

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October BIRTHDAYS Joan Bowen 10/02 John Meyer 10/08 Mark Reilly 10/10 Suzanne Lipe 10/13 Mona Riffel 10/16 Pete Lipe 10/22 May your day be filled with happiness, laughter and sweet treats! HAPPY BIRTHDAY 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	8:00 ★ Guardian Angels Catholic Church [PL] 4 8:15 ★ Shadow Mountain Church Drive [PL] 9:00 † Sunday Morning Church Service with Pastor Bill [CH] 9:30 ★ Walk & Talk to: Santee Lakes 10:15 ★ Shadow Mountain Church Drive [PL] 12:00 ↔ Wellness Workout with Heidi [FR] 1:00 ♣ Peaceful Sunday Bingo [MDT] 2:00 ♣ Skip-Bo & Friends Card Game [MDT] 3:00 ☼ Sweet Sunday Social [BD] 10:00 ↔ Morning Stretches - Instructional Video [FR] 5 11:00 ☼ Coffee & Cozy Chats in the Turtle Lounge: Special guest from The Pharmacy [TL] 1:00 ♣ Retro Card Time: Hand, Knee & Foot [50GR] 2:00 ★ Make & create with Rubi: Sip & Paint a Pumpkin [MDT] 3:00 ↔ Boot-Scootin' Line Dancing [CDR] 3:30 ★ Quick Trip to: Grossmont Center [PL] 4:00 ☼ Virtual Field Trip: Himalayas [MDT] 8:00 ★ Guardian Angels Catholic Church [PL] 11 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 ↔ Wellness Workout with Heidi [FR] 1:00 ♣ Peaceful Sunday Bingo [MDT] 2:00 ♣ Skip-Bo & Friends Card Game [MDT] 2:30 ★ Off Broadway Live: Lionel & The Commodores (\$95) 3:00 ☼ Sweet Sunday Social [BD]	10:00 ↔ Morning Stretches - Instructional Video [FR] 12 10:00 ★ Road Trip to: Bates Nut Farm [PL] 11:00 ☼ Coffee & Cozy Chats in the Turtle Lounge [TL] 1:00 ♣ Retro Card Time: Hand, Knee & Foot [50GR] 3:00 ↔ Boot-Scootin' Line Dancing [CDR] 4:00 ☼ Virtual Field Trip: The Philippines [MDT] 10:00 † Blessed Trinity Anglican Church [CH] 6 10:15 ☼ Boo'z & Bagels [PL] 10:30 ↔ Outdoor Aqua-fit with Peggy in the Pointe Pool [IPS] 11:00 ♣ Watch, Cheer & Toss Cornhole [FR] 12:30 ♣ All Aboard the Domino Train [50GR] 2:00 🎵 Gospel Music from Steven & Dianne [CDR] 3:00 ♣ Nickel Blackjack [50GR] 3:30 Transportation Committee Meeting [V] 4:15 ☼ Easy Tech with the Activity Girls [AO] 10:00 † St. Kieran's Communion Service [CH] 13 10:15 ☼ Boo'z & Apple Donuts [PL] 10:30 ↔ Outdoor Aqua-fit with Peggy in the Pointe Pool [IPS] 11:00 ♣ Watch, Cheer & Toss Cornhole [FR] 12:30 ♣ All Aboard the Domino Train [50GR] 2:00 ★ Taste of the Week: Apple Pie Bar [BD] 3:00 ♣ Nickel Blackjack [50GR] 4:15 ☼ Easy Tech with the Activity Girls [AO]	Spirit Wednesday: Wear Pink for Breast Cancer Awareness or Spooky Style for Halloween 7 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 ☼ Chef's Table Chat [BPD] 3:00 ★ Oktoberfest Celebration [BD] 4:15 Easy Tech w/ the Activity Girls [PL] 6:00 ♣ Skip-Bo & Friends Card Game [MDT] 10:00 † Blessed Trinity Anglican Church [CH] 6 10:15 ☼ Boo'z & Bagels [PL] 10:30 ↔ Outdoor Aqua-fit with Peggy in the Pointe Pool [IPS] 11:00 ♣ Watch, Cheer & Toss Cornhole [FR] 12:30 ♣ All Aboard the Domino Train [50GR] 2:00 🎵 Gospel Music from Steven & Dianne [CDR] 3:00 ♣ Nickel Blackjack [50GR] 3:30 Transportation Committee Meeting [V] 4:15 ☼ Easy Tech with the Activity Girls [AO] 10:00 † St. Kieran's Communion Service [CH] 13 10:15 ☼ Boo'z & Apple Donuts [PL] 10:30 ↔ Outdoor Aqua-fit with Peggy in the Pointe Pool [IPS] 11:00 ♣ Watch, Cheer & Toss Cornhole [FR] 12:30 ♣ All Aboard the Domino Train [50GR] 2:00 ★ Taste of the Week: Apple Pie Bar [BD] 3:00 ♣ Nickel Blackjack [50GR] 4:15 ☼ Easy Tech with the Activity Girls [AO]	Halloween Door Decorating Contest Begins 1 Last Day to RSVP for Saturday Shopping Trip 10:00 ♣ Strike & Socialize Bowling Hour [BD] 10:45 ★ Lunch Bunch: Gillespie Field Cafe [PL] 1:00 ☼ Resident Council Board Member Meeting [BPD] 2:00 ♣ \$4 Poker [50GR] 3:00 ☼ Monthly Calendar Chat & Treats [MDT] 4:15 ☼ Easy Tech with the Activity Girls [AO] 4:30 ☼ Early Evening Movie: Clue The Movie (1h 37m) [MDT] 10:00 † Blessed Trinity Anglican Church [CH] 6 10:15 ☼ Boo'z & Bagels [PL] 10:30 ↔ Outdoor Aqua-fit with Peggy in the Pointe Pool [IPS] 11:00 ♣ Watch, Cheer & Toss Cornhole [FR] 12:30 ♣ All Aboard the Domino Train [50GR] 2:00 🎵 Gospel Music from Steven & Dianne [CDR] 3:00 ♣ Nickel Blackjack [50GR] 3:30 Transportation Committee Meeting [V] 4:15 ☼ Easy Tech with the Activity Girls [AO] 10:00 † St. Kieran's Communion Service [CH] 13 10:15 ☼ Boo'z & Apple Donuts [PL] 10:30 ↔ Outdoor Aqua-fit with Peggy in the Pointe Pool [IPS] 11:00 ♣ Watch, Cheer & Toss Cornhole [FR] 12:30 ♣ All Aboard the Domino Train [50GR] 2:00 ★ Taste of the Week: Apple Pie Bar [BD] 3:00 ♣ Nickel Blackjack [50GR] 4:15 ☼ Easy Tech with the Activity Girls [AO]	Happy Birthday Joan Bowen!! 2 9:15 ♣ Bocce and Brews [BBC] 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 [CDR] 10:00 † Blessed Trinity Anglican Church [CH] 6 10:15 ☼ Boo'z & Bagels [PL] 10:30 ↔ Outdoor Aqua-fit with Peggy in the Pointe Pool [IPS] 11:00 ♣ Watch, Cheer & Toss Cornhole [FR] 12:30 ♣ All Aboard the Domino Train [50GR] 2:00 🎵 Gospel Music from Steven & Dianne [CDR] 3:00 ♣ Nickel Blackjack [50GR] 3:30 Transportation Committee Meeting [V] 4:15 ☼ Easy Tech with the Activity Girls [AO] 10:00 † St. Kieran's Communion Service [CH] 13 10:15 ☼ Boo'z & Apple Donuts [PL] 10:30 ↔ Outdoor Aqua-fit with Peggy in the Pointe Pool [IPS] 11:00 ♣ Watch, Cheer & Toss Cornhole [FR] 12:30 ♣ All Aboard the Domino Train [50GR] 2:00 ★ Taste of the Week: Apple Pie Bar [BD] 3:00 ♣ Nickel Blackjack [50GR] 4:15 ☼ Easy Tech with the Activity Girls [AO]	Last Day to RSVP for Monday Quick Trip 3 8:30 ★ Shopping Trip to: Vons [PL] 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: Hocus Pocus (1hr 36m) [MDT] 10:00 † Blessed Trinity Anglican Church [CH] 6 10:15 ☼ Boo'z & Bagels [PL] 10:30 ↔ Outdoor Aqua-fit with Peggy in the Pointe Pool [IPS] 11:00 ♣ Watch, Cheer & Toss Cornhole [FR] 12:30 ♣ All Aboard the Domino Train [50GR] 2:00 🎵 Gospel Music from Steven & Dianne [CDR] 3:00 ♣ Nickel Blackjack [50GR] 3:30 Transportation Committee Meeting [V] 4:15 ☼ Easy Tech with the Activity Girls [AO] 10:00 † St. Kieran's Communion Service [CH] 13 10:15 ☼ Boo'z & Apple Donuts [PL] 10:30 ↔ Outdoor Aqua-fit with Peggy in the Pointe Pool [IPS] 11:00 ♣ Watch, Cheer & Toss Cornhole [FR] 12:30 ♣ All Aboard the Domino Train [50GR] 2:00 ★ Taste of the Week: Apple Pie Bar [BD] 3:00 ♣ Nickel Blackjack [50GR] 4:15 ☼ Easy Tech with the Activity Girls [AO]

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October BIRTHDAYS Joan Bowen John Meyer Mark Reilly Suzanne Lipe Mona Riffel Pete Lipe 10/02 10/08 10/10 10/13 10/16 10/22 May your day be filled with happiness, laughter and sweet treats!  Location Key 50GR AO BBC BD BLR BPD CDR CC CH FR IPS MB MDT PL PL6 SC TL TR 50's Game Room Activities Office Bocce Ball Court Bel Air Diner 5th Floor Billiards Room Balboa Private Dining Room Catalina Dining Room Coronado Courtyard Reflections Chapel Fitness Room Indoor Pool and Spa Miramar Bar Movie Dinner Theater Plaza Lobby Puzzle Lounge/Library Sunken Courtyard 2nd Floor Turtle Lounge King Charles Tea Room	Please make sure all donations are outside 2nd floor loading dock for tomorrows pick up! 18 8:00 ★ Guardian Angels Catholic Church [PL] 8:15 ★ Shadow Mountain Church Drive [PL] 9:00 † Sunday Morning Church Service with Pastor Bill [CH] 9:30 ★ Walk & Talk to: Santee Lakes 10:15 ★ Shadow Mountain Church Drive [PL] 12:00 ↔ Wellness Workout with Heidi [FR] 1:00 ♣ Peaceful Sunday Bingo [MDT] 2:00 ♣ Skip-Bo & Friends Card Game [MDT] 3:00 ♣ Sweet Sunday Social [BD]	Donation Pick-up Day Pumpkin Voting Begins 19 10:00 ↔ Morning Tai Chi - Instructional Video [FR] 11:00 ☞ Coffee & Cozy Chats in the Turtle Lounge [TL] 11:00 ☹ Sharp Presentation: Medicare Changes [MDT] 1:00 ♣ Retro Card Time: Hand, Knee & Foot [50GR] 2:00 ★ Make & create with Rubi: Pinecone Zenias [MDT] 3:00 ↔ Boot-Scootin' Line Dancing [CDR] 3:30 ★ Quick Trip to: Dollar Tree [PL] 4:00 ☹ Virtual Field Trip: Latin America [MDT]	10:00 † Blessed Trinity Anglican Church [CH] 10:15 ☞ Boo'z & Bagels [PL] 10:30 ↔ Outdoor Aqua-fit with Peggy in the Pointe Pool [IPS] 11:00 ♣ Watch, Cheer & Toss Cornhole [FR] 11:30 ★ Veterans' Luncheon at The Plaza [MDT] 12:30 ♣ All Aboard the Domino Train [50GR] 2:00 ☹ "Virtual Tour of San Diego Air and Space Museum" w/ Veteran Roger 3:00 ♣ Nickel Blackjack [50GR] 4:15 ☹ Easy Tech with the Activity Girls [AO]	Spirit Wednesday: Wear Pink for Breast Cancer Awareness or Spooky Style for Halloween 21 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 ☞ Chef's Table Chat [BPD] 3:00 ☞ Girls Just Wanna to Have Wine 4:15 Easy Tech w/ the Activity Girls [PL] 6:00 ♣ Skip-Bo & Friends Card Game [MDT]	All Staff Meeting: No Doctor Appointments After 12pm Happy Birthday Pete Lipe!! Last Day to RSVP for Saturday Shopping Trip 22 10:00 ♣ Strike & Socialize Bowling Hour [BD] 10:45 ★ Lunch Bunch: Lucky Chinese Food [PL] 2:00 ♣ \$4 Poker [50GR] 4:15 ☹ Easy Tech with the Activity Girls [AO]	9:15 ♣ Bocce and Brews [BBC] 23 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 [CDR]	Last Day to RSVP for Monday Quick Trip 24 8:30 ★ Shopping Trip to: Smart & Final [PL] 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: The Ghost & Mr. Chicken (1h 30m) [MDT]
	8:00 ★ Guardian Angels Catholic Church [PL] 25 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 ↔ Wellness Workout with Heidi [FR] 1:00 ♣ Peaceful Sunday Bingo [MDT] 2:00 ♣ Skip-Bo & Friends Card Game [MDT] 3:00 ☹ Birthday Bash with Live Music from: Brown Sugar Oldies [CDR]	10:00 ↔ Balloon Bop [FR] 26 11:00 ☞ Coffee & Cozy Chats in the Turtle Lounge [TL] 1:00 ☹ Dining Committee Meeting [BPD] 1:00 ♣ Retro Card Time: Hand, Knee & Foot [50GR] 2:00 ★ Make & Create with Rubi: Make your own Candy Bowl [MDT] 3:00 ↔ Boot-Scootin' Line Dancing [CDR] 3:30 ★ Quick Trip to: Target [PL] 4:00 ☹ Virtual Field Trip: Wonders of Mexico [MDT]	"Remembering Our Beloved Pets" 27 9:15 † St. Kieran's Communion Service [CH] 10:30 ↔ Outdoor Aqua-fit with Peggy in the Pointe Pool [IPS] 11:00 ☞ Day of the Dead Alter: Hot Coco & Mexican Bread [PL] 11:00 ♣ Watch, Cheer & Toss Cornhole [FR] 12:30 ♣ All Aboard the Domino Train [50GR] 2:00 ★ Taste of the Week: Pumpkin Pie Dip [BD] 3:00 ♣ Nickel Blackjack [50GR] 4:15 ☹ Easy Tech with the Activity Girls [AO]	"Remembering those Lost Unexpectedly" 28 Pumpkin Voting Ends Spirit Wednesday: Wear Pink for Breast Cancer Awareness or Spooky Style for Halloween 10:00 ↔ Morning Stretches - Instructional Video [FR] 11:00 ↔ Warm-Up and Work Out with Dennis [FR] 1:00 ♣ \$4 Fun Bingo [MDT] 3:00 ☹ Together We Drink with "The Silver Steppers" [MDT] 6:00 ♣ Skip-Bo & Friends Card Game [MDT]	All Winners will be Announced Today During Halloween Party!! Last Day to RSVP for Saturday Shopping Trip 29 10:00 ♣ Strike & Socialize Bowling Hour [BD] 1:30 ☞ Chili Cook off (1:30pm-2:30pm) [PL] 2:00 ♣ \$4 Poker [50GR] 3:00 ☹ Halloween Party & Costume Contest with live music from: "Starlyte" 4:15 ☹ Easy Tech with the Activity Girls [AO]	"Preparing the Ofrenda & Welcoming Loved Ones" 30 5:30 Trunk or Treat at the Ridge Parking lot (5:30pm-6:30pm) 9:15 ♣ Bocce and Brews [BBC] 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: Blue Zone [CDR]	"Preparing the Ofrenda & Welcoming Loved Ones" 31 Happy Halloween!! Last Day to RSVP for Monday Quick Trip 8:30 ★ Shopping Trip to: Hobby Lobby [PL] 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: Coco (1h 45m) [MDT]

Door Decorating CONTEST

Get Creative & Decorate Your Door!

CONTEST BEGINS OCTOBER 1ST

WINNER WILL BE ANNOUNCED DURING Halloween Party

Important RSVP INFORMATION

All activities with a red star require an RSVP.

Activities will confirm your spot before the activity/outing.

Use this guide to see what's happening at a glance on our calendar.

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.

Thank you for being a part of our community!

You're Invited to TRUNK or TREAT

A Fun & Spooky Evening for Everyone!

FRIDAY, OCTOBER 30TH

5:30 PM TO 6:30 PM

ALX PARKING LOT

TRICK OR TREAT

TRUNK OR TREAT

TRUNK OR TREAT

LIVE ENTERTAINMENT!

CANDY!

STAFF DECORATE TRUNKS!

EACH DEPARTMENT!

Come in Costume and Join the Fun!

I SPY Spooky Pete the Cat

Find Pete and bring him to the Front Desk to enter the raffle!

Happy Hunting!

LOOK AROUND

FIND PETE

BRING HIM TO THE FRONT DESK

Halloween PARTY & COSTUME CONTEST

THURSDAY, OCTOBER 29TH

AT 3PM

IN THE CATALINA DINING ROOM

1ST, 2ND & 3RD PLACE WINNERS!

MUSIC ENTERTAINMENT FROM Starlyte

MAKE SURE TO RSVP WITH ACTIVITIES!