

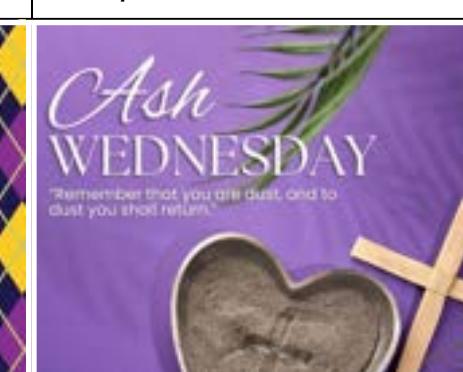
February Horizons at The Ridge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Relaxing & Essential Oils 9:30 Lounge Chat & Daily Chronicle 10:15 LOVE ON A LEASH 11:30 1:1 Soothing Visits 1:30 Pool Noodles Balloon Soccer 2:00 Snacks & Reminiscing 2:30 Did You Know? Game 2:45 Ukulele Sing Along with Bob Arii 4:30 Sports on T.V.	Relaxing & Essential Oils 9:30 Lounge Chat & Daily Chronicle 9:35 Bible Study & Hymns w/ Pastor Bob 10:30 Groundhog Day Watch Party 11:30 1:1 Soothing Visits 1:30 Exercise Class with Aurora in the Courtyard 2:00 Baked Goods Social 2:30 Movie & Popcorn 4:30 Sports on T.V.	Relaxing & Essential Oils 9:30 Lounge Chat & Daily Chronicle 10:00 Stretch & Strength 10:30 News Chat & Beverages 11:30 1:1 Soothing Visits 1:30 Afternoon Book Club 2:00 Snacks & Reminiscing 2:30 Bingo 3:30 Happy Hour with "THE SUNSHINE GANG" 4:30 Sports on T.V.	Relaxing & Essential Oils 9:30 Lounge Chat & Daily Chronicle 10:00 Spirit Wednesday "Wear Red National Heart Month" 10:30 Cycle Through Nature with "Damon" 11:30 1:1 Soothing Visits 1:30 Valentine's Scavenger Hunt 2:00 Snacks & Finish The Phrase 2:30 Spa & Hand Care 3:00 Memories in the Making with Diane & Kasey 4:30 Sports on T.V.	Relaxing & Essential Oils 9:30 Lounge Chat & Daily Chronicle 10:00 Kickball Exercise 10:30 Music History & Beverages 11:30 1:1 Soothing Visits 1:30 Gospel Music with "STEVE & DIANE" 2:00 Snacks 2:30 Axe Throwing / Basketball Game 4:30 Sports on T.V.	Relaxing & Essential Oils 9:30 Lounge Chat & Daily Chronicle 10:00 Winter Olympics Starts 10:30 Drum Fit Exercise Class 11:30 Beverages & Trivia 1:30 1:1 Soothing Visits 1:30 Valentine's Day Movie & Popcorn 2:00 LOVE ON A LEASH 2:00 Snacks & Reminiscing 3:00 Bingo 4:30 Piano Music with "TREVOR GIBSON" 4:30 Sports on T.V.	Relaxing & Essential Oils 9:30 Lounge Chat & Daily Chronicle 10:00 Balloon Exercise 10:30 Book Club & Beverages 11:30 1:1 Soothing Visits 1:30 Scenic Drive 2:00 Snack in the Lounge 2:30 Craft Corner 3:30 Color Me Calm 4:30 Sports on T.V.
Relaxing & Essential Oils 9:30 Lounge Chat & Daily Chronicle 10:00 Super Bowl LIX '60' 10:30 New Views and Horoscopes & Beverages 11:30 EZ Does It Game 1:30 1:1 Soothing Visits 1:30 Bible Study & Hymns w/ Pastor Bob 2:00 Baked Goods Social 2:30 Did You Know? Game 2:45 Ukulele Sing Along with Bob Arii 3:00 Super Bowl LIX "59" PARTY 4:30 Sports on T.V.	Relaxing & Essential Oils 9:30 Lounge Chat & Daily Chronicle 10:00 Sing a-long 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 Oils 9:30 Lounge Chat & Daily Chronicle 10:00 Stretch & Strength 10:30 News Chat & Beverages 11:30 1:1 Soothing Visits 1:30 Afternoon Book Club 2:00 Snacks & Reminiscing 2:30 History Lady "February Show" 3:00 Resident Council Meeting 3:30 Happy Hour & Welcome New Residents with "FIRST STRING BAND" 4:30 Sports on T.V.	Relaxing & Essential Oils 9:30 Lounge Chat & Daily Chronicle 10:00 Spirit Wednesday "Wear Red National Heart Month" 10:30 Cool Down & Beverages 11:30 1:1 Soothing Visits 1:30 Celebration of Love with "MIKE & MANDY" 2:00 Snacks & Finish The Phrase 2:30 Spa & Hand Care 3:00 Memories in the Making with Diane & Kasey 4:30 Sports on T.V.	Relaxing & Essential Oils 9:30 Lounge Chat & Daily Chronicle 10:00 Happy Birthday Rosada G. 10:30 Relaxing & Essential Oils 11:30 1:1 Soothing Visits 12:30 Valentine's Photo Booth & BoBa Tea Sponsored by "ANCHOR Hospice" Ridge Lobby 1:30 Valentine's Show with "SYLVIA" 2:00 Snacks 2:30 Axe Throwing / Basketball Game 4:30 Sports on T.V.	Relaxing & Essential Oils 9:30 Lounge Chat & Daily Chronicle 10:00 Drum Fit Exercise Class 10:30 Beverages & Trivia 11:30 1:1 Soothing Visits 1:30 Friday Movie & Popcorn 2:00 LOVE ON A LEASH 2:00 Snacks & Reminiscing 3:00 Bingo 4:30 Piano Music with "TREVOR GIBSON" 4:30 Sports on T.V.	Happy Valentine's Day Relaxing & Essential Oils 9:30 Lounge Chat & Daily Chronicle 10:00 Valentine's Balloon Exercise 10:30 History of Valentine's Day & Beverages 11:30 1:1 Soothing Visits 1:30 Valentine's Scenic Drive 2:00 Snack in the Lounge 2:30 Valentine's Day Craft Corner 3:30 Color Me Calm 4:30 Sports on T.V.
Relaxing & Essential Oils 9:30 Lounge Chat & Daily Chronicle 10:15 LOVE ON A LEASH 11:30 1:1 Soothing Visits 1:30 Pool Noodles Balloon Soccer 2:00 Snacks & Reminiscing 2:30 Did You Know? Game 2:30 St. Columba Church Service with Bill Bixby 2:45 Ukulele Sing Along with Bob Arii 4:30 Sports on T.V.	Presidents Day Relaxing & Essential Oils 9:30 Lounge Chat & Daily Chronicle 9:35 Bible Study & Hymns w/ Pastor Bob 10:00 Exercise Class with Aurora in the Courtyard 11:30 1:1 Soothing Visits 1:30 Presidents Day Celebration with "The Doris Day Tribute Show" 2:30 Movie & Popcorn 4:30 Sports on T.V.	Mardi Gras Relaxing & Essential Oils 9:30 Lounge Chat & Daily Chronicle 10:00 Stretch & Strength 10:30 News Chat & Beverages 11:30 1:1 Soothing Visits 1:30 Mardi Gras Festival 2:00 Snacks & Reminiscing 2:30 Bingo 3:30 Happy Hour with "LUKE ANDREEN" 4:30 Sports on T.V.	Ash Wednesday Relaxing & Essential Oils 9:30 Lounge Chat & Daily Chronicle 10:00 Spirit Wednesday "Wear Red National Heart Month" 10:30 Cool Down & Beverages 11:30 1:1 Soothing Visits 1:15 February Concert with "DOUBLE TAKE" 2:00 Snacks & Finish The Phrase 2:30 Spa & Hand Care 3:00 Memories in the Making with Diane & Kasey 4:30 Sports on T.V.	Relaxing & Essential Oils 9:30 Lounge Chat & Daily Chronicle 10:00 San Diego Master Gardeners 10:30 1:1 Soothing Visits 1:30 Ice Cream Social in The Courtyard 2:00 Snacks 2:30 Axe Throwing / Basketball Game 4:30 Sports on T.V.	Relaxing & Essential Oils 9:30 Lounge Chat & Daily Chronicle 10:00 Drum Fit Exercise Class 10:30 Beverages & Trivia 11:30 1:1 Soothing Visits 1:30 Friday Movie & Popcorn 2:00 LOVE ON A LEASH 2:00 Snacks & Reminiscing 3:00 Bingo 4:30 Piano Music with "TREVOR GIBSON" 4:30 Sports on T.V.	Relaxing & Essential Oils 9:30 Lounge Chat & Daily Chronicle 10:00 Balloon Exercise 10:30 Book Club & Beverages 11:30 1:1 Soothing Visits 1:30 Scenic Drive 2:00 Snack in the Lounge 2:30 Craft Corner 3:30 Color Me Calm 4:30 Sports on T.V.
Relaxing & Essential Oils Winter Olympics Ends 9:30 Lounge Chat & Daily Chronicle 10:00 New Views and Horoscopes & Beverages 10:30 EZ Does It Game 11:30 1:1 Soothing Visits 1:30 Balloon Exercise 2:00 Snacks & Reminiscing 2:30 Did You Know? Game 2:45 Ukulele Sing Along with Bob Arii 4:30 Sports on T.V.	ALL STAFF MEETING Relaxing & Essential Oils 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 Oils 9:30 Lounge Chat & Daily Chronicle 10:00 Stretch & Strength 10:30 News Chat & Beverages 11:30 1:1 Soothing Visits 1:30 Afternoon Book Club 2:00 Snacks & Reminiscing 2:30 Bingo 3:30 Happy Hour & Birthday Celebration with "THE SOPHISTICATS" Cakes Sponsored by "Mission Hospice" 4:30 Sports on T.V.	Relaxing & Essential Oils 9:30 Lounge Chat & Daily Chronicle 10:00 Spirit Wednesday "Wear Red National Heart Month" 10:30 Cool Down & Beverages 11:30 1:1 Soothing Visits 1:30 Concert DVD "JOSH GROBAN" 2:00 Snacks & Finish The Phrase 2:30 Spa & Hand Care 3:00 Memories in the Making with Diane & Kasey 4:30 Sports on T.V.	Relaxing & Essential Oils 9:30 Lounge Chat & Daily Chronicle 10:00 Kickball Exercise 10:30 Music History & Beverages 11:30 1:1 Soothing Visits 1:30 February Concert with "FIREBALL XPRESS" 2:00 Snacks 2:30 Axe Throwing / Basketball Game 4:30 Sports on T.V.	Relaxing & Essential Oils 9:30 Lounge Chat & Daily Chronicle 10:00 Drum Fit Exercise Class 10:30 Beverages & Trivia 11:30 1:1 Soothing Visits 1:30 Friday Movie & Popcorn 2:00 LOVE ON A LEASH 2:00 Snacks & Reminiscing 3:00 Bingo 4:30 Piano Music with "TREVOR GIBSON" 4:30 Sports on T.V.	Relaxing & Essential Oils 9:30 Lounge Chat & Daily Chronicle 10:00 Balloon Exercise 10:30 Book Club & Beverages 11:30 1:1 Soothing Visits 1:30 Scenic Drive 2:00 Snack in the Lounge 2:30 Knit & Crochet Ole' 3:30 Color Me Calm 4:30 Sports on T.V.

Resident Birthdays

Rosada G. 2/12

All Activities are subject to change. Please look at the daily's schedule's. Thank you!



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