

February Horizons at The Ridge						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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 Pool Noodles Balloon Soccer</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>1</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 Groundhog Day Watch Party</div> <div>11:30 1:1 Soothing Visits</div> <div>1:30 Exercise Class with Aurora in the Courtyard</div> <div>2:00 Baked Goods Social</div> <div>2:30 Movie & Popcorn</div> <div>4:30 Sports on T.V.</div> <div>2</div>	<div>Relaxing & Essential Oils</div> <div>9:30 Lounge Chat & Daily Chronicle</div> <div>10:00 Stretch & Strength</div> <div>10:30 News Chat & Beverages</div> <div>11:30 1:1 Soothing Visits</div> <div>1:30 Afternoon Book Club</div> <div>2:00 Snacks & Reminiscing</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>3</div>	<div>Relaxing & Essential Oils</div> <div>Spirit Wednesday "Wear Red National Heart Month"</div> <div>9:30 Lounge Chat & Daily Chronicle</div> <div>10:00 Cycle Through Nature with "Damon"</div> <div>10:30 Cool Down & Beverages</div> <div>11:30 1:1 Soothing Visits</div> <div>1:30 Valentine's Scavenger Hunt</div> <div>2:00 Snacks & Finish The Phrase</div> <div>2:30 Spa & Hand Care</div> <div>3:00 Memories in the Making with Diane & Kasey</div> <div>4:30 Sports on T.V.</div> <div>4</div>	<div>Relaxing & Essential Oils</div> <div>9:30 Lounge Chat & Daily Chronicle</div> <div>10:00 Kickball Exercise</div> <div>10:30 Music History & 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 Axe Throwing / Basketball Game</div> <div>4:30 Sports on T.V.</div> <div>5</div>	<div>Relaxing & Essential Oils</div> <div>Winter Olympics Starts</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 Valentine's Day Movie & Popcorn</div> <div>2:00 LOVE ON A LEASH</div> <div>2:00 Snacks & Reminiscing</div> <div>3:00 Bingo</div> <div>4:30 Piano Music with "TREVOR GIBSON"</div> <div>4:30 Sports on T.V.</div> <div>6</div>	<div>Relaxing & Essential Oils</div> <div>9:30 Lounge Chat & Daily Chronicle</div> <div>10:00 Balloon Exercise</div> <div>10:30 Book Club & Beverages</div> <div>11:30 1:1 Soothing Visits</div> <div>1:30 Scenic Drive</div> <div>2:00 Snack in the Lounge</div> <div>2:30 Craft Corner</div> <div>3:30 Color Me Calm</div> <div>4:30 Sports on T.V.</div> <div>7</div>
<div>Relaxing & Essential Oils</div> <div>Super Bowl LX "60"</div> <div>9:30 Lounge Chat & Daily Chronicle</div> <div>10:00 New Views and Horoscopes & Beverages</div> <div>10:30 EZ Does It Game</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>3:00 Super Bowl LIX "59" PARTY</div> <div>4:30 Sports on T.V.</div> <div>8</div>	<div>Relaxing & Essential Oils</div> <div>9:30 Lounge Chat & Daily Chronicle</div> <div>10:00 Sing a-long 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</div> <div>2:30 Movie & Popcorn</div> <div>4:30 Sports on T.V.</div> <div>9</div>	<div>Relaxing & Essential Oils</div> <div>9:30 Lounge Chat & Daily Chronicle</div> <div>10:00 Stretch & Strength</div> <div>10:30 News Chat & Beverages</div> <div>11:30 1:1 Soothing Visits</div> <div>1:30 Afternoon Book Club</div> <div>2:00 Snacks & Reminiscing</div> <div>2:30 History Lady "February Show"</div> <div>3:00 Resident Council Meeting</div> <div>3:30 Happy Hour & Welcome New Residents with "FIRST STRING BAND"</div> <div>4:30 Sports on T.V.</div> <div>10</div>	<div>Relaxing & Essential Oils</div> <div>Spirit Wednesday "Wear Red National Heart Month"</div> <div>9:30 Lounge Chat & Daily Chronicle</div> <div>10:00 Cycle Through Nature with "Damon"</div> <div>10:30 Cool Down & Beverages</div> <div>11:30 1:1 Soothing Visits</div> <div>1:30 Celebration of Love with "MIKE & MANDY"</div> <div>2:00 Snacks & Finish The Phrase</div> <div>2:30 Spa & Hand Care</div> <div>3:00 Memories in the Making with Diane & Kasey</div> <div>4:30 Sports on T.V.</div> <div>11</div>	<div>Happy Birthday Rosada G.</div> <div>Relaxing & Essential Oils</div> <div>9:30 Lounge Chat & Daily Chronicle</div> <div>10:00 Valentine's -Tea Party</div> <div>11:30 1:1 Soothing Visits</div> <div>12:30 Valentine's Photo Booth & BoBa Tea Sponsored by "ANCHOR Hospice" Ridge Lobby</div> <div>1:30 Valentine's Show with "SYLVIA"</div> <div>2:00 Snacks</div> <div>2:30 Axe Throwing / Basketball Game</div> <div>4:30 Sports on T.V.</div> <div>12</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>2:00 Snacks & Reminiscing</div> <div>3:00 Bingo</div> <div>4:30 Piano Music with "TREVOR GIBSON"</div> <div>4:30 Sports on T.V.</div> <div>13</div>	<div>HAppy Valentine's Day</div> <div>Relaxing & Essential Oils</div> <div>9:30 Lounge Chat & Daily Chronicle</div> <div>10:00 Valentine's Balloon Exercise</div> <div>10:30 History of Valentine's Day & Beverages</div> <div>11:30 1:1 Soothing Visits</div> <div>1:30 Valentine's Scenic Drive</div> <div>2:00 Snack in the Lounge</div> <div>2:30 Valentine's Day Craft Corner</div> <div>3:30 Color Me Calm</div> <div>4:30 Sports on T.V.</div> <div>14</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 Pool Noodles Balloon Soccer</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>15</div>	<div>Presidents 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>10:00 Exercise Class with Aurora in the Courtyard</div> <div>11:30 1:1 Soothing Visits</div> <div>1:30 Presidents Day Celebration with "The Doris Day Tribute Show"</div> <div>2:30 Movie & Popcorn</div> <div>4:30 Sports on T.V.</div> <div>16</div>	<div>Mardi Gras</div> <div>Relaxing & Essential Oils</div> <div>9:30 Lounge Chat & Daily Chronicle</div> <div>10:00 Stretch & Strength</div> <div>10:30 News Chat & Beverages</div> <div>11:30 1:1 Soothing Visits</div> <div>1:30 Mardi Gras Festival</div> <div>2:00 Snacks & Reminiscing</div> <div>2:30 Bingo</div> <div>3:30 Happy Hour with "LUKE ANDREEN"</div> <div>4:30 Sports on T.V.</div> <div>17</div>	<div>Ash Wednesday</div> <div>Relaxing & Essential Oils</div> <div>Spirit Wednesday "Wear Red National Heart Month"</div> <div>9:30 Lounge Chat & Daily Chronicle</div> <div>10:00 Cycle Through Nature with "Damon"</div> <div>10:30 Cool Down & Beverages</div> <div>11:30 1:1 Soothing Visits</div> <div>1:15 February Concert with "DOUBLE TAKE"</div> <div>2:00 Snacks & Finish The Phrase</div> <div>2:30 Spa & Hand Care</div> <div>3:00 Memories in the Making with Diane & Kasey</div> <div>4:30 Sports on T.V.</div> <div>18</div>	<div>Relaxing & Essential Oils</div> <div>9:30 Lounge Chat & Daily Chronicle</div> <div>10:00 San Diego Master Gardeners</div> <div>11:30 1:1 Soothing Visits</div> <div>1:30 Ice Cream Social in The Courtyard</div> <div>2:00 Snacks</div> <div>2:30 Axe Throwing / Basketball Game</div> <div>4:30 Sports on T.V.</div> <div>19</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>2:00 Snacks & Reminiscing</div> <div>3:00 Bingo</div> <div>4:30 Piano Music with "TREVOR GIBSON"</div> <div>4:30 Sports on T.V.</div> <div>20</div>	<div>Relaxing & Essential Oils</div> <div>9:30 Lounge Chat & Daily Chronicle</div> <div>10:00 Balloon Exercise</div> <div>10:30 Book Club & Beverages</div> <div>11:30 1:1 Soothing Visits</div> <div>1:30 Scenic Drive</div> <div>2:00 Snack in the Lounge</div> <div>2:30 Craft Corner</div> <div>3:30 Color Me Calm</div> <div>4:30 Sports on T.V.</div> <div>21</div>
<div>Relaxing & Essential Oils</div> <div>Winter Olympics Ends</div> <div>9:30 Lounge Chat & Daily Chronicle</div> <div>10:00 New Views and Horoscopes & Beverages</div> <div>10:30 EZ Does It Game</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>22</div>	<div>ALL STAFF MEETING</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</div> <div>2:30 Movie & Popcorn</div> <div>4:30 Sports on T.V.</div> <div>23</div>	<div>Relaxing & Essential Oils</div> <div>9:30 Lounge Chat & Daily Chronicle</div> <div>10:00 Stretch & Strength</div> <div>10:30 News Chat & Beverages</div> <div>11:30 1:1 Soothing Visits</div> <div>1:30 Afternoon Book Club</div> <div>2:00 Snacks & Reminiscing</div> <div>2:30 Bingo</div> <div>3:30 Happy Hour & Birthday Celebration with "THE SOPHISTICATS" Cakes Sponsored by "Mission Hospice"</div> <div>4:30 Sports on T.V.</div> <div>24</div>	<div>Relaxing & Essential Oils</div> <div>Spirit Wednesday "Wear Red National Heart Month"</div> <div>9:30 Lounge Chat & Daily Chronicle</div> <div>10:00 Cycle Through Nature with "Damon"</div> <div>10:30 Cool Down & Beverages</div> <div>11:30 1:1 Soothing Visits</div> <div>1:30 Concert DVD "JOSH GROBAN"</div> <div>2:00 Snacks & Finish The Phrase</div> <div>2:30 Spa & Hand Care</div> <div>3:00 Memories in the Making with Diane & Kasey</div> <div>4:30 Sports on T.V.</div> <div>25</div>	<div>Relaxing & Essential Oils</div> <div>9:30 Lounge Chat & Daily Chronicle</div> <div>10:00 Kickball Exercise</div> <div>10:30 Music History & Beverages</div> <div>11:30 1:1 Soothing Visits</div> <div>1:30 February Concert with "FIREBALL XPRESS"</div> <div>2:00 Snacks</div> <div>2:30 Axe Throwing / Basketball Game</div> <div>4:30 Sports on T.V.</div> <div>26</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>2:00 Snacks & Reminiscing</div> <div>3:00 Bingo</div> <div>4:30 Piano Music with "TREVOR GIBSON"</div> <div>4:30 Sports on T.V.</div> <div>27</div>	<div>Relaxing & Essential Oils</div> <div>9:30 Lounge Chat & Daily Chronicle</div> <div>10:00 Balloon Exercise</div> <div>10:30 Book Club & Beverages</div> <div>11:30 1:1 Soothing Visits</div> <div>1:30 Scenic Drive</div> <div>2:00 Snack in the Lounge</div> <div>2:30 Knit & Crochet Ole'</div> <div>3:30 Color Me Calm</div> <div>4:30 Sports on T.V.</div> <div>28</div>
<div>Resident Birthdays</div> <div>Rosada G. 2/12</div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div>Maritza Aguirre Life Enrichment Director At The Ridge 800 Lantern Crest Way Santee, Ca 92071 619-258-8886 Maritza.aguirre@lanterncrest.com</div>