July at The Plaza



TR - King Charles Tea Room

at The Plaza

Happy Birthday

Kevin King 7/04 Mel Rohr 7/06 lames Parker 7/17 Pat Lejeck 7/18 Norma Bauer 7/20 Maureen MacVay 7/20 David Vigilante 7/21 Marian Mullen 7/25 Joyce Pantaleo 7/27



Location Key

50GR - 50's Game Room

BBC - Bocce Ball Court

BD - Bel Air Diner

BLR - 5th Floor Billiards Room

BPD - Balboa Private Dining Room

CDR - Catalina Dining Room

CC - Coronado Courtyard

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

Sunday Happy Birthday Maureen

MacVay!!!

8:00 **★** Guardian Angels

Catholic Church [PL] 8:15 **★** Shadow Mountain **Church Drive [PL]**

9:00 T Sunday Morning **Church Service with** Pastor Bill [CH]

10:15 ★ Shadow Mountain **Church Drive [PL]**

12:00 👺 Bow Wow Dog Social

2:00 A Sunday Bingo~\$1 [MDT]

Monday Happy Birthday Dave

Vigilante!! Happy Birthday Norma Bauer!! 10:00 ↔ Morning Stretches -**Instructional Video** [FR]

11:00
Coffee in the Sea Lounge on the 2nd Floor [TL]

[MDT]

1:00 **h** Hand & Foot [50GR] 2:00
Flower Arrangements

3:00 → Learn and Line Dance [CDR] 3:30 A Pegs & Jokers Game

[50GR] 4:30 A Happy Tails ~ Evening Dog Walk [PL]

All Staff Meeting: No Doctor Appointments After 12pm

Tuesday

9:00 - Gentle Aquafit with Peggy [IPS]

9:15 **T** St. Kieran's **Communion Service**

Weights with Karl [FR] 11:00 📥 Cornhole by the Moss

Wall [PL] 12:30 **A** Dominoes [50GR] 3:00 h Nickel Blackjack [50GR]

4:00 O Technology Help -**Bring Your Device!** [OA]

Wednesday

9:30 & Helmut Eye Care [MDT] **Instructional Video** [FR]

Time [IPS]

Out with Dennis [FR]

1:00 **A** \$4 Bingo [MDT] 3:00 M Together We Drink

[BD]

4:30 👺 Happy Tails ~ **Evening Dog Walk** Last Day To RSVP for 7/ Saturday Outing

Thursday

10:00 ★ Excursion to **Downtown Cafe** [PL]

10:15 •• Core Strength and Weights with Karl [FR]

Moss Wall [PL]

11:30 👺 Matinee Movie **Back in Action 1hr** 54m [MDT]

2:00 **h** \$4 Poker [50GR]

4:00 O Technology Help **Bring Your Device!** [AO]

Happy Birthday Marian 25 Mullen!!

Friday

11:00 😲 Free Friday Vitals **Check with Senior** Helpers [PL]

12:00 🔥 Hand, Knee, and Foot [50GR]

1:00 ← Cardio Drumming Video [FR] 2:00 O LC Community Book

Club at The Pointe

3:00 M Happier Hour with **Live Music from Brown Sugar [CDR]**

4:30 👺 Happy Tails ~ **Evening Dog Walk** [PL]

Saturday 9:30 * Shopping **Outing to:**

Walmart Los Coches 10:00 ← Chair Yoga with Heidi [FR]

11:00 💻 Bel Air Diner Open for Lunch! ~ 11am-1pm [BD]

1:00 **±** 3 to 13 Card Game! [MDT]

1:00 A Scrabble with Friends [MDT]

3:00 A Nickel Blackiack [50GR]

5:30 Evening Movie: Love Actually 2hr 15m [MDT]

Happy Birthday Joyce 7 Pantaleo!!

8:00 **★** Guardian Angels **Catholic Church** [PL]

8:15 **★** Shadow Mountain Church Drive [PL]

9:00 T Sunday Morning **Church Service** with Pastor Bill

[CH] 0:15 🖈 Shadow Mountain **Church Drive [PL]**

12:00 A Bow Wow Dog Social [PL]

2:00 A Sunday Bingo~\$1 [MDT]

10:00 **↔** Morning Stretches -**Instructional Video**

11:00
Coffee in the Sea Lounge on the 2nd Floor [TL]

1:00 h Hand & Foot [50GR] 2:00 O Dining Committee

Meeting [BPD] 2:00 * Wine Glass Decorating [MDT]

3:00 → Learn and Line Dance [CDR] 3:30 A Pegs & Jokers Game

[50GR] 4:30 A Happy Tails ~ Evening Dog Walk [PL]

9:00 **↔** Gentle Peggy [IPS]

10:15 - Core Strength and **Weights with Karl** [FR]

11:00 iii. Cornhole by the Moss Wall [PL]

12:30 . Dominoes [50GR] 1:00 * Taste of the Week: **Acorn Donut** Holes [BD]

3:00 A Nickel Blackjack [50GR]

4:00 O Technology Help **Bring Your Device!** [AO]

Gentle Aquafit with 29 10:00 ↔ Morning Stretches -Instructional Video [FR]

Time [IPS]

11:00 **↔** Warm-Up and **Work Out with** Dennis [FR]

1:00 A \$4 Bingo [MDT]

3:00 Silver Steppers **Dance Performance** [MDT]

4:30 路 Happy Tails ~ **Evening Dog Walk**

Last Day To RSVP for Saturday Outing

Weights with Karl [FR]

11:30 Matinee Movie

2:00 **h** \$4 Poker [50GR] 3:00 ★ High Tea Thursday

4:00 Specialty Buffet @ The Plaza [CDR]

4:00 O Technology Help -[AO]

Moss Wall [PL]

11:00 - Corn Hole by the

[MDT]

Bring Your Device!



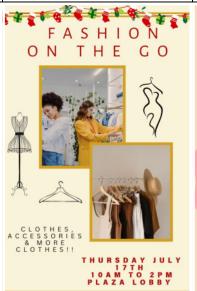
DONATION

Next pick up is: FRIDAY, July 7th

2nd Floor Loading Dock ms must fit inside boxes or b gged up and ready to go for pick up









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.

(the date may vary; please check the calendar every month)