

October Horizons at The Ridge

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

LANTERN CREST
SENIOR LIVING

OCTOBER Birthdays

HORIZONS

10/05	Dawn K.
10/09	Phyllis P.
10/13	Mike N.
10/17	JoAnn P.
10/19	Linda R.
10/22	Marlen S.
10/26	Carlos T.
10/29	Janice M.

LANTERN CREST
ASSISTED LIVING

HORIZONS HALLOWEEN SATURDAY

OCTOBER 31, 2026

October

ALL ACTIVITIES ARE SUBJECT TO CHANGE.

PLEASE CHECK THE DAILY SCHEDULE FOR THE MOST UP-TO-DATE INFORMATION.

The wind is rising,
and the air is wild
with *leaves*.

We have had our
summer evenings,
now for
October eves!

Relaxing & Essential Oils 4

9:30 Daily Chronicle & Good News Chat

10:00 [YouTube Yoga](#)

1:30 [Color Me Calm](#)

2:00 [Snacks & Reminiscing](#)

2:30 [Did You Know? Game](#)

2:45 [Ukulele Sing Along with Bob Arii](#)

3:30 Hand Lotion Massage

4:30 [Sports on T.V.](#)

Relaxing & Essential Oils 5

9:30 Bible Study & Hymns w/ Pastor Bob

10:15 Daily Chronicle & Good News Chat

10:30 [Morning Stretches & Exercise](#)

1:30 [Seasonal Sensory](#)

2:30 [Baking Memories Together: A Taste of Yesterday's Apple Crisp](#)

4:30 [Sports on T.V.](#)

Relaxing & Essential Oils 6

9:30 Daily Chronicle & Good News Chat

10:00 [Seated Yoga Stretch](#)

10:30 Cool Down & Beverages

1:30 [Let's Get Crafty!](#)

2:00 [Snacks & Reminiscing](#)

2:30 [Bingo](#)

3:30 [Happy Hour w/ The Sunshine Gang \[MC\]](#)

4:30 [Sports on T.V.](#)

Relaxing & Essential Oils 7

[Spirit Wednesday "Pink-Breast Cancer Awareness"](#)

9:30 Daily Chronicle & Good News Chat

10:00 [Cycle Through Nature](#)

10:30 [Cool Down & Beverages](#)

1:30 [What do you see?](#)

3:00 [Memories in the Making](#)

4:30 [Sports on T.V.](#)

Relaxing & Essential Oils 8

9:30 Daily Chronicle & Good News Chat

10:00 [Balloon Volleyball](#)

10:30 [Trivia Time](#)

1:30 [Wheel Of Fortune](#)

2:00 Snacks

2:30 [Scenic Drives: Coronado Island \(Silver Strand\)](#)

2:30 Virtual Field Trip: Spain

4:30 [Sports on T.V.](#)

Relaxing & Essential Oils 9

9:30 Daily Chronicle & Good News Chat

10:00 [Cornhole](#)

10:30 Snacks & Finish the Phrase

1:30 [Friday Movie & Popcorn](#)

3:30 [Remember When Social](#)

4:30 [Piano Music with "TREVOR GIBSON" \[MC\]](#)

4:30 [Sports on T.V.](#)

Relaxing & Essential Oils 10

9:30 Daily Chronicle & Good News Chat

10:00 [Balloon Tennis](#)

10:30 [Color Me Calm](#)

1:00 [Puzzle Mania](#)

2:00 [Snack & Reminiscing](#)

3:00 Flower Arranging

4:30 [Sports on T.V.](#)

Relaxing & Essential Oils 11

9:30 Daily Chronicle & Good News Chat

10:00 [YouTube Yoga](#)

1:30 [Color Me Calm](#)

2:00 [Snacks & Reminiscing](#)

2:30 [Did You Know? Game](#)

3:00 Nail -It

4:30 [Sports on T.V.](#)

Relaxing & Essential Oils 12

9:30 Daily Chronicle & Good News Chat

10:00 [Trivia Game](#)

10:30 [Morning Stretches & Exercise](#)

1:30 [Seasonal Sensory](#)

2:30 [Baking Memories Together: Pumpkin Spice Everything Nice](#)

4:30 [Sports on T.V.](#)

Relaxing & Essential Oils 13

9:30 Daily Chronicle & Good News Chat

10:00 [Seated Yoga Stretch](#)

10:30 Cool Down & Beverages

1:30 [Let's Get Crafty!](#)

2:00 [Snacks & Reminiscing](#)

2:30 [Bingo](#)

3:30 [Happy Hour w/ First String Band \[MC\]](#)

4:30 [Sports on T.V.](#)

Relaxing & Essential Oils 14

[Spirit Wednesday "Pink-Breast Cancer Awareness"](#)

9:30 Daily Chronicle & Good News Chat

10:00 [Cycle Through Nature](#)

10:30 [Cool Down & Beverages](#)

1:30 [What do you see?](#)

3:00 [Memories in the Making](#)

4:30 [Sports on T.V.](#)

Relaxing & Essential Oils 15

9:30 Daily Chronicle & Good News Chat

10:00 [Balloon Volleyball](#)

10:30 [Trivia Time](#)

1:30 [Wheel Of Fortune](#)

2:00 Snacks

2:30 [Scenic Drives: La Jolla Coastline](#)

2:30 Virtual Field Trip: Italy

4:30 [Sports on T.V.](#)

Relaxing & Essential Oils 16

9:30 Daily Chronicle & Good News Chat

10:00 [Cornhole](#)

10:30 Snacks & Finish the Phrase

1:30 [Friday Movie & Popcorn](#)

3:30 [Remember When Social](#)

4:30 [Piano Music with "TREVOR GIBSON"](#)

4:30 [Sports on T.V.](#)

Relaxing & Essential Oils 17

9:30 Daily Chronicle & Good News Chat

10:00 [Balloon Tennis](#)

10:30 [Color Me Calm](#)

1:00 [Puzzle Mania](#)

1:30 Entertainment w/ Sylvia

2:00 [Snack & Reminiscing](#)

3:00 Shoot the Ball

4:30 [Sports on T.V.](#)

Relaxing & Essential Oils 18

9:30 Daily Chronicle & Good News Chat

10:00 [YouTube Yoga](#)

10:00 [YouTube Yoga](#)

1:30 [Color Me Calm](#)

2:00 Church Service w/ Bill Bixby

2:00 [Snacks & Reminiscing](#)

2:30 [Did You Know? Game](#)

3:30 Nail -It

4:30 [Sports on T.V.](#)

Relaxing & Essential Oils 19

9:30 Daily Chronicle & Good News Chat

10:00 [Trivia Game](#)

10:30 [Morning Stretches & Exercise](#)

1:30 [Seasonal Sensory](#)

2:30 [Baking Memories Together: Old Fashion Banana Bliss](#)

4:30 [Sports on T.V.](#)

Relaxing & Essential Oils 20

9:30 Daily Chronicle & Good News Chat

10:00 [Seated Yoga Stretch](#)

10:30 Cool Down & Beverages

1:30 [Let's Get Crafty!](#)

2:00 [Snacks & Reminiscing](#)

2:30 [Bingo](#)

3:30 [Happy Hour w/ Luke Andreen](#)

4:30 [Sports on T.V.](#)

Relaxing & Essential Oils 21

[Spirit Wednesday "Pink-Breast Cancer Awareness"](#)

9:30 Daily Chronicle & Good News Chat

10:00 [Cycle Through Nature](#)

10:30 [Cool Down & Beverages](#)

1:30 [What do you see?](#)

3:00 [Memories in the Making](#)

4:30 [Sports on T.V.](#)

All Staff Meeting: No Doctor Appointments After 12pm 22

Relaxing & Essential Oils

9:30 Daily Chronicle & Good News Chat

10:00 [Balloon Volleyball](#)

10:30 [Trivia Time](#)

1:30 [Happy Hour Entertainment w/ Fireball Xpress](#)

2:00 Snacks

2:30 [Scenic Drives: Mt Helix](#)

2:30 Virtual Field Trip: Japan

4:30 [Sports on T.V.](#)

Relaxing & Essential Oils 23

9:30 Daily Chronicle & Good News Chat

10:00 [Cornhole](#)

10:30 Snacks & Finish the Phrase

1:30 [Friday Movie & Popcorn](#)

3:30 [Remember When Social](#)

4:30 [Piano Music with "TREVOR GIBSON"](#)

4:30 [Sports on T.V.](#)

5:30 [Creative Handz :](#)

Relaxing & Essential Oils 24

9:30 Daily Chronicle & Good News Chat

10:00 [Balloon Tennis](#)

10:30 [Color Me Calm](#)

1:00 [Puzzle Mania](#)

2:00 [Snack & Reminiscing](#)

3:00 Shoot the Ball

4:30 [Sports on T.V.](#)

Relaxing & Essential Oils 25

9:30 Daily Chronicle & Good News Chat

10:00 [YouTube Yoga](#)

1:30 [Seasonal Sensory](#)

2:00 [Snacks & Reminiscing](#)

2:30 [Did You Know? Game](#)

3:30 Nail -It

4:30 [Sports on T.V.](#)

Relaxing & Essential Oils 26

9:30 Daily Chronicle & Good News Chat

10:00 [Trivia Game](#)

10:30 [Morning Stretches & Exercise](#)

1:30 [Seasonal Sensory](#)

2:30 [Baking Memories Together: Spooktacular Sugar Cookies](#)

4:30 [Sports on T.V.](#)

Relaxing & Essential Oils 27

9:30 Daily Chronicle & Good News Chat

10:00 [Seated Yoga Stretch](#)

10:30 Cool Down & Beverages

1:30 [Let's Get Crafty!](#)

2:00 [Snacks & Reminiscing](#)

2:30 [Bingo](#)

3:30 [Happy Hour Birthday Bash w/ Sophisticats](#)

4:30 [Sports on T.V.](#)

Relaxing & Essential Oils 28

[Spirit Wednesday "Pink-Breast Cancer Awareness"](#)

9:30 Daily Chronicle & Good News Chat

10:00 [Cycle Through Nature](#)

10:30 [Cool Down & Beverages](#)

1:30 [What do you see?](#)

3:00 [Memories in the Making](#)

4:30 [Sports on T.V.](#)

Relaxing & Essential Oils 29

9:30 Daily Chronicle & Good News Chat

10:00 [Balloon Volleyball](#)

10:30 [Trivia Time](#)

1:30 [Wheel Of Fortune](#)

2:00 Snacks

2:30 [Scenic Drives: Pumpkin Patch](#)

2:30 Virtual Field Trip: Scotland

4:30 [Sports on T.V.](#)

Relaxing & Essential Oils 30

9:30 Daily Chronicle & Good News Chat

10:00 [Cornhole](#)

10:30 Snacks & Finish the Phrase

1:30 [Friday Movie & Popcorn](#)

3:30 [Remember When Social](#)

4:30 [Piano Music with "TREVOR GIBSON"](#)

4:30 [Sports on T.V.](#)

5:30 [Creative Handz :](#)

Happy Halloween!! 31

Relaxing & Essential Oils

9:30 Daily Chronicle & Good News Chat

10:00 [Balloon Tennis](#)

10:30 [Color Me Calm](#)

1:00 [Puzzle Mania](#)

2:00 [Snack & Reminiscing](#)

3:00 Flower Arranging

4:30 [Sports on T.V.](#)