# January At The Pointe

#### Sunday Thursday Friday Monday Wednesday Saturday 9:00 ↔ Strengthen & Last Day to RSVP for Pointe 9:30 ↔ Balance & ■ Last Day to RSVP for 9:00 ↔ Seated 9:00 ↔ Yoga & **Cinema Pointe Outing Ext. Stability Class** Outing Ext. 5405 Stretch with **Boxing Video** Weights with **LOCATION KEY** Angie [FS] with Karl [FS] Heidi [FS] **New Year's Day** Workout [FS] ANIMALS 8:45 - Plaza Indoor Water 9:30 \* Santee Hall Wednesday-10:00 🕆 Bible Study with Pastor **New Year's Day Buffet at The** 11:00 Left, Right, Center 10:00 망 Free Friday Vital [LP]-1st Floor Lobby Pointe ARTS Aerobics With Peggy [LP] From Beethoven to Bill [L] Pointe ~ 11am - 2pm ~ To Go's Dice Game [GR] **Checks with Senior** Broadway [LP] 10:30 O Chat with Life Enrichment 9:15 T St. Kieran's Communion from 2:30pm - 3:30pm ~ Dining **↔** EXERCISE [LB32]- 2nd Floor Latitude 32 Bar Helpers [LB32] Coordinator Erika [LP] 10:00 💻 Can You Dig It? Water the Service at The Ridge Closed at 3:30pm FILM Tunes [LB32] Garden [G2] 11:00 → Learn Line Dancing [V] 10:30 O Triva Challange in 9:30 - Balance & Stability Class [V]- 2nd Floor Veranda Dining 10:00 P New Year's Resolutions 2:00 A Nickel Blackiack [GR] 11:30 ★ Spice Up Your Life: No Video [FS] 12:30 ★ Outing Cinema ~Parkway the Library [L] by the Fireplace [LP] [TD]- 2nd Floor Terrazza Dining Bake Key Lime Pie In A 3:00 Let's Play Hand, Knee El Cajon: The Color 10:15 H New Cardio Drumming 12:00 Mew Year's Matinee 11:30 O Group Crossword in M HAPPY HOUR Jar [V] Purple (2023 film) PG-13 and Foot ~with Ken Class With Peggy [FS] Movie: The Holiday [FS]- 2nd Floor Fitness Studio the Library [L] 2:00 # Bible Study with Pastor 2h 20m \$12.50 안 HEALTH Weiss [GR] 10:30 ★ Weekly Outing to: Sprouts ~PG-13 2006 Comedy/ 12:30 O Bridge Club [FS] Mark from Foothills 2:00 - Nickel Blackiack [GR] [G2]- 2nd Floor Garden Romance · 2h 18m [T] Farmer Market [LP] 3:00 O Technology Help in **♥** INTELLECTUAL 1:30 **Paint & Sip Art** Church [L] 3:00 h Cribbage [FS] 1:30 \* Arts and Crafts 2:00 - Nickel Blackiack [GR] **Activities Office** [PDP]- Pool Deck Patio **⊿** MUSIC 3:00 A Happy Hour with Live ~Waterless Snow Globes 5:20 W NFL Thursday Night Class [AC] 3:00 A Mexican Train [GR] 4:30 👺 Tails on Trails **Music from Come Back** Football ~ [T] 4:30 A Tails on Trails Walking 3:00 🔥 \$1 Bingo [GR] [GR]- 3rd Floor Game Room Walking Group [LP] Buddy [LB32] 3:00 h Bingo [GR] 6:00 - Games in the Game Roon Group [LP] 4:30 A Tails on Trails 6:30 Games in the Game ■ SOCIAL 4:30 A Tails on Trails Walking [LL/P]- 3rd Floor Lantern Links 3:30 O Transportation 5:15 W NFL Monday Night Walking Group [LP] Room [GR] Group [LP] Committee Meeting [V] Football ~ [T] **常** SPIRITUAL [T]- 3rd Floor Theater 6:00 A Games in the Game 6:00 Games in the Game Room 6:00 - Games in the Game Room [GR] Room [GR] [GR] [FR4]- 4th Floor Fitness Studio [L]- 4th Floor Library Last Day to RSVP for Japanese 🚄 🦳 **Happy Birthday Richard Happy Birthday Fran Kern!!** 8:45 - Plaza Indoor 9:00 ↔ Yoga & **Happy Birthday Fred** 9:30 → Balance & Friendship Garden Ext. 5405 Creighton!! **Last Day to RSVP for Pointe Water Aerobics** DeWitt!!! **Stability Class** Weights with [AC]- 4th Floor Arts /Crafts Room Sunday NFL Football in the Outing Ext. 5405 9:00 → Seated Boxing Video With Peggy [LP] 9:00 - Strengthen & Stretch with with Karl [FS] Heidi [FS] Workout [FS] 9:00 → Strengthen & Stretch with 9:15 T St. Kieran's Communion Angie [FS] 10:00 🕆 Bible Study with 11:00 th Left, Right, Center 10:00 Yr Free Friday Vital Checks with Angie [FS] Service [CH] 8:00 \* Guardian Angels Catholic 10:00 P Can You Dig It? Water the Pastor Bill [L] Dice Game [GR] Senior Helpers [LB32] 10:00 Morning Cafe, Cookies & Church [LP] 9:30 - Balance & Stability Class Garden [G2] 11:00 → Learn Line Dancing [V] 10:30 🌣 Triva Challange in the Library 12:00 🎜 Hot Cocoa Bar & Conversations [LP] **Shadow Mountain Church** with Karl [FS] 11:30 ★ Spice Up Your Life: The 1:00 Women's Wine Time 1:00 → Not Fast, Just Furious: Tunes [LB32] 10:15 H New Cardio Drumming Drive [PL] **Best Air Frver Brussels** 1:00 & Beltone Hearing Aid~ Free **Lantern Crest Walking Group** Social [LB32] 2:00 A Nickel Blackjack [GR] ★ Sunday Morning Church Class With Peggy [FS] Sprouts [V] **Hearing Aid Cleaning from** 2:00 A Nickel Blackjack [GR] Service with Pastor Steven 3:00 Let's Play Hand, Knee 11:00 ★ Feed Your Soul Outing 1:00 O Resident Council Board 11am-1pm 1:00 J Glee Club [GR] 3:00 h Cribbage [FS] to:Farmers Table At La and Foot ~with Ken Meeting [V] 11:30 O Group Crossword in the 2:00 A Nickel Blackjack [GR] BIRTHDAYS 🗲 1:00 P Sunday Brunch ~ 11:00am Mesa [LP] 4:00 P Thursday Specialty Library [L] 2:00 🕆 Bible Study with Pastor Weiss [GR] 3:00 O Democrat Social Club: 2pm [V] California Preposition 1 [L] 1:30 ★ Arts and Crafts ~Winter Mark from Foothills **Buffet: Chinese Nation** 12:30 O Bridge Club [FS] 3:00 O Technology Help in 2:30 A Bridge Club [FS] 1:30 Paint & Sip Art Class [AC] Church [L] 3:00 - Mexican Train [GR] Wood Coasters [AC] Station \$17.5pts [TD] **Activities Office** 1:30 Lazy Sunday Puzzles in the 3:00 🔥 \$1 Bingo [GR] 4:00 Monday Night Special: 3:00 A Bingo [GR] 3:00 A Birthday Celebration with 5:20 W NFL Thursday Night 4:30 A Tails on Trails RICHARD CREIGHTON 1/7 Lobby [LP] 4:30 🖀 Tails on Trails Walking Group Pepperoni Pizza and Salad 3:00 TYou're Not Alone --**Live Music from Double** Football ~ [T] 2:00 O Travelogue Documentary: Walking Group [LP] Bar [TD] **Family-Caregivers** Take [LB32] 6:00 Games in the Game Greenland [T] 6:45 Friday Night Movie: Audrey •FRANKERN 1/8 4:30 Evening Piano Music [TD] 6:30 - Games in the Game Support Group [L] 4:30 A Tails on Trails Walking Room [GR] 4:30 🛣 Tails on Trails Walking Group 2020 · Documentary/Dram 3:00 **f** \$1 Bingo [GR] Room [GR] 6:00 A Games in the Game Room Group [LP] · 1h 40m [GR] 4:30 A Tails on Trails Walking FRED DEWITT 1/10 6:00 A Games in the Game Room 5:15 W NFL Monday Night Football Group [LP] [GR] DONNA KOSLICKI 1715 Sunday NFL Football in the **Happy Birthday Donna** 8:45 - Plaza Indoor 9:00 → Strengthen & **Happy Birthday Larry Happy Birthday Bob Happy Birthday Dee** Koslicki!! Water Aerobics Nelson! Waddell!! Theater LARRY NELSON 1/18 Stretch with Palermo!! With Peggy [LP] 9:30 → Balance & Stability Class 8:00 🛨 Guardian Angels Catholic | Martin Luther King, Jr. Day Angie [FS] 9:00 → Seated Boxing Video 9:00 → Yoga & Weights with 9:15 🕈 St. Kieran's Communion with Karl [FS] Church [LP] Workout [FS] BOB WADDEL 1/19 9:00 - Strengthen & Stretch with 10:00 P Can You Dig It? Water Heidi [FS] Service at The Ridge 10:00 🕆 Bible Study with Pastor 8:15 \* Shadow Mountain Church 10:00 안 Free Friday Vital Checks Angie [FS] the Garden [G2] 11:00 🔥 Left, Right, Center Dice 9:30 → Balance & Stability Class Bill [L] with Senior Helpers **Drive** [PL] 10:00 P Morning Cafe, Cookies & DEE PALERMO 1/20 11:30 \* Spice Up Your Life: Game [GR] with Karl [FS] 10:30 🌣 Chat with Life Enrichment [LB32] 9:00 \* Sunday Morning Church Conversations [LP] Copycat Chick-fil-A 12:00 **1** Hot Cocoa Bar & Service with Pastor Bill 10:15 H New Cardio Drumming Coordinator Erika [LP] 10:30 O Triva Challange in the 11:00 → Not Fast, Just Furious: MEREDITH WILSEY 1/22 Chicken Cool Wrap [V] Tunes [LB32] 11:00 H Learn Line Dancing [V] Class With Peggy [FS] Library [L] **Lantern Crest Walking** 1:00 All Residents Meeting 2:00 A Nickel Blackjack [GR] 11:30 Travels With Galen and 11:00 **\( \pi \)** Outing Excursion to: 11:00 Sunday Brunch ~ Group [LP] 11:30 O Group Crossword in the SHIRLEY WALK 1/26 3:00 Let's Play Hand, Knee Japanese Friendship Maureen Library [L] 11:00am - 2pm [V] 3:00 M Happy Hour with Live Garden [LP] 1:00 P New Resident Welcom and Foot ~with Ken 12:30 📥 Bridge Club [FS] 12:30 **O Bridge Club [FS]** 2:00 A Nickel Blackjack [GR] SUSAN PETRY 1/28 **Music from Fireball** Cookies, Coffee, & 11:30 \star Veterans' Group Weiss [GR] 1:30 Lazy Sunday Puzzles in 1:30 Paint & Sip Art Class [AC 3:00 A Mexican Train [GR] Luncheon [LB32] Express [LB32] Conversations [LP] the Lobby [LP] 3:00 O Technology Help in 3:00 📥 \$1 Bingo [GR] 4:00 Monday Night Special: 2:00 A Nickel Blackjack [GR] AL STOVAL 1/29 1:30 $\bigstar$ Arts and Crafts 4:30 A Tails on Trails Walking 2:00 O Travelogue Documentary **Activities Office** Pepperoni Pizza and 4:30 A Tails on Trails Walking 3:00 h Cribbage [FS] Faroes [T] ~Snowflake Ornament Group [LP] Group [LP] Salad Bar [TD] 4:30 A Tails on Trails Walking 5:20 W NFL Thursday Night PAT BOORMAN 1/31 3:00 🔥 \$1 Bingo [GR] 6:00 Games in the Game 6:45 Friday Night Movie: The Group [LP]

Football ~ [T]

[GR]

6:00 🔥 Games in the Game Room

Room [GR]

Wife R 2017 · Thriller/

Drama • 1h 41m [GR]

6:30 Games in the Game

Room [GR]

3:00 📥 Bingo [GR]

6:00 Games in the Game Room

4:30 😩 Tails on Trails Walking

Group [LP]

5:15 NFL Monday Night Football ~ [T]

4:30 🖀 Tails on Trails Walking

Group [LP]

## January At The Pointe

#### **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

# BIRTHDAYS 🔁

RICHARD CREIGHTON 1/7 •FRANKERN 1/8 FRED DEWITT 1/10 DONNA KOSLICKI 1715 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

#### Sunday Sunday NFL Football in the 🦳 📹

8:00 **#** Guardian Angels Catholic Church [LP] 8:15 \* Shadow Mountain Churc

**Drive** [PL] 9:00 \* Sunday Morning Church Service with Pastor Bill

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

12:30 🔥 Bridge Club [FS] 1:30 📥 Lazy Sunday Puzzles in the Lobby [LP]

2:00 O Travelogue Documentary Mauritius [T] 3:00 📥 \$1 Bingo [GR]

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

ments After 12pm **Happy Birthday Meredith** Wilsey!!

Monday

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

10:00 🗷 Morning Cafe, Cookies & Conversations [LP] 11:00 H Not Fast, Just Furious:

Lantern Crest Walking Group 1:00 5 Glee Club [GR]

2:00 A Resident Led Nickel Blackjack [GR] 3:00 A Mexican Train [GR] 4:00 Monday Night Special: Pepperoni Pizza and Salad

Bar [TD] 4:30 👺 Tails on Trails Walking Group

5:15 M NFL Monday Night Football

All Staff Meeting: No Doctor National Pie Day! 8:45 → Plaza Indoor Water **Aerobics With Peggy** 

9:15 🕆 St. Kieran's Communion Service

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

1:30 ★ Arts and Crafts ~Surprise Craft Class Lead By Mary B. [AC]

3:00 🔥 Bingo [GR] 3:00 TYOu're Not Alone -- Family-Caregivers Support Group [L]

6:00 A Games in the Game Room [GR]

## Wednesday

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

10:00 P Can You Dig It? Water the Garden [G2]

11:00 O February Sign-Up Frenzy [V] 12:30 P Matinee Movie: Yes

Day~PG 1h 29m [T] **Bible Study with** Pastor Mark from

Foothills Church [L] 3:00 A Happy Hour with Live Music from Silvia & Salvador [LB32]

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

6:00 - Games in the Game Room [GR]

#### **Thursday**

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

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

11:00 Hearn Line Dancing

3:00 A Cribbage [FS]

4:00 P Thursday Specialty **Buffet: Pizza &** Salad Bar \$16pts

5:00 A Casino Night !!! [LP] 5:20 NFL Thursday Night

Football ~ [T] 6:00 Games in the Game Room [GR]

Friday Happy Birthday Shirley

Workout [FS]

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

10:30 O Triva Challange in the Library [L]

11:30 O Group Crossword in the Library [L]

12:30 O Bridge Club [FS]

1:30 Paint & Sip Art Class [AC] 2:00 O Communi-Tea Book Club at The Pointe! [L]

3:00 📥 \$1 Bingo [GR] 4:30 A Tails on Trails Walking

Group [LP]

6:45 Friday Night Movie: Leave the World Behind R 2023 · Thriller/Drama · 2h 21m [GR]

9:00 ↔ Yoga & Weights with Heidi [FS]

Saturday

11:00 🔥 Left, Right, Center Dice Game [GR] 

Tunes [LB32] 2:00 A Nickel Blackjack [GR]

3:00 Let's Play Hand, Knee and Foot ~with Ken Weiss [GR]

3:00 Q Technology Help in **Activities Office** 

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

6:30 A Games in the Game Room [GR]

Happy Birthday Susan Petry!!

Sunday NFL Football in the Theater 8:00 
Guardian Angels Catholic Church [LP]

**Shadow Mountain Churc Drive** [PL]

★ Sunday Morning Church Service with Pastor Bill

1:00 P Sunday Brunch ~ 11:00am - 2pm [V]

2:30 📥 Bridge Club [FS] 1:30 🔥 Lazy Sunday Puzzles in the Lobby [LP]

2:00 O Travelogue Documentary

3:00 **A** \$1 Bingo [GR] 4:30 A Tails on Trails Walking Happy Birthday Al Stovall!! 9:00 ↔ Strengthen & Stretch with Angie [FS]

10:00 💻 Morning Cafe, Cookies & Conversations [LP] 11:00 
Not Fast, Just Furious:

Lantern Crest Walking Group 1:00 5 Glee Club [GR]

2:00 O Dining Committee Meeting [BPD] 2:00 - Nickel Blackiack [GR]

3:00 A Mexican Train [GR] 4:00 
Monday Night Special: Pepperoni Pizza and Salad Bar TD1

4:30 🖀 Tails on Trails Walking Group

5:15 W NFL Monday Night Football

Plaza Indoor Water Aerobics 30 8:45 → Plaza Indoor 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

**Family Caregivers** 

3:00 A Bingo [GR] 3:00 TYou're Not Alone -

**Support Group [L]** 6:00 A Games in the Game Room [GR]

**Happy Birthday Pat** 3 Boorman!! 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 P Bible Study with Pastor Mark from Foothills Church [L]

3:00 A 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



MARTIN LUTHER King Jr. Day

### Staff Birthdays

Group [LP]

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







**ERIKA CARDENAS** 

LIFE **ENRICHMENT COORDINATOR** 

**EXT 5405** 



