

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

July Birthdays

Wishing our residents a wonderful birthday!

Kevin King — July 4

Mel Rohr — July 6

Howard Blankenship — July 13

James Parker — July 17

Pat LeJeck — July 18

Norma Bauer — July 20

Charles Theodore — July 20

Hanh Phan — July 21

Joyce Pantaleo — July 27

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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

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8:00 ★ Guardian Angels Catholic Church [PL] 5

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 ↔ Sunday Wellness Workout with Heidi [FR]

1:00 🗺️ Virtual Field Trip to: Europe [MDT]

2:00 ♠️ Peaceful Sunday Bingo [MDT]

3:00 🍷 Sweet Sunday Social [BD]

Donation Pick-Up Tomorrow! Place Items Outside 2nd Floor Loading Dock Before 8am 12

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 ↔ Sunday Wellness Workout with Heidi [FR]

1:00 ★ Green House Visit [FR]

2:00 ♠️ Peaceful Sunday Bingo [MDT]

3:00 🍷 Sweet Sunday Social [BD]

Happy Birthday Mel Rohr!! 6

10:00 ↔ Morning Stretches - Instructional Video [FR]

11:00 ☕ Coffee & Cozy Chats in the Turtle Lounge [TL]

1:00 ♠️ Retro Card Time: Hand, Knee & Foot [50GR]

2:00 ★ Make & create with Rubi: Flower Arrangements [MDT]

3:00 ↔ Boot-Scootin' Line Dancing [CDR]

3:30 ★ Quick Trip to Home Goods 4 Less [PL]

4:00 🗺️ Man On The Boroughs (Netflix Series) [MDT]

Donation Day Pick-Up!!! Happy Birthday Howard Blankenship!! 13

10:00 ↔ Morning Stretches - Instructional Video [FR]

11:00 ☕ Coffee & Cozy Chats in the Turtle Lounge w/ Special Guest: Ed from Amada Senior Care [TL]

1:00 ♠️ Retro Card Time: Hand, Knee & Foot [50GR]

2:00 ★ Make & create with Rubi: Sip & Paint [MDT]

3:00 ↔ Boot-Scootin' Line Dancing [CDR]

3:30 ★ Quick Trip to: Michaels

4:00 🗺️ Man On The Boroughs (Netflix Series) [MDT]

Last Day to RSVP for Crusin' to Outing 7

National Chocolate Day

10:00 † Blessed Trinity Anglican Church [CH]

10:15 ↔ Core Strength and Weights [FR]

10:30 ↔ Gentle Aqua-fit with Peggy in the Pool at The Pointe [IPS]

11:00 ♠️ Cornhole by the Moss Wall [PL]

12:30 ♠️ All Aboard the Domino Train [50GR]

2:00 ★ Sweet & Savory Creations: Chocolate Treats [BD]

3:00 ♠️ Nickel Blackjack [50GR]

3:00 Parkinsons Disease Support Group at The Pointe [PL]

3:30 Transportation Committee Meeting [V]

4:15 ☕ Easy Tech with the Activity Girls [AO]

Last Day to RSVP for Crusin' to Outing 14

9:15 † St. Kieran's Communion Service [CH]

10:15 ↔ Core Strength and Weights [FR]

10:30 ↔ Gentle Aqua-fit with Peggy in the Pool at The Pointe [IPS]

11:00 ♠️ Cornhole by the Moss Wall [PL]

12:30 ♠️ All Aboard the Domino Train [50GR]

2:00 ★ Sweet & Savory Creations: Make your own Smoothie [BD]

3:00 "You Are Not Alone Support Group" at The Pointe

3:00 ♠️ Nickel Blackjack [50GR]

4:15 ☕ Easy Tech with the Activity Girls [AO]

Last Day To RSVP for 4th of July BBQ ext. 6407 1

Spirit Wednesdays! Wear Red White & Blue or Military Attire

10:00 ↔ Morning Stretches - Instructional Video [FR]

10:00 † The Lutheran Church-Missouri Synod [CH]

11:30 ★ Lunch & Laughs with Life Enrichment [BPD]

1:00 ♠️ \$4 Fun Bingo [MDT]

2:00 🗺️ Taste & Talk with Sous Chef Aaron & Culinary Director Tim [BPD]

3:00 🗺️ Girls Just Wanna Have Wine [MDT]

Spirit Wednesdays! Wear Red White & Blue or Military Attire 8

10:00 ↔ Morning Stretches - Instructional Video [FR]

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

11:45 ☕ Warm Stories & Tea [TR]

1:00 ♠️ \$4 Fun Bingo [MDT]

2:00 "FREE Clear Captions Home phone" Presentation [MDT]

3:00 🍷 Men's Brew Crew [BLR]

Spirit Wednesdays! Wear Red White & Blue or Military Attire 15

10:00 ↔ Morning Stretches - Instructional Video [FR]

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

1:00 ♠️ \$4 Fun Bingo [MDT]

2:00 🗺️ Taste & Talk with Sous Chef Aaron & Culinary Director Tim [BPD]

3:00 🗺️ Sherley's Trips: Europe [MDT]

Last Day To RSVP for Saturday Shop till you Drop 2

10:00 ♠️ Strike & Socialize Bowling Hour [BD]

10:45 ★ Crusin to: Brigantine [PL]

11:00 ♠️ Late Morning Bocce Ball Fun [BBC]

1:00 ☕ Resident Council Board Member Meeting [BPD]

2:00 ♠️ \$4 Poker [50GR]

3:30 ☕ Creative Calendar Chat [TL]

4:15 ☕ Easy Tech with the Activity Girls [AO]

4:30 🗺️ Early Evening Movie: The Terminal (2004) 2h 8m [MDT]

Last Day To RSVP for Saturday Shop till you Drop 9

10:00 ♠️ Strike & Socialize Bowling Hour [BD]

10:45 ★ Crusin to: The Sizzling Pizza [PL]

11:30 ☕ Meet the Rotary Club- [MDT]

2:00 ♠️ \$4 Poker [50GR]

3:00 ☕ Knowledge Hour~Mind Matters~Brain Boosters [MDT]

4:15 ☕ Easy Tech with the Activity Girls [AO]

Last Day To RSVP for Saturday Shop till you Drop 16

10:00 ♠️ Strike & Socialize Bowling Hour [BD]

11:00 ♠️ Late Morning Bocce Ball Fun [BBC]

11:30 ★ Kings & Queens Tea [TR]

1:00 ☕ LCRA General Meeting [MDT]

2:00 ♠️ \$4 Poker [50GR]

4:15 ☕ Easy Tech with the Activity Girls [AO]

5:30 ★ Family Bingo Night at The Pointe

9:30 ★ Early Bird Putting Green Play [G2] 3

10:30 ↔ Exercise Lite: Weights, Balance & Stretching w/ Peggy [FR]

11:00 🗺️ Senior Helpers Vital Check [PL]

12:00 ♠️ Retro Card Time: Hand, Knee & Foot [50GR]

1:00 ↔ Cardio Drumming Workout [FR]

3:00 🗺️ Happier Hour with Live Music From: Double Take [CC]

9:30 🗺️ Brisk Morning Community Walk [PL] 10

10:30 ↔ Exercise Lite: Weights, Balance & Stretching w/Peggy [FR]

11:00 🗺️ Senior Helpers Vital Check [PL]

12:00 ♠️ Retro Card Time: Hand, Knee & Foot [50GR]

1:00 ↔ Cardio Drumming Workout [FR]

3:00 🗺️ Happier Hour with Live Music From: Fireball Express [CC]

Happy Birthday James Parker!! 17

10:30 ★ Brunch at the Ridge [PL]

10:30 ↔ Exercise Lite: Weights, Balance & Stretching w/Peggy [FR]

11:00 🗺️ Senior Helpers Vital Check [PL]

12:00 ♠️ Retro Card Time: Hand, Knee & Foot [50GR]

1:00 ↔ Cardio Drumming Workout [FR]

3:00 🗺️ Happier Hour with Live Music From: The Tradesman Band [CC]

Catalina Dining Will Close Early Due to Holiday ~ To Gos from 2:30pm - 3:30pm ~ Catalina Dining Closed at 3:30pm 4

Happy Birthday Kevin King!!

10:00 ★ Shop till we Drop to: Vons [PL]

10:00 ↔ Wellness Chair Yoga with Heidi [FR]

11:00 ★ 4th of July BBQ at The Pointe 11-2 [PL]

1:00 ♠️ 3-13 Afternoon Card Social [MDT]

1:00 ♠️ Letters & Laughter Scrabble Fun [TR]

5:30 🗺️ Evening Movie: Wet Hot Summer (2001) 1h 37m [MDT]

10:00 ★ Shop till we Drop to: Grossmont Shopping Center [PL] 11

10:00 ↔ Wellness Chair Yoga with Heidi [FR]

1:00 ♠️ 3-13 Afternoon Card Social [MDT]

1:00 ♠️ Letters & Laughter Scrabble Fun [TR]

3:00 ♠️ Nickel Blackjack [50GR]

5:30 🗺️ Evening Movie: Soul On Fire (2025) 1h 52m [MDT]

Happy Birthday Pat Lejeck!! 18

10:00 ★ Shop till we Drop to: Trader Joes [PL]

10:00 ↔ Wellness Chair Yoga with Heidi [FR]

1:00 ♠️ 3-13 Afternoon Card Social [MDT]


1:00 ♠️ Letters & Laughter Scrabble Fun [TR]

2:00 ★ Fun Make-Up Session w/ Mary Kay Lady "Paige" [TR]

3:00 ♠️ Nickel Blackjack [50GR]

5:30 🗺️ Evening Movie: The Last Rodeo (2025) 1h 58m [MDT]

July At The Plaza

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h2>July Birthdays</h2> <p><i>Wishing our residents a wonderful birthday!</i></p> <p>Kevin King — July 4 Mel Rohr — July 6 Howard Blankenship — July 13 James Parker — July 17 Pat LeJeck — July 18 Norma Bauer — July 20 Charles Theodore — July 20 Hanh Phan — July 21 Joyce Pantaleo — July 27</p>	<p>8:00 ★ Guardian Angels Catholic Church [PL] 19</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 ↔ Sunday Wellness Workout with Heidi [FR]</p> <p>1:00 🎧 Virtual Field Trip: Scotland [MDT]</p> <p>2:00 🎲 Peaceful Sunday Bingo [MDT]</p> <p>3:00 🍷 Sweet Sunday Social [BD]</p>	<p>Happy Birthday Charles Theodore!! 20</p> <p>Happy Birthday Norma Bauer!!</p> <p>10:00 ↔ Morning Stretches - Instructional Video [FR]</p> <p>11:00 ☕ Coffee & Cozy Chats in the Turtle Lounge [TL]</p> <p>1:00 🎲 Retro Card Time: Hand, Knee & Foot [50GR]</p> <p>2:00 ★ Make & create: (Self Led) Pot Painting [MDT]</p> <p>2:30 ★ Quick Trip: San Pasqual Winery</p> <p>3:00 ↔ Boot-Scootin' Line Dancing [CDR]</p> <p>4:00 🎧 Man On The Boroughs (Netflix Series) [MDT]</p>	<p>Happy Birthday Hanh Phan!! 21</p> <p>10:00 † Blessed Trinity Anglican Church [CH]</p> <p>10:15 ↔ Core Strength and Weights [FR]</p> <p>10:30 ↔ Gentle Aqua-fit with Peggy in the Pool at The Pointe [IPS]</p> <p>11:00 🎲 Cornhole by the Moss Wall [PL]</p> <p>11:30 ★ Veterans' Luncheon at The Pointe [LB32]</p> <p>12:30 🎲 All Aboard the Domino Train [50GR]</p> <p>2:00 ★ Taste of The Week: Pigs in a Blanket [BD]</p> <p>3:00 🎲 Nickel Blackjack [50GR]</p> <p>3:00 🎲 Parkinsons Disease Support Group at The Pointe [PL]</p> <p>4:15 🎧 Easy Tech with the Activity Girls [AO]</p>	<p>All Staff Meeting: No Doctor Appointments After 12pm 22</p> <p>Spirit Wednesdays! Wear Red White & Blue or Military Attire</p> <p>10:00 ↔ Morning Stretches - Instructional Video [FR]</p> <p>10:45 ★ Crusin to: Pepper Farm Deli [PL]</p> <p>11:00 ↔ Warm-Up and Work Out with Dennis [FR]</p> <p>3:00 🎲 Together We Drink [BD]</p>	<p>Last Day To RSVP for Saturday Shop till you Drop 23</p> <p>10:00 🎲 Strike & Socialize Bowling Hour [BD]</p> <p>10:45 ★ Afternoon's With the Ridge to Yogurt Mill [PL]</p> <p>11:30 🎧 Meet the Rotary Club- [MDT]</p> <p>2:00 🎲 \$4 Poker [50GR]</p> <p>3:30 ★ Birthday Bash (Celebrate July's Birthdays) [MDT]</p> <p>4:15 🎧 Easy Tech with the Activity Girls [AO]</p>	<p>9:30 ↔ Bright & Early Brocce Ball [BBC] 24</p> <p>9:30 🎲 Brisk Morning Neighbors Walk [PL]</p> <p>10:30 ↔ Exercise Lite: Weights, Balance & Stretching w/Peggy [FR]</p> <p>11:00 🎲 Senior Helpers Vital Check [PL]</p> <p>12:00 🎲 Retro Card Time: Hand, Knee & Foot [50GR]</p> <p>1:00 ↔ Cardio Drumming Workout [FR]</p> <p>3:00 🎲 Happier Hour with Live Music From: Minnie in Motion [CDR]</p>	<p>10:00 ★ Shop till we Drop to: Albertsons [PL] 25</p> <p>10:00 ↔ Wellness Chair Yoga with Heidi [FR]</p> <p>1:00 🎲 3-13 Afternoon Card Social [MDT]</p> <p>1:00 🎲 Letters & Laughter Scrabble Fun [TR]</p> <p>2:00 ★ Santee Chorus at The Pointe [PL]</p> <p>3:00 🎲 Nickel Blackjack [50GR]</p> <p>5:30 🎲 Evening Movie: Remarkably Bright Creatures (2026) 1h 51m [MDT]</p>
	<p>8:00 ★ Guardian Angels Catholic Church [PL] 26</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 ↔ Sunday Wellness Workout with Heidi [FR]</p> <p>1:00 ★ Greenhouse Visit [PL]</p> <p>2:00 🎲 Peaceful Sunday Bingo [MDT]</p> <p>3:00 🍷 Sweet Sunday Social [BD]</p>	<p>Happy Birthday Joyce Pantaleo!! 27</p> <p>10:00 ↔ Morning Stretches - Instructional Video [FR]</p> <p>11:00 ☕ Coffee & Cozy Chats in the Turtle Lounge: Talk about Fall Vaccinations w/ The Pharmacist [TL]</p> <p>1:00 🎧 Dining Committee Meeting [BPD]</p> <p>1:00 🎲 Retro Card Time: Hand, Knee & Foot [50GR]</p> <p>2:00 ★ Make & create with Rubi: Shell Magnets [MDT]</p> <p>3:00 ↔ Boot-Scootin' Line Dancing [CDR]</p> <p>3:30 ★ Quick Trip to: Dollar Tree [PL]</p> <p>4:00 🎧 Man On The Boroughs (Netflix Series) [MDT]</p>	<p>9:15 † St. Kieran's Communion Service [CH] 28</p> <p>10:00 Fashion On the Go 10-2 [PL]</p> <p>10:15 ↔ Core Strength and Weights [FR]</p> <p>10:30 ↔ Gentle Aqua-fit with Peggy in the Pool at The Pointe [IPS]</p> <p>11:00 🎲 Cornhole by the Moss Wall [PL]</p> <p>11:00 Living Well Seminar: Arthritis Foundation [MDT]</p> <p>12:30 🎲 All Aboard the Domino Train [50GR]</p> <p>2:00 ★ Sweet & Savory Creations: Red, White & Blueberry Parfait [BD]</p> <p>3:00 "You Are Not Alone Support Group" at The Pointe</p> <p>3:00 🎲 Nickel Blackjack [50GR]</p> <p>4:15 🎧 Easy Tech with the Activity Girls [AO]</p>	<p>Spirit Wednesdays! Wear Red White & Blue 29 or Military Attire</p> <p>10:00 ↔ Morning Stretches - Instructional Video [FR]</p> <p>11:00 ↔ Warm-Up and Work Out with Dennis [FR]</p> <p>1:00 🎲 \$4 Fun Bingo [MDT]</p> <p>3:00 ★ Specialty Summer Drink Social [BD]</p> <p>3:30 ★ Pickleball Clinic w/ Mr. Grant 3:30-5:30 [PL]</p>	<p>Last Day To RSVP for Saturday Shop till you Drop 30</p> <p>10:00 🎲 Strike & Socialize Bowling Hour [BD]</p> <p>10:45 ★ Crusin to: El Rancho Cantina & Grill [PL]</p> <p>2:00 🎲 \$4 Poker [50GR]</p> <p>3:00 ★ Facial Pampering w/ Mary Kay Lady "Paige" [TR]</p> <p>3:00 Living Well Seminar: Arthritis Foundation [MDT]</p> <p>4:15 🎧 Easy Tech with the Activity Girls [AO]</p> <p>5:30 🎲 Moonwalk Movie Night: "Michael" [MDT]</p>	<p>9:30 ↔ Bright & Early Brocce Ball [BBC] 31</p> <p>10:30 ↔ Exercise Lite: Weights, Balance & Stretching w/Peggy [FR]</p> <p>11:00 🎲 Senior Helpers Vital Check [PL]</p> <p>12:00 🎲 Retro Card Time: Hand, Knee & Foot [50GR]</p> <p>1:00 ↔ Cardio Drumming Workout [FR]</p> <p>2:00 🎧 LC Community Book Club at The Pointe [L]</p> <p>3:00 🎲 Happier Hour with Live Music From: Blue Zone [CC]</p>	 <p>Kings & Queens Tea</p> <p>Thursday July 16th 11:30 AM</p>

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- BPD - Balboa Private Dining Room
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- CC - Coronado Courtyard
- CH - Reflections Chapel
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YOU'RE INVITED TO A **LIVING WELL Seminar**

WITH Arthritis Foundation

TUESDAY JULY 28TH 11:00 AM

THURSDAY JULY 30TH 2:00 PM

BOTH DATES WILL BE HELD AT **MOVIE THEATER AT THE PLAZA**



BINGO **BINGO Night!**

THURSDAY 16

5:30 PM

POINTE LOBBY

GOOD FRIENDS, GREAT PRIZES, A Winning Night!



DONATION PICK-UP

Next pick up is: **Monday, July 13th**

Drop Off Outside at 2nd Floor Loading Dock

All items must fit inside boxes or be bagged up and ready to go for pick up.

Items: Miscellaneous, Small Furniture, Small Appliances & Electronics, Tools, Toys, Household Items, Books, Shoes & Accessories, Clothing Ladies/Mens/Kids, Jewelry



4TH OF JULY BBQ AT THE POINTE POOL DECK

JOIN US FOR AN AFTERNOON OF Food, Music & Celebration!

FRI, JULY 4TH 11:00 AM TO 2:00 PM

THE POINTE POOL DECK

LIVE MUSIC BY **TWO THE MOON**

RSVP Required PLEASE CALL 5407 TO RESERVE YOUR SPOT

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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)

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