

# May 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  
 3C-3rd Floor Garden Courtyard  
 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  
 TDP-Terrazza Dining Patio

Happy Birthday

KAY DEWITT 5/01  
 NANCY ZEMAN 5/04  
 MARIAN KARPSEK 5/08  
 BILL BURROWS 5/11  
 BENNY ALLS 5/15  
 NANCY MARTIN 5/16  
 MARY BRITAIN 5/24  
 DON FORD 5/28



- ANIMALS
- ARTS
- BIRTHDAY
- EXERCISE
- FILM
- GAMES
- HAPPY HOUR
- HEALTH
- INTELLECTUAL
- MUSIC
- RSVP
- SOCIAL
- SPIRITUAL



**Last Day To RSVP for Tuesday outing 5**

8:00 ★ [Guardian Angels Catholic Church \[LP\]](#)

8:15 ★ [Shadow Mountain Church Drive \[LP\]](#)

10:30 ★ [Sunday Shopping Run to: Walmart Santee](#)

11:00 ☞ [Sunday Brunch ~ 11:00am - 2pm \[V\]](#)

12:30 ♣ [Bridge Club \[FS\]](#)

1:00 [Celebrate 5 De Mayo~Mexican Paletas Giveaway \[LB32\]](#)

1:30 ♣ [Lazy Sunday Puzzles in the Lobby \[LP\]](#)

3:00 ♣ [\\$1 Bingo \[GR\]](#)

4:00 ☞ [5 De Mayo Dinner Special Meal \[TD\]](#)

4:30 ♣ [Tails on Trails Walking Group \[LP\]](#)

9:00 ↔ [Morning Exercise Class \[FS\]](#) **6**

10:00 ☞ [Morning Cafe, Cookies & Conversations \[LP\]](#)

11:00 ☺ [Happy Hearts Walking Club](#)

1:00 🎵 [Glee Club \[GR\]](#)

1:30 ☺ [Table Talk & Tasty Treats with Culinary Director Chef Phil \[V\]](#)

2:00 ♣ [Nickel Blackjack \[GR\]](#)

3:00 ♣ [Mexican Train \[GR\]](#)

4:30 🎵 [Evening Piano Music \[TD\]](#)

4:30 ♣ [Tails on Trails Walking Group \[LP\]](#)

**Last Day To RSVP for Mothers Day Celebration 7**

9:15 † [St. Kieran's Communion Service at The Ridge](#)

9:30 ↔ [Balance & Stability Class with Karl \[FS\]](#)

10:00 ↔ [Gentle Aquafit with Peggy \[P\]](#)

11:30 ★ [Weekly Outing to Mamma Rosa Italian Restaurant \[LP\]](#)

1:30 ★ [Arts and Crafts ~ Handmade Pressed Flower Candle \[AC\]](#)

3:00 ♣ [Bingo \[GR\]](#)

3:30 ☺ [Transportation Committee Meeting \[V\]](#)

4:00 ☺ [Technology Help in Activities Office](#)

6:00 ♣ [Games with Friends \[GR\]](#)

**Happy Birthday Marian Karpisek!! 8**

**Last Day To RSVP For Mother's Day Brunch at The Pointe**

Wear Pink & Purple Month

9:00 ☺ [Happy Hearts Walking Club](#)

11:00 ★ [Spice Up Your Life: Backyard Avocado Bites \[V\]](#)

11:30 ↔ [Stay Active, Stay Young~ Workout with Dennis](#)

12:00 ☞ [Movie & Popcorn: Stepmom PG-13 1998 · Comedy/Drama · 2h 4m \[T\]](#)

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 with Friends \[GR\]](#)

9:30 ↔ [Balance & Stability Class with Karl \[FS\]](#) **9**

10:30 ☞ [Greenhouse Club Coffee in the Courtyard Garden \[3C\]](#)

11:00 ↔ [Learn Line Dancing \[V\]](#)

11:30 [Lunch & Lounge with Life Enrichment \[TD\]](#)

2:00 ♣ [Nickel Blackjack \[GR\]](#)

3:00 ♣ [Cribbage \[FS\]](#)

4:00 ☞ [Thursday Specialty Buffet: Mexican Nation Station \\$17pts \[TD\]](#)

4:15 ☺ [Technology Help in Activities Office](#)

6:00 ♣ [Games with Friends \[GR\]](#)

9:00 ↔ [Senior Stretches Video \[FS\]](#) **10**

10:00 ☺ [Free Friday Vital Checks with Senior Helpers \[LB32\]](#)

10:30 ☺ [Trivia Challenge in the Library \[L\]](#)

11:00 ☺ [Belton Hearing Aid Free Hearing Aid Cleaning from 11am-1pm \[LB32\]](#)

12:30 ☺ [Bridge Club \[FS\]](#)

1:00 ★ [Mother's Day Celebration "Palette & Pour" \[TDP\]](#)

2:00 ♣ ["8 Ballers" New Pool Billiards Group \[GRP\]](#)

3:00 ♣ [\\$1 Bingo \[GR\]](#)

4:30 ♣ [Tails on Trails Walking Group \[LP\]](#)

6:30 ☞ [Friday Night Movie: Dog Gone PG 2023 · Family/Adventure · 1h 35m \[T\]](#)

**Happy Birthday Bill Burrows!! 11**

9:00 ↔ [Yoga & Weights with Heidi \[FS\]](#)

10:00 † [Lantern Crest Women's Christian Fellowship "Prayer Can Change Your World" \[L\]](#)

11:00 ♣ [Left, Right, Center Dice Game \[GR\]](#)

1:00 ☞ [Ice Cream Sandwiches Made by Life Enrichment Team \[FS\]](#)

2:00 ♣ [Nickel Blackjack \[GR\]](#)

4:30 ♣ [Tails on Trails Walking Group \[LP\]](#)

6:30 ♣ [Games in the Game Room \[GR\]](#)

**Mother's Day 12**

[Terrazza Dining Room Closed At 2:00pm Takeouts from 2:30pm - 3:30pm; Closed at 3:30pm](#)

8:00 ★ [Guardian Angels Catholic Church \[LP\]](#)

8:15 ★ [Shadow Mountain Church Drive \[LP\]](#)

9:00 ★ [Sunday Morning Church Service with Pastor Bill \[CH\]](#)

11:00 ★ [Mothers Day Brunch with Live Music From Emil Violinist 11:00am - 2pm \[TD\]](#)

12:30 ♣ [Bridge Club \[FS\]](#)

1:30 ♣ [Lazy Sunday Puzzles in the Lobby \[LP\]](#)

2:00 ♣ [Special Mothers Day Bingo!!! \[GR\]](#)

4:30 ♣ [Tails on Trails Walking Group \[LP\]](#)

9:00 ↔ [Morning Exercise Class \[FS\]](#) **13**

10:00 ☞ [Morning Cafe, Cookies & Conversations \[LP\]](#)

11:00 ☺ [Happy Hearts Walking Club](#)

1:00 🎵 [Glee Club \[GR\]](#)

2:00 ♣ [Nickel Blackjack \[GR\]](#)

3:00 ☺ [Democrat Social Club \[L\]](#)

3:00 ♣ [Mexican Train \[GR\]](#)

4:30 🎵 [Evening Piano Music \[TD\]](#)

4:30 ♣ [Tails on Trails Walking Group \[LP\]](#)

**Last Day To RSVP for Grossmont College Play 14**

9:15 † [St. Kieran's Communion Service \[CH\]](#)

9:30 ↔ [Balance & Stability Class with Karl \[FS\]](#)

10:00 ↔ [Gentle Aquafit with Peggy \[P\]](#)

10:30 ★ [Weekly Outing to: Trader Joe's \[LP\]](#)

1:30 ★ [Arts and Crafts ~ Mini Flower Bouquet Magnet \[AC\]](#)

3:00 ♣ [Bingo \[GR\]](#)

3:00 † [You're Not Alone -- Family-Caregivers Support Group \[L\]](#)

4:00 ☺ [Technology Help in Activities Office](#)

6:00 ♣ [Games with Friends \[GR\]](#)

**Happy Birthday Benny Alls!! 15**

**Last Day To RSVP for Summers Past Farms**

Wear Pink & Purple Month

9:00 ☺ [Happy Hearts Walking Club](#)

10:00 ☺ [Fashion On The Go~10am -2pm \[LP\]](#)

11:30 ★ [Spice Up Your Life: Caramel Crunch Banana Snacks \[V\]](#)

11:30 ↔ [Stay Active, Stay Young~ Workout with Dennis](#)

1:00 ☺ [LCRA General Meeting \[T\]](#)

3:00 ☞ [Happy Hour with Live Music from: Double Take \[LB32\]](#)

4:30 ♣ [Tails on Trails Walking Group \[LP\]](#)

6:00 ♣ [Games with Friends \[GR\]](#)

**Happy Birthday Nancy Martin!! 16**

9:30 ↔ [Balance & Stability Video \[FS\]](#)

10:30 ☞ [Greenhouse Club Coffee in the Courtyard Garden \[3C\]](#)

11:00 ↔ [Learn Line Dancing \[V\]](#)

1:00 ☞ [New & Current Resident Welcome-Cookies, Coffee, & Conversations \[LP\]](#)

2:00 ♣ [Nickel Blackjack \[GR\]](#)

3:00 ♣ [Cribbage \[FS\]](#)

4:15 ☺ [Technology Help in Activities Office](#)

6:00 ♣ [Games with Friends \[GR\]](#)

**Last Day To RSVP for Sunday Outing 17**

9:00 ↔ [Senior Stretches Video \[FS\]](#)

10:00 ☺ [Free Friday Vital Checks with Senior Helpers \[LB32\]](#)

10:30 ☺ [Trivia Challenge in the Library \[L\]](#)

11:30 ★ [Summers Past Farms Special Outing\( Pet Friendly\) Bridge Club \[FS\]](#)

1:30 ☞ [Paint & Sip Art Class \[AC\]](#)

2:00 ♣ ["8 Ballers" New Pool Billiards Group \[GRP\]](#)

3:00 ♣ [\\$1 Bingo \[GR\]](#)

4:30 ♣ [Tails on Trails Walking Group \[LP\]](#)

6:30 ☞ [Friday Night Movie: Good Sam PG 2019 · Family/Comedy · 1h 30m \[T\]](#)

9:00 ↔ [Yoga & Weights with Heidi \[FS\]](#) **18**

10:00 † [Lantern Crest Women's Christian Fellowship "Prayer Can Change Your World" \[L\]](#)

11:00 ♣ [Left, Right, Center Dice Game \[GR\]](#)

1:00 ★ [Grossmont College Presents "Our Town" by Thornton Wilder \\$14dls.](#)

1:00 ☞ [Ice Cream Sandwiches Made by Life Enrichment Team \[FS\]](#)

2:00 ♣ [Nickel Blackjack \[GR\]](#)

4:30 ♣ [Tails on Trails Walking Group \[LP\]](#)

6:30 ♣ [Games in the Game Room \[GR\]](#)

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 AC-4th Floor Arts/Crafts Room  
 TDP-Terrazza Dining Patio

*Happy Birthday*

KAY DEWITT 5/01  
 NANCY ZEMAN 5/04  
 MARIAN KARPISEK 5/08  
 BILL BURROWS 5/11  
 BENNY ALLS 5/15  
 NANCY MARTIN 5/16  
 MARY BRITAIN 5/24  
 DON FORD 5/28

**Happy Birthday Benny Alls!!** 19  
 Last Day To RSVP for Tuesday Outing

8:00 ★ Guardian Angels Catholic Church [LP]  
 8:15 ★ Shadow Mountain Church Drive [LP]  
 9:00 ★ Sunday Morning Church Service with Pastor Bill [CH]  
 10:30 ★ Sunday Shopping Run to: Sprouts Farmers Market & Baskin-Robbins Santee  
 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: Switzerland. A Nearly Ideal Country. [T]  
 3:00 ♣ \$1 Bingo [GR]  
 4:30 ♀ Tails on Trails Walking Group [LP]

9:00 ↔ Morning Exercise Class [FS] 20  
 10:00 ☞ Morning Cafe, Cookies & Conversations [LP]  
 11:00 ♀ Happy Hearts Walking Club  
 1:00 ♪ Glee Club [GR]  
 1:30 ♀ Table Talk & Tasty Treats with Culinary Director Chef Phil [V]  
 2:00 ♣ Nickel Blackjack [GR]  
 3:00 ♣ Mexican Train [GR]  
 3:00 ♀ New Republican Social Group [L]  
 4:30 ♪ Evening Piano Music [TD]  
 4:30 ♀ Tails on Trails Walking Group [LP]

9:15 † St. Kieran's Communion Service at The Ridge 21  
 9:30 ↔ Balance & Stability Class with Karl [FS]  
 10:00 ↔ Gentle Aquafit with Peggy [P]  
 11:00 ★ Weekly Outing to: Anthony's Fish Grotto [LP]  
 11:30 ★ Veterans' Group Luncheon at The Pointe [LB32]  
 1:30 ★ Arts and Crafts ~ By the Seashore Frames [AC]  
 3:00 ♣ Bingo [GR]  
 4:00 ♀ Technology Help in Activities Office  
 6:00 ♣ Games with Friends [GR]

**All Staff Meeting: No Doctor Appointments After 12pm** 22  
 Last Day To RSVP for Memorial Day Buffet at The Plaza  
 Wear Pink & Purple Month

9:00 ♀ Happy Hearts Walking Club  
 11:00 ★ Spice Up Your Life: Easy Salsa Verde Chicken Enchiladas [V]  
 11:30 ↔ Stay Active, Stay Young~ Workout with Dennis  
 12:00 ♣ Movie & Popcorn: Little Women PG 2019 · Romance/Drama · 2h 15m [T]  
 2:00 † Bible Study with Pastor Mark from Foothills Church [L]  
 3:00 ♀ Happy Hour with Live Music from: Sylvia & Salvador [LB32]  
 4:30 ♀ Tails on Trails Walking Group [LP]  
 6:00 ♣ Games with Friends [GR]

9:30 ↔ Balance & Stability Class with Karl [FS] 23  
 10:30 ☞ Greenhouse Club Coffee in the Courtyard Garden [3C]  
 11:00 ↔ Learn Line Dancing [V]  
 1:00 ♀ Cheers & Beers Mens Club [LB32]  
 2:00 ♣ Nickel Blackjack [GR]  
 3:00 ♣ Cribbage [FS]  
 4:00 ☞ Thursday Specialty Buffet: Loaded Potatoes & Soup Bar 17pts [TD]  
 4:15 ♀ Technology Help in Activities Office  
 6:00 ♣ Games with Friends [GR]

**Happy Birthday Mary Britain!!** 24  
 Last Day To RSVP for Sunday Outing

9:00 ↔ Senior Stretches Video [FS]  
 10:00 ♀ Free Friday Vital Checks with Senior Helpers [LB32]  
 10:30 ♀ Trivia Challenge in the Library [L]  
 12:30 ♀ Bridge Club [FS]  
 1:30 ♀ Paint & Sip Art Class [AC]  
 2:00 ♣ "8 Ballers" New Pool Billiards Group [GRP]  
 2:30 ☞ Lantern Crest Girls Scouts ~Get Together [L]  
 3:00 ♣ \$1 Bingo [GR]  
 4:30 ♀ Tails on Trails Walking Group [LP]  
 6:30 ♣ Friday Night Movie: Forever My Girl PG 2018 · Romance/Musical · 1h 48m [T]

9:00 ↔ Yoga & Weights with Heidi [FS] 25  
 10:00 † Lantern Crest Women's Christian Fellowship "Prayer Can Change Your World" [L]  
 11:00 ♣ Left, Right, Center Dice Game [GR]  
 1:00 ☞ Ice Cream Sandwiches Made by Life Enrichment Team [FS]  
 2:00 ♣ Nickel Blackjack [GR]  
 4:30 ♀ Tails on Trails Walking Group [LP]  
 6:30 ♣ Games in the Game Room [GR]

**Last Day To RSVP for Tuesday Outing** 26

8:00 ★ Guardian Angels Catholic Church [LP]  
 8:15 ★ Shadow Mountain Church Drive [LP]  
 9:00 ★ Sunday Morning Church Service with Pastor Bill [CH]  
 11:00 ☞ Sunday Brunch ~ 11:00am - 2pm [V]  
 11:00 ★ Sunday Outing to: The Friendly Used Book Store  
 12:30 ♣ Bridge Club [FS]  
 1:30 ♣ Lazy Sunday Puzzles in the Lobby [LP]  
 2:00 ♀ Travelogue Documentary: The Economy of Tomorrow | Aging Future | Documentary Economy [T]  
 3:00 ♣ \$1 Bingo [GR]  
 4:30 ♀ Tails on Trails Walking Group [LP]

**Memorial Day Terrazza Dining Room** 27  
 Closed At 2:00pm Takeouts from 2:30pm - 3:30pm

9:00 ↔ Morning Exercise Class [FS]  
 10:00 ☞ Morning Cafe, Cookies & Conversations [LP]  
 11:00 ♀ Memorial Day BBQ With Live Music From Jazz A Minute Band ~ At The Plaza~11am to 2:00pm  
 2:00 ♣ Nickel Blackjack [GR]  
 3:00 ♣ Mexican Train [GR]  
 4:30 ♀ Tails on Trails Walking Group [LP]

**Happy Birthday Don Ford!!** 28

9:15 † St. Kieran's Communion Service [CH]  
 9:30 ↔ Exercise Video Class [FS]  
 10:00 ↔ Gentle Aquafit with Peggy [P]  
 10:30 ★ Weekly Outing to: Jamul Casino [LP]  
 1:30 ★ Arts and Crafts ~ For a Succulent Summer [AC]  
 2:00 ♀ Dining Committee Meeting at The Plaza  
 3:00 ♣ Bingo [GR]  
 3:00 † You're Not Alone - Family Caregivers Support Group [L]  
 4:00 ♀ Technology Help in Activities Office  
 6:00 ♣ Games with Friends [GR]

**Wear Pink & Purple Month** 29

9:00 ♀ Happy Hearts Walking Club  
 10:00 ☞ Coffee with the Assistant Executive Director [LP]  
 11:00 ♀ June Sign-Up Frenzy [LB32]  
 11:30 ↔ Stay Active, Stay Young~ Workout with Dennis  
 12:00 ♣ Movie & Popcorn: Labor Day PG-13 2013 · Romance/Thriller · 1h 51m [T]  
 2:00 † Bible Study with Pastor Mark from Foothills Church [L]  
 3:00 ♀ Happy Hour with Live Music from: Brown Sugar Oldies [LB32]  
 4:30 ♀ Tails on Trails Walking Group [LP]  
 6:00 ♣ Games with Friends [GR]

9:30 ↔ Balance & Stability Class with Karl [FS] 30  
 10:30 ☞ Greenhouse Club Coffee in the Courtyard Garden [3C]  
 11:00 ↔ Learn Line Dancing [V]  
 2:00 ♣ Nickel Blackjack [GR]  
 3:00 ♣ Cribbage [FS]  
 4:15 ♀ Technology Help in Activities Office  
 6:00 ♣ Games with Friends [GR]

9:00 ↔ Senior Stretches Video [FS] 31  
 10:00 ♀ Free Friday Vital Checks with Senior Helpers [LB32]  
 10:30 ♀ Trivia Challenge in the Library [L]  
 12:30 ♀ Bridge Club [FS]  
 1:30 ♀ Paint & Sip Art Class [AC]  
 2:00 ♣ "8 Ballers" New Pool Billiards Group [GRP]  
 2:00 ♀ Communi-Tea Book Club at The Pointe! [L]  
 3:00 ♣ \$1 Bingo [GR]  
 4:30 ♀ Tails on Trails Walking Group [LP]  
 6:30 ♣ Friday Night Movie: [T]

Please See Plaza Activity Calendar For Additional Activities



ERIKA CARDENAS  
 LIFE ENRICHMENT COORDINATOR  
 EXT 5405



DOCTORS DRIVES  
 Monday-Friday  
 9am-3pm

9 AM- 1 PM  
 for Appts Further than 15 Miles

No transportation after 12pm on the 22nd of each Month.

