


Sunday		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<div><div>Happy Birthday</div><div>LILY VIERA 8/02 JACK GORDON 8/02 JACKIE GLOVER 8/04 ALFREDO CHAVEZ-PULIDO 8/05 ERNI CASSY 8/07 GEORGE LEJACK 8/07 KAREN ROHR 8/09 JERRY WARD 8/12 CHRIS ZAFIS 8/13 BILL GILMAN 8/17 ARLAN BARBER 8/18 GLENDA PARKER 8/22 DENIS CRIST 8/23 ALLAN GLADFELTER 8/25 ARNIE ROSENBERG 8/26 VICKY LUCAS 8/30 DOLORES BANKER 8/31</div></div> <div><div>Location Key</div><div>50GR – 50's Game Room AO– Activities Office 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 PL6 – Puzzle Lounge/Library SC – Sunken Courtyard TL – 2nd Floor Turtle Lounge TR – King Charles Tea Room</div></div>		<div><div>Annual Luau Event</div><div>cordially invite you to join the celebration</div><div>THURSDAY 28 AT 4PM</div><div>AUGUST</div><div>The Plaza CDR with Hula Dancers and Fantastic food</div><div>Please come dressed in your favorite Hawaiian outfit RSVP before 18th August with Life Enrichment</div></div>	<div><div>DOCTORS APPTS.</div><div>Monday-Friday 9am-3pm</div><div>9 AM- 1 PM for Appts Further than 15 Miles</div><div>Transportation request forms available at the front desk</div><div>Submit completed forms to front desk 48 hours before your planned trip.</div><div>Transportation Number (619)905-3061</div><div>No transportation after 12pm on the 22nd of each Month .</div><div>( the date may vary; please check the calendar every month)</div></div>	<div><div>WANT TO WATCH YOUR FAVORITE GAME SHOW ON THE BIG SCREEN?!?! JUST ASK ACTIVITIES TO PUT IT ON FOR YOU!</div><div></div></div>	<div><div>Door Decorating Contest: Summertime Theme</div><div>11:00 🐾 Free Friday Vitals Check with Senior Helpers [PL]</div><div>12:00 ♣️ Hand, Knee, and Foot [50GR]</div><div>1:00 ↔️ Cardio Drumming Video [FR]</div><div>3:00 🎧 Happier Hour with Live Music from Double Take [CDR]</div><div>4:30 🐾 Happy Tails ~ Evening Dog Walk [PL]</div></div>	<div><div>Happy Birthday Jack Gordon!!</div><div>Happy Birthday Lily Viera!!</div><div>9:30 ★ Shopping Outing to: Sprouts [PL]</div><div>10:00 ↔️ Chair Yoga with Heidi [FR]</div><div>12:00 🍰 Saturday Ice Cream Social [50GR]</div><div>1:00 ♣️ 3 to 13 Card Game! [MDT]</div><div>1:00 ♣️ Scrabble with Friends [MDT]</div><div>3:00 ♣️ Nickel Blackjack [50GR]</div><div>5:30 🎬 Evening Movie: The Help 2h 26m Drama/ Comedy [MDT]</div></div>		
		<div><div>8:00 ★ Guardian Angels Catholic Church [PL]</div><div>8:15 ★ Shadow Mountain Church Drive [PL]</div><div>9:00 🕊️ Sunday Morning Church Service with Pastor Bill [CH]</div><div>10:15 ★ Shadow Mountain Church Drive [PL]</div><div>11:00 🎤 Betty White Off Their Rockers Episode [MDT]</div><div>12:00 🐾 Bow Wow Dog Social [PL]</div><div>2:00 ♣️ Sunday Bingo~\$1 [MDT]</div></div>	<div><div>Happy Birthday Jackie Glover!!</div><div>10:00 ↔️ Morning Stretches - Instructional Video [FR]</div><div>11:00 🍰 Coffee in the Sea Lounge on the 2nd Floor [TL]</div><div>1:00 ♣️ Hand, Knee &amp; Foot [50GR]</div><div>2:00 ★ Rock Painting [MDT]</div><div>3:00 ↔️ Learn and Line Dance [CDR]</div><div>4:30 🐾 Happy Tails ~ Evening Dog Walk [PL]</div></div>	<div><div>Happy Birthday Alfredo Chavez-Pulido!!</div><div>9:00 ↔️ Gentle Aquafit with Peggy [IPS]</div><div>10:15 ↔️ Core Strength and Weights with Karl [FR]</div><div>11:00 ♣️ Cornhole by the Moss Wall [PL]</div><div>12:30 ♣️ Dominoes [50GR]</div><div>1:00 ★ Tasty Treats: Saltine Sweets [BD]</div><div>3:00 ♣️ Nickel Blackjack [50GR]</div><div>3:30 Transportation Committee Meeting [V]</div><div>4:00 💡 Technology Help - Bring Your Device! [AO]</div></div>	<div><div>National Root Beer Float Day</div><div>10:00 ↔️ Morning Stretches - Instructional Video [FR]</div><div>10:30 ↔️ Wednesday Pool Time [IPS]</div><div>11:00 ↔️ Warm-Up and Work Out with Dennis [FR]</div><div>11:30 ★ It's Root Beer Float Time with Life Enrichment [BD]</div><div>1:00 ♣️ \$4 Bingo [MDT]</div><div>2:00 🍰 Table Talk with Culinary Director Reggie [BPD]</div><div>3:00 🎧 Women's Wine Time [MDT]</div><div>4:30 🐾 Happy Tails ~ Evening Dog Walk [PL]</div></div>	<div><div>Happy Birthday Ernestine Cassey!!</div><div>Happy Birthday George Lejeck Last Day To RSVP for Saturday Outing</div><div>National Purple Heart Day</div><div>10:15 ↔️ Core Strength and Weights with Karl [FR]</div><div>11:00 ↔️ Corn Hole by the Moss Wall [PL]</div><div>11:00 ★ Excursion to Outback Steakhouse [PL]</div><div>11:30 🎬 Matinee Movie: Maria 2h 3m Musical/Drama [MDT]</div><div>1:00 💡 Resident Council Board Member Meeting [BPD]</div><div>2:00 ♣️ \$4 Poker [50GR]</div><div>4:00 💡 Technology Help - Bring Your Device! [AO]</div></div>	<div><div>9:00 🐾 Beltone Hearing Aid Check and Cleaning ~ 9am-11am [TR]</div><div>11:00 🐾 Free Friday Vitals Check with Senior Helpers [PL]</div><div>12:00 ♣️ Hand, Knee, and Foot [50GR]</div><div>1:00 ↔️ Cardio Drumming Video [FR]</div><div>3:00 🎧 Happier Hour with Live Music from Brown Sugar Oldies [CDR]</div><div>4:30 🐾 Happy Tails ~ Evening Dog Walk [PL]</div></div>	<div><div>Happy Birthday Karen Rohr!!</div><div>9:30 ★ Shopping Outing to: Smart &amp; Final [PL]</div><div>10:00 ↔️ Chair Yoga with Heidi [FR]</div><div>12:00 🍰 Saturday Ice Cream Social [50GR]</div><div>1:00 ♣️ 3 to 13 Card Game! [MDT]</div><div>1:00 ♣️ Scrabble with Friends [MDT]</div><div>3:00 ♣️ Nickel Blackjack [50GR]</div><div>5:30 🎬 Evening Movie: The BeeKeeper 1h 45m Action/Thriller [MDT]</div></div>
		<div><div>8:00 ★ Guardian Angels Catholic Church [PL]</div><div>8:15 ★ Shadow Mountain Church Drive [PL]</div><div>9:00 🕊️ Sunday Morning Church Service with Pastor Bill [CH]</div><div>10:15 ★ Shadow Mountain Church Drive [PL]</div><div>11:00 🎤 Betty White Off Their Rockers Episode [MDT]</div><div>12:00 🐾 Bow Wow Dog Social [PL]</div><div>2:00 ♣️ Sunday Bingo~\$1 [MDT]</div></div>	<div><div>10:00 ↔️ Morning Stretches - Instructional Video [FR]</div><div>11:00 🍰 Coffee in the Sea Lounge on the 2nd Floor [TL]</div><div>1:00 ♣️ Hand, Knee &amp; Foot [50GR]</div><div>2:00 ★ Plants/Flower Arrangements [MDT]</div><div>3:00 ↔️ Learn and Line Dance [CDR]</div><div>4:30 🐾 Happy Tails ~ Evening Dog Walk [PL]</div></div>	<div><div>Happy Birthday Jerry Ward!!</div><div>9:00 ↔️ Gentle Aquafit with Peggy [IPS]</div><div>9:15 🕊️ St. Kieran's Communion Service [CH]</div><div>10:00 💡 Veterans Group Committee [BPD]</div><div>10:15 ↔️ Core Strength and Weights with Karl [FR]</div><div>11:00 ♣️ Cornhole by the Moss Wall [PL]</div><div>12:30 ♣️ Dominoes [50GR]</div><div>1:00 ★ Tasty Treats: Cucumber Bites [BD]</div><div>3:00 ♣️ Nickel Blackjack [50GR]</div><div>4:00 💡 Technology Help - Bring Your Device! [AO]</div></div>	<div><div>Happy Birthday Chris Zafis!!</div><div>10:00 ↔️ Morning Stretches - Instructional Video [FR]</div><div>10:30 ↔️ Wednesday Pool Time [IPS]</div><div>11:00 ↔️ Warm-Up and Work Out VIDEO [FR]</div><div>12:00 🍰 Life Storytime [TR]</div><div>1:00 ♣️ \$4 Bingo [MDT]</div><div>3:00 Men's Brew Crew [BD]</div><div>4:30 🐾 Happy Tails ~ Evening Dog Walk [PL]</div></div>	<div><div>Last Day To RSVP for Saturday Outing</div><div>10:15 ↔️ Core Strength and Weights with Karl [FR]</div><div>11:00 ↔️ Corn Hole by the Moss Wall [PL]</div><div>11:00 ★ Excursion to: Bongiovanni's Italian Cuisine [PL]</div><div>11:30 🎬 Matinee Movie: Matilda 1h57m Comedy/Family [MDT]</div><div>2:00 ♣️ \$4 Poker [50GR]</div><div>2:30 🍰 New Resident Mingle!! [CH]</div><div>4:00 💡 Technology Help - Bring Your Device! [AO]</div></div>	<div><div>11:00 🐾 Free Friday Vitals Check with Senior Helpers [PL]</div><div>11:00 ★ Lunch At The Ridge [PL]</div><div>12:00 ♣️ Hand, Knee, and Foot [50GR]</div><div>1:00 ↔️ Cardio Drumming Video [FR]</div><div>3:00 🎧 Happier Hour with Live Music Sunshine Gang [CDR]</div><div>4:30 🐾 Happy Tails ~ Evening Dog Walk [PL]</div></div>	<div><div>9:30 ★ Shopping Outing to: Grossmont Mall [PL]</div><div>10:00 ↔️ Chair Yoga with Heidi [FR]</div><div>12:00 🍰 Saturday Ice Cream Social [50GR]</div><div>1:00 ♣️ 3 to 13 Card Game! [MDT]</div><div>1:00 ♣️ Scrabble with Friends [MDT]</div><div>3:00 ♣️ Nickel Blackjack [50GR]</div><div>5:30 🎬 Evening Movie: Elvis 2h 39m Musical/ Drama [MDT]</div></div>



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<div><div><div>Happy Birthday</div><div>LILY VIERA 8/02 JACK GORDON 8/02 JACKIE GLOVER 8/04 ALFREDO CHAVEZ-PULIDO 8/05 ERNI CASSY 8/07 GEORGE LEJACK 8/07 KAREN ROHR 8/09 JERRY WARD 8/12 CHRIS ZAFIS 8/13 BILL GILMAN 8/17 ARLAN BARBER 8/18 GLENDA PARKER 8/22 DENIS CRIST 8/23 ALLAN GLADFELTER 8/25 ARNIE ROSENBERG 8/26 VICKY LUCAS 8/30 DOLORES BANKER 8/31</div></div><div><div>Location Key</div><div>50GR – 50's Game Room AO– Activities Office 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 PL6 – Puzzle Lounge/Library SC – Sunken Courtyard TL – 2nd Floor Turtle Lounge TR – King Charles Tea Room</div></div></div>	<div><div>Happy Birthday Bill Gilman!! 17</div><div>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] 11:00 🎬 Betty White Off Their Rockers Episode [MDT] 12:00 🐾 Bow Wow Dog Social [PL] 2:00 ♠ Sunday Bingo~\$1 [MDT]</div></div>	<div><div>Happy Birthday Arlan Barber!! 18</div><div>10:00 ↔ Morning Stretches - Instructional Video [FR] 11:00 ☕ Coffee in the Sea Lounge on the 2nd Floor [TL] 1:00 ♠ Hand, Knee &amp; Foot [50GR] 2:00 ★ Terracotta Pot Painting [MDT] 3:00 ↔ Learn and Line Dance [CDR] 4:30 🐾 Happy Tails ~ Evening Dog Walk [PL]</div></div>	<div><div>9:00 ↔ Gentle Aquafit with Peggy [IPS] 19</div><div>10:15 ↔ Core Strength and Weights with Karl [FR] 11:00 ♠ Cornhole by the Moss Wall [PL] 11:30 ★ Veterans' Luncheon at The Plaza [MDT] 12:30 ♠ Dominoes [50GR] 1:00 ★ Tasty Treats: Mini Cinnamon Rolls [BD] 3:00 ♠ Nickel Blackjack [50GR] 4:00 💡 Technology Help - Bring Your Device! [AO]</div></div>	<div><div>10:00 ↔ Morning Stretches - Instructional Video [FR] 20</div><div>10:30 ↔ Wednesday Pool Time [IPS] 11:00 ↔ Warm-Up and Work Out with Dennis [FR] 11:30 ★ It's Lunch Time with Life Enrichment [CDR] 1:00 ♠ \$4 Bingo [MDT] 2:00 ☕ Table Talk with Culinary Director Reggie [BPD] 3:00 🎮 Rock-N-Bowl [BD] 4:30 🐾 Happy Tails ~ Evening Dog Walk [PL]</div></div>	<div><div>Last Day To RSVP for Saturday Outing Senior Citizens Day 21</div><div>10:00 ★ Excursion to: Omelet Factory [PL] 10:00 🎬 Matinee Movie: Birdcage 1h 58m Comedy/Drama [MDT] 10:15 ↔ Morning Workout Video [FR] 11:00 ↔ Corn Hole by the Moss Wall [PL] 1:00 💡 LCRA General Meeting [MDT] 2:00 ♠ \$4 Poker [50GR] 3:30 ☕ Calendar Brainstorm with Activities [MDT] 4:00 🎮 Specialty Buffet at The Plaza [CDR] 4:00 💡 Technology Help - Bring Your Device! [AO]</div></div>	<div><div>All Staff Meeting: No Doctor Appointments After 12pm 22</div><div>Happy Birthday Glenda Parker!! 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 from The First String Band [CDR] 4:30 🐾 Happy Tails ~ Evening Dog Walk [PL]</div></div>	<div><div>Happy Birthday Denis Crist!! 23</div><div>9:30 ★ Shopping Outing to: Aldi Grocery Store [PL] 10:00 ↔ Chair Yoga with Heidi [FR] 12:00 ☕ Saturday Ice Cream Social [50GR] 1:00 ♠ 3 to 13 Card Game! [MDT] 1:00 ♠ Scrabble with Friends [MDT] 3:00 ♠ Nickel Blackjack [50GR] 5:30 🎬 Evening Movie: Twisters 2h 2m Action/Adventure [MDT]</div></div>
	<div><div>8:00 ★ Guardian Angels Catholic Church [PL] 24</div><div>8:15 ★ Shadow Mountain Church Drive [PL] 9:00 ☕ Rummage Giveaway 9am-1pm [CC] 9:00 † Sunday Morning Church Service with Pastor Bill [CH] 10:15 ★ Shadow Mountain Church Drive [PL] 11:00 🎬 Betty White Off Their Rockers Episode [MDT] 12:00 🐾 Bow Wow Dog Social [PL] 2:00 ♠ Sunday Bingo~\$1 [MDT]</div></div>	<div><div>Donation Pick Up Day! - Outside 2nd Floor Loading Dock 25</div><div>Happy Birthday Allan Gladfelter!! 10:00 ↔ Morning Stretches - Instructional Video [FR] 11:00 ☕ Coffee in the Sea Lounge on the 2nd Floor [TL] 1:00 ♠ Hand, Knee &amp; Foot [50GR] 2:00 💡 Dining Committee Meeting [BPD] 2:00 ★ Paint &amp; Sip [MDT] 3:00 ↔ Learn and Line Dance [CDR] 4:30 🐾 Happy Tails ~ Evening Dog Walk [PL]</div></div>	<div><div>Happy Birthday Arnie Rosenberg!! 26</div><div>9:00 ↔ Gentle Aquafit 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 ★ Tasty Treats: Ants on a Log [BD] 2:00 🕒 Demystifying Autoimmune Disease Presentation by Dr. Crumpler [MDT] 3:00 ♠ Nickel Blackjack [50GR] 4:00 💡 Technology Help - Bring Your Device! [AO]</div></div>	<div><div>10:00 ↔ Morning Stretches - Instructional Video [FR] 27</div><div>10:30 ↔ Wednesday Pool Time [IPS] 11:00 ↔ Warm-Up and Work Out with Dennis [FR] 12:00 ☕ Life Storytime [TR] 1:00 ♠ \$4 Bingo [MDT] 3:00 🎮 Together We Drink Featured Beverage: Sangria's [BD] 4:30 🐾 Happy Tails ~ Evening Dog Walk [PL]</div></div>	<div><div>Last Day To RSVP for Saturday Outing 28</div><div>10:00 ★ Excursion to: Santee Lakes [PL] 10:15 ↔ Core Strength and Weights with Karl [FR] 11:00 ↔ Corn Hole by the Moss Wall [PL] 11:30 🎬 Matinee Movie: The Six Triple Eight 2h 7m War/Drama [MDT] 2:00 ♠ \$4 Poker [50GR] 4:00 ★ Annual Luau Dinner with Hula Dancers~ 4:00pm-6:00pm [CDR] 4:00 💡 Technology Help - Bring Your Device! [AO]</div></div>	<div><div>Door Decorating Contest Ends 29</div><div>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 💡 LC Community Book Club at The Plaza [CH] 3:00 🎮 Happier Hour with Live Music from Blue Zone [CDR] 4:30 🐾 Happy Tails ~ Evening Dog Walk [PL]</div></div>	<div><div>Happy Birthday Vicky Lucas!! 30</div><div>9:30 ★ Shopping Outing to: Target Shopping Center 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 ♠ Scrabble with Friends [MDT] 3:00 ♠ Nickel Blackjack [50GR] 5:30 🎬 Evening Movie: Indiana Jones &amp; The Dial of Destiny 2h 34m Action/Adventure [MDT]</div></div>
	<div><div>Happy Birthday Dolores Banker!! 31</div><div>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] 11:00 🎬 Betty White Off Their Rockers Episode [MDT] 12:00 🐾 Bow Wow Dog Social [PL] 2:00 ♠ Sunday Bingo~\$1 [MDT]</div></div>	<div><div>RUMMAGE GIVEAWAY</div><div>August 24th 09.00 AM - 01.00 PM CORONADO COURTYARD ON THE 2<sup>ND</sup> FLOOR</div><div></div></div>	<div><div>DONATION PICK-UP</div><div>Next pick up is: Monday, August 25th Drop Off <u>Outside</u> at 2nd Floor Loading Dock The Night Before All items must fit inside boxes or be bagged up and ready to go for pick up.</div><div>get ahead of Spring cleaning!!</div><div>Items: Miscellaneous, Small Furniture, Small Appliances &amp; Electronics, Tools, Toys, Household Items, Books, Shoes &amp; Accessories, Clothing Ladies/Mens/Kids, Jewelry</div><div></div></div>	<div><div>Beltone Hearing</div><div>FREE CLEANING AND CHECK</div><div>August 8th **Plaza** King Chares Tea Room Friday 9am-11am</div><div></div></div>	<div><div>Sunday's @ 11am in Movie Dinner Theater</div><div></div></div>		