



December Horizons at The Ridge



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Relaxing & Essential Oils1 9:30 Lounge Chat & 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 2:15 Afternoon Stretch 2:30 Movie & Popcorn 4:30 Sports on T.V.	Relaxing & Essential Oils2 9:30 Lounge Chat & Daily Chronicle 10:00 Seated Yoga Stretch 10:30 Book Club & Beverages 11:30 1:1 Soothing Visits 1:30 Balloon Game 2:00 Snacks & Pictionary 2:30 Bingo 3:30 Happy Hour with "BROWN SUGAR OLDIES" 4:30 Sports on T.V.	Relaxing & Essential Oils3 Spirit Wednesday "Holiday Christmas Sweater" 9:30 Lounge Chat & Daily Chronicle 10:00 Cycle Through Nature 10:30 Christmas Stories & Beverages 11:30 1:1 Soothing Visits 1:30 Basketball Hot Shot 2:00 Snacks & Trivia 2:30 Mini Putt Golf 3:00 Holiday Memories in the Making with Diane & Kasey 4:30 Sports on T.V.	Relaxing & Essential Oils4 9:30 Lounge Chat & Daily Chronicle 10:00 December Concert with "PETER SELTSER" 11:30 1:1 Soothing Visits 1:30 Gospel Music with STEVE & DIANE 2:30 Jokes & Snacks 3:00 Courtyard/ Craft & Create 4:30 Sports on T.V.	Happy Birthday Daisy F. Relaxing & Essential Oils5 9:30 Lounge Chat & Daily Chronicle 10:00 Drum Fit Exercise Class 10:30 Book Club & Beverages 11:30 1:1 Soothing Visits 1:30 Friday Movie & Popcorn 2:00 Snacks 2:30 Nail & Hand Care 3:00 Bingo 4:30 Piano Music with "TREVOR GIBSON" 4:30 Sports on T.V.	Relaxing & Essential Oils6 9:30 Lounge Chat & Daily Chronicle 10:00 Balloon Exercise 10:30 Remininesing & Beverages 11:30 1:1 Soothing Visits 1:30 Scenic Drive 2:00 Hallmark Movie & Snacks 2:30 Puzzlemania 3:30 Courtyard Gardening 4:30 Sports on T.V.
Relaxing & Essential Oils7 9:30 Lounge Chat & Daily Chronicle 10:00 New Views and Horoscopes & Beverages 10:15 LOVE ON A LEASH 11:30 1:1 Soothing Visits 1:30 Holiday Concert with "TAYLOR JOHNS" 2:00 Snacks & Reminiscing 2:45 Ukulele Sing Along with Bob Arii 4:30 Sports on T.V.	Relaxing & Essential Oils8 9:30 Lounge Chat & Daily Chronicle 9:35 Bible Study & Hymns w/ Pastor Bob 10:30 Exercise Class with Aurora 11:30 1:1 Soothing Visits 1:30 Wheel of Fortune 2:00 Baked Goods Social 2:30 Movie & Popcorn 4:30 Sports on T.V.	Relaxing & Essential Oils9 9:30 Lounge Chat & Daily Chronicle 10:00 Seated Yoga Stretch 10:30 Book Club & Beverages 11:30 1:1 Soothing Visits 1:30 Balloon Game 2:00 Snacks & Pictionary 3:00 Lounge Social 3:00 Resident Council Meeting [CD] 3:30 Happy Hour & Welcome New Residents with "FIRST STRING BAND" 4:30 Sports on T.V. 6:00 The Sun Harbor Chorus "Christmas Carols"	Relaxing & Essential Oils10 Spirit Wednesday "Holiday Christmas Sweater" 9:30 Lounge Chat & Daily Chronicle 10:00 Cycle Through Nature 10:30 Christmas Stories & Beverages 11:30 1:1 Soothing Visits 1:30 Basketball Hot Shot 2:00 Snacks & Trivia 2:30 Mini Putt Golf 3:00 Holiday Memories in the Making with Diane & Kasey 4:30 Sports on T.V.	Relaxing & Essential Oils11 9:30 Lounge Chat & Daily Chronicle 10:00 Kickball Exercise 10:30 Coffee Cart Social 11:30 1:1 Soothing Visits 1:30 Christmas Jingle 2:00 Jokes & Snacks 2:30 Axe Throwing /Craft It 3:00 Courtyard & Gardening 4:30 Sports on T.V.	Relaxing & Essential Oils12 9:30 Lounge Chat & Daily Chronicle 10:00 Start with a Tea-riffic Day with Kasey 10:30 Book Club & Beverages 11:30 1:1 Soothing Visits 1:30 Friday Movie & Popcorn 2:00 LOVE ON A LEASH 2:00 Snacks 2:30 Nail & Hand Care 3:00 Bingo 4:30 Piano Music with "TREVOR GIBSON" 4:30 Sports on T.V.	Relaxing & Essential Oils13 9:30 Lounge Chat & Daily Chronicle 10:00 Balloon Exercise 10:30 Remininesing & Beverages 11:30 1:1 Soothing Visits 1:30 Scenic Drive 2:00 Hallmark Movie & Snacks 2:30 Puzzlemania 3:30 Courtyard Gardening 4:30 Sports on T.V.
HANUKKAH BEGINS Relaxing & Essential Oils14 9:30 Lounge Chat & Daily Chronicle 10:00 New Views and Horoscopes & Beverages 11:30 1:1 Soothing Visits 1:30 Balloon Exercise 2:00 Snacks & Reminiscing 2:45 Ukulele Sing Along with Bob Arii 4:30 Sports on T.V.	Relaxing & Essential Oils15 9:30 Lounge Chat & Daily Chronicle 10:00 Sing-along with Dan Miller 11:30 1:1 Soothing Visits 1:30 Bible Study & Hymns w/ Pastor Bob 1:30 It Takes 2 and Friends "Christmas Show" 2:30 Movie & Popcorn 4:30 Sports on T.V.	Relaxing & Essential Oils16 9:30 Lounge Chat & Daily Chronicle 10:00 Seated Yoga Stretch 10:30 Book Club & Beverages 11:30 1:1 Soothing Visits 1:30 History Lady "December Show" 2:00 Snacks & Pictionary 2:30 Bingo 3:30 Happy Hour with "FIREBALL XPRESS" 4:30 Sports on T.V.	Relaxing & Essential Oils17 Spirit Wednesday "Holiday Christmas Sweater" 9:30 Lounge Chat & Daily Chronicle 10:00 Cycle Through Nature 10:30 Christmas Stories & Beverages 11:30 1:1 Soothing Visits 1:00 Lantern Crest National Tamales Day! "Lobby" 1:15 December Concert with "DOUBLE TAKE" 2:30 Snacks & Trivia 3:00 Holiday Memories in the Making with Diane & Kasey 3:30 Hallmark & Special Dinner 4:15 Christmas Lights Scenic Drive 4:30 Sports on T.V.	Relaxing & Essential Oils18 9:30 Lounge Chat & Daily Chronicle 10:00 Kickball Exercise 10:30 Coffee Cart Social 11:30 1:1 Soothing Visits 1:30 Christmas Jingle 2:00 Jokes & Snacks 2:30 Axe Throwing /Craft It 3:00 Courtyard & Gardening 4:30 Sports on T.V.	Relaxing & Essential Oils19 9:30 Lounge Chat & Daily Chronicle 10:00 Drum Fit Exercise Class 10:30 Book Club & Beverages 11:30 1:1 Soothing Visits 1:30 Friday Movie & Popcorn 2:00 Snacks 2:30 Nail & Hand Care 3:00 Bingo 4:00 Girl Scout Caroling 4:30 Piano Music with "TREVOR GIBSON" 4:30 Sports on T.V.	Relaxing & Essential Oils20 9:30 Lounge Chat & Daily Chronicle 10:00 Balloon Exercise 10:30 Remininesing & Beverages 11:30 1:1 Soothing Visits 1:30 Scenic Drive 2:00 Hallmark Movie & Snacks 2:30 Puzzlemania 3:30 Courtyard Gardening 4:30 Sports on T.V.
Relaxing & Essential Oils21 WINTER BEGINS 9:30 Lounge Chat & Daily Chronicle 10:00 New Views and Horoscopes & Beverages 10:15 LOVE ON A LEASH 11:30 1:1 Soothing Visits 1:30 Winter Contest with "Mike & Mandy" 2:00 St. Columba Church Service with Bill Bixby 2:30 Afternoon Stretch 2:45 Ukulele Sing Along with Bob Arii 4:30 Sports on T.V.	ALL STAFF MEETING Relaxing & Essential Oils22 9:30 Lounge Chat & Daily Chronicle 9:35 Bible Study & Hymns w/ Pastor Bob 10:30 Exercise Class with Aurora 11:30 1:1 Soothing Visits 1:30 The Polar Express 3:30 Reminiscing in the Lounge 4:30 Sports on T.V.	Relaxing & Essential Oils23 9:30 Lounge Chat & Daily Chronicle 10:00 Seated Yoga Stretch 10:30 Book Club & Beverages 11:30 1:1 Soothing Visits 1:30 Balloon Game 2:00 Snacks & Pictionary 2:30 Bingo 3:30 Happy Hour with "THE SUNSHINE GANG" 4:30 Sports on T.V.	CHRISTMAS EVE Relaxing & Essential Oils24 Spirit Wednesday "Holiday Christmas Sweater" 9:30 Lounge Chat & Daily Chronicle 10:00 Christmas Jingle & Movement 10:30 Christmas Stories & Beverages 11:30 1:1 Soothing Visits 1:30 Mystery Christmas Prizes 2:00 Snacks & Trivia 3:00 Holiday Memories in the Making with Diane & Kasey 4:30 Sports on T.V.	CHRISTMAS DAY Relaxing & Essential Oils25 9:30 Lounge Chat & Daily Chronicle 10:00 Kickball Exercise 10:30 Coffee Cart Social 11:30 1:1 Soothing Visits 1:30 Christmas Carols 2:00 Christmas Jokes & Snacks 2:30 Courtyard & Gardening 3:00 CHRISTMAS COOKIES & STORIES 4:30 Sports on T.V.	Relaxing & Essential Oils26 9:30 Lounge Chat & Daily Chronicle 10:00 Drum Fit Exercise Class 10:30 Book Club & Beverages 11:30 1:1 Soothing Visits 1:30 Friday Movie & Popcorn 2:00 LOVE ON A LEASH 2:00 Snacks 2:30 Nail & Hand Care 3:00 Bingo 4:30 Piano Music with "TREVOR GIBSON" 4:30 Sports on T.V.	Relaxing & Essential Oils27 9:30 Lounge Chat & Daily Chronicle 10:00 Balloon Exercise 10:30 Remininesing & Beverages 11:30 1:1 Soothing Visits 1:30 Scenic Drive 2:00 Hallmark Movie & Snacks 2:30 Puzzlemania 3:30 Courtyard Gardening 4:30 Sports on T.V.
Happy Birthday Maura G. Relaxing & Essential Oils28 9:30 Lounge Chat & Daily Chronicle 10:00 New Views and Horoscopes & Beverages 11:30 1:1 Soothing Visits 1:30 Balloon Exercise 2:00 Snacks & Reminiscing 2:45 Ukulele Sing Along with Bob Arii 4:30 Sports on T.V.	Relaxing & Essential Oils29 9:30 Lounge Chat & 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 2:15 Afternoon Stretch 2:30 Movie & Popcorn 4:30 Sports on T.V.	Relaxing & Essential Oils30 9:30 Lounge Chat & Daily Chronicle 10:00 Seated Yoga Stretch 10:30 Book Club & Beverages 11:30 1:1 Soothing Visits 1:30 Balloon Game 2:00 Snacks & Pictionary 2:30 Bingo 3:30 Happy Hour & Birthday Celebration with "THE SOPHISTICATS" Cakes Sponsored by "Mission Hospice" 4:30 Sports on T.V.	NEW YEAR'S EVE Relaxing & Essential Oils31 Spirit Wednesday "Holiday Christmas Sweater" 9:30 Lounge Chat & Daily Chronicle 10:00 Cycle Through Nature 10:30 Christmas Stories & Beverages 11:30 1:1 Soothing Visits 12:00 Noon Year's Eve Toast with "THE FRANK GUY" 1:30 Basketball Hot Shot 2:00 New Year's Eve Reminiscing & Snacks 2:30 Mini Putt Golf 3:00 Holiday Memories in the Making with Diane & Kasey 4:30 Sports on T.V.	Resident Birthdays Daisy F.12/5 Maura G.12/28		Maritza Aguirre Life Enrichment Director At The Ridge 800 Lantern Crest Way Santee, Ca 92071 Cell: (619) 495-5666 Maritza.aguirre@lanterncrest.com