JANUARY 2024 AT THE PLAZA

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Alan Hauk 1/3 Elaine Leake 1/6 Larry Kieviet 1/11 Sheila Krauser 1/22 Jeannine Seward 1/23 Joan Kolb 1/26 Betty Livingston 1/28 Lori Gardner 1/29	All Activities With A RED STAR Require You to Sign Up. Call Extension 3910 to Sign Up for Activities!	to 3:30pm ~ Dining Closed at 3:30pm New Year's Day 9:15 → Tai Chi for Beginners - Instructional Video	9:00 → Indoor Water Aerobics with Peggy [IPS] 10:15 → Core Strength and Weights Video [FR] 11:00 ■ Cornhole by the Moss Wall [PL] 12:00 ■ Lunch Bunch with Amy [CDR] 12:30 → Dominoes [50GR] 2:00 ◇ Chat with Your Life Enrichment Team [TR] 3:00 → Nickel Blackjack [BD] 4:15 ◇ Technology Help - Bring Your Device! 6:00 ➡ Evening Movie: While You Were Sleeping (1995) 1h 43m [MDT]	Happy Birthday Alan Hauck!! 9:15 ↔ Tai Chi for Beginners - Instructional Video [FR] 10:00 ■ Chat with Assistant Executive Director Brittany Fay [TR] 11:30 ★ What's Cookin' Good Lookin' with Hailey- Mini Cheese Stuffed Peppers [BD] 1:00 ♣ \$4 Bingo [MDT] 1:45 ♣ Bible Study with Pastor Mark at The Pointe [L] 2:00 ↔ Lantern Crest Bowling League [BD] 3:00 ※ Women's Wine Time [TR] 4:30 ↔ Evening Stroll [PL]	9:15 → Morning Stretches - Instructional Video [FR] 10:15 → Core Strength and Weights with Karl [FR] 11:00 ● Quilty Pleasures [TR] 12:30 ★ Excursion to The Color Purple (2023) PG-13 2h 20m ~ \$12.50 [PL] 12:30 ● Matinee Movie: Harriet (2019) 2h 5m [MDT] 3:00 ◇ TED-Ed Talk and Discuss [MDT] 4:15 ◇ Technology Help - Bring Your Device!	9:15 ↔ Tai Chi for Beginners - Instructional Video [FR] 10:00 ↔ Cardio Drumming Class Video Workout [FR] 10:30 ❖ Short Stories and Poetry [TR] 11:00 ❖ Free Friday Vitals Check with Senior Helpers [PL] 12:00 ★ Hand, Knee, and Foot [50GR] 1:00 ★ Amy's Arts and Crafts: Winter Painting [MDT] 1:00 ★ Bridge Club 3:00 ※ Happier Hour with Live Music from Double Take [CDR] 4:30 ↔ Evening Stroll [PL]	Happy Birthday Elaine Leake!! 9:30 ★ Weekly Shopping: Vons [PL] 10:00 ♣ Chair Yoga with Heidi [FI 11:00 ■ Lunch in the Diner ~ 11am - 2pm [BD] 12:30 ■ Hot Cocoa and Apple Cider in the 50's Diner [BD] 1:00 ♣ Scrabble with Friends [50GR] 3:00 ♣ Nickel Blackjack [50GR] 4:30 ♣ Puzzles on the 4th Floor [PL4] 6:00 ■ Evening Movie: Chicago (2002) 1h 53m [MDT]
BBC - Bocce Ball Court BD - Bel Air Diner BPD - Balboa Private Dining CC - Coronado Courtyard CDR - Catalina Dining Room CH - Reflections Chapel FR - Fitness Room	8:00 ★ Guardian Angels Catholic Church [PL] 8:15 ★ Shadow Mountain Church Drive [PL] 9:00 ♣ Sunday Morning Church Service with Pastor Bill [CH] 11:00 ← Cornhole by the Moss Wall [PL] 11:00 ★ Sunday Brunch ~ 11:00am - 2:00pm at The Pointe [V] 1:00 ♣ Bow Wow Dog Social [PL] 2:00 ♠ Collage and Create! [TR] 3:00 ♠ Color Me Calm ~ Tranquil Coloring and Music [TR] 4:30 ♦ Puzzles on the 4th Floor [PL4]	[FR]	9:00 → Indoor Water Aerobics with Peggy [IPS] 9:15 ↑ St. Kieran's Communion Service [CH] 10:15 → Core Strength and Weights with Karl [FR] 11:00 □ Cornhole by the Moss Wall [PL] 12:00 □ Lunch Bunch with Amy [CDR] 12:30 ↑ Dominoes [50GR] 1:30 ↑ Table Talk and Tasty Treats with Chef Phil [BPD] 3:00 ↑ Nickel Blackjack [BD] 4:00 Transportation Committee Meeting [V] 4:15 ↑ Technology Help - Bring Your Device! [PL] 6:00 □ Evening Movie: What's Eating Gilbert Grape (1993) 1h 58m [MDT]	9:15 ↔ Tai Chi for Beginners - Instructional Video [FR] 10:15 ↔ Bocce Ball Brigade [BBC] 11:30 ★ What's Cookin' Good Lookin' with Hailey- Banana Pudding [BD] 1:00 ♣ \$4 Bingo [MDT] 1:45 † Bible Study with Pastor Mark at The Pointe [L] 2:00 ↔ Lantern Crest Bowling League [BD] 3:00 ※ Men's Brew Crew [BD] 4:30 ↔ Evening Stroll [PL]	Happy Birthday Larry Kieviet!! 9:15 ↔ Morning Stretches - Instructional Video [FR] 10:15 ↔ Core Strength and Weights Video [FR] 11:00 ★ Excursion to Air & Space Museum Gillespie Field Annex ~ \$7 [PL] 12:30 ❤ Matinee Movie: Guys and Dolls (1955) 2h 30m [MDT] 1:00 Resident Council Board Member Meeting [BPD] 2:30 ♥ New Resident Mingle!! [CH] 3:00 ♡ TED-Ed Talk and Discuss [MDT] 4:00 ★ Specialty Buffet at The Pointe: Chinese Action Station\$17.5pts [V] 4:15 ♡ Technology Help - Bring Your Device! [PL]	9:00	9:30 ★ Weekly Shopping: Walmart [PL] 10:00 ↔ Chair Yoga with Heidi [FR] 11:00 ■ Lunch in the Diner ~ 11am - 2pm [BD] 12:30 ■ Hot Cocoa and Apple Cider in the 50's Diner [BD] 1:00 ★ Scrabble with Friends [50GR] 3:00 ★ Nickel Blackjack [50GR] 4:15 ❖ Technology Help - Bring Your Device! [PL] 4:30 ★ Puzzles on the 4th Floor [PL4] 6:00 ★ Evening Movie: Old Yelle (1957) 1h 24m [MDT]
IPS - Indoor Pool and Spa MB - Miramar Bar MDT - Movie Dinner Theater PL - Plaza Lobby PL4 - Puzzle Lounge/ Library SC - Sunken Courtyard TL - 2nd Floor Turtle Lounge TR - King Charles Tea Room	8:00 ★ Guardian Angels Catholic Church [PL] 8:15 ★ Shadow Mountain Church Drive [PL] 9:00 ♣ Sunday Morning Church Service with Pastor Bill [CH] 11:00 ★ Cornhole by the Moss Wall [PL] 11:00 ★ Sunday Brunch ~ 11:00am - 2:00pm at The Pointe [V] 1:00 ♣ Bow Wow Dog Social [PL] 3:00 ♣ Color Me Calm ~ Tranquil Coloring and Music [TR] 4:30 ❖ Puzzles on the 4th Floor [PL4]	10:15 → Strengthen and Stretch	9:00 → Indoor Water Aerobics with Peggy [IPS] 10:15 → Core Strength and Weights with Karl [FR] 11:00 ■ Cornhole by the Moss Wall [PL] 11:30 ★ Veterans' Luncheon at The Pointe [V] 12:00 ■ Lunch Bunch with Amy [CDR] 12:30 ↑ Dominoes [50GR] 2:00 ○ Chat with Your Life Enrichment Team [TR] 3:00 ↑ Nickel Blackjack [BD] 4:15 ○ Technology Help - Bring Your Device! [PL] 6:00 ● Evening Movie: The Impossible (2012) 1h 54m [MDT]	9:15 ↔ Tai Chi for Beginners - Instructional Video [FR] 10:15 ↔ Bocce Ball Brigade [BBC] 11:30 ★ What's Cookin' Good Lookin' with Hailey- Chips & Guacamole [BD] 1:00 ↔ \$4 Bingo [MDT] 2:00 ↔ Lantern Crest Bowling League [BD] 3:00 ﴿ Women's Wine Time [TR] 4:30 ↔ Evening Stroll [PL]	Weights with Karl [FR] 11:30 Matinee Movie: Life On Our Planet (Episode 1) 43m [MDT] 11:30 Travels with Galen and	9:15 ↔ Tai Chi for Beginners - Instructional Video [FR] 10:00 ↔ Cardio Drumming Class Video Workout [FR] 10:30 ♦ Short Stories and Poetry [TR] 11:00 ♥ Free Friday Vitals Check with Senior Helpers [PL] 12:00 ★ Hand, Knee, and Foot [50GR] 1:00 ★ Amy's Arts and Crafts: Paint Your Own Nesting Dolls [MDT] 1:00 ★ Bridge Club 3:00 ♣ Happier Hour with Live Music the Brown Sugar Oldies [CDR] 4:30 ↔ Evening Stroll [PL]	10:00 ← Chair Yoga with Heidi [FR] 11:00 ■ Lunch in the Diner ~ 11am - 2pm [BD]

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Location Key

BBC - Bocce Ball Court

BD - Bel Air Diner

CC - Coronado Courtyard

CDR - Catalina Dining Room

CH - Reflections Chapel

FR - Fitness Room

IPS - Indoor Pool and Spa

MB - Miramar Bar

MDT - Movie Dinner Theater

PL - Plaza Lobby

PL4 - Puzzle Lounge/ Library

SC - Sunken Courtyard

TL - 2nd Floor Turtle Lounge

TR - King Charles Tea Room

Monday Sunday

8:00 * Guardian Angels Catholic Church [PL] Shadow Mountain

Church Drive [PL] Sunday Morning Church Service with Pastor Bill [CH]

Meet and Greet: Planning for Young Families [PL]

11:00 → Cornhole by the Moss Wall 11:00 ★ Sunday Brunch ~ 11:00am -

2:00pm at The Pointe [V] 1:00 A Bow Wow Dog Social [PL] 1:15 * The Crucible at Lamplighters Community Theater ~ \$24

Color Me Calm ~ Tranquil Coloring and Music [TR]

4:30 O Puzzles on the 4th Floor

Happy Birthday Betty

Drive [PL]

[CH]

9:00 **Tay Sunday Morning Church**

11:00 - Cornhole by the Moss

Wall [PL]

11:00 ★ Sunday Brunch ~

Pointe [V]

1:00 A Bow Wow Dog Social [PL]

2:00 Collage and Create! [TR]

3:00 Color Me Calm ~ Tranqui

Service with Pastor Bill

11:00am - 2:00pm at The

Doctor Appointments After 12pm

Happy Birthday Sheila Krauser!!

9:15 H Tai Chi for Beginners **Instructional Video**

10:15 + Strengthen and Stretch with Angie [FR]

11:00
Coffee in the Sea Lounge on the 2nd Floor [TL]

1:00 **A** Bunco [50GR] 1:30 🔥 \$4 Bingo [MDT] 3:00 Learn to Line Dance!

[MDT] 4:30 → Evening Stroll [PL]

All Staff Meeting: No Happy Birthday Jeannine

9:00 → Indoor Water Aerobics with Peggy [IPS]

Tuesdav

9:15 🕆 St. Kieran's Communion Service [CH] 10:15 → Core Strength and

Weights with Karl [FR] 11:00
Cornhole by the Moss Wall [PL]

12:00 Lunch Bunch with Amy

12:30 **A** Dominoes [50GR] 1:30 O Table Talk and Tasty **Treats with Chef Phil**

3:00 A Nickel Blackjack [BD]

4:15 O Technology Help - Bring Your Device! [PL]

Performance [MDT]

Wednesdav

9:15 → Tai Chi for Beginners -**Instructional Video**

10:15 → Bocce Ball Brigade [BBC]

11:30
What's Cookin' Good Lookin' with Hailey-**Pinwheel Sandwiches**

1:00 🔥 \$4 Bingo [MDT]

1:45 # Bible Study with **Pastor Mark at The** Pointe [L]

2:00 H Lantern Crest Bowling League [BD]

3:00 Men's Brew Crew [BD] 4:30 → Evening Stroll [PL]

9:15 ↔ Morning Stretches -Instructional Video [FR]

10:15 + Core Strength and Weights with Karl [FR]

12:30 ★ Excursion to Legacies of the Past: San Diego's **History at Scripps** Miramar Ranch [PL]

Thursday

12:30 Matinee Movie: Women in Gold (2015) 1h 49m [MDT]

3:00 O TED-Ed Talk and Discuss

4:00 ★ Specialty Buffet at The Pointe: Pizza & Salad Ba \$16PTS [V]

4:15 O Technology Help - Bring Your Device! [PL]

5:00 A Lantern Crest Casino Night!! [LP]

Happy Birthday Joan Kolb!! 🦱 9:15 → Tai Chi for

Beginners - Instructional Video [FR] 10:00 → Cardio Drumming Class

Video Workout [FR] 11:00 & Free Friday Vitals Check with Senior Helpers [PL]

12:00 📥 Hand, Knee, and Foot [50GR]

Amy's Arts and Crafts: 1:00 ★ Make your Own Zen Garden [MDT]

1:00 📥 Bridge Club 2:00 O Communi-Tea Book Club

at The Pointe [L] 3:00 A Happier Hour with Live Music Fireball Xpress

4:30 ↔ Evening Stroll [PL]

Saturdav 9:30 * Weekly Shopping:

10:00 → Chair Yoga with Heidi [FR]

11:00 Lunch in the Diner ~ 11am - 2pm [BD] 12:30 P Hot Cocoa and Apple

Cider in the 50's Diner

Smart & Final [PL]

1:00 A Scrabble with Friends [50GR] 3:00 A Nickel Blackjack [50GR]

4:15 O Technology Help - Bring Your Device! [PL]

4:30 A Puzzles on the 4th Floor

6:00 Evening Movie: Audrey (2020) 1h 40m [MDT]

50GR - 50's Game Room

BPD - Balboa Private Dining

Coloring and Music [TR] 4:30 O Puzzles on the 4th Floor

Happy Birthday Lori Gardner!!

8:00 * Guardian Angels Catholic 9:15 → Tai Chi for Beginners -Church [PL] Instructional Video ★ Shadow Mountain Church [FR]

10:15 ■ Strengthen and Stretch with Angie [FR]

11:00
Coffee in the Sea Lounge on the 2nd Floor [TL]

1:00 h Hand & Foot [50GR]

1:30 🏚 \$4 Bingo [MDT] **Dining Committee** Meeting [BPD]

3:00 Learn to Line Dance! 4:30 → Evening Stroll [PL]

Happy Birthday Martina

9:00 → Indoor Water Aerobics with Peggy [IPS]

10:15 ← Core Strength and Weights with Karl [FR] 11:00
Cornhole by the Moss

Wall [PL] 12:00
Lunch Bunch with Amy

12:30 **h** Dominoes [50GR] 2:00 O Chat with Your Life

Enrichment Team [TR] 3:00 A Nickel Blackjack [BD] 4:15 O Technology Help - Bring

Your Device! [PL] 6:00 ₩ Evening Movie: Three Men and a Baby (1987) 1h 43m [MDT]

9:15 → Tai Chi for Beginners -Instructional Video

10:15 → Bocce Ball Brigade [BBC]

11:30 * What's Cookin' Good Lookin' with Hailev-Specialty Cocktail [BD]

1:00 🔥 \$4 Bingo [MDT] 1:45 # Bible Study with **Pastor Mark at The**

Pointe [L] 2:00 - Lantern Crest Bowling League [BD]

3:00 P Together We Drink!! 4:30 → Evening Stroll [PL]

ANIMALS ARTS

↔ EXERCISE FILM

♣ GAMES

A HAPPY HOUR 앙 HEALTH O INTELLECTUAL

♬ MUSIC ■ SOCIAL T SPIRITUAL

Martin uther King Jr.

anuary 15th, 2024

Please see Pointe Activity Calendar for Additional Activities

LIFE ENRICHMENT

TEAM (619) 258-8886 Ext: 3910

Plazalifeenrichment @lanterncrest.com



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 near the Sharp Clinic.

Doctor Drives Monday Thru Friday 9am - 3pm

For Appts further than 15 Miles 9am - 1pm No Appts after 12pm on the 22nd of Each Month due to **Mandatory Staff** Meeting

7 plasa staff Birthdays Hailey Luton 1/10

Kimberly Santiago 1/13 Diana Santana 1/14 Yasmin Lacarra 1/15 Franco Aiello 1/17 Bobi Thomas 1/18 Christian Esparza 1/27 Sandra Mitchell 1/30