

Shining Star



Sophia Azevedo
Lead Concierge
8 1/2 years

Sophia started as a server and then moving up to Dining Room Supervisor and now she is our Lead Concierge.

She loves interacting with the residents and hearing about their background and all of their great stories.

She loves working with everyone here and feels a sense of family, she considers Waterford her home away from home.

When she is at home she loves spending quality time with her 2 girls and her family.

Thank you Sophia for all the wonderful years you have been with us at Waterford Terrace

FEBRUARY BIRTHDAYS

Trina K	Feb 1st
Margaret H	Feb 2nd
Joann A	Feb 4th
Myra K	Feb 4th
Bonnie G	Feb 10th
Anne W	Feb 14th
Vicky A	Feb 15th
Roger B	Feb 19th
Elsie L	Feb 27th



What's Going On In February 2024



Team Members

- Executive Director.....Karelia Fierro
- Business Office Manager.....Latoya Grant
- Community Development Director.....
-Tina Adams
- Executive Chef.....Luz "Maggie" Aguilar
- Life Enrichment Director.....Jason Doering
- Concierge Team.....
-Sophia, Jason, Melyssa, Zach, Debbie
- Maintenance Director.....Juan Guzman
- Head House Keeper.....Eva Chavez
- Dining Rm Coordinator.....Renee Roberts
- Bus Driver.....Matthew Miller

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. - 6:00 p.m.

Movie Showings

Everyday 1:30 & 6:30 in Theater

Reoccurring Activities

- Poker | Tuesdays & Thursdays | 6:30 - Library
- Bingo | Mondays, Wednesdays, Fridays | 6:30 -AR

Transportation Schedule

- Mondays**
- Scenic Drive.....2pm
- Tuesdays/Thursdays**
- Medical Appointments/.....8am to 3pm
- Wednesday**
- Outings.....10am
- Fridays**
- Essential Rides..... 8am to Noon

- Sign up 24 hours in advance for transportation-

Special Events

- 2/1 Town Hall Meeting
- 2/2 Omelette Bar
- 2/2 Happy Hour w/ Emil
- 2/5 Making Chinese Lanterns
- 2/6 Chef Meeting w/ Maggie
- 2/8 ID Presentation And John Mendoza Visit
- 2/9 Lets Talk And Chinese New Year
- 2/11 Superbowl Party
- 2/13 Mardi Gras/Valentines Party w/ Lucia
- 2/14 Valentines Candlelit Dinner

Outings

- 2/7 Van Gogh Museum
- 2/14 Parkway Plaza
- 2/21 Smokey and the Brisket
- 2/28 Safari Park: Free Admission

FEBRUARY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



5580 Aztec Dr
La Mesa, CA 91942
619 822 2505

Life Enrichment Director:
512led@sunshineret.com

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SCAN ME

Room Key

AR -Activity Room
L - Library
TH- Theater
Lob - Lobby
DR Dining Room
Fridays: Red Shirt Day

1
9:30 Bands And Balance (AR)
10:00 Morning Trivia (AR)
10:30 Town Hall Meeting (AR)
2:00 Book Club (L)
3:00 Pet Therapy: Animal Meet
Up (2nd Floor Lobby)
6:30 Poker (L)

2
7:30 Omelet Bar w/Maggie
9:30 Weight Training (AR)
10:00 Lets Talk (AR)
10:30 Skip Bo (4th Fl)
2:00 Happy Hour w/ Emil (AR)
3:30 Connect 4 (AR)
6:30 Bingo (AR)

3
9:30 Coffee & Conversation (AR)
10:00 Exercise Video (AR)
2:00 Cards/Rummikub (AR)
6:30 Saturday Night Movie (TH)

4
9:30 Coffee & Conversation (AR)
10:00 Exercise Video (AR)
1:30 Scrabble (L)
2:00 Rummikub/Card Games (AR)
3:00 PokerKeno (AR)

5
9:30 Sit And Be Fit
10:00 Arts And Crafts: Chinese
Lanterns
1:30 Sunshine News
2:00 Scenic Drive
2:00 Balance Class
3:00 Nickel BlackJack
6:30 Bingo

6
9:30 Exercise w/ Jason (AR)
10:00 Interactive Boggle (AR)
2:00 Chef Meeting/Maggie (AR)
3:00 PokerKeno (AR)
3:30 Knitting & Crocheting (AR)
6:30 Poker (L)

7
9:30 Yoga w/ Lele (AR)
10:15 Van Gogh Museum/
Picnic Lunch
3:00 Bible Study w/ Pastor Jim
(Chapel)
3:30 Pet Therapy:
Walking On Sunshine w/Animals
6:30 Bingo

8
9:30 Bands And Balance (AR)
10:00 Identity Theft Resource
Center Presentation (AR)
2:00 Medicare Presentation w/
John Mendoza (AR)
3:30 Deal Or No Deal (AR)

9
9:30 Weight Training (AR)
10:00 Lets Talk:
Antarctica Talk w/ Steve (AR)
10:30 Skip Bo (4th Floor)
2:00 Chinese New Year Lion
Dancers (6th Floor)
3:30 Giant Jenga (3rd floor)
6:30 Bingo (AR)

10
9:30 Coffee & Conversation (AR)
10:00 Exercise Video (AR)
2:00 Cards/Rummikub (AR)
6:30 Music w/ Leo & Friends (AR)

Super Bowl Sunday

11
9:30 Coffee & Conversation (AR)
10:30 Exercise With Jason
1:30 Scrabble (L)
2:00 Football Trivia (AR)
2:30 Superbowl Party (AR)
6:30 Sunday Evening Movie

12
9:30 Exercise Video
10:00 Card Games
1:30 Scrabble
2:00 Scenic Drive
3:00 Residents PokerKeno
6:30 Bingo

13
Mardi Gras
11:00 Morning Balance Class (AR)
2:00 Mardi Gras/Valentine Party
w/ Lucia King & Queen (AR)
3:30 Knitting & Crocheting (AR)
6:30 Poker (L)

14
Valentines Day
9:30 Yoga w/ Lele (AR)
10:15 Parkway Plaza/Lunch (AR)
2:00 Timken Art Presentation
3:30 Walking On Sunshine
4:30 Valentines Day
Candlelit Dinner (DR)
6:30 Bingo (AR)

15
9:30 Bands And Balance (AR)
10:00 Pet Therapy: Animal Trivia
(Activity Room)
2:00 PokerKeno (AR)
3:00 Hand Massage/
Essential Oils (4th Floor)
6:30 Poker (L)

16
9:30 Weight Training (AR)
10:00 Lets Talk (AR)
10:30 Skip Bo (4th Fl)
2:00 Drum Class w/ Kailani (AR)
3:30 Giant Connect 4 w/ Karelia
(AR)
6:30 Bingo (AR)

17
9:30 Coffee & Conversation (AR)
10:00 Exercise Video (AR)
2:00 Cards/Rummikub (AR)
6:30 Saturday Night Movie (TH)

18
9:30 Coffee & Conversation (AR)
10:00 Exercise Video (AR)
1:30 Scrabble (L)
2:00 Rummikub/Card Games (AR)
3:00 PokerKeno (AR)

19
Presidents Day
9:30 Sit And Be Fit
10:00 Presidential Trivia
1:30 Sunshine News
2:00 Scenic Drive
2:00 Balance Class
3:00 Nickel BlackJack (AR)
6:30 Bingo (AR)

20
9:30 Exercise w/ Jason (AR)
10:00 Card Sharks (AR)
1:30 All Resident's Meeting (AR)
2:00 PokerKeno (AR)
3:00 Knitting & Crocheting (AR)
6:30 Poker (L)

21
9:30 Yoga w/ Lele (AR)
11:00 Lunch:
Smokey And The Brisket
2:00 Pet Therapy:
Crittter Encounters w/ Andrea
3:00 Bible Study w/ Pastor Jim
3:30 Walking On Sunshine
w/ LaToya
6:30 Bingo (AR)

22
9:30 Bands And Balance (AR)
10:00 Jeopardy Trivia (AR)
12:00 Monthly B-day Party (DR)
2:00 Ambassador Meeting (AR)
3:00 Gym Workout (5th Floor)
6:30 Poker (L)

23
9:30 Weight Training (AR)
10:00 Lets Talk (AR)
10:30 Skip Bo (4th Fl)
2:00 Happy Hour w/ Zina (DR)
3:30 Bean Bag Baseball (3rd Fl)
6:30 Bingo (AR)

24
9:30 Coffee & Conversation (AR)
10:00 Exercise Video (AR)
2:00 Cards/Rummikub (AR)
6:30 Music w/ Leo And Friends (AR)

25
9:30 Coffee & Conversation (AR)
10:00 Exercise Video (AR)
1:30 Scrabble (L)
2:00 Rummikub/Card Games (AR)
3:00 PokerKeno (AR)

26
9:30 Sit And Be Fit (AR)
10:00 Arts And Crafts (AR)
1:30 Sunshine News (AR)
2:00 Scenic Drive (Lob)
2:00 Balance Class (AR)
3:00 Nickel BlackJack (L)
6:30 Bingo (AR)

27
9:30 Morning Balance Class (AR)
10:00 Wordle Time (AR)
2:00 Maggie's Cooking Class (AR)
3:00 Knitting & Crocheting (AR)
6:30 Poker (L)

28
9:30 Yoga w/ Lele (AR)
10:15 Safari Park: Free Admission
3:00 Bible Study w/ Pastor Jim
3:00 Walking On Sunshine (Lob)
3:30 Pictionary (AR)
6:30 Bingo (AR)

29
LEAP DAY
9:30 Bands And Balance (AR)
10:00 Family Feud (AR)
2:00 Book Club (L)
3:00 New Resident Social (AR)
6:30 Poker (L)