

<div> <div>Happy New Year Cheers!</div> <div>January Horizons at The Ridge</div> <div>2026</div> </div>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div> <div>Resident Birthdays</div> <div> <div>Brenda D. G.1/2</div> <div>Lucille J.1/27</div> </div> </div>			<div> <div>Maritza Aguirre</div> <div>Life Enrichment Director</div> <div>At The Ridge</div> <div>800 Lantern Crest Way</div> <div>Santee, Ca 92071</div> <div>619-258-8886</div> <div>Maritza.aguirre@lanterncrest.com</div> </div>	<div> <div>Happy New Year's Day</div> <div>Relaxing & Essential Oils</div> <div>9:30 Lounge Chat & Daily Chronicle</div> <div>10:00 Kickball Exercise</div> <div>10:30 Book Club & Beverages</div> <div>11:30 1:1 Soothing Visits</div> <div>1:30 Gospel Music with "STEVE & DIANE"</div> <div>2:00 Snacks</div> <div>2:30 Mindful Meditation</div> <div>3:00 Axe Throwing /Craft It</div> <div>4:30 Sports on T.V.</div> </div>	<div> <div>Happy Birthday "Brenda D. G."</div> <div>Relaxing & Essential Oils</div> <div>9:30 Lounge Chat & Daily Chronicle</div> <div>10:00 Drum Fit Exercise Class</div> <div>10:30 Beverages & Trivia</div> <div>11:30 1:1 Soothing Visits</div> <div>1:30 Friday Movie & Popcorn</div> <div>2:00 LOVE ON A LEASH</div> <div>2:30 Cozy Spa Time with "Kasey"</div> <div>3:00 Bingo</div> <div>4:30 Piano Music with "TREVOR GIBSON"</div> <div>4:30 Sports on T.V.</div> </div>	<div> <div>Relaxing & Essential Oils</div> <div>9:30 Lounge Chat & Daily Chronicle</div> <div>10:00 Balloon Exercise</div> <div>10:30 Pictionary /Jeopardy & Beverages</div> <div>11:30 1:1 Soothing Visits</div> <div>1:30 Scenic Drive</div> <div>2:00 Collage Football & Snacks in the Lounge</div> <div>2:30 Puzzlemania</div> <div>3:00 Color Me Calm</div> <div>3:30 Finish The Phrase</div> <div>4:30 Sports on T.V.</div> </div>
<div> <div>Relaxing & Essential Oils</div> <div>9:30 Lounge Chat & Daily Chronicle</div> <div>10:15 LOVE ON A LEASH</div> <div>11:30 1:1 Soothing Visits</div> <div>1:30 Balloon Exercise</div> <div>2:00 Snacks & Reminiscing</div> <div>2:30 Did You Know? Game</div> <div>2:45 Ukulele Sing Along with Bob Arii</div> <div>4:30 Sports on T.V.</div> </div>	<div> <div>Relaxing & Essential Oils</div> <div>9:30 Lounge Chat & Daily Chronicle</div> <div>9:35 Bible Study & Hymns w/ Pastor Bob</div> <div>10:30 Exercise Class with Aurora</div> <div>11:30 1:1 Soothing Visits</div> <div>1:30 Wheel of Fortune</div> <div>2:00 Baked Goods Social</div> <div>2:30 Movie & Popcorn</div> <div>4:30 Sports on T.V.</div> </div>	<div> <div>Relaxing & Essential Oils</div> <div>Three Kings Day</div> <div>9:30 Lounge Chat & Daily Chronicle</div> <div>10:00 Stretch & Strength</div> <div>10:30 Book Club & Beverages</div> <div>11:30 1:1 Soothing Visits</div> <div>1:30 Jigsaw Puzzle Mania</div> <div>2:00 Snacks & Pictionary</div> <div>2:00 Three Kings Day Celebration with "ROSCA"</div> <div>2:30 Bingo</div> <div>3:30 Happy Hour with "THE SUNSHINE GANG"</div> <div>4:30 Sports on T.V.</div> </div>	<div> <div>Relaxing & Essential Oils</div> <div>Spirit Wednesday "Cozy Cardigans"</div> <div>9:30 Lounge Chat & Daily Chronicle</div> <div>10:00 Cycle Through Nature</div> <div>10:30 Coffee Cart Social</div> <div>11:30 1:1 Soothing Visits</div> <div>1:30 Andrea Bocelli "In Concert"</div> <div>2:00 Snacks</div> <div>2:30 Mini Balloon Game</div> <div>3:00 Memories in the Making with Diane & Kasey</div> <div>4:30 Sports on T.V.</div> </div>	<div> <div>Relaxing & Essential Oils</div> <div>9:30 Lounge Chat & Daily Chronicle</div> <div>10:00 Kickball Exercise</div> <div>10:30 Book Club & Beverages</div> <div>11:30 1:1 Soothing Visits</div> <div>1:30 Courtyard Body Percussion</div> <div>2:00 Snacks</div> <div>2:30 Mindful Meditation</div> <div>3:00 Axe Throwing /Craft It</div> <div>4:30 Sports on T.V.</div> </div>	<div> <div>Relaxing & Essential Oils</div> <div>9:30 Lounge Chat & Daily Chronicle</div> <div>10:00 Drum Fit Exercise Class</div> <div>10:30 Beverages & Trivia</div> <div>11:30 1:1 Soothing Visits</div> <div>1:30 Friday Movie & Popcorn</div> <div>2:00 LOVE ON A LEASH</div> <div>2:30 Cozy Spa Time with "Kasey"</div> <div>3:00 Bingo</div> <div>4:30 Piano Music with "TREVOR GIBSON"</div> <div>4:30 Sports on T.V.</div> </div>	<div> <div>Relaxing & Essential Oils</div> <div>9:30 Lounge Chat & Daily Chronicle</div> <div>10:00 Balloon Exercise</div> <div>10:30 Pictionary /Jeopardy & Beverages</div> <div>11:30 1:1 Soothing Visits</div> <div>1:30 Scenic Drive</div> <div>2:00 Collage Football & Snacks in the Lounge</div> <div>2:30 Puzzlemania</div> <div>3:00 Color Me Calm</div> <div>3:30 Finish The Phrase</div> <div>4:30 Sports on T.V.</div> </div>
<div> <div>Relaxing & Essential Oils</div> <div>9:30 Lounge Chat & Daily Chronicle</div> <div>10:00 New Views and Horoscopes & Beverages</div> <div>11:30 1:1 Soothing Visits</div> <div>1:30 Balloon Exercise</div> <div>2:00 Snacks & Reminiscing</div> <div>2:30 Did You Know? Game</div> <div>2:45 Ukulele Sing Along with Bob Arii</div> <div>4:30 Sports on T.V.</div> </div>	<div> <div>Relaxing & Essential Oils</div> <div>9:30 Lounge Chat & Daily Chronicle</div> <div>10:00 Sing-along with Dan Miller</div> <div>11:30 1:1 Soothing Visits</div> <div>1:30 Bible Study & Hymns w/ Pastor Bob</div> <div>2:00 Baked Goods Social</div> <div>2:15 Afternoon Stretch with Aurora</div> <div>2:30 Movie & Popcorn</div> <div>4:30 Sports on T.V.</div> </div>	<div> <div>Relaxing & Essential Oils</div> <div>9:30 Lounge Chat & Daily Chronicle</div> <div>10:00 Stretch & Strength</div> <div>10:30 Book Club & Beverages</div> <div>11:30 1:1 Soothing Visits</div> <div>1:30 Jigsaw Puzzle Mania</div> <div>2:00 Snacks & Pictionary</div> <div>2:30 Hallmark Movie- Lounge Social</div> <div>3:00 Resident Council "Coronado Dining"</div> <div>3:30 Happy Hour & Welcome New Residents with "FIRST STRING BAND"</div> <div>4:30 Sports on T.V.</div> </div>	<div> <div>Relaxing & Essential Oils</div> <div>Spirit Wednesday "Cozy Cardigans"</div> <div>9:30 Lounge Chat & Daily Chronicle</div> <div>10:00 High Tea</div> <div>10:30 Coffee Cart Social</div> <div>11:30 1:1 Soothing Visits</div> <div>1:30 Basketball Hot Shot</div> <div>2:00 Snacks</div> <div>2:30 Mini Balloon Game</div> <div>3:00 Memories in the Making with Diane & Kasey</div> <div>4:30 Sports on T.V.</div> </div>	<div> <div>Relaxing & Essential Oils</div> <div>9:30 Lounge Chat & Daily Chronicle</div> <div>10:00 Kickball Exercise</div> <div>10:30 Book Club & Beverages</div> <div>11:30 1:1 Soothing Visits</div> <div>1:30 TIC, TAC, TOE Toss Games</div> <div>2:00 Snacks</div> <div>2:30 Mindful Meditation</div> <div>3:00 Axe Throwing /Craft It</div> <div>4:30 Sports on T.V.</div> </div>	<div> <div>Relaxing & Essential Oils</div> <div>9:30 Lounge Chat & Daily Chronicle</div> <div>10:00 Drum Fit Exercise Class</div> <div>10:30 Beverages & Trivia</div> <div>11:30 1:1 Soothing Visits</div> <div>1:30 Friday Movie & Popcorn</div> <div>2:00 LOVE ON A LEASH</div> <div>2:30 Cozy Spa Time with "Kasey"</div> <div>3:00 Bingo</div> <div>4:30 Piano Music with "TREVOR GIBSON"</div> <div>4:30 Sports on T.V.</div> </div>	<div> <div>Relaxing & Essential Oils</div> <div>9:30 Lounge Chat & Daily Chronicle</div> <div>10:00 Balloon Exercise</div> <div>10:30 Pictionary /Jeopardy & Beverages</div> <div>11:30 1:1 Soothing Visits</div> <div>1:30 Scenic Drive</div> <div>2:00 Collage Football & Snacks in the Lounge</div> <div>2:30 Puzzlemania</div> <div>3:00 Color Me Calm</div> <div>3:30 Finish The Phrase</div> <div>4:30 Sports on T.V.</div> </div>
<div> <div>Relaxing & Essential Oils</div> <div>9:30 Lounge Chat & Daily Chronicle</div> <div>10:15 LOVE ON A LEASH</div> <div>11:30 1:1 Soothing Visits</div> <div>1:30 January Concert with "LILIA ROSE"</div> <div>2:00 Snacks & Reminiscing</div> <div>2:30 Did You Know? Game</div> <div>2:45 Ukulele Sing Along with Bob Arii</div> <div>4:30 Sports on T.V.</div> </div>	<div> <div>Martin Luther King JR. Day</div> <div>Relaxing & Essential Oils</div> <div>9:30 Lounge Chat & Daily Chronicle</div> <div>9:35 Bible Study & Hymns w/ Pastor Bob</div> <div>10:30 Exercise Class with Aurora</div> <div>11:30 1:1 Soothing Visits</div> <div>1:30 Wheel of Fortune</div> <div>2:00 Baked Goods Social</div> <div>2:15 Afternoon Stretch</div> <div>2:30 Movie & Popcorn</div> <div>4:30 Sports on T.V.</div> </div>	<div> <div>Relaxing & Essential Oils</div> <div>9:30 Lounge Chat & Daily Chronicle</div> <div>10:00 Stretch & Strength</div> <div>10:30 Book Club & Beverages</div> <div>11:30 1:1 Soothing Visits</div> <div>1:30 Jigsaw Puzzle Mania</div> <div>2:00 Snacks & Pictionary</div> <div>2:30 Bingo</div> <div>3:30 Happy Hour with "LUKE ANDREEN"</div> <div>4:30 Sports on T.V.</div> </div>	<div> <div>Relaxing & Essential Oils</div> <div>Spirit Wednesday "Cozy Cardigans"</div> <div>9:30 Lounge Chat & Daily Chronicle</div> <div>10:00 Cycle Through Nature</div> <div>10:30 Coffee Cart Social</div> <div>11:30 1:1 Soothing Visits</div> <div>1:15 January Concert with "DOBLE TAKE</div> <div>2:00 Snacks</div> <div>2:30 Mini Balloon Game</div> <div>3:00 Memories in the Making with Diane & Kasey</div> <div>4:30 Sports on T.V.</div> </div>	<div> <div>ALL STAFF MEETING</div> <div>Relaxing & Essential Oils</div> <div>9:30 Lounge Chat & Daily Chronicle</div> <div>10:00 Kickball Exercise</div> <div>10:30 Book Club & Beverages</div> <div>11:30 1:1 Soothing Visits</div> <div>1:30 January Concert with "FIREBALL XPRESS"</div> <div>2:00 Snacks</div> <div>3:00 Axe Throwing /Craft It</div> <div>4:30 Sports on T.V.</div> </div>	<div> <div>Relaxing & Essential Oils</div> <div>9:30 Lounge Chat & Daily Chronicle</div> <div>10:00 Drum Fit Exercise Class</div> <div>10:30 Beverages & Trivia</div> <div>11:30 1:1 Soothing Visits</div> <div>1:30 Friday Movie & Popcorn</div> <div>2:00 LOVE ON A LEASH</div> <div>2:30 Cozy Spa Time with "Kasey"</div> <div>3:00 Bingo</div> <div>4:30 Piano Music with "TREVOR GIBSON"</div> <div>4:30 Sports on T.V.</div> </div>	<div> <div>Relaxing & Essential Oils</div> <div>9:30 Lounge Chat & Daily Chronicle</div> <div>10:00 Balloon Exercise</div> <div>10:30 Pictionary /Jeopardy & Beverages</div> <div>11:30 1:1 Soothing Visits</div> <div>1:30 Scenic Drive</div> <div>2:00 Collage Football & Snacks in the Lounge</div> <div>2:30 Puzzlemania</div> <div>3:00 Color Me Calm</div> <div>3:30 Finish The Phrase</div> <div>4:30 Sports on T.V.</div> </div>
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