

Shining Star



Fatima Husaini

Food Server
3 months

Fatima has worked here for only 3 months, and the residents and team members have really enjoyed getting to know her and she loves getting to hear their stories as well. In her spare time she loves playing basketball, and heading to the beach and going surfing. She loves reading and going to her favorite store Barnes and Noble. And she always finds time to have Ice Cream her favorite dessert.

AUGUST BIRTHDAYS

David E Aug 4th
 Jeff B Aug 23rd
 Shirley Voelker Aug 26th
 Anne H Aug 27th



What's Going On In

August

2022



get fit | get informed | get restored | give back

This is Sunshine's 10th annual August Wellness Month. For this year's Wellness Month we want to offer our residents the *Sunshine Wellness Experience*. Throughout the month there will be opportunities to learn information from local wellness professionals about wellness practices for you to live a healthier life. We have upcoming exercise challenges, informative wellness seminars, instructional workshops, exciting new activities and prizes for everyone!

Every resident will receive a special Wellness Calendar and a Wellness Stamp Card. When you attend any of the Wellness events highlighted on the Wellness Calendar, you will be rewarded with a stamp on your Wellness Stamp Card. At the end of the month be sure to turn in your completed Stamp Card to you Life Enrichment Director and you will be recognized and awarded at our Wellness Awards Ceremony. A \$50 gift card will be awarded to the Wellness Month Champion!

Team Members

Executive Director.....Melissa Dimayuga
 Business Office Manager.....Latoya Grant
 Comm. Dev. Director.....Tina Adams-Carter
 Maintenance Director.....Juan Guzman
 Head House Keeper.....Eva Chavez
 Dining Rm Coordinator.....Sophia Azevedo
 Life Enrichment Director.....Jason Doering
 Transportation.....Rafael Kalendarev

Important Phone Numbers

Office.....(619) 463-2111
 Office Fax..... (619) 469-3245
 Transportation.....(619) 507-8760
 Beauty Salon.....(619) 606-3003

Meal Times

Breakfast.....7:30 a.m. - 9:00a.m.
 Lunch.....11:30 a.m. - 1:30p.m.
 Dinner.....4:30 p.m. - 6:00 p.m.

Movie Showings

Everyday 1:30pm & 6:30pm in Theater

Reoccurring Activities

In Stitches | Tuesdays 3pm

Bingo | Mon Wed Fri | 6:30pm

Poker |Tues |6:30pm

Transportation Schedule

Mondays
 Shopping and Errands.....8-10am
 Walking Club.....10am
 Scenic Drive.....2pm
Wednesdays
 Outing.....10am
Tuesdays and Thursdays
 Medical Appointments.....8am-3pm
Fridays
 Essential Rides.....8am-12pm

- Sign up 24 hours in advanced for transportation-

Special Events

8/2 Wellness Month & Waling on Sunshine | 2:00pm
 8/3 Outing Casa De Pico 11am
 8/5 Happy Hour w/ Tom Z 2pm
 8/10 Outing Museum of Making Music 10:15pm
 Timken Museum 2pm
 8/11 Happy Hour w/ Zina 2pm
 8/17 Trolley Ride/Lunch 10:15am
 8/19 Happy Hour w/ Rick S 2pm
 8/24 Viejas Casino 10:15am
 8/26 Happy Hour w/ Cowboy Jack 2pm
 8/31 Outing Grossmont Center 10:15am

Activate Brain Health

Resistance Band Class

Walker Wash Day

Card/Hat Making



AUGUST

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



5580 Aztec Dr
San Diego, CA 91942
(619) 333 7276

9:30 Exercise Class (AR) **1**
10:15 Walking Club (LO)
1:30 Sunshine News (AR)
2:00 Scenic Drive (LO)
3:00 BlackJack (Library)
6:30 Bingo (AR)
6:30 Evening Movie (Th)

9:30 Exercise Class **2**
10:00 Gardening Class (AR)
1:30 Matinee Movie (Th)
2:00 Wellness Month Kickoff
Walking on Sunshine (LO)
3:00 In Stitches (AR)
6:30 Evening Movie (Th)



9:30 Exercise Class (AR) **3**
11:00 Outing: Casa De Pico
1:30 Matinee Movie (TH)
2:00 Wii Bowling (AR)
3:00 Bible Study (Ch)
6:30 Bingo (AR)

Wii

9:30 Exercise Class (AR) **4**
10:15 Wellness Walk (LO)
1:30 Matinee Movie (TH)
2:00 Balance Class (Ch)
3:00 Skip Bo (L)

9:30 Exercise Class (AR) **5**
10:15 Lets Talk Discussion (AR)
1:30 Matinee Movie (Th)
2:00 Happy Hour w/ Tom Zenk
3:30 Daily News (AR)
6:30 Bingo (AR)

9:30 Yoga w/ Robert (AR) **6**
1:30 Matinee Movie (Th)
2:00 Cards/Rummikub (AR)
6:30 Evening Movie (Th)
6:30 Poker (L)
7:00 Catholic Communion (Ch)

9:30 Yoga w/ Robert (C) **7**
1:30 Matinee Movie (Th)
2:00 Card Games/
Rummikub (AR)
6:30 Evening Movie (Th)

9:30 Exercise Class (AR) **8**
10:15 Walking Club (LO)
1:30 Sunshine News (AR)
1:30 Nail Day w/ Lily (AR)
2:00 Scenic Drive (LO)
3:00 BlackJack (L)
6:30 Bingo (AR)
6:30 Evening Movie (Th)

9:30 Exercise Video (AR) **9**
1:30 Matinee Movie (Th)
1:30 Pet Therapy:
Trivia Time (AR)
2:00 Balance Class (Ch)
3:00 In Stitches (AR)
6:30 Poker (L)
6:30 Evening Movie (Th)

9:30 Exercise Class (AR) **10**
10:15 Outing: Museum of Making
Music
1:30 Matinee Movie (TH)
2:00 Timken Museum
Presentation (AR)
3:00 Bible Study (Ch)
6:30 Bingo (AR)

9:30 Exercise Class (AR) **11**
10:15 Wellness Walk w/
Latoya (LO)
1:30 Matinee Movie (Th)
2:00 Happy Hour w/ Zina (DR)
3:00 Skip Bo (L)

9:30 Exercise Class (AR) **12**
10:15 Lets Talk Discussion (AR)
1:30 Matinee Movie (TH)
2:00 Wellness Class:
Resistance Band Class (AR)
3:30 Daily News
6:30 Bingo (AR)

9:30 Yoga w/ Robert (AR) **13**
1:30 Matinee Movie (Th)
2:00 Cards/Rummikub (AR)
6:30 Evening Movie (Th)
6:30 Poker (L)
7:00 Catholic Communion (Ch)

9:30 Yoga w/ Robert (C) **14**
1:30 Matinee Movie (Th)
2:00 Card Games/
Rummikub (AR)
6:30 Evening Movie (Th)

9:30 Exercise Class (AR) **15**
10:15 Walking Club (LO)
1:30 Sunshine News (AR)
1:30 Matinee Movie (Th)
2:00 Scenic Drive (LO)
3:00 BlackJack (L)
6:30 Bingo (AR)
6:30 Evening Movie (Th)

9:30 Exercise Class **16**
10:00 Essential Arts: Wellness
Hat and Card Making
1:30 Trivia Time (AR)
2:00 Walker Wash/Adjustment
(6th Floor)
3:00 In Stitches (AR)
6:30 Evening Movie (Th)
6:30 Poker (L)

9:30 Exercise Class (AR) **17**
10:15 Outing: Trolley Ride
and Lunch
1:30 Matinee Movie (TH)
2:00 Pet Therapy: Animal Meet
Up (2nd Floor)
3:00 Bible Study (Ch)
6:30 Bingo (AR)

9:30 Exercise Class (AR) **18**
10:15 Wellness Walk (LO)
1:30 Matinee Movie (Th)
2:00 Balance Class
3:00 Skip Bo (L)

9:30 Exercise Class (AR) **19**
10:15 Personal Sanitation (AR)
Presentation w/ John
Mendoza
1:30 Matinee Movie (TH)
2:00 Happy Hour w/ Rick S (AR)
3:30 Daily News (AR)
6:30 Bingo (AR)

9:30 Yoga w/ Robert (AR) **20**
1:30 Matinee Movie (Th)
2:00 Cards/Rummikub (AR)
3:00 Poker/Keno (AR)
6:30 Evening Movie (Th)
6:30 Poker (L)
7:00 Catholic Communion (Ch)

9:30 Yoga w/ Robert (C) **21**
1:30 Matinee Movie (Th)
2:00 Card Games/Rummikub
(Activity Room)
6:30 Evening Movie (Th)

9:30 Exercise Class (AR) **22**
10:15 Walking Club (LO)
1:30 Sunshine News (AR)
1:30 Matinee Movie (Th)
2:00 Balance Class (Ch)
2:00 Scenic Drive (LO)
3:00 BlackJack (L)
6:30 Bingo (AR)
6:30 Evening Movie (Th)

9:30 Exercise Class **23**
10:30: "Activate your Brain
Health Presentation"
1:30 Matinee Movie (Th)
1:30 Trivia Time (AR)
2:00 PokerKeno
3:00 In Stitches (AR)
6:30 Poker (L)

9:30 Exercise Class (AR) **24**
10:15 Outing: Viejas Casino
1:30 Matinee Movie (Th)
2:00 Wii Bowling (AR)
3:00 Bible Study (Ch)
6:30 Bingo (AR)

10:00 Womens Shopping
w/ Michelle (AR) **25**
1:30 Matinee Movie (TH)
2:00 Pet Therapy: Critter
Encounters w/Andrea (AR)
3:00 Skip Bo (L)

9:30 Exercise Class (AR) **26**
10:15 Lets Talk Discussion (AR)
1:30 Matinee Movie (Th)
2:00 Happy Hour w/Cowboy
Jack (DR)
3:30 Daily News (AR)
6:30 Bingo (AR)



9:30 Yoga w/ Robert (AR) **27**
1:30 Matinee Movie (Th)
2:00 Cards/Rummikub (AR)
6:30 Evening Movie (Th)
7:00 Catholic Communion (Ch)

9:30 Yoga w/ Robert © **28**
11:30 Lunch Music w/
Steven Schwartz (DR)
1:30 Matinee Movie (Th)
2:00 Card Games/Rummikub
(AR)
6:30 Evening Movie (Th)

9:30 Exercise Class (AR) **29**
10:30 Pet Therapy: Dog Day Of
Summer Drive (Parking Lot)
1:30 Sunshine News (AR)
2:00 50s/60s Trivia (AR)
2:00 Scenic Drive (LO)
3:00 BlackJack (L)
6:30 Bingo (AR)

9:30 Exercise Class (AR) **30**
10:00 Pet Therapy: Animal
Art (AR)
1:30 Matinee Movie (Th)
1:30 Trivia Time (AR)
2:00 PokerKeno (AR)
3:00 In Stitches (AR)
6:30 Poker (L)

9:30 Exercise Class (AR) **31**
10:15 Outing: Exploring
Grossmont Center (LO)
1:30 Matinee Movie (Th)
2:00 Wellness Awards
Ceremony (AR)
3:00 Bible Study (Ch)
6:30 Bingo (AR)

Life Enrichment Director:
Jason.Doering@Sunshineret.com

Like us on Facebook:
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WaterfordTerraceRet

Room Key
AR -Activity Room
Th: Theater
Ch: Chapel
LO: Lobby
L: Library
DR: Dining Room

AUGUST 2022

SUNSHINE'S 10TH ANNUAL

get fit | get informed | get restored | give back