

FEBRUARY AT THE POINTE

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

HAPPY BIRTHDAY

HENNIE CARUANA 2/07
 KEITH CAMPBELL 2/14
 LIZ JONES 2/15
 MADELINE KOCI 2/17
 BEA JONES 2/19
 GEORGE CARUANA 2/20
 BRUCE MCINDOE 2/21
 SHIRLEY REIDER 2/21
 DICK MARKSON 2/24
 DIANE S 2/25

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 Valentine's DAY

FEBRUARY 14

ERIKA CARDENAS

LIFE ENRICHMENT COORDINATOR

EXT-5405

VALENTINE'S DAY HIGH TEA PARTY

Join us as we celebrate love & friendship! Filled with delightful conversations, exquisite teas, and a delectable assortment of sweet, savory treats and live piano music.

Friday 14th @12pm [LB32]

★ RSVP

All Activities With A Red Star Require You to Sign up

Call Ext 5405

Valentine's Candy Count!

Stop by the Lobby and Take a Guess! The Winner will be announced on Valentines Day!

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
 2:00 ♣ Nickel Blackjack [GR]
 3:00 ♣ New Scrabble Game [FS]
 4:30 🐾 Tails on Trails Walking Group [LP]
 6:30 ♣ Games in the Game Room [GR]

Groundhog Day 2

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
 12:30 ♣ Bridge Club [FS]
 1:00 🍷 Sunday series ~The Crown 2016 · History~ E 1 [T]
 2:30 ♣ \$1 Bingo [GR]
 4:30 🐾 Tails on Trails Walking Group [LP]

3

9:00 ↔ Cardio Drumming Class in the Theater [T]
 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 [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]

4

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 ★ Shopping Outing to: Hobby Lobby & Walmart [LP]
 2:00 ★ Arts and Crafts ~ "Kisses" Booth [AC]
 3:00 ♣ Bingo [GR]
 3:30 ☺ Transportation Committee Meeting [V]
 4:00 ☺ Technology Help in Activities Office
 6:00 ♣ Games with Friends [GR]

Spirit Wednesday ~ Wear Red/Pink in February 5

9:15 ☺ Happy Hearts Walking Club
 9:30 ★ Santee Hall Wednesday - "One Minute to Midnight--The Cuban Missile Crisis"
 11:00 🍷 Scrapbooking Club
 11:30 ↔ Stay Active, Stay Young~ Workout with Dennis
 12:00 🍷 Centenarians Lunch Gathering [TD]
 12:30 🍷 Movie Matinee: Me Before You PG-13 2016 · Romance/Drama · 1h 50m [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]

6

9:30 ↔ Balance & Stability Class with Karl [FS]
 10:00 ☺ Rider Mobility Wheelchair & Walker Repair [GR]
 10:30 ☺ February Calendar Chat With Life Enrichment Coordinator Erika
 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: [TD]
 6:00 ♣ Games with Friends [GR]

7

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]

8

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
 2:00 ♣ Nickel Blackjack [GR]
 3:00 ♣ New Scrabble Game [FS]
 4:30 🐾 Tails on Trails Walking Group [LP]
 6:30 ♣ Games in the Game Room [GR]

Last Day To RSVP for Tuesday Outing 9

Super Bowl LIX

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]
 3:30 ♣ Touchdown Throwdown Super Bowl LIX Party [LB32]
 4:30 🐾 Tails on Trails Walking Group [LP]

10

9:00 ↔ Cardio Drumming Class in the Theater [T]
 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 ♣ Blackjack [GR]
 3:00 ☺ Democrat & Independents Social Club: End Of Life Choices with Guest Speaker, Grant Affleck
 3:00 ♣ Mexican Train [GR]
 4:30 🎵 Evening Piano Music [TD]
 4:30 🐾 Tails on Trails Walking Group [LP]

11

9:00 ☺ Indoor Water Aerobics with Peggy [IPS]
 9:15 † St. Kieran's Communion Service [CH]
 9:30 ↔ Balance & Stability Class with Karl [FS]
 10:45 ★ Lunch Outing to: Panda Country Restaurant [LP]
 2:00 ☺ Emergency Preparedness Program at The Plaza ~ with Sharp Preparedness Expert
 2:00 ★ Mary's Arts and Crafts ~ [AC]
 3:00 † You're Not Alone -- Family-Caregivers Support Group [L]
 4:00 ☺ Technology Help in Activities Office
 6:00 ♣ Games with Friends [GR]

Spirit Wednesday ~ Wear Red/Pink in February 12

9:15 ☺ Happy Hearts Walking Club
 11:00 🍷 Scrapbooking Club
 11:30 ↔ Stay Active, Stay Young~ Workout with Dennis
 12:30 🍷 Movie Matinee: The Notebook PG-13 2004 · Romance/Comedy · 2h 1m [T]
 3:00 🍷 Happy Hour with Live Music from Elvis [LB32]
 4:30 🐾 Tails on Trails Walking Group [LP]
 6:00 ♣ Games with Friends [GR]

13

9:30 ↔ Balance & Stability Class with Karl [FS]
 10:15 ♣ Corn Hole Game [FS]
 11:30 ★ Spice Up Your Life: Valentine's Day Cherry Coke Floats [V]
 1:00 🍷 Magic Show with James Weigelt [T]
 2:00 ♣ Nickel Blackjack [GR]
 3:00 ♣ Cribbage [FS]
 4:00 ☺ Technology Help in Activities Office
 6:00 ♣ Games with Friends [GR]

Happy Birthday Keith Campbell!! Valentine's Day 14

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]
 12:00 ★ Celebrate Friendship High Tea~ Honoring Valentine's Day! [LB32]
 1:00 ★ Lantern Crest Annual Vow Renewal, Remembrance and Reflection [PL]
 2:00 ♣ "8 Ballers" Pool Billiards Group & Dart Board Game [GRP]
 3:00 ♣ \$1 Bingo [GR]
 4:00 ★ Valentines Day Platter Meal~RSVP By 02/11 [TD]
 4:30 🐾 Tails on Trails Walking Group [LP]
 5:00 🍷 Valentines Day Movie Special: We Live in Time R 2024 · Romance/Comedy · 1h 47m [T]

Happy Birthday Liz Jones! 15

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
 2:00 ♣ Nickel Blackjack [GR]
 3:00 ♣ New Scrabble Game [FS]
 4:30 🐾 Tails on Trails Walking Group [LP]
 6:30 ♣ Games in the Game Room [GR]

FEBRUARY AT THE POINTE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>HAPPY BIRTHDAY</p> <p>HENNIE CARUANA 2/07 KEITH CAMPBELL 2/14 LIZ JONES 2/15 MADELINE KOCI 2/17 BEA JONES 2/19 GEORGE CARUANA 2/20 BRUCE MCINDOE 2/21 SHIRLEY REIDER 2/21 DICK MARKSON 2/24 DIANE S 2/25</p>	<p>Last Day To RSVP for Tuesday Outing 16</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 ★ San Diego Symphony Outing</p> <p>2:30 ♣ \$1 Bingo [GR]</p> <p>4:30 🐾 Tails on Trails Walking Group [LP]</p>	<p>Happy Birthday Madeline Koci! 17</p> <p>Presidents' Day</p> <p>9:00 ↔ Cardio Drumming Class in the Theater [T]</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 [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>10:30 ★ Shopping Outing to: Target [LP]</p> <p>11:30 ★ Veterans' Group Luncheon at The Plaza [BPD]</p> <p>2:00 ★ Arts and Crafts ~ Heart Door Knob Decor [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>Happy Birthday Bea Jones! 19</p> <p>Spirit Wednesday ~ Wear Red/Pink in February</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>1:00 ☺ LCRA General Meeting [T]</p> <p>3:00 ☺ Happy Hour with Live Music from Double Take [LB32]</p> <p>4:30 🐾 Tails on Trails Walking Group [LP]</p> <p>6:00 ♣ Games with Friends [GR]</p>	<p>Happy Birthday George Caruana!! 20</p> <p>9:30 ↔ Balance & Stability Class with Karl [FS]</p> <p>10:15 ♣ Corn Hole Game [FS]</p> <p>11:30 ★ Spice Up Your Life: Sheet Pan Nachos [V]</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>4:00 ☕ Thursday Specialty Buffet: [TD]</p> <p>6:00 ♣ Games with Friends [GR]</p>	<p>All Staff Meeting: No Doctor Appointments After 12pm 21</p> <p>Happy Birthday Shirley Reider!!</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 ☺ The "SNL" Movie~ Saturday Night R 2024 · Comedy/Drama · 1h 49m [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>2:00 ♣ Nickel Blackjack [GR]</p> <p>3:00 ♣ New Scrabble Game [FS]</p> <p>4:30 🐾 Tails on Trails Walking Group [LP]</p> <p>6:30 ♣ Games in the Game Room [GR]</p>
	<p>Last Day To RSVP for Tuesday Outing 23</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 ☺ Sunday series ~The Crown 2016 · History~ E 2 [T]</p> <p>2:30 ♣ \$1 Bingo [GR]</p> <p>4:30 🐾 Tails on Trails Walking Group [LP]</p>	<p>Happy Birthday Dick Markson!! 24</p> <p>9:00 ↔ Cardio Drumming Class in the Theater [T]</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 Diane Svendsen !!!! 25</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>2:00 ★ Arts and Crafts ~ Love Bug Coaster [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>Spirit Wednesday ~ Wear Red/Pink in February 26</p> <p>Wear Red for Heart Month</p> <p>9:15 ☺ Happy Hearts Walking Club</p> <p>10:00 ☕ Coffee with the Assistant Executive Director [LP]</p> <p>11:00 ☺ March Frenzy-Sign-Up [LB32]</p> <p>11:30 ↔ Stay Active, Stay Young~ Workout with Dennis</p> <p>12:30 ☺ Movie Matinee: Love Again 2023 Maturity Rating:PG-13 1h 44m Romance [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>9:30 ↔ Balance & Stability Class with Karl [FS] 27</p> <p>10:15 ♣ Corn Hole Game [FS]</p> <p>11:30 ★ Spice Up Your Life: Breakfast Wraps [V]</p> <p>1:00 ☕ New Resident Welcome- Cookies, Coffee, & Conversations [pl]</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>9:00 ↔ Senior Stretches Video [FS] 28</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>12:00 ★ Special Outing to: Rodizio Grill El Cajon</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 Plaza! [TL]</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 PRESIDENTS DAY</p> <p>UNITED STATES OF AMERICA</p> <p>FEBRUARY 17TH</p>

- LOCATION KEY
- LP- 1st Floor Lobby Pointe
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 - T-3rd Floor Theater
 - FR4-4th Floor Fitness Studio
 - L-4th Floor Library
 - AC-4th Floor Arts/Crafts Room
 - TDP-Terrazza Dining Patio

VALENTINE'S DAY HIGH TEA PARTY



Join us as we celebrate love & friendship! Filled with delightful conversations, exquisite teas, and a delectable assortment of sweet, savory treats and live piano music.

Friday 14th @12pm [LB32]

★  **RSVP**

AMERICAN Heart MONTH

Residents Families & Staff: Wear Red on Wednesdays!



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.



LIX SUPER BOWL

SUNDAY SUPERBOWL

SUPER FOOD, SUPER PEOPLE, SUPER GOOD TIME!

Join Us

Sunday Feb. 9th

3:30pm Kick Off Time

LB32