

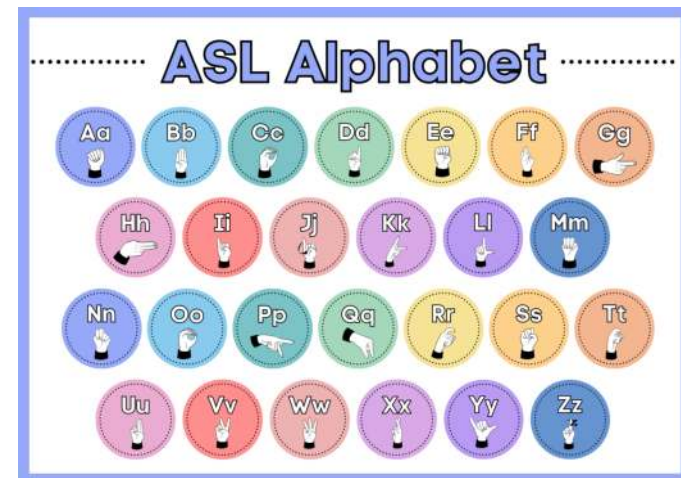
# NEED TO KNOW

FOR ALL SHOPPING & LUNCH OUTINGS,  
PLEASE SIGN UP AHEAD OF TIME.

YOU CAN FIND ALL SIGN UP SHEETS IN THE  
ART STUDIO.

IF YOU HAVE ANY QUESTIONS, PLEASE SEE  
COLLEEN OR CHANNEL.

PLEASE SEE CALENDAR FOR DATES & TIMES.



Come learn ASL with Colleen in the Art Studio, every Thursday starting FEB. 10th at 10:30am



OCEAN HILLS  
SENIOR LIVING  
Independent Living • Assisted Living • Memory Care

## Announcements

FOR CLUB SIGN UPS PLEASE GO TO THE ART STUDIO

For the community bus schedule and information please see the front desk for questions or to book a spot for your next medical appointment.

PLEASE SIGN UP FOR OUTINGS AND SHOPPING IN THE ACTIVITY ROOM.

**SIGN UP FOR UPCOMING EVENTS**

**MONDAYS AT 9:30AM:**  
PERSONAL SHOPPING TRIPS

**WEDNESDAYS AT 12:30PM**  
**LUNCH OUTINGS & CASINO TRIPS:**  
2/2/22: CHIKO  
2/9/22: PALA CASINO TRIP (9:30AM)  
2/16/22: GREEN DRAGON TAVERN & MUSEUM  
2/23/22: LOCAL TAP HOUSE & SCENIC DRIVE

**SATURDAYS AT 10:45AM:**  
BEACH WALKS & SCENIC DRIVES  
(ALTERNATES EVERY OTHER WEEK)

**FEATURED UPCOMING EVENTS**

*Feb 1 - Lunar New Year*

*Feb 8 - Brightstar Seminar*

*Feb 9 - Sign Up for Casino Trip: Pala Casino Resort & Spa*

*Feb 10 - Cooking Demo with Chef Ernest*

*Feb 10 - Birthday Happy Hour*

*Feb 13 - Super Bowl LV1 Watch Party*

*Feb 14 - RED PARTY*

*Feb 15 - Happy Hour: Mana Home Care*

*Feb 17 - Grand Opening Event*

*Feb 17 - ADT Home Health Workshop*

*Feb 24 - Town Hall*



Independent Living • Assisted Living • Memory Care

4550 MYSTRA DR. OCEANSIDE, CA 92056

**HAPPY LUNAR NEW YEAR**

*Year of the Tiger*

COME CELEBRATE IN THE DINING ROOM  
DATE: TUES 2/1/22  
TIME: 12:30PM- 2:00PM




























































































































































































**2022**

**HAPPY VALENTINE'S DAY**

**COME TO THE Red Party**

WHERE: DINING ROOM  
TIME: 4:00- 6:00PM  
DATE: MON 2/14/22  
EVERYONE WEAR RED



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div>	<div>Please note that anything on the Calendar is subject to change at anytime. Please look to the DAILY for the most accurate list of activities for the day. Thank you, Activities Team</div>	<div>9:15  Morning Walking Club [L]</div> <div>10:00  Chair Core Strength &amp; Balance</div> <div>10:30  Series Roulette [MT]</div> <div>11:30 Board Games</div> <div>12:30  Lunar New Year [DR]</div> <div>3:30  Happy Hour</div> <div>6:30  Netflix Action Special [MT]</div>	<div>Groundhog Day</div> <div>10:30  Zen Wednesdays: Nail Care &amp; Aroma Therapy</div> <div>11:30  CHAIR TAI CHI</div> <div>12:30  Sign Up for Lunch Outing: CHIKO [L]</div> <div>2:30  Monopoly Deal!</div> <div>4:00  Paint with Me</div> <div>6:30  Netflix: Musical &amp; Fantasy Premiere [MT]</div>	<div>10:00  Strength &amp; Balance Workshop</div> <div>11:30  Board Games</div> <div>1:00 Sign Up: Tech Assistance</div> <div>2:00  Pickleball</div> <div>3:30  Happy Hour</div> <div>6:30  Netflix Documentaries Presents [MT]</div>	<div>9:00  Puppy Play</div> <div>10:30  Low Impact Seated Cardio</div> <div>10:30  Putting Green [C]</div> <div>1:30  Courtyard Games [C]</div> <div>2:00  Afternoon Walking Club [L]</div> <div>2:30  Poker &amp; Card Games</div> <div>3:30  Fireside Chats [C]</div> <div>6:30  Netflix Viewer's Choice [MT]</div>	<div>10:30  Courtyard Chair Yoga &amp; Meditation [C]</div> <div>10:45  Oceanside Beach Walks: Sign Up [L]</div> <div>11:00  Quarter BINGO!</div> <div>2:00  Specialty Crafting Hour</div> <div>3:30  Happy Hour</div> <div>6:30  Netflix Cinema Presents [MT]</div>
<div>9:00  Virtual Service: North Coast Calvary Chapel [MT]</div> <div>9:30  Sign Up for Church Drives [L]</div> <div>10:30  Putting Green [C]</div> <div>2:30  Line Dancing with Friends</div> <div>3:30  Specialty Crafting Hour</div> <div>6:30  Netflix Cinema Presents [MT]</div>	<div>9:30  Personal Shopping: Sign Up [L]</div> <div>10:30  Chair Yoga &amp; Meditation</div> <div>1:00  BINGO!</div> <div>1:30  Movie Matinee [MT]</div> <div>2:30 Ice Cream Social</div> <div>4:00  Poker &amp; Card Games</div> <div>6:30  Netflix Comedy Special [MT]</div>	<div>9:15  Morning Walking Club [L]</div> <div>10:00  Chair Core Strength &amp; Balance</div> <div>10:30  Series Roulette [MT]</div> <div>11:30  Board Games</div> <div>3:00  Brightstar Seminar</div> <div>3:30  Happy Hour</div> <div>6:30  Netflix Action Special [MT]</div>	<div>9:30  Sign Up for Casino Trip: Pala Casino Resort &amp; Spa [L]</div> <div>10:30  Zen Wednesdays: Nail Care &amp; Aroma Therapy</div> <div>11:30  CHAIR TAI CHI</div> <div>2:30  Scrabble &amp; Friends</div> <div>4:00  Paint with Me</div> <div>6:30  Netflix: Musical &amp; Fantasy Premiere [MT]</div>	<div>10:00  Strength &amp; Balance Workshop</div> <div>10:30  Learn ASL with Me!</div> <div>11:30  Board Games</div> <div>1:00 Sign Up: Tech Assistance</div> <div>2:00  Cooking Demo with Chef Ernest</div> <div>2:00  Pickleball</div> <div>3:30  Birthday Happy Hour</div> <div>6:30  Netflix Documentaries Presents [MT]</div>	<div>9:00  Puppy Play</div> <div>10:30  Home Care Workshop</div> <div>10:30  Low Impact Seated Cardio</div> <div>10:30  Putting Green [C]</div> <div>1:30  Courtyard Games [C]</div> <div>2:00  Afternoon Walking Club [L]</div> <div>2:30  Poker &amp; Card Games</div> <div>3:30  Fireside Chats [C]</div> <div>6:30  Netflix Viewer's Choice [MT]</div>	<div>10:30  Courtyard Chair Yoga &amp; Meditation [C]</div> <div>10:45  Let's Roll: Sign Up for Scenic Drive</div> <div>11:00  Quarter BINGO!</div> <div>2:00  Specialty Crafting Hour</div> <div>3:30  Happy Hour</div> <div>6:30  Netflix Cinema Presents [MT]</div>
<div>9:00  Virtual Service: North Coast Calvary Chapel [MT]</div> <div>9:30  Sign Up for Church Drives [L]</div> <div>10:30  Putting Green [C]</div> <div>2:30  Line Dancing with Friends</div> <div>3:30  Super Bowl LVI Watch Party [MT]</div> <div>6:30  Netflix Cinema Presents [MT]</div>	<div>Valentine's Day</div> <div>9:30  Personal Shopping: Sign Up [L]</div> <div>10:30  Chair Yoga &amp; Meditation</div> <div>1:00  BINGO!</div> <div>1:30  Movie Matinee [MT]</div> <div>4:00  RED PARTY [DR]</div> <div>6:30  Netflix Comedy Special [MT]</div>	<div>9:15  Morning Walking Club [L]</div> <div>10:00  Chair Core Strength &amp; Balance</div> <div>10:30  Series Roulette [MT]</div> <div>11:30  Board Games</div> <div>3:30  Happy Hour: Mana Home Care</div> <div>6:30  Netflix Action Special [MT]</div>	<div>10:30  Zen Wednesdays: Nail Care &amp; Aroma Therapy</div> <div>11:30  CHAIR TAI CHI</div> <div>12:30  Sign Up for Lunch Outing: Green Dragon Tavern &amp; Museum [L]</div> <div>2:30  Rummikub &amp; Friends</div> <div>4:00  Paint with Me</div> <div>6:30  Netflix: Musical &amp; Fantasy Premiere [MT]</div>	<div>Grand Opening Event</div> <div>10:00  Strength &amp; Balance Workshop</div> <div>10:30  ADT Home Health Workshop</div> <div>10:30  Learn ASL with Me!</div> <div>11:30  Board Games</div> <div>1:00 Sign Up: Tech Assistance</div> <div>2:00  Pickleball</div> <div>3:30  Happy Hour</div> <div>6:30  Netflix Documentaries Presents [MT]</div>	<div>9:00  Puppy Play</div> <div>10:30  Low Impact Seated Cardio</div> <div>10:30  Putting Green [C]</div> <div>1:30  Courtyard Games [C]</div> <div>2:00  Afternoon Walking Club [L]</div> <div>2:30  Poker &amp; Card Games</div> <div>3:30  Fireside Chats [C]</div> <div>6:30  Netflix Viewer's Choice [MT]</div>	<div>10:30  Courtyard Chair Yoga &amp; Meditation [C]</div> <div>10:45  Oceanside Beach Walks: Sign Up [L]</div> <div>11:00  Quarter BINGO!</div> <div>2:00  Specialty Crafting Hour</div> <div>3:30  Happy Hour</div> <div>6:30  Netflix Cinema Presents [MT]</div>
<div>9:00  Virtual Service: North Coast Calvary Chapel [MT]</div> <div>9:30  Sign Up for Church Drives [L]</div> <div>10:30  Putting Green [C]</div> <div>2:30  Line Dancing with Friends</div> <div>3:30  Specialty Crafting Hour</div> <div>6:30  Netflix Cinema Presents [MT]</div>	<div>Presidents' Day</div> <div>9:30  Personal Shopping: Sign Up [L]</div> <div>10:30  Chair Yoga &amp; Meditation</div> <div>1:00  BINGO!</div> <div>1:30  Movie Matinee [MT]</div> <div>4:00  Poker &amp; Card Games</div> <div>6:30  Netflix Comedy Special [MT]</div>	<div>9:15  Morning Walking Club [L]</div> <div>10:00  Chair Core Strength &amp; Balance</div> <div>10:30  Series Roulette [MT]</div> <div>11:30  Board Games</div> <div>3:30  Happy Hour</div> <div>6:30  Netflix Action Special [MT]</div>	<div>10:30  Zen Wednesdays: Nail Care &amp; Aroma Therapy</div> <div>11:30  CHAIR TAI CHI</div> <div>12:30  Sign Up for Lunch Outing: Local Tap House &amp; Kitchen (LTH) &amp; Scenic Drive up the Coast [L]</div> <div>2:30  Scattagories &amp; Friends</div> <div>4:00  Paint with Me</div> <div>6:30  Netflix: Musical &amp; Fantasy Premiere [MT]</div>	<div>10:00  Strength &amp; Balance Workshop</div> <div>10:30  Learn ASL with Me!</div> <div>10:30  Town Hall</div> <div>11:30  Board Games</div> <div>1:00 Sign Up: Tech Assistance</div> <div>2:00  Pickleball</div> <div>3:30  Happy Hour</div> <div>6:30  Netflix Documentaries Presents [MT]</div>	<div>9:00  Puppy Play</div> <div>10:30  Low Impact Seated Cardio</div> <div>10:30  Putting Green [C]</div> <div>1:30  Courtyard Games [C]</div> <div>2:00  Afternoon Walking Club [L]</div> <div>2:30  Poker &amp; Card Games</div> <div>3:30  Fireside Chats [C]</div> <div>6:30  Netflix Viewer's Choice [MT]</div>	<div>10:30  Courtyard Chair Yoga &amp; Meditation [C]</div> <div>10:45  Let's Roll: Sign Up for Scenic Drive</div> <div>11:00  Quarter BINGO!</div> <div>2:00  Specialty Crafting Hour</div> <div>3:30  Happy Hour</div> <div>6:30  Netflix Cinema Presents [MT]</div>
<div>9:00  Virtual Service: North Coast Calvary Chapel [MT]</div> <div>9:30  Sign Up for Church Drives [L]</div> <div>10:30  Putting Green [C]</div> <div>2:30  Line Dancing with Friends</div> <div>3:30  Specialty Crafting Hour</div> <div>6:30  Netflix Cinema Presents [MT]</div>	<div>9:30  Personal Shopping: Sign Up [L]</div> <div>10:30  Chair Yoga &amp; Meditation</div> <div>1:00  BINGO!</div> <div>1:30  Movie Matinee [MT]</div> <div>4:00  Poker &amp; Card Games</div> <div>6:30  Netflix Comedy Special [MT]</div>	<div>LOBBY L</div> <div>THEATER T</div> <div>SPORTS BAR SB</div> <div>ART STUDIO AS</div> <div>DINING ROOM DR</div> <div>FITNESS ROOM FR</div> <div>CARD ROOM CR</div> <div>POOL &amp; SPA P&amp;S</div> <div>COURTYARD CY</div>	<div> Emotional</div> <div> Intellectual</div> <div> Physical</div> <div> Purposeful</div> <div> Social</div> <div> Spiritual</div>			