## September 2023 at The Plaga Sunday Wednesday Monday Tuesdav Thursday Friday Saturday 9:15 ↔ Tai Chi for All Activities With A **BRITTANY FAY Happy Birthday Diane** Beginners -Walker!! **RED STAR** LIFE ENRICHMENT Instructional 9:00 \* Early Bird Walk at Mast Video [FR] Park [PL] Require You to Sign **DIRECTOR** Happy Birthday 9:30 ★ Weekly Grocery Shopping: 10:00 ↔ Chair Yoga with Heidi [FR] Albertsons [PL] (619) 258-8886 Up. 11:00 🏞 Cornhole by the Moss 10:00 + Cardio Drumming Class Wall [PL] Call Extension Ext: 3910 Video Workout [FR] Diane Walker - 09/02 11:00 Lunch in the Diner ~ 11:00 😲 Free Friday Vitals Check 11am - 2pm [BD] 3910 Connie Steffen - 09/05 with Senior Helpers [PL] 12:30 P Ice Cream Social with **HAPPY LABOR DAY** Booie Schweikert - 09/05 to Sign Up for 12:30 Y Emergency Preparednes Cool Tunes in the 50's brittany.fay@ Workshop: Vial of Life and Jim White - 09/07 Diner [BD] **Activities! Emergency Contacts** lanterncrestsantee.com 1:30 Scrabble with Friends Thomas Bennett -09/09 [50GR] 1:00 📥 Bridge Club Karin Schwab - 09/15 3:00 A Nickel Blackjack [50GR] 1:30 Green Thumbs at the Beverly Boysen - 09/21 4:30 A Puzzles on the 4th Floor Garden [PL4] Sandra Story - 09/25 3:00 A Happier Hour with Live 6:00 ₩ Evening Movie: Puss in Music from Sax Sounds Judy Grabhorn - 09/27 **Boots: The Last Wish** with Tony Matoian [CDR] (2022) 1h 42m [MDT] Rae Barcuscia - 09/28 4:30 ↔ Evening Stroll [PL] Bettye Valenzuela - 09/29 Happy Birthday Booie Schweikert **Happy Birthday Thomas** Sunday NFL Football in the Happy Birthday Jim White!! **Catalina Dining Room Will** Final Day to RSVP for 9:15 \star Santee Hall 9:15 ↔ Chair Bingo Exercise **Be Closing Early Due to** Wednesday -\_amplighters Theater ~ \$23 Bennett!! **Happy Birthday Connie** Holiday ~ To Go's from Kumevaav -8:00 🛊 Guardian Angels Catholic 9:15 → Tai Chi for Beginners -9:00 \* Early Bird Walk at Mast Steffen!! 10:15 → Core Strength and Weights 2:30pm - 3:30pm ~ Dining Closed **History & Culture** Park [PL] Instructional Video [FR] Church [PL] with Karl [FR] at 3:30pm 9:00 - Indoor Water Aerobics with 9:15 + Tai Chi for Beginners -8:15 \* Shadow Mountain Church 10:00 → Chair Yoga with Heidi [FR] 9:30 \* Weekly Grocery **Location Key** 11:00 O CA Phone Seminar with Peggy [IPS] **Labor Dav** Instructional Video [FR] **Shopping: Walmart [PL] Drive [PL]** 11:00 🔥 Cornhole by the Moss Elizabeth Alvarado from 10:15 Core Strength and Weights 10:15 - Active Athletes with Amy 9:00 **Tay Sunday Morning Church** 9:15 ↔ Tai Chi for Beginners -10:00 •• Cardio Drumming Class Wall [PL] PL - Plaza Lobby California Connect [MDT] with Karl [FR] Service with Pastor Bill Instructional Video [FR] Video Workout [FR] 11:00 Lunch in the Diner ~ 12:30 Matinee Movie: JFK (1991) 11:00 P Cornhole by the Moss Wall **CDR** - Catalina Dining Room 11:00 Lantern Crest Bowling 9:30 Water the Plaza Garden 1:00 Yr Free Friday Vitals Check 11am - 2pm [BD] 3h 9m [MDT] 10:30 A Bow Wow Dog Social [PL] League [BD] with Senior Helpers [PL] 1:30 \* What's Cookin' Good Lookin' 12:30 P Ice Cream Social with 12:00 P Lunch Bunch with Amy [CDI MB - Miramar Bar **12:00** ★ Excursion to Seaport 11:00 🛨 Sunday Brunch ~ 10:15 Strengthen and Stretch with Hailey- Cheesecake 12:30 **Amy**'s Arts and Crafts: Cool Tunes in the 50's 12:30 - Dominoes [50GR] Village [PL] Stuffed Strawberries [BD] 11:00am - 2:00pm at The 1:00 O Drama Club with Sylvia **Custom Lip Gloss [MDT]** with Angie [FR] Diner [BD] **MDT** - Movie Dinner Theater 1:00 A \$4 Bingo [MDT] 3:00 Short Stories and Poetry [TR Pointe [V] 1:30 - Scrabble with Friends Wagers [MDT] 1:00 🔥 Bridge Club 11:00 Labor Day BBQ at The 3:30 ↔ Whack it! Smack it! Balloon 2:00 O Chat with Life Enrichment **BD** - Bel Air Diner 12:00 Processing Contractions and Cookies 1:45 T Bible Study with Pastor Plaza with Live Music [50GR] 1:30 Green Thumbs at the Mark at The Pointe [L] [MDT] from Fireball Express ~ 3:00 A Nickel Blackjack [50GR] Garden 50GR - 50's Game Room 4:00 \* Specialty Buffet at The 3:00 A Nickel Blackjack [BD] 11am - 2pm [CC] 2:00 O Let's Learn ASL 2:00 Walk Down Memory Lane 3:00 A Happier Hour with Live 4:30 A Puzzles on the 4th Floor Pointe: All American [V] 4:15 O Technology Help - Bring You (American Sign **Music from The First** ~ [TL] 1:00 📥 Bridge Club **CH** - Reflections Chapel 4:15 O Technology Help - Bring You Device! [PL] Language) [TR] 3:00 V Letters of Love [TR] String Band [CDR] 6:00 Evening Movie: 80 for 3:00 Special Showing of The Device! [PL] 6:00 Evening Movie: Still Alice FR - Fitness Room 3:00 M Women's Wine Time [TR] Brady (2023) 1h 38m 4:15 O Technology Help - Bring Pajama Game (1957) 1h 4:30 ↔ Evening Stroll [PL] 5:20 W NFL Thursday Night Football (2014) 1h 41m [MDT] 4:30 → Evening Stroll [PL] Your Device! [PL] 41mins [MDT] [MDT] ~ Lions VS Chiefs [MDT] **IPS** - Indoor Pool and Spa 4:30 → Evening Stroll [PL] 4:30 O Puzzles on the 4th Floor TR - King Charles Royal Tea [V IQ] Sunday NFL Football in the 9:00 ↔ Indoor Water 9:15 ↔ Chair Bingo Exercise < 8:45 9/11 Moment of 9:15 → Tai Chi for **Happy Birthday Karin** 9:00 $\bigstar$ Early Bird Walk at Room Aerobics with Peggy Silence in Plaza Schwab!! Mast Park [PL] Beginners -8:00 **★** Guardian Angels Lobby [PL] 10:00 → Chair Yoga with 9:15 • Tai Chi for Beginners -**SC**- Sunken Courtyard **Instructional Video** Catholic Church [PL] 9:15 T St. Kieran's Communion Weights with Karl [FR] 9:15 H Tai Chi for Beginners -Heidi [FR] Instructional Video [FR] Service [CH] **CC** - Coronado Courtyard **Shadow Mountain Church** 12:00 🌳 Plaza Film Society Meeting Instructional Video [FR] 10:15 → Active Athletes with 10:15 Core Strength and Weights

with Karl [FR]

12:30 🏚 Dominoes [50GR]

11:00 P Cornhole by the Moss Wall

12:00 Lunch Bunch with Amy [CD

1:00 O Drama Club with Sylvia

Wagers [MDT]

3:00 A Nickel Blackjack [BD]

Meeting [V]

Device! [PL]

4:00

1:30 O Table Talk and Tasty Treats

with Chef Phil [BPD]

4:15 O Technology Help - Bring Your

6:00 Evening Movie: Coming to

Transportation Committee

America (1988) 1h 57m

Amy [FR]

10:30 🛊 Excursion to Gillespie

11:00 Lantern Crest Bowling

League [BD]

1:00 🔥 \$4 Bingo [MDT]

1:45 🕆 Bible Study with

2:00 O Let's Learn ASL

Pointe [L]

Field Cafe [PL]

**Pastor Mark at The** 

(American Sign

Language) [TR]

3:00 Men's Brew Crew [BD]

4:30 → Evening Stroll [PL]

Drive [PL] 9:00 **Tay Sunday Morning Church** 

**BBC** - Bocce Ball Court

2BT - 2nd Floor Balcony

Terrace

**PL4** - Puzzle Lounge/Library

**TL** - 2nd Floor Turtle Lounge

9:30 P Water the Plaza Garden

10:15 → Strengthen and Stretch

with Angie [FR]

11:00 
Coffee in the Sea Lounge

on the 2nd Floor [TL]

Football ~ Bills VS Jets

[PL]

12:00 🏚 Bunco [50GR]

1:00 📥 Bridge Club

1:30 🔥 \$4 Bingo [MDT]

[MDT]

[MDT]

4:30 → Evening Stroll [PL]

5:15 W NFL Monday Night

3:00 Learn to Line Dance!

- Service with Pastor Bill [CH] Sunday Brunch ~ 11:00am -2:00pm at The Pointe [V]
- 12:00 Cartoons and Cookies [MDT] 1:15 **\Delta** Lamplighters Theater
- Presents VANYA and SONIA and MASHA and SPIKE ~ \$23
- 2:00 O Walk Down Memory Lane ~
- 3:00 V Letters of Love [TR] 4:15 O Technology Help - Bring You
- Device! [PL] 4:30 O Puzzles on the 4th Floor [PL4]

- 9:30 \* Weekly Grocery
- Shopping: Vons [PL] 10:00 → Cardio Drumming Class
- Video Workout [FR] 11:00 Vr Free Friday Vitals Check with Senior Helpers [PL]
- 12:30 \* Amy's Arts and Crafts: Sunflower Trivet [MDT]
- 1:00 📥 Bridge Club

12:30 P Matinee Movie: Interstellar

1:30

(2014) 2h 49m [MDT]

Resident Council Board

with Hailey-Chips &

Guacamole [BD]

2:30 P New Resident Mingle!! [PL]

3:30 ↔ Whack it! Smack it! Balloon

4:00 \* Specialty Buffet at The

Station [V]

Device! [PL]

Ball [FR]

Member Meeting [BPD]

Pointe: Mexican Action

~ Vikings VS Eagles [MDT]

4:15 O Technology Help - Bring You

5:20 MFL Thursday Night Football

What's Cookin' Good Lookin'

- 1:30 
  Green Thumbs at the Garden
- 3:00 A Happy Birthday Happier **Hour with Live Music with The City Ranch Band**
- 4:30 ↔ Evening Stroll [PL]

- 11:00 the Cornhole by the Moss Wall [PL]
- 11:00 
  Lunch in the Diner ~ 11am - 2pm [BD]
- 12:30 P Ice Cream Social with Cool Tunes in the 50's
- Diner [BD] 1:30 🔥 Scrabble with Friends [50GR]
- 3:00 A Nickel Blackjack [50GR]
- 4:30 A Puzzles on the 4th Floor PL4
- 6:00 ₩ Evening Movie: Irreplaceable You (2018) 1h 36m [MDT]

## September 2023 at The Plaza Sunday Monday Tuesday Wednesday Thursday Friday Saturday Final Day to RSVP to Participate in Quille Ex-9:00 ★ Early Bird Walk at Sunday NFL Football in the | 1 | 7 18 All Staff Meeting: No Doctor 9:15 ↔ Tai Chi for 9:00 - Indoor Water Happy Birthday Beverly Final Day to RSVP to Participate in Quilt Exhibit ~ Appointments After 12pm Mast Park [PL] **Beginners** -**Aerobics with** Boysen!! Instructional **RSVP with Janice McKinnis** 10:00 ↔ Chair Yoga with 8:00 \* Guardian Angels Catholic Peggy [IPS] 9:15 → Chair Bingo Exercise [FR] 9:15 • Tai Chi for Beginners -Church [PL] Video [FR] Villa 517 Instructional Video [FR] Heidi [FR] 10:15 • Core Strength and 9:30 Water the Plaza Garden \* Shadow Mountain Church Weights with Karl [FR] 9:15 H Tai Chi for Beginners -Weights with Karl [FR] 9:30 \* Weekly Grocery 11:00 A Cornhole by the Moss [PL] **Shopping: Target [PL]** Wall [PL] Instructional Video [FR] Drive [PL] 11:00 Cornhole by the Moss 11:00 P Matinee Movie: Won't You 10:15 Strengthen and Stretch 10:15 → Active Athletes with Amy 11:00 Lunch in the Diner ~ 9:00 **Tay Sunday Morning Church** Be My Neighbor? (2018) 10:00 → Cardio Drumming Class Wall [PL] Diane Walker - 09/02 with Angie [FR] 1h 34m [MDT] 11am - 2pm [BD] Service with Pastor Bill Video Workout [FR] 11:30 \* Veterans' Luncheon at 11:00 Coffee in the Sea Loung 10:30 🛊 Excursion to Jamul 1:00 All Residents Meeting 11:00 안 Free Friday Vitals Check 12:00 S Quilt Exhibit at The Connie Steffen - 09/05 The Pointe [V] on the 2nd Floor [TL] Casino [PL] Pointe ~ 12pm - 2pm [LP] 11:00 ★ Sunday Brunch ~ with Senior Helpers [PL] 12:30 🏚 Dominoes [50GR] Booie Schweikert - 09/05 11:00am - 2:00pm at The 11:30 O Travels with Galen and 1:30 🔥 Scrabble with Friends 11:00 h Lantern Crest Bowling 12:30 $\bigstar$ Amy's Arts and Crafts: 3:00 O Short Stories and Poetry 1:00 O Drama Club with Sylvia Jim White - 09/07 Pointe [V] Maureen [T] [50GR] League [BD] **Tumbler Decorating \$5** Wagers [MDT] 12:00 h Bunco [50GR] 3:00 A Nickel Blackjack [50GR] 12:00 P Cartoons and Cookies 1:00 **+** \$4 Bingo [MDT] 3:30 ↔ Whack it! Smack it! [MDT] Thomas Bennett -09/09 2:00 O Chat with Life 1:00 A Bridge Club 4:30 A Puzzles on the 4th Floor 2:00 O Let's Learn ASL 1:00 🔥 Bridge Club Balloon Ball [FR] **Enrichment Team [TR]** Karin Schwab - 09/15 1:00 A Bow Wow Dog Social [PL] 1:30 🔥 \$4 Bingo [MDT] (American Sign [PL4] 4:00 ★ Welcoming Event ~ 4pm 3:00 Autumn Equinox Happi 3:00 A Nickel Blackiack BD 2:00 O Walk Down Memory Lane 3:00 Learn to Line Dance! Language) [TR] 6pm [CC] **Hour with Live Music** 6:00 ₩ Evening Movie: The Beverly Boysen - 09/21 4:15 O Technology Help - Bring 3:00 Women's Wine Time [TR] 4:15 🌣 Technology Help - Bring Wizard of Oz (1939) 1h ~ [TL] from The Brown Sugar Sandra Story - 09/25 Your Device! [PL] 42m [MDT] 4:30 •• Evening Stroll [PL] Oldies [CC] 3:00 & Letters of Love [TR] 4:30 → Evening Stroll [PL] Your Device! [PL] Judy Grabhorn - 09/27 6:00 Evening Movie: Clue 5:15 W NFL Monday Night 5:20 NFL Thursday Night 4:30 → Evening Stroll [PL] 4:15 ○ Technology Help - Bring (1985) 1h 37m [MDT] Your Device! [PL] Football ~ Browns VS Football ~ Giants VS Rae Barcuscia - 09/28 Steelers [MDT] 4:30 O Puzzles on the 4th Floor 49ers [MDT] Bettye Valenzuela - 09/29 9:00 ★ Early Bird Walk at Sunday NFL Football in the **Happy Birthday Sandra** 9:00 ↔ Indoor Water **Happy Birthday Rae Happy Birthday Judy Happy Birthday Betty** Aerobics with Peggy Barbuscia!! Mast Park [PL] Grabhorn! Valenzuela!! Story! 8:00 \* Guardian Angels 9:15 ↔ Chair Bingo Exercise 10:00 ↔ Chair Yoga with 9:15 + Tai Chi for Beginners -9:15 - Tai Chi for Beginners -9:15 - Tai Chi for Beginners -Catholic Church [PL] 9:15 🕆 St. Kieran's Communion Heidi [FR] Instructional Video [FR] Instructional Video [FR] Instructional Video [FR] Service [CH] **Shadow Mountain Church** 10:15 - Core Strength and Weights 11:00 - Cornhole by the Moss 9:30 Water the Plaza Garden 10:15 Active Athletes with Amy 9:30 \* Weekly Grocery **Location Key** 10:15 • Core Strength and Weights with Karl [FR] Drive [PL] **Shopping: Smart & Final** Wall [PL] with Karl [FR] 9:00 T Sunday Morning Church 11:00 🛊 High Tea Thursday [TR] 10:15 Strengthen and Stretch 11:00 A Lantern Crest Bowling 11:00 Lunch in the Diner ~ PL - Plaza Lobby 11:00 💻 Cornhole by the Moss Wall Service with Pastor Bill [CH] 12:30 Matinee Movie: Chitty Chitty 10:00 + Cardio Drumming Class 11am - 2pm [BD] with Angie [FR] League [BD] Sunday Brunch ~ 11:00am Bang Bang (1968) 2h 24m **CDR** - Catalina Dining Room Video Workout [FR] 12:30 lce Cream Social with 11:00 Coffee in the Sea Lounge 12:00 P Lunch Bunch with Amy CDF 2:00pm at The Pointe [V] 1:00 **+** \$4 Bingo [MDT] 1:00 Yr Free Friday Vitals Check Cool Tunes in the 50's on the 2nd Floor [TL] 12:30 - Dominoes [50GR] 12:00 P Cartoons and Cookies MDT 1:30 \* What's Cookin' Good Lookin' 1:45 Pible Study with Pastor MB - Miramar Bar Diner [BD] 1:00 Cvgnet Theater Presents 12:00 Bunco [50GR] 1:00 O Drama Club with Sylvia with Hailey-Pasta Salad [BD] with Senior Helpers [PL] Mark at The Pointe [L] Wagers [MDT] 1:30 🔥 Scrabble with Friends 3:30 ↔ Whack it! Smack it! Balloon Evita ~ \$42 [PL] ★ Amy's Arts and Crafts: 1:00 O Alzheimer's and **★** October Sign Up Frenzy! **MDT** - Movie Dinner Theater 2:00 O Walk Down Memory Lane ~ 1:30 O Table Talk and Tasty Treats Fall Painting [MDT] [50GR] **Dementia with Senior** with Chef Phil [BPD] 4:00 \* Specialty Buffet at The **BD** - Bel Air Diner 1:00 🔥 Bridge Club 3:00 A Nickel Blackjack [50GR] Helpers [MDT] 3:00 Men's Brew Crew [BD] 3:00 & Letters of Love [TR] Dining Committee Meeting [ Pointe: Loaded Potato Bar [\ 4:30 A Puzzles on the 4th Floor 1:00 🔥 Bridge Club 2:00 O Communi-Tea Book Club 4:30 → Evening Stroll [PL] 3:00 A Nickel Blackjack [BD] 4:15 O Technology Help - Bring You 50GR - 50's Game Room 4:15 O Technology Help - Bring You at The Pointe [L] 3:00 Learn to Line Dance! 4:30 \* Excursion to El Cajon Ca Device! [PL] 4:15 O Technology Help - Bring You Device! [PL] 3:00 M Happier Hour with Live 6:00 Evening Movie: The [MDT] **CH** - Reflections Chapel Show [PL] 5:20 MRL Thursday Night Football 4:30 O Puzzles on the 4th Floor Device! [PL] 4:30 ↔ Evening Stroll [PL] Music from The Blue **Tuskegee Airman (1995)** 6:30 Movie Under Stars: Ferris ~ Lions VS Packers [MDT] FR - Fitness Room 1h 46m [MDT] 5:15 W NFL Monday Night Zone [CDR] Bueller's Day Off (1986) 1h 4:30 ↔ Evening Stroll [PL] Football ~ Rams VS 38mins [CC] **IPS** - Indoor Pool and Spa Bengals [MDT] TR - King Charles Royal Tea **Doctor Drives** Room Please see **SC**- Sunken Courtyard Monday Thru **ANIMALS Activities is always CC** - Coronado Courtyard **Pointe Activity** ARTS Happy Birthday Friday looking for resident input **BBC** - Bocce Ball Court **↔** EXERCISE & suggestions for new Plaza Staff Calendar for 9am - 3pm FILM PL4 - Puzzle Lounge/Library activities, movies & Additional outings. For Appts further **♣** GAMES Esteban Carreno - 09/13 2BT - 2nd Floor Balcony **MAPPY HOUR** Activities than 15 Miles Martha Brasher - 09/16 Terrace You can find the **양** HEALTH

'Suggestion' Box hanging on the wall located just outside of the Activities office near the Sharp Clinic.

**TL** - 2nd Floor Turtle Lounge



9am - 1pm No Appts after 12pm on the 22nd of Each Month due to Mandatory Staff Meeting

**V** INTELLECTUAL

**■** MUSIC RSVP

SOCIAL

T SPIRITUAL

Andres Gutierrez - 09/16

Miguel Hermoso - 09/23

Anna Eakins - 09/25

