

# Happy Birthday

Mike Sheehan ~ 3/03 Walli Stebel ~ 3/08 Joan Ramsey ~ 3/08 Denis Arguin ~ 3/12 Jim Reinhold ~ 3/13 Shirley Persin ~ 3/16 Wes Peterson 3/18 Teresa Aylwin 3/20 Dale Medrud ~ 3/21 EP Erickson ~ 3/22 Ursel Jones ~ 3/23 LG Ashley ~ 3/23 Fran White ~ 3/26 Dennis Tinkham ~ 3/27 Dorothy Vigilante ~ 3/30

# **Location Key**

50GR - 50's Game Room **BBC** - Bocce Ball Court

**BD** - Bel Air Diner

**BLR**-5th Floor Billiards Room

**BPD** - Balboa Private Dining

**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

LIFE ENRICHMENT **TEAM** (619) 258-8886 Ext: 3910

**Plazalifeenrichment** @lanterncrest.com



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

Up. Call Extension

3910 to Sign Up for **Activities!** 

Please see Pointe Activity Calendar for Additional **Activities** 

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

10:00 + Cardio Drumming Class Video Workout [FR] 11:00 양 Free Friday Vitals Check

with Senior Helpers [PL] 12:00 🔥 Hand, Knee, and Foot [50GR]

1:00 🔥 Bridge Club

1:00 \* What's Cookin' Good Lookin' with Hailey- Pigs in a Blanket [BD]

3:00 A Happier Hour with Live Music from Double Take

4:30 👺 Happy Tails ~ Evening Dog Walk IPLI

Happy Birthday Dr. Suess!!

9:30 **Weekly Shopping**: Walmart [PL]

10:00 + Chair Yoga with Heidi [FR]

11:00 Practice by the Moss Wall [PL] 11:00 **Girl Scout Cookie Booths** 

~ 11am - 1pm [PL] 12:30 Root Beer Floats in the 50's Diner [BD]

1:00 📥 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 [PL4]

6:00 Evening Movie: Amy -1981- (G) 1h 39m [MDT]

8:00 
Guardian Angels Catholic Church [PL]

**Happy Birthday Mike** 

**Drive [PL]** 9:00 **\$\Pi\$ Sunday Morning Church** 

Service with Pastor Bill [CH] 11:00 ★ Sunday Brunch ~

11:00am - 2:00pm at The Pointe [V]

12:00 💻 Rack em' Up Rollers ~ Billiards [BLR]

1:00 A Bow Wow Dog Social [PL] 2:00 Paint & Snack [MDT]

3:30 

Calendar Brainstorm with Amy [MDT]

4:30 • Puzzles on the 4th Floor [PL4]

9:15 ↔ Morning Stretches **Instructional Video** 

★ Shadow Mountain Church 10:15 Zumba Fitness with Hope! [FR]

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

1:00 **h** Bunco [50GR] 1:30 🔥 \$4 Bingo [MDT]

2:00 Vi Rider Mobility Wheelchair & Walker Repair [TR] 3:00 Learn to Line Dance!

[MDT]

4:30 👺 Happy Tails ~ Evening Dog Walk [PL]

**Aerobics with** Peggy [IPS]

Weights with Karl [FR]

11:00 
Cornhole by the Moss Wall [PL]

12:00 P Lunch Bunch with Amy

12:30 **A** Dominoes [50GR] 3:00 - Nickel Blackiack [50GR]

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

6:00 ₩ Evening Movie: The **Journey of Natty Gann** -1985- (PG) 1hr 41m [MDT]

9:15 **→** Morning Stretches -**Instructional Video** 

[BBC]

11:30 Amy's Arts and Crafts: Rainbow Door Wreath

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

[MDT] 4:30 👺 Happy Tails ~ Evening Dog Walk [PL]

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

11:00 9 Ouilty Pleasures [TR] 11:30 **★** Excursion to Beyond

Van Gogh ~ \$36 [PL] 11:30 Matinee Movie: The Irishman -2019- (R) 3hrs 29m [MDT]

1:30 Whack it! Smack it! Balloon Ball [FR] 3:00 O TED-Ed Talk and

Discuss [MDT] 4:00 \* Specialty Buffet at The **Pointe: Hawaiian Action** 

Station~17pts [V] 4:15 O Technology Help - Bring Your Device! [PL]

Happy Birthday Joan Ramsey!! Happy Birthday Walli Stebel!!

Instructional Video [FR] 10:00 H Cardio Drumming Class Video Workout [FR]

11:00 V Free Friday Vitals Check with Senior Helpers [PL] 12:00 A Hand, Knee, and Foot [50GR]

1:00 📥 Bridge Club 1:00 \* What's Cookin' Good Lookin' with Hailey- Cinnamon &

Sugar Donut Holes [MDT] 3:00 A Happier Hour with Live Mu Fireball Express [CDR]

4:30 A Happy Tails ~ Evening Dog Walk [PL]

9:30 **Weekly Shopping:** Smart & Final [PL] 10:00 - Chair Yoga with

Heidi [FR] 11:00 P Cornhole Practice by the

Moss Wall [PL] **Girl Scout Cookie Booths** 

~ 11am - 1pm [PL] 12:30 Root Beer Floats in the

50's Diner [BD] 1:00 📥 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: Up -2009- (PG) 1h 36m [MDT]

**Daylight Saving Time Begins** 

8:00 **★** Guardian Angels Catholic Church [PL]

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

[CH] 11:00 ★ Sunday Brunch ~ 11:00am - 2:00pm at The Pointe [V]

12:00 💻 Rack em' Up Rollers ~ Billiards [BLR]

1:00 A Bow Wow Dog Social [PL] 2:00 Paint & Snack [MDT] 3:00 O Short Stories and Poetry

4:30 O Puzzles on the 4th Floor [PL4]

9:15 **→** Morning Stretches -**Instructional Video** [FR]

★ Shadow Mountain Church 10:30 ♥ Emergency **Preparedness** Workshop: Vial of Life and Emergency Contacts [MDT]

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

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

[MDT] 4:30 😩 Happy Tails ~ Evening Dog Walk [PL]

Happy Birthday Denis Arguin!!

Extension! [PL]

with Chef Phil [BPD]

Transportation Committee

-1998- (PG-13) 1h 54m

9:00 - Indoor Water Aerobics with Peggy 9:15 T St. Kieran's Communion

Service [CH] 10:15 - Core Strength and Weights with Karl [FR] 11:00 
Cornhole by the Moss Wall

12:00 ★ Group Tour of The Ridge 12:30 A Dominoes [50GR]

1:30 O Table Talk and Tasty Treats 3:00 A Nickel Blackjack [50GR]

Meeting [V] 4:15 O Technology Help - Bring You Device! [PL] 6:00 Evening Movie: Hope Floats **Happy Birthday Jim** Reinhold!!

**Instructional Video** [FR]

10:15 - Bocce Ball Brigade

11:30 ★ Amy's Arts and Crafts: **Clover Pins [MDT]** 

1:00 **A** \$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 😩 Happy Tails ~ Evening Dog Walk [PL]

and Weights with Karl [FR] 11:30 ★ Excursion to McP's Irish

Pub [PL] 12:30 🁺 Matinee Movie: Oppenheimer -2023- (R) 3hrs [MDT]

Resident Council Board Member Meeting [BPD] 1:30 ↔ Whack it! Smack it!

Balloon Ball [FR]

2:30 
New Resident Mingle!! 3:00 ★ Cupcakes and Cocktails

Class with Bobi [BPD] 4:15 O Technology Help - Bring Your Device! [PL]

9:00 & Beltone Hearing Aid Check and Cleaning ~ 9am-11am [TR]

9:15 → Morning Stretches -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]

1:00 🔥 Bridge Club 1:00 \* What's Cookin' Good

Lookin' with Hailey-**Shamrock Shakes [MDT]** 

3:00 R St. Patrick's Happier Hour with Live Music From The First String Band [CDR]

4:30 A Happy Tails ~ Evening Dog Walk [PL]

**Happy Birthday Shirley** Persin!! 9:30 \* Weekly Shopping: Target

10:00 \leftrightarrow Chair Yoga with Heidi [FR] 1:00 P Cornhole Practice by the Moss Wall [PL]

12:30 PRoot Beer Floats in the 50's Diner [BD] 1:00 - Scrabble with Friends

[50GR] 3:00 A Nickel Blackiack [50GR]

4:15 O Technology Help - Bring Your Device! [PL] 4:30 A Puzzles on the 4th Floor [PL4]

6:00 Evening Movie: Darby O'Gill and the Little People -1959- (G) 1h 30m [MDT]

# Happy Birthday

Mike Sheehan ~ 3/03 Walli Stebel ~ 3/08 Joan Ramsey ~ 3/08 Denis Arguin ~ 3/12 Jim Reinhold ~ 3/13 Shirley Persin ~ 3/16 Wes Peterson 3/18 Teresa Aylwin 3/20 Dale Medrud ~ 3/21 EP Erickson ~ 3/22 Ursel Jones ~ 3/23 **LG Ashley ~ 3/23** Fran White ~ 3/26 Dennis Tinkham ~ 3/27 Dorothy Vigilante ~ 3/30

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#### Sunday Monday

#### Happy Birthday Wes Peterson!! 8:00 \* Guardian Angels Catholic

Instructional Video

Stretch Video [FR]

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

1:00 **h** Bunco [50GR] 1:30 **A** \$4 Bingo [MDT]

[MDT] 4:30 路 Happy Tails ~ **Evening Dog Walk** 

9:00 ← Indoor Water **Aerobics with** Peggy [IPS]

Tuesdav

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

12:30 . Dominoes [50GR] 3:00 A Nickel Blackjack [50GR] 4:15 O Technology Help - Bring

Your Device! [PL] 6:00 Evening Movie: The Peanuts Movie -2015-(G) 1h 28m [MDT]

## Happy Birthday Teresa 🧖 Avlwin!!

9:15 - Morning Stretches -Instructional Video

10:15 → Bocce Ball Brigade [BBC]

11:30 \* Amy's Arts and Crafts Paint your Own **Gnome [MDT]** 

1:00 **+** \$4 Bingo [MDT] 2:00 - Lantern Crest Bowling League [BD]

3:00 Nomen's Wine Time [MDT]

4:30 A Happy Tails ~ Evening Dog Walk [PL]

#### **Happy Birthday Dale** Medrud!

10:15 + Core Strength and Weights with Karl [FR] 11:00 Matinee Movie: My

Thursday

Octopus Teacher -2020-(G) 1h 25m [MDT] 1:00 O All Residents Meeting

3:00 O TED-Ed Talk and Discuss

4:00 \* Specialty Buffet at The Pointe: All American Action~16.5pts [V] 4:15 ○ Technology Help - Bring

Your Device! [PL] **6:00** ★ Evening Excursion to Circus Vargas ~ \$40 [PL]

### All Staff Meeting: No Doctor **Appointments After 12pm**

Friday

Happy Birthday EP Erickson!! 

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] 1:00 📥 Bridge Club

3:00 A Happier Hour with Live Music From Brown Sug

4:30 😩 Happy Tails ~ Evening Dog Walk [PL]

# Saturday Happy Birthday LG Ashley!!

**Happy Birthday Ursel** 

9:30 ★ Weekly Shopping: Albertsons [PL]

10:00 - Chair Yoga with Heidi [FR] 11:00 
Cornhole Practice by the Moss Wall [PL]

12:30 Root Beer Floats in the 50's Diner [BD]

1:00 - Scrabble with Friends [50GR]

3:00 A Nickel Blackjack [50GR]

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

4:30 - Puzzles on the 4th Floor

6:00 Evening Movie: Barbie -2023- (PG-13) 1h 54m [MDT]

### 8:00 \* Guardian Angels Catholic Church 8:15 \* Shadow Mountain Church

St. Patrick's Day

Wear Green!

Church [PL]

Drive [PL]

12:00 Rack em' Up Rollers ~

1:00 O Nasa Ambassador Neil

**Shadow Mountain Church** 

**Sunday Morning Church** 

Service with Pastor Bill [CH]

Sunday Brunch ~ 11:00am -

2:00pm at The Pointe [V]

**Farber Presents: Lunar** 

Exploration [MDT]

2:30 \* St. Patrick's Day Beer Tastin

3:30 
Calendar Brainstorm with

4:30 Puzzles on the 4th Floor

Amy [MDT]

[PL4]

Drive [PL]

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

11:00 ★ Sunday Brunch ~ 11:00am - 2:00pm at The Pointe [V]

12:00 💻 Rack em' Up Rollers ~ Billiards [BLR]

1:00 A Bow Wow Dog Social [PL] 2:00 Paint & Snack [MDT] 3:00 Short Stories and Poetry

4:30 O Puzzles on the 4th Floor [PL4]

9:15 **→** Morning Stretches -**Instructional Video** [FR]

10:15 **→ Strengthen &** Stretch Video [FR]

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

1:00 A Hand & Foot [50GR] 1:30 **A** \$4 Bingo [MDT]

Dining Committee 2:00 Meeting [BPD]

3:00 Learn to Line Dance! [MDT]

4:30 🗱 Happy Tails ~ **Evening Dog Walk** 

#### Happy Birthday Fran White!! 9:00 ← Indoor Water Aerobics with Peggy [IPS 9:15 T St. Kieran's Communion

Service [CH] 

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** 

[BPD]

3:00 A Nickel Blackjack [50GR] 4:15 ○ Technology Help - Bring Your Device! [PL]

6:00 ₩ Evening Movie: War Games -1983- (PG) 1h 53m [MDT]

## Happy Birthday Dennis Tinkham

Instructional Video [FR]

10:15 → Bocce Ball Brigade [BBC]

11:30  $\bigstar$  Amy's Arts and **Crafts: Easter Egg** Dyeing [MDT]

12:00 P Spring Shopping Fair ~ 12pm - 3pm 3:00 Men's Brew Crew

4:30 A Happy Tails ~ **Evening Dog Walk** [PL]

## 10:15 \leftrightarrow Core Strength 🥎 🔘 and Weights with Karl [FR]

11:00 ★ High Tea Thursday 11:30 **★** Excursion to Black

Bear Diner [PL] Balloon Ball [FR]

2:30 April Sign-Up Frenz [MDT] 4:15 O Technology Help -

**Bring Your Device!** [PL]

11:30 🙀 Matinee Movie: The Color Purple -2023-(PG-13) 2h 21m [MDT]

#### 9:15 **↔** Morning Stretches -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 [50GŔ]

1:00 🔥 Bridge Club

1:00 \* What's Cookin' Good Lookin' with Hailey- Pasta Chips [MDT]

2:00 O Communi-Tea Book Club at The Pointe [L] 3:00 A Happy Birthday Happier

Hour with Live Music The Blue Zone [CDR] 4:00 🕆 Good Friday Service with Pastor Bill CHI

#### **Happy Birthday Dorothy** Vigilante!! 9:30 \* Weekly Shopping: Vons

10:00 ← Chair Yoga with Heidi [FR]

11:00 💻 Cornhole Practice by the Moss Wall [PL] 12:30 Root Beer Floats in the

50's Diner [BD] 1:00 - Scrabble with Friends

[50GR] 3:00 A Nickel Blackjack [50GR]

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

4:30 - Puzzles on the 4th Floor PL4

6:00 Evening Movie: Evan Almighty -2007- (PG) 1h 36m [MDT]

#### Catalina Dining Will Be Catalina Dining Will Be Closing for Dinner ~ To Gos from 2:30pm to 3:30pm ~

# Wear Spring Colors!!

[CH]

8:00 # Guardian Angels Catholic Church [PL]

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

8:15 + Shadow Mountain Church

11:00 ★ Easter Sunday at The Plaza ~ 11am- 2pm CDR

1:30 Spring Bunny Social! [PL] 3:30 

Calendar Brainstorm with

Amy [MDT] 4:30 Puzzles on the 4th Floor [PL4]

ANIMALS ARTS

**↔** EXERCISE

FILM

**☆** GAMES

M HAPPY HOUR 양 HEALTH

O INTELLECTUAL **⊿** MUSIC

★ RSVP

■ SOCIAL **↑** SPIRITUAL



**Activities is always** looking for resident input & suggestions for new activities, movies & outings.

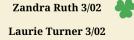
You can find the 'Suggestion' Box hanging on the wall located just outside of the Activities office near the Sharp Clinic.

# **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





Maribel Monsalvo Corral 3/03

