



# April 2023 The Pointe

## Sunday Monday Tuesday Wednesday Thursday Friday Saturday

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

### LOCATION KEY

- [LP]- 1st Floor Lobby Pointe
- [LB32]- 2nd Floor Latitude 32 Bar
- [V]- 2nd Floor Veranda Dining
- [TD]- 2nd Floor Terrazza Dining
- [FS]- 2nd Floor Fitness Studio
- [G2]- 2nd Floor Garden
- [PDP]- Pool Deck Patio
- [GR]- 3rd Floor Game Room
- [LL/P]- 3rd Floor Lantern Links
- [T]- 3rd Floor Theater
- [FR4]- 4th Floor Fitness Studio
- [L]- 4th Floor Library
- [AC]- 4th Floor Arts /Crafts Room

### HAPPY April BIRTHDAY

- Kerstin Braun ~ 4/4
- Walt Winter ~ 4/5
- Janet Waltz ~ 4/6
- Mary Osborne ~ 4/8
- Alice Colgate ~ 4/10
- Margie Smith ~ 4/12
- Nancy Axford ~ 4/12
- Chris Junker ~ 4/18
- Bob Westover ~ 4/21
- Ron Clinkenbeard ~ 4/28
- Howard MacKay ~ 4/30

**All Activities Are Subject To Change Without Notice.**

**DOCTOR DRIVES**  
Monday thru Friday  
**9 AM - 3 PM**

**9 AM- 1 PM for Appts Further than 15 Miles**

**All Activities With A RED STAR Require You to Sign Up.**

**Call Extension 5405 to Sign Up for Activities!**

**BRITTANY FAY**  
**LIFE ENRICHMENT DIRECTOR**

**(619) 258-8886 X 3910**  
**brittany.fay@lanterncrest.com**

Please see Plaza Activity Calendar for Additional Activities



**April Fools Day! 1**

- 9:00 ↔ Yoga & Weights with Heidi [FS]
- 10:00 ⚡ Group Crossword in the Library [L]
- 11:00 ↔ **Not Fast, Just Furious: Lantern Crest Walking Group [LP]**
- 11:30 ♣ Left, Right, Center Dice Game [GR]
- 1:00 ☺ **Weekly Meditation With Hailee [FS]**
- 2:00 ♣ **Nickel Blackjack [GR]**
- 3:00 ♣ **Sudoku Challenge [GR]**
- 4:30 🐾 **Tails on Trails Walking Group [LP]**
- 6:30 ♣ **Games in the Game Room [GR]**

**Palm Sunday 2**  
**Wear Blue for Autism Awareness!!**

- 8:00 ★ **Guardian Angels Catholic Church [LP]**
- 8:15 ★ **Shadow Mountain Church Drive [PL]**
- 9:00 ★ **Sunday Morning Church Service with Pastor Steven [CH]**
- 9:30 ☞ **Sunday Morning Coffee by the Garden with Club Paw-A-Dise [G2]**
- 11:00 ☞ **Sunday Champagne Brunch ~ 11:00am - 2pm [V]**
- 12:30 ♣ **Bridge Club [FS]**
- 1:15 ★ **Sunday Concert at the Spreckles Organ Pavilion [LP]**
- 1:30 ☺ **Historical Documentaries: The Epidemic Of Plague That Ravaged London [T]**
- 1:30 ♣ **Lazy Sunday Puzzles in the Lobby [LP]**
- 3:00 ♣ **\$1 Bingo [GR]**
- 4:30 🐾 **Tails on Trails Walking Group [LP]**

**Last Day to RSVP for Pointe Outing Ext. 5405 3**

- 9:00 ↔ **Strengthen & Stretch with Angie [FS]**
- 10:00 ☞ **Coffee & Conversation [LP]**
- 11:00 ↔ **Not Fast, Just Furious: Lantern Crest Walking Group [LP]**
- 1:00 🎵 **Glee Club [GR]**
- 2:00 ♣ **Nickel Blackjack [GR]**
- 3:00 ♣ **Mexican Train [GR]**
- 4:00 ☞ **Monday Night ~ Burger and Fries Special ~ 10pts [TD]**
- 4:30 🎵 **Evening Piano Music [TD]**
- 4:30 🐾 **Tails on Trails Walking Group [LP]**

**Happy Birthday Kerstin Braun!! 4**

- 9:15 † **St. Kieran's Communion Service at The Ridge**
- 9:20 ↔ **Indoor Gentle Aquafit at The Plaza with Peggy [IPS]**
- 9:30 ↔ **Balance & Stability Class with Karl [FS]**
- 10:30 ★ **Weekly Outing to Grossmont Center Mall [LP]**
- 11:00 🎵 **Line Dancing in the Fitness Studio [FS]**
- 11:30 ♣ **10,000 Dice Game [GR]**
- 1:30 ☞ **Paint & Sip Art Class [AC]**
- 3:00 ♣ **Bingo [GR]**
- 4:15 ☺ **Technology Help in Activities Office**
- 6:00 ♣ **Games in the Game Room [GR]**

**Happy Birthday Walt Winter!! 5**  
**Last Day to RSVP for Sunday Easter Brunch ~ RSVP with Activities at 3910**

**Passover Begins**

- 9:00 ↔ **Strengthen & Stretch with Angie [FS]**
- 10:00 ☞ **Can You Dig It? Coffee in the Garden [G2]**
- 11:30 ★ **Spice Up Your Life Cooking Class with Erika : Two Ingredient Mousse [V]**
- 12:30 ☞ **Matinee Movie: The King and I \*G\* 1956 · Musical/Romance · 2h 13m [T]**
- 2:00 † **Bible Study with Pastor Mark from Foothills Church [L]**
- 3:00 ☞ **Happy Hour with Live Music from The Blue Zone [LB32]**
- 4:30 🐾 **Tails on Trails Walking Group [LP]**
- 6:00 ♣ **Games in the Game Room [GR]**

**Happy Birthday Janet Walz!! 6**

- 9:30 ↔ **Balance & Stability Class with Karl [FS]**
- 10:00 † **Bible Study with Pastor Bill [L]**
- 10:30 ↔ **Tai Chi for Beginners Instructional Video [FS]**
- 11:30 ☞ **Spring Social ~ Petting Zoo and Honey for Sale!! [LL]**
- 1:00 ☞ **Women's Wine Time Social [LB32]**
- 2:00 ♣ **Nickel Blackjack [GR]**
- 3:00 ♣ **Cribbage [GR]**
- 4:00 ☞ **Culinary Action Station ~ Sandwich, Soup, and Salad [V]**
- 4:15 ☺ **Technology Help in Activities Office**
- 6:00 ♣ **Games in the Game Room [GR]**

**9:00 ↔ Cardio Drumming Class Video Workout [FS] 7**

- 10:00 ☺ **Free Friday Vital Checks with Senior Helpers [LB32]**
- 10:30 ☺ **Triva Challenge in the Library [L]**
- 11:00 ☞ **Cornhole in the Studio [FS]**
- 11:30 ♣ **10,000 Dice Game [GR]**
- 12:30 ☺ **Bridge Club [FS]**
- 1:00 ★ **Arts & Crafts: Easter Egg Garland [AC]**
- 3:00 ♣ **\$1 Bingo [GR]**
- 4:00 † **Good Friday Service with Pastor Bill [CH]**
- 4:30 🐾 **Tails on Trails Walking Group [LP]**
- 7:00 ☞ **Friday Night Movie: Casablanca \*PG\* 1942 · 1h 42m [T]**

**Happy Birthday Mary Osborne!! 8**

- 9:00 ↔ **Yoga & Weights with Heidi [FS]**
- 10:00 ⚡ **Group Crossword in the Library [L]**
- 10:30 ★ **Outing to the San Diego Botanic Garden in Encinitas [LP]**
- 11:00 ↔ **Not Fast, Just Furious: Lantern Crest Walking Group [LP]**
- 11:30 ♣ **Left, Right, Center Dice Game [GR]**
- 2:00 ♣ **Nickel Blackjack [GR]**
- 3:00 ♣ **Sudoku Challenge [GR]**
- 4:30 🐾 **Tails on Trails Walking Group [LP]**
- 6:30 ♣ **Games in the Game Room [GR]**

**Easter 9**

- 8:00 ★ **Guardian Angels Catholic Church [LP]**
- 8:15 ★ **Shadow Mountain Church Drive [PL]**
- 9:00 ★ **Sunday Morning Church Service with Pastor Bill [CH]**
- 9:30 ☞ **Sunday Morning Coffee by the Garden with Club Paw-A-Dise [G2]**
- 11:00 ★ **Easter Sunday Brunch at The Plaza ~ 11:00am - 2pm [CDR]**
- 12:30 ♣ **Bridge Club [FS]**
- 1:30 ☺ **Historical Documentaries: Titanic Real Story [T]**
- 1:30 ♣ **Lazy Sunday Puzzles in the Lobby [LP]**
- 3:00 ♣ **Resident Led \$1 Bingo [GR]**
- 4:30 🐾 **Tails on Trails Walking Group [LP]**

**Happy Birthday Alice Colgate!! 10**  
**Last Day to RSVP for Pointe Outing Ext. 5405**

- 9:00 ↔ **Strengthen & Stretch with Angie [FS]**
- 10:00 ☞ **Coffee & Conversation [LP]**
- 11:00 ↔ **Not Fast, Just Furious: Lantern Crest Walking Group [LP]**
- 2:00 ♣ **Nickel Blackjack [GR]**
- 3:00 ☺ **Democrat Social Club [L]**
- 3:00 ♣ **Mexican Train [GR]**
- 4:00 ☞ **Monday Night ~ Burger and Fries Special ~ 10pts [TD]**
- 4:30 🐾 **Tails on Trails Walking Group [LP]**

**9:15 † St. Kieran's Communion Service [CH] 11**

- 9:20 ↔ **Indoor Gentle Aquafit at The Plaza with Peggy [IPS]**
- 9:30 ↔ **Balance & Stability Class with Karl [FS]**
- 10:30 🎵 **The Merry Ukes Ukelele Performance [T]**
- 11:00 🎵 **Line Dancing in the Fitness Studio [FS]**
- 11:30 ♣ **10,000 Dice Game [GR]**
- 1:30 ☞ **Paint & Sip Art Class [AC]**
- 2:30 ☺ **Sharp Seminar: Fall Prevention with Physical Therapist Nina McCorkle [MDT]**
- 3:00 ♣ **Bingo [GR]**
- 4:15 ☺ **Technology Help in Activities Office**
- 6:00 ♣ **Games in the Game Room [GR]**

**Happy Birthday Margy Smith!! 12**  
**Happy Birthday Nancy Axford!!**

- 9:00 ↔ **Strengthen & Stretch with Angie [FS]**
- 10:00 ☞ **Can You Dig It? Coffee in the Garden [G2]**
- 11:30 ★ **Spice Up Your Life Cooking Class With Erika : Pizza Bagel [V]**
- 12:30 ☞ **Matinee Movie: The Pink Panther \*PG\* 1963 · Comedy/Crime · 1h 53m [T]**
- 1:30 ☺ **Resident Council Board Meeting [V]**
- 2:00 † **Bible Study with Pastor Mark from Foothills Church [L]**
- 3:00 ☞ **Happy Hour with Live Music from Double Take [LB32]**
- 4:30 🐾 **Tails on Trails Walking Group [LP]**
- 6:00 ♣ **Games in the Game Room [GR]**

**Last Day to RSVP for Coronado Flower Show ~ Call 5405 13**

**Passover Ends**

- 9:30 ↔ **Balance & Stability Class with Karl [FS]**
- 10:00 † **Bible Study with Pastor Bill [L]**
- 10:30 ↔ **Tai Chi for Beginners Instructional Video [FS]**
- 1:00 ☞ **New Resident Welcome- Cookies, Coffee, & Conversations [LP]**
- 2:00 ♣ **Nickel Blackjack [GR]**
- 3:00 ♣ **Cribbage [GR]**
- 4:00 ☞ **Culinary Action Station ~ Mexican Cuisine [V]**
- 4:15 ☺ **Technology Help in Activities Office**
- 6:00 ♣ **Games in the Game Room [GR]**

**9:00 ↔ Cardio Drumming Class Video Workout [FS] 14**

- 10:00 ☺ **Free Friday Vital Checks with Senior Helpers [LB32]**
- 10:30 ☺ **Triva Challenge in the Library [L]**
- 11:00 ☞ **Cornhole in the Studio [FS]**
- 11:30 ♣ **10,000 Dice Game [GR]**
- 12:30 ☺ **Bridge Club [FS]**
- 1:00 ★ **Arts & Crafts: Hand Print Paper Lillies [AC]**
- 3:00 ♣ **\$1 Bingo [GR]**
- 4:30 🐾 **Tails on Trails Walking Group [LP]**
- 7:00 ☞ **Friday Night Movie: Moulin Rouge \*PG-13\* 2001 · Musical/Romance · 2h 7m [T]**

**Taxes Are Due! 15**

- 9:00 ↔ **Yoga & Weights with Heidi [FS]**
- 10:00 ⚡ **Group Crossword in the Library [L]**
- 11:00 ↔ **Not Fast, Just Furious: Lantern Crest Walking Group [LP]**
- 11:30 ♣ **Left, Right, Center Dice Game [GR]**
- 1:00 ☺ **Weekly Meditation With Hailee [FS]**
- 2:00 ♣ **Nickel Blackjack [GR]**
- 3:00 ♣ **Sudoku Challenge [GR]**
- 4:30 🐾 **Tails on Trails Walking Group [LP]**
- 6:30 ♣ **Games in the Game Room [GR]**



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- Bob Westover ~ 4/21
- Ron Clinkenbeard ~ 4/28
- Howard MacKay ~ 4/30

**16**

8:00 ★ Guardian Angels Catholic Church [LP]

8:15 ★ Shadow Mountain Church Drive [PL]

9:00 ★ Sunday Morning Church Service with Pastor Bill [CH]

9:30 ☞ Sunday Morning Coffee by the Garden with Club Paw-A-Dise [G2]

10:30 ★ 101st Coronado Flower Show - Hollywood in Bloom ~ \$15 [LP]

11:00 ☞ Sunday Champagne Brunch ~ 11:00am - 2pm [V]

12:30 ♣ Bridge Club [FS]

1:30 ♀ Historical Documentaries: The Great Wall Of China [T]

1:30 ♣ Lazy Sunday Puzzles in the Lobby [LP]

3:00 ♣ \$1 Bingo [GR]

4:30 🐾 Tails on Trails Walking Group [LP]

**17**

Last Day to RSVP for Pointe Outing Ext. 5405

9:00 ↔ Strengthen & Stretch with Angie [FS]

10:00 ☞ Coffee & Conversation [LP]

11:00 ↔ Not Fast, Just Furious: Lantern Crest Walking Group [LP]

11:30 ♀ Travels with Galen and Maureen ~ A Trip to Turkey [T]

1:00 🎵 Glee Club [GR]

2:00 ♣ Nickel Blackjack [GR]

3:00 ♣ Mexican Train [GR]

4:00 ☞ Monday Night ~ Burger and Fries Special ~ 10pts [TD]

4:30 🎵 Evening Piano Music [TD]

4:30 🐾 Tails on Trails Walking Group [LP]

**18**

Happy Birthday Chris Junker!!

9:15 † St. Kieran's Communion Service at The Ridge

9:20 ↔ Indoor Gentle Aquafit at The Plaza with Peggy [IPS]

9:30 ↔ Balance & Stability Class with Karl [FS]

10:30 ★ Weekly Outing to Target & Cold Stone Creamery At Rancho San Diego [LP]

11:00 🎵 Line Dancing in the Fitness Studio [FS]

11:30 ♣ 10,000 Dice Game [GR]

11:30 ★ Veterans' Group Luncheon [LB32]

1:30 ♣ Paint & Sip Art Class [AC]

3:00 ♣ Bingo [GR]

4:15 ♀ Technology Help in Activities Office

6:00 ♣ Games in the Game Room [GR]

**19**

Spring Cleaning Donation Day ~ For Additional Details Call Activities at 5405

9:00 ↔ Strengthen & Stretch with Angie [FS]

10:00 ☞ Can You Dig It? Coffee in the Garden [G2]

11:30 ★ Spice Up Your Life Cooking Class with Erika: 7 Layer Chicken Burrito [V]

1:30 ♀ All Residents Meeting [T]

3:00 ♀ Happy Hour with Live Music from The First String Band [LB32]

4:30 🐾 Tails on Trails Walking Group [LP]

6:00 ♣ Games in the Game Room [GR]

**20**

Final Day to RSVP for Christine's Floral Class - Call 5405

9:30 ↔ Balance & Stability Class with Karl [FS]

10:00 † Bible Study with Pastor Bill [L]

10:30 ↔ Tai Chi for Beginners Instructional Video [FS]

11:00 ♀ Chat with Life Enrichment Director Brittany Fay [LP]

1:00 ☞ Cookies, Coffee & Conversations [LP]

2:00 ♣ Nickel Blackjack [GR]

3:00 ♣ Cribbage [GR]

4:00 ☞ Culinary Action Station ~ Loaded Potato Bar [V]

4:15 ♀ Technology Help in Activities Office

6:00 ♣ Games in the Game Room [GR]

**21**

All Staff Meeting: No Doctor Appointments After 12pm

Happy Birthday Bob Westover!!

9:00 ↔ Cardio Drumming Class Video Workout [FS]

10:00 ♀ Free Friday Vital Checks with Senior Helpers [LB32]

10:30 ♀ Trivia Challenge in the Library [L]

11:00 ☞ Cornhole in the Studio [FS]

11:30 ♣ 10,000 Dice Game [GR]

12:30 ♀ Bridge Club [FS]

1:00 ★ Arts & Crafts: Balloon Stamping Art Tutorial [AC]

3:00 ♣ Nickel Blackjack [GR]

4:30 🐾 Tails on Trails Walking Group [LP]

7:00 🎬 Friday Night Movie: My Big Fat Greek Wedding \*PG\* 2002 · Romance/Comedy · 1h 35m [T]

**22**

Earth Day

9:00 ↔ Yoga & Weights with Heidi [FS]

10:00 ♀ Group Crossword in the Library [L]

11:00 ↔ Not Fast, Just Furious: Lantern Crest Walking Group [LP]

11:30 ♣ Left, Right, Center Dice Game [GR]

1:00 ♀ Weekly Meditation With Hailee [FS]

2:00 ♣ Nickel Blackjack [GR]

3:00 ♣ Sudoku Challenge [GR]

4:30 🐾 Tails on Trails Walking Group [LP]

6:30 ♣ Games in the Game Room [GR]

**23**

8:00 ★ Guardian Angels Catholic Church [LP]

8:15 ★ Shadow Mountain Church Drive [PL]

9:00 ★ Sunday Morning Church Service with Pastor Bill [CH]

9:30 ☞ Sunday Morning Coffee by the Garden with Club Paw-A-Dise [G2]

11:00 ☞ Sunday Champagne Brunch ~ 11:00am - 2pm [V]

12:30 ♣ Bridge Club [FS]

1:30 ♀ Historical Documentaries: The Crude Practice Of Medicine In Tudor England/ Hidden Killers [T]

1:30 ♣ Lazy Sunday Puzzles in the Lobby [LP]

3:00 ♣ \$1 Bingo [GR]

4:30 🐾 Tails on Trails Walking Group [LP]

**24**

Last Day to RSVP for Pointe Outing Ext. 5405

9:00 ↔ Strengthen & Stretch with Angie [FS]

10:00 ☞ Coffee & Conversation [LP]

11:00 ↔ Not Fast, Just Furious: Lantern Crest Walking Group [LP]

1:00 🎵 Glee Club [GR]

2:00 ♀ Dining Committee Meeting [V]

2:00 ♣ Nickel Blackjack [GR]

3:00 ♣ Mexican Train [GR]

4:00 ☞ Monday Night ~ Burger and Fries Special ~ 10pts [TD]

4:30 🎵 Evening Piano Music [TD]

4:30 🐾 Tails on Trails Walking Group [LP]

**25**

9:15 † St. Kieran's Communion Service [CH]

9:20 ↔ Indoor Gentle Aquafit at The Plaza with Peggy [IPS]

9:30 ↔ Balance & Stability Class with Karl [FS]

10:30 ★ Weekly Outing to Sycuan Casino [LP]

11:00 🎵 Line Dancing in the Fitness Studio [FS]

11:30 ♣ 10,000 Dice Game [GR]

1:30 ♣ Paint & Sip Art Class [AC]

3:00 ♣ Bingo [GR]

4:15 ♀ Technology Help in Activities Office

6:00 ♣ Games in the Game Room [GR]

**26**

9:00 ↔ Strengthen & Stretch with Angie [FS]

10:00 ☞ Can You Dig It? Coffee in the Garden [G2]

11:30 ★ Spice Up Your Life Cooking Class with Erika : Graham Cracker Energy Balls [V]

12:30 🎬 Matinee Movie: A Fish Called Wanda \*R\* 1988 · Comedy/Crime · 1h 48m [T]

1:00 ★ Christine's Floral Design Class ~ \$30 [PDP]

2:00 † Bible Study with Pastor Mark from Foothills Church [L]

3:00 ♀ Happy Hour with Live Music from The Tradesmen Band [LB32]

4:30 🐾 Tails on Trails Walking Group [LP]

6:00 ♣ Games in the Game Room [GR]

**27**

9:30 ↔ Balance & Stability Class with Karl [FS]

10:00 † Bible Study with Pastor Bill [L]

10:30 ↔ Tai Chi for Beginners Instructional Video [FS]

11:00 ★ May Activities Calendar Sign Up Frenzy [LB32]

1:00 ☞ Cookies, Coffee, and Conversations [LP]

2:00 ♣ Nickel Blackjack [GR]

3:00 ♣ Cribbage [GR]

4:00 ☞ Culinary Action Station ~ Italian Cuisine [V]

4:15 ♀ Technology Help in Activities Office

6:00 ♣ Games in the Game Room [GR]

**28**

Happy Arbor Day!

Happy Birthday Ron Clinkenbeard!!

9:00 ↔ Cardio Drumming Class Video Workout [FS]

10:00 ♀ Free Friday Vital Checks with Senior Helpers [LB32]

10:30 ♀ Trivia Challenge in the Library [L]

11:00 ☞ Cornhole in the Studio [FS]

11:30 ♣ 10,000 Dice Game [GR]

12:30 ♀ Bridge Club [FS]

1:00 ★ Arts & Crafts: Cherry Blossom Art Project [AC]

2:00 ♀ Communi-Tea Book Club! [TR]

3:00 ♣ \$1 Bingo [GR]

4:30 🐾 Tails on Trails Walking Group [LP]

7:00 🎬 Friday Night Movie: Good Will Hunting \*R\* 1997 · Drama/Romance · 1h 50m [T]

**29**

9:00 ↔ Yoga & Weights with Heidi [FS]

10:00 ♀ Group Crossword in the Library [L]

11:00 ↔ Not Fast, Just Furious: Lantern Crest Walking Group [LP]

11:30 ♣ Left, Right, Center Dice Game [GR]

1:00 ♀ Weekly Meditation With Hailee [FS]

2:00 ♣ Nickel Blackjack [GR]

3:00 ♣ Sudoku Challenge [GR]

4:30 🐾 Tails on Trails Walking Group [LP]

6:30 ♣ Games in the Game Room [GR]

**30**

Happy Birthday Howard MacKay!!

8:00 ★ Guardian Angels Catholic Church [LP]

8:15 ★ Shadow Mountain Church Drive [PL]

9:00 ★ Sunday Morning Church Service with Pastor Bill [CH]

9:30 ☞ Sunday Morning Coffee by the Garden with Club Paw-A-Dise [G2]

11:00 ☞ Sunday Champagne Brunch ~ 11:00am - 2pm [V]

12:30 ♣ Bridge Club [FS]

1:30 ♀ Historical Documentaries: The True Story The Inspired Mary Poppins [T]

1:30 ♣ Lazy Sunday Puzzles in the Lobby [LP]

3:00 ♣ \$1 Bingo [GR]

4:30 🐾 Tails on Trails Walking Group [LP]



## Lantern Crest

### SENIOR LIVING

Activities is always looking for resident input & suggestions for new activities, movies & outings. You can find the 'Suggestion' Box hanging on the wall located just outside of the Activities Office on the 2nd floor.



# EARTH DAY

## APRIL 22