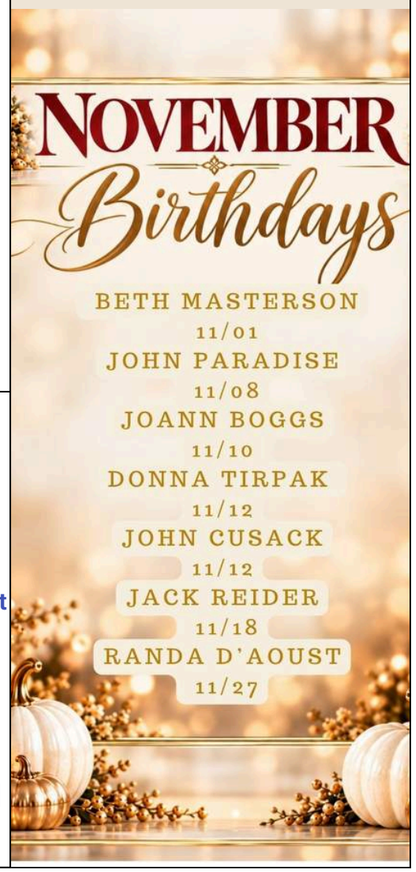
NOVEMBER
AT THE POINTE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Daylight Saving Time Ends Happy Birthday Beth Masterson!! 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 Steven [CH] 10:00 Sunday Run to: Vons 10:15 Shadow Mountain Church Drive #2 11:15 Yoga Class with Heidi [FS] 12:00 Water The Garden & Tunes 1:00 $1 Bingo [GR] 1:00 Football Sundays 2:00 Bridge Club [FS] 5:30 Games with Friends [GR]	**Day Of The Dead** 9:30 Exercise Video Class [FS] 9:45 Happy Hearts Walking Club 10:00 Day of The Dead Coffee and Conchas [LP] 10:00 Tremble Clefs: Sing, Connect & Thrive [T] 10:30 Learn Line Dance [L] 12:00 Water Wellness Crew [P] 2:00 Hand, Knee, and Foot [FS] 2:00 Nickel Blackjack [GR] 3:30 Mexican Train [GR]	**Election Day** 9:15 St. Kieran's Communion Service at The Ridge 9:30 Pilates Video Class 10:00 Outing to: Hobby Lobby & TJ Maxx [LP] 10:30 Gentle Aquafit with Peggy [IPS] 12:00 Water Wellness Crew [P] 1:30 Paint & Palette 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 Games with Friends [GR]	Fall Wednesday Spirit: Flannel & Plaid Day 9:15 Happy Hearts Walking Club 9:30 Santee Hall Wednesday - Public Libraies: Past and Present. 10:00 Sunshine & Coffee Club [PDP] 11:30 Stay Active, Stay Young~ Workout with Dennis [FS] 12:00 Water Wellness Crew [P] 1:00 Homewatch Heroes Veterans Program [T] 1:00 Resident Assoc. Board Meeting [V] 3:00 Happy Hour with Live Music from: Come Back Buddy 7:00 Games with Friends [GR]	9:30 Stay Strong workout class Video [FS] 10:00 Chat with Life Enrichment Coordinator Erika [LP] 11:00 Lantern Crest Farmers Market 11am - 4pm 12:00 Water Wellness Crew [P] 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 Games with Friends [GR]	Last Day To RSVP for Sunday Outing 9:00 La Mesa Hearing Aid~ Free Cleaning and Check- 9am to 11am 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 ~ Suncatcher Glass Painting 3:00 $1 Bingo [GR] 6:45 Friday Night Cinema: You've Got Mail (1998) Romance • Comedy • PG [T]	9:00 Exercise & Weights with Heidi [FS] 10:00 Christian Fellowship: The Greatest History Ever Told [L] 11:30 Left-Center-Right Game [GR] 2:00 Nickel Blackjack [GR] 3:00 Scrabble Game [FS] 6:30 Games in the Game Room [GR]
Happy Birthday John Paradise!! 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: Los Coches 10:15 Shadow Mountain Church Drive #2 11:15 Yoga Class with Heidi [FS] 12:00 Water The Garden & Tunes 1:00 $1 Bingo [GR] 1:00 Football Sundays 2:00 Bridge Club [FS] 5:30 Games with Friends [GR]	9:30 Exercise Video Class [FS] 9:45 Happy Hearts Walking Club 10:00 Tremble Clefs: Sing, Connect & Thrive [T] 10:30 Learn Line Dance [L] 11:00 Phillips Ranch Pharmacy - Donuts and Chat with the Pharmacist 12:00 Water Wellness Crew [P] 12:30 Glee Club [GR] 2:00 Hand, Knee, and Foot [FS] 2:00 Nickel Blackjack [GR] 3:00 Democrat & Independents Social Club [L] 3:30 Mexican Train [GR] 4:30 Evening Piano Music [TD]	Happy Birthday Joann Boggs!! 9:15 St. Kieran's Communion Service [CH] 9:30 Pilates Video Class 10:00 Veteran's Group Committee~ [L] 12:00 Water Wellness Crew [P] 12:30 Pumpkin Picasso Party! [V] 1:30 Paint & Palette 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 Games with Friends [GR]	Fall Wednesday Spirit: Flannel & Plaid Day Veterans Day 9:15 Happy Hearts Walking Club 10:00 Sunshine & Coffee Club [PDP] 11:00 Veteran's Day Pinning Ceremony [MDT] 11:30 Workout Video [FS] 12:00 Water Wellness Crew [P] 12:30 Retro TV Wednesday: I Love Lucy 1951 • Sitcom [T] 3:00 Veterans Day Celebration with Archie Thompson 7:00 Games with Friends [GR]	Happy Birthday Donna Tirpak & John Cusack!!! 9:30 Stay Strong workout class Video [FS] 11:00 Español For Fun! [FS] 11:30 October- November Birthday Bash [V] 12:00 Water Wellness Crew [P] 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 Games with Friends [GR]	Last Day To RSVP for Sunday Outing World Kindness 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] 11:30 VoiceFIT Pro with Speech Pathologist, Emory D'andrea 12:00 Water Wellness Crew [P] 3:00 $1 Bingo [GR] 6:45 Friday Night Cinema: Planes, Trains and Automobiles R 1987 • Comedy/Drama • 1h 33m [T]	8:00 Dental Hygiene Services with RDHAP Lucy Torres- 8am to 1pm 9:00 Exercise & Weights with Heidi [FS] 10:00 Christian Fellowship: The Greatest History Ever Told [L] 10:15 Walking on Sunshine to: Lake Murray 11:30 Left-Center-Right Game [GR] 2:00 Nickel Blackjack [GR] 3:00 Scrabble Game [FS] 6:30 Games in the Game Room [GR]
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: Albertsons 10:15 Shadow Mountain Church Drive #2 11:15 Yoga Class with Heidi [FS] 12:00 Water The Garden & Tunes 1:00 $1 Bingo [GR] 1:00 Football Sundays 2:00 Bridge Club [FS] 5:30 Games with Friends [GR]	9:30 Exercise Video Class [FS] 9:45 Happy Hearts Walking Club 10:00 Coffee, Cookies & Conversations [LP] 10:00 Tremble Clefs: Sing, Connect & Thrive [T] 10:30 Learn Line Dance [L] 12:00 Water Wellness Crew [P] 12:30 Glee Club [GR] 1:30 Table Talk & Tasty Treats With Culinary Director Tim [V] 2:00 Hand, Knee, and Foot [FS] 2:00 Nickel Blackjack [GR] 3:30 Mexican Train [GR] 4:30 Evening Piano Music [TD]	9:15 St. Kieran's Communion Service at The Ridge 9:30 Pilates Video Class 10:30 Gentle Aquafit with Peggy [IPS] 11:00 Lunch to : In N Out Burger [LP] 11:30 Veterans' Group Luncheon at The Pointe [LB32] 12:00 Water Wellness Crew [P] 1:30 Paint & Palette Art Class 1:30 Wreath-Making Workshop 3:00 Bingo [GR] 4:00 Technology Help in Activities Office [A O] 7:00 Games with Friends [GR]	Fall Wednesday Spirit: Flannel & Plaid Day Happy Birthday Jack Reider!! 9:15 Happy Hearts Walking Club 10:00 "History Comes to Life" with Gary The History Guy [T] 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] 11:00 Water The Garden & Tunes 12:00 Water Wellness Crew [P] 12:30 Friendsgiving Potluck [GR] 3:00 Cribbage [FS] 4:00 Technology Help in Activities Office 6:00 Men's Poker Day [GR] 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 ~ Mary's Christmas Tree 3:00 $1 Bingo [GR] 6:45 Friday Night Cinema: The Blind Side (2009) Drama • PG-13 [T]	9:00 Exercise & Weights with Heidi [FS] 10:00 Christian Fellowship: The Greatest History Ever Told [L] 11:30 Left-Center-Right Game [GR] 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



NOVEMBER
AT THE POINTE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22 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: ALDI & Home Goods 10:15 Shadow Mountain Church Drive #2 11:15 Yoga Class with Heidi [FS] 12:00 Water The Garden & Tunes 1:00 $1 Bingo [GR] 1:00 Football Sundays 2:00 Bridge Club [FS] 5:30 Games with Friends [GR]	**23** All Staff Meeting: No Doctor Appointments After 12pm 9:30 Exercise Video Class [FS] 9:45 Happy Hearts Walking Club 10:00 Coffee, Cookies & Conversations [LP] 10:00 Tremble Clefs: Sing, Connect & Thrive [T] 10:30 Learn Line Dance [L] 12:00 Water Wellness Crew [P] 12:30 Glee Club [GR] 1:00 Dining Committee Meeting 2:00 Hand, Knee, and Foot [FS] 2:00 Resident Led Nickel Blackjack [GR] 3:00 Monday Concert with Nathan & Andy 3:30 Mexican Train [GR] 4:30 Evening Piano Music [TD]	**24** 9:00 ★ Outing to Julian Pie Company [LP] 9:15 St. Kieran's Communion Service [CH] 9:30 Pilates Video Class 12:00 Water Wellness Crew [P] 1:30 Paint & Palette 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] 4:30 Evening Piano Music with Trebor G. [TD] 7:00 Games with Friends [GR]	**25** Fall Wednesday Spirit: Flannel & Plaid Day 9:15 Happy Hearts Walking Club 10:00 Coffee with Executive Director, Brittany Fay [LP] 11:00 December Frenzy Sign Up 11:30 Stay Active, Stay Young~ Workout with Dennis [FS] 12:00 Water Wellness Crew [P] 12:30 Retro TV Wednesday: M*A*S*H 1972 Sitcom [T] 3:00 Happy Hour with Live Music from Joe & Friends 7:00 Games with Friends [GR]	**26** Terrazza Dining Will Be Closing Early ~ To Gos from 2:30pm to 3:30pm ~ Dining Closed at 3:30pm 9:30 Stay Strong workout class Video [FS] 11:00 Grateful for Donuts & Coffee! 11:00 ★ Thanksgiving Day Buffet At The Pointe 11am to 2pm [TD] 12:00 Thanksgiving Movie Special: The War with Grandpa PG 2020 · Family/Comedy · 1h 38m 12:00 Water Wellness Crew [P] 3:00 Cribbage [FS] 7:00 Games with Friends [GR]	**27** Happy Birthday Randa D'Aoust!! 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 ~ Christmas Gift Tags 2:00 Communi-Tea Book Club [L] 3:00 $1 Bingo [GR] 6:45 Friday Night Cinema: White Christmas (1954) Musical • Romance • Not Rated [T]	**28** 9:00 Exercise & Weights with Heidi [FS] 10:00 Christian Fellowship: The Greatest History Ever Told [L] 10:15 Walking on Sunshine to: Rancho Mission Canyon Park 11:30 Left-Center-Right Game [GR] 2:00 Nickel Blackjack [GR] 3:00 Scrabble Game [FS] 6:30 Games in the Game Room [GR]
29 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 1:00 $1 Bingo [GR] 1:00 Football Sundays 2:00 Bridge Club [FS] 5:30 Games with Friends [GR]	**30** 9:30 Exercise Video Class [FS] 9:45 Happy Hearts Walking Club 10:00 Coffee, Cookies & Conversations [LP] 10:00 Tremble Clefs: Sing, Connect & Thrive [T] 10:30 Learn Line Dance [L] 12:00 Water Wellness Crew [P] 12:30 Glee Club [GR] 2:00 Hand, Knee, and Foot [FS] 2:00 Nickel Blackjack [GR] 3:30 Mexican Train [GR] 4:30 Evening Piano Music [TD]					







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