ATTHE POINTE * A JANUARY AT THE POINTE * *

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	Sunday	Monday	Tuesday	Wednesday	Thursday
Happy Birthday Rícharð Creighton 1/07 Fran Kern 1/08 Larry Nelson 1/18 Jan Paul 1/20	You're Invited to a WINDER DIALOW JOIN US FOR A COZY GATHERING FILLED WITH LAUGHTER, DELICIOUS TREATS, AND THE MAGIC OF THE SEASONI THE MAGIC OF THE SEASONI		and the world in a frosty hue, signaling	Dining Room Open 7:30 to 2pm To Go's from12pm - 3pm; Dining Closed at 3pm3pmNew Year's Day 8:00 ♥ The Rose Parade~ ABC [LB32]9:15 ♥ Happy Hearts Walking Club9:15 ♥ Happy Hearts Walking Club11:00 ★ 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]
Dee Palermo 1/20 Shirley Walk 1/26 Richard Gray 1/28 Susan Petry 1/28 Al Stovall 1/29 Pat Bogrman 1/31 EVAL BOGRMAN 1/31	Last Day To RSVP for Tuesday Outing 5 Sunday NFL Football In The Theater 5 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 12	Dia De Los Reyes 9:00 ↔ Morning Exercise 6 9:00 ↔ Morning Exercise 6 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 1:30 Glee Club [GR] 1:30 2:00 Nickel Blackjack [GR] 3:00 3:00 Mexican Train [GR] 4:30 Evening Piano Music [TD] 4:30 Tails on Trails Walking Group [LP] 9:00 9:00 Morning Exercise Class [FS] 10:00 Coffee, Cookies & Conversations [LP] 10:30 Happy Hearts Walking Club 10:45 Learn Line Dancing [L]	Happy Birthday Richard Creighton!! 7 9:00 ♀ Indoor Water Aerobics with Peggy [IPS] 9:15 音 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] 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] 1 4 9:15 章 St. Kieran's Communion Service [CH] 9:30 ↔ Balance & Stability Class with Karl [FS]	with Us PG-13 2024 · Romance/Drama · 2h 11m [T] 1:00 Residents Assoc. Board Meeting [V] 3:00 ⅔ 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" 15 9:15 ♀ Happy Hearts Walking Club	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 & 1 6 Stability Class with Karl [FS] 10:15 ☆ Corn Hole Game
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	 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~24dlls. [p] 2:30 ♣ \$1 Bingo [GR] 4:30 ✿ Tails on Trails Walking Group [LP] 	 1:00	 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] 		 [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]

Friday

Saturday

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2			rthday Taube!!	9:00	++	Exercise &
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at	Sunda	iy O	uting			Heidi [FS]
nt	9:00	++	Senior Stretches Video	9:45	++	Yoga Class with Heidi
LP]			[FS]			[FS]
	10.00	Ui	Free Friday Vital Checks	10:00	Ť	Lantern Crest Women's
	10.00	υ	with Senior Helpers			Christian Fellowship
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ne	10.20	·				Wonderful [L]
	10:30	.¥.	Trivia Challenge in the	11.30	÷.	Left, Right, Center Dice
GR]			Library with Larry Nelson	11.50		Game [GR]
			[L]	12.00		Water The Garden &
_			Paint & Sip Art Class [AC]	12.00	-	Tunes
า	2:00	ġ.	"8 Ballers" Pool Billiards	1.00	_	
			Group & Dart Board Game	1:00	•	Saturday Social: Eggnog
S			[GRP]			& Tunes [V]
	3:00	÷.	\$1 Bingo [GR]			Nickel Blackjack [GR]
	4:30		Tails on Trails Walking	4:30	•	Tails on Trails Walking
			Group [LP]			Group [LP]
	6:00	8	Comedy Night: I Love	6:30	ġ.	Games in the Game Room
	0.00	*	Lucy Show [T]			[GR]
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Y	Sunda			2.00		Weights with
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FS]	9:00	Чî	Beltone Hearing Aid Free	0.45	, -	
			Cleaning and Check 9am	9.45		Yoga Class with Heidi [FS]
			to 11am [AC]	10.00	- B -	
	9:00	++	Senior Stretches Video	10:00	T	Lantern Crest Women's
fe:			[FS]			Christian Fellowship
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	Sunday	* JANUA Monday	RY AT T Tuesday	THE POT Wednesday	NTE Thursday
Happy Birthday Richard Creighton 1/07 Fran Kern 1/08 Larry Nelson 1/18 Jan Paul 1/20	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	Happy Birthday Dee Palermo & Jan Paul!!!! Martin Luther King, Jr. Day 9:00 ↔ Morning Exercise Class [FS] 10:00 Coffee, Cookies &	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] 11:00 ★ Lunch Outing to: Outback Steakhouse~ El Cajon [LP] 11:30 ★ Veterans' Group Luncheon at The Pointe [LB32] 2:00 ★ Arts and Crafts ~ Salt Shaker Snowman [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 Spirit Wednesday "Beanies & Cozy Socks" 9:15 😌 Happy Hearts Walking	National Pie Day 23 9:30 ↔ Balance & Stability Class with Karl [FS] 10:15 ሱ Corn Hole Game [FS] 10:15 ሱ Corn Hole Game [FS] 11:30 P National Pie Day Celebration with Life Enrichment 1:00 P New Resident Welcome-Cookies, Coffee, & Conversations [pl] 2:00 ሱ Blackjack [GR] 3:00 ሱ Cribbage [FS] 4:00 ۞ Technology Help in Activities Office 4:00 P Thursday Specialty Buffet: [TD] 6:00 ሱ Games with Friends [GR]
Dee Palermo 1/20 Shírley Walk 1/26 Rícharð Gray 1/28 Susan Petry 1/28 Al Stovall 1/29 Pat Bogrman 1/31 LOCATION KEY LP- 1st Floor Lobby Pointe LB32- 2nd Floor Latitude 32 Bar	Happy 100th Birthday Shirley 26 Walk!! 26 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 Bill [CH] 10:15 ★ Shadow Mountain Church Drive #2 12:30 ♣ Bridge Club [FS] 1:00 ۞ Travelogue Documentary ~ The World In 2050, The Real Future Of Earth [T] 2:30 ♣ \$1 Bingo [GR] 4:30 ♣ Tails on Trails Walking Group [LP]	9:00 ↔ Morning Exercise 27 Class [FS] 27 10:00 ■ Coffee, Cookies & Conversations [LP] 10:30 ♀ Happy Hearts Walking Club 10:45 ♬ Learn Line Dancing [L] 1:00 ♬ Glee Club [GR] 2:00 ♀ Dining Committee Meeting [BPD] 2:00 ♣ Resident Led 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]	Happy Birthday Susan Petry 28 & Richard Gray!!! 9:00 ♥ Indoor Water Aerobics with Peggy [IPS] 9:15 ♥ St. Kieran's Communion Service [CH] 9:30 ➡ Balance & Stability Class with Karl [FS] 10:30 ★ Outing to: Viejas Casino [LP] 2:00 ★ Mary's Arts and Crafts Class~ Valentine's Craft [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]	Chinese New Year Happy Birthday Al Stovall!! 29 Spirit Wednesday "Beanies & Cozy Socks" 9:15 ♥ Happy Hearts Walking Club 10:00 ■ Coffee with the Assistant Executive Director [LP] 11:00 ● Scrapbooking Club 11:30 ← Stay Active, Stay Young~ Workout with Dennis 12:30 ● Movie Matinee: Penguin Bloom PG-13 2020 · Drama · 1h 35m [T] 3:00 ● Dim Sum Happy Hour~ Chinese New Year Celebration with: Fireball Express [LB32] 4:30 ● Tails on Trails Walking Group [LP] 6:00 ♠ Games with Friends [GR]	9:30 ↔ Balance & 30 Stability Class with Karl [FS] 10:15 ሱ Corn Hole Game [FS] 11:00 ♀ February Sign-Up Frenzy [LB32] 1:00 ♀ Cheers & Beers Mens Club [LB32] 2:00 ሱ Nickel Blackjack [GR] 3:00 ሱ Cribbage [FS] 4:00 ♀ Technology Help in Activities Office 6:00 ሱ Games with Friends [GR]
 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 	DIM SUM DIM SUM HAPPY HOUB JOIN US AS WE CELEBRATE CHINISE NEW YEAR WITH LIVE MUSIC FROM THE FIREBALL EXPRESS WEDNESDAY 29TH 3PM LB32	KING, J	A DREAM	ERIKA ERIKA CARDENAS LIFE ENRICHMENT COORDINATOR EXT-5405	Feliz dia de los Reyes January 6 Join us to honor the Three Wise Men" with Rosca de Reyes Bread and Hot Cocoa ! Monday 6th Joam pointe Jobby

	гпиау		Saturuay			
, С	Last Day To RSVP for Sunday Outing 24 9:00 ↔ Senior Stretches Video		Exercise & 25 Weights with Heidi [FS]			
	[FS] 10:00 양 Free Friday Vital Checks		Yoga Class with Heidi [FS]			
	with Senior Helpers [LB32] 10:30 I Trivia Challenge in the		Lantern Crest Women's Christian Fellowship "Wild, Wicked or Wonderful [L]			
e-	Library with Larry Nelson [L]	11:30 🔥	Left, Right, Center Dice Game [GR]			
	1:30 ♥ Paint & Sip Art Class [AC] 2:00 ♣ "8 Ballers" Pool Billiards Group & Dart Board Game	12:00 里	Water The Garden & Tunes			
	[GRP] 3:00 ♣ \$1 Bingo [GR]	1:00 💻	Saturday Social: Eggnog & Tunes [V]			
	4:30 A Tails on Trails Walking Group [LP]	2:00 🖬	Nickel Blackjack [GR] Tails on Trails Walking			
R]	6:00 🛱 Comedy Night: I Love		Group [LP] Games in the Game Room			
	Lucy Show [T]		[GR]			
	Happy Birthday Pat Boorman!! 🤿 🥤					
U	Happy Birthday Pat Boorman!! 31 Last Day To RSVP for Sunday Outing	T'				
S]	9:00 ↔ Senior Stretches Video [FS] 10:00 ♡ Free Friday Vital Checks with		py National			
	Senior Helpers [LB32] 10:30 IV Trivia Challenge in the		Pie Day			
	Library with Larry Nelson [L] 1:30 • Paint & Sip Art Class [AC]					
	2:00 🔥 "8 Ballers" Pool Billiards Group & Dart Board Game [GRP]					
	2:00 O Communi-Tea Book Club at The Pointe! [L]					
in	3:00 🔥 \$1 Bingo [GR] 4:30 🏶 Tails on Trails Walking Group					
	[LP] 6:00 🛱 Comedy Night: I Love Lucy					
ds	Show [T]	L	anuary 23th			
	DOCTORS APPTS.	& ERRAI	ND DRIVES			
es	Monday-Friday					
	9am-3pm					
se	9 AM- 1 PM for Appts Further than 15 Miles Transportation request forms available at the front					
nd	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 .