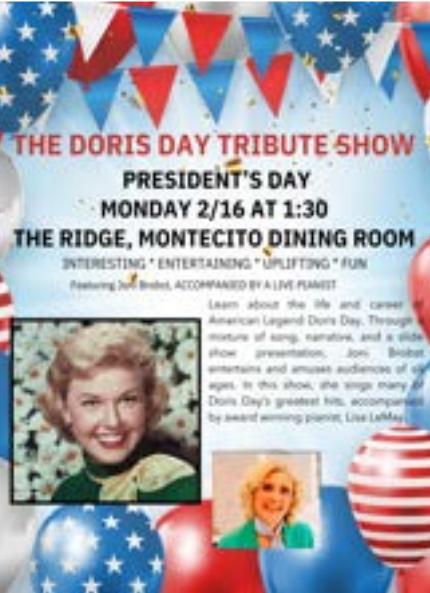
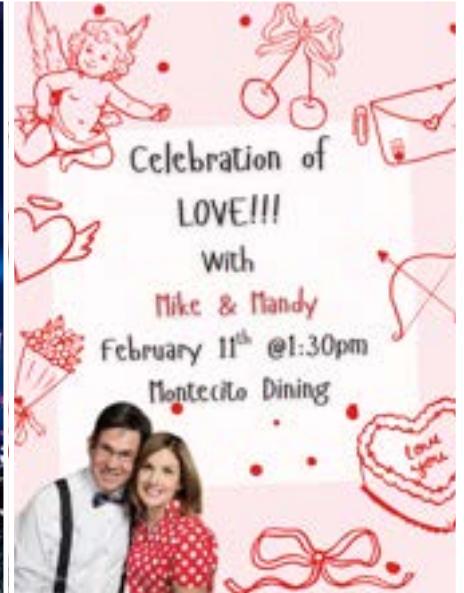


February AL at The Ridge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Take a walk and find "Lunar New Year Horse"</p> <p>1</p> <p>9:45 Daily Chronicle & Word Search</p> <p>10:00 Trip to Walmart or Target</p> <p>10:15 LOVE ON A LEASH</p> <p>11:00 1:1 Resident visits</p> <p>1:00 Sunday Matinee "How to Lose A Guy in 10 Days" [RT]</p> <p>1:30 Kings in the Corner Card Game "Sports Lounge"</p> <p>2:30 Exercise Class with Maritza [L1]</p> <p>3:00 Mexican Train Game [L1]</p> <p>5:00 Enjoy a Game with Friends at the "Sports Lounge" Self Lead Activity</p>	<p>Groundhog Day</p> <p>2</p> <p>9:45 Daily Chronicle & Word Search</p> <p>10:00 Stretch & Cycling with Maritza [MDR]</p> <p>10:30 Bible Study & Hymns w/ Pastor Bob [L1]</p> <p>11:00 1:1 Resident visits</p> <p>1:00 Baking Sweets & Calendar Planning with Maritza [LCK]</p> <p>1:30 Kings in the Corner Card Game "Sports Lounge"</p> <p>2:30 Bingo for Tickets [AC]</p> <p>5:00 Enjoy a Game with Friends at the "Sports Lounge" Self Lead Activity</p>	<p>Take a walk and find "Lunar New Year Horse"</p> <p>3</p> <p>9:20 St. Kieran's Church Communion with Gina</p> <p>9:45 Daily Chronicle & Word Search</p> <p>10:00 Balloon Volleyball with Damon "CD"</p> <p>10:00 Reading & Reminiscing "library"</p> <p>10:30 You Be The Judge "library"</p> <p>11:00 1:1 Resident visits</p> <p>1:30 Carrot Cake Day! [L1]</p> <p>1:30 Coffee Bar with "Variety of Torani Flavored Syrup" [L1]</p> <p>1:30 Kings in the Corner Card Game "Sports Lounge"</p> <p>2:00 Trivia Game [L1]</p> <p>2:30 Polish & Pamper with Aurora [AC]</p> <p>3:00 Axe Throwing Games [L1]</p> <p>4:30 Happy Hour with "BLUE ZONE BAND" [MDR]</p> <p>5:00 Enjoy a Game with Friends at the "Sports Lounge" Self Lead Activity</p>	<p>Spirit Wednesday "Wear Red National Heart Month"</p> <p>4</p> <p>9:45 Daily Chronicle & Word Search</p> <p>10:00 Daily Bread Reading with Damon</p> <p>9:45 Daily Chronicle & Word Search</p> <p>10:15 Stretch & Strength with Angie from Mobile Therapy [CD]</p> <p>11:00 1:1 Resident visits</p> <p>1:00 Baking with Aurora [LCK]</p> <p>1:00 Bingo for Tickets [AC]</p> <p>1:30 Kings in the Corner Card Game "Sports Lounge"</p> <p>2:30 Let's Get Crafty! Valentine's Card Making [AC]</p> <p>2:30 Midweek Matinee "Top 10 Movies on Netflix" [RT]</p> <p>3:30 Craft Room Clean Up</p> <p>4:30 Wine Down Wednesday</p> <p>5:00 Enjoy a Game with Friends at the "Sports Lounge" Self Lead Activity</p>	<p>Chef's Corner 11:30-12:30pm</p> <p>5</p> <p>9:45 Daily Chronicle & Word Search</p> <p>10:00 Bocce Ball Is Back! Green Machine vs Red Warriors [L1]</p> <p>10:00 Crafting "Positive Affirmation Rocks" [AC]</p> <p>11:00 1:1 Resident visits</p> <p>11:00 1:1 Resident visits</p> <p>1:00 VETERANS LUNCHEON with Derrik from "Cabrillo Hospice" Coronado Dining</p> <p>1:00 Decorating Sugar Cookies [L1]</p> <p>1:30 Kings in the Corner Card Game "Sports Lounge"</p> <p>2:00 Trivia Game [L1]</p> <p>2:30 Scenic Drive</p> <p>4:30 Piano Music with "TREVOR GIBSON" [MDR]</p> <p>5:00 Enjoy a Game with Friends at the "Sports Lounge" Self Lead Activity</p>	<p>Take a walk and find "Lunar New Year Horse"</p> <p>6</p> <p>9:45 Daily Chronicle & Word Search</p> <p>10:00 Weights & Cycling with Damon [L1]</p> <p>10:30 Horse Racing Game [L1]</p> <p>11:00 1:1 Resident visits</p> <p>11:00 1:1 Visits with Ray Pathman from "Our Lady of Perpetual Help" Catholic</p> <p>1:00 Movie & Popcorn "AVATAR" [RT]</p> <p>1:30 Kings in the Corner Card Game "Sports Lounge"</p> <p>1:30 Remember When Social with Damon [BISR]</p> <p>2:00 LOVE ON A LEASH</p> <p>3:00 Bingo for Tickets [AC]</p> <p>4:45 Happy Hour with "DOUBLE TAKE" CD</p> <p>5:00 Enjoy a Game with Friends at the "Sports Lounge" Self Lead Activity</p>	<p>Take a walk and find "Lunar New Year Horse"</p> <p>7</p> <p>9:45 Daily Chronicle & Word Search</p> <p>10:00 Upper Body Weight Training [L1]</p> <p>10:30 UNO Game [L1]</p> <p>11:00 1:1 Resident visits</p> <p>1:00 Ice Cream Sandwiches</p> <p>1:30 Cover the Number Game [L1]</p> <p>1:30 Kings in the Corner Card Game "Sports Lounge"</p> <p>2:00 Trivia Game [L1]</p> <p>3:00 Balloon Volleyball Game [L1]</p> <p>5:00 Enjoy a Game with Friends at the "Sports Lounge" Self Lead Activity</p>
<p>Super Bowl LX</p> <p>Take a walk and find "Lunar New Year Horse"</p> <p>8</p> <p>9:45 Daily Chronicle & Word Search</p> <p>10:00 Trip to Walmart or Target</p> <p>11:00 1:1 Resident visits</p> <p>1:30 Kings in the Corner Card Game "Sports Lounge"</p> <p>3:00 Super Bowl LX "60" [RT]</p> <p>5:00 Enjoy a Game with Friends at the "Sports Lounge" Self Lead Activity</p>	<p>Take a walk and find "Lunar New Year Horse"</p> <p>9</p> <p>9:45 Daily Chronicle & Word Search</p> <p>10:00 Reading & Reminiscing "library"</p> <p>10:00 Weights & Cycling with Damon [L1]</p> <p>10:30 Cover the Number Game with Damon [L1]</p> <p>10:30 You Be The Judge "library"</p> <p>11:00 1:1 Resident visits</p> <p>1:00 Baking Sweets & Calendar Planning with Maritza [LCK]</p> <p>1:30 MARY KAY Valentine's Day Sale "Ridge Lobby"</p> <p>1:30 "PARKWAY PLAZA" Mall Walk with Aurora</p> <p>1:30 Coffee Bar with "Variety of Torani Flavored Syrup" [L1]</p> <p>1:30 Kings in the Corner Card Game "Sports Lounge"</p> <p>2:00 Trivia Game [L1]</p> <p>3:00 Resident Council Meeting [CD]</p> <p>4:30 Happy Hour & Welcome New Residents with "FIREBALL XPRESS" [MDR]</p> <p>5:00 Enjoy a Game with Friends at the "Sports Lounge" Self Lead Activity</p>	<p>Happy Birthday Stanley N. & Howard L.</p> <p>10</p> <p>9:45 Daily Chronicle & Word Search</p> <p>10:00 Spirit Wednesday "Wear Red National Heart Month"</p> <p>10:00 Take a walk and find "Lunar New Year Horse"</p> <p>8:00 Daily Bread Reading with Damon</p> <p>9:45 Daily Chronicle & Word Search</p> <p>10:15 Stretch & Strength with Angie from Mobile Therapy [CD]</p> <p>11:00 1:1 Resident visits</p> <p>12:00 MARY KAY Valentine's Day Sale "Ridge Lobby"</p> <p>1:00 "PARKWAY PLAZA" Mall Walk with Aurora</p> <p>1:30 Coffee Bar with "Variety of Torani Flavored Syrup" [L1]</p> <p>1:30 Kings in the Corner Card Game "Sports Lounge"</p> <p>2:00 Trivia Game [L1]</p> <p>3:00 Resident Council Meeting [CD]</p> <p>4:30 Happy Hour & Welcome New Residents with "FIREBALL XPRESS" [MDR]</p> <p>5:00 Enjoy a Game with Friends at the "Sports Lounge" Self Lead Activity</p>	<p>Chef's Corner 11:30-12:30pm</p> <p>11</p> <p>9:45 Daily Chronicle & Word Search</p> <p>10:00 Bocce Ball Is Back! Green Machine vs Red Warriors [L1]</p> <p>10:00 Making Valentine Treats [L1]</p> <p>11:00 1:1 Resident visits</p> <p>12:30 Valentine's Photo Booth & BoBa Tea Sponsored by "ANCHOR Hospice" Ridge Lobby</p> <p>1:30 Kings in the Corner Card Game "Sports Lounge"</p> <p>1:30 Celebration of LOVE with "MIKE & MANDY" [MDR]</p> <p>1:30 Kings in the Corner Card Game "Sports Lounge"</p> <p>2:30 Midweek Matinee "Top 10 Movies on Netflix" [RT]</p> <p>3:00 Bingo for Tickets [AC]</p> <p>4:30 Piano Music with "TREVOR GIBSON" [MDR]</p> <p>5:00 Enjoy a Game with Friends at the "Sports Lounge" Self Lead Activity</p>	<p>Take a walk and find "Lunar New Year Horse"</p> <p>12</p> <p>9:45 Daily Chronicle & Word Search</p> <p>10:00 Balloon Volleyball Game [CD]</p> <p>11:00 1:1 Resident visits</p> <p>11:00 1:1 Visits with Ray Pathman from "Our Lady of Perpetual Help" Catholic</p> <p>1:00 Movie & Popcorn "Mama Mia" [RT]</p> <p>1:30 Kings in the Corner Card Game "Sports Lounge"</p> <p>1:30 Remember When Social with Damon [BISR]</p> <p>2:00 LOVE ON A LEASH</p> <p>3:00 Bingo for Tickets [AC]</p> <p>5:00 Enjoy a Game with Friends at the "Sports Lounge" Self Lead Activity</p>	<p>Take a walk and find "Lunar New Year Horse"</p> <p>13</p> <p>9:45 Daily Chronicle & Word Search</p> <p>10:00 Upper Body Weight Training [L1]</p> <p>10:30 UNO Game [L1]</p> <p>11:00 1:1 Resident visits</p> <p>1:00 Ice Cream Sandwiches</p> <p>1:30 Cover the Number Game [L1]</p> <p>1:30 Kings in the Corner Card Game "Sports Lounge"</p> <p>2:00 Trivia Game [L1]</p> <p>3:00 Balloon Volleyball Game [L1]</p> <p>5:00 Enjoy a Game with Friends at the "Sports Lounge" Self Lead Activity</p>	<p>Take a walk and find "Lunar New Year Horse"</p> <p>14</p> <p>9:45 Daily Chronicle & Word Search</p> <p>10:00 Upper Body Weight Training [L1]</p> <p>10:30 UNO Game [L1]</p> <p>11:00 1:1 Resident visits</p> <p>1:00 Ice Cream Sandwiches</p> <p>1:30 Cover the Number Game [L1]</p> <p>1:30 Kings in the Corner Card Game "Sports Lounge"</p> <p>2:00 Trivia Game [L1]</p> <p>3:00 Balloon Volleyball Game [L1]</p> <p>5:00 Enjoy a Game with Friends at the "Sports Lounge" Self Lead Activity</p>
<p>Take a walk and find "Lunar New Year Horse"</p> <p>15</p> <p>9:45 Daily Chronicle & Word Search</p> <p>10:00 Trip to Walmart or Target</p> <p>10:15 LOVE ON A LEASH</p> <p>11:00 1:1 Resident visits</p> <p>1:00 Sunday Matinee "Breakfast at Tiffany's" [RT]</p> <p>1:30 Kings in the Corner Card Game "Sports Lounge"</p> <p>2:30 Exercise Class with Maritza [L1]</p> <p>3:00 Mexican Train Game [L1]</p> <p>3:00 St. Columba Church Service with Bill Bixby</p> <p>5:00 Enjoy a Game with Friends at the "Sports Lounge" Self Lead Activity</p>	<p>President's Day</p> <p>16</p> <p>9:45 Daily Chronicle & Word Search</p> <p>10:00 Take a walk and find "Lunar New Year Horse"</p> <p>9:45 Daily Chronicle & Word Search</p> <p>10:00 Stretch & Cycling with Maritza [MDR]</p> <p>10:30 Bible Study & Hymns w/ Pastor Bob [L1]</p> <p>11:00 1:1 Resident visits</p> <p>1:30 Kings in the Corner Card Game "Sports Lounge"</p> <p>1:30 Presidents Day Celebration with "The Doris Day Tribute Show" [MDR]</p> <p>3:00 Bingo for Tickets [AC]</p> <p>5:00 Enjoy a Game with Friends at the "Sports Lounge" Self Lead Activity</p>	<p>Mardi Gras</p> <p>17</p> <p>9:20 St. Kieran's Church Communion with Gina</p> <p>9:45 Daily Chronicle & Word Search</p> <p>10:00 Balloon Volleyball with Damon "CD"</p> <p>10:00 Reading & Reminiscing "library"</p> <p>10:30 You Be The Judge "library"</p> <p>11:00 1:1 Resident visits</p> <p>1:00 "PARKWAY PLAZA" Mall Walk with Aurora</p> <p>1:30 Coffee Bar with "Variety of Torani Flavored Syrup" [L1]</p> <p>1:30 Kings in the Corner Card Game "Sports Lounge"</p> <p>2:00 Mardi Gras Trivia [L1]</p> <p>2:30 Polish & Pamper with Aurora [AC]</p> <p>3:00 Basketball Shoot Game [L1]</p> <p>4:30 Happy Hour & Mardi Gras with "THE SOPHISTICATS" [MDR]</p> <p>5:00 Enjoy a Game with Friends at the "Sports Lounge" Self Lead Activity</p>	<p>Ash Wednesday</p> <p>18</p> <p>9:45 Daily Chronicle & Word Search</p> <p>10:00 Spirit Wednesday "Wear Red National Heart Month"</p> <p>10:00 Take a walk and find "Lunar New Year Horse"</p> <p>8:00 Daily Bread Reading with Damon</p> <p>9:45 Daily Chronicle & Word Search</p> <p>10:15 Stretch & Strength with Angie from Mobile Therapy [CD]</p> <p>11:00 1:1 Resident visits</p> <p>1:15 February Concert with "DOUBLE TAKE" [MDR]</p> <p>1:30 Kings in the Corner Card Game "Sports Lounge"</p> <p>2:00 Mardi Gras Trivia [L1]</p> <p>2:30 Bingo for Tickets [AC]</p> <p>3:30 GENTLEMEN'S HOUR with Damon [L1]</p> <p>3:30 Craft Room Clean Up</p> <p>4:30 Wine Down Wednesday</p> <p>5:00 Enjoy a Game with Friends at the "Sports Lounge" Self Lead Activity</p>	<p>Chef's Corner 11:30-12:30pm</p> <p>19</p> <p>9:45 Daily Chronicle & Word Search</p> <p>10:00 Happy Birthday Elizabeth W. & Frank C.</p> <p>10:00 Take a walk and find "Lunar New Year Horse"</p> <p>9:45 Daily Chronicle & Word Search</p> <p>10:00 Bocce Ball Is Back! Green Machine vs Red Warriors [L1]</p> <p>10:00 KONA Craft's Corner [AC]</p> <p>11:00 1:1 Resident visits</p> <p>1:00 Brownies A La Mode [L1]</p> <p>1:30 Kings in the Corner Card Game "Sports Lounge"</p> <p>1:30 Trivia Game [L1]</p> <p>2:30 Scenic Drive</p> <p>4:30 Happy Hour with "LUKE ANDREEN" CD</p> <p>4:30 Piano Music with "TREVOR GIBSON" [MDR]</p> <p>5:00 Enjoy a Game with Friends at the "Sports Lounge" Self Lead Activity</p>	<p>Happy Birthday Emmott F.</p> <p>20</p> <p>9:45 Daily Chronicle & Word Search</p> <p>10:00 Weights & Cycling with Damon [L1]</p> <p>10:30 Horse Racing Game</p> <p>11:00 1:1 Resident visits</p> <p>11:00 1:1 Visits with Ray Pathman from "Our Lady of Perpetual Help" Catholic</p> <p>1:00 Movie & Popcorn "Sabrina" [RT]</p> <p>1:30 Kings in the Corner Card Game "Sports Lounge"</p> <p>1:30 Remember When Social with Damon [BISR]</p> <p>2:00 LOVE ON A LEASH</p> <p>3:00 Bingo for Tickets [AC]</p> <p>5:00 Enjoy a Game with Friends at the "Sports Lounge" Self Lead Activity</p>	<p>Take a walk and find "Lunar New Year Horse"</p> <p>21</p> <p>9:45 Daily Chronicle & Word Search</p> <p>10:00 Upper Body Weight Training [L1]</p> <p>10:30 UNO Game [L1]</p> <p>11:00 1:1 Resident visits</p> <p>1:00 Ice Cream Sandwiches</p> <p>1:30 Cover the Number Game [L1]</p> <p>1:30 Kings in the Corner Card Game "Sports Lounge"</p> <p>2:00 Trivia Game [L1]</p> <p>3:00 Balloon Volleyball Game [L1]</p> <p>5:00 Enjoy a Game with Friends at the "Sports Lounge" Self Lead Activity</p>

February AL at The Ridge

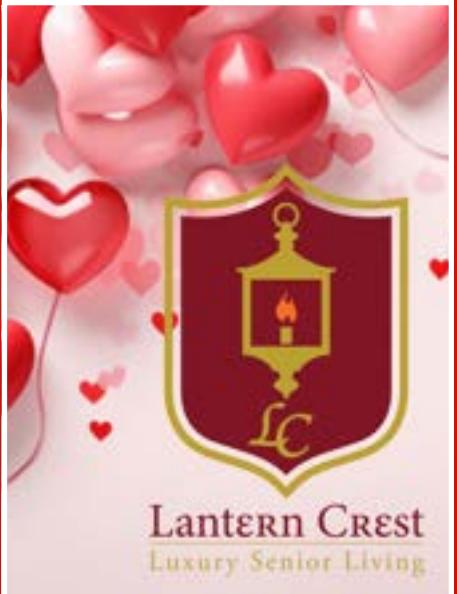
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Take a walk and find "Lunar New Year Horse" 22 Winter Olympics Ends	ALL STAFF MEETING 23 Take a walk and find "Lunar New Year Horse" 9:45 Daily Chronicle & Word Search 10:00 Trip to Walmart or Target 11:00 1:1 Resident visits 1:00 Sunday Matinee "Enchanted" [RT] 1:30 Kings in the Corner Card Game "Sports Lounge" 2:30 Exercise Class with Maritza [L1] 3:00 Mexican Train Game [L1] 5:00 Enjoy a Game with Friends at the "Sports Lounge" Self Lead Activity	Take a walk and find "Lunar New Year Horse" 24 9:45 Daily Chronicle & Word Search 10:00 MARY KAY "Pampering Session" with Paige [AC] 10:00 Weights & Cycling with Damon [L1] 10:30 Cover the Number Game [L1] 11:00 1:1 Resident visits 1:00 "PARKWAY PLAZA" Mall Walk with Aurora 1:30 Coffee Bar with "Variety of Torani Flavored Syrup" [L1] 1:30 Kings in the Corner Card Game "Sports Lounge" 2:00 Trivia Game [L1] 2:30 Polish & Pamper with Aurora [AC] 3:00 Axe Throwing Games [L1] 4:30 Happy Hour & Birthday Celebration with "BROWN SUGAR OLDIES" Cakes Sponsored by "Mission Hospice" [MDR] 5:00 Enjoy a Game with Friends at the "Sports Lounge" Self Lead Activity	Spirit Wednesday "Wear Red National Heart Month" 25 Take a walk and find "Lunar New Year Horse" 8:00 Daily Bread Reading with Damon 9:45 Daily Chronicle & Word Search 10:15 Stretch & Strength with Angie from Mobile Therapy [CD] 11:00 1:1 Resident visits 1:30 Gospel Music with STEVE & DIANE [MDR] 1:30 Kings in the Corner Card Game "Sports Lounge" 2:30 Baking with Aurora [LCK] 2:30 Bingo for Tickets [AC] 3:30 Craft Room Clean Up 4:30 Wine Down Wednesday 5:00 Enjoy a Game with Friends at the "Sports Lounge" Self Lead Activity	Chef's Corner 11:30-12:30pm 26 Take a walk and find "Lunar New Year Horse" 9:45 Daily Chronicle & Word Search 10:00 Bocce Ball Is Back! Green Machine vs Red Warriors [L1] 10:00 Crafting [AC] 11:00 1:1 Resident visits 1:00 Ice Cream Sandwiches [L1] 1:30 Kings in the Corner Card Game "Sports Lounge" 1:30 Trivia Game [L1] 2:30 Scenic Drive 4:30 Happy Hour with "FIREBALL XPRESS" CD 4:30 Piano Music with "TREVOR GIBSON" [MDR] 5:00 Enjoy a Game with Friends at the "Sports Lounge" Self Lead Activity	Take a walk and find "Lunar New Year Horse" 27 9:45 Daily Chronicle & Word Search 10:00 Balloon Volleyball Game [CD] 11:00 1:1 Resident visits 11:00 1:1 Visits with Ray Pathman from "Our Lady of Perpetual Help" Catholic 1:00 Movie & Popcorn "The Lake House" [RT] 1:30 Kings in the Corner Card Game "Sports Lounge" 1:30 Remember When Social with Damon [BISR] 2:00 LOVE ON A LEASH 3:00 Bingo for Tickets [AC] 5:00 Enjoy a Game with Friends at the "Sports Lounge" Self Lead Activity	Take a walk and find "Lunar New Year Horse" 28 9:45 Daily Chronicle & Word Search 10:00 Upper Body Weight Training [L1] 10:30 UNO Game [L1] 11:00 1:1 Resident visits 1:00 Ice Cream Sandwiches 1:30 Cover the Number Game [L1] 1:30 Kings in the Corner Card Game "Sports Lounge" 2:00 Trivia Game [L1] 3:00 Balloon Volleyball Game [L1] 5:00 Enjoy a Game with Friends at the "Sports Lounge" Self Lead Activity



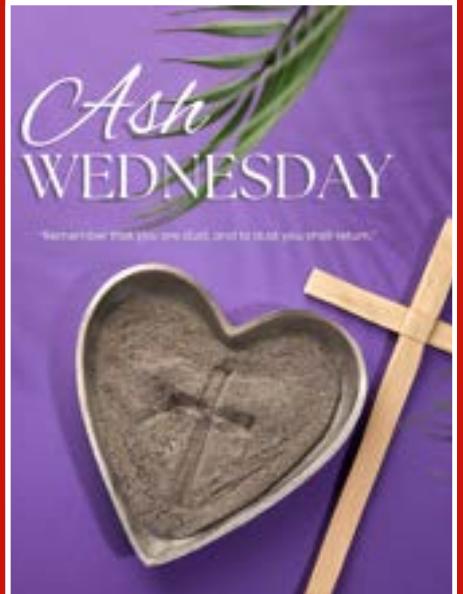
Maritza Aguirre
Life Enrichment
Director
At The Ridge
800 Lantern Crest
Way
Santee, Ca 92071
619-258-8886
Maritza.aguirre@lanterncrest.com



"ALL ACTIVITIES ARE SUBJECT TO CHANGE. PLEASE CHECK THE DAILY SCHEDULE FOR THE MOST UP-TO-DATE INFORMATION."
THANK YOU!



Resident Birthdays
Stanley N. 2/11
Howard L. 2/11
Elizabeth W. 2/19
Frank C. 2/19
Emmott F. 2/20



L1 - Lounge 1
CR - Card Room
MDR - Montecito Dining Room
AC - Art & Craft
RT - Ridge Theater
LCK - Lantern Crest Kitchen
BISR - Bistro
CD - Coronado Dining