

# MARCH AT THE POINTE

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**Happy Birthday**

Paul Rosenberg 3/01  
Ted Holmsen 3/01  
Ken Weiss 3/05  
Richard Canfield 3/07  
Dave Zeman 3/18  
Michael Foggiano 3/19  
Marcia Christy 3/20  
Judy Tucker 3/24  
Sally Rodriguez 3/28

- 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



*All Activities With A Red Star Require You to Sign up*

**Call Ext 5405**



- Happy Birthday Paul Rosenberg!** **1**
- Happy Birthday Ted Holmsen!**
- 8:00 ★ **Dental Hygiene Services with RDHAP Lucy Torres [AC]**
  - 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's Ice Cream Sandwich Social [V]**
  - 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** **2**
- 8:00 ★ **Guardian Angels Catholic Church [LP]**
  - 8:15 ★ **Shadow Mountain Church Drive [LP]**
  - 9:00 ★ **Sunday Morning Church Service with Pastor Steven [CH]**
  - 10:00 ★ **Sunday Run to: Trader Joe's Santee**
  - 10:15 ★ **Shadow Mountain Church Drive #2**
  - 12:30 ♣ **Bridge Club [FS]**
  - 1:00 🎲 **Sunday series ~The Crown 2016 · History~ E 3 [T]**
  - 2:30 ♣ **\$1 Bingo [GR]**
  - 4:30 🐾 **Tails on Trails Walking Group [LP]**

- 9:00 ↔ Cardio Drumming Class in the Theater [T]** **3**
- 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 Culinary Director Reggie [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 🚶 Indoor Water Aerobics with Peggy [IPS]** **4**
- 9:15 † **St. Kieran's Communion Service at The Ridge**
  - 9:30 ↔ **Balance & Stability Class with Karl [FS]**
  - 11:00 ★ **Brunch Outing to: Anthony's Fish Grotto [LP]**
  - 2:00 ★ **Arts and Crafts ~ Pine Cone Zinnia Flowers [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 🚶 Happy Hearts Walking Club** **5**
- 9:30 ★ **Santee Hall Wednesday - Celtic Ballads and Songs with Many Strings**
  - 11:00 📄 **Scrapbooking Club**
  - 11:30 ↔ **Stay Active, Stay Young~ Workout with Dennis**
  - 12:30 🎬 **Movie Matinee: Judy PG-13 2019 · Musical/Romance · 1h 58m [T]**
  - 1:00 🚶 **Residents Assoc. Board Meeting [V]**
  - 3:00 🎵 **Happy Hour with Live Music with Special Guest Gonzo [LB32]**
  - 4:30 🐾 **Tails on Trails Walking Group [LP]**
  - 6:00 ♣ **Games with Friends [GR]**

- Last Day To RSVP for Sunday Outing** **6**
- 9:30 ↔ **Balance & Stability Class with Karl [FS]**
  - 10:15 ♣ **Corn Hole Game [FS]**
  - 10:30 🚶 **March Calendar Chat with Life Enrichment Coordinator Erika**
  - 1:00 🍰 **Women's Wine Time Social [LB32]**
  - 2:00 🚶 **Crime Prevention Seminar with Christina Chaney Crime Prevention Specialist [T]**
  - 3:00 ♣ **Cribbage [FS]**
  - 4:00 🚶 **Technology Help in Activities Office**
  - 4:00 🍰 **Thursday Specialty Buffet: BBQ Buffet 18.5pts [TD]**
  - 6:00 ♣ **Games with Friends [GR]**

- 9:00 🚶 Beltone Hearing Aid Free Cleaning and Check 9am to 11am [AC]** **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]**

- International Women's Day** **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]**
  - 11:00 ★ **Make Your Own Flower Arrangement [V]**
  - 11:30 ♣ **Left, Right, Center Dice Game [GR]**
  - 1:00 🍰 **Saturday's Ice Cream Sandwich Social [V]**
  - 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]**

- Daylight Savings Time Begins** **9**
- 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 Coches**
  - 10:15 ★ **Shadow Mountain Church Drive #2**
  - 12:30 ♣ **Bridge Club [FS]**
  - 1:00 🎲 **Sunday series ~The Crown 2016 · History~ E 4 [T]**
  - 2:30 ♣ **\$1 Bingo [GR]**
  - 4:30 🐾 **Tails on Trails [LP]**

- 9:00 ↔ Cardio Drumming Class in the Theater [T]** **10**
- 10:00 🍰 **Coffee, Cookies & Conversations [LP]**
  - 10:30 🚶 **Happy Hearts Walking Club**
  - 10:45 🎵 **Learn Line Dancing [L]**
  - 1:00 🎵 **Glee Club [GR]**
  - 3:00 🚶 **Democrat & Independents Social Club: Turning Anger into Action." [L]**
  - 3:00 ♣ **Mexican Train [GR]**
  - 4:30 🎵 **Evening Piano Music [TD]**
  - 4:30 🐾 **Tails on Trails Walking Group [LP]**

- 9:00 🚶 Indoor Water Aerobics with Peggy [IPS]** **11**
- 9:15 † **St. Kieran's Communion Service [CH]**
  - 9:30 ↔ **Balance & Stability Class with Karl [FS]**
  - 10:30 🎵 **Merry Ukes Performance**
  - 11:30 ★ **Brunch Outing to: Mamma Rosa Italian Restaurant**
  - 2:00 ★ **Arts and Crafts ~ Shamrock Art [AC]**
  - 3:00 ♣ **Bingo [LP]**
  - 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** **12**
- 11:00 📄 **Scrapbooking Club**
  - 11:30 ↔ **Stay Active, Stay Young~ Workout with Dennis**
  - 3:00 🎵 **St Patrick's Day Happy Hour With Gregory Page [LB32]**
  - 4:30 🐾 **Tails on Trails Walking Group [LP]**
  - 6:00 ♣ **Games with Friends [GR]**

- 9:30 ↔ Balance & Stability Class with Karl [FS]** **13**
- 10:15 ♣ **Corn Hole Game [FS]**
  - 11:30 ★ **Spice Up Your Life: St Patrick's Day Pudding Cups [V]**
  - 3:00 ♣ **Cribbage [FS]**
  - 4:00 🚶 **Technology Help in Activities Office**
  - 5:00 ★ **Lucky Bingo Night [p]**
  - 6:00 ♣ **Games with Friends [GR]**

- 9:00 ↔ Senior Stretches Video [FS]** **14**
- 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 [p]**
  - 4:30 🐾 **Tails on Trails Walking Group [LP]**
  - 6:00 🎭 **Comedy Night: I Love Lucy Show [T]**

- 9:00 ↔ Exercise & Weights with Heidi [FS]** **15**
- 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's Ice Cream Sandwich Social [V]**
  - 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]**

# MARCH AT THE POINTE

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

**Happy Birthday**

Paul Rosenberg 3/01  
Ted Holmsen 3/01  
Ken Weiss 3/05  
Richard Canfield 3/07  
Dave Zeman 3/18  
Michael Foggiano 3/19  
Marcia Christy 3/20  
Judy Tucker 3/24  
Sally Rodriguez 3/28

**LOCATION KEY**

- LP- 1st Floor Lobby Pointe
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- 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 16**

- 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 ♣ Sunday series ~The Crown 2016 · History~ E 5 [T]
- 2:30 ♣ \$1 Bingo [GR]
- 4:30 ♣ Tails on Trails Walking Group [LP]

**Last Day To RSVP for Tuesday Outing 23**

- 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: Vons
- 12:30 ♣ Bridge Club [FS]
- 1:00 ♣ Sunday series ~The Crown 2016 · History~ E 6 [T]
- 2:30 ♣ \$1 Bingo [GR]
- 4:30 ♣ Tails on Trails Walking Group [LP]

**Last Day To RSVP for Tuesday Outing 30**

- 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 ★ Sunday Outing: San Diego Symphony
- 2:30 ♣ \$1 Bingo [GR]
- 4:30 ♣ Tails on Trails Walking Group [LP]

**St. Patrick's Day Wear Green Day! 17**

- 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 Show: Sing Along & Irish Songs [GR]
- 2:00 ♣ Nickel Blackjack [GR]
- 3:00 ♣ Mexican Train [GR]
- 4:30 ♪ Evening Piano Music [TD]
- 4:30 ♣ Tails on Trails Walking Group [LP]

**Happy Birthday Judy Tucker!! 24**

- 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]
- 1:30 ☼ Table Talk & Tasty Treats [V]
- 2:00 ♣ Nickel Blackjack [GR]
- 3:00 ♣ Mexican Train [GR]
- 4:30 ♣ Tails on Trails Walking Group [LP]

**31**

- 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 ☼ 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 Dave Zeman !!!!! 18**

- 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]
- 11:30 ★ Brunch Outing to: Okawa Steak House & Sushi [LP]
- 11:30 ★ Veterans' Group Luncheon at The Pointe [LB32]
- 2:00 ★ Arts and Crafts ~ Spring Decoupage Terra Cotta Painting [AC]
- 3:00 ♣ Bingo [GR]
- 4:00 ☼ Technology Help in Activities Office
- 6:00 ♣ Games with Friends [GR]

**25**

- 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: Sycuan Casino [LP]
- 2:00 ★ Arts and Crafts ~ Mary's Class [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]

**LUCKY BINGO Night**

BRING YOUR BEST LUCK! ✨  
LIGHT REFRESHMENTS WILL BE SERVED.  
PRIZES AWAIT THE LUCKIEST PLAYERS!  
DON'T MISS OUT ON THIS UNFORGETTABLE NIGHT OF FUN WITH FRIENDS

POINTE LOBBY 5PM

**Happy Birthday Michael Foggiano!! 19**

- 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 ♣ March Birthday Celebration with Live Music from Double take [LB32]
- 4:30 ♣ Tails on Trails Walking Group [LP]
- 6:00 ♣ Games with Friends [GR]

**26**

- 9:15 ♪ Happy Hearts Walking Club
- 10:00 ☼ Lantern Crest Evacuation Drill
- 11:30 ↔ Stay Active, Stay Young~ Workout with Dennis
- 12:30 ☞ Movie Matinee: An Affair To Remember Not Rated 1957 · Romance/Comedy · 1h 59m [T]
- 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 Marcia Christy!! 20**

**International Day of Happiness - Choose Joy!!**

**Last Day To RSVP for Sunday Outing**

- 9:30 ↔ Exercise Video Class [FS]
- 10:15 ♣ Corn Hole Game [FS]
- 11:30 ★ Spice Up Your Life: Spring Chicken Salad [V]
- 1:00 ♪ Fall Prevention Seminar with Mission Hospice [T]
- 2:00 ♣ Nickel Blackjack [GR]
- 3:00 ♣ Cribbage [FS]
- 4:00 ☼ Technology Help in Activities Office
- 4:00 ☞ Thursday Specialty Buffet: Soup & Salad Bar 16.5pts [TD]
- 6:00 ♣ Games with Friends [GR]

**Last Day To RSVP for Sunday Outing 27**

**Wear A Padres Jersey Day!**

- 8:00 ☼ Spring Donation Day~8am to 12pm
- 9:30 ↔ Balance & Stability Class with Karl [FS]
- 10:15 ♣ Corn Hole Game [FS]
- 11:00 ♣ Welcoming Spring with a Honey Tasting Event [LB32]
- 1:00 ☞ New Resident Welcome-Cookies, Coffee, & Conversations
- 1:00 ♣ Padres Opening Day Game [T]
- 2:00 ♣ Nickel Blackjack [GR]
- 3:00 ♣ Cribbage [FS]
- 4:00 ☼ Technology Help in Activities Office
- 6:00 ♣ Games with Friends [GR]

Join us for **St. Patrick's Day Happy Hour**

Special Performance of **Gregory Page's**

Wednesday 12th 3pm lb32

**All Staff Meeting: No Doctor Appointments After 12pm 21**

**All Staff Meeting: No Doctor Appointments After 12pm**

- 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]

**28**

- 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]
- 11:00 ☼ April Frenzy Sign-Up [LB32]
- 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 Pointe! [L]
- 3:00 ♣ \$1 Bingo [GR]
- 4:30 ♣ Tails on Trails Walking Group [LP]
- 6:00 ☞ Comedy Night: I Love Lucy Show [T]

**DOCTORS APPTS.**

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.

**22**

- 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's Ice Cream Sandwich Social [V]
- 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]

**29**

- 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's Ice Cream Sandwich Social [V]
- 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]