

JULY AT THE POINTE



HAPPY BIRTHDAY

KARIN HEFFNER 7/02
 MARVEL DAWSON 7/04
 JOYCE FIKE 7/6
 ROSE JACKSON 7/7
 KAREN BOYCE 7/09
 GERRY MAVRINAC 7/22
 THELMA PARADISE 7/29
 RUSSELL BAURSE 7/30



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>ANIMALS ARTS EXERCISE FILM GAMES HAPPY HOUR HEALTH INTELLECTUAL MUSIC RSVP SOCIAL SPIRITUAL</p>	<p>Last Day To RSVP for Tuesday Outing 1 Summer Game~ Guess How Many?~ Winner Announced at Happy Hour July 10th 9:00 ↔ Morning Exercise Class [FS] 10:00 ☞ Meet Me In Paris Café [LP] 10:30 ☞ Happy Hearts Walking Club 11:00 🎵 Learn Line Dancing [L] 1:00 🎵 Glee Club [GR] 2:00 ♠ Nickel Blackjack [GR] 3:00 ♠ Mexican Train [GR] 4:30 🎵 Evening Piano Music [TD] 4:30 🐾 Tails on Trails Walking Group [LP]</p>	<p>Happy Birthday Karin Heffner!! 2 Last Day To RSVP for Lamplighters Outing 9:15 † St. Kieran's Communion Service at The Ridge 9:30 ↔ Balance & Stability Class Video [FS] 10:00 ↔ Gentle Aquafit with Peggy [P] 10:30 ★ Brunch Outing to: Marie Callender's [LP] 1:30 ★ Arts and Crafts ~ 4th of July Wreath [AC] 3:00 ♠ Bingo [GR] 3:30 ☞ Transportation Committee Meeting [V] 4:00 ☞ Technology Help in Activities Office 6:00 ♠ Games with Friends [GR]</p>	<p>Happy Hearts Walking Club 3 9:15 ☞ Happy Hearts Walking Club 9:30 ★ Santee Hall Wednesday - Weird Moons 9:30 ↔ Workout Video 11:00 ☞ July Calendar Chat with Life Enrichment Coordinator Erika [LP] 12:00 ☞ Movie & Popcorn: Lincoln PG-13 2012 · War/Drama · 2h 30m [T] 1:00 ☞ Residents Assoc. Board Meeting [V] 2:00 † Bible Study with Pastor Mark from Foothills Church [L] 3:00 ★ Santee Farmers Market 4:30 🐾 Tails on Trails Walking Group [LP] 6:00 ♠ Games with Friends [GR]</p>	<p>Happy Birthday Marvel Dawson!! 4 Independence Day Terrazza Dining Room Will Be Closing Early Due to Holiday ~ To Go's from 2:30pm - 3:30pm ~ Terrazza Closes at 3:30pm 9:30 ↔ Balance & Stability Workout Video [FS] 11:00 ★ 4th Of July BBQ at The Plaza with Live Music from Brown Sugar Oldies~11am to 2pm [CC] 3:00 ♠ Cribbage [FS] 4:00 ☞ Special Movie Matinee: Saving Private Ryan R 1998 · War/Action · 2h 49m [T] 6:00 ♠ Games with Friends [GR]</p>	<p>Last Day To RSVP for Sunday Outing 5 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" Pool Billiards Group & Dart Board Game [GRP] 3:00 ♠ \$1 Bingo [GR] 4:30 🐾 Tails on Trails Walking Group [LP] 6:00 ☞ Comedy Night: The Honeymooners [T]</p>	<p>Happy Birthday Joyce Fike!! 6 9:00 ↔ Yoga & Weights with Heidi [FS] 10:00 ☞ Water The Garden & Tunes 11:00 ♠ Left, Right, Center Dice Game [GR] 12:00 ★ New Scrapbooking Club ! [AC] 1:00 ☞ Banana Split Bar Social [V] 2:00 ♠ Nickel Blackjack [GR] 4:30 🐾 Tails on Trails Walking Group [LP] 6:30 ♠ Games in the Game Room [GR]</p>
<p>Happy Birthday Rose Jackson! 7 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 Steven [CH] 10:15 ★ Shadow Mountain Church Drive #2 11:00 ☞ Sunday Brunch ~ 11:00am - 2pm [V] 11:00 ★ Sunday Outing to: Handel's Homemade Ice Cream 12:30 ♠ Bridge Club [FS] 1:15 ★ Lamplighters Theater: THE ODD COUPLE - FEMALE VERSION~24dls. 1:30 ♠ Lazy Sunday Puzzles in the Lobby [LP] 3:00 ♠ \$1 Bingo [GR] 4:30 🐾 Tails on Trails Walking Group [LP]</p>	<p>Morning Exercise Class [FS] 8 9:00 ↔ Morning Exercise Class [FS] 10:00 ☞ Meet Me In Paris Café [LP] 10:30 ☞ Happy Hearts Walking Club 11:00 🎵 Learn Line Dancing [L] 1:00 🎵 Glee Club Performance: Patriotic [T] 1:30 ☞ Table Talk & Tasty Treats with Culinary Director Chef Phil [V] 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]</p>	<p>Happy Birthday Karen Boyce!! 9 9:15 † St. Kieran's Communion Service [CH] 9:30 ↔ Balance & Stability Class with Video [FS] 10:00 ↔ Gentle Aquafit with Peggy [P] 10:30 ★ Brunch Outing Lunch by The Lake: Anthony's Fish Grotto [LP] 1:30 ★ Craft Class with Mary From Seniors Helping Seniors [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]</p>	<p>Happy Hearts Walking Club 10 9:15 ☞ Happy Hearts Walking Club 10:00 ☞ Coffee in the Courtyard Garden 11:00 ☞ Lunch & Lounge With Life Enrichment [TD] 11:30 ↔ Stay Active, Stay Young~ Workout with Dennis 1:30 ☞ Love~ Senior Home Tech Seminar [T] 2:00 † Bible Study with Pastor Mark from Foothills Church [L] 3:00 ☞ Happy Hour with Live Music from The Sophisticats [LB32] 4:30 🐾 Tails on Trails Walking Group [LP] 6:00 ♠ Games with Friends [GR]</p>	<p>Balance & Stability Video [FS] 11 9:30 ↔ Balance & Stability Video [FS] 11:30 ★ Spice Up Your Life: 4th Of July Taco Dip [V] 1:00 ☞ Women's Wine Time Social [LB32] 2:00 ♠ Nickel Blackjack [GR] 3:00 ♠ Cribbage [FS] 4:00 ☞ Technology Help in Activities Office 4:00 ☞ Thursday Specialty Buffet: Breakfast At Night 16.5pts [TD] 6:00 ♠ Games with Friends [GR]</p>	<p>Senior Stretches Video [FS] 12 9:00 ↔ Senior Stretches Video [FS] 10:00 ☞ Free Friday Vital Checks with Senior Helpers [LB32] 10:30 ☞ Trivia Challenge in the Library [L] 11:00 ☞ Beltone Hearing Aid Free Hearing Aid Cleaning from 11am-1pm [AC] 11:00 ☞ Summer Concert with Peter Seltser [LB32] 12:30 ☞ Bridge Club [FS] 1:30 ☞ Paint & Sip Art Class [AC] 2:00 ♠ "8 Ballers" Pool Billiards Group & Dart Board Game [GRP] 3:00 ♠ \$1 Bingo [GR] 4:30 🐾 Tails on Trails Walking Group [LP] 6:00 ☞ Comedy Night: The Honeymooners [T]</p>	<p>Yoga & Weights with Heidi [FS] 13 9:00 ↔ Yoga & Weights with Heidi [FS] 10:00 ☞ Water The Garden & Tunes 11:00 ♠ Left, Right, Center Dice Game [GR] 12:00 ★ New Scrapbooking Club ! [AC] 1:00 ☞ Banana Split Bar Social [V] 2:00 ♠ Nickel Blackjack [GR] 4:30 🐾 Tails on Trails Walking Group [LP] 6:30 ♠ Games in the Game Room [GR]</p>
<p>Last Day To RSVP for Tuesday Outing 14 8:00 ★ Guardian Angels Catholic Church [LP] 8:15 ★ Shadow Mountain Church Drive [LP] 9:00 ★ Sunday Morning Church Service with Pastor Bill [CH] 10:15 ★ Shadow Mountain Church Drive #2 11:00 ☞ Sunday Brunch ~ 11:00am - 2pm [V] 12:30 ♠ Bridge Club [FS] 1:30 ♠ Lazy Sunday Puzzles in the Lobby [LP] 3:00 ♠ \$1 Bingo [GR] 4:30 🐾 Tails on Trails Walking Group [LP]</p>	<p>Morning Exercise Class [FS] 15 9:00 ↔ Morning Exercise Class [FS] 10:00 ☞ Meet Me In Paris Café [LP] 10:30 ☞ Happy Hearts Walking Club 11:00 🎵 Learn Line Dancing [L] 2:00 ♠ Nickel Blackjack [GR] 3:00 ♠ Mexican Train [GR] 4:30 🎵 Evening Piano Music [TD] 4:30 🐾 Tails on Trails Walking Group [LP]</p>	<p>St. Kieran's Communion Service at The Ridge 16 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] 11:15 ★ Brunch Outing to Mamma Rosa Italian Restaurant [LP] 11:30 ★ Veterans' Group Luncheon at The Pointe [LB32] 1:30 ★ Arts and Crafts ~ Decorate your own Sunnies! [AC] 3:00 ♠ Bingo [GR] 4:00 ☞ Technology Help in Activities Office 6:00 ♠ Games with Friends [GR]</p>	<p>Happy Hearts Walking Club 17 9:15 ☞ Happy Hearts Walking Club 10:00 ☞ Coffee in the Courtyard Garden 11:30 ↔ Stay Active, Stay Young~ Workout with Dennis 1:00 ☞ LCRA General Meeting [T] 3:00 ☞ July Birthday Celebration with Live Music from Double Take [LB32] 4:00 ☞ Thursday Specialty Buffet: [TD] 4:30 🐾 Tails on Trails Walking Group [LP] 6:00 ♠ Games with Friends [GR]</p>	<p>Balance & Stability Class with Karl [FS] 18 9:30 ↔ Balance & Stability Class with Karl [FS] 11:30 ★ Spice Up Your Life: Italian Coldcut Wrap [V] 1:00 ☞ Cheers & Beers Mens Club [LB32] 2:00 ♠ Nickel Blackjack [GR] 3:00 ♠ Cribbage [FS] 3:00 ☞ Feel Together Support Group with Amy from Senior Helpers [L] 6:00 ♠ Family Bingo Night!! [LP]</p>	<p>Last Day To RSVP for Sunday Outing 19 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] 1:00 ☞ Lantern Crest Girl Scouts ~ Get Together [L] 1:30 ☞ Paint & Sip Art Class [AC] 2:00 ♠ "8 Ballers" Pool Billiards Group & Dart Board Game [GRP] 3:00 ♠ \$1 Bingo [GR] 4:30 🐾 Tails on Trails Walking Group [LP] 6:00 ☞ Comedy Night: The Honeymooners [T]</p>	<p>Yoga & Weights with Heidi [FS] 20 9:00 ↔ Yoga & Weights with Heidi [FS] 10:00 ☞ Water The Garden & Tunes 11:00 ♠ Left, Right, Center Dice Game [GR] 12:00 ★ New Scrapbooking Club ! [AC] 1:00 ☞ Banana Split Bar Social [V] 2:00 ♠ Nickel Blackjack [GR] 4:30 🐾 Tails on Trails Walking Group [LP] 6:30 ♠ Games in the Game Room [GR]</p>

JULY AT THE POINTE

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Last Day To RSVP for Tuesday Outing 21

- 8:00 ★ Guardian Angels Catholic Church [LP]
- 8:15 ★ Shadow Mountain Church Drive [LP]
- 9:00 ★ Sunday Morning Church Service with Pastor Bill [CH]
- 10:15 ★ Shadow Mountain Church Drive #2
- 10:15 ★ Sunday Shopping Run to: Target Santee [pl]
- 11:00 ☞ Sunday Brunch ~ 11:00am - 2pm [V]
- 12:30 ♣ Bridge Club [FS]
- 1:30 ♣ Lazy Sunday Puzzles in the Lobby [LP]
- 2:00 ♡ Highlights Of Lois World Cruise~ with Lois Wright [T]
- 3:00 ♣ \$1 Bingo [GR]
- 4:30 🐾 Tails on Trails Walking Group [LP]

All Staff Meeting: No Doctor Appointments After 12pm 22

Happy Birthday Gerry Mavrinac!!

Last Day To RSVP for Saturday Outing to Grossmont Theater

- 9:00 ↔ Morning Exercise Class [FS]
- 10:00 ☞ Meet Me In Paris Café [LP]
- 10:30 ♡ Happy Hearts Walking Club
- 11:00 🎵 Learn Line Dancing [L]
- 1:00 🎵 Glee Club [GR]
- 1:30 ♡ Table Talk & Tasty Treats with Culinary Director Chef Phil [V]
- 2:00 ♣ Resident Led Nickel Blackjack [GR]
- 3:00 ♣ Mexican Train [GR]
- 4:30 🎵 Evening Piano Music [TD]
- 4:30 🐾 Tails on Trails Walking Group [LP]

9:15 † St. Kieran's Communion Service [CH] 23

- 9:30 ↔ Exercise Class Video [FS]
- 10:00 ↔ Gentle Aquafit with Peggy [P]
- 10:30 ★ Weekly Outing to: Walmart Santee [LP]
- 1:30 ★ Arts and Crafts ~ Mary's Art Class [AC]
- 2:00 ♡ Presentation with Diana Rane from Smart Cremation [T]
- 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]

9:15 ♡ Happy Hearts Walking Club 24

- 10:00 ☞ Coffee in the Courtyard Garden
- 11:00 ☞ Lunch & Lounge With Life Enrichment [TD]
- 11:30 ↔ Stay Active, Stay Young~ Workout with Dennis
- 12:00 ♡ Movie & Popcorn: Shirley PG-13 2024 · Drama/History [T]
- 2:00 † Bible Study with Pastor Mark from Foothills Church [L]
- 3:00 ♡ Happy Hour with Live Music from Sylvia & Salvador [LB32]
- 4:00 ☞ Thursday Specialty Buffet: [TD]
- 4:30 🐾 Tails on Trails Walking Group [LP]
- 6:00 ♣ Games with Friends [GR]

National Refreshment Day! 25

- 9:30 ↔ Exercise Class Video [FS]
- 10:00 ☞ Celebrate National Refreshment Day with Life Enrichment [pl]
- 11:30 ★ Spice Up Your Life: Italian Antipasto Pasta Salad [V]
- 1:00 ☞ New & Current Resident Welcome & Conversations [LP]
- 2:00 ♣ Nickel Blackjack [GR]
- 3:00 ♣ Cribbage [FS]
- 4:00 🎵 Santee Music Academy Concert [T]
- 4:00 ♡ Technology Help in Activities Office
- 4:00 ☞ Thursday Specialty Buffet: Summer Picnic~16pts
- 6:00 ♣ Games with Friends [GR]

Last Day To RSVP for Sunday Outing 26

Summer Olympic Games

- 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" Pool Billiards Group & Dart Board Game [GRP]
- 2:00 ♡ Communi-Tea Book Club at The Pointe! [L]
- 3:00 ♣ \$1 Bingo [GR]
- 4:30 🐾 Tails on Trails Walking Group [LP]
- 6:00 ♡ Comedy Night: The Honeymooners [T]

9:00 ↔ Yoga & Weights with Heidi [FS] 27

- 10:00 ☞ Water The Garden & Tunes
- 11:00 ♣ Left, Right, Center Dice Game [GR]
- 12:00 ★ New Scrapbooking Club ! [AC]
- 1:00 ☞ Banana Split Bar Social [V]
- 1:15 ★ Grossmont College Present "From Stage To Screen (And Back Again)" 14dills.
- 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 28

- 8:00 ★ Guardian Angels Catholic Church [LP]
- 8:15 ★ Shadow Mountain Church Drive [LP]
- 9:00 ★ Sunday Morning Church Service with Pastor Bill [CH]
- 10:15 ★ Shadow Mountain Church Drive #2
- 10:15 ★ Sunday Shopping Run to: ALDI & Home Goods
- 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: North Korea's Most Powerful Woman [T]
- 3:00 ♣ \$1 Bingo [GR]
- 4:30 🐾 Tails on Trails Walking Group [LP]

Happy Birthday Thelma Paradise!! 29

- 9:00 ↔ Morning Exercise Class [FS]
- 10:00 ☞ Meet Me In Paris Café [LP]
- 10:30 ♡ Happy Hearts Walking Club
- 11:00 🎵 Learn Line Dancing [L]
- 1:00 🎵 Glee Club [GR]
- 2:00 ♡ Dining Committee Meeting [BPD]
- 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]

Happy Birthday Russell Baurse!! 30

- 9:30 ↔ Balance & Stability Class with Karl [FS]
- 10:00 ↔ Gentle Aquafit with Peggy [P]
- 10:30 ★ Weekly Outing to: Viejas Casino [LP]
- 11:00 ♡ August Sign-Up Frenzy [LB32]
- 1:30 ★ Arts and Crafts ~ [AC]
- 3:00 ♣ Bingo [GR]
- 4:00 ♡ Technology Help in Activities Office
- 6:00 ♣ Games with Friends [GR]

9:15 ♡ Happy Hearts Walking Club 31

- 10:00 ☞ Coffee with the Assistant Executive Director [LP]
- 11:30 ↔ Stay Active, Stay Young~ Workout with Dennis
- 12:00 ♡ Movie & Popcorn: Wonder PG 2017 · Family/Drama · 1h 53m [T]
- 2:00 † Bible Study with Pastor Mark from Foothills Church [L]
- 3:00 ♡ Happy Hour with Live Music from Jonny Bird [LB32]
- 4:30 🐾 Tails on Trails Walking Group [LP]
- 6:00 ♣ Games with Friends [GR]



ERIKA CARDENAS

LIFE ENRICHMENT COORDINATOR

EXT 5405

HAPPY BIRTHDAY

KARIN HEFFNER 7/02
MARVEL DAWSON 7/04
JOYCE FIKE 7/6
ROSE JACKSON 7/7
KAREN BOYCE 7/09
GERRY MAVRINAC 7/22
THELMA PARADISE 7/29
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 - TDP-Terrazza Dining Patio



DOCTORS APPTS. & ERRAND DRIVES
Monday-Friday
9am-3pm

9 AM- 1 PM for Appts Further than 15 Miles
Transportation request forms available at the front desk

Submit completed forms to front desk 48 hours before your planned trip.

Transportation Number (619)905-3061

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

Let's celebrate July Birthdays!

Salazar, Lucia 7/05
Valle, Beatriz 7/19
Ortiz, Adamaris 7/26
Chavez, Rosana 7/31