

JANUARY AT THE POINTE

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Happy Birthday
Richard Creighton 1/07
Fran Kern 1/08
Larry Nelson 1/18
Jan Paul 1/20
Dee Palermo 1/20
Shirley Walk 1/26
Richard Gray 1/28
Susan Petry 1/28
Al Stovall 1/29
Pat Boorman 1/31

You're Invited to a
WINTER PICNIC
 JOIN US FOR A COZY GATHERING FILLED WITH LAUGHTER, DELICIOUS TREATS, AND THE MAGIC OF THE SEASON!
 January 16th 12pm Library
 4B Patio
 RSVP Event

Welcome
January
 January arrives, painting the world in a frosty hue, signaling the start of a fresh year.

Dining Room Open 7:30 to 2pm To Go's from 2pm - 3pm; Dining Closed at 3pm
New Year's Day
 8:00 🎉 **The Rose Parade~ ABC [LB32]**
 9:15 🕒 **Happy Hearts Walking Club**
 11:00 ★ **New Year's Day Brunch at The Plaza ~11am to 2pm [CDR]**
 4:30 🐾 **Tails on Trails Walking Group [LP]**
 6:00 🎲 **Games with Friends [GR]**

9:30 ↔ **Exercise Class Video [FS]**
 10:00 🕒 **January Events Chat with Life Enrichment Coordinator Erika [LP]**
 11:30 ★ **Spice Up Your Life: Buffalo Chicken 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**
 6:00 🎲 **Games with Friends [GR]**

Happy Birthday Taubel!
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]**
 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: I Love Lucy Show [T]**

9:00 ↔ **Exercise & Weights with Heidi [FS]**
 9:45 ↔ **Yoga Class with Heidi [FS]**
 10:00 🕒 **Lantern Crest Women's Christian Fellowship "Wild, Wicked or Wonderful [L]**
 11:30 🎲 **Left, Right, Center Dice Game [GR]**
 12:00 🍷 **Water The Garden & Tunes**
 1:00 🍷 **Saturday Social: Eggnog & Tunes [V]**
 2:00 🎲 **Nickel Blackjack [GR]**
 4:30 🐾 **Tails on Trails Walking Group [LP]**
 6:30 🎲 **Games in the Game Room [GR]**

- 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

Last Day To RSVP for Tuesday Outing
Sunday NFL Football In The Theater
 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: Sprouts**
 12:30 🎲 **Bridge Club [FS]**
 1:00 🕒 **Travelogue Documentary ~ The Tragic Story of Patsy Cline [T]**
 2:30 🎲 **\$1 Bingo [GR]**
 4:30 🐾 **Tails on Trails Walking Group [LP]**

Last Day To RSVP for Tuesday Outing & Winter Picnic on Thursday 16th
Sunday NFL Football In The Theater
 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**
 12:30 🎲 **Bridge Club [FS]**
 1:15 ★ **Lamplighters Community Theater Presents: WAIT UNTIL DARK~24dils. [pl]**
 2:30 🎲 **\$1 Bingo [GR]**
 4:30 🐾 **Tails on Trails Walking Group [LP]**

Dia De Los Reyes
 9:00 ↔ **Morning Exercise Class [FS]**
 10:00 🍷 **Celebrate Día de Los Reyes with Rosca Bread and Hot Cocoa [LP]**
 10:30 🕒 **Happy Hearts Walking Club**
 10:45 🎶 **Learn Line Dancing [L]**
 1:00 🎶 **Glee Club [GR]**
 1:30 **Table Talk & Tasty Treats with Sous Chef Priscila [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]**

9:00 ↔ **Morning Exercise Class [FS]**
 10:00 🍷 **Coffee, Cookies & Conversations [LP]**
 10:30 🕒 **Happy Hearts Walking Club**
 10:45 🎶 **Learn Line Dancing [L]**
 1:00 🎶 **Glee Club [GR]**
 1:30 🕒 **Table Talk & Tasty Treats with Sous Chef Priscila [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]**

Happy Birthday Richard Creighton!!
 9:00 🕒 **Indoor Water Aerobics with Peggy [IPS]**
 9:15 🕒 **St. Kieran's Communion Service at The Ridge**
 9:30 ↔ **Balance & Stability Class with Karl [FS]**
 10:30 ★ **Outing to: Hans & Harry's Bakery [LP]**
 2:00 ★ **Arts and Crafts ~ Bookpage Snowman [AC]**
 3:00 🎲 **Bingo [GR]**
 3:30 🕒 **Transportation Committee Meeting [V]**
 4:00 🕒 **Technology Help in Activities Office**
 6:00 🎲 **Games with Friends [GR]**

9:00 🕒 **Indoor Water Aerobics with Peggy [IPS]**
 9:15 🕒 **St. Kieran's Communion Service [CH]**
 9:30 ↔ **Balance & Stability Class with Karl [FS]**
 10:00 ★ **Lunch Outing to: Farmers Table~ La Mesa [LP]**
 2:00 ★ **Arts and Crafts ~ Winter Wine Glass [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 Fran Kern!!
Spirit Wednesday "Beanies & Cozy Socks"
 9:15 🕒 **Happy Hearts Walking Club**
 11:00 🎨 **Scrapbooking Club**
 11:30 ↔ **Stay Active, Stay Young~ Workout with Dennis**
 12:30 🎭 **Movie Matinee: It Ends with Us PG-13 2024 · Romance/Drama · 2h 11m [T]**
 1:00 **Residents Assoc. Board Meeting [V]**
 3:00 🎶 **Happy Hour with Live Music from: First String Band [LB32]**
 4:30 🐾 **Tails on Trails Walking Group [LP]**
 6:00 🎲 **Games with Friends [GR]**

Spirit Wednesday "Beanies & Cozy Socks"
 9:15 🕒 **Happy Hearts Walking Club**
 11:00 🎨 **Scrapbooking Club**
 11:30 ↔ **Stay Active, Stay Young~ Workout with Dennis**
 1:00 🕒 **LCRA General Meeting [T]**
 3:00 🎭 **January Birthday Celebration with Live Music from: Double take [LB32]**
 4:30 🐾 **Tails on Trails Walking Group [LP]**
 6:00 🎲 **Games with Friends [GR]**

9:30 ↔ **Balance & Stability Class with Karl [FS]**
 10:15 🎲 **Corn Hole Game [FS]**
 11:30 ★ **Spice Up Your Life: Strawberry Shortcake Cups [V]**
 2:00 🎲 **Nickel Blackjack [GR]**
 3:00 🎲 **Cribbage [FS]**
 4:00 🕒 **Technology Help in Activities Office**
 4:00 🍷 **Thursday Specialty Buffet: [TD]**
 6:00 🎲 **Games with Friends [GR]**

9:30 ↔ **Balance & Stability Class with Karl [FS]**
 10:15 🎲 **Corn Hole Game [FS]**
 11:30 ★ **Spice Up Your Life: Mint Chocolate Chip Milkshake [V]**
 1:00 ★ **Winter Picnic [L]**
 3:00 🎲 **Cribbage [FS]**
 4:00 🕒 **Technology Help in Activities Office**
 6:00 🎲 **Games with Friends [GR]**


Last Day To RSVP for Sunday Outing
 9:00 🕒 **Beltone Hearing Aid Free Cleaning and Check 9am to 11am [AC]**
 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]**
 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: I Love Lucy Show [T]**

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]**
 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: I Love Lucy Show [T]**

9:00 ↔ **Exercise & Weights with Heidi [FS]**
 9:45 ↔ **Yoga Class with Heidi [FS]**
 10:00 🕒 **Lantern Crest Women's Christian Fellowship "Wild, Wicked or Wonderful [L]**
 11:30 🎲 **Left, Right, Center Dice Game [GR]**
 12:00 🍷 **Water The Garden & Tunes**
 1:00 🍷 **Saturday Social: Eggnog & Tunes [V]**
 2:00 🎲 **Nickel Blackjack [GR]**
 4:30 🐾 **Tails on Trails Walking Group [LP]**
 6:30 🎲 **Games in the Game Room [GR]**

Happy Birthday Larry Nelson!!
 9:00 ↔ **Exercise & Weights with Heidi [FS]**
 9:45 ↔ **Yoga Class with Heidi [FS]**
 10:00 🕒 **Lantern Crest Women's Christian Fellowship "Wild, Wicked or Wonderful [L]**
 11:30 🎲 **Left, Right, Center Dice Game [GR]**
 12:00 🍷 **Water The Garden & Tunes**
 1:00 🍷 **Saturday Social: Eggnog & Tunes [V]**
 2:00 🎲 **Nickel Blackjack [GR]**
 4:30 🐾 **Tails on Trails Walking Group [LP]**
 6:30 🎲 **Games in the Game Room [GR]**

JANUARY AT THE POINTE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Happy Birthday</p> <p><i>Richard Creighton 1/07</i> <i>Fran Kern 1/08</i> <i>Larry Nelson 1/18</i> <i>Jan Paul 1/20</i> <i>Dee Palermo 1/20</i> <i>Shirley Walk 1/26</i> <i>Richard Gray 1/28</i> <i>Susan Petry 1/28</i> <i>Al Stovall 1/29</i> <i>Pat Boorman 1/31</i></p>	<p>Happy Birthday Dee Palermo & Jan Paul!!!! 20</p> <p>Martin Luther King, Jr. Day</p> <p>9:00 ↔ Morning Exercise Class [FS]</p> <p>10:00 ☞ Coffee, Cookies & Conversations [LP]</p> <p>10:30 ☞ Happy Hearts Walking Club</p> <p>10:45 🎵 Learn Line Dancing [L]</p> <p>1:00 🎵 Glee Club [GR]</p> <p>1:30 🗣️ Table Talk & Tasty Treats with Sous Chef Priscila [V]</p> <p>2:00 ♠️ Nickel Blackjack [GR]</p> <p>3:00 ♠️ Mexican Train [GR]</p> <p>4:30 🎵 Evening Piano Music [TD]</p> <p>4:30 🐾 Tails on Trails Walking Group [LP]</p>	<p>9:00 ☞ Indoor Water Aerobics with Peggy [IPS]</p> <p>9:15 † St. Kieran's Communion Service at The Ridge</p> <p>9:30 ↔ Balance & Stability Class with Karl [FS]</p> <p>11:00 ★ Lunch Outing to: Outback Steakhouse~ El Cajon [LP]</p> <p>11:30 ★ Veterans' Group Luncheon at The Pointe [LB32]</p> <p>2:00 ★ Arts and Crafts ~ Salt Shaker Snowman [AC]</p> <p>3:00 ♠️ Bingo [GR]</p> <p>4:00 ☞ Technology Help in Activities Office</p> <p>6:00 ♠️ Games with Friends [GR]</p>	<p>All Staff Meeting: No Doctor Appointments After 12pm 22</p> <p>Spirit Wednesday "Beanies & Cozy Socks"</p> <p>9:15 ☞ Happy Hearts Walking Club</p> <p>11:00 ☞ Scrapbooking Club</p> <p>11:30 ↔ Stay Active, Stay Young~ Workout with Dennis</p> <p>12:30 🎬 Movie Matinee: Woman of the Hour R 2023 · Thriller/Mystery · 1h 35m [T]</p> <p>3:00 ☞ Happy Hour with Live Music from: The Sophisticats [LB32]</p> <p>4:30 🐾 Tails on Trails Walking Group [LP]</p> <p>6:00 ♠️ Games with Friends [GR]</p>	<p>National Pie Day 23</p> <p>9:30 ↔ Balance & Stability Class with Karl [FS]</p> <p>10:15 ♠️ Corn Hole Game [FS]</p> <p>11:30 ☞ National Pie Day Celebration with Life Enrichment</p> <p>1:00 ☞ New Resident Welcome- Cookies, Coffee, & Conversations [pl]</p> <p>2:00 ♠️ Blackjack [GR]</p> <p>3:00 ♠️ Cribbage [FS]</p> <p>4:00 ☞ Technology Help in Activities Office</p> <p>4:00 ☞ Thursday Specialty Buffet: [TD]</p> <p>6:00 ♠️ Games with Friends [GR]</p>	<p>Last Day To RSVP for Sunday Outing 24</p> <p>9:00 ↔ Senior Stretches Video [FS]</p> <p>10:00 ☞ Free Friday Vital Checks with Senior Helpers [LB32]</p> <p>10:30 ☞ Trivia Challenge in the Library with Larry Nelson [L]</p> <p>1:30 ☞ Paint & Sip Art Class [AC]</p> <p>2:00 ♠️ "8 Ballers" Pool Billiards Group & Dart Board Game [GRP]</p> <p>3:00 ♠️ \$1 Bingo [GR]</p> <p>4:30 🐾 Tails on Trails Walking Group [LP]</p> <p>6:00 ☞ Comedy Night: I Love Lucy Show [T]</p>	<p>9:00 ↔ Exercise & Weights with Heidi [FS]</p> <p>9:45 ↔ Yoga Class with Heidi [FS]</p> <p>10:00 † Lantern Crest Women's Christian Fellowship "Wild, Wicked or Wonderful [L]</p> <p>11:30 ♠️ Left, Right, Center Dice Game [GR]</p> <p>12:00 ☞ Water The Garden & Tunes</p> <p>1:00 ☞ Saturday Social: Eggnog & Tunes [V]</p> <p>2:00 ♠️ Nickel Blackjack [GR]</p> <p>4:30 🐾 Tails on Trails Walking Group [LP]</p> <p>6:30 ♠️ Games in the Game Room [GR]</p>
<p>Happy 100th Birthday Shirley Walk!! 26</p> <p>Last Day To RSVP for Tuesday Outing</p> <p>Sunday NFL Football In The Theater</p> <p>8:00 ★ Guardian Angels Catholic Church [LP]</p> <p>8:15 ★ Shadow Mountain Church Drive [LP]</p> <p>9:00 ★ Sunday Morning Church Service with Pastor Bill [CH]</p> <p>10:15 ★ Shadow Mountain Church Drive #2</p> <p>12:30 ♠️ Bridge Club [FS]</p> <p>1:00 ☞ Travelogue Documentary ~Irene Weiss: The Soul Never Forgets [T]</p> <p>2:30 ♠️ \$1 Bingo [GR]</p> <p>4:30 🐾 Tails on Trails Walking Group [LP]</p>	<p>9:00 ↔ Morning Exercise Class [FS]</p> <p>10:00 ☞ Coffee, Cookies & Conversations [LP]</p> <p>10:30 ☞ Happy Hearts Walking Club</p> <p>10:45 🎵 Learn Line Dancing [L]</p> <p>1:00 🎵 Glee Club [GR]</p> <p>2:00 ☞ Dining Committee Meeting [BPD]</p> <p>2:00 ♠️ Resident Led Nickel Blackjack [GR]</p> <p>3:00 ♠️ Mexican Train [GR]</p> <p>3:00 ☞ Republican Social Group [L]</p> <p>4:30 🎵 Evening Piano Music [TD]</p> <p>4:30 🐾 Tails on Trails Walking Group [LP]</p>	<p>Happy Birthday Susan Petry & Richard Gray!!! 28</p> <p>9:00 ☞ Indoor Water Aerobics with Peggy [IPS]</p> <p>9:15 † St. Kieran's Communion Service [CH]</p> <p>9:30 ↔ Balance & Stability Class with Karl [FS]</p> <p>10:30 ★ Outing to: Viejas Casino [LP]</p> <p>2:00 ★ Mary's Arts and Crafts Class~ Valentine's Craft [AC]</p> <p>3:00 ♠️ Bingo [GR]</p> <p>3:00 † You're Not Alone -- Family-Caregivers Support Group [L]</p> <p>4:00 ☞ Technology Help in Activities Office</p> <p>6:00 ♠️ Games with Friends [GR]</p>	<p>Chinese New Year Happy Birthday Al Stovall!!! 29</p> <p>Spirit Wednesday "Beanies & Cozy Socks"</p> <p>9:15 ☞ Happy Hearts Walking Club</p> <p>10:00 ☞ Coffee with the Assistant Executive Director [LP]</p> <p>11:00 ☞ Scrapbooking Club</p> <p>11:30 ↔ Stay Active, Stay Young~ Workout with Dennis</p> <p>12:30 🎬 Movie Matinee: Penguin Bloom PG-13 2020 · Drama · 1h 35m [T]</p> <p>3:00 ☞ Dim Sum Happy Hour~ Chinese New Year Celebration with: Fireball Express [LB32]</p> <p>4:30 🐾 Tails on Trails Walking Group [LP]</p> <p>6:00 ♠️ Games with Friends [GR]</p>	<p>9:30 ↔ Balance & Stability Class with Karl [FS]</p> <p>10:15 ♠️ Corn Hole Game [FS]</p> <p>11:00 ☞ February Sign-Up Frenzy [LB32]</p> <p>1:00 ☞ Cheers & Beers Mens Club [LB32]</p> <p>2:00 ♠️ Nickel Blackjack [GR]</p> <p>3:00 ♠️ Cribbage [FS]</p> <p>4:00 ☞ Technology Help in Activities Office</p> <p>6:00 ♠️ Games with Friends [GR]</p>	<p>Happy Birthday Pat Boorman!! 31</p> <p>Last Day To RSVP for Sunday Outing</p> <p>9:00 ↔ Senior Stretches Video [FS]</p> <p>10:00 ☞ Free Friday Vital Checks with Senior Helpers [LB32]</p> <p>10:30 ☞ Trivia Challenge in the Library with Larry Nelson [L]</p> <p>1:30 ☞ Paint & Sip Art Class [AC]</p> <p>2:00 ♠️ "8 Ballers" Pool Billiards Group & Dart Board Game [GRP]</p> <p>2:00 ☞ Communi-Tea Book Club at The Pointe! [L]</p> <p>3:00 ♠️ \$1 Bingo [GR]</p> <p>4:30 🐾 Tails on Trails Walking Group [LP]</p> <p>6:00 ☞ Comedy Night: I Love Lucy Show [T]</p>	<p>Happy National Pie Day</p>  <p>January 23th</p>

- 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



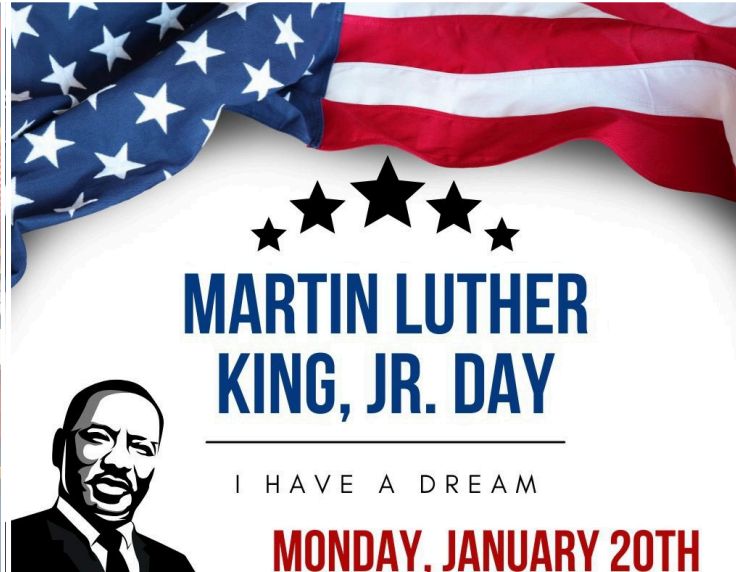
CHINESE NEW YEAR

DIM SUM HAPPY HOUR

JOIN US AS WE CELEBRATE CHINESE NEW YEAR WITH LIVE MUSIC FROM THE

FIREBALL EXPRESS

WEDNESDAY 29TH 3PM LB32



MARTIN LUTHER KING, JR. DAY

I HAVE A DREAM

MONDAY, JANUARY 20TH

ERIKA CARDENAS

LIFE ENRICHMENT COORDINATOR

EXT-5405

Feliz día de los Reyes

January 6

Join us to honor the Three Wise Men" with Rosca de Reyes Bread and Hot Cocoa!

Monday 6th 10am pointe lobby



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.