

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Location Key

- PL - Plaza Lobby
- CDR - Catalina Dining Room
- MB - Miramar Bar
- MDT - Movie Dinner Theater
- BD - Bel Air Diner
- 50GR - 50's Game Room
- CH - Reflections Chapel
- FR - Fitness Room
- IPS - Indoor Pool and Spa
- TR - King Charles Royal Tea Room
- SC - Sunken Courtyard
- CC - Coronado Courtyard
- BBC - Bocce Ball Court
- PL4 - Puzzle Lounge/Library
- 2BT - 2nd Floor Balcony Terrace

Happy Birthday!
Jeannine Seward 1/23
Martina Peru 1/30

Doctor Drives
Monday thru Friday
9am - 3pm
9am - 1pm for Appts Further than 15 Miles



January cont'd **30**

Happy Birthday Martina Peru!!
Let's Move in the New Year - Pedometer Competition!
7:45 ★ Guardian Angels Catholic Church [PL]
8:15 ★ Shadow Mountain Church Drive [PL]
8:30 ★ Morning Walk at Parkway Plaza [PL]
9:00 † Sunday Morning Church Service with Pastor Bill [CH]
11:00 ★ Sunday Champagne Brunch ~ 11:00am - 2:00pm at The Pointe [V]
2:00 ♀ Puzzles on the 4th Floor [PL4]
3:00 ★ Arts and Crafts: Shrinky Dinks Valentine Pin [TR]
4:00 🐾 Tails on Trails: Dog Walking Group

FINAL DAY FOR PEDOMETER COMPETITION!! **31**

10:15 ↔ Strengthen and Stretch with Angie [FR]
11:00 ☕ Coffee in the Sea Lounge on the 2nd Floor
12:00 🏃 Monday Series Marathon: The Crown [MDT]
1:00 🏏 Bridge Club in 6th Floor Game Room
2:00 ♀ New Year, New Me: Healthy Habits [SC]
3:00 🏏 Lantern Crest Bowling League [BD]
4:00 🐾 Tails on Trails: Dog Walking Group

Lantern Crest SENIOR LIVING

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Please see
Pointe Activity
Calendar
for Additional
Activities

- ANIMALS
- ARTS
- EXERCISE
- FILM
- GAMES
- HAPPY HOUR
- HEALTH
- INTELLECTUAL
- MUSIC
- RSVP
- SOCIAL
- SPIRITUAL

Let's Move in the New Year - Pedometer Competition! **1**

New Year's Day
New Year's Day Buffet at The Plaza ~ 11am - 2pm ~ To Gos from 2:30pm - 3:30pm ~ Dining Closed at 3:30pm
9:30 ↔ Physical Wellness and Strength with Frank [FR]
2:00 🎲 Nickel Blackjack at The Pointe [GR]
3:30 ↔ Balloon Volleyball
4:00 🐾 Tails on Trails: Dog Walking Group
6:00 🎬 Evening Movie: Stepmom (1998) ~ 2h 5min [MDT]

Let's Move in the New Year - Pedometer Competition! **2**

Sunday NFL Football in Miramar Bar and Theater
7:45 ★ Guardian Angels Catholic Church [PL]
8:30 ★ Morning Walk at Parkway Plaza [PL]
9:00 † Sunday Morning Church Service with Pastor Bill [CH]
11:00 ★ Sunday Champagne Brunch ~ 11:00am - 2:00pm at The Pointe [V]
1:05 🏈 Sunday NFL Football - Chargers VS Broncos [T]
2:00 ♀ Puzzles on the 4th Floor [PL4]
3:00 ★ Arts and Crafts: New Year Reflection & Resolution Worksheet [TR]
4:00 🐾 Tails on Trails: Dog Walking Group
5:20 🏈 Sunday Night Football: Vikings VS Packers [MDT]

Let's Move in the New Year - Pedometer Competition! **3**

10:15 ↔ Strengthen and Stretch with Angie [FR]
11:00 ☕ Coffee in the Sea Lounge on the 2nd Floor
12:00 🏃 Monday Series Marathon: The Crown [MDT]
1:00 🏏 Bridge Club in 6th Floor Game Room
2:00 ♀ New Year, New Me: Healthy Habits [SC]
3:00 🏏 Lantern Crest Bowling League [BD]
4:00 🐾 Tails on Trails: Dog Walking Group
5:15 🏈 Monday Night Football: Browns VS Steelers [MDT]

Let's Move in the New Year - Pedometer Competition! **4**

9:00 ★ St. Kieran's Communion Service at The Ridge
10:15 ↔ Core Strength and Weights with Karl [FR]
11:00 🏠 Cornhole by the Moss Wall [PL]
1:00 ☕ Comedy Hour - Just For Laughs! [MDT]
2:00 🏏 Bunco [50GR]
3:00 ♀ Jumbo Crossword by the Water Fountain [PL]
4:00 🐾 Tails on Trails: Dog Walking Group
4:30 🎹 Live Piano Music with John Clancy [CDR]
6:00 🎬 Evening Movie: Stand by Me (1986) ~ 1h 29min [MDT]

Last Day to Sign Up for Lamplighter Theater ~ \$18 **5**

Let's Move in the New Year - Pedometer Competition!

10:00 ↔ Strengthen and Stretch with Angie at The Pointe [FS]
11:00 ♀ Free Blood Pressure Check with Sharp
11:00 ★ Plaza Outing: Janet's Café in Alpine [PLA]
1:00 🎲 Dominoes [50GR]
2:00 ★ Bible Study with Pastor Mark at The Pointe [L]
3:00 🎧 Men's Brew Crew [BD]
3:00 ♀ Technology Workshop [PL]
4:00 🐾 Tails on Trails: Dog Walking Group

Let's Move in the New Year - Pedometer Competition! **6**

10:15 ↔ Core Strength and Weights with Karl [FR]
11:30 🏏 Lantern Crest Bowling League [BD]
12:30 🎬 Matinee Movie: Willy Wonka and the Chocolate Factory (1971) ~ 1h 40min [MDT]
1:30 ★ Cookin' Up Fun with Darci ~ Cucumber Dill Cream Cheese Sandwich [BD]
3:00 🏏 Scrabble with Friends [PL]
4:00 ★ Culinary Action Station at The Pointe: Breakfast at Night [V]
4:00 🐾 Tails on Trails: Dog Walking Group

Let's Move in the New Year - Pedometer Competition! **7**

10:00 ↔ Cardio Drumming Class Video Workout [T]
11:30 🌿 Gardening Club
12:00 🏏 Bocce Ball and Beer [BBC]
12:30 ♀ Puzzles on the 4th Floor [PL4]
1:00 🏏 Bridge Club in 6th Floor Game Room
3:00 🎧 Happier Hour with Live Music from The First String Band [CDR]
4:00 🐾 Tails on Trails: Dog Walking Group
4:30 ♀ Technology Workshop [PL]

Let's Move in the New Year - Pedometer Competition! **8**

9:30 ↔ Physical Wellness and Strength with Frank [FR]
10:00 ↔ Aqua Fit with Daniel [IPS]
11:00 ♀ Friendly Bow Wow and Coffee - Dog Group Social [CC]
12:30 🍏 Apple Cider and Hot Cocoa Bar [BD]
2:00 🎵 San Diego Children's Choir Performance [MDT]
3:30 ↔ Balloon Volleyball
4:00 🐾 Tails on Trails: Dog Walking Group
6:00 🎬 Evening Movie: Annie (1982) ~ 2h 7min [MDT]

Let's Move in the New Year - Pedometer Competition! **9**

Sunday NFL Football in Miramar Bar and Theater
7:45 ★ Guardian Angels Catholic Church [PL]
8:15 ★ Shadow Mountain Church Drive [PL]
9:00 † Sunday Morning Church Service with Pastor Bill [CH]
10:30 † Spiritual Social and Coffee with Frank Long [CH]
11:00 ★ Sunday Champagne Brunch ~ 11:00am - 2:00pm at The Pointe [V]
1:00 ★ Cocktail Hour at Lamplighter Community Theater [PL]
1:25 🏈 Sunday NFL Football: Chargers VS Raiders [MDT]
5:20 🏈 Sunday Night Football: Vikings VS Packers [MDT]

Let's Move in the New Year - Pedometer Competition! **10**

10:15 ↔ Strengthen and Stretch with Angie [FR]
11:00 ☕ Coffee in the Sea Lounge on the 2nd Floor
12:00 🏃 Monday Series Marathon: The Crown [MDT]
1:00 🏏 Bridge Club in 6th Floor Game Room
2:00 ♀ New Year, New Me: Healthy Habits [SC]
3:00 🏏 Lantern Crest Bowling League [BD]
4:00 🐾 Tails on Trails: Dog Walking Group

Let's Move in the New Year - Pedometer Competition! **11**

9:00 † St. Kieran's Communion Service [CH]
10:15 ↔ Core Strength and Weights with Karl [FR]
11:00 🏠 Cornhole by the Moss Wall [PL]
11:30 ♀ Growing Up in Alcatraz with Dick Fisher [MDT]
1:00 ☕ Comedy Hour - Just For Laughs! [MDT]
2:00 🏏 Bunco [50GR]
3:00 ♀ Jumbo Crossword by the Water Fountain [PL]
4:00 🐾 Tails on Trails: Dog Walking Group
4:30 🎹 Live Piano Music with John Clancy [CDR]
6:00 🎬 Evening Movie: My Fair Lady (1964) ~ 2h 50min [MDT]

Let's Move in the New Year - Pedometer Competition! **12**

10:00 ↔ Strengthen and Stretch with Angie at The Pointe [FS]
11:00 ♀ Free Blood Pressure Check with Sharp
11:00 ★ Plaza Outing: Grossmont Mall Shopping and Lunch at Panera Bread [PL]
11:30 🍽️ Table Talk and Tasty Treats with Chef Phil [BD]
1:00 🎲 Dominoes [50GR]
1:30 Resident Council Board Meeting [V]
2:00 ★ Bible Study with Pastor Mark at The Pointe [L]
3:00 ♀ Technology Workshop [PL]
3:00 🎧 Women's Wine Time [TR]
4:00 🐾 Tails on Trails: Dog Walking Group

Let's Move in the New Year - Pedometer Competition! **13**

10:15 ↔ Core Strength and Weights with Karl [FR]
11:30 🏏 Lantern Crest Bowling League [BD]
12:30 🎬 Matinee Movie: Free Willy (1993) ~ 1h 52min [MDT]
1:30 ★ Cookin' Up Fun with Darci ~ Southwest Black Bean Corn Salad [BD]
2:30 🎉 New Resident Welcome! [BPD]
3:00 🏏 Scrabble with Friends [PL]
4:00 ★ Culinary Action Station at The Pointe: Mexican Cuisine [V]
4:00 🐾 Tails on Trails: Dog Walking Group

Last Day to Sign Up for San Diego Symphony ~ \$72 **14**

Let's Move in the New Year - Pedometer Competition!

10:00 ↔ Cardio Drumming Class Video Workout [T]
11:30 🌿 Gardening Club
12:00 🏏 Bocce Ball and Beer [BBC]
12:30 ♀ Puzzles on the 4th Floor [PL4]
1:00 🏏 Bridge Club in 6th Floor Game Room
2:00 ♀ Communi-Tea Book Club! [TR]
3:00 🎧 Happier Hour with Live Music from The Brown Sugar Oldies [CDR]
4:00 🐾 Tails on Trails: Dog Walking Group
4:30 ♀ Technology Workshop [PL]

Let's Move in the New Year - Pedometer Competition! **15**

9:30 ↔ Physical Wellness and Strength with Frank [FR]
10:00 ↔ Aqua Fit with Daniel [IPS]
11:00 ♀ Friendly Bow Wow and Coffee - Dog Group Social [CC]
12:30 🍏 Apple Cider and Hot Cocoa Bar [BD]
2:00 🎲 Nickel Blackjack at The Pointe [GR]
3:30 ↔ Balloon Volleyball
4:00 🐾 Tails on Trails: Dog Walking Group
6:00 🎬 Evening Movie: The Guns of Navarone (1961) ~ 2h 38min [MDT]

Let's Move in the New Year - Pedometer Competition! **16**

7:45 ★ Guardian Angels Catholic Church [PL]
8:15 ★ Shadow Mountain Church Drive [PL]
8:30 ★ Morning Walk at Parkway Plaza [PL]
9:00 † Sunday Morning Church Service with Pastor Bill [CH]
11:00 ★ Sunday Champagne Brunch ~ 11:00am - 2:00pm at The Pointe [V]
2:00 ♀ Puzzles on the 4th Floor [PL4]
3:00 ★ Arts and Crafts: Pinecone Painted Flowers [TR]
4:00 🐾 Tails on Trails: Dog Walking Group

Let's Move in the New Year - Pedometer Competition! **17**

Martin Luther King, Jr. Day
10:15 ↔ Strengthen and Stretch with Angie [FR]
11:00 ☕ Coffee in the Sea Lounge on the 2nd Floor
11:30 ♀ Travels with Galen at The Pointe ~ The Netherlands [T]
12:00 🏃 Monday Series Marathon: The Crown [MDT]
1:00 🏏 Bridge Club in 6th Floor Game Room
2:00 ♀ New Year, New Me: Healthy Habits [SC]
3:00 🏏 Lantern Crest Bowling League [BD]
4:00 🐾 Tails on Trails: Dog Walking Group

Let's Move in the New Year - Pedometer Competition! **18**

9:00 † St. Kieran's Communion Service at The Ridge
10:15 ↔ Core Strength and Weights with Karl [FR]
11:00 🏠 Cornhole by the Moss Wall [PL]
1:00 ☕ Comedy Hour - Just For Laughs! [MDT]
2:00 🏏 Bunco [50GR]
3:00 ♀ Jumbo Crossword by the Water Fountain [PL]
4:00 🐾 Tails on Trails: Dog Walking Group
4:30 🎹 Live Piano Music with John Clancy [CDR]
5:30 ★ Family Movie Night ~ Pizza, Popcorn and Pajamas featuring Avengers Movie [MDT]

Let's Move in the New Year - Pedometer Competition! **19**

10:00 ↔ Strengthen and Stretch with Angie at The Pointe [FS]
11:00 ♀ Free Blood Pressure Check with Sharp
11:00 ★ Plaza Outing: Joann's Fabric Store, CVS Pharmacy, and Smart and Final [PL]
1:00 🎲 Dominoes [50GR]
1:30 ★ All Residents Meeting at The Pointe [T]
3:00 🎧 Abbott Hearing Aid Clean and Check [PL]
3:00 🎧 Men's Brew Crew [BD]
3:00 ♀ Technology Workshop [PL]
4:00 🐾 Tails on Trails: Dog Walking Group

Let's Move in the New Year - Pedometer Competition! **20**

10:15 ↔ Core Strength and Weights with Karl [FR]
11:30 🏏 Lantern Crest Bowling League [BD]
11:30 ★ Veterans Luncheon at The Pointe [V]
12:30 🎬 Matinee Movie: Big Fish (2003) ~ 2h 5min [MDT]
1:30 ★ Cookin' Up Fun with Darci ~ Guacamole and Tortilla Chips [BD]
3:00 🏏 Scrabble with Friends [PL]
4:00 ★ Culinary Action Station at The Pointe: Chinese Cuisine [V]
4:00 🐾 Tails on Trails: Dog Walking Group

All Staff Meeting; No Doctor Appointments After 12pm **21**

Let's Move in the New Year - Pedometer Competition!

10:00 ↔ Cardio Drumming Class Video Workout [T]
11:30 🌿 Gardening Club
12:00 🏏 Bocce Ball and Beer [BBC]
12:30 ♀ Puzzles on the 4th Floor [PL4]
1:00 🏏 Bridge Club in 6th Floor Game Room
3:00 🎧 Happier Hour with Live Music from The Tradesmen Band [CDR]
4:00 🐾 Tails on Trails: Dog Walking Group
4:30 ♀ Technology Workshop [PL]

Let's Move in the New Year - Pedometer Competition! **22**

9:30 ↔ Physical Wellness and Strength with Frank [FR]
10:00 ↔ Aqua Fit with Daniel [IPS]
11:00 ♀ Friendly Bow Wow and Coffee - Dog Group Social [CC]
12:30 🍏 Apple Cider and Hot Cocoa Bar [BD]
2:00 🎲 Nickel Blackjack at The Pointe [GR]
3:30 ↔ Balloon Volleyball
4:00 🐾 Tails on Trails: Dog Walking Group
6:00 🎬 Evening Movie: The Piano (1993) ~ 2h 1min [MDT]

Happy Birthday Jeannine Seward!! **23**

Let's Move in the New Year - Pedometer Competition!

7:45 ★ Guardian Angels Catholic Church [PL]
8:15 ★ Shadow Mountain Church Drive [PL]
9:00 † Sunday Morning Church Service with Pastor Bill [CH]
10:30 † Spiritual Social and Coffee with Frank Long [CH]
11:00 ★ Sunday Champagne Brunch ~ 11:00am - 2:00pm at The Pointe [V]
2:00 ♀ Puzzles on the 4th Floor [PL4]
3:00 ★ Arts and Crafts: Monogram Button Canvas [TR]
4:00 🐾 Tails on Trails: Dog Walking Group

Let's Move in the New Year - Pedometer Competition! **24**

10:15 ↔ Strengthen and Stretch with Angie [FR]
11:00 ☕ Coffee in the Sea Lounge on the 2nd Floor
12:00 🏃 Monday Series Marathon: The Crown [MDT]
1:00 🏏 Bridge Club in 6th Floor Game Room
2:00 ♀ New Year, New Me: Healthy Habits [SC]
3:00 🏏 Lantern Crest Bowling League [BD]
4:00 🐾 Tails on Trails: Dog Walking Group

Let's Move in the New Year - Pedometer Competition! **25**

9:00 † St. Kieran's Communion Service [CH]
10:15 ↔ Core Strength and Weights with Karl [FR]
11:00 🏠 Cornhole by the Moss Wall [PL]
1:00 ☕ Comedy Hour - Just For Laughs! [MDT]
2:00 🏏 Bunco [50GR]
2:30 ♀ Sharp Seminar [MDT]
3:00 ♀ Jumbo Crossword by the Water Fountain [PL]
4:00 🐾 Tails on Trails: Dog Walking Group
4:30 🎹 Live Piano Music with John Clancy [CDR]
6:00 🎬 Evening Movie: Rain Man (1988) ~ 2h 13min [MDT]

Let's Move in the New Year - Pedometer Competition! **26**

10:00 ☕ Coffee with Executive Director Kaan Ciftci [PL]
11:00 ♀ Free Blood Pressure Check with Sharp
11:00 ★ Plaza Outing: Burlington Coat Factory and Lunch at El Torito [PL]
11:30 🍽️ Table Talk and Tasty Treats with Chef Phil [BD]
1:00 🎲 Dominoes [50GR]
2:00 ★ Bible Study with Pastor Mark at The Pointe [L]
3:00 🎧 Winter Wonderland at The Pointe with Live Music from The Brown Sugar Oldies [LB32]
4:00 🐾 Tails on Trails: Dog Walking Group

Let's Move in the New Year - Pedometer Competition! **27**

10:00 ♀ Lifetime Security and Planning with AJ Tota [MDT]
10:15 ↔ Core Strength and Weights with Karl [FR]
11:30 🏏 Lantern Crest Bowling League [BD]
12:30 🎬 Matinee Movie: Cadillac Records (2008) ~ 1h 49min [MDT]
1:30 ★ Cookin' Up Fun with Darci ~ Tomato Feta Baked Pasta [BD]
3:00 🍽️ Dining Committee Meeting [V]
3:00 🏏 Scrabble with Friends [PL]
4:00 ★ Culinary Action Station at The Pointe: Mediterranean Cuisine [V]
4:00 🐾 Tails on Trails: Dog Walking Group

Let's Move in the New Year - Pedometer Competition! **28**

10:00 ↔ Cardio Drumming Class Video Workout [T]
11:30 🌿 Gardening Club
12:00 🏏 Bocce Ball and Beer [BBC]
12:30 ♀ Puzzles on the 4th Floor [PL4]
1:00 🏏 Bridge Club in 6th Floor Game Room
2:00 ♀ Communi-Tea Book Club! [TR]
3:00 🎧 Happier Hour with Live Music from The Jazz A Minute Band [CDR]
4:00 🐾 Tails on Trails: Dog Walking Group
4:30 ♀ Technology Workshop [PL]

Let's Move in the New Year - Pedometer Competition! **29**

9:30 ↔ Physical Wellness and Strength with Frank [FR]
10:00 ↔ Aqua Fit with Daniel [IPS]
11:00 ♀ Friendly Bow Wow and Coffee - Dog Group Social [CC]
12:30 🍏 Apple Cider and Hot Cocoa Bar [BD]
1:00 ★ San Diego Symphony at Civic Theater [PL]
2:00 🎲 Nickel Blackjack at The Pointe [GR]
3:30 ↔ Balloon Volleyball
4:00 🐾 Tails on Trails: Dog Walking Group
6:00 🎬 Evening Movie: Runaway Bride (1999) ~ 1h 56min [MDT]