

Happy July BIRTHDAYS! AT THE RIDGE

Please join us in wishing our wonderful residents a very Happy Birthday!

- 07/03 Janet Bryant
- 07/13 George McDermott
- 07/16 Cheryl Bear
- 07/26 "Inge" Maglaras Ingerburg

Your Ridge family celebrates you!

July LOCATION Key

- L1 - Lounge
- LCK - Lantern Crest Kitchen
- MDR - Montecito Dining Room
- CD - Coronado Dining Room
- CAR - Crest Art Room
- SL - Sports Lounge
- CR - Card Room
- Patio
- Lobby
- Lobby

Enjoy Summer!

- MOVIES
- RELIGION
- GAMES
- SHOPPING
- SPECIAL EVENTS
- EXERCISE
- MUSIC
- OUTINGS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>MOVIES</p> <p>RELIGION</p> <p>GAMES</p> <p>SHOPPING</p> <p>SPECIAL EVENTS</p> <p>EXERCISE</p> <p>MUSIC</p> <p>OUTINGS</p>	<p>The Ridge</p> <p>800 Lantern Crest Way</p> <p>Santee, Ca 92071</p> <p>619-971-3983</p> <p>RCFE #374603253</p>		<p>I Spy Walk: Gnome <i>Spirit Wednesday "Wear Red, White & Blue/ Military Attire"</i></p> <p>8:00 <u>Daily Bread Reading with Damon</u></p> <p>9:45 Daily Chronicle & Word Search</p> <p>10:15 <u>Stretch & Strength with Angie from Mobile Therapy [CD]</u></p> <p>11:00 <u>Lunch Bunch: Brigantine</u></p> <p>1:00 <u>Bingo for Tickets [CAR]</u></p> <p>2:00 <u>4th of July Cornhole Tournament [L1]</u></p> <p>3:00 <u>Jeopardy [L1]</u></p> <p>4:30 <u>Wine Down Wednesday [MDR]</u></p> <p>6:00 <u>Evening Movie w/ Friends</u></p>	<p>Chef's Corner 11:30-12:30pm</p> <p>I Spy Walk: Gnome <u>Please RSVP/ Confirm for Scenic Drive & Sunday Shopping</u></p> <p>9:45 Daily Chronicle & Word Search</p> <p>10:00 <u>Bocce Ball [L1]</u></p> <p>11:00 1:1 Resident Visits</p> <p>1:30 <u>Bridge [CR]</u></p> <p>1:30 The Price is Right [L1]</p> <p>2:00 <u>Trivia Game [L1]</u></p> <p>3:00 <u>Storytime on a Stick [L1]</u></p> <p>4:30 <u>Piano Music with "TREVOR GIBSON" [MDR]</u></p> <p>6:00 <u>Evening Movie w/ Friends</u></p>	<p>Happy Birthday Janet Bryant!</p> <p>I Spy Walk: Gnome</p> <p>9:45 Daily Chronicle & Word Search</p> <p>10:00 <u>Balloon Tennis [L1]</u></p> <p>11:00 <u>1:1 Visits with Ray Pathman from "Our Lady of Perpetual Help" Catholic</u></p> <p>11:00 <u>Movie Committee [L1]</u></p> <p>1:00 <u>Afternoon Documentary Series: Black Budget- the history of the CIA [RT]</u></p> <p>2:00 <u>Remember When Social with Damon [SL]</u></p> <p>3:00 <u>Bingo for Tickets [CAR]</u></p> <p>4:45 <u>Happy Hour w/ Double Take [MDR]</u></p> <p>6:00 <u>Evening Movie w/ Friends</u></p>	<p>4th of July BBQ 11:00-2:00</p> <p>I Spy Walk: Gnome</p> <p>9:45 Daily Chronicle & Word Search</p> <p>10:00 <u>Upper Body Weight Exercise [L1]</u></p> <p>11:00 <u>Cover the Number Game [L1]</u></p> <p>1:00 <u>Trivia Game [L1]</u></p> <p>2:30 <u>4th of July Concert w/ Rhinestone Grannies [MDR]</u></p> <p>6:00 <u>Evening Movie w/ Friends</u></p>
<p>I Spy Walk: Gnome 5</p> <p>9:45 Daily Chronicle & Word Search</p> <p>10:00 <u>Sunday Shopping- Target</u></p> <p>11:00 1:1 Resident Visits</p> <p>1:30 <u>Exercise Class w/ Scarves [L1]</u></p> <p>2:00 Sing-a-long's w/ Minnie [L1]</p> <p>2:30 <u>Trivia Game [L1]</u></p> <p>6:00 <u>Evening Movie w/ Friends</u></p>	<p>I Spy Walk: Gnome 6</p> <p><u>Please RSVP/ Confirm for Outing by today w/ Activities Staff</u></p> <p>9:45 Daily Chronicle & Word Search</p> <p>10:00 <u>Stretch & Cycling [L1]</u></p> <p>10:30 <u>Bible Study & Hymns w/ Pastor Bob [L1]</u></p> <p>11:00 <u>Cover the Number Game [L1]</u></p> <p>1:00 <u>Monday Mystery Matinee [RT]</u></p> <p>2:00 Baking: DIY Pizza [LCK]</p> <p>3:00 <u>Bingo for Tickets [CAR]</u></p> <p>6:00 <u>Evening Movie w/ Friends</u></p>	<p>I Spy Walk: Gnome 7</p> <p>9:15 St. Kieran's Catholic Church Service [RT]</p> <p>9:45 Daily Chronicle & Word Search</p> <p>10:00 <u>Balloon Volleyball [CD]</u></p> <p>11:00 1:1 Resident Visits</p> <p>1:30 <u>Craft Corner [CAR]</u></p> <p>2:30 <u>You Be The Judge [L1]</u></p> <p>3:00 Afternoon Outing: Handel's Ice Cream</p> <p>4:30 <u>Happy Hour w/ Blue Zone [MDR]</u></p> <p>6:00 <u>Evening Movie w/ Friends</u></p>	<p>I Spy Walk: Gnome 8</p> <p><i>Spirit Wednesday "Wear Red, White & Blue/ Military Attire"</i></p> <p>8:00 <u>Daily Bread Reading with Damon</u></p> <p>9:45 Daily Chronicle & Word Search</p> <p>10:15 <u>Stretch & Strength with Angie from Mobile Therapy [CD]</u></p> <p>11:00 1:1 Resident Visits</p> <p>1:30 <u>Afternoon Concert w/ Steve & Diane [MDR]</u></p> <p>2:30 <u>Art Class w/ Marge [CAR]</u></p> <p>3:30 <u>Jeopardy [L1]</u></p> <p>4:30 <u>Wine Down Wednesday [MDR]</u></p> <p>6:00 <u>Evening Movie w/ Friends</u></p>	<p>Chef's Corner 11:30-12:30pm</p> <p>I Spy Walk: Gnome <u>Please RSVP/ Confirm for Scenic Drive & Sunday Shopping</u></p> <p>9:45 Daily Chronicle & Word Search</p> <p>10:00 <u>Bocce Ball [L1]</u></p> <p>11:00 1:1 Resident Visits</p> <p>1:30 <u>Bridge [CR]</u></p> <p>1:30 The Price is Right [L1]</p> <p>2:00 <u>Trivia Game [L1]</u></p> <p>3:00 <u>Storytime on a stick [L1]</u></p> <p>4:30 <u>Happy Hour w/ First String Band [CD]</u></p> <p>4:30 <u>Piano Music with "TREVOR GIBSON" [MDR]</u></p> <p>6:00 <u>Evening Movie w/ Friends</u></p>	<p>I Spy Walk: Gnome 10</p> <p>9:45 Daily Chronicle & Word Search</p> <p>10:00 <u>Balloon Tennis [L1]</u></p> <p>11:00 <u>1:1 Visits with Ray Pathman from "Our Lady of Perpetual Help" Catholic</u></p> <p>11:00 Poetry w/ Activities Staff [L1]</p> <p>1:00 <u>Afternoon Documentary Series: Impossible Places the Craziest Homes on Earth [RT]</u></p> <p>2:00 <u>Remember When Social with Damon [SL]</u></p> <p>3:00 <u>Bingo for Tickets [CAR]</u></p> <p>6:00 <u>Evening Movie w/ Friends</u></p>	<p>I Spy Walk: Gnome 11</p> <p>9:45 Daily Chronicle & Word Search</p> <p>10:00 <u>Scenic Saturdays: San Vicente Reservoir</u></p> <p>1:00 <u>Trivia Game [L1]</u></p> <p>2:00 <u>Concert w/ Sante Chorus [MDR]</u></p> <p>3:00 <u>Afternoon Axe Throwing [L1]</u></p> <p>6:00 <u>Evening Movie w/ Friends</u></p>
<p>I Spy Walk: Gnome 12</p> <p>9:45 Daily Chronicle & Word Search</p> <p>10:00 <u>Sunday Shopping- Trader Joes</u></p> <p>11:00 1:1 Resident Visits</p> <p>1:30 <u>Exercise Class w/ Scarves [L1]</u></p> <p>2:00 Sing-a-long's w/ Minnie [L1]</p> <p>2:30 <u>Trivia Game [L1]</u></p> <p>6:00 <u>Evening Movie w/ Friends</u></p>	<p>Happy Birthday George McDermott!</p> <p>I Spy Walk: Gnome <u>Please RSVP/ Confirm for Outing by today w/ Activities Staff</u></p> <p>9:45 Daily Chronicle & Word Search</p> <p>10:00 <u>Stretch & Cycling [L1]</u></p> <p>10:30 <u>Bible Study & Hymns w/ Pastor Bob [L1]</u></p> <p>11:00 <u>Cover the Number Game [L1]</u></p> <p>1:00 Baking: Key Lime Cups [LCK]</p> <p>2:00 <u>Travel Series w/ Shirley: New Guinea [RT]</u></p> <p>3:00 <u>Bingo for Tickets [CAR]</u></p> <p>6:00 <u>Evening Movie w/ Friends</u></p>	<p>I Spy Walk: Gnome 14</p> <p>9:45 Daily Chronicle & Word Search</p> <p>10:00 <u>Meditation Class with Mr. Ed [RT]</u></p> <p>11:00 1:1 Resident Visits</p> <p>11:00 <u>Balloon Volleyball [CD]</u></p> <p>2:30 <u>Rootbeer Floats [CD]</u></p> <p>3:00 <u>Resident Council [CD]</u></p> <p>4:00 <u>New Resident Sips of the Summer w/ Fireball Express [MDR]</u></p> <p>6:00 <u>Evening Movie w/ Friends</u></p>	<p>I Spy Walk: Gnome 15</p> <p><i>Spirit Wednesday "Wear Red, White & Blue/ Military Attire"</i></p> <p>8:00 <u>Daily Bread Reading with Damon</u></p> <p>9:45 Daily Chronicle & Word Search</p> <p>10:15 <u>Stretch & Strength with Angie from Mobile Therapy [CD]</u></p> <p>11:00 1:1 Resident Visits</p> <p>1:15 <u>Afternoon Concert w/ Double Take [MDR]</u></p> <p>2:15 <u>Flower Arranging [CAR]</u></p> <p>3:30 <u>Jeopardy [L1]</u></p> <p>4:30 <u>Wine Down Wednesday [MDR]</u></p> <p>6:00 <u>Evening Movie w/ Friends</u></p>	<p>Chef's Corner 11:30-12:30pm</p> <p>Happy Birthday Cheryl Bear!</p> <p>I Spy Walk: Gnome <u>Please RSVP/ Confirm for Scenic Drive & Sunday Shopping</u></p> <p>9:45 Daily Chronicle & Word Search</p> <p>10:00 <u>Bocce Ball [L1]</u></p> <p>11:00 1:1 Resident Visits</p> <p>1:30 <u>Bridge [CR]</u></p> <p>1:30 The Price is Right [L1]</p> <p>2:00 <u>Trivia Game [L1]</u></p> <p>3:00 <u>Storytime on a stick [L1]</u></p> <p>4:30 <u>Happy Hour w/ Luke Andreen [CD]</u></p> <p>4:30 <u>Piano Music with "TREVOR GIBSON" [MDR]</u></p> <p>5:30 <u>Family Bingo Night @ The Pointe</u></p>	<p>I Spy Walk: Gnome 17</p> <p>9:45 Daily Chronicle & Word Search</p> <p>10:00 <u>Balloon Tennis [L1]</u></p> <p>11:00 <u>1:1 Visits with Ray Pathman from "Our Lady of Perpetual Help" Catholic</u></p> <p>11:00 Poetry w/ Activities Staff [L1]</p> <p>1:30 <u>Minnie In Motion [MDR]</u></p> <p>2:00 <u>Remember When Social with Damon [SL]</u></p> <p>3:00 <u>Bingo for Tickets [CAR]</u></p> <p>6:00 <u>Evening Movie w/ Friends</u></p>	<p>I Spy Walk: Gnome 18</p> <p>9:45 Daily Chronicle & Word Search</p> <p>10:00 <u>Scenic Saturdays: Louis A. Stelzer Couty Park</u></p> <p>1:00 <u>Trivia Game [L1]</u></p> <p>3:00 <u>Afternoon Axe Throwing [L1]</u></p> <p>6:00 <u>Evening Movie w/ Friends</u></p>

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Happy July BIRTHDAYS!
AT THE RIDGE

Please join us in wishing our wonderful residents a very *Happy Birthday!*

07/03 Janet Bryant

07/13 George McDermott

07/16 Cheryl Bear

07/26 "Inge" Maglaras Ingerburg

Your Ridge family celebrates you!

July LOCATION Key

- L1 - Lounge
- LCK - Lantern Crest Kitchen
- MDR - Montecito Dining Room
- CD - Coronado Dining Room
- CAR - Crest Art Room
- SL - Sports Lounge
- CR - Card Room
- Patio
- Lobby
- Lobby

Enjoy Summer!

LANTERN CREST SENIOR LIVING

I Spy Walk: Gnome 19

9:45 Daily Chronicle & Word Search

10:00 **Sunday Shopping-T.J. Maxx**

11:00 1:1 Resident Visits

1:30 **Exercise Class w/ Scarves [L1]**

2:00 Sing-a-long's w/ Minnie [L1]

2:30 **Trivia Game [L1]**

6:00 **Evening Movie w/ Friends**

Happy Birthday Inge! 26

I Spy Walk: Gnome

9:45 Daily Chronicle & Word Search

10:00 **Sunday Shopping-Grocery Outlet**

11:00 1:1 Resident Visits

1:30 **Exercise Class w/ Scarves [L1]**

2:00 Sing-a-long's w/ Minnie [L1]

2:30 **Trivia Game [L1]**

6:00 **Evening Movie w/ Friends**

I SPY Walk

FIND A PATRIOTIC GNOME!

WHEN YOU FIND IT, GO TO THE FRONT DESK FOR A PRIZE!

I Spy Walk: Gnome 20

Please RSVP/ Confirm for Outing by today w/ Activities Staff

9:45 Daily Chronicle & Word Search

10:00 **Stretch & Cycling [L1]**

10:30 **Bible Study & Hymns w/ Pastor Bob [L1]**

11:00 **Cover the Number Game [L1]**

1:00 **Monday Mystery Matinee [RT]**

2:00 Baking: Ice Cream Sandwiches [LCK]

3:00 **Bingo for Tickets [CAR]**

6:00 **Evening Movie w/ Friends**

I Spy Walk: Gnome 27

Please RSVP/ Confirm for Outing by today w/ Activities Staff

9:45 Daily Chronicle & Word Search

10:00 **Stretch & Cycling [L1]**

10:30 **Bible Study & Hymns w/ Pastor Bob [L1]**

11:00 **Cover the Number Game [L1]**

1:00 **Monday Mystery Matinee [RT]**

2:00 Cooking: Cowboy Caviar [LCK]

3:00 **Bingo for Tickets [CAR]**

6:00 **Evening Movie w/ Friends**

"From every mountainside, let freedom ring." — Martin Luther King Jr.

I Spy Walk: Gnome 21

9:15 St. Kieran's Catholic Church Service [RT]

9:45 Daily Chronicle & Word Search

10:00 **Balloon Volleyball [CD]**

11:00 1:1 Resident Visits

1:30 **Craft Corner [CAR]**

2:30 **You Be The Judge [L1]**

3:00 Who/What am I Game?

4:00 **Sips of the Summer w/ The Sophisticats [MDR] [MDR]**

6:00 **Evening Movie w/ Friends**

I Spy Walk: Gnome 28

9:45 Daily Chronicle & Word Search

10:00 **Balloon Volleyball [CD]**

11:00 1:1 Resident Visits

1:30 **Craft Corner [CAR]**

2:30 **You Be The Judge [L1]**

3:00 Who/What am I Game?

4:30 **Happy Birthday Sips of the Summer w/ Brown Sugar Oldies [MDR]**

6:00 **Evening Movie w/ Friends**

Celebrate INDEPENDENCE DAY!

4TH OF JULY Concert!

FEATURING **Rhinestone Grannies**

JOIN US FOR AN AFTERNOON OF GREAT MUSIC, GOOD COMPANY & AMERICAN SPIRIT!

JULY 4TH 2:30 PM IN THE MAIN DINING ROOM

Let's celebrate freedom, friendship, and fun!

LANTERN CREST SENIOR LIVING

All Staff Meeting: No Doctor Appointments After 12pm 22

I Spy Walk: Gnome

Spirit Wednesday "Wear Red, White & Blue/ Military Attire"

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

1:00 **Bingo for Tickets [CAR]**

1:45 Afternoon Matinee [RT]

4:30 **Wine Down Wednesday [MDR]**

6:00 **Evening Movie w/ Friends**

I Spy Walk: Gnome

Spirit Wednesday "Wear Red, White & Blue/ Military Attire"

8:00 **Daily Bread Reading with Damon**

9:45 Daily Chronicle & Word Search

10:15 **Stretch & Strength with Angie from Mobile Therapy [CD]**

10:30 **Outing: Young Washington Movie Regal Cinema**

11:00 1:1 Resident Visits

1:00 **Bingo for Tickets [CAR]**

2:30 **Bingo Shopping Bazaar [CAR]**

3:00 **Jeopardy [L1]**

4:30 **Wine Down Wednesday [MDR]**

6:00 **Evening Movie w/ Friends**

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

THANK YOU!

Chef's Corner 11:30-12:30pm 23

I Spy Walk: Gnome

Please RSVP/ Confirm for Scenic Drive & Sunday Shopping

9:45 Daily Chronicle & Word Search

10:45 **Outing: The Yogurt Mill**

11:00 1:1 Resident Visits

1:30 **Bridge [CR]**

2:00 **Trivia Game [L1]**

3:00 **Storytime on a stick [L1]**

4:30 **Happy Hour w/ The Sunshine Gang [MDR]**

4:30 **Piano Music with "TREVOR GIBSON" [MDR]**

6:00 **Evening Movie w/ Friends**

Chef's Corner 11:30-12:30pm 30

I Spy Walk: Gnome

Please RSVP/ Confirm for Scenic Drive & Sunday Shopping

9:45 Daily Chronicle & Word Search

10:00 **Bocce Ball [L1]**

11:00 1:1 Resident Visits

1:30 **Bridge [CR]**

2:00 **Trivia Game [L1]**

3:00 **Storytime on a stick [L1]**

4:30 **Happy Hour w/ Fireball Xpress**

4:30 **Piano Music with "TREVOR GIBSON" [MDR]**

6:00 **Evening Movie w/ Friends**

I Spy Walk: Gnome 24

9:45 Daily Chronicle & Word Search

10:00 **Balloon Tennis [L1]**

11:00 **1:1 Visits with Ray Pathman from "Our Lady of Perpetual Help" Catholic**

11:00 Poetry w/ Activities Staff [L1]

1:00 **Afternoon Documentary Series: Minimalism [RT]**

2:00 **Remember When Social with Damon [SL]**

3:00 **Bingo for Tickets [CAR]**

6:00 **Evening Movie w/ Friends**

I Spy Walk: Gnome 31

9:45 Daily Chronicle & Word Search

10:00 **Balloon Tennis [L1]**

11:00 **1:1 Visits with Ray Pathman from "Our Lady of Perpetual Help" Catholic**

11:00 Poetry w/ Activities Staff [L1]

1:00 **Afternoon Documentary Series: Rockefeller: The World's First Billionaire [RT]**

2:00 **Remember When Social with Damon [SL]**

3:00 **Bingo for Tickets [CAR]**

6:00 **Evening Movie w/ Friends**

Family BINGO NIGHT!

JULY 16TH 5:30 PM AT THE POIN

TRANSPORTATION OFFERED!

Sign up with ACTIVITIES STAFF!

I Spy Walk: Gnome 25

9:45 Daily Chronicle & Word Search

10:00 **Upper Body Weight Exercise [L1]**

11:00 **Scenic Saturdays: Pacific Southwest Railway Museum**

1:00 **Trivia Game [L1]**

3:00 **Afternoon Axe Throwing [L1]**

6:00 **Evening Movie w/ Friends**

PLEASE SIGN-UP FOR ALL SHOPPING/ OUTINGS w/ ACTIVITY STAFF