

September 2022

THE MERIDIAN AT LAGUNA HILLS

(949) 581-6111
Lifestyle Programs

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 The MERIDIAN at LAGUNA HILLS A Luxury Pacifica Senior Living Community	P Physical Wellness/Fitness S Social/Spiritual Engagements C Cognitive Visual & Language Skills M Music L Life Enrichment Skills O Outdoor Activities R Reminiscing	CALENDAR LEGEND "A" Tower A2, A3, A4, A5, A7 "B" Tower B3: Library B4: Bingo Room Lobby: L Dining Room Grille: DRG Courtyard - C P001-P Pool-P Resident Run -RR	Scenic Drives*/Outings* Times vary each week Meet in The Lobby Sign up in The Activity Book when you see an *Asterisk* Shopping 2:00 pm Wednesdays* Meet in Lobby	P 9:00 Walking Club – 1 P 10:00 Morning Fitness -A4 S 10:00 Labor Day BBQ-C S 10:00 Boutique –L S 1:00 Bible Study w/ Tom -A3 M 2:00 Happy Hour W/-Bob M C 3:15 Bingo-B4 R 4:00 Trivia –L S 7:00 Movie Night-A3	P 10:00 AM Fitness-A4 2 L 10:00 Advanced Ear Care C 1:30 Penny Cards-B4 L 2:30 Poetry Club-A5 C 2:30 Mexican Dominoes -A3 C 3:00 Bingo –B4 S 7:00 Movie Night-A3	P 10:00 Morning Fitness A4 3 C 1:00 Mexican Dominoes-A3 L 1:30 Aqua Pool -P L 2:30 Women's Bible Study RR /A2 C 3:00 Rummikub –A3 S 7:00 Movie Night –A3
	S 9:00 Saddleback church -A3 4 S 10:00 NFL Football-B3 S 10:15 Transportation /Church –L C 1:30 Penny Cards -B4 L 2:00 Rick Steves' Travels –A3 C 3:00 BINGO!- B4 L 7:00 Brain Games W/Hiro –B4 S 7:00 Movie Night-A3	P 10:00 Morning Fitness -A4 5 M 12:00 Music Bob Millspaugh R 1:30 Ted Talks –A3 L 2:30 Word in a Word –Grille C 3:00 BINGO! -B4 M 4:00 Karaoke W/Solomon S 7:00 Movie Night-A3	P 10:00 Fitness -A4 6 C 11:00 The New book Club-B3 C 1:30 Horse Racing Game-Grille L 1:30 Open Bridge RR-B4 M 3:30 Technology-A3 C 6:00 Games W/ Mariners CH–B4 O 8:00 Outdoor Movie Night— C	S 9:00 Outing–Ruby's SC Outlet -L7 P 10:00 Morning Fitness - A4 O 1:00 Town Hall Meeting - C L 2:00 Shopping: Costco/Walmart-L C 3:00 Bingo -B4 C 7:00 Poker-A5 S 7:00 Movie Night -A3	P 9:00 Walking Club –L 8 P 10:00 Morning Fitness -A4 C 11:00 Billards & Pizza-B4 L 1:00 Bible Study W/ Tom -A3 M 2:00 Happy Hour W/ Felson C 3:15 Bingo-B4 R 4:00 Trivia –L S 7:00 Movie Night A3	L 9:00 Podiatrist –Levin-B4 9 P 10:00 Morning Fitness-A4 C 1:00 Rummikub-A3 C 1:30 Penny Cards -B4 C 2:00 Mexican Train Dominoes-A3 C 3:00 Bingo –B4 S 7:00 Movie Night -A3
	S 9:00 Saddleback church A3 11 S 10:00 NFL Football-B3 S 10:15 Transportation / Church –L M 11:30 Mike De Bellis –DRG C 1:30 Penny Cards - L 2:00 Rick Steves' Europe -A3 C 3:00 BINGO!- B4 L 7:00 Brain Games -AB S 7:00 Movie NightA3	P 10:00 AM Fitness-A4 12 R 1:30 Ted Talks –A3 L 2:30 Word in a Word-Grille C 3:00 BINGO–B4 M 4:00 Karaoke W/Solomon -L S 7:00 Movie Night –A3	S 10:00 Fitness Morning-A4 13 P 1:30 Culinary Q & A -DRG L 2:30 Word in a Word Grille L 1:30 Open Bridge RR –B4 C 3:30 Technology-A3 C 6:00 Games W/Mariners-CH B4 O 8:00 Outdoor Movie Night-C	O 9:00 Shopping: Target 14 P 10:00 Morning Fitness-A4 O 12 Noon –Movie Outing L 3:00 Bingo-B4 C 4:00 Karaoke W/Solomon-L S 7:00 Poker-A5 S 7:00 Movie Night - A3	L 9:30 Walker Wheel Chair 15 P 10:00 Walking Club –L P 10:00 Morning Fitness -A4 S 1:00 Bible Study w/ Tom -A3 M 1:30 Polynesian Dance/Fitness C 2:00 Happy Hour W/- Jan C 3:15 Bingo-B4 R 4:00 Trivia –L S 7:00 Movie –Night .A3	P 10:00 Morning Fitness -A4 16 C 1:00 Rummikub –A3 C 1:30 Penny Cards –B4 C 2:30 Mexican Train Dominoes-A3 L 3:00 Clear Choice Hearing-A2 C 3:00 Bingo- B4 S 7:00 Movie Night-A3
	S 9:00 Saddleback church -A3 18 S 10:00 NFL Football-B3 C 10:15 Transportation Church C 1:30 Penny Cards -B4 L 2:00 Rick Steves' Europe -A3 C 3:00 BINGO!- B4 L 7:00 Brain Games-B4 S 7:00 Movie-A3	P 10:00 Morning Fitness -A4 19 R 1:30 Ted Talks –A3 L 2:30 Word in a Word-Grille C 3:00 BINGO! -B4 M 4:00 Karaoke W/Solomon -L S 7:00 Movie Night-A3	P 10:00 A.M Fitness-A4 20 C 11:00 Ambassador Meeting-B4 L 1:30 Open Bridge RR-B4 M 1:30 Word in a Word DR Grille L 3:30 Computer Lab –A5 C 6:00 Games W/Mariners– CH– B4 O 8:00 Outdoor Movie Night –C	O 9:00 Scenic Drive . 21 P 10:00 Morning Fitness –A4 O 11:00 King's Fish House-L L 2:00 Shopping: Ralph's –L L 3:00 Bingo-B4 C 4:00 Karaoke –L S 7:00 Poker-A5 S 7:00 Movie Night-A3	P 9:00 Walking Club –L 22 P 10:00 Morning Fitness -A4 S 1:00 Bible Study w/ Tom -A3 M 2:00 Happy Hour W / Regina K. C 3:15 Bingo-B4 L 4:00 Trivia –L S 7:00 Movie Night-A3	P 10:00 A.M. Fitness-A4 23 C 1:00 Rummikub-A3 S 1:30 Penny Cards-B4 C 2:30 Mexican Train Dominoes A3 C 3:00 Bingo –B4 S 7:00 Movie Night -A3
	S 9:00 Saddleback church A3 25 S 10:00 NFL-Football-B3 C 10:15 Transportation / Church –L C 1:30 Penny Cards -B4 L 2:00 Rick Steves' Europe -A3 C 3:00 BINGO!- B4 L 7:00 Brain Games-B4 S 7:00 Movie NightA3	P 10:00 AM Fitness-A4 26 R 1:30 Ted Talks –A3 L 2:30 Word in a Word-Grille C 2:30 Library Committee-B3 L 3:00 BINGO–B4 M 4:00 Karaoke W/ Solomon -L S 4:30 Rosh Hashana Dinner–CH S 7:00 Movie Night –A3	P 10:00 Morning Fitness- A4 27 L 1:00 AL Resident Meeting-A2 C 1:30 Open Bridge RR –B4 M 2:00 Birthday Celebration L 3:30 Computer Lab –A5 C 6:00 Games W/Mariners CH–B4 S 8:00 Last Outdoor Movie Night	O 8:30 Outing: Pechanga 28 P 10:00 Morning Fitness -A4 O 1:00 Shopping Trader Joe's C 2:30 Craft Class W/Linda-C C 3:00 Bingo-B4 L 4:00 Technology Class –A3 S 7:00 Poker-A5 S 7:00 Movie Night-A3	P 10:00 Walking Club –L 29 P 10:00 Morning Fitness -A4 L 7:00 Bible Study W/Tom-A3 M 2:00 Happy Hour W/ Roy S. C 3:15 Bingo-B4 R 4:00 Trivia –L S 7:00 Movie Night –A3	P 10:00 A.M. Fitness-A4 30 C 1:00 Rummikub-A3 S 1:30 Penny Cards-B4 C 2:00 Left Center Right A3 C 3:00 Bingo –B4 S 7:00 Movie Night -A3
Labor Day BBQ Thursday, September 1st Patriot Day & Grandparents Day Sunday, September 11th						