

January.
BIRTHDAYS

LOUISE GORE 1/16
MARTHA FLEMING 1/19
SHEILA KRAUSER 1/22
SUNNY MILLER 1/25
JOAN KOLB 1/26
BETTY LIVINGSTON 1/28
LORI GARDNER 1/29

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

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|---|--|---|
| <div><div><div>Happy New year 2026</div><div>Wishing you a year filled with new adventures, accomplishments, and joy. Happy New Year</div></div></div> | <div><div>DOCTORS APPTS.</div><div>Monday-Friday</div><div>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>Dining Room Open 7:30 -2pm~To Go's from 2pm - 3pm; Dining Closed at 3pm</div><div>Last Day To RSVP for Saturday Outing</div><div>National Bloody Mary Day</div><div>New Year's Day</div><div>8:00 🕒 Rose Bowl [MDT]</div><div>10:00 🕒 New Year's Resolutions & Bloody Mary's [PL]</div><div>10:15 ↔ Core Strength and Weights with Karl (NO KARL) [FR]</div><div>11:00 ★ New Year's Day Brunch Buffet 11am-2pm [CDR]</div><div>2:00 ♠️ \$4 Poker (Self Run) [50GR]</div></div> | <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>1:00 🕒 Resident Council Board Member Meeting [BPD]</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>9:30 ★ Shopping Outing to: Trader Joe's/CVS Santee [PL]</div><div>10:30 ↔ Chair Yoga with Heidi [FR]</div><div>11:30 Bel Air Diner Open for Lunch! ~ 11:30am-2pm [BD]</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: Father Goose w/Cary Grant 1hr 58m [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>12:00 ★ Scrap-Booking w/ Activities [MDT]</div><div>2:00 ♠️ Sunday Bingo~\$1 [MDT]</div><div>3:00 🕒 Sweet Treat Sunday [BD]</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 & Foot [50GR]</div><div>2:00 ★ Paint & Sip [MDT]</div><div>3:00 ↔ Learn and Line Dance [CDR]</div><div>4:30 🐾 Happy Tails ~ Evening Dog Walk [PL]</div></div> | <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>11:00 ★ Ridge Tour with Executive Director Brittany [PL]</div><div>12:30 ♠️ Dominoes [50GR]</div><div>1:00 🕒 Tasty Treats: Air Fryer Month-Veggie Spring Rolls [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>Spirit Wednesday! Wear Blue for Mental Health Month</div><div>10:00 ↔ Morning Stretches - Instructional Video [FR]</div><div>11:00 ↔ Warm-Up and Work Out with Dennis [FR]</div><div>11:30 ★ It's Lunch Time with Life Enrichment [CDR]</div><div>1:00 ♠️ \$4 Bingo [MDT]</div><div>2:00 🕒 Table Talk with Culinary Director Reggie [BPD]</div><div>2:30 ★ Santee Farmer's Market (Max 4ppl) [PL]</div><div>3:00 🕒 Women's Wine Time [MDT]</div><div>4:00 Specialty Buffet at The Plaza [CDR]</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>12:00 ★ International Potluck [TR]</div><div>1:30 🕒 Learn the Rules of Poker [50GR]</div><div>2:00 ♠️ \$4 Poker [50GR]</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>12:00 ♠️ Hand, Knee, and Foot [50GR]</div><div>1:00 ↔ Cardio Drumming Video [FR]</div><div>1:30 🕒 New Resident Mingle & Building Tour!! [PL]</div><div>3:00 🕒 Happier Hour with Live Music from Fireball Xpress [CDR]</div><div>4:30 🐾 Happy Tails ~ Evening Dog Walk [PL]</div></div> | <div><div>9:30 ★ Guided Nature-Walk along Walker Preserve Trail Santee 10-12pm [PL]</div><div>10:30 ↔ Chair Yoga with Heidi [FR]</div><div>11:30 Bel Air Diner Open for Lunch! ~ 11:30am-2pm [BD]</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: Charade w/Audrey Hepburn 1hr 53m [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>12:00 ★ Nature Walk: Mast Park [PL]</div><div>2:00 ♠️ Sunday Bingo~\$1 [MDT]</div><div>3:00 🕒 Sweet Treat Sunday [BD]</div></div> | <div><div>Donation Pick Up Day! - Outside 2nd Floor Loading Dock Please Have Items Out Night Before</div><div>National Pharmacist Day</div><div>10:00 ↔ Morning Stretches - Instructional Video [FR]</div><div>11:00 🕒 Coffee in the Sea Lounge on the 2nd Floor with Guest from Mobile Therepy [TL]</div><div>1:00 ♠️ Hand, Knee & Foot [50GR]</div><div>2:00 ★ Craft: Picture Coasters [MDT]</div><div>3:00 ↔ Learn and Line Dance [CDR]</div><div>4:30 🐾 Happy Tails ~ Evening Dog Walk [PL]</div></div> | <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: Air Fryer Month-Mozzarella Sticks [BD]</div><div>3:00 ♠️ Nickel Blackjack [50GR]</div><div>4:00 🕒 Technology Help - Bring Your Device! [AO]</div><div>6:30 🎵 Seratones Choir Performance [MDT]</div></div> | <div><div>National Dress up your Pet Day</div><div>Spirit Wednesday! Wear Blue for Mental Health Month</div><div>10:00 ↔ Morning Stretches - Instructional Video [FR]</div><div>11:00 ↔ Warm-Up and Work Out with Dennis [FR]</div><div>12:00 🕒 Stories & Teatime [TR]</div><div>1:00 ♠️ \$4 Bingo [MDT]</div><div>2:30 ★ Santee Farmer's Market (Max 4ppl) [PL]</div><div>3:00 Men's Brew Crew [BLR]</div><div>4:30 🐾 Happy Tails ~ Evening Dog Walk [PL]</div></div> | <div><div>Last Day To RSVP for Saturday Outing</div><div>9:00 🕒 Blessed Trinity Anglican Church [CH]</div><div>10:15 ↔ Core Strength and Weights with Karl [FR]</div><div>11:00 ↔ Corn Hole by the Moss Wall [PL]</div><div>11:30 ★ High Tea Thursday [TR]</div><div>1:00 🕒 LCRA General Meeting [MDT]</div><div>2:00 ♠️ \$4 Poker [50GR]</div><div>3:30 🕒 Calendar Brainstorm with Activities [MDT]</div><div>4:00 🕒 Technology Help - Bring Your Device! [AO]</div></div> | <div><div>Happy Birthday Louise Gore!!</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>9:30 ★ Shopping Outing to: Vons Grocery Santee [PL]</div><div>10:30 ↔ Chair Yoga with Heidi [FR]</div><div>11:30 Bel Air Diner Open for Lunch! ~ 11:30am-2pm [BD]</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: Meet John Doe w/Gary Cooper 2hr 2m [MDT]</div></div> |

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|---|---|--|
| <div>8:00 ★ Guardian Angels Catholic Church [PL] 18</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>12:00 ★ Scrap-Booking w/ Activities [MDT]</div> <div>2:00 ♣ Sunday Bingo~\$1 [MDT]</div> <div>3:00 ☼ Sweet Treat Sunday [BD]</div> | <div>Happy Birthday Martha Fleming!! 19</div> <div>Martin Luther King, Jr. Day</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 & Foot [50GR]</div> <div>2:00 ☼ Dining Committee Meeting [BPD]</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>9:00 ↔ Gentle Aquafit with Peggy [IPS] 20</div> <div>10:15 ↔ Core Strength and Weights with Karl [FR]</div> <div>11:00 ♣ Cornhole by the Moss Wall [PL]</div> <div>11:30 ★ Veterans' Luncheon at The Pointe [LB32]</div> <div>12:00 Food Show 12pm-2pm [PL]</div> <div>12:30 ♣ Dominoes [50GR]</div> <div>1:00 🎮 Tasty Treats: Air Fryer Month-Zucchini Fries [BD]</div> <div>3:00 ♣ Nickel Blackjack [50GR]</div> <div>4:00 ☼ Technology Help - Bring Your Device! [AO]</div> | <div>Spirit Wednesday! Wear Blue for Mental Health Month 21</div> <div>9:00 † The Lutheran Church-Missouri Synod [CH]</div> <div>10:00 Fashion On The Go ~ 10am - 2:00pm [PL]</div> <div>10:00 ↔ Morning Stretches - Instructional Video [FR]</div> <div>11:00 ↔ Warm-Up and Work Out with Dennis [FR]</div> <div>11:30 ☼ Shuffleboard/Bowling Time!! [CDR]</div> <div>1:00 ♣ \$4 Bingo [MDT]</div> <div>2:00 ☼ Table Talk with Culinary Director Reggie [BPD]</div> <div>2:30 ★ Santee Farmer's Market (Max 4 ppl) [PL]</div> <div>3:00 🎮 Let's Play Pool [BLR]</div> <div>4:00 ☼ Specialty Buffet at The Plaza [CDR]</div> <div>4:30 🐾 Happy Tails ~ Evening Dog Walk [PL]</div> | <div>All Staff Meeting: No Doctor Appointments After 12pm 22</div> <div>Happy Birthday Sheila Krauser!!</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>11:15 ★ Excursion to: Downtown Cafe El Cajon [PL]</div> <div>2:00 ♣ \$4 Poker (Self Run) [50GR]</div> <div>4:00 ☼ Technology Help - Bring Your Device! [AO]</div> | <div>National Pie Day 23</div> <div>10:00 ★ Brunch at the Ridge [PL]</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 The First String Band [CDR]</div> <div>4:30 🐾 Happy Tails ~ Evening Dog Walk [PL]</div> | <div>9:15 ★ Shopping Outing to: Costco Santee [PL] 24</div> <div>10:30 ↔ Chair Yoga with Heidi [FR]</div> <div>11:30 Bel Air Diner Open for Lunch! ~ 11:30am-2pm [BD]</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: I'll be Seeing you w/Ginger Rogers 1hr 25m [MDT]</div> |
| <div>Happy Birthday Sunny Miller!! 25</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>12:00 ★ Nature Walk: Lake Murray [PL]</div> <div>2:00 ♣ Sunday Bingo~\$1 [MDT]</div> <div>3:00 ☼ Sweet Treat Sunday [BD]</div> | <div>Happy Birthday Joan Kolb!! 26</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 & Foot [50GR]</div> <div>2:00 ★ Craft:Tote bag Decorating [MDT]</div> <div>3:00 ↔ Learn and Line Dance [CDR]</div> <div>4:30 🐾 Happy Tails ~ Evening Dog Walk [PL]</div> | <div>9:00 ↔ Gentle Aquafit with Peggy [IPS] 27</div> <div>9:15 † St. Kieran's Communion Service [CH]</div> <div>10:15 ↔ Core Strength and Weights with Karl [FR]</div> <div>11:00 ♣ Cornhole by the Moss Wall [PL]</div> <div>11:00 ★ Ridge Tour with Executive Director Brittany [PL]</div> <div>12:30 ♣ Dominoes [50GR]</div> <div>1:00 🎮 Tasty Treats: Air Fryer Month-Apple Chips [BD]</div> <div>3:00 ♣ Nickel Blackjack [50GR]</div> <div>4:00 ☼ Technology Help - Bring Your Device! [AO]</div> | <div>Happy Birthday Betty Livingston!! 28</div> <div>Spirit Wednesday! Wear Blue for Mental Health Month</div> <div>10:00 ↔ Morning Stretches - Instructional Video [FR]</div> <div>10:00 🐾 Paw-lentine Social 10-11:30am [CC]</div> <div>11:00 ↔ Warm-Up and Work Out with Dennis [FR]</div> <div>1:00 ♣ \$4 Bingo [MDT]</div> <div>2:30 ★ Santee Farmer's Market (Max 4 ppl) [PL]</div> <div>3:00 🎮 Together We Drink [BD]</div> <div>4:30 🐾 Happy Tails ~ Evening Dog Walk [PL]</div> | <div>Happy Birthday Lori Gardner!! 29</div> <div>Last Day To RSVP for Saturday Outing</div> <div>10:00 🎮 Matinee Movie: The Sound of Music 2hr 54m [MDT]</div> <div>10:15 ↔ Core Strength and Weights with Karl [FR]</div> <div>10:30 ★ Excursion to: Tierra Santa Mexican [TR]</div> <div>11:00 ↔ Corn Hole by the Moss Wall [PL]</div> <div>2:00 ♣ \$4 Poker [50GR]</div> <div>3:00 Sharp Presentation Aging in Place [MDT]</div> <div>4:00 ☼ Technology Help - Bring Your Device! [AO]</div> | <div>11:00 ☼ Free Friday Vitals Check with Senior Helpers [PL] 30</div> <div>12:00 ♣ Hand, Knee, and Foot [50GR]</div> <div>1:00 ↔ Cardio Drumming Video [FR]</div> <div>2:00 ☼ LC Community Book Club at The Pointe [L]</div> <div>3:00 🎮 Birthday Happier Hour with Live Music from Blue Zone [CDR]</div> <div>4:30 🐾 Happy Tails ~ Evening Dog Walk [PL]</div> | <div>10:15 ★ Shopping Outing to: Viejas Outlet [PL] 31</div> <div>10:30 ↔ Chair Yoga with Heidi [FR]</div> <div>11:30 Bel Air Diner Open for Lunch! ~ 11:30am-2pm [BD]</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: Casablanca 1hr 42 [MDT]</div> |

Don't miss a thing!



Sign up with the Activites Office for Red Star RSVP Easy Ways

- Email
- Text
- Call
- Leave a Note

LOCAL FARMERS MARKET

EVERY WEDNESDAY

2:30-5:30PM 4PPL MAX

RSVP WITH ACTIVITIES

FASHION ON THE GO ~ EVENT!!



WEDNESDA, JANUARY 21ST

10AM TO 2PM

PLAZA LOBBY

SAN DIEGO SERATONES CHOIR PERFORMANCE AT THE PLAZA



PLAZA MOVIE DINNER THEATER

TUESDAY, JANUARY 13TH 6-30 PM

SEE YOU THERE!

HIGH TEA



Thursday, January 15th @ 11:30am

King Charles Tea Room

Please RSVP with Activities

International POTLUCK

You're invited to our Potluck Party, where the table will be laden with a scrumptious spread of homemade delights. It's time to showcase your culinary prowess and share your favorite recipes with friends and family.

THURSDAY, JANUARY 8TH @ 12PM

KING CHARLES TEA ROOM

Please RSVP with Activities

Paw-lentine Social!

A Valentine's Dog Social for Seniors & Their Furry Friends!



Wednesday, January 28th

10:00 AM - 11:30 AM

Chad Floor (overlaid) The Plaza

Meet Our Furry Friends!