

SEPTEMBER THE POINTE

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday			
 Another year of wonderful memories, Wishing you joy, health & happiness! SIMPLE MOMENTS, BEAUTIFUL MEMORIES, GRATEFUL HEARTS.				Happy Birthday Jim Koci!! 9:15 St. Kieran's Communion Service at The Ridge 9:30 Pilates Video Class 10:00 Outing To: Mingei Museum [LP] 10:30 Gentle Aquafit with Peggy [P] 12:00 Water Wellness Crew [P] 1:30 Paint & Sip Art Class 3:00 Bingo [GR] 3:00 Parkinson's Support Group [L] 3:30 Transportation Committee Meeting [V] 4:00 Technology Help in Activities Office [A O] 7:00 Free Friday Vital Checks with Senior Helpers (7pm to 7:30pm) 7:00 Games with Friends [GR]		Spirit Wednesday ~ Brown & Fall Colors 9:15 Happy Hearts Walking Club 9:30 Santee Hall Wednesday -Historic Hotels of California 10:00 Sunshine & Coffee Club [PDP] 11:30 Stay Active, Stay Young~ Workout with Dennis [FS] 12:00 Water Wellness Crew [P] 12:30 Movie Matinee: Nonnas PG 2025 · Comedy/ Drama · 1h 54m [T] 1:00 Resident Assoc. Board Meeting [V] 3:00 Happy Hour with Live Music from Brown Sugar 7:00 Games with Friends [GR]		Happy Birthday Naomi Cain & Ray Justus! Last Day To RSVP for Caramelized Apple Bar 9:30 Stay Strong workout class Video [FS] 10:30 Chat with Life Enrichment Coordinator Erika [LP] 12:00 Water Wellness Crew [P] 1:00 Women's Wine Time Social [LB32] 2:00 Nickel Blackjack [GR] 3:00 Cribbage [FS] 4:00 Technology Help in Activities Office 6:00 Men's Poker Day [GR] 7:00 Free Friday Vital Checks with Senior Helpers (7pm to 7:30pm) [LB32] 7:00 Games with Friends [GR]		Last Day To RSVP for Sunday Outing 9:30 Senior Stretches Video [FS] 10:00 Free Friday Vital Checks with Senior Helpers [LB32] 10:30 Trivia Challenge in the Library with Larry Nelson [L] 12:00 Water Wellness Crew [P] 1:30 Arts and Crafts ~ Tulle Pumpkin Decor 3:00 \$1 Bingo [GR] 6:45 Friday Night Cinema: The Boys in the Boat PG-13 2023 · Sport/Drama · 2h 4m [T]		Exercise & Weights with Heidi [FS] 10:00 Walking on Sunshine to: Weston Park 11:30 Left-Center-Right Game [GR] 1:00 Saturday Social: Ice Cream Sandwiches [V] 2:00 Nickel Blackjack [GR] 3:00 Scrabble Game [FS] 6:30 Games in the Game Room [GR]		LP- 1st Floor Lobby Pointe LB32- 2nd Floor Latitude 32 Bar V-2nd Floor Veranda Dining TD-2nd Floor Terrazza Dining FS-2nd Floor Fitness Studio G2-2nd Floor Garden PDP-Pool Deck Patio 3C-3rd Floor Garden Courtyard GR-3rd Floor Game Room LL/P-3rd Floor Lantern Links T-3rd Floor Theater FR4-4th Floor Fitness Studio L-4th Floor Library AC-4th Floor Arts/Crafts Room TDP-Terrazza Dining Patio BISR- Bistro 2nd floor	
8:00 Guardian Angels Catholic Church [LP] 8:15 Shadow Mountain Church Drive [LP] 9:00 Sunday Morning Church Service with Pastor Steven [CH] 10:15 Shadow Mountain Church Drive #2 10:30 Sunday Run to: GTM & Mary's Donuts 11:15 Yoga Class with Heidi [FS] 12:00 Water The Garden & Tunes 12:30 Bridge Club [FS] 1:00 Sunday Series :Anne with an E~ [T] 2:30 \$1 Bingo [GR] 5:30 Games with Friends [GR]		Labor Day Dining Room will be Closing Early Due to Holiday "To Go's from 2pm-3pm" Dining Room Closes at 3:30pm 9:30 Exercise Video Class [FS] 10:45 Happy Hearts Walking Club 11:00 Labor Day BBQ at The Plaza with Live Music from Fireball Express (11am to 2pm) [CC] 12:00 Water Wellness Crew [P] 1:00 Labor Day Cinema: A League of Their Own~ PG 1992 · Family/Comedy · 2h 8m [T] 3:30 Mexican Train [GR]		9:15 St. Kieran's Communion Service [CH] 9:30 Pilates Video Class 10:00 Veteran's Group Committee~ [L] 10:30 Gentle Aquafit with Peggy [P] 12:00 Water Wellness Crew [P] 1:00 Welcoming Fall with a Caramelized Apple Bar [TD] 1:30 Paint & Sip Art Class 3:00 Bingo [GR] 3:00 You're Not Alone -- Family-Caregivers Support Group [L] 4:00 Technology Help in Activities Office [A O] 7:00 Free Friday Vital Checks with Senior Helpers (7pm to 7:30pm) 7:00 Games with Friends [GR]		Happy Birthday Ken Jones!! Spirit Wednesday ~ Brown & Fall Colors 9:15 Happy Hearts Walking Club 10:00 Fashion on The Go~ 10am to 2pm 10:00 Sunshine & Coffee Club [PDP] 11:30 Workout Video [FS] 12:00 Water Wellness Crew [P] 12:30 Movie Matinee: Midway PG-13 2019 · War/ Action · 2h 18m [T] 3:00 Happy Hour with Live Music from Archie Thompson 7:00 Games with Friends [GR]		9:30 Stay Strong workout class Video [FS] 10:00 Your Ideas, Our Calendar~ Brainstorm Calendar Events 11:30 September Birthday Bash 12:00 Water Wellness Crew [P] 1:15 Cozy Quilt Corner 2:00 Nickel Blackjack [GR] 3:00 Cribbage [FS] 4:00 Technology Help in Activities Office 6:00 Men's Poker Day [GR] 7:00 Free Friday Vital Checks with Senior Helpers (7pm to 7:30pm) [LB32] 7:00 Games with Friends [GR]		Last Day To RSVP for Sunday Outing 8:46 Remembering September 11: A Time to Honor & Reflect (L) [L] 9:30 Senior Stretches Video [FS] 10:00 Free Friday Vital Checks with Senior Helpers [LB32] 10:30 Trivia Challenge in the Library with Larry Nelson [L] 12:00 Water Wellness Crew [P] 1:30 Arts and Crafts ~ Wood Coaster Pumpkin 3:00 \$1 Bingo [GR] 6:45 Friday Night Cinema: Thelma PG-13 2024 · Action/Comedy · 1h 39m [T]		9:00 Exercise & Weights with Heidi [FS] 10:00 Christian Fellowship: The Greatest Story Ever Told [L] 11:30 Left-Center-Right Game [GR] 1:00 Saturday Social: Ice Cream Sandwiches [V] 2:00 Nickel Blackjack [GR] 3:00 Scrabble Game [FS] 6:30 Games in the Game Room [GR]		September BIRTHDAYS Another year of wonderful memories. Wishing you joy, health & happiness! Jim Koci 9/1 Naomi Cain 9/3 Ray Justus 9/3 Ken Jones 9/09 Yvonne Ford 9/13 Tina Mackay 9/14 Sarah Speakman 9/19 Roger Lily 9/20 Nancy Szcpanick 9/20	
Happy Birthday Yvonne Ford!! Last Day To RSVP for Tuesday Outing 8:00 Guardian Angels Catholic Church [LP] 8:15 Shadow Mountain Church Drive [LP] 9:00 Sunday Morning Church Service with Pastor Bill [CH] 10:00 Sunday Run to: World Market 10:15 Shadow Mountain Church Drive #2 11:15 Yoga Class with Heidi [FS] 12:00 Water The Garden & Tunes 12:30 Bridge Club [FS] 1:00 Sunday Series :Anne with an E~ [T] 2:30 \$1 Bingo [GR] 5:30 Games with Friends [GR]		Happy Birthday Tina MacKay!! 8:00 VA Home Care Benefits Chat with Amy from Senior Helpers (8am - 2pm Amy's Office) 9:30 Exercise Video Class [FS] 10:00 Coffee, Cookies & Conversations [LP] 10:30 Learn Line Dancing [L] 10:45 Happy Hearts Walking Club 12:00 Hand, Knee, and Foot [FS] 12:00 Water Wellness Crew [P] 12:30 Glee Club [GR] 2:00 Grandparents Day Celebration with Live Music From The Starlyte Duo (LB32) 3:00 Democrat & Independents Social Club [L] 3:30 Mexican Train [GR] 4:30 Evening Piano Music [TD]		Last Day To RSVP for Harvest Painting Social 9:15 St. Kieran's Communion Service at The Ridge 9:30 Pilates Video Class 10:30 Gentle Aquafit with Peggy [P] 11:00 Lunch Outing to: Cheesecake Factory Otay Ranch [LP] 11:30 Veterans' Group Luncheon at The Pointe [LB32] 12:00 Water Wellness Crew [P] 1:00 Sweet Moments With Senior Helpers [PLP] 1:30 Paint & Sip Art Class 3:00 Bingo [GR] 4:00 Technology Help in Activities Office [A O] 7:00 Free Friday Vital Checks with Senior Helpers (7pm to 7:30pm) 7:00 Games with Friends [GR]		Spirit Wednesday ~ Brown & Fall Colors 9:15 Happy Hearts Walking Club 10:00 "History Comes to Life" with Gary The History Guy [T] 10:00 Sunshine & Coffee Club [PDP] 11:30 Stay Active, Stay Young~ Workout with Dennis [FS] 12:00 Water Wellness Crew [P] 1:00 LCRA General Meeting [T] 3:00 Happy Hour with Live Music from Double Take 7:00 Games with Friends [GR]		9:30 Stay Strong workout class Video [FS] 12:00 Water Wellness Crew [P] 1:00 Harvest Painting Cider Social (LB32) 2:00 Nickel Blackjack [GR] 3:00 Cribbage [FS] 4:00 Technology Help in Activities Office 6:00 Men's Poker Day [GR] 7:00 Free Friday Vital Checks with Senior Helpers (7pm to 7:30pm) [LB32] 7:00 Games with Friends [GR]		Last Day To RSVP for Sunday Outing National Cheeseburger Day 9:30 Senior Stretches Video [FS] 10:00 Free Friday Vital Checks with Senior Helpers [LB32] 10:30 Trivia Challenge in the Library with Larry Nelson [L] 12:00 Water Wellness Crew [P] 1:30 Arts and Crafts ~ Mary's Craft Class 3:00 \$1 Bingo [GR] 6:45 Friday Night Cinema: Arthur the King PG-13 2024 · Adventure/Sport · 1h 48m [T]		Happy Birthday Sarah Speakman! 9:00 Exercise Video [FS] 10:00 Christian Fellowship: The Greatest Story Ever Told [L] 10:00 Walking on Sunshine to: Louis A. Stelzer County Park 11:30 Left-Center-Right Game [GR] 1:00 Saturday Social: Ice Cream Sandwiches [V] 2:00 Nickel Blackjack [GR] 3:00 Scrabble Game [FS] 6:30 Games in the Game Room [GR]			

SEPTEMBER

THE POINTE

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Happy Birthday Nancy Szecepanick!!

Happy Birthday Roger Lilly!!

Last Day To RSVP for Tuesday Outing

8:00 ★ Guardian Angels Catholic Church [LP]

8:15 † Shadow Mountain Church Drive [LP]

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

10:00 ★ Sunday Run to: Smart & Final & Dollar Tree Santee

10:15 † Shadow Mountain Church Drive #2

12:00 ☞ Water The Garden & Tunes

12:30 ♣ Bridge Club [FS]

1:00 ☞ Sunday Series :Anne with an E~ [T]

2:30 ♣ \$1 Bingo [GR]

5:30 ♣ Games with Friends [GR]

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8:00 ♀ VA Home Care Benefits Chat with Amy from Senior Helpers (8am - 2pm Amy's Office)

9:30 ↔ Exercise Video Class [FS]

10:00 ☞ Coffee, Cookies & Conversations [LP]

10:30 🎵 Learn Line Dancing [L]

10:45 ♀ Happy Hearts Walking Club

12:00 ♣ Hand, Knee, and Foot [FS]

12:00 ↔ Water Wellness Crew [P]

12:30 🎵 Glee Club [GR]

1:30 ♀ Table Talk & Tasty Treats With Culinary Director Tim [V]

2:00 ♣ Nickel Blackjack [GR]

3:30 ♣ Mexican Train [GR]

4:30 🎵 Evening Piano Music [TD]

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All Staff Meeting: No Doctor Appointments After 12pm

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

9:30 ♀ Pilates Video Class

10:30 ↔ Gentle Aquafit with Peggy [P]

10:30 ★ Lunch Outing to: Omelette Factory Santee [LP]

12:00 ↔ Water Wellness Crew [P]

1:30 ☞ Paint & Sip Art Class

3:00 ♣ Bingo [GR]

3:00 † You're Not Alone -- Family-Caregivers Support Group [L]

4:00 ♀ Technology Help in Activities Office [A O]

7:00 ♀ Free Friday Vital Checks with Senior Helpers (7pm to 7:30pm)

7:00 ♣ Games with Friends [GR]

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First Day Of Fall

Spirit Wednesday ~ Brown & Fall Colors

9:15 ♀ Happy Hearts Walking Club

11:00 ♀ First Fall Morning with Pumpkin Spice Lattes

11:30 ↔ Stay Active, Stay Young~ Workout with Dennis [FS]

12:00 ↔ Water Wellness Crew [P]

12:30 ☞ Movie Matinee: Poms PG-13 2019 · Comedy/Sport · 1h 31m [T]

1:00 ♀ Smart Cremation Connect Ice Cream Social [PDP]

3:00 ☞ Happy Hour with Live Music from Joe & Friends

7:00 ♣ Games with Friends [GR]

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9:30 ♀ Stay Strong workout class Video [FS]

11:00 ♀ Español For Fun! [FS]

12:00 ↔ Water Wellness Crew [P]

1:15 ☞ Cozy Quilt Corner

2:00 ♀ Pause & Connect w/ Monavations ~ Meditation [T]

3:00 ♣ Cribbage [FS]

4:00 ♀ Technology Help in Activities Office

6:00 ♣ Men's Poker Day [GR]

7:00 ♀ Free Friday Vital Checks with Senior Helpers (7pm to 7:30pm) [LB32]

7:00 ♣ Games with Friends [GR]

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9:30 ↔ Senior Stretches Video [FS]

10:00 ♀ Free Friday Vital Checks with Senior Helpers [LB32]

10:30 ♀ Trivia Challenge in the Library with Larry Nelson [L]

12:00 ↔ Water Wellness Crew [P]

1:30 ★ Arts and Crafts ~ Fluffy Pumpkin Sock

2:00 ♀ Communi-Tea Book Club [L]

3:00 ♣ \$1 Bingo [GR]

6:45 ☞ Friday Night Cinema: Book Club PG-13 2018 · Comedy/Romance · 1h 44m [T]

25

9:00 ↔ Exercise & Weights with Heidi [FS]

10:00 † Christian Fellowship: The Greatest Story Ever Told [L]

11:30 ♣ Left-Center-Right Game [GR]

1:00 🎵 Saturday Social: Ice Cream Sandwiches [V]

2:00 ♣ Nickel Blackjack [GR]

3:00 ♣ Scrabble Game [FS]

6:30 ♣ Games in the Game Room [GR]

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LP- 1st Floor Lobby Pointe

LB32- 2nd Floor Latitude 32 Bar

V-2nd Floor Veranda Dining

TD-2nd Floor Terrazza Dining

FS-2nd Floor Fitness Studio

G2-2nd Floor Garden

PDP-Pool Deck Patio

3C-3rd Floor Garden Courtyard

GR-3rd Floor Game Room

LL/P-3rd Floor Lantern Links

T-3rd Floor Theater

FR4-4th Floor Fitness Studio

L-4th Floor Library

AC-4th Floor Arts/Crafts Room

TDP-Terrazza Dining Patio

BISR- Bistro 2nd floor

Last Day To RSVP for Tuesday Outing

8:00 ★ Guardian Angels Catholic Church [LP]

8:15 † Shadow Mountain Church Drive [LP]

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

10:15 † Shadow Mountain Church Drive #2

11:15 ↔ Yoga Class with Heidi [FS]

12:00 ☞ Water The Garden & Tunes

12:30 ♣ Bridge Club [FS]

1:00 ☞ Sunday Series :Anne with an E~ [T]

2:30 ♣ \$1 Bingo [GR]

5:30 ♣ Games with Friends [GR]

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8:00 ♀ VA Home Care Benefits Chat with Amy from Senior Helpers (8am - 2pm Amy's Office)

9:30 ↔ Exercise Video Class [FS]

10:00 ☞ Coffee, Cookies & Conversations [LP]

10:30 🎵 Learn Line Dancing [L]

10:45 ♀ Happy Hearts Walking Club

11:30 ★ October Frenzy Sign Up

12:00 ♣ Hand, Knee, and Foot [FS]

12:00 ↔ Water Wellness Crew [P]

12:30 🎵 Glee Club [GR]

1:00 ♀ Dining Committee Meeting

2:00 ♣ Nickel Blackjack [GR]

3:00 ☞ Monday Concert with Nathan & Andy

3:30 ♣ Mexican Train [GR]

4:30 🎵 Evening Piano Music [TD]

28

9:30 ♀ Pilates Video Class

10:30 ★ Dolci Cafe Italiano [LP]

10:30 ↔ Gentle Aquafit with Peggy [P]

12:00 ↔ Water Wellness Crew [P]

1:30 ☞ Paint & Sip Art Class

3:00 ♣ Bingo [GR]

4:00 ♀ Technology Help in Activities Office [A O]

7:00 ♀ Free Friday Vital Checks with Senior Helpers (7pm to 7:30pm)

7:00 ♣ Games with Friends [GR]

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Spirit Wednesday ~ Brown & Fall Colors

9:15 ♀ Happy Hearts Walking Club

10:00 ☞ Coffee with Executive Director, Brittany Fay [LP]

11:30 ↔ Stay Active, Stay Young~ Workout with Dennis [FS]

11:30 ★ Tim's Tasty Cooking Class [V]

12:00 ↔ Water Wellness Crew [P]

12:30 ☞ Movie Matinee: Uncharted PG-13 2022 · Action/Adventure · 1h 56m [T]

3:00 ☞ Happy Hour with Live Music from Blue Zone

7:00 ♣ Games with Friends [GR]

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VA HOME CARE Benefits CHAT

Do you have questions about VA Home Care Benefits and how to get information for the VA Homemaker Program?

EVERY MONDAY 8:00 AM - 2:00 PM

STOP BY MY OFFICE No appointment needed. Just stop by and let's chat!

With Amy from Senior Helpers

I'm here to help you understand your benefits and find the support you deserve.

WE'RE HERE FOR YOU. Thank you for your service.

ALL RESIDENTS WELCOME! Questions? Contact Amy from Senior Helpers in The Pointe.

CARAMELIZED Apple Bar

Celebrate the flavors of fall with a sweet & delicious treat!

Enjoy fresh apple slices dipped in warm caramelized goodness and create your own delicious treat with a variety of toppings to choose from!

DATE: September 8th

TIME: 1pm

LOCATION: LB32

We can't wait to celebrate with you!

PURPLE COMMUNITY EVENTS Socials, parties, entertainment, special programs, and campus events.

RED OUTINGS & RSVP EVENTS Shopping trips, excursions, and events requiring advance sign-up.

BROWN HEALTH & WELLNESS Health seminars, fitness classes, wellness programs, screenings, and support groups.

BLUE GAMES & RECREATION Bingo, cards, trivia, board games, puzzles, and friendly competitions.

GREEN RELIGIOUS & SPIRITUAL ACTIVITIES Church services, Bible studies, prayer groups, and spiritual programs.

TEAL SUPPORT GROUPS Support groups for various needs and life experiences.

Thank you for being a part of our community!

September BIRTHDAYS

Another year of wonderful memories. Wishing you joy, health & happiness!

Jim Koci 9/1

Naomi Cain 9/3

Ray Justus 9/3

Ken Jones 9/09

Yvonne Ford 9/13

Tina Mackay 9/14

Sarah Speakman 9/19

Roger Lily 9/20

Nancy Szecepanick 9/20

ALL ACTIVITIES WITH A RED STAR REQUIRE AN RSVP

ACTIVITIES WILL CONFIRM YOUR SPOT BEFORE THE EVENT.

CALL EXT. 5405 TO SIGN UP FOR ALL ACTIVITIES!

HARVEST Painting & CIDER SOCIAL

PAINT • SIP • RELAX • ENJOY

Join us for a relaxing afternoon of canvas painting, delicious cheese & crackers, and refreshing apple cider!

Create. Connect. Celebrate. ALL ARE WELCOME!

DATE: September 17th

TIME: 1pm

LOCATION: LB32

Celebrate GRANDPARENTS DAY

HONORING THE LOVE THAT BUILDS GENERATIONS

MONDAY, SEPTEMBER 14

LIVE MUSIC FROM The Starlyte Duo

REFRESHMENTS | GOOD COMPANY, GREAT MEMORIES.

2:00 PM AT LB32

Thank you, Grandparents, for your endless love and cherished memories.

SEPTEMBER 11 REMEMBERING 9/11

We remember the lives lost, the heroes who served, and the strength of our nation. Never Forgotten

8:46 AM IN THE LIBRARY

NEVER FORGET ★ FOREVER IN OUR HEARTS

DOCTORS APPTS.

MONDAY-FRIDAY 9AM-3PM

9 AM-1 PM for Appts Further than 15 Miles

Transportation request forms are available at the front desk. Submit completed forms to the front desk at least 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)