

May 2024 At The Plaza

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Happy Birthday

George Ruehle ~ 5/02
 Carol Ann Davis ~ 5/04
 Judy Hamilton ~ 5/08
 Ann Utterback ~ 5/09
 Jean Marcotte ~ 5/12
 Janet Goulet ~ 5/13
 Jody Birse ~ 5/16
 David Soulnier 5/22
 Marianne Glanz ~ 5/25
 Jean Delacy ~ 5/29
 Bea Schmitz ~ 5/30

All Activities With A **RED STAR** Require You to Sign Up. Call Extension **3910** to Sign Up for Activities!



Location Key

50GR - 50's Game Room
 AO - Plaza Activities Office
 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

Final Day to RSVP for Thursday Excursion 5
 8:00 ★ Guardian Angels Catholic Church [PL]
 8:15 ★ Shadow Mountain Church Drive [PL]
 11:00 ★ Sunday Brunch ~ 11:00am - 2:00pm at The Pointe [V]
 12:00 🐾 Bow Wow Dog Social [PL]
 1:30 ★ Amy's Arts and Crafts: Rock Cactus [MDT]
 3:00 ★ Cinco De Mayo Cupcakes and Cocktails with Bobi [SC]
 4:30 🗺️ Puzzles on the 4th Floor [PL4]

9:15 ↔ Morning Stretches - Instructional Video [FR] 6
 10:15 ↔ Bocce Ball Brigade [BBC]
 11:00 ☕ Coffee in the Sea Lounge on the 2nd Floor [TL]
 1:00 🎰 \$4 Bingo [MDT]
 1:00 🦶 Hand & Foot [50GR]
 3:00 🎵 Learn to Line Dance! [MDT]
 4:15 🗺️ Technology Help - Bring Your Device! [AO]
 4:30 🐾 Happy Tails ~ Evening Dog Walk [PL]

Wear Pinks & Purples! 1
 9:15 ↔ Morning Stretches - Instructional Video [FR]
 11:00 ↔ Warm-Up and Work Out with Dennis [FR]
 11:30 🏠 Priority Home Care Class [TR]
 12:00 🍽️ Lunch Bunch with Amy [CDR]
 1:00 🎰 \$4 Bingo [MDT]
 2:00 ↔ Lantern Crest Bowling League [BD]
 3:00 🍷 Women's Wine Time [MDT]
 4:30 🐾 Happy Tails ~ Evening Dog Walk [PL]

Final Day to RSVP for Shopping Excursion - Vons 2
Happy Birthday George Ruehle!
 10:15 ↔ Core Strength and Weights with Karl [FR]
 11:30 ★ Excursion to Grossmont Center Mall [PL]
 1:00 Resident Council Board Member Meeting [BPD]
 1:30 ↔ Whack it! Smack it! Balloon Ball [FR]
 3:00 🗺️ TED-Ed Talk and Discuss [MDT]
 4:15 🗺️ Technology Help - Bring Your Device! [AO]
 5:00 🎬 Movie Night Special Showing: Killers of the Flower Moon -2023- (R) 3h 26m [MDT]

9:15 ↔ Morning Stretches - Instructional Video [FR] 3
 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]
 3:00 🎵 Happier Hour with Live Music from Double Take ~ Cinco de Mayo Fiesta! [CDR]
 4:30 🐾 Happy Tails ~ Evening Dog Walk [PL]

Happy Birthday Carol Ann Davis! 4
 9:30 ★ Weekly Shopping: Vons [PL]
 10:00 ↔ Chair Yoga with Heidi [FR]
 11:00 🎱 Cornhole Practice by the Moss Wall [PL]
 1:00 🎰 Scrabble with Friends [MDT]
 3:00 🎰 Nickel Blackjack [50GR]
 4:15 🗺️ Technology Help - Bring Your Device! [AO]
 4:30 🎰 Puzzles on the 4th Floor [PL4]
 5:45 🎬 Evening Movie: Star Wars: The Phantom Menace -1999- (PG) 2h 11m [MDT]

Catalina Dining Room Closed for Dining 11am - 2pm; Takeouts from 2:30pm - 3:30pm; Closed at 3:30pm 12
Final Day to RSVP for Thursday Excursion
Happy Birthday Martha Jean Marcotte!
 Mother's Day
 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 ★ Mother's Day Buffet ~ 11:00am - 2:00pm at The Pointe [V]
 1:30 ★ Amy's Arts and Crafts: Paint Your Own Wine Glass [MDT]

Happy Birthday Janet Goulet! 13
 9:15 ↔ Morning Stretches - Instructional Video [FR]
 10:15 ↔ Bocce Ball Brigade [BBC]
 11:00 ☕ Coffee in the Sea Lounge on the 2nd Floor [TL]
 1:00 🎰 \$4 Bingo [MDT]
 1:00 🦶 Hand & Foot [50GR]
 3:00 🎵 Learn to Line Dance! [MDT]
 4:15 🗺️ Technology Help - Bring Your Device! [AO]
 4:30 🐾 Happy Tails ~ Evening Dog Walk [PL]

Wear Pinks & Purples! 15
 9:15 ↔ Morning Stretches - Instructional Video [FR]
 11:00 ↔ Warm-Up and Work Out with Dennis [FR]
 12:00 🍽️ Lunch Bunch with Amy [CDR]
 1:00 🎰 \$4 Bingo [MDT]
 2:00 ↔ Lantern Crest Bowling League [BD]
 3:00 🍷 Women's Wine Time [MDT]
 4:30 🐾 Happy Tails ~ Evening Dog Walk [PL]

Final Day to RSVP for Shopping Excursion - Target 16
Happy Birthday JoAnn "Jody" Birse!
 10:15 ↔ Core Strength and Weights with Karl [FR]
 11:30 🎬 Matinee Movie: Planet Earth II ~ Ep. 3 -2016- (G) 50m [MDT]
 1:00 🗺️ LCRA General Meeting [MDT]
 3:00 🗺️ TED-Ed Talk and Discuss [MDT]
 4:15 🗺️ Technology Help - Bring Your Device! [AO]
 4:30 ★ Excursion to Anthony's Fish Grotto [PL]

9:15 ↔ Morning Stretches - Instructional Video [FR] 17
 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]
 3:00 🎵 Happier Hour with Live Music Brown Sugar [CDR]
 4:30 🐾 Happy Tails ~ Evening Dog Walk [PL]

9:30 ★ Weekly Shopping: Target [PL] 18
 10:00 ↔ Chair Yoga with Heidi [FR]
 11:00 🎱 Cornhole Practice by the Moss Wall [PL]
 12:30 🍽️ Ice Cream Sandwiches in the 50's Diner [BD]
 1:00 🎰 Scrabble with Friends [MDT]
 3:00 🎰 Nickel Blackjack [50GR]
 4:15 🗺️ Technology Help - Bring Your Device! [AO]
 4:30 🎰 Puzzles on the 4th Floor [PL4]
 6:00 🎬 Evening Movie: Lured -1947- (NR) 1h 42m [MDT]

Final Day to RSVP for Thursday Excursion 19
 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 ★ Sunday Brunch ~ 11:00am - 2:00pm at The Pointe [V]
 12:00 🐾 Bow Wow Dog Social [PL]
 1:00 🗺️ Nasa Ambassador Neil Farber Presents: Mars ~ Myth to Magic [MDT]
 1:30 ★ Amy's Arts and Crafts: Custom Lip Gloss [CDR]
 3:30 🗺️ Calendar Brainstorm with Amy [MDT]
 4:30 🗺️ Puzzles on the 4th Floor [PL4]

9:15 ↔ Morning Stretches - Instructional Video [FR] 20
 10:15 ↔ Bocce Ball Brigade [BBC]
 11:00 ☕ Coffee in the Sea Lounge on the 2nd Floor [TL]
 1:00 🎰 \$4 Bingo [MDT]
 1:00 🦶 Hand & Foot [50GR]
 3:00 🎵 Learn to Line Dance! [MDT]
 4:15 🗺️ Technology Help - Bring Your Device! [AO]
 4:30 🐾 Happy Tails ~ Evening Dog Walk [PL]

All Staff Meeting: No Doctor Appointments After 12pm 22
Happy Birthday David Soulnier!
Last Day to RSVP for Memorial Day BBQ ~ RSVP with Culinary Staff
Wear Pinks & Purples!
 9:15 ↔ Morning Stretches - Instructional Video [FR]
 11:00 ↔ Warm-Up and Work Out with Dennis [FR]
 12:30 🗺️ Share your Story Social! ~ Hosted by the Short Stories and Poetry Group [TR]
 3:00 🍷 Men's Brew Crew [BD]
 4:30 🐾 Happy Tails ~ Evening Dog Walk [PL]

Final Day to RSVP for Shopping Excursion - Trader Joes 23
 10:15 ↔ Core Strength and Weights with Karl [FR]
 11:30 ★ Excursion to Lunch at Santee Lakes [PL]
 1:30 ↔ Whack it! Smack it! Balloon Ball [FR]
 3:00 🗺️ TED-Ed Talk and Discuss [MDT]
 4:00 ★ Specialty Buffet at The Pointe: Loaded Potato and Soup Bar ~ 17pts [V]
 4:15 🗺️ Technology Help - Bring Your Device! [AO]

9:15 ↔ Morning Stretches - Instructional Video [FR] 24
 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]
 3:00 🎵 Happier Hour with Live Music with The Tradesman Band [CDR]
 4:30 🐾 Happy Tails ~ Evening Dog Walk [PL]

Happy Birthday Marianne Glanz! 25
 9:30 ★ Weekly Shopping: Trader Joes [PL]
 10:00 ↔ Chair Yoga with Heidi [FR]
 11:00 🎱 Cornhole Practice by the Moss Wall [PL]
 12:30 🍽️ Ice Cream Sandwiches in the 50's Diner [BD]
 1:00 🎰 Scrabble with Friends [MDT]
 3:00 🎰 Nickel Blackjack [50GR]
 4:15 🗺️ Technology Help - Bring Your Device! [AO]
 4:30 🎰 Puzzles on the 4th Floor [PL4]
 6:00 🎬 Evening Movie: The Devil Wears Prada -2006- (PG-13) 1h 49m [MDT]

Final Day to RSVP for Thursday Excursion 26
 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 ★ Sunday Brunch ~ 11:00am - 2:00pm at The Pointe [V]
 1:15 ★ San Diego Musical Theater Presents: Legally Blonde ~ \$65 [PL]
 3:00 🗺️ Short Stories and Poetry [TR]
 4:30 🗺️ Puzzles on the 4th Floor [PL4]

Catalina Dining Room Closed for Dining 11am - 2pm; Takeouts from 2:30pm - 3:30pm; Closed at 3:30pm 27
Memorial Day
 9:15 ↔ Morning Stretches - Instructional Video [FR]
 11:00 ★ Memorial Day BBQ at the Plaza! Live Music from Jazz A Minute Band ~ 11am - 2pm [CC]
 3:00 🎬 Memorial Day showing of Top Gun -1986- (PG) 1h 50m [MDT]
 4:30 🐾 Happy Tails ~ Evening Dog Walk [PL]

Happy Birthday Jean Delacy! 29
Wear Pinks & Purples!
 9:15 ↔ Morning Stretches - Instructional Video [FR]
 11:00 ↔ Warm-Up and Work Out with Dennis [FR]
 11:30 🏠 Priority Home Care Class [TR]
 12:00 🍽️ Lunch Bunch with Amy [CDR]
 1:00 🎰 \$4 Bingo [MDT]
 2:00 ↔ Lantern Crest Bowling League [BD]
 3:00 🍷 Together We Drink!! [BD]
 4:30 🐾 Happy Tails ~ Evening Dog Walk [PL]

Final Day to RSVP for Shopping Excursion 30
Happy Birthday Barbara Schmitz!
 10:15 ↔ Core Strength and Weights with Karl [FR]
 11:00 ★ High Tea Thursday [TR]
 11:30 ★ Excursion to Viejas Casino & Outlet [PL]
 1:30 🎬 Matinee Movie: Apollo 13 -1995 (PG) 2h 19m [MDT]
 1:30 ↔ Whack it! Smack it! Balloon Ball [FR]
 3:00 🗺️ TED-Ed Talk and Discuss [MDT]
 4:15 🗺️ Technology Help - Bring Your Device! [AO]

9:15 ↔ Morning Stretches - Instructional Video [FR] 31
 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]
 2:00 🗺️ Communi-Tea Book Club at The Pointe [L]
 3:00 🎵 Happy Birthday Happier Hour with Live Music from First String Band [CDR]
 4:30 🐾 Happy Tails ~ Evening Dog Walk [PL]

★ ANIMALS
 🎨 ARTS
 ↔ EXERCISE
 🎬 FILM
 🎰 GAMES
 🎵 HAPPY HOUR
 🗺️ HEALTH
 🗺️ INTELLECTUAL
 🎵 MUSIC
 ★ RSVP
 🍽️ SOCIAL
 🕊️ SPIRITUAL