

January At The Pointe							
Sunday		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	<p>🐾 ANIMALS 🎨 ARTS ↔ EXERCISE 🎬 FILM ♠ GAMES 🕒 HAPPY HOUR 🏠 HEALTH 💡 INTELLECTUAL 🎵 MUSIC ★ RSVP ☕ SOCIAL ✝ SPIRITUAL</p>	<p>Last Day to RSVP for Pointe Outing Ext. 5405 New Year's Day New Year's Day Buffet at The Pointe ~ 11am - 2pm ~ To Go's from 2:30pm - 3:30pm ~ Dining Closed at 3:30pm</p> <p>10:00 ☕ New Year's Resolutions by the Fireplace [LP] 12:00 🎬 New Year's Matinee Movie: The Holiday ~PG-13 2006 · Comedy/Romance · 2h 18m [T] 2:00 ♠ Nickel Blackjack [GR] 3:00 ♠ Mexican Train [GR] 4:30 🐾 Tails on Trails Walking Group [LP] 5:15 🎬 NFL Monday Night Football ~ [T]</p>	<p>Last Day to RSVP for Cinema Pointe Outing Ext. 5405</p> <p>8:45 ↔ Plaza Indoor Water Aerobics With Peggy [LP] 9:15 ✝ St. Kieran's Communion Service at The Ridge 9:30 ↔ Balance & Stability Class Video [FS] 10:15 ↔ New Cardio Drumming Class With Peggy [FS] 10:30 ★ Weekly Outing to: Sprouts Farmer Market [LP] 1:30 ★ Arts and Crafts ~Waterless Snow Globes [AC] 3:00 ♠ Bingo [GR] 3:30 💡 Transportation Committee Meeting [V] 6:00 ♠ Games in the Game Room [GR]</p>	<p>9:00 ↔ Strengthen & Stretch with Angie [FS] 9:30 ★ Santee Hall Wednesday-From Beethoven to Broadway [LP] 10:00 ☕ Can You Dig It? Water the Garden [G2] 11:30 ★ Spice Up Your Life: No Bake Key Lime Pie In A Jar [V] 2:00 ✝ Bible Study with Pastor Mark from Foothills Church [L] 3:00 🎬 Happy Hour with Live Music from Come Back Buddy [LB32] 4:30 🐾 Tails on Trails Walking Group [LP] 6:00 ♠ Games in the Game Room [GR]</p>	<p>9:30 ↔ Balance & Stability Class with Karl [FS] 10:00 ✝ Bible Study with Pastor Bill [L] 10:30 💡 Chat with Life Enrichment Coordinator Erika [LP] 11:00 ↔ Learn Line Dancing [V] 12:30 ★ Outing Cinema ~Parkway El Cajon: The Color Purple (2023 film) PG-13 2h 20m \$12.50 2:00 ♠ Nickel Blackjack [GR] 3:00 ♠ Cribbage [FS] 5:20 🎬 NFL Thursday Night Football ~ [T] 6:00 ♠ Games in the Game Room [GR]</p>	<p>9:00 ↔ Seated Boxing Video Workout [FS] 10:00 🏠 Free Friday Vital Checks with Senior Helpers [LB32] 10:30 💡 Triva Challenge in the Library [L] 11:30 💡 Group Crossword in the Library [L] 12:30 💡 Bridge Club [FS] 1:30 🎨 Paint & Sip Art Class [AC] 3:00 ♠ \$1 Bingo [GR] 4:30 🐾 Tails on Trails Walking Group [LP] 6:00 ♠ Games in the Game Room [GR]</p>	<p>9:00 ↔ Yoga & Weights with Heidi [FS] 11:00 ♠ Left, Right, Center Dice Game [GR] 12:00 🎵 Hot Cocoa Bar & Tunes [LB32] 2:00 ♠ Nickel Blackjack [GR] 3:00 ♠ Let's Play Hand, Knee and Foot ~with Ken Weiss [GR] 3:00 💡 Technology Help in Activities Office 4:30 🐾 Tails on Trails Walking Group [LP] 6:30 ♠ Games in the Game Room [GR]</p>
	<p>Happy Birthday Richard Creighton!! Sunday NFL Football in the Theater</p> <p>8:00 ★ Guardian Angels Catholic Church [LP] 8:15 ★ Shadow Mountain Church Drive [PL] 9:00 ★ Sunday Morning Church Service with Pastor Steven [CH] 11:00 ☕ Sunday Brunch ~ 11:00am - 2pm [V] 12:30 ♠ Bridge Club [FS] 1:30 ♠ Lazy Sunday Puzzles in the Lobby [LP] 2:00 💡 Travelogue Documentary: Greenland [T] 3:00 ♠ \$1 Bingo [GR] 4:30 🐾 Tails on Trails Walking Group [LP]</p>	<p>Happy Birthday Fran Kern!! Last Day to RSVP for Pointe Outing Ext. 5405</p> <p>9:00 ↔ Strengthen & Stretch with Angie [FS] 10:00 ☕ Morning Cafe, Cookies & Conversations [LP] 11:00 ↔ Not Fast, Just Furious: Lantern Crest Walking Group [LP] 1:00 🎵 Glee Club [GR] 2:00 ♠ Nickel Blackjack [GR] 3:00 💡 Democrat Social Club: California Preposition 1 [L] 4:00 ☕ Monday Night Special: Pepperoni Pizza and Salad Bar [TD] 4:30 🎵 Evening Piano Music [TD] 4:30 🐾 Tails on Trails Walking Group [LP] 5:15 🎬 NFL Monday Night Football ~ [T]</p>	<p>8:45 ↔ Plaza Indoor Water Aerobics With Peggy [LP] 9:15 ✝ St. Kieran's Communion Service [CH] 9:30 ↔ Balance & Stability Class with Karl [FS] 10:15 ↔ New Cardio Drumming Class With Peggy [FS] 11:00 ★ Feed Your Soul Outing to: Farmers Table At La Mesa [LP] 1:30 ★ Arts and Crafts ~Winter Wood Coasters [AC] 3:00 ♠ Bingo [GR] 3:00 ✝ You're Not Alone -- Family-Caregivers Support Group [L] 6:00 ♠ Games in the Game Room [GR]</p>	<p>Happy Birthday Fred DeWitt!!!</p> <p>9:00 ↔ Strengthen & Stretch with Angie [FS] 10:00 ☕ Can You Dig It? Water the Garden [G2] 11:30 ★ Spice Up Your Life: The Best Air Fryer Brussels Sprouts [V] 1:00 💡 Resident Council Board Meeting [V] 2:00 ✝ Bible Study with Pastor Mark from Foothills Church [L] 3:00 🎬 Birthday Celebration with Live Music from Double Take [LB32] 4:30 🐾 Tails on Trails Walking Group [LP] 6:00 ♠ Games in the Game Room [GR]</p>	<p>9:30 ↔ Balance & Stability Class with Karl [FS] 10:00 ✝ Bible Study with Pastor Bill [L] 11:00 ↔ Learn Line Dancing [V] 1:00 ☕ Women's Wine Time Social [LB32] 2:00 ♠ Nickel Blackjack [GR] 3:00 ♠ Cribbage [FS] 4:00 ☕ Thursday Specialty Buffet: Chinese Nation Station \$17.5pts [TD] 5:20 🎬 NFL Thursday Night Football ~ [T] 6:00 ♠ Games in the Game Room [GR]</p>	<p>Last Day to RSVP for Japanese Friendship Garden Ext. 5405</p> <p>9:00 ↔ Seated Boxing Video Workout [FS] 10:00 🏠 Free Friday Vital Checks with Senior Helpers [LB32] 10:30 💡 Triva Challenge in the Library [L] 11:00 🏠 Belton Hearing Aid~ Free Hearing Aid Cleaning from 11am-1pm 11:30 💡 Group Crossword in the Library [L] 12:30 💡 Bridge Club [FS] 1:30 🎨 Paint & Sip Art Class [AC] 3:00 ♠ \$1 Bingo [GR] 4:30 🐾 Tails on Trails Walking Group [LP] 6:45 🎬 Friday Night Movie: Audrey 2020 · Documentary/Drama · 1h 40m [GR]</p>	<p>9:00 ↔ Yoga & Weights with Heidi [FS] 11:00 ♠ Left, Right, Center Dice Game [GR] 12:00 🎵 Hot Cocoa Bar & Tunes [LB32] 2:00 ♠ Nickel Blackjack [GR] 3:00 ♠ Let's Play Hand, Knee and Foot ~with Ken Weiss [GR] 3:00 💡 Technology Help in Activities Office 4:30 🐾 Tails on Trails Walking Group [LP] 6:30 ♠ Games in the Game Room [GR]</p>
	<p>Sunday NFL Football in the Theater</p> <p>8:00 ★ Guardian Angels Catholic Church [LP] 8:15 ★ Shadow Mountain Church Drive [PL] 9:00 ★ Sunday Morning Church Service with Pastor Bill [CH] 11:00 ☕ Sunday Brunch ~ 11:00am - 2pm [V] 12:30 ♠ Bridge Club [FS] 1:30 ♠ Lazy Sunday Puzzles in the Lobby [LP] 2:00 💡 Travelogue Documentary: Faroes [T] 3:00 ♠ \$1 Bingo [GR] 4:30 🐾 Tails on Trails Walking Group [LP]</p>	<p>Happy Birthday Donna Koslicki!! Martin Luther King, Jr. Day</p> <p>9:00 ↔ Strengthen & Stretch with Angie [FS] 10:00 ☕ Morning Cafe, Cookies & Conversations [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 Special: Pepperoni Pizza and Salad Bar [TD] 4:30 🎵 Evening Piano Music [TD] 4:30 🐾 Tails on Trails Walking Group [LP] 5:15 🎬 NFL Monday Night Football ~ [T]</p>	<p>8:45 ↔ Plaza Indoor Water Aerobics With Peggy [LP] 9:15 ✝ St. Kieran's Communion Service at The Ridge 9:30 ↔ Balance & Stability Class with Karl [FS] 10:15 ↔ New Cardio Drumming Class With Peggy [FS] 11:00 ★ Outing Excursion to: Japanese Friendship Garden [LP] 11:30 ★ Veterans' Group Luncheon [LB32] 1:30 ★ Arts and Crafts ~Snowflake Ornament [AC] 3:00 ♠ Bingo [GR] 6:00 ♠ Games in the Game Room [GR]</p>	<p>9:00 ↔ Strengthen & Stretch with Angie [FS] 10:00 ☕ Can You Dig It? Water the Garden [G2] 11:30 ★ Spice Up Your Life: Copycat Chick-fil-A Chicken Cool Wrap [V] 1:00 💡 All Residents Meeting [T] 3:00 🎬 Happy Hour with Live Music from Fireball Express [LB32] 4:30 🐾 Tails on Trails Walking Group [LP] 6:00 ♠ Games in the Game Room [GR]</p>	<p>Happy Birthday Larry Nelson!!</p> <p>9:30 ↔ Balance & Stability Class with Karl [FS] 10:00 ✝ Bible Study with Pastor Bill [L] 10:30 💡 Chat with Life Enrichment Coordinator Erika [LP] 11:00 ↔ Learn Line Dancing [V] 11:30 🎬 Travels With Galen and Maureen 1:00 ☕ New Resident Welcome- Cookies, Coffee, & Conversations [LP] 2:00 ♠ Nickel Blackjack [GR] 3:00 ♠ Cribbage [FS] 5:20 🎬 NFL Thursday Night Football ~ [T] 6:00 ♠ Games in the Game Room [GR]</p>	<p>Happy Birthday Bob Waddell!!</p> <p>9:00 ↔ Seated Boxing Video Workout [FS] 10:00 🏠 Free Friday Vital Checks with Senior Helpers [LB32] 10:30 💡 Triva Challenge in the Library [L] 11:30 💡 Group Crossword in the Library [L] 12:30 💡 Bridge Club [FS] 1:30 🎨 Paint & Sip Art Class [AC] 3:00 ♠ \$1 Bingo [GR] 4:30 🐾 Tails on Trails Walking Group [LP] 6:45 🎬 Friday Night Movie: The Wife R 2017 · Thriller/Drama · 1h 41m [GR]</p>	<p>Happy Birthday Dee Palermo!!</p> <p>9:00 ↔ Yoga & Weights with Heidi [FS] 11:00 ♠ Left, Right, Center Dice Game [GR] 12:00 🎵 Hot Cocoa Bar & Tunes [LB32] 2:00 ♠ Nickel Blackjack [GR] 3:00 ♠ Let's Play Hand, Knee and Foot ~with Ken Weiss [GR] 3:00 💡 Technology Help in Activities Office 4:30 🐾 Tails on Trails Walking Group [LP] 6:30 ♠ Games in the Game Room [GR]</p>



January At The Pointe

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

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

Sunday NFL Football in the Theater

21

8:00 ★ Guardian Angels Catholic Church [LP]
8:15 ★ Shadow Mountain Church Drive [PL]
9:00 ★ Sunday Morning Church Service with Pastor Bill [CH]
11:00 ☞ Sunday Brunch ~ 11:00am - 2pm [V]
12:30 ♣ Bridge Club [FS]
1:30 ♣ Lazy Sunday Puzzles in the Lobby [LP]
2:00 ☼ Travelogue Documentary: Mauritius [T]
3:00 ♣ \$1 Bingo [GR]
4:30 🐾 Tails on Trails Walking Group [LP]

All Staff Meeting: No Doctor Appointments After 12pm
Happy Birthday Meredith Wilsey!!

22

9:00 ↔ Strengthen & Stretch with Angie [FS]
10:00 ☞ Morning Cafe, Cookies & Conversations [LP]
11:00 ↔ Not Fast, Just Furious: Lantern Crest Walking Group [LP]
1:00 🎵 Glee Club [GR]
2:00 ♣ Resident Led Nickel Blackjack [GR]
3:00 ♣ Mexican Train [GR]
4:00 ☞ Monday Night Special: Pepperoni Pizza and Salad Bar [TD]
4:30 🎵 Evening Piano Music [TD]
4:30 🐾 Tails on Trails Walking Group [LP]
5:15 🏈 NFL Monday Night Football ~ [T]

National Pie Day!

23

8:45 ↔ Plaza Indoor Water Aerobics With Peggy [LP]
9:15 ✝ St. Kieran's Communion Service [CH]
9:30 ↔ Balance & Stability Class with Karl [FS]
10:15 ↔ New Cardio Drumming Class With Peggy [FS]
10:30 ★ Weekly Outing to: Walmart & Dollar Tree at Los Coches [LP]
12:00 ☞ We Only Have Pies for You* Pie & Coffee honoring National Pie Day [LP]
1:30 ★ Arts and Crafts ~Surprise Craft Class Lead By Mary B. [AC]
3:00 ♣ Bingo [GR]
3:00 ✝ You're Not Alone -- Family-Caregivers Support Group [L]
6:00 ♣ Games in the Game Room [GR]

9:00 ↔ Strengthen & Stretch with Angie [FS]
10:00 ☞ Can You Dig It? Water the Garden [G2]
11:00 ☼ February Sign-Up Frenzy [V]
12:30 🎭 Matinee Movie: Yes Day~PG 1h 29m [T]
2:00 ✝ Bible Study with Pastor Mark from Foothills Church [L]
3:00 🎧 Happy Hour with Live Music from Silvia & Salvador [LB32]
4:30 🐾 Tails on Trails Walking Group [LP]
6:00 ♣ Games in the Game Room [GR]

24

9:30 ↔ Balance & Stability Class with Karl [FS]
10:00 ✝ Bible Study with Pastor Bill [L]
11:00 ↔ Learn Line Dancing [V]
3:00 ♣ Cribbage [FS]
4:00 ☞ Thursday Specialty Buffet: Pizza & Salad Bar \$16pts [TD]
5:00 ♣ Casino Night !!! [LP]
5:20 🏈 NFL Thursday Night Football ~ [T]
6:00 ♣ Games in the Game Room [GR]

25

Happy Birthday Shirley Walk!!
9:00 ↔ Seated Boxing Video Workout [FS]
10:00 ☼ Free Friday Vital Checks with Senior Helpers [LB32]
10:30 ☼ Trivia Challenge in the Library [L]
11:30 ☼ Group Crossword in the Library [L]
12:30 ☼ Bridge Club [FS]
1:30 ☼ Paint & Sip Art Class [AC]
2:00 ☼ Communi-Tea Book Club at The Pointe! [L]
3:00 ♣ \$1 Bingo [GR]
4:30 🐾 Tails on Trails Walking Group [LP]
6:45 🎭 Friday Night Movie: Leave the World Behind R 2023 · Thriller/Drama · 2h 21m [GR]

26

9:00 ↔ Yoga & Weights with Heidi [FS]
11:00 ♣ Left, Right, Center Dice Game [GR]
12:00 🎵 Hot Cocoa Bar & Tunes [LB32]
2:00 ♣ Nickel Blackjack [GR]
3:00 ♣ Let's Play Hand, Knee and Foot ~with Ken Weiss [GR]
3:00 ☼ Technology Help in Activities Office
4:30 🐾 Tails on Trails Walking Group [LP]
6:30 ♣ Games in the Game Room [GR]

27

Happy Birthday Susan Petry!!

28

Sunday NFL Football in the Theater
8:00 ★ Guardian Angels Catholic Church [LP]
8:15 ★ Shadow Mountain Church Drive [PL]
9:00 ★ Sunday Morning Church Service with Pastor Bill [CH]
11:00 ☞ Sunday Brunch ~ 11:00am - 2pm [V]
12:30 ♣ Bridge Club [FS]
1:30 ♣ Lazy Sunday Puzzles in the Lobby [LP]
2:00 ☼ Travelogue Documentary [T]
3:00 ♣ \$1 Bingo [GR]
4:30 🐾 Tails on Trails Walking Group [LP]

Happy Birthday Al Stovall!!

29

9:00 ↔ Strengthen & Stretch with Angie [FS]
10:00 ☞ Morning Cafe, Cookies & Conversations [LP]
11:00 ↔ Not Fast, Just Furious: Lantern Crest Walking Group [LP]
1:00 🎵 Glee Club [GR]
2:00 ☼ Dining Committee Meeting [BPD]
2:00 ♣ Nickel Blackjack [GR]
3:00 ♣ Mexican Train [GR]
4:00 ☞ Monday Night Special: Pepperoni Pizza and Salad Bar [TD]
4:30 🎵 Evening Piano Music [TD]
4:30 🐾 Tails on Trails Walking Group [LP]
5:15 🏈 NFL Monday Night Football ~ [T]

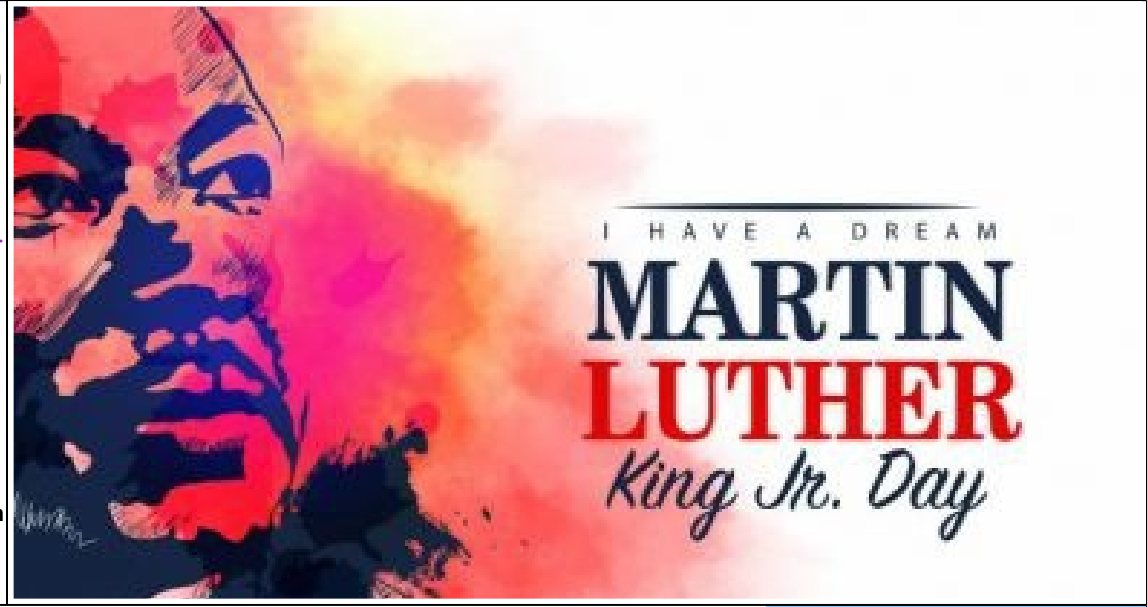
8:45 ↔ Plaza Indoor Water Aerobics With Peggy [LP]
9:30 ↔ Balance & Stability Class with Karl [FS]
10:15 ↔ New Cardio Drumming Class With Peggy [FS]
10:30 ★ Weekly Outing to: Viejas Casino [LP]
1:30 ★ Arts and Crafts ~Snowflake Lantern [AC]
3:00 ♣ Bingo [GR]
3:00 ✝ You're Not Alone - Family Caregivers Support Group [L]
6:00 ♣ Games in the Game Room [GR]

30

Happy Birthday Pat Boorman!!

31

9:00 ↔ Strengthen & Stretch with Angie [FS]
10:00 ☞ Can You Dig It? Water the Garden [G2]
10:00 ☞ Coffee with the Assistant Executive Director [LP]
11:30 ★ Spice Up Your Life: Make-Your-Own Pizza [V]
2:00 ✝ Bible Study with Pastor Mark from Foothills Church [L]
3:00 🎧 Happy Hour with Live Music from Come Back Buddy [LB32]
4:30 🐾 Tails on Trails Walking Group [LP]
6:00 ♣ Games in the Game Room [GR]



JANUARY BIRTHDAYS

RICHARD CREIGHTON 1/7
•FRAN KERN 1/8
FRED DEWITT 1/10
•
DONNA KOSLICKI 1/15
LARRY NELSON 1/18
BOB WADDEL 1/19
DEE PALERMO 1/20
MEREDITH WILSEY 1/22
SHIRLEY WALK 1/26
SUSAN PETRY 1/28
AL STOVAL 1/29
PAT BOORMAN 1/31

Staff Birthdays

Jessica Diaz 1/10
Christian Esparza 1/27
Yasmin Lacarra 1/15
•Diana Santana 1/14
Kimberly Santiago 1/13
Samantha Sigala 1/27
Bobi Thomas 1/18

JANUARY 23
NATIONAL
PIE
DAY

2024
HAPPY NEW YEAR

ERIKA
CARDENAS

LIFE
ENRICHMENT
COORDINATOR

EXT 5405