

Sunday		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August AL at The Ridge ALOHA Happy Birthday Dorothy W.J. 08/02 Nancy B. 08/03 Gerald D. 08/03 James R. 08/03 Bill G. 08/17 Diane E. 08/25 Renee Park 08/25 Joanne C. 08/27 Lucille S. 08/31 Wishing you a month filled with sunshine, smiles & aloha! August 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 LC LANTERN CREST SENIOR LIVING Aloha All Month Long!		Activity Key MOVIES RELIGION GAMES SHOPPING SPECIAL EVENTS EXERCISE MUSIC OUTINGS LC LANTERN CREST SENIOR LIVING The Ridge 800 Lantern Crest Way Santee, Ca 92071 619-971-3983 RCFE #374603253 PLEASE SIGN-UP FOR ALL SHOPPING/ OUTINGS W/ ACTIVITY STAFF ALOHA I SPY Walk CAN YOU FIND THE ALOHA LEI? TAKE A WALK AROUND AND SEE IF YOU CAN SPOT OUR HIDDEN ALOHA LEI! WHEN YOU FIND IT, GO TO THE FRONT DESK TO WRITE YOUR NAME FOR A PRIZE! Good luck and happy hunting! " If you are always trying to be normal, you will never know how amazing you can be" - Maya Angelou I Spy Walk: Hawaiiin Lei 9:45 Daily Chronicle & Word Search 10:00 Scenic Saturdays: Mt. Helix 1:00 Trivia Game [L1] 2:00 Upper Body Weights & Cycling [L1] 3:00 Cover the Number Game [L1] 6:00 Evening Movie w/ Friends					
Happy Birthday Dorothy W.J! I Spy Walk: Hawaiiin Lei 9:45 Daily Chronicle & Word Search 10:00 Sunday Shopping-Target 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] 3:30 Party like it's 1955 social [L1] 6:00 Evening Movie w/ Friends		Happy Birthday Nancy B., Gerald D., James R! I Spy Walk: Hawaiiin Lei Please RSVP/ Confirm for Outing by today w/ Activities Staff 9:45 Daily Chronicle & Word Search 10:00 Stretch & Cycling [L1] 10:30 Uno [L1] 1:00 Monday Throwback Series: Jack Benny Program [RT] 2:00 Baking: Banana Nut Muffins [LCK] 3:00 Bingo for Tickets [CAR] 6:00 Evening Movie w/ Friends	I Spy Walk: Hawaiiin Lei 9:20 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 Healthy Skin w/ On Site- Dermatology [L1] 3:30 Who/What am I Game? 4:30 Happy Hour w/ Blue Zone [MDR] [MDR] 6:00 Evening Movie w/ Friends	I Spy Walk: Hawaiiin Lei Spirit Wednesday "Hawaiiin Shirt/ Lei's" 9:45 Daily Chronicle & Word Search 10:00 Youtube Yoga [CD] 10:45 Lunch Outing: Brigantine 11:00 1:1 Resident Visits 1:00 Bingo for Tickets [CAR] 2:30 Jeopardy [L1] 3:30 Cornhole [L1] 4:30 Wine Down Wednesday [MDR] 6:00 Evening Movie w/ Friends	Chef's Corner 11:30-12:30pm I Spy Walk: Hawaiiin Lei National Root Beer Float Day 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] 1:30 The Price is Right [L1] 2:00 Trivia Game [L1] 3:00 Rootbeer Floats [Lobby] 4:30 Piano Music with "TREVOR GIBSON" [MDR] 6:00 Evening Movie w/ Friends	I Spy Walk: Hawaiiin Lei National Purple Heart Day 9:45 Daily Chronicle & Word Search 10:00 Balloon Tennis [L1] 10:30 Mexican Train [L1] 11:00 1:1 Visits with Ray Pathman from "Our Lady of Perpetual Help" Catholic 1:00 Afternoon Documentary Series: The American Revolution [RT] 2:00 Remember When Social with Damon [SL] 3:00 Bingo for Tickets [CAR] 4:45 Evening Music w/ Double Take [MDR] 6:00 Evening Movie w/ Friends	I Spy Walk: Hawaiiin Lei 9:45 Daily Chronicle & Word Search 10:00 Scenic Saturdays: Mission Beach 1:00 Trivia Game [L1] 2:00 Upper Body Weights & Cycling [L1] 3:00 Cover the Number Game [L1] 6:00 Evening Movie w/ Friends
I Spy Walk: Hawaiiin Lei 9:45 Daily Chronicle & Word Search 10:00 Sunday Shopping-Walmart 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] 3:30 Party Like it's 1965 Social [L1] 6:00 Evening Movie w/ Friends		I Spy Walk: Hawaiiin Lei Please RSVP/ Confirm for Outing by today w/ Activities Staff 9:45 Daily Chronicle & Word Search 10:00 Stretch & Cycling [L1] 10:30 Uno [L1] 1:00 Monday Throwback Series: The Omaha Tiger: Starsky & Hutch [RT] 2:00 Baking: Strawberry Red Velvet Cake [LCK] 3:00 Bingo for Tickets [CAR] 6:00 Evening Movie w/ Friends	I Spy Walk: Hawaiiin Lei 9:45 Daily Chronicle & Word Search – Meditation Class with Mr. Ed [RT] 11:00 1:1 Resident Visits 11:00 Balloon Volleyball [CD] 1:30 Craft Corner [CAR] 2:30 Banana Split Social [CD] 3:00 Resident Council [CD] 4:30 New Resident Happy Hour w/ Fireball Express [MDR] [MDR] 6:00 Evening Movie w/ Friends	I Spy Walk: Hawaiiin Lei Spirit Wednesday "Hawaiiin Shirt/ Lei's" 9:45 Daily Chronicle & Word Search 10:15 Stretch & Strength with Angie from Mobile Therapy [CD] 10:30 Outing: Barnes & Nobles & Coffee 11:00 1:1 Resident Visits 1:15 Afternoon Concert w/ Double Take [MDR] 2:30 Jeopardy [L1] 3:30 Cornhole [L1] 4:30 Wine Down Wednesday [MDR] 6:00 Evening Movie w/ Friends	Chef's Corner 11:30-12:30pm I Spy Walk: Hawaiiin Lei 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] 1:30 The Price is Right [L1] 2:00 Trivia Game [L1] 3:00 Axe Throwing [L1] 4:30 Happy Hour w/ First String Band [CD] 4:30 Piano Music with "TREVOR GIBSON" [MDR] 6:00 Evening Movie w/ Friends	I Spy Walk: Hawaiiin Lei 9:45 Daily Chronicle & Word Search 10:00 Balloon Tennis [L1] 10:30 Mexican Train [L1] 11:00 1:1 Visits with Ray Pathman from "Our Lady of Perpetual Help" Catholic 1:00 Afternoon Documentary Series: The Ancient Tribes That Settled Our America's [RT] 2:00 Remember When Social with Damon [SL] 3:00 Bingo for Tickets [CAR] 6:00 Evening Movie w/ Friends	I Spy Walk: Hawaiiin Lei 9:45 Daily Chronicle & Word Search 10:00 Scenic Saturdays: Torrey Pines State Beach 1:00 Trivia Game [L1] 2:00 Upper Body Weights & Cycling [L1] 3:00 Cover the Number Game [L1] 6:00 Evening Movie w/ Friends

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	I Spy Walk: Hawaiiin Lei 23 9:45 Daily Chronicle & Word Search 10:00 <u>Sunday Shopping-Trader Joes</u> 11:00 1:1 Resident Visits 1:30 <u>Exercise Class w/ Scarves [L1]</u> 2:00 Sing-a-long's w/ Minnie [L1] 2:30 <u>Trivia Game [L1]</u> 3:30 <u>Party Like it's 1975 [L1]</u> 6:00 <u>Evening Movie w/ Friends</u>	I Spy Walk: Hawaiiin Lei 24 <u>Please RSVP/ Confirm for Outing by today w/ Activities Staff</u> 9:45 Daily Chronicle & Word Search 10:00 <u>Stretch & Cycling [L1]</u> 10:30 <u>Uno [L1]</u> 1:00 <u>Monday Throwback Series: The Love Boat [RT]</u> 2:00 Baking: Pineapple Upside Down Cake [LCK] 3:00 <u>Bingo for Tickets [CAR]</u> 6:00 <u>Evening Movie w/ Friends</u>	Happy Birthday Janice P. ! Happy Birthday Renee P. ! I Spy Walk: Hawaiiin Lei 25 9:45 Daily Chronicle & Word Search 10:00 <u>Balloon Volleyball [CD]</u> 11:00 1:1 Resident Visits 1:30 <u>Craft Corner [CAR]</u> 2:30 <u>You Be The Judge [L1]</u> 3:00 Who/What am I Game? 4:30 <u>Happy Hour w/ Brown Sugar Oldies [MDR]</u> 6:00 <u>Evening Movie w/ Friends</u>	I Spy Walk: Hawaiiin Lei 26 <u>Spirit Wednesday "Hawaiiin Shirt/ Lei's"</u> 9:30 <u>Womens Equality Day- Donut Doubt Her Social [Lobby]</u> 9:45 Daily Chronicle & Word Search 10:15 <u>Stretch & Strength with Angie from Mobile Therapy [CD]</u> 11:00 1:1 Resident Visits 11:00 <u>Resident Highlight Lunch Outing</u> 1:00 <u>Bingo for Tickets [CAR]</u> 3:00 <u>Bingo Shopping Bazaar [L1]</u> 4:30 <u>Wine Down Wednesday [MDR]</u> 6:00 <u>Evening Movie w/ Friends</u>	<u>Chef's Corner 11:30-12:30pm</u> 27 Happy Birthday Diane E. ! Happy Birthday Joanne C. ! I Spy Walk: Hawaiiin Lei <u>Please RSVP/ Confirm for Scenic Drive & Sunday Shopping</u> 9:45 Daily Chronicle & Word Search 10:00 <u>Bocce Ball [L1]</u> 11:00 1:1 Resident Visits 1:30 <u>Bridge [CR]</u> 1:30 <u>Luau [1:30-3:30]</u> 3:30 <u>Axe Throwing [L1]</u> 4:30 <u>Piano Music with "TREVOR GIBSON" [MDR]</u> 6:00 <u>Evening Movie w/ Friends</u>	I Spy Walk: Hawaiiin Lei 28 9:45 Daily Chronicle & Word Search 10:00 <u>Balloon Tennis [L1]</u> 10:30 <u>Mexican Train [L1]</u> 11:00 <u>1:1 Visits with Ray Pathman from "Our Lady of Perpetual Help" Catholic</u> 1:00 <u>Afternoon Documentary Series: America's BIGGEST Mysteries [RT]</u> 2:00 <u>Remember When Social with Damon [SL]</u> 3:00 <u>Bingo for Tickets [CAR]</u> 6:00 <u>Evening Movie w/ Friends</u>	I Spy Walk: Hawaiiin Lei 29 9:45 Daily Chronicle & Word Search 10:00 <u>Scenic Saturdays: Old Mission Damn</u> 1:00 <u>Trivia Game [L1]</u> 2:00 <u>Upper Body Weights & Cycling [L1]</u> 3:00 <u>Cover the Number Game [L1]</u> 6:00 <u>Evening Movie w/ Friends</u>
I Spy Walk: Hawaiiin Lei 30 9:45 Daily Chronicle & Word Search 10:00 <u>Sunday Shopping-Vons</u> 11:00 1:1 Resident Visits 1:30 <u>Exercise Class w/ Scarves [L1]</u> 2:00 Sing-a-long's w/ Minnie [L1] 2:30 <u>Trivia Game [L1]</u> 3:30 <u>Party Like it's 1985 [L1]</u> 6:00 <u>Evening Movie w/ Friends</u>	I Spy Walk: Hawaiiin Lei 31 <u>Please RSVP/ Confirm for Outing by today w/ Activities Staff</u> 9:45 Daily Chronicle & Word Search 10:00 <u>Stretch & Cycling [L1]</u> 10:30 <u>Uno [L1]</u> 1:00 <u>Monday Throwback Series: M.A.S.H [RT]</u> 2:00 Baking: Dirty Brookies [LCK] 3:00 <u>Bingo for Tickets [CAR]</u> 6:00 <u>Evening Movie w/ Friends</u>	Aloha! NATIONAL SENIOR CITIZENS DAY CELEBRATING YOU TODAY & EVERY DAY! AUGUST 21ST 9:30AM - 1:30PM YOGURT PARFAITS 9:30AM - 10:30AM Enjoy a delicious and healthy treat! TAI CHI 10:45AM - 11:30AM Relax, breathe, and move with us! MUSIC PERFORMANCE by Minnie in Motion 11:45AM - 1:30PM Enjoy beautiful music and good vibes all around! We appreciate you, we celebrate you, and we are grateful for you! COME FOR THE FUN, STAY FOR THE MEMORIES! SIGN UP AT THE FRONT DESK for guests!	"ALL ACTIVITIES ARE SUBJECT TO CHANGE. PLEASE CHECK THE DAILY SCHEDULE FOR THE MOST UP-TO-DATE INFORMATION." THANK YOU!	Aloha! LUAU! Join us for an afternoon of island fun, music & aloha! WHEN: AUGUST 27TH 1:30PM - 3:30PM DANCERS: FROM 2:30PM - 3:30PM! SIGN UP: SIGN UP AT THE FRONT DESK FOR GUESTS! MENU: MENU TO COME! Let's hula the afternoon away!			