

OCTOBER AT THE POINTE



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Happy Birthday

JEAN BRACKEN 10/03
AL STOVALL 10/09
JACQUE TURNER 10/13
MAXINE FARBER 10/15
BETH MASTERSON 10/16
DONNA CREIGHTON 10/17
BOB CONRAD 10/19
SHARON LAY 10/21
PAT EMERY 10/21
ESTHER CONRAD 10/21
JEAN MOLLENHAUER 10/25
PAT BRENNAN 10/28
CINDY O'FALLEN 10/29
JANE WELLS 10/30
CAROL TROGDEN 10/30

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

HALLOWEEN Bash

FEATURING
THE RHINESTONE GRANNIES

CALLING ALL RESIDENTS, FAMILY, AND FRIENDS!!

LIVE MUSIC, SPOOKY DRINKS, APPETIZERS AND LOTS OF FUN!!
OH MY!!
THERE WILL ALSO BE A RESIDENT COSTUME CONTEST!!

10/31ST | 3PM ILP

Last Day To RSVP for Tuesday Outing 6

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
 10:30 ★ Sunday Run to: Target
 12:30 ♣ Bridge Club [FS]
 1:30 ♣ Lazy Sunday Puzzles in the Lobby [LP]
 2:00 ♣ Travelogue Documentary: The Secrets of Sugar - the fifth estate: [T]
 3:00 ♣ \$1 Bingo [GR]
 4:30 ♣ Tails on Trails Walking Group [LP]

9:00 ↔ Morning Exercise Class [FS] 7

10:00 ☕ Coffee, Cookies & Conversations
 10:30 ♀ 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]

Halloween Door Contest Begin 1

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]
 10:00 ★ Pointe Outing to: The Old Globe Balboa Park~ Behind-the-Scenes Tours \$7 [LP]
 1:30 ★ Arts and Crafts ~ Cheesecloth Ghost [AC]
 3:00 ♣ Bingo [GR]
 3:30 ♀ Transportation Committee Meeting [V]
 4:00 ♀ Technology Help in Activities Office
 6:00 ♣ Games with Friends [GR]

9:15 † St. Kieran's Communion Service [CH] 8

9:30 ↔ Balance & Stability Class with Karl [FS]
 10:00 ↔ Gentle Aquafit with Peggy [P]
 10:30 ♪ Merry Ukulele Performance [T]
 11:00 ★ Pointe Outing to: Viejas Casino [LP]
 1:30 ★ Arts and Crafts ~ Ghost "Pillow" [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]

9:15 ♀ Happy Hearts Walking Club 2

11:00 ♀ Community Stakeholders Meeting with the Santee Fire Department [T]
 11:30 ↔ Stay Active, Stay Young~ Workout with Dennis
 12:30 ♀ Movie Matinee: The Founder PG-13 2016 · Documentary/Action · 1h 55m
 1:00 ♀ Residents Assoc. Board Meeting [V]
 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]

Happy Birthday Al Stovall!! 9

9:15 ♀ Happy Hearts Walking Club
 10:00 ☕ Coffee in the Courtyard Garden
 11:30 ↔ Stay Active, Stay Young~ Workout with Dennis
 12:00 ♣ Hand, Knee & Foot [GR]
 12:30 ♀ Movie Matinee: The Good Nurse R 2022 · Thriller/ Crime · 2h 1m
 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]

Happy Birthday Jean Bracken!! 3

9:30 ↔ Balance & Stability Class with Karl [FS]
 10:00 ♀ October Activities Chat with Life Enrichment Coordinator Erika
 11:30 ★ Spice Up Your Life: Hotdog Roll-Ups [V]
 12:00 ♣ Scrapbooking Club
 1:00 ♣ Women's Wine Time Social [LB32]
 2:00 ♣ Nickel Blackjack [GR]
 3:00 ♣ Cribbage [FS]
 4:00 ♀ Technology Help in Activities Office
 6:00 ♣ Games with Friends [GR]

9:30 ↔ Balance & Stability Class with Karl [FS] 10

11:30 ★ Spice Up Your Life: Easy Peach Milkshakes [V]
 12:00 ♣ Scrapbooking Club
 2:00 ♣ Nickel Blackjack [GR]
 3:00 ♣ Cribbage [FS]
 4:00 ♀ Technology Help in Activities Office
 4:00 ☕ Thursday Specialty Buffet: Italian Food Action 16.5pts [TD]
 6:00 ♣ Games with Friends [GR]

Last Day To RSVP for Sunday Outing 4

9:00 ↔ Senior Stretches Video [FS]
 10:00 ♀ Free Friday Vital Checks with Senior Helpers [LB32]
 10:30 ♀ Trivia Challenge in the Library with Larry Nelson [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]

Last Day To RSVP for Sunday Outing 11

9:00 ↔ Senior Stretches Video [FS]
 10:00 ♀ Free Friday Vital Checks with Senior Helpers [LB32]
 10:30 ♀ Trivia Challenge in the Library with Larry Nelson [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]

9:00 ↔ Exercise & Weights with Heidi [FS] 5

9:45 ↔ New Yoga Class with Heidi [FS]
 10:00 † Lantern Crest Women's Christian Fellowship "Jesus in Me" [L]
 10:00 ♣ Water The Garden & Tunes
 11:30 ♣ Left, Right, Center Dice Game [GR]
 11:45 ♀ Wii Game: Jeopardy [FS]
 1:00 ☕ Saturday's Social: Pumpkin Cream Sandwiches [V]
 1:30 ★ Grossmont Stagehouse Presents: The Mousetrap~14dls
 2:00 ♣ Nickel Blackjack [GR]
 4:30 ♣ Tails on Trails Walking Group [LP]
 6:30 ♣ Games in the Game Room [GR]

9:00 ↔ Exercise & Weights with Heidi [FS] 12

9:45 ↔ New Yoga Class with Heidi [FS]
 10:00 † Lantern Crest Women's Christian Fellowship "Jesus in Me" [L]
 10:00 ♣ Water The Garden & Tunes
 11:30 ♣ Left, Right, Center Dice Game [GR]
 11:45 ♀ Wii Game: Jeopardy [FS]
 1:00 ☕ Saturday's Social: Pumpkin Cream Sandwiches [V]
 2:00 ♣ Nickel Blackjack [GR]
 4:30 ♣ Tails on Trails Walking Group [LP]
 6:30 ♣ Games in the Game Room [GR]

Happy Birthday Jacqui Turner!! 13

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]
 10:15 ★ Shadow Mountain Church Drive #2
 10:30 ★ Sunday Run to: ALDI
 12:30 ♣ Bridge Club [FS]
 1:30 ♣ Lazy Sunday Puzzles in the Lobby [LP]
 2:00 ♀ Travelogue Documentary: Céline Dion Documentary [T]
 3:00 ♣ \$1 Bingo [GR]
 4:30 ♣ Tails on Trails Walking Group [LP]

9:00 ↔ Morning Exercise Class [FS] 14

10:00 ☕ Coffee, Cookies & Conversations
 10:30 ♀ Happy Hearts Walking Club
 1:00 ♪ Glee Club [GR]
 2:00 ♣ Nickel Blackjack [GR]
 3:00 ♀ Analysis of 2024 Ballot Measures [T]
 3:00 ♣ Mexican Train [GR]
 4:30 ♪ Evening Piano Music [TD]
 4:30 ♣ Tails on Trails Walking Group [LP]

Happy Birthday Max Farber!! 15

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]
 11:00 ★ Lunch Outing to: Bali Hai Restaurant [LP]
 11:30 ★ Veterans' Group Luncheon at The Plaza [BPD]
 1:30 ★ Arts and Crafts ~ Book Page Pumpkin [AC]
 3:00 ♣ Bingo [GR]
 4:00 ♀ Technology Help in Activities Office
 6:00 ♣ Games with Friends [GR]

Happy Birthday Beth Masterson!! 16

8:00 ♀ Fall Cleaning Donation Day~8am to 2pm [1R]
 9:15 ♀ Happy Hearts Walking Club
 10:00 ☕ Fashion on The Go~ Fall-10am to 2pm
 11:30 ↔ Stay Active, Stay Young~ Workout with Dennis
 12:00 ♣ Hand, Knee & Foot [GR]
 1:00 ♀ LCRA General Meeting [T]
 3:00 ♀ October Birthday Celebration with Double Take [LB32]
 4:30 ♣ Tails on Trails Walking Group [LP]
 6:00 ♣ Games with Friends [GR]

Happy Birthday Donna Creighton!! 17

9:30 ↔ Balance & Stability Class Video [FS]
 11:30 ★ Lunch & Lounge with Life Enrichment [V]
 1:00 ♀ Cheers & Beers Mens Club [LB32]
 2:00 ♣ Nickel Blackjack [GR]
 3:00 ♣ Cribbage [FS]
 4:00 ♀ Technology Help in Activities Office
 6:00 ♣ Games with Friends [GR]

Last Day To RSVP for Sunday Outing 18

9:00 ↔ Senior Stretches Video [FS]
 10:00 ♀ Free Friday Vital Checks with Senior Helpers [LB32]
 10:30 ♀ Trivia Challenge in the Library with Larry Nelson [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]

Happy Birthday Bob Conrad!! 19

9:00 ↔ Exercise & Weights with Heidi [FS]
 9:45 ↔ New Yoga Class with Heidi [FS]
 10:00 † Lantern Crest Women's Christian Fellowship "Jesus in Me" [L]
 10:00 ♣ Water The Garden & Tunes
 11:30 ♣ Left, Right, Center Dice Game [GR]
 11:45 ♀ Wii Game: Jeopardy [FS]
 1:00 ☕ Saturday's Social: Pumpkin Cream Sandwiches [V]
 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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 - L-4th Floor Library
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 - TDP-Terrazza Dining Patio

Sunday 20
Last Day To RSVP for Tuesday Outing
Last Day to Vote for Halloween Door Contest

- 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
- 10:30 ★ Sunday Run to: Albertsons Lakeside
- 12:30 ♣ Bridge Club [FS]
- 1:30 ♣ Lazy Sunday Puzzles in the Lobby [LP]
- 2:00 ♣ Travelogue Documentary: Audrey Hepburn: Remembered [T]
- 3:00 ♣ \$1 Bingo [GR]
- 4:30 ♣ Tails on Trails Walking Group [LP]

Monday 21
Happy Birthday Pat Emery, Sharon Lay & Esther Conrad!!!

- 9:00 ↔ Morning Exercise Class [FS]
- 10:00 ☕ Coffee, Cookies & Conversations
- 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 ♣ Nickel Blackjack [GR]
- 3:00 ♣ Mexican Train [GR]
- 4:30 🎵 Evening Piano Music [TD]
- 4:30 ♣ Tails on Trails Walking Group [LP]

Tuesday 22
All Staff Meeting: No Doctor Appointments After 12pm

- 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 ★ Brunch Outing to: D Z Akins [LP]
- 1:30 ★ Arts and Crafts ~ Mary's Mummy Lanterns [AC]
- 1:30 Karin's Fun, Fashion & Food [LP]
- 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]

Wednesday 23
Annual Staff Pumpkin Decoration Contest Begins - VOTE NOW!!

- 9:15 ♡ Happy Hearts Walking Club
- 10:00 ☕ Coffee in the Courtyard Garden
- 11:30 ↔ Stay Active, Stay Young~ Workout with Dennis
- 12:00 ♣ Hand, Knee & Foot [GR]
- 1:30 ♣ Fascinating Facts About our Presidents ~with Union-Tribune Columnist Richard Lederer [T]
- 3:00 ♣ Happy Hour with Live Music from Blue Zone [LB32]
- 4:30 ♣ Tails on Trails Walking Group [LP]
- 6:00 ♣ Games with Friends [GR]

Thursday 24

- 9:30 ↔ Balance & Stability Class with Karl [FS]
- 11:30 ★ Spice Up Your Life: Cinnamon Roll Waffle [V]
- 12:00 ♣ Scrapbooking Club
- 1:00 ☕ New & Current Resident Welcome & Conversations [LP]
- 2:00 ♣ Nickel Blackjack [GR]
- 3:00 ♣ Cribbage [FS]
- 4:00 ♣ Technology Help in Activities Office
- 4:00 ☕ Thursday Specialty Buffet: Holiday Food Action 17.5pts. [TD]
- 6:00 ♣ Games with Friends [GR]

Friday 25
Happy Birthday Jean Mollenhauer!!
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 with Larry Nelson [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 Plaza! [TL]
- 3:00 ♣ \$1 Bingo [GR]
- 4:30 ♣ Tails on Trails Walking Group [LP]
- 6:00 ♣ Comedy Night: The Honeymooners [T]

Saturday 26

- 9:00 ↔ Exercise & Weights with Heidi [FS]
- 9:45 ↔ New Yoga Class with Heidi [FS]
- 10:00 † Lantern Crest Women's Christian Fellowship "Jesus in Me" [L]
- 10:00 ☕ Water The Garden & Tunes
- 11:30 ♣ Left, Right, Center Dice Game [GR]
- 11:45 ♣ Wii Game: Jeopardy [FS]
- 1:00 ☕ Saturday's Social: Pumpkin Cream Sandwiches [V]
- 2:00 ♣ Nickel Blackjack [GR]
- 4:30 ♣ Tails on Trails Walking Group [LP]
- 6:30 ♣ Games in the Game Room [GR]

Sunday 27
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]
- 10:00 ★ Sunday Run to: Los Cocheros
- 10:15 ★ Shadow Mountain Church Drive #2
- 12:30 ♣ Bridge Club [FS]
- 1:30 ♣ Lazy Sunday Puzzles in the Lobby [LP]
- 2:00 ♣ Travelogue Documentary: Egypt's Ancient Empire | Egypt From Above The Nile River [T]
- 3:00 ♣ \$1 Bingo [GR]
- 4:30 ♣ Tails on Trails Walking Group [LP]

Monday 28
Happy Birthday Pat Brennan!!

- 9:00 ↔ Morning Exercise Class [FS]
- 10:00 ☕ Coffee, Cookies & Conversations
- 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 ♣ Republican Social Group [L]
- 4:30 🎵 Evening Piano Music [TD]
- 4:30 ♣ Tails on Trails Walking Group [LP]

Tuesday 29
Happy Birthday Cindy O'Fallen!!

- 9:30 ↔ Balance & Stability Class with Karl [FS]
- 10:00 ↔ Gentle Aquafit with Peggy [P]
- 11:00 ★ Outing to: Oma's Family Farm Pumpkin Patch [LP]
- 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]

Wednesday 30
Happy Birthday Carol Trogden!!!
Happy Birthday Jane Wells!!!

- 9:15 ♡ Happy Hearts Walking Club
- 10:00 ☕ Coffee with the Assistant Executive Director [LP]
- 11:00 ♣ November Sign-Up Frenzy [LB32]
- 11:30 ↔ Stay Active, Stay Young~ Workout with Dennis
- 12:00 ♣ Hand, Knee & Foot [GR]
- 12:30 ♣ Movie Matinee: Beetlejuice PG 1988 · Comedy/Horror · 1h 32m
- 4:30 ♣ Tails on Trails Walking Group [LP]
- 6:00 ♣ Games with Friends [GR]

Thursday 31
Halloween

- 9:30 ↔ Balance & Stability Class with Karl [FS]
- 12:00 ♣ Scrapbooking Club
- 3:00 ♣ Cribbage [FS]
- 3:00 ★ The Pointe Annual Halloween Bash with Rhinestone Grannies
- 6:00 ♣ Games with Friends [GR]

TIME TO VOTE! ANNUAL EMPLOYEE PUMPKIN DECORATING CONTEST

CHECK OUT THIS YEAR'S CREATIVE ENTRIES AND VOTE FOR YOUR FAVORITES!

PUMPKINS WILL BE DISPLAYED AT THE POINTE LOBBY

WEDNESDAY 10/23

RESIDENT VOTING WILL START

23TH - 29TH

WINNER WILL BE ANNOUNCED

WEDNESDAY OCTOBER 30TH

HALLOWEEN BASH

FT. **THE RHINESTONE GRANNIES**

CALLING ALL RESIDENTS, FAMILY, AND FRIENDS!!

LIVE MUSIC, SPOOKY DRINKS, APPETIZERS AND LOTS OF FUN!!

OH MY!!

THERE WILL ALSO BE A RESIDENT COSTUME CONTEST!!

10/31ST | 3PM ILP

STAFF BIRTHDAY'S

- JATSHEL FERNANDEZ 10/12
- JOE OSLIN 10/17
- IGLENIA VELASQUEZ 10/22
- CAROLINA DIAZ 10/24
- RANEEN ESHO 10/26
- FRANCESCA ALDOSSARY 10/27
- GEORGE GRASSE 10/27

HALLOWEEN DOOR CONTEST

OCTOBER 1ST TO 20TH

WINNER WILL BE ANNOUNCED DURING HALLOWEEN BASH PARTY !!

LIFE ENRICHMENT COORDINATOR

ERIKA CARDENAS

619-749-9900 EXT 5405

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.