



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>FEBUARY <u>Birthday's</u> DEL GLANZ 2/8 KELLY CULVER 2/27 FORREST PRICE 2/27 SHARON TREVORROW 2/27</p> <p>Location Key</p> <p>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</p>	<p>Sweetheart Photo Display Please bring a Couples Photo we can Share for the Month Valentines Door Decorating Contest Starts 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 ★ Scrap-Booking w/ Activities [MDT] 2:00 † Sunday Bingo~\$1 [MDT] 3:00 ■ Sweet Treat Sunday [BD]</p>	<p>Groundhog Day 10:00 ↔ Morning Stretches - Instructional Video [FR] 11:00 ■ Coffee in the Sea Lounge on the 2nd Floor [TL] 1:00 † Hand, Knee & Foot [50GR] 2:00 ★ Paint & Sip [MDT] 3:00 ↔ Learn and Line Dance [CDR] 4:30 † Happy Tails ~ Evening Dog Walk [PL]</p>	<p>9:00 ↔ Gentle Aquafit with Peggy [IPS] 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: Cottage Cheese & Fruit [BD] 3:00 † Nickel Blackjack [50GR] 3:30 Transportation Committee Meeting [V] 4:00 ♀ Technology Help - Bring Your Device! [AO]</p>	<p>Spirit Wednesday! Wear Red for National Heart Month 9:00 † The Lutheran Church-Missouri Synod [CH] 10:00 ↔ Morning Stretches - Instructional Video [FR] 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 ♀ Women's Wine Time [MDT] 4:00 Specialty Buffet at The Plaza [CDR] 4:30 † Happy Tails ~ Evening Dog Walk [PL]</p>	<p>Last Day To RSVP for Saturday Outing 10:00 ★ Excursion to Joe's Crab Shack Oceanside [TR] 10:15 ↔ Core Strength and Weights with Karl [FR] 11:00 ↔ Corn Hole by the Moss Wall [PL] 11:30 ♀ Matinee Movie: Say Anything 1hr 40m [MDT] 1:00 † Resident Council Board Member Meeting [BPD] 2:00 † \$4 Poker [50GR] 3:00 ♀ Technology Help - Bring Your Device! [AO]</p>	<p>9:00 ♀ Beltone Hearing Aid Check and Cleaning ~ 9am-11am [TR] 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 Double Take [CDR] 4:30 † Happy Tails ~ Evening Dog Walk [PL] 6:00 ★ Dinner at the VFW \$17 [PL]</p>
	<p>Happy Birthday Del Glanz!! Superbowl LX 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] 3:00 ■ Superbowl LX Tailgate Party [MDT]</p>	<p>10:00 ↔ Morning Stretches - Instructional Video [FR] 11:00 ■ Coffee in the Sea Lounge on the 2nd Floor [TL] 1:00 † Hand, Knee & Foot [50GR] 2:00 ★ Craft: Heart Wooden Treasure Box [MDT] 3:00 ↔ Learn and Line Dance [CDR] 4:30 † Happy Tails ~ Evening Dog Walk [PL]</p>	<p>9:00 ↔ Gentle Aquafit with Peggy [IPS] 9:15 † St. Kieran's Communion Service [CH] 10:00 Veterans Group Committee [BPD] 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: Yogurt & Fruit Cups [BD] 3:00 † Nickel Blackjack [50GR] 4:00 ♀ Technology Help - Bring Your Device! [AO]</p>	<p>Spirit Wednesday! Wear Red for National Heart Month 10:00 ↔ Morning Stretches - Instructional Video [FR] 11:00 ♀ Coast Care Home Care Booth 11-1pm [PL] 11:00 ↔ Warm-Up and Work Out with Dennis [FR] 12:00 ■ Stories & Teatime [TR] 1:00 † \$4 Bingo [MDT] 2:30 ★ Santee Farmer's Market (Max 4ppi) [PL] 3:00 ■ Men's Brew Crew [BLR] 4:30 † Happy Tails ~ Evening Dog Walk [PL]</p>	<p>Last Day To RSVP for Saturday Outing 10:15 ↔ Core Strength and Weights with Karl [FR] 11:00 ↔ Corn Hole by the Moss Wall [PL] 11:00 ★ Excursion to: The Stand [PL] 11:30 ♀ Rotary Club [MDT] 1:00 † Hand, Knee, and Foot [50GR] 2:00 † \$4 Poker [50GR] 3:00 ■ Resident Mingle!! [CH] 4:00 ♀ Technology Help - Bring Your Device! [AO]</p>	<p>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 ♀ Valentines Happier Hour with Live Music from Fireball Xpress [CDR] 4:30 † Happy Tails ~ Evening Dog Walk [PL]</p>
	<p>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 ★ Nature Walk to Santee Lakes [PL] 1:00 ★ Art Workshop with Volunteer Nola [BD] 2:00 † Sunday Bingo~\$1 [MDT] 3:00 ■ Sweet Treat Sunday [BD]</p>	<p>10:00 ↔ Morning Stretches - Instructional Video [FR] 11:00 ■ Coffee in the Sea Lounge on the 2nd Floor [TL] 1:00 † Hand, Knee & Foot [50GR] 2:00 ♀ Dining Committee Meeting [BPD] 3:00 ↔ Learn and Line Dance [CDR] 4:30 † Happy Tails ~ Evening Dog Walk [PL]</p>	<p>9:00 ↔ Gentle Aquafit with Peggy [IPS] 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: Fruit Banquettes [BD] 3:00 † Nickel Blackjack [50GR] 4:00 ♀ Technology Help - Bring Your Device! [AO]</p>	<p>Ash Wednesday Spirit Wednesday! Wear Red for National Heart Month 9:00 † The Lutheran Church-Missouri Synod [CH] 10:00 Fashion On The Go ~ 10am - 2:00pm [PL] 10:00 ↔ Morning Stretches - Instructional Video [FR] 10:00 ■ Shuffleboard/Bowling Time!! [BD] 11:00 ↔ Warm-Up and Work Out with Dennis [FR] 12:30 ★ International Potluck [TR] 1:00 ♀ \$4 Bingo [MDT] 2:00 ■ Table Talk with Culinary Director Reggie [BPD] 3:00 ♀ Those Guys Pop-Jazz Band Performance [MDT] 4:00 Specialty Buffet at The Plaza [CDR] 4:30 † Happy Tails ~ Evening Dog Walk [PL]</p>	<p>Last Day To RSVP for Saturday Outing 10:15 ↔ Core Strength and Weights with Karl [FR] 11:00 ↔ Corn Hole by the Moss Wall [PL] 11:30 ★ International Potluck [TR] 1:00 ♀ LCRA General Meeting [MDT] 2:00 † \$4 Poker [50GR] 3:30 ■ Calendar Brainstorm with Activities [MDT] 4:00 ♀ Technology Help - Bring Your Device! [AO]</p>	<p>11:00 ★ Brunch at the Ridge [PL] 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]</p>
	<p>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 ★ Nature Walk to Santee Lakes [PL] 1:00 ★ Art Workshop with Volunteer Nola [BD] 2:00 † Sunday Bingo~\$1 [MDT] 3:00 ■ Sweet Treat Sunday [BD]</p>	<p>10:00 ↔ Morning Stretches - Instructional Video [FR] 11:00 ■ Coffee in the Sea Lounge on the 2nd Floor [TL] 1:00 † Hand, Knee & Foot [50GR] 2:00 ♀ Dining Committee Meeting [BPD] 3:00 ↔ Learn and Line Dance [CDR] 4:30 † Happy Tails ~ Evening Dog Walk [PL]</p>	<p>9:00 ↔ Gentle Aquafit with Peggy [IPS] 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: Fruit Banquettes [BD] 3:00 † Nickel Blackjack [50GR] 4:00 ♀ Technology Help - Bring Your Device! [AO]</p>	<p>Ash Wednesday Spirit Wednesday! Wear Red for National Heart Month 9:00 † The Lutheran Church-Missouri Synod [CH] 10:00 Fashion On The Go ~ 10am - 2:00pm [PL] 10:00 ↔ Morning Stretches - Instructional Video [FR] 10:00 ■ Shuffleboard/Bowling Time!! [BD] 11:00 ↔ Warm-Up and Work Out with Dennis [FR] 11:30 ★ International Potluck [TR] 1:00 ♀ \$4 Bingo [MDT] 2:00 ■ Table Talk with Culinary Director Reggie [BPD] 3:00 ♀ Those Guys Pop-Jazz Band Performance [MDT] 4:00 Specialty Buffet at The Plaza [CDR] 4:30 † Happy Tails ~ Evening Dog Walk [PL]</p>	<p>Last Day To RSVP for Saturday Outing 10:15 ↔ Core Strength and Weights with Karl [FR] 11:00 ↔ Corn Hole by the Moss Wall [PL] 11:30 ★ International Potluck [TR] 1:00 ♀ LCRA General Meeting [MDT] 2:00 † \$4 Poker [50GR] 3:30 ■ Calendar Brainstorm with Activities [MDT] 4:00 ♀ Technology Help - Bring Your Device! [AO]</p>	<p>9:30 ★ Shopping Outing to: Liberty Station [PL] 10:30 ↔ Chair Yoga with Heidi [FR] 1:00 † 3 to 13 Card Game! [MDT] 1:00 † Scrabble with Friends [MDT] 3:00 † Nickel Blackjack [50GR] 5:30 ♀ Evening Movie: Ghost 2hr 6m [MDT]</p>

February at the Plaza



Location Key

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>8:00 ★ Guardian Angels 22 Catholic Church [PL]</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 ★ Scrap-Booking w/ Activities [MDT]</p> <p>2:00 ✝ Sunday Bingo~\$1 [MDT]</p> <p>3:00 ✝ Sweet Treat Sunday [BD]</p>	<p>All Staff Meeting: No Doctor Appointments After 12pm 23</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 ✝ Hand, Knee & Foot [50GR]</p> <p>2:00 ★ Valentines Ceramic Gnomes [MDT]</p> <p>3:00 ↔ Learn and Line Dance [CDR]</p> <p>4:30 🐾 Happy Tails ~ Evening Dog Walk [PL]</p>	<p>9:00 ↔ Gentle Aquafit with Peggy [IPS] 24</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>1:00 🍓 Tasty Treats: Strawberry Cheesecake English Muffin [BD]</p> <p>3:00 ✝ Nickel Blackjack [50GR]</p> <p>4:00 🐾 Technology Help - Bring Your Device! [AO]</p>	<p>Spirit Wednesday! Wear Red for National Heart Month 25</p> <p>9:00 🌟 Donate at Our Blood Drive 9:2:30pm</p> <p>10:00 ↔ Morning Stretches - Instructional Video [FR]</p> <p>11:00 ↔ Warm-Up and Work Out with Dennis [FR]</p> <p>11:30 ☕ Let's Play Pool [BLR]</p> <p>1:00 ✝ \$4 Bingo [MDT]</p> <p>2:00 🌟 Sharp Health Care Corner-Understanding Strokes [MDT]</p> <p>2:30 ★ Santee Farmer's Market (Max 4 ppl) [PL]</p> <p>3:00 🍓 Together We Drink [BD]</p> <p>4:30 🐾 Happy Tails ~ Evening Dog Walk [PL]</p>	<p>Last Day To RSVP for Saturday Outing 26</p> <p>10:15 ↔ Core Strength and Weights with Karl [FR]</p> <p>11:00 ↔ Corn Hole by the Moss Wall [PL]</p> <p>11:00 ★ Excursion to: Black Bear Diner [PL]</p> <p>11:30 ☕ Rotary Club [MDT]</p> <p>2:00 ✝ \$4 Poker [50GR]</p> <p>3:00 🎵 Script in Hand Performance [MDT]</p> <p>4:00 🌟 Technology Help - Bring Your Device! [AO]</p>	<p>Happy Birthday Forrest Price!! 27</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 [CH]</p> <p>3:00 🎵 Birthday Happier Hour with Live Music from The First String Band [CDR]</p> <p>4:30 🐾 Happy Tails ~ Evening Dog Walk [PL]</p>	<p>9:30 ★ Shopping Outing to: Vons [PL]</p> <p>10:30 ↔ Chair Yoga with Heidi [FR]</p> <p>11:00 Brunch Buffet 11-2pm [CDR]</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>5:30 🎬 Evening Movie: While You Were Sleeping 1hr 43m [MDT]</p>



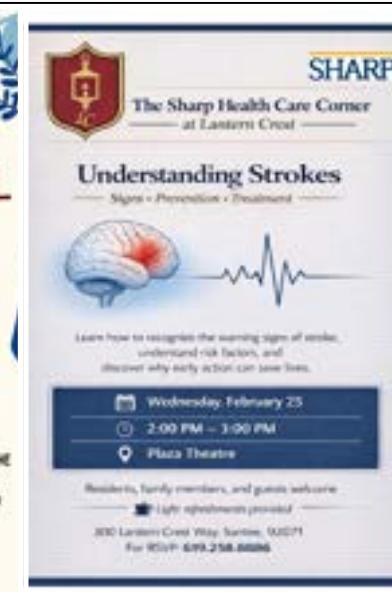
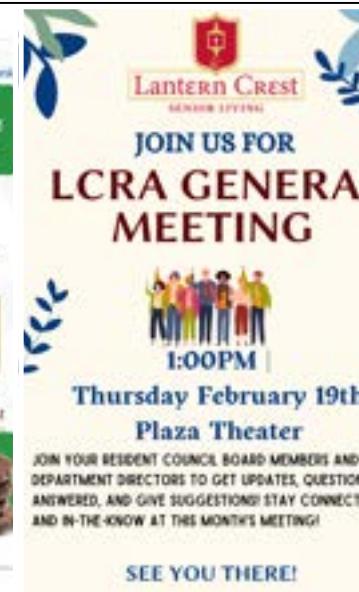
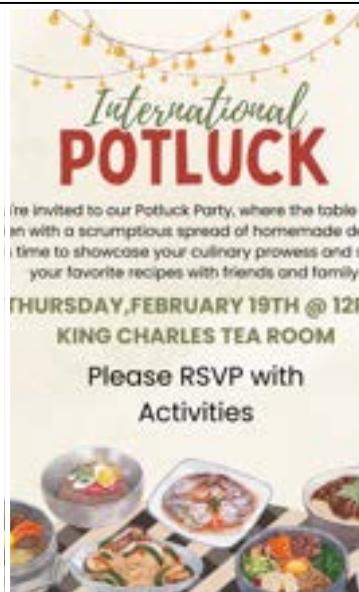
DOCTORS APPTS.
 Monday-Friday
 9am-3pm
 9 AM- 1 PM for Appts Further than 15 Miles
 Transportation request forms available at the front desk
 Submit completed forms to front desk 48 hours before your planned trip.
 Transportation Number (619)905-3061
 No transportation after 12pm on the 22nd of each Month.
 (the date may vary; please check the calendar every month)



Don't miss a thing!



Sign up with the Activities Office for Red Star RSVP
 Easy Ways
 -Email
 -Text
 -Call
 -Leave a Note



- ANIMALS
- ARTS
- EXERCISE
- FILM
- GAMES
- HAPPY HOUR
- HEALTH
- INTELLECTUAL
- MUSIC
- ★ RSVP
- SOCIAL
- ✝ SPIRITUAL