

Shining Star



Piotr Roman

Cook

Piotr is our loved Cook/Prep Cook in our kitchen. He loves to spend time with all of our team members and takes time out to always talk and joke with them. He loves visiting with the residents especially during the animal visits.

In his free time Piotr loves to watch and discover new movies and spend time with his friends.

Piotr we thank you for your years of hard work and dedication to all of us at Waterford Terrace.

JUNE BIRTHDAYS

Joan H	June 7
Danny Y	June 8
William H	June 11
Sandra U	June 15
Sieta C	June 20
Cameron S	June 26



What's Going On In

June

2023



Team Members

Executive Director.....Melissa Dimayuga
 Business Office Manager.....LaToya Grant
 Community Development Director.....
Tina Adams Carter
 Executive Chef.....Maggie Agular
 Life Enrichment Director.....Jason Doering
 Concierge Team.....
Matt, Jason, Debbie, Zach, Melyssa
 Maintenance Director.....Juan Guzman
 Head House Keeper.....Eva Chavez
 Dining Rm Coordinator.....Sophia Azevedo

Important Phone Numbers

Office.....(619) 463-2111
 Office Fax..... (619) 469-3245



Meal Times

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

Movie Showings

Everyday 1:30 & 6:30 in Theater

Reoccurring Activities

Book Club/ Thursdays/2pm Library

Bingo/Mon Wed Fri/6:30pm

Skip Bo/Fridays/10:30am

Poker/ Tues and Fri/ 6:30pm

Transportation Schedule

Mondays
 Scenic Drive.....2pm

Tuesdays/Thursdays
 Medical Appointments.....8am to 3pm

Wednesdays
 Outings.....10am

Fridays
 Essential Rides.....8am to Noon

Please Sign up 24 hours in advanced for transportation



Special Events

6/1 Town Hall Meeting
 6/2 Happy Hour w/ Will
 6/9 Happy Hour w/ Lou
 6/13 All Residens Meeting
 6/16 Happy Hour w/ Paul
 6/22 Senior Prom w/ Dave
 6/23 Happy Hour w/ Victor
 6/30 Happy Hour w/ Zina

Outings

6/7 Seaport Village/ Lunch
 6/14 Rueben H Fleet Center/ Lunch
 6/21 Little Italy/ Lunch
 6/28 Viejas Casino

JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 WATERFORD TERRACE <small>RETIREMENT COMMUNITY</small> 5580 Aztec Drive La Mesa 91942 (619)463-2111	Life Enrichment Director: 512LED@Sunshineret.com  Find us on facebook. Like us on Facebook: Facebook.com/WaterfordTerraceRet		Room Key AR—Activity Room Ch—Chapel 6th Fl—6th floor Lobby Lob- Lobby L—Library Th - Theater	9:30 Weight Training (AR) 1 10:00 Interactive Boggle (AR) 10:30 Town Hall Meeting (AR) 2:00 Book Club w/ Wine (L) 3:30 Jeopardy Trivia (AR) 6:30 Evening Movie (Th)	9:30 Resistance Band Class 2 10:15 Lets Talk (AR) 10:30 Skip Bo (4th Fl) 2:00 Happy Hour w/ Will (AR) 3:30 Bean Bag Baseball (6thFl) 6:30 Bingo (AR) 6:30 Poker (L)	9:30 Coffee Klatch (AR) 3 1:30 Matinee Movie (AR) 2:00 Cards/Rummikub (AR) 6:30 Evening Movie (AR) 6:30 Sunset Crew (6th Fl)
9:30 Coffee Klatch (AR) 4 1:30 Rummikub/ Card Games (AR) 2:00 Scrabble (AR) 3:00 PokerKeno (AR)	9:30 Exercise Essentials 5 10:00 Family Feud (AR) 1:30 Sunshine News (AR) 2:00 Balance Class (AR) 3:00 Penny BlackJack (L) 6:30 Bingo (AR)	9:30 Sit And Be Fit 6 10:00 Arts And Crafts (AR) 1:30 Matinee Movie (Th) 2:00 PokerKeno 2:00 Meet w/ Maggie 3:00 InStitches (AR) 3:30 Guess The Price: Then Or Now (4th Floor) 6:30 Poker (L)	9:30 Yoga w/ Lele 7 10:00 Outing: Lets Explore Seaport Village 2:30 Jeopardy Trivia 3:00 Bible Study Pastor Jim (Ch) 3:00 Pet Therapy Walking On Sunshine w/ Waterford Pets (Lob) 6:30 Bingo (AR)	9:30 Weight Training 8 10:00 Name That Tune (AR) 2:00 Book Club w/ Wine (L) 3:30 Who Wants To Be A Millionaire? (AR) 6:30 Evening Movie (Th)	9:30 Resistance Band Class 9 10:15 Lets Talk (AR) 10:30 Skip-Bo 2:00 Happy Hour w/ Lou (AR) 3:30 Giant Connect 4 (6thFl) 6:30 Poker (L)	9:30 Coffee Klatch (AR) 10 1:30 Matinee Movie (Th) 2:00 Cards/ Rummikub (AR) 6:30 Evening Movie (Th) 7:00 Terrace Tavern (AR)
9:30 Coffee Klatch (AR) 11 1:30 Rummikub/ Card Games (AR) 2:00 Scrabble (AR) 3:00 PokerKeno (AR)	9:30 Exercise Essentials 12 10:00 Scrambled Words 1:30 Sunshine News 2:00 Balance Class 3:00 Penny BlackJack 6:30 Bingo	9:30 Sit And Be Fit 13 10:00 PokerKeno (AR) 1:30 All Residents Meeting 1:30 Matinee Movie (Th) 3:00 InStitches (AR) 3:30 50s Trivia (4th Floor) 6:30 Poker (L)	9:30 Yoga w/ Lele 14 11:00 Outing: Rueben H. Fleet Center 2:00 Timken Museum Presentation (AR) 3:00 Bible Study Pastor Jim (Ch) 3:00 Walking On Sunshine (Lob) 6:30 Bingo (AR)	9:30 Weight Training 15 10:00 Spanish Class (AR) 12:00 Monthly Birthday Party (Dining Room) 2:00 Book Club w/ Wine (L) 3:30: Pet Therapy: Critter Encounters w/ Andrea 6:30 Evening Movie (Th)	9:30 Resistance Band Class 16 10:15 Lets Talk (AR) 10:30 Skip Bo (4th Fl) 2:00 Happy Hour w/ Paul 3:30 Fathers Day Social Beer With The Boys (AR) 6:30 Bingo (AR) 6:30 Poker (L)	9:30 Coffee Klatch (AR) 17 1:30 Matinee Movie (Th) 2:00 Cards/Rummikub (AR) 6:30 Evening Movie (Th) 6:30 Sunset Crew (6th Fl)
Fathers Day 18 9:30 Coffee Klatch (AR) 12:00 Fathers Day Lunch (DR) 1:30 Rummikub/ Card Games (AR) 2:00 Scrabble (AR) 3:00 PokerKeno (AR)	9:30 Exercise Essentials 19 10:00 Wordle (AR) 1:30 Sunshine News 2:00 Balance Class (AR) 3:00 Penny BlackJack 6:30 Bingo	9:30 Sit And Be Fit 20 10:00 Arts And Crafts (AR) 1:30 Matinee Movie (Th) 2:00 Medicare Update w/ John (AR) 3:00 InStitches (AR) 3:30 Movie Trivia (4th Floor) 6:30 Poker (L)	9:30 Yoga w/ Lele 21 10:00 Outing: Exploring Little Italy 1:30 Matinee Movie (Th) 2:00 Pet Therapy: Waterford Animal MeetUp (2nd Floor) 3:00 Bible Study Pastor Jim (Ch) 3:00 Walking On Sunshine (Lob) 6:30 Bingo (AR)	11:00: Jeopardy Trivia (AR) 22 1:30: Weight Training 2:00 Book Club w/ Wine (AR) 6:30 Senior Prom w/ Dave (6th Floor) 6:30 Evening Movie (Th)	9:30 Resistance Band Class 23 10:15 Lets Talk (AR) 10:30 Skip Bo (4th Fl) 2:00 Happy Hour w/ Victor (DR) 3:30 Bean Bag Baseball (6thFl) 6:30 Bingo (AR) 6:30 Poker (L)	9:30 Coffee Klatch (AR) 24 1:30 Matinee Movie (Th) 2:00 Cards/ Rummikub (AR) 6:30 Evening Movie (Th) 7:00 Terrace Tavern (AR)
9:30 Coffee Klatch (AR) 25 1:30 Rummikub/ Card Games (AR) 2:00 Scrabble (AR) 3:00 PokerKeno (AR)	9:30 Exercise Essentials 26 10:00 Ambassador Meeting 1:30 Sunshine News 2:00 Balance Class 3:00 Penny BlackJack 6:30 Bingo	9:30 Sit And Be Fit (AR) 27 10:00 PokerKeno (AR) 1:30 Guess The Year (AR) 2:00 Culinary Demo (AR) 3:00 InStitches (AR) 3:30 Pet Therapy: Animal Trivia (4th Fl) 6:30 Poker (L)	9:30 Yoga w/ Lele 28 10:00 Outing: Viejas Casino 1:30 Matinee Movie (Th) 3:00 Bible Study Pastor Jim (Ch) 3:00 Walking On Sunshine (Lob) 6:30 Bingo (AR)	9:30 Weight Training 29 10:00 Spanish Class 2:00 Book Club w/ Wine (L) 3:30 Who Wants To Be A Millionaire? (AR) 6:30 Evening Movie (Th)	7:30 Omelette Bar w/ Maggie 30 9:30 Resistance Band Class 10:15 Lets Talk (AR) 10:30 Skip Bo (4th Fl) 2:00 Happy Hour w/ Zina (AR) 3:30 Giant Connect Four Challenge (6thFl) 6:30 Bingo (AR) 6:30 Poker (Library)	