronicle 10:00 <i>Seated Yoga Stretch</i> 10:30 <i>Book Club & Beverages</i> 11:30 1:1 Soothing Visits 1:30 <i>Turkey Trot, Target Practice</i> 2:00 <i>Snacks & Pictionary</i> 2:30 <i>Bingo</i> 3:30 <i>Happy Hour & Birthday Celebration with "THE SOPHISTICATS" Cakes Sponsored by "Mission Hospice"</i> 4:30 <i>Sports on T.V.</i>	26 Relaxing & Essential Oils <i>Spirit Wednesday "Flannels & Thankful Quote T-Shirts"</i> 9:30 Lounge Chat & Daily Chronicle 10:00 <i>Annual Turkey Visit</i> 10:30 <i>Beverages & Finish the Phrase</i> 11:30 1:1 Soothing Visits 1:30 <i>Ping Pong / Trivia</i> 2:00 <i>Snacks & Faces & Places</i> 3:00 <i>Memories in the Making with Diane & Kasey</i> 4:30 <i>Sports on T.V.</i>	27 Happy Thanksgiving Relaxing & Essential Oils 9:30 Lounge Chat & Daily Chronicle 10:00 <i>Gratitude Tea Party</i> 11:30 1:1 Soothing Visits 1:30 <i>Pumpkin Putt-Putt</i> 2:00 Snacks & Trivia 2:30 <i>Thankful Reminiscing</i> 3:00 <i>Craft & Create</i> 4:30 <i>Sports on T.V.</i>	28 Relaxing & Essential Oils 9:30 Lounge Chat & Daily Chronicle 10:00 <i>Drum Fit Exercise Class</i> 10:30 <i>Book Club & Beverages</i> 11:30 1:1 Soothing Visits 1:30 <i>Friday Movie & Popcorn</i> 2:00 <i>Snacks</i> 3:00 <i>Bingo</i> 4:30 <i>Piano Music with "TREVOR GIBSON"</i> 4:30 <i>Sports on T.V.</i>	29 Relaxing & Essential Oils 9:30 Lounge Chat & Daily Chronicle 10:00 <i>Stretch and Strength</i> 10:30 <i>Beverages & Trivia</i> 11:30 1:1 Soothing Visits 1:30 <i>Scenic Drive</i> 2:00 <i>Social & Snacks</i> 2:30 Lounge Social 3:30 <i>Fishing & Color Me Calm</i> 4:30 <i>Sports on T.V.</i>