

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

LOCATION KEY
AC 4th Floor Art/Crafts
FS 2nd Floor Fitness Studio
G 2 2nd Floor Garden
GR 3rd Floor Game Room
L32 2nd Floor Latitude 32 Bar
L 4th Floor Library
LL/P 3rd Floor Lantern Links/Patio

LP 1st Floor Lobby Pointe
PDP Pool Deck Patio
TD 2nd Floor Terrazza Dining
T 3rd Floor Theater
V 2nd Floor Veranda Dining

HAPPY BIRTHDAY

Marie Decker 7/1
Barbara Jones 7/5
Norma Sharpe 7/9
Bruce Love 7/10
Barbara Crane 7/11

Gwen Lovett 7/24
Mildred Swanson 7/27
Marilyn Burns 7/28

HAPPY ANNIVERSARY

No Anniversaries this Month

MUST SIGN UP TO PARTICIPATE IN ALL OUTINGS
ALL ACTIVITIES ARE SUBJECT TO CHANGE WITHOUT NOTICE
CHECK DAILIES FOR UPDATES
DOCTOR DRIVES M/W/F 9-4 PM

8:00 ★ Guardian Angels Catholic Church [LP] **1**
 8:45 ★ Sonrise Church [LP]
 9:30 ★ Communion: The Ridge [RT]
BRUNCH [TD]
 11:30-1:00 Matinee Movie: Robin Hood [T]
 1:00 ♥ Self-Led Walk the Halls [FS]
 1:00 ★ Bridge Club [FS]
 2:30 \$1 Bingo [GR]
 6:30 Board Games [GR]

8:00 ★ Guardian Angels Catholic Church [LP] **8**
 8:45 ★ Sonrise Church [LP]
 9:30 ★ Communion: The Ridge [RT]
BRUNCH [TD]
 11:30-1:00 ★ Bridge Club [FS]
 1:00 Matinee Movie: Secondhand Lions [T]
 1:00 ♥ Self-Led Walk the Halls [FS]
 2:30 \$1 Bingo [GR]
 6:30 Board Games [GR]

8:00 ★ Guardian Angels Catholic Church [LP] **15**
 8:45 ★ Sonrise Church [LP]
 9:30 ★ Communion: The Ridge [RT]
BRUNCH [TD]
 11:30-1:00 ♥ Self-Led Walk the Halls [FS]
 1:00 ★ Bridge Club [FS]
 1:00 Matinee Movie [T]
 2:30 \$1 Bingo [GR]
 6:30 Board Games [GR]

8:00 ★ Guardian Angels Catholic Church [LP] **22**
 8:45 ★ Sonrise Church [LP]
 9:30 ★ Communion: The Ridge [RT]
BRUNCH [TD]
 11:30-1:00 Matinee Movie: I Am Legend [T]
 1:00 ♥ Self-Led Walk the Halls [FS]
 1:00 ★ Bridge Club [FS]
 2:30 \$1 Bingo [GR]
 6:30 Board Games [GR]

8:00 ★ Guardian Angels Catholic Church [LP] **29**
 8:45 ★ Sonrise Church [LP]
 9:30 ★ Communion: The Ridge [RT]
BRUNCH [TD]
 12:00 **Padres Game [LP]**
 1:00 Matinee Movie: Moneyball [T]
 1:00 ♥ Self-Led Walk the Halls [FS]
 1:00 ★ Bridge Club [FS]
 2:30 \$1 Bingo [GR]
 6:30 Board Games [GR]

LAST DAY TO SIGN UP FOR 4th OF JULY BBQ **2**
 8:30 ♥ Extreme Fitness [FS]
 10:00 ♥ Water Aerobics w/Roseann [P]
 10:30 ♥ Chair Zumba with Diana [FS]
 11:00 ♥ Chair Volleyball [FS]
 1:00 Penny Poker [GR]
 2:00 Scrabble [GR]
 3:15 Glee Club [TD]
 3:30 **History Trivia with Gary [L]**
Glee Club Performance [TD]
 5:30 Poker [GR]
 6:30 Club Paw-a-Dise Social [PDP]

10:00 ♥ Water Aerobics w/Roseann [P] **9**
 10:30 ♥ Chair Zumba with Diana [FS]
 11:00 ♥ Chair Volleyball [FS]
 1:00 Penny Poker [GR]
 2:00 Scrabble [GR]
 3:15 Glee Club [TD]
 4:30 Music w/John Clancy [TD]
 6:30 Poker [GR]
 7:00 Club Paw-a-Dise Social [PDP]

10:00 ♥ Water Aerobics w/Roseann [P] **16**
 10:30 ♥ Chair Zumba with Diana [FS]
 11:00 ♥ Chair Volleyball [FS]
 1:00 Penny Poker [GR]
 2:00 Scrabble [GR]
 3:15 Glee Club [TD]
 4:30 Music w/John Clancy [TD]
 6:30 Poker [GR]
 7:00 Club Paw-a-Dise Social [PDP]

10:00 ♥ Water Aerobics w/Roseann [P] **23**
 10:30 ♥ Chair Zumba with Diana [FS]
 11:00 ♥ Chair Volleyball [FS]
 1:00 Penny Poker [GR]
 2:00 Scrabble [GR]
 3:15 Glee Club [TD]
 4:30 Music w/John Clancy [TD]
 6:30 Poker [GR]
 7:00 Club Paw-a-Dise Social [PDP]

10:00 ♥ Water Aerobics w/Roseann [P] **30**
 10:30 ♥ Chair Zumba with Diana [FS]
 11:00 ♥ Chair Volleyball [FS]
 1:00 Penny Poker [GR]
 2:00 Scrabble [GR]
 3:15 Glee Club [TD]
 4:30 Music w/John Clancy [TD]
 6:30 Poker [GR]
 7:00 Club Paw-a-Dise Social [PDP]

8:30 Twilight Golf Club [LL] **3**
 9:30 **Bible Study with Pastor Jim from Sonrise Church [L]**
 10:00 ★ **Del Mar Fair [LP]**
 1:00 \$1 Bingo [GR]
 2:30 Drama Club [T]
 6:00 ♥ Bocce Ball [LL]
 7:00 Classic Movie: The Monuments Men [T]

8:30 Twilight Golf Club [LL] **10**
 9:30 ★ **Club Paw-a-Dise: Mast Dog Park [LP]**
 10:00 ★ Shopping: Smart and Final [LP]
 10:00 ♥ Chair Weights Exercise [FS]
 10:30 ♥ Better Balance [FS]
 1:00 \$1 Bingo [GR]
 2:00 ★ Shopping: Hobby Lobby/Ross [LP]
 2:30 Drama Club [T]
 6:00 ♥ Bocce Ball [LL]
 7:00 Classic Movie: Alfred Hitchcock's Rear Window [T]

8:30 Twilight Golf Club [LL] **17**
 9:30 **Bible Study with Pastor Jim from Sonrise Church [L]**
 10:00 ★ **Jamul Casino [LP]**
 10:00 ♥ Chair Weights Exercise [FS]
 10:30 ♥ Better Balance [FS]
 1:00 \$1 Bingo [GR]
 2:00 ★ Frozen Yogurt Outing [LP]
 2:30 Drama Club [T]
 6:00 ♥ Bocce Ball [LL]
 7:00 Classic Movie: Green Mile [T]

LAST DAY TO SIGN UP FOR GOURMET NIGHT **24**
 8:30 Twilight Golf Club [LL]
 9:00 ★ **Veterans Breakfast [V]**
 9:30 **Bible Study with Pastor Jim from Sonrise Church [L]**
 10:00 ★ **Veterans Group Outing: Soledad Mt. [LP]**
 10:00 ♥ Chair Weights Exercise [FS]
 10:30 ♥ Better Balance [FS]
 1:00 \$1 Bingo [GR]
 2:30 Drama Club [T]
 6:00 ♥ Bocce Ball [LL]
 7:00 Classic Movie: Thoroughly Modern Millie [T]

8:30 Twilight Golf Club [LL] **31**
 9:30 **Bible Study with Pastor Jim from Sonrise Church [L]**
 10:00 ★ Shopping: Anywhere Shopping - Your Choice! [LP]
 10:00 ♥ Chair Weights Exercise [FS]
 10:30 ♥ Better Balance [FS]
 1:00 \$1 Bingo [GR]
 2:00 ★ Shopping: Fletcher Pkwy Dollar Store [LP]
 2:30 Drama Club [T]
 6:00 ♥ Bocce Ball [LL]
 7:00 Classic Movie: The NeverEnding Story [T]

DINING ROOM CLOSING AT 5:30PM **4**
Independence Day
 9:30 **Bible Study with Pastor Tim from Foothills Church [L]**
 10:30 ♥ Therasize w/Angie [FS]
 11:00 ★ **Independence Day BBQ w/ Band Diego [TD]**
 2:30 **Crazy Couponers [AC]**

9:30 **Bible Study with Pastor Tim from Foothills Church [L]** **11**
Coffee with Kaan [LP]
 10:00 ♥ Therasize w/Angie [FS]
 10:30 Bunco [GR]
 1:30 Resident Council Board Meeting [V]
 2:00 **Crazy Couponers [AC]**
 3:30 Happy Hour: Scott Parloh [LB32]

9:30 **Bible Study with Pastor Tim from Foothills Church [L]** **18**
 10:00 ♥ **Intense Workout: Cardio [FS]**
 10:30 ♥ Therasize w/Angie [FS]
 11:00 **Travels with Galen: Singapore, Malaysia & Phuket, Thailand [T]**
 11:15 Bunco [GR]
 1:30 **All Resident Meeting [T]**
 3:30 🍷 Happy Hour: Sylvia&Salvadore Birthday Celebration [LB32]

9:30 **Bible Study with Pastor Tim from Foothills Church [L]** **25**
 10:00 ♥ **Intense Workout: Cardio [FS]**
 10:30 ♥ Therasize w/Angie [FS]
 11:15 Bunco [GR]
 2:00 **Crazy Couponers [AC]**
 3:30 Happy Hour: Kemosabe [LB32]



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10:00 ♥ Chair Exercise [FS] **5**
 10:30 ♥ Better Balance [FS]
 1:00 Nickel Black Jack [GR]
 1:30 Resident Dining Committee Meeting [V]
 2:30 Glamour Girl Fitting
Pizza Night [LB32]
 6:00 **Domino's with Friends [GR]**

10:00 ♥ Chair Exercise [FS] **12**
 10:30 ♥ Better Balance [FS]
 1:00 Nickel Black Jack [GR]
 2:00 Arts/Crafts: Candy Wrapped Gifts [AC]
 2:00 ★ Shopping: Parkway Plaza [LP]
 4:30 **Build Your Own Hamburger and Hot Dog Night [LB32]**
 5:00 ★ **Santee Summer Concert: Lowdown Dirty Blues [LP]**
Domino's with Friends [GR]

9:00 **Pajama Breakfast with Donuts and Danish [LB32]** **19**
 10:00 ♥ Chair Exercise [FS]
 10:30 ♥ Better Balance [FS]
 1:00 Nickel Black Jack [GR]
 1:30 ♥ **Uni-Care Free Blood Pressure Check [LB32]**
 2:00 Arts/Crafts: Flower Baskets [AC]
 3:00 ★ Shopping: Errands Your Choice [LP]
 3:00 **New Resident Social with Don [L]**
Activity/Chef Chat [V]
Pizza Night [LB32]
Domino's with Friends [GR]

10:00 ♥ Chair Exercise [FS] **26**
 10:30 ♥ Better Balance [FS]
 1:00 Nickel Black Jack [GR]
 2:00 ★ Club Paw-a-Dise Outing: San Diego Humane Society [LP]
 Arts/Crafts: Beaded Bookmarks [AC]
Learning the Ukulele with Neal [V]
Ukulele Sing A Long with Neal [V]
 4:30 ★ **Santee Summer Concert: The Rolling Stones Tribute [LP]**
GOURMET NIGHT [LB32]
Domino's with Friends [GR]

10:00 ♥ **Yoga with Heidi [FS]** **6**
 10:00 ♥ Water Aerobics w/Roseann [P]
 10:30 ♥ Stand up Balance [FS]
 10:30 Garden Club [G2]
 11:00 **Books on CD with Friends [L]**
 1:00 Penny Poker [GR]
 1:00 ★ **Bridge Club [FS]**
 4:00 ♥ **Intense Workout: Strength [FS]**
 6:00 ♥ Bocce Ball [LL]

10:00 ♥ Water Aerobics w/Roseann [P] **13**
 10:00 ♥ **Yoga with Heidi [FS]**
 10:30 Garden Club [G2]
 10:30 ♥ Stand up Balance [FS]
 11:00 **Books on CD with Friends [L]**
 1:00 Penny Poker [GR]
 1:00 ★ **Bridge Club [FS]**
 3:00 ♥ **Abbott Hearing Aid Clean and Check [LB32]**
 4:00 ♥ **Intense Workout: Strength [FS]**
 6:00 ♥ Bocce Ball [LL]

9:15 ★ **Santee Library Breakfast and Books [LP]** **20**
 10:00 ♥ Water Aerobics w/Roseann [P]
 10:00 ♥ **Yoga with Heidi [FS]**
 10:30 Garden Club [G2]
 10:30 ♥ Stand up Balance [FS]
 11:00 **Books on CD with Friends [L]**
 1:00 Penny Poker [GR]
 1:00 ★ **Bridge Club [FS]**
 4:00 ♥ **Intense Workout: Strength [FS]**
 6:00 ♥ Bocce Ball [LL]

10:00 ♥ Water Aerobics w/Roseann [P] **27**
 10:00 ♥ **Yoga with Heidi [FS]**
 10:30 Garden Club [G2]
 10:30 ♥ Stand up Balance [FS]
 11:00 **Books on CD with Friends [L]**
 1:00 Penny Poker [GR]
 1:00 ★ **Bridge Club [FS]**
 4:00 **Book Club [L]**
 4:00 ♥ **Intense Workout: Strength [FS]**
 6:00 ♥ Bocce Ball [LL]

8:00 ♥ **Morning Walk [LP]** **7**
 10:00 ♥ Get Fit [FS]
 11:30 ★ **Glamour Girl Clothing Fashion Show [LB32]**
 1:00 Brain Games [GR]
 1:30 Bunco [GR]
 2:00 **Puzzles Around Lantern Crest**
Learning the Waltz with Ellyn [FS]
 7:00 Saturday Night at the Movies: Secondhand Lions [T]

8:00 ♥ **Morning Walk [LP]** **14**
 10:00 ♥ Get Fit [FS]
 10:30 ♥ Balloon Exercise [FS]
 1:00 Brain Games [GR]
 1:30 Bunco [GR]
 2:00 **Puzzles Around Lantern Crest**
Learning the Waltz with Ellyn [FS]
 4:00 **Mahjong Meeting [GR]**
 7:00 Saturday Night at the Movies: Brooklyn [T]

8:00 ♥ **Morning Walk [LP]** **21**
 10:00 ♥ Get Fit [FS]
 10:30 ♥ Balloon Exercise [FS]
 1:00 Brain Games [GR]
 1:30 Bunco [GR]
 2:00 **Puzzles Around Lantern Crest**
Learning the Waltz with Ellyn [FS]
 7:00 Saturday Night at the Movies: I Am Legend [T]

8:00 ♥ **Morning Walk [LP]** **28**
 10:00 ♥ Get Fit [FS]
 10:30 ♥ Balloon Exercise [FS]
 1:00 Brain Games [GR]
 1:30 Bunco [GR]
 2:00 **Puzzles Around Lantern Crest**
Learning the Waltz with Ellyn [FS]
 7:00 Saturday Night at the Movies: Moneyball [T]

♥ BE WELL
 🍷 BIRTHDAY
 ★ RSVP