



SCHEDULE OF EVENTS



JULY 2024

**1502 Circa Del Lago
Lake San Marcos CA 92078
760-471-0083**

Spotlight of the Month



Wednesday, July 24
Bar & Buffet Open @ 5:00 p.m.
Dining Room & Trellis Court

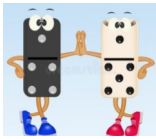
Aloha! Trade in your heavy coats and winter clothes for sunshine, cold cocktails and sand between your toes. Leave your worries behind as we take you to the islands, Chateau style! This Luau will feature live music from Island Stylin' with Bruddah Vince, refreshing mixed drinks, and a feast to remember. This spectacular event will have both indoor and outdoor seating, so be sure to make your reservations with the Concierge today!

Cost/pp: Resident: 1 Meal Credit
Guest: 1 Meal Credit + 17.70

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ACTIVITIES AT THE CHATEAU



DOMINOES

Tuesday, July 2 & Tuesday, July 23
@ 2:30 p.m.
Center Section of the Dining Room

Join us for a fun afternoon of Dominoes! Worried about all of the dots blurring together, and being hard to see?... HAVE NO FEAR - Our dominoes have bold large print numbers.

**CARLSBAD SEAWALL
 WALK & LUNCH**
Wednesday, July 3
Departure @ 10:15 a.m.



Let's head to the beach for a delightful stroll along the Seawall. Bright sunshine or marine air- it is always glorious at the beach! Together we'll relish the smells and sights of the seashore. After working up an appetite, residents can choose from some favorite local hotspots like Daily News Café, El Norte Mexican or Harbor Fish Café. **Cost/pp: \$\$ for Lunch**



**CRYSTAL BOWL
 SOUND THERAPY**
Wednesday, July 3 & July 31
@ 4:00 p.m.

Deville Suite - 3rd floor, C Bldg.

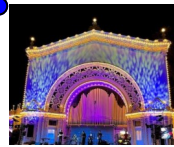
Did you know there's actual scientific health benefits to receiving sound therapy. The sounds produced by these unique bowls is a regular vibration and the harmony resonates with your own body, blood, gut and cells in perfect harmony. It's vibrating sound makes our brain waves enter alpha and theta state, thus reducing stress as well as taking away blocked energy remaining in the body and even reducing pain. This perfect harmony helps creates optimal health. Join sound therapist Kathleen Johnson for these energized sessions and experience the healing sounds of crystal bowls. Feel free to bring a yoga mat, pillow, blankets or anything else that will help you relax.

4TH OF JULY PICNIC
Thursday, July 4
11:30 a.m. - 1:30 p.m.
Dining Room & Trellis Court



There's nothing like a good old-fashioned American country picnic to help celebrate Independence Day! Mouth-watering barbeque will be the order of the day with lots of delicious picnic sides....and, let's not forget about the root beer floats! Be sure to let the Concierge know if you prefer indoor or outdoor seating for this event! **(Note: NO dinner service tonight; dinner boxes will be available upon request. Meals must be ordered before Noon for delivery or pick-up)**

Cost/pp: Resident & Guest = 1 Meal Credit



**SUMMER ORGAN FESTIVAL
 PRESENTS: BRYAN ANDERSON**
Monday, July 8
Departure @ 6:15 p.m.

The Spreckels Organ Pavilion at Balboa Park is preserved and promoted as a world treasure for all people. Giving everyone a chance to experience a relaxed and fun way of enjoying music in one of the most iconic venues in San Diego. Consisting of more than 5,000 pipes, you'll marvel at the sight and sound of this amazing 100-plus-year-old organ as it's brought to life.

Cost/pp: FREE CONCERT

PHASE 10
Tuesday, July 9
@ 2:30 p.m.

Center Section of the Dining Room



Phase 10 is a Rummy type card game with a challenging and exciting twist!



**ARMCHAIR ASTRONOMY
 WITH KEN VAN LEW**
**PRESENTS: RAINBOWS:
 GLORIOUS ARCS IN THE SKY**
Wednesday, July 10
@ 2:30 p.m.

Calais Room - 2nd floor, Community Center

Rainbows form when light interacts with water droplets. Usually sunlight is involved, but the moon can also form rainbows called moonbows. Rain isn't required, as even sprouting dolphins or whales can cause rainbows. Double rainbows with the colors reversed are frequently seen, and they make striking photographic subjects. Join Ken for this interesting PowerPoint presentation journey to the universe.

NEW COMERS MIXER
Wednesday, July 10
4:00 p.m. - 5:00 p.m.
Trellis Court



All Residents are invited and encouraged to mix and mingle with new residents over cocktails and light appetizers. What a great way to learn more about our newest neighbors!

Beer = \$1.00 each / Wine = \$1.60 each
Mixed Drinks = \$2.00 each

Drinks - FREE drinks for Chateau residents who have lived here less than 1 year.

Appetizers complementary for those who attend lunch or dinner the day of the event
- 1 meal credit for all others in attendance.

MORE ACTIVITIES



**STONE AGE DOC
PRESENTS: THE MYTH
OF LONGEVITY**
Thursday, July 11
@ 2:00 p.m.

Calais Room - 2nd floor, Community Center

What is life expectancy? Why is it declining in this age of medical miracles? How long did Stone Agers live? Are modern humans living longer? What is a supercentenarian? The answers to these and other questions are often incorrect. Join Dr. Phil for this informative presentation, that explains why the major causes of death have nothing to do with growing older.

TRADER JOE'S & SPROUTS

Friday, July 12

Departure @ 10:00 a.m.

Our farmer's market twist on grocery shopping.

Cost/pp: \$\$ for Grocery Shopping



**DISCOVERY LAKE WALK
& BREAKFAST AT
MAMA KAT'S**
Monday, July 15
Departure @ 9:00 a.m.

Take a stroll with us around Discovery Lake! Right here in San Marcos, Discovery Lake is quite and serene and makes for a beautiful and enjoyable walk. After we work up our appetite, we'll head over to local favorite Mama Kat's for a delicious breakfast. If you won any gift cards at last month's Casino Night party be sure to bring them with you!

Cost/pp: \$\$ for Breakfast

ART FOR ALL AGES

Monday, July 15

@ 1:00 p.m.

Deville Suite - 3rd floor, C Bldg.

**Special
Date!**



Local artist, Christina, will be here to teach an art class on the first Thursday of each month. No experience necessary! Come and see how easy it is to create a beautiful piece of artwork. *Class is limited to 10, so be sure to sign-up each month.*

Cost/pp: \$4.00 Materials Fee



RUMMIKUB
Tuesday, July 16 & July 30
@ 2:30 p.m.

Center Section of the Dining Room

Players create "runs" or "groups" of numbers and try to be the first player to lay down all their tiles. The more points the other players are left with, the closer you are to winning.

HAND and FOOT

Wednesday, July 17

@ 2:30 p.m.

Center Section of the Dining Room

**NEW
GAME!!**



This game uses five decks of cards including the Jokers. The object of Hand and Foot is to get rid of all your cards, the "hand" first, then the "foot" by melding them. At the end of 4 rounds, the team with the most points wins!



CLSM BOAT PICNIC
Thursday, July 18
Departure @ 12:00 p.m.
Departure Location:

LSM Docks ~ Amalfi Restaurant - Downstairs

Enjoy a beautiful day on the water as we boat around Lake San Marcos and enjoy a delicious boxed lunch from our amazing kitchen staff! This time around, you'll be enjoying lunch right on the boat as you bask in the beauty of your own back yard. So relax, enjoy an ice cold beer or soda and soak in the day with good friends. Sign-up by Tuesday, July 16th to place your boxed lunch order. *Lunch includes: Sandwich, chips, fruit, potato salad, special dessert and choice of drinks. Seating is limited, so be sure to sign-up ASAP. Arrive early if you'd like a seat under the shade, as some do not have any covering.*

Cost/pp: 1 Meal Credit



**SHALOM STRINGS:
VIRTUOSO VIOLINIST**
Thursday, July 18
@ 1:00 p.m.
Trellis Court

Welcome Attila back to the Chateau! Attila Sautov is renowned in the music world for his phenomenal skills as a soloist. Performing in over 40 countries and at many of the world's most prestigious venues, including the Cologne Philharmonic and Sydney Opera House, Attila will not only impress you with his incredible technical skills, but also with his connection to the audience.

WILL THE FUN EVER END?



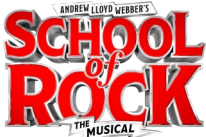
A CLASS IN MINDFULNESS
Friday, July 19
@ 1:30 p.m.
Calais Room - 2nd floor,
Community Center

After 4 years of meeting, the Mindfulness group is changing format and will hold only one meeting this month. This group has been found to be helpful in reducing stress, anxiety, loneliness and depression. In addition to our normal meetings, we'll be having questions and discussions about experimenting on what might work best for the group. We welcome all residents to join us!

CASH BINGO!
Monday, July 22
@ 2:30 p.m.
Bistro



Join other Chateau Bingo enthusiasts for a little friendly competition. First one to call Bingo takes home the pot. **Cost/pp: \$1 per card per game**



MOONLIGHT AMPHITHEATER
PRESENTS: SCHOOL OF ROCK
Thursday, July 25
Departure @ 7:00 p.m.

Based on the 2003 hit *School of Rock* with Jack Black, this musical retells the story you love with new music by Andrew Lloyd Webber. *School of Rock* follows Dewey Finn, a failed, wannabe rockstar who decides to earn an extra bit of cash by posing as a substitute teacher at a prestigious prep school. He is horrified to discover that his straight-laced and straight-A students haven't a clue about rock and roll, and he makes it his mission to educate them. Through trial and error, he turns his class into a guitar-shredding, bass-slapping, mind-blowing rock band. They want to perform in the Battle of the Bands Competition, but first they'll have to get the principal's permission, dodge parents, and prove they have what it takes to rock. Will the students at Horace Green School make the grade? **Cost/pp: \$62 Ticket Price**

BOOK CLUB
Friday, July 26
@ 2:00 p.m.

Library - 2nd floor, Community Center



For the month of July, the book club has chosen *The Devil in the White City* by Erik Larson. Looking ahead - August's reading will be *The Man Who Died Twice* by Richard Osman. All residents are welcome, whether you've read or finished the book. We look forward to seeing you and having a great discussion.

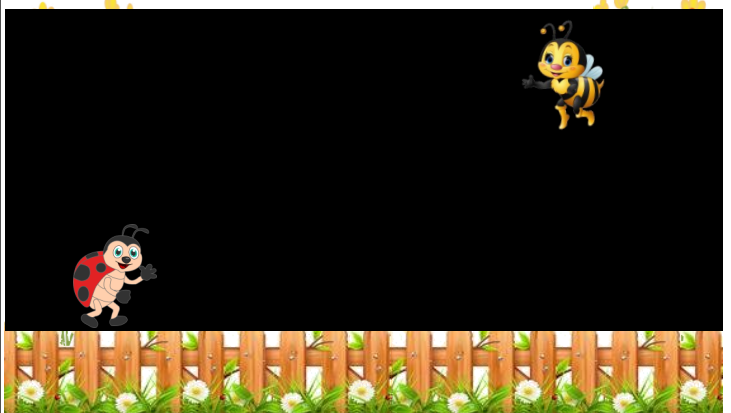


JEOPARDY!
Monday, July 29
@ 2:30 p.m.
Bistro

It's time for the final round of Jeopardy! Groups of players will compete to earn the most "money" by answering the most clues correctly - in the form of a question. The player who collects the most money after the final round wins! Feel free to come by and just sit in the "audience."



Welcome New Residents



JULY 2024 - FITNESS MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>9:00 a.m.</u> <i>Strength & Cond.</i>	<u>9:00 a.m.</u> <i>Moving with Ease</i>	<u>9:00 a.m.</u> <i>Strength & Cond.</i>	<u>9:00 a.m.</u> <i>Moving with Ease</i>	<u>9:00 a.m.</u> <i>Strength & Cond.</i>
<u>10:00 a.m.</u> <i>Balance</i>	<u>10:00 a.m.</u> <i>Water Aerobics</i>	<u>10:00 a.m.</u> <i>Line Dancing</i>	<u>10:00 a.m.</u> <i>Water Aerobics</i>	<u>10:00 a.m.</u> <i>Circuit Training</i>

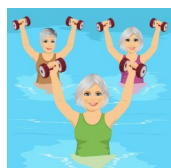
Exercise classes will be held in Calais Room - 2nd Floor, Community Center in DVD Format @ 9:00 a.m. July 1st - July 5th and July 15th - 19th. There will be NO 10:00 a.m. classes during those times. NOTE: Katrina will be offering Seated Volleyball on Monday 7/1, Tuesday 7/2, Wednesday 7/16 and Thursday 7/17 @ 10:00 a.m. in the Normandy Room - 3rd Floor, B Bldg.

Western Party Line Dancing (Normandy Room - 3rd floor, B Bldg.)

What to wear: Clothes that are easy to move / **Shoes:** Soft Sole Shoes / **Duration:** 30 min (100% standing) - HEE HAW, let's get ready for the Western Party! Join Sam for some aerobic fun as she teaches you line dances that will be danced at the Western Party! Not only will this class get your heart pumping, it's great for balance and is sure to put a smile on your face!



Water Aerobics (Chateau Pool)



What to wear: Bathing Suit, Hat, Sunglasses & Sunscreen / **Shoes:** Water Shoes / **Duration:** 45 min - Water aerobics is a fun way to strengthen your muscles and heart. Not only is it fun, but for those with chronic pain and arthritis it's one of the most effective and beneficial ways to exercise. We use several exercise accessories like noodles, hand held weights and kick boards to get a full body workout.

Strength and Conditioning (Normandy Room - 3rd floor, B Bldg.)

What to wear: Clothes are easy to move in / **Shoes:** Sneakers / **Duration:** 30 min (80% to 100% seated) - We use hand held weights (Mondays) and elastic tubing (Wednesdays) to get a full body work. Cardio endurance is tied into the class through our 10 minute warm-up that is sure to get your blood flowing and muscles loose. On Fridays we use hand and beach balls to perform challenges that strengthen our coordination, reflexes, recall and memory.

Moving with Ease (Normandy Room - 3rd floor, B Bldg.)

What to wear: Clothes are easy to move in / **Shoes:** Bare feet or socks / **Duration:** 30 min (95% seated) - Inspired by the practice of Yoga *Moving with Ease* is our most gentle class option. Movement patterns designed to stretch all of the muscles found in the body. By elongating your muscles you improve your posture, range of motion and flexibility which will increase your body's ability to move and function.



Balance (Normandy Room - 3rd Floor, B Bldg.)

What to wear: Clothes are easy to move in / **Shoes:** Sneakers or bare feet / **Duration:** 30 min (95% standing) Balance Class focuses on building muscle mass in the bodies large muscle groups with emphasis on the core and legs. We perform movement patterns that train the body to react in the appropriate way to prevent a fall, and a lot of time goes into bringing awareness to the body - having the mind tell the body what to do rather than letting momentum take control of the body's movement. Also incorporated are movements that strengthen the bodies equilibrium.



Circuit Training (Normandy Room - 3rd Floor, B. Bldg.)

What to wear: Clothes are easy to move in / **Shoes:** Sneakers / **Duration:** 30 min (Majority Standing) Our "circuit" will consist of various timed exercise stations that will improve your cardio and muscular endurance as well as strengthen muscles through out your entire body.

CHATEAU ODDS & ENDS

WE MEAN BUSINESS



MARKETING COMMITTEE MEETING
Wednesday, July 10
@ 11:00 a.m.

Calais Room - 2nd floor, Community Center

Working to raise awareness of our unique retirement community. Homeowners welcome.

FINANCE COMMITTEE MEETING
Friday, July 19
@ 10:00 a.m.



Calais Room - 2nd floor, Community Center

All Homeowners are welcome.



BOARD OF DIRECTORS' MEETING
Thursday, July 25
@ 2:00 p.m.
Fireside Dining Room

All Homeowners are encouraged to attend the Board of Directors' Meeting, complete with the President's Report and CFO's Financial Report. Following the meeting, wine and snacks will be served after Katrina gives us a look at the events in August!

WEEKLY TRANSPORTATION

Sign up sheets are in the Events Book.



MEDICAL APPOINTMENT LOOPS
Monday - Wednesday - Thursday
ALL DAY

Transportation provided for residents with medical appointments **only**. Limited to 3 residents, please sign-up no later than the preceding business day.

GROCERY SHOPPING -
ALBERTSONS ~ Every Tuesday



Departures @ 9:40 a.m., 10:00 a.m. & 10:20 a.m.

ALDI: Last Tuesday ~ 7/30

Departures @ 9:40 a.m., 10:00 a.m. & 10:20 a.m.

You do the shopping and we deliver the bags right to your door.



LOCAL ERRAND LOOP
Every Tuesday
Departures @ 1:00 p.m. & 2:00 p.m.

Anyone with local errands to run can sign up for transportation in the Events Book.

SAME TIME & PLACE

2nd & 3rd MONDAY

MOVIES AT THE CHATEAU
@ 2:00 p.m.



Calais Room - 2nd floor, Community Center

Join your neighbors for a Movies at the Chateau evening. Popcorn will be served - bring your own beverage! See *inside calendar* for movie titles. For more information or questions, please call Susan Hall at

1st WEDNESDAY OF THE MONTH

FIRE ALARM TEST
From 10:00 a.m. - 11:30 a.m.



Each month, all fire alarms will be tested.

WEDNESDAYS

BRIDGE
From 1:30 p.m. - 3:30 p.m.
Deville Suite - 3rd floor, C Bldg.



Bridge is a trick-taking card game using a standard 52-card deck. For more information, call Susan Hall at

THURSDAYS

INSPIRATIONAL GATHERING
@ 10:00 a.m.

Calais Room - 2nd floor, Comm. Bldg.



Join Pastor Jim Brown for an uplifting message and fellowship.

GENTLEMEN'S DINNER TABLE
@ 5:30 p.m.



Great opportunity to bond with other men and enjoy great conversation over a meal. No reservation required! If you have any questions please contact resident Harry Truax.

SATURDAYS

TEAM GOLF GAMES
Men's Game @ 9:45 a.m.
Women's Game @ 10:45 a.m.



All residents are invited to join in on the fun and play a team game on the Chateau's new putting green! All levels of players welcomed! *Note: you do not have to play every Saturday to participate.*