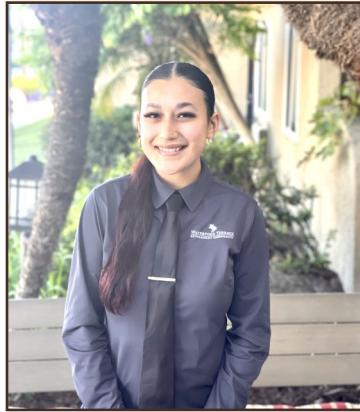


Shining Star

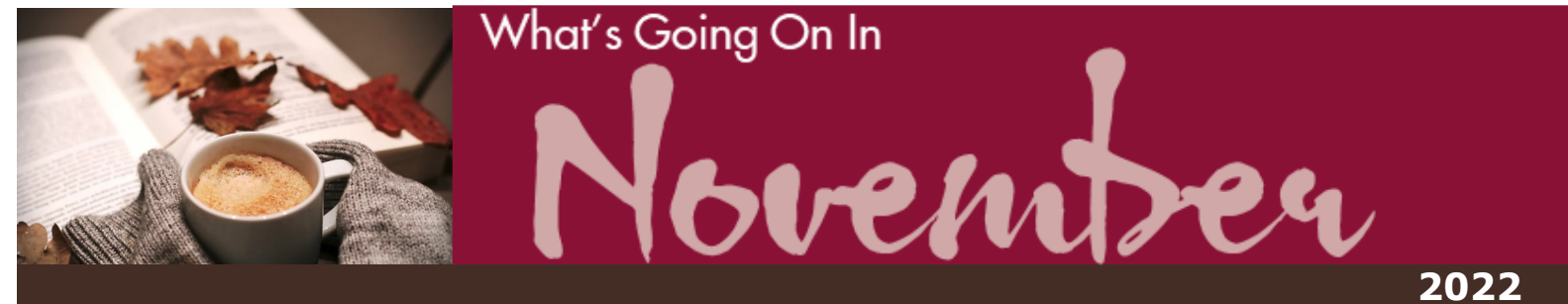


Mia Choi
Server
6 months

Mia has only been here a few months, and in her short time she has already shown what she loves about working here. She loves to interact with the residents on a daily basis. And she loves getting to know them when she takes a moment to talk with them. In her spare time she loves hanging out with her family and friends. She also loves going out for lunch and dinner and spending time with good company. Thank you for all that you do for the Residents and Team here at Waterford Terrace!

NOVEMBER BIRTHDAYS

Nancy H	November 4
Eileen R	November 4
Mario A	November 11
Richard H	November 11
Marjory J	November 18
John P	November 18
Raymond D	November 21
John L	November 21
Betsy W	November 26



Team Members

Executive Director.....Melissa Dimayuga
 Business Office Manager.....Latoya Grant
 Comm. Dev. Director.....Tina Adams-Carter
 Executive Chef.....Maggie Aguilar
 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. - 9:00 a.m.
 Lunch.....11:30 a.m. - 1:30 p.m.
 Dinner.....4:30 p.m. - 6:00 p.m.

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

11/1 Gingerbread Competition Planning Meeting | 10:15
 11/2 Ambassador Meeting
 11/3 Town Hall Meeting
 11/4 Happy Hour w/ Will
 11/8 Culinary Meeting w/ Maggie
 11/9 Timken Museum
 11/10 National Sundae Day
 11/11 Veterans Day Recognition And Performance
 11/14 Men's Group
 11/17 Birthday Party And Critter Encounters
 11/25 Happy Hour w/ John Q
 11/29 New Resident Social

Outings

November 2nd	La Mesa Winery
November 9th	FallBrook Gourd Farm
November 16th	DZ Atkins
November 23rd	Sycuan Casino
November 30th	Hotel Del Coronado

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



Sunshine's 10th Annual Gingerbread House Competition starts this month! Check your calendar for workshop days.

NOVEMBER

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



5580 Aztec Dr
La Mesa, CA 91942
619 463 2111

	Room Key AR -Activity Room ER -Exercise Room Reminders: Wednesdays: Name Tags Fridays: Red Shirt Day	1 9:30 Exercise Class 10:15 Gingerbread Meeting w/ Maggie And Jason (AR) 1:30 Trivia Hour 2:00 PokerKeno (AR) 3:00 In Stitches/Giving Back	2 9:30 Chair Chi (AR) 10:00 Ambassador Meeting (AR) 10:30 Wii Bowling 1:00 Outing : La Mesa Winery 3:00 Bible Study (C) 6:30 Bingo (AR)	3 9:30 Exercise Essentials 10:00 Town Hall Meeting (AR) 10:30 Pet Therapy: Animal Meet Up (2nd FL) 2:00 National Sandwich Day Grilled Cheese (AR) 3:30 Name That Tune (AR)	4 9:30 Move And Groove (AR) 10:15 Lets Talk Discussion (AR) 2:00 Happy Hour w/ Will 3:30 Daily News 6:30 Bingo (AR)	5 9:30 Yoga w/ LeiLei(AR) 1:30 Matinee Movie (Th) 2:00 Cards/Rummikub (AR) 6:30 Evening Movie (Th) 6:30 Poker (L)
6 Daylight Savings Time 9:30 Coffee Clatch (AR) 1:30: Rummikub/Card Games (AR) 1:30 Movie Matinee 2:00 Scrabble (L) 6:30 Evening Movie (Th)	7 9:30 Sit And Be Fit (AR) 10:15 Walking On Sunshine (LOB) 1:30 Sunshine News (AR) 2:00 Pet Therapy: Alligator Trivia (AR) 3:00 Penny Blackjack (L) 6:30 Bingo (AR)	8 Election Day 9:30 Exercise Video 10:30 Gingerbread Making 1:30 Brain Games (AR) 2:00 Culinary Meeting With Maggie (AR) 2:30 Poker (L) 3:00 In Stitches/Giving Back	9 9:30 Chair Chi (AR) 10:15 Outing: Gourd Farm 2:00 Timken Museum Visits 3:00 Bible Study (C) 6:30 Bingo (AR)	10 9:30 Exercise Essentials 10:00 Presentation w/ Sea Coast Home Health (AR) 10:30 Gingerbread Making 1:30 National Sundae Day (AR) 3:00 Balance Class (AR)	11 9:30 Move And Groove (AR) 10:15 Lets Talk Discussion (AR) 1:30 Veterans Day Recognition 2:00 Veterans Day Social w/ The Silver Steppers 3:30 Daily News 6:30 Bingo (AR)	12 9:30 Yoga w/ LeiLei(AR) 1:30 Matinee Movie (Th) 2:00 Cards/Rummikub (AR) 6:30 Evening Movie (Th) 6:30 Poker (L)
13 9:30 Coffee Clatch (AR) 1:30: Rummikub/Card Games (AR) 1:30 Movie Matinee 2:00 Scrabble (L) 6:30 Evening Movie (Th)	14 9:30 Sit And Be Fit (AR) 10:15 Walking On Sunshine (LOB) 1:30 Sunshine News (AR) 2:00 Men's Group Donuts w/ The Dudes (AR) 3:00 Penny Blackjack (L) 6:30 Bingo (AR)	15 9:30 Exercise Class 10:15 Gingerbread Making 1:30 Trivia Time 2:00 PokerKeno (AR) 2:30 Poker (L) 3:00 In Stitches/Giving Back 3:30 Skip Bo (L)	16 9:30 Chair Chi (AR) 11:00 DZ Atkins 2:00 Balance Class 3:00 Bible Study 6:30 Bingo (AR)	17 9:30 Exercise Essentials 10:15 Gingerbread Making 12:00 Monthly Birthday Party w/ Emil 2:00 Pet Therapy: (AR) Critter Encounters w/ Andrea 3:30 Name That Tune (AR)	18 9:30 Move And Groove (AR) 10:15 Lets Talk Discussion w/ Apple Cider (AR) 2:00 Wii Bowling Challenge (AR) 3:30 Daily News 6:30 Bingo (AR)	19 9:30 Yoga w/ LeiLei(AR) 1:30 Matinee Movie (Th) 2:00 Cards/Rummikub (AR) 6:30 Evening Movie (Th) 6:30 Poker (L)
20 9:30 Coffee Clatch (AR) 1:30: Rummikub/Card Games (AR) 1:30 Movie Matinee 2:00 Scrabble (L) 6:30 Evening Movie (Th)	21 9:30 Sit And Be Fit (AR) 10:15 Walking On Sunshine (LOB) 1:30 Sunshine News (AR) 2:00 Pet Therapy: Animal True Or False (AR) 3:00 Penny Blackjack (L) 6:30 Bingo (AR)	22 9:30 Exercise Class 10:15 Gingerbread Making 1:30 Brain Games (AR) 2:00 Balance Class (AR) 2:30 Poker (L) 3:00 In Stitches/Giving Back 3:00 Phone Help w/ Jason	23 9:30 Chair Chi (AR) 10:15 Sycuan Casino 2:30 Card Games 3:00 Bible Study (C) 6:30 Bingo (AR)	24 10:00 Morning Stroll 12:00 Thanksgiving Meal 12:00 Macys Thanksgiving Parade (AR) 	25 9:30 Move And Groove (AR) 10:15 Lets Talk Discussion (AR) 2:00 Happy Hour With John Q 3:30 Daily News 6:30 Bingo (AR)	26 9:30 Yoga w/ LeiLei(AR) 1:30 Matinee Movie (Th) 2:00 Cards/Rummikub (AR) 6:30 Evening Movie (Th) 6:30 Poker (L)
27 9:30 Coffee Clatch (AR) 1:30: Rummikub/Card Games (AR) 1:30 Movie Matinee 2:00 Scrabble (L) 6:30 Evening Movie (Th)	28 9:30 Sit And Be Fit (AR) 10:15 Walking On Sunshine (LOB) 1:30 Sunshine News (AR) 2:00 Balance Class (AR) 3:00 Penny Blackjack (L) 6:30 Bingo (AR)	29 9:30 Exercise Class 10:15 Gingerbread Making 1:30 New Resident Social (6th FL Patio) 2:00 Doc's Book Signing (6th FL Lobby) 2:30 Poker (L) 3:00 In Stitches/Giving Back	30 9:30 Chair Chi (AR) 10:15 Excursion: Hotel Del Coronado 2:00 Card Games 3:00 Bible Study (C) 6:30 Bingo (AR)	Life Enrichment Director: Jason.Doering@Sunshineret.com	Like us on Facebook: Facebook.com/ WaterfordTerraceRet	