

February at the Plaza

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Happy Birthday

Del Glanz 2/08

Joan Bleich 2/09

Kelly Culver 2/27

Forrest Price 2/27

Sharon T 2/27



Location Key

50GR - 50's Game Room

AO - Plaza Activities Office

BBC - Bocce Ball Court

BD - Bel Air Diner

BLR-5th Floor Billiards Room

BPD - Balboa Private Dining

CC - Coronado Courtyard

CDR - Catalina Dining Room

CH - Reflections Chapel

FR - Fitness Room

IPS - Indoor Pool and Spa

MB - Miramar Bar

MDT - Movie Dinner Theater

PL - Plaza Lobby

PL4 - Puzzle Lounge/ Library

SC - Sunken Courtyard

TL - 2nd Floor Turtle Lounge

TR - King Charles Tea Room



Groundhog Day **2**
Wear Red for Heart Health Awareness Month!!

- 8:00 ★ Guardian Angels Catholic Church [PL]
- 8:15 ★ Shadow Mountain Church Drive [PL]
- 9:00 † Sunday Morning Church Service with Pastor Bill [CH]
- 10:15 ★ Shadow Mountain Church Drive [PL]
- 12:00 🐾 Bow Wow Dog Social [PL]
- 2:00 ♣ Self Run Cornhole [PL]

Happy Birthday Joan Bleich!! **9**

- 8:00 ★ Guardian Angels Catholic Church [PL]
- 8:15 ★ Shadow Mountain Church Drive [PL]
- 9:00 † Sunday Morning Church Service with Pastor Bill [CH]
- 10:15 ★ Shadow Mountain Church Drive [PL]
- 12:00 🐾 Bow Wow Dog Social [PL]
- 2:00 ♣ Self Run Cornhole [PL]
- 3:15 🎵 Super Bowl LIX Celebration with Live Music From Mike & Mandy~Music To Remember

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- 10:00 ↔ Morning Stretches - Instructional Video [FR]
- 11:00 ☞ Coffee in the Sea Lounge on the 2nd Floor [TL]
- 1:00 ♣ \$4 Bingo [MDT]
- 1:00 ♣ Hand & Foot [50GR]
- 1:30 📺 Monday Documentary: June 6, 1944 - The Light of Dawn | History - D-Day - World War II [MDT]
- 3:30 🕒 Short Stories & Poetry Group [TR]
- 4:30 🐾 Happy Tails ~ Evening Dog Walk [PL]

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- 10:00 ↔ Morning Stretches - Instructional Video [FR]
- 11:00 ☞ Coffee in the Sea Lounge on the 2nd Floor [TL]
- 1:00 ♣ \$4 Bingo [MDT]
- 1:00 ♣ Hand & Foot [50GR]
- 1:30 📺 Monday Documentary: The Mysterious Islands of the South Pacific [MDT]
- 3:30 🕒 Democrat & Independents Social Club: End Of Life Choices with Guest Speaker, Grant Affleck~Pointe Theater
- 3:30 🕒 Short Stories & Poetry Group [TR]
- 4:30 🐾 Happy Tails ~ Evening Dog Walk [PL]

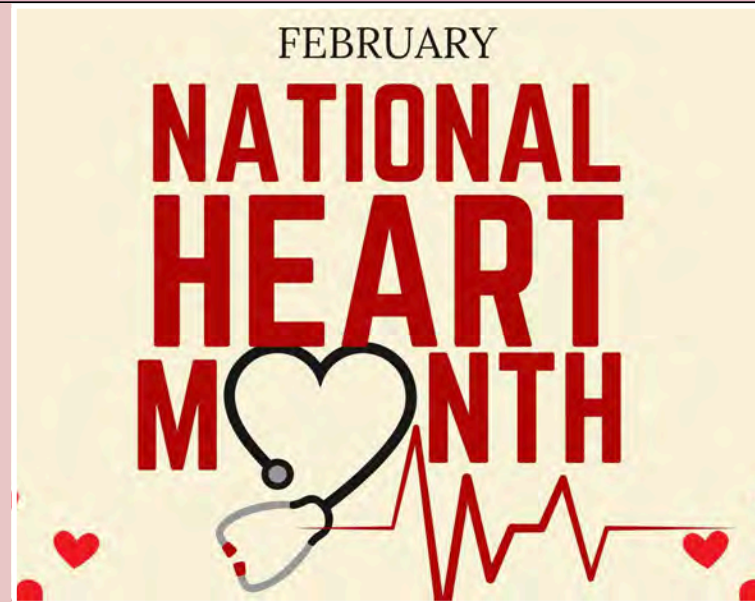
Please see Pointe Activity Calendar for Additional Activities

4

- 9:00 ↔ Indoor Water Aerobics with Peggy [IPS]
- 10:15 ↔ Core Strength and Weights with Karl [FR]
- 11:00 ☞ Cornhole by the Moss Wall [PL]
- 12:30 ♣ Dominoes [50GR]
- 3:00 ♣ Nickel Blackjack [50GR]
- 3:30 Transportation Committee Meeting [V]
- 4:00 🕒 Technology Help - Bring Your Device! [AO]

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- 9:00 ↔ Indoor Water Aerobics with Peggy [IPS]
- 9:15 † St. Kieran's Communion Service [CH]
- 10:15 ↔ Core Strength and Weights with Karl [FR]
- 11:00 ☞ Cornhole by the Moss Wall [PL]
- 12:30 ♣ Dominoes [50GR]
- 1:00 Veterans Group Committee [L]
- 2:00 🕒 Emergency Preparedness Program~ with Sharp Preparedness Expert
- 3:00 ♣ Nickel Blackjack [50GR]
- 4:00 🕒 Technology Help - Bring Your Device! [AO]



Spirit Wednesday ~ Wear Red/Pink in February **5**

- 10:00 ↔ Morning Stretches - Instructional Video [FR]
- 11:00 ↔ Warm-Up and Work Out with Dennis [FR]
- 1:00 ♣ \$4 Bingo [MDT]
- 2:00 ↔ Lantern Crest Bowling League [BD]
- 3:00 🍷 Women's Wine Time [MDT]
- 4:30 🐾 Happy Tails ~ Evening Dog Walk [PL]

Spirit Wednesday ~ Wear Red/Pink in February **12**

- 10:00 ↔ Morning Stretches - Instructional Video [FR]
- 11:00 ↔ Warm-Up and Work Out with Dennis [FR]
- 1:00 ♣ \$4 Bingo [MDT]
- 2:00 ☞ Share, Support, Socialize with Amy from Senior Helpers [TL]
- 2:00 🕒 Table Talk and Tasty Treats with Chef Phil [BPD]
- 3:00 ★ Valentine's Day Treats DIY with Life Enrichment [BD]
- 4:30 🐾 Happy Tails ~ Evening Dog Walk [PL]

Last Day To RSVP for Saturday Outing **6**

- 10:15 ↔ Core Strength and Weights with Karl [FR]
- 11:30 ★ Excursion to: Jimmy's Restaurant Santee [PL]
- 11:30 📺 Matinee Movie: Queen Bees PG-13 2021 - Comedy/Romance - 1h 40m [MDT]
- 1:00 Resident Council Board Member Meeting [BPD]
- 3:00 ↔ Line Dance [CDR]
- 4:00 ★ Specialty Buffet at The Pointe [V]
- 4:00 🕒 Technology Help - Bring Your Device! [AO]

Last Day To RSVP for Saturday Outing **13**

- 10:15 ↔ Core Strength and Weights with Karl [FR]
- 11:30 ★ Excursion to: Panda Country Restaurant [PL]
- 11:30 📺 Matinee Movie: My Best Friend's Wedding PG-13 1997 - Comedy/Romance - 1h 45m [MDT]
- 2:30 ☞ New Resident Mingle!! [CH]
- 3:00 ↔ Line Dance [CDR]
- 4:00 🕒 Technology Help - Bring Your Device! [AO]



La Mesa Hearing Aids ~ 9am - 11am [TR] **7**

- 10:00 ↔ Ladder Toss Game [PL]
- 10:30 ♣ \$4 Poker [50GR]
- 11:00 🕒 Free Friday Vitals Check with Senior Helpers [PL]
- 12:00 ♣ Hand, Knee, and Foot [50GR]
- 1:00 ↔ Cardio Drumming Video [FR]
- 3:00 🎵 Happier Hour with Live Music Brown Sugar Oldies [CDR]
- 4:30 🐾 Happy Tails ~ Evening Dog Walk [PL]

Valentine's Day **14**

- 10:00 ↔ Ladder Toss Game [PL]
- 10:30 ♣ \$4 Poker [50GR]
- 11:00 🕒 Free Friday Vitals Check with Senior Helpers [PL]
- 12:00 ♣ Hand, Knee, and Foot [50GR]
- 1:00 ★ Lantern Crest Annual Vow Renewal, Remembrance and Reflection [PL]
- 3:00 🎵 Valentine's Day Happier Hour with Live Music from Tradesmen [CDR]
- 4:30 🐾 Happy Tails ~ Evening Dog Walk [PL]

Valentine's Day Door Contest Begin Vote for your Favorite! **1**

- 9:30 📺 Shopping Outing to: Trader Joe's Santee
- 10:30 ↔ Chair Yoga with Heidi [FR]
- 12:30 ☞ Strawberry Ice Cream Scoop in the 50's Diner! [BD]
- 1:00 ♣ 3 to 13 Card Game! [MDT]
- 1:00 ♣ Scrabble with Friends [MDT]
- 3:00 ♣ Nickel Blackjack [50GR]
- 6:00 📺 Evening Movie: Before Sunrise R 1995 - Romance/Drama - 1h 45m [MDT]

Happy Birthday Del Glanz!! **8**

- 9:45 ★ Shopping Outing to: Macys & TJ Max Santee
- 10:30 ↔ Chair Yoga with Heidi [FR]
- 11:00 Bel Air Diner Open for Lunch! ~ 11am-2pm [BD]
- 12:30 ☞ Strawberry Ice Cream Scoop in the 50's Diner! [BD]
- 1:00 ♣ 3 to 13 Card Game! [MDT]
- 1:00 ♣ Scrabble with Friends [MDT]
- 3:00 ♣ Nickel Blackjack [50GR]
- 6:00 📺 Evening Movie: My Big Fat Greek Wedding PG 2002 - Comedy/Romance - 1h 35m [MDT]

Shopping Outing to: Food 4 Less **15**

- 9:30 📺 Shopping Outing to: Food 4 Less
- 10:30 ↔ Chair Yoga with Heidi [FR]
- 12:30 ☞ Strawberry Ice Cream Scoop in the 50's Diner! [BD]
- 1:00 ♣ 3 to 13 Card Game! [MDT]
- 1:00 ♣ Scrabble with Friends [MDT]
- 3:00 ♣ Nickel Blackjack [50GR]
- 6:00 📺 Evening Movie: A Walk to Remember PG 2002 - Romance/Drama - 1h 40m [MDT]

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Happy Birthday

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>8:00 ★ Guardian Angels Catholic Church [PL] 16</p> <p>8:15 ★ Shadow Mountain Church Drive [PL]</p> <p>9:00 † Sunday Morning Church Service with Pastor Bill [CH]</p> <p>10:15 ★ Shadow Mountain Church Drive [PL]</p> <p>12:00 🐾 Bow Wow Dog Social [PL]</p> <p>2:00 ♣ Self Run Cornhole [PL]</p>	<p>Presidents' Day 17</p> <p>10:00 ↔ Morning Stretches - Instructional Video [FR]</p> <p>11:00 ☞ Coffee in the Sea Lounge on the 2nd Floor [TL]</p> <p>1:00 ♣ \$4 Bingo [MDT]</p> <p>1:00 ♣ Hand & Foot [50GR]</p> <p>1:30 📺 Monday Documentary: Eight Wonders Of Our Solar System The Planets [MDT]</p> <p>3:30 ☼ Short Stories & Poetry Group [TR]</p> <p>4:30 🐾 Happy Tails ~ Evening Dog Walk [PL]</p>	<p>Happy Birthday Vadia Cook!! 18</p> <p>9:00 ↔ Indoor Water Aerobics with Peggy [IPS]</p> <p>10:15 ↔ Core Strength and Weights with Karl [FR]</p> <p>11:00 ☞ Cornhole by the Moss Wall [PL]</p> <p>11:30 ★ Veterans' Luncheon at The Plaza [BD]</p> <p>12:30 ♣ Dominoes [50GR]</p> <p>3:00 ♣ Nickel Blackjack [50GR]</p> <p>4:00 ☼ Technology Help - Bring Your Device! [AO]</p>	<p>Spirit Wednesday ~ Wear Red/Pink in February 19</p> <p>10:00 ↔ Morning Stretches - Instructional Video [FR]</p> <p>11:00 ↔ Warm-Up and Work Out with Dennis [FR]</p> <p>1:00 ♣ \$4 Bingo [MDT]</p> <p>2:00 ↔ Lantern Crest Bowling League [BD]</p> <p>3:00 🍷 Women's Wine Time [MDT]</p> <p>4:30 🐾 Happy Tails ~ Evening Dog Walk [PL]</p>	<p>Last Day To RSVP for Saturday Outing 20</p> <p>10:15 ↔ Core Strength and Weights with Karl [FR]</p> <p>11:30 ★ Excursion to: Okawa [PL]</p> <p>11:30 📺 Matinee Movie: Queen Bees PG-13 2021 · Comedy/Romance · 1h 40m [MDT]</p> <p>1:00 ☼ LCRA General Meeting [MDT]</p> <p>3:00 ↔ Line Dance [CDR]</p> <p>3:30 ☞ Calendar Brainstorm with Activities [MDT]</p> <p>4:00 ★ Specialty Buffet at The Pointe [V]</p> <p>4:00 ☼ Technology Help - Bring Your Device! [AO]</p>	<p>All Staff Meeting: No Doctor Appointments After 12pm 21</p> <p>10:00 ↔ Ladder Toss Game [PL]</p> <p>10:30 ♣ \$4 Poker [50GR]</p> <p>11:00 ☺ Free Friday Vitals Check with Senior Helpers [PL]</p> <p>12:00 ♣ Hand, Knee, and Foot [50GR]</p> <p>1:00 ↔ Cardio Drumming Video [FR]</p> <p>3:00 🎵 Happier Hour with Live Music The Frank Guy Gary Burt [CDR]</p> <p>4:30 🐾 Happy Tails ~ Evening Dog Walk [PL]</p>	<p>9:30 📺 Shopping Outing to: Target 22</p> <p>10:30 ↔ Chair Yoga with Heidi [FR]</p> <p>12:30 ☞ Strawberry Ice Cream Scoop in the 50's Diner! [BD]</p> <p>1:00 ♣ 3 to 13 Card Game! [MDT]</p> <p>1:00 ♣ Scrabble with Friends [MDT]</p> <p>3:00 ♣ Nickel Blackjack [50GR]</p> <p>6:00 📺 Evening Movie :Annie Hall PG 1977 · Comedy/Romance · 1h 33m [MDT]</p>
<p>8:00 ★ Guardian Angels Catholic Church [PL] 23</p> <p>8:15 ★ Shadow Mountain Church Drive [PL]</p> <p>9:00 † Sunday Morning Church Service with Pastor Bill [CH]</p> <p>10:15 ★ Shadow Mountain Church Drive [PL]</p> <p>12:00 🐾 Bow Wow Dog Social [PL]</p> <p>2:00 ♣ Self Run Cornhole [PL]</p>	<p>Happy Birthday Emma Pastore!! 24</p> <p>10:00 ↔ Morning Stretches - Instructional Video [FR]</p> <p>11:00 ☞ Coffee in the Sea Lounge on the 2nd Floor [TL]</p> <p>1:00 ♣ \$4 Bingo [MDT]</p> <p>1:00 ♣ Hand & Foot [50GR]</p> <p>1:30 📺 Monday Documentary: Bears Of The North Nature Documentary [MDT]</p> <p>2:00 🗣️ Dining Committee Meeting [BPD]</p> <p>3:30 ☼ Short Stories & Poetry Group [TR]</p> <p>4:30 🐾 Happy Tails ~ Evening Dog Walk [PL]</p>	<p>9:00 ↔ Indoor Water Aerobics with Peggy [IPS] 25</p> <p>9:15 † St. Kieran's Communion Service [CH]</p> <p>10:15 ↔ Core Strength and Weights with Karl [FR]</p> <p>11:00 ☞ Cornhole by the Moss Wall [PL]</p> <p>12:30 ♣ Dominoes [50GR]</p> <p>2:00 ☞ March Sign-Up Social [50GR]</p> <p>3:00 ♣ Nickel Blackjack [50GR]</p> <p>4:00 ☼ Technology Help - Bring Your Device! [AO]</p>	<p>Spirit Wednesday ~ Wear Red/Pink in February 26</p> <p>10:00 ↔ Morning Stretches - Instructional Video [FR]</p> <p>11:00 ↔ Warm-Up and Work Out with Dennis [FR]</p> <p>1:00 ♣ \$4 Bingo [MDT]</p> <p>2:00 ☞ Share, Support, Socialize with Amy from Senior Helpers [TL]</p> <p>2:00 ☼ Table Talk and Tasty Treats with Chef Phil [BPD]</p> <p>2:30 ☼ March Sign-Up Social [MDT]</p> <p>4:30 🐾 Happy Tails ~ Evening Dog Walk [PL]</p>	<p>Happy Birthday Forrest Price & Sharon T!! 27</p> <p>Last Day To RSVP for Saturday Outing</p> <p>10:15 ↔ Core Strength and Weights with Karl [FR]</p> <p>11:30 ★ Excursion to: Mission Trails [PL]</p> <p>11:30 📺 Matinee Movie: Love Again PG-13 2023 · Romance/Comedy · 1h 44m [MDT]</p> <p>3:00 ↔ Line Dance [CDR]</p> <p>4:00 ☼ Technology Help - Bring Your Device! [AO]</p>	<p>10:00 ↔ Ladder Toss Game [PL] 28</p> <p>10:30 ♣ \$4 Poker [50GR]</p> <p>11:00 ☺ Free Friday Vitals Check with Senior Helpers [PL]</p> <p>12:00 ♣ Hand, Knee, and Foot [50GR]</p> <p>1:00 ↔ Cardio Drumming Video [FR]</p> <p>2:00 ☼ LC Community Book Club at The Plaza [BPD]</p> <p>3:00 🎵 Happier Hour with Live Music from Fireball Express [CDR]</p> <p>4:30 🐾 Happy Tails ~ Evening Dog Walk [PL]</p>	

All Activities With A **RED STAR** Require You to Sign Up. Call Extension **3910** to Sign Up for Activities!



Activities is always looking for resident input & suggestions for new activities, movies & outings.

You can find the 'Suggestion' Box hanging on the wall located just outside of the Activities office near the Sharp Clinic.

LIFE ENRICHMENT TEAM

Ext: 3910

Plazalifeenrichment@lanterncrest.com

Doctor Drives
619-905-3061

Monday- Friday
9am - 3pm

For Appts further than 15 Miles
9am - 1pm
No Transportation after 12pm on the 22nd of Each Month