



SCHEDULE OF EVENTS



APRIL 2024

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

Spotlight of the Month

**PEGGY SUE'S
SOCK HOP**
WEDNESDAY, APRIL 17
COCKTAILS & DINNER @ 5:00 P.M.

Fellas grease back your hair and little ladies grab your poodle skirts, it's time to *Shake, Rattle and Roll!* Let's have a rockin' good time as we roll back to the '50s and dine on some of the most outta sight food this side of town has to offer! Tonight we're going to bop till we drop, so grab your gal...or your best pal, and come on down to our Sock Hop. It's sure to be a peachy keen night, so be sure to make your reservations with the Concierge today!

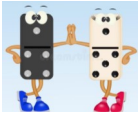
**Cost/pp: Resident: 1 Meal Credit
Guest: 1 Meal Credit + \$12.00**



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ACTIVITIES AT THE CHATEAU



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

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

NEW COMERS MIXER

Wednesday, April 3

4:00 p.m. - 5:00 p.m.

Trellis Court (Subject to Change)



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

Cost/pp: \$1.00 Beer/ \$1.60 Wine/ \$2.00 Mixed 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.



ART FOR ALL AGES

Thursday, April 4

@ 1:00 p.m.

Deville Suite - 3rd floor, C Bldg.

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. *This class is limited to 10, so please be sure to sign-up each month in the front of the Events Book to reserve your spot in class.* **Cost/pp: \$4.00 Materials Fee**

MOONLIGHT THEATER PRESENTS:

HOTEL CALIFORNIA: THE ORIGINAL EAGLES TRIBUTE

Thursday, April 4

Departure @ 6:30 p.m.



For over three decades, *Hotel California* has been recreating the legendary sound of The Eagles, and thrilling audiences all over the world. The band set the bar in 1986, and they've remained the industry leading substitute for The Eagles ever since. With over a century of collective professional experience in the band today, they're still going stronger than ever!

Cost/pp: \$35 Ticket Price



TRADER JOE'S & SPROUTS

Friday, April 5

@ 10:00 a.m.

Cost/pp: \$\$ for Grocery Shopping

A CLASS IN MINDFULNESS

Friday, April 5 & April 19

@ 1:30 p.m.

Calais Room - 2nd floor, Community Center



This mindfulness group has been found to be helpful in reducing stress, anxiety, loneliness and depression. In addition to mindfulness, the group will be exploring ways to tap into our body's energy system to improve our health and enhance our wellbeing. All residents welcomed.



SOLAR ECLIPSE VIEWING

Monday, April 8

@ 10:45 a.m.

Putting Green

Come view the solar eclipse on the putting green with other Chateau residents. This eclipse will trace across the US from Mexico to Canada, leaving stunning images along its way. **Solar glasses will be available for \$1. Contact Katrina if you'd like to purchase a pair.** Also note, Ken Van Lew will have a free Zoom presentation showing photos taken of the eclipse on *Thursday, April 11th at 2:00 p.m.* To check out this presentation, go to [Zoom.com](https://zoom.us) and insert Meeting ID: 890 5112 6080 with the passcode 725522.

MUSIC PERFORMANCE BY DANIEL NEWHEISER

Monday, April 8

@ 2:30 p.m.



With over 20 years of experience as a guitarists, Daniel has been performing professionally since a teenager. A graduate from the Thornton School of Music at USC, he also specializes in piano and has become a music instructor at his alma mater. Come say hello to a friendly face and



PHASE 10

Tuesday, April 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!

ACTIVITIES AT THE CHATEAU



**CARLSBAD SEAWALL
WALK & LUNCH AT
TIP TOP MEATS**
Wednesday, April 10
Departure @ 10:15 a.m.

Let's head to Tip Top Meats, where you can choose from a variety of tasty options such as hot and cold sandwiches, hearty burgers and special handmade sausages and brats. You can even purchase meat, fish, sides and more to go from their deli counter... they even make pastries! Before we fill ourselves up, we'll head to the beach for a delightful stroll along the Seawall. Bright sunshine or marine air- it is always glorious at the beach! **Cost/pp: \$\$ for Lunch**

**MOBILE PHYSICAL
THERAPY PRESENTATION**
Thursday, April 11
@ 3:00 p.m.



Calais Room - 2nd floor, Community Center

Did you know Mobile Physical Therapists services are qualified for coverage by Medicare? Mobile PT helps keep individuals who have physical deficits, like weakness, impaired balance and stiffness/joint pain. You don't have to be hospitalized or on hospice to receive this service in your home. Come by and meet Omar Arvizu, PT, DPT, who's already been working with a few residents at the Chateau, for this informative and helpful presentation.



KIWANIS PANCAKE BREAKFAST
@ ST. MARKS CATHOLIC CHURCH
Saturday, April 13
Departure @ 8:00 a.m.

Proceeds from the pancake Breakfast supports LSM Kiwanis Club Foundation for student scholarships, youth programs in San Marcos, and services for the LSM community. Be prepared for fun, a tasty breakfast and a charity auction! If you'd like to purchase a ticket, please call Les Hill at 760-744-7310. Don't forget to sign-up for transportation with Katrina or the Concierge. **Cost/pp: \$10 Ticket Price**

JEOPARDY!
Monday, April 15
@ 2:00 p.m.
Fireside Dining Room



Come down and play one of the best classic game show that has been on TV! That's right we're playing Jeopardy! 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."



RUMMIKUB
Tuesday, April 16 & April 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.

**PALOMAR PERFORMING ART
PRESENTS: CONCERT HOUR WITH
EMILIA LOPEZ-YANEZ & RUTH WEBER**



Thursday, April 18
Departure @ 12:15 p.m.

Concert Hour is a free music enrichment series presented for the community and students to enjoy. Sign-up in the Events Book for this FREE live concert right in our neighborhood.

Cost/pp: FREE CONCERT



CONNECT HEARING
Thursday, April 18

From 1:30 p.m. - 2:30 p.m.

Calais Room - 2nd floor, Community Center

Located in LSM, our friends at Connect Hearing will be here to answer any questions you might have regarding your hearing and/or hearing aids. They also offer FREE battery replacement.

**FOREIGN FILMS AT DOVE LIBRARY
PRESENTS: BILLION DOLLAR HEIST**



Friday, April 19
Departure @ 3:15 p.m.

This documentary tells the story of one of the most daring cyber heists of all time, the Bangladeshi Central Bank theft. Tracing the origins of cyber-crime, from basic turn of the millennium credit card fraud by individuals to global criminal organizations.

Cost/pp: FREE MOVIE



**ESCONDIDO CENTER FOR THE ARTS
PRESENT: NASHVILLE NIGHTS**

Sunday, April 21
Departure @ 1:00 p.m.

Nashville Nights is a country music extravaganza that takes you on a journey through the heart of Music City. This high-energy show features some of the best country music hits of all time, performed by a talented cast of singers and musicians. With its toe-tapping rhythms, soulful ballads, and electrifying performances, this is a must-see! So grab your cowboy hat and boots and get ready for a night of unforgettable entertainment!

Cost/pp: \$65 - \$75 Concert Ticket

WILL THE FUN EVER END?



THE FLOWER FIELDS & LUNCH AT THE WINDMILL FOOD HALL

Monday, April 22

Departure @ 10:00 a.m.

Spring is finally here! Don't miss this opportunity to see the Carlsbad Ranch Flower Fields in full bloom! Take a guided wagon ride through the flower fields for \$8 or stroll along at your own pace. After we've had time to enjoy the view, we'll head over to the Windmill Food Hall where residents can choose from a vast variety of food options.

Cost/pp: \$24.00 Entry Fee + \$\$ for Lunch
(Wagon Ride will be an extra \$8 fee)

ENCINITAS FREE WEDNESDAY CONCERT PRESENTS: VILLA MUSICA FLUTE ENSEMBLE

Wednesday, April 24

Departure @ 11:15 a.m.



Founded in 2005, this ensemble is comprised of professional, retired and amateur flutists in the San Diego community. Performing a wide variety of styles, including classical, jazz, rags, blues and Broadway, you won't want to miss this fun and unique performance. **Cost/pp: FREE CONCERT**



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

Library - 2nd floor, Community Center

For the month of April, the book club has chosen *The Heaven and Earth Grocery Store* by James McBride. Looking ahead - May's reading will be *The Healing Power of Human Connection* by Vivek H. Murthy. All residents are welcome, whether you've read or finished the book. We look forward to seeing you!

MUSIC PERFORMANCE WITH GUNNER BIGGS AND ZO SHAH

Friday, April 26

@ 2:30 p.m.

Center Section of the Dining Room



Gunner Biggs has been here before with his band-mate under the name *Mandobasso*, and this time he's bringing along a new friend! Zo, who's a Pakistani-American born in London, is a prominent member of the San Diego jazz scene. Together they have created a very interactive soundscape of conversational harmonies and rhythms on older jazz standards. Zo and Gunner were born a generation and a continent apart, but when they come together musically, it's a beautiful connection.

Upcoming Event...



DOVE LIBRARY'S THEATRICAL WEDNESDAY PRESENTS: ARE YOU THERE GOD? IT'S ME, MARGARET

Wednesday, May 1

Departure @ 3:15 p.m.

Cost/pp: FREE MOVIE

Based off the Judy Blume's classic and groundbreaking novel from over fifty years ago, comes the story of 11-year-old Margaret, who's family moved her from the city to the suburbs. Now Margaret must navigate new friends, feelings and the beginning of adolescence.

Looking Ahead...

Reservation sheets open on Friday, April 12th.

CINCO DE MAYO CELEBRATION Sunday, May 5

Regular Brunch Reservations Apply

Cost/pp: Resident = 1 Meal Credit

Guest = 1 Meal Credit + \$12.00

or 2 Meal Credits



And...



MOTHER'S DAY BRUNCH

Sunday, May 12

Served from 11:30 a.m. - 2:00 p.m.

Cost/pp: Resident = 1 Meal Credit

Guest: 1 Meal Credit + \$12.00

or 2 Meal Credits



APRIL 2024 - FITNESS MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 a.m. <i>Strength & Cond.</i>	9:00 a.m. <i>Moving with Ease</i>	9:00 a.m. <i>Strength & Cond.</i>	9:00 a.m. <i>Moving with Ease</i>	9:00 a.m. <i>Strength & Cond.</i>
10:00 a.m. <i>Balance</i>	10:00 a.m. <i>Balance</i>	10:00 a.m. <i>Walking Club</i>	10:00 a.m. <i>Volleyball</i>	10:00 a.m. <i>Circuit Training</i>

Seated Beach Ball Volleyball (Normandy Room - 3rd floor, B Bldg.)

What to wear: Clothes that are easy to move / **Shoes:** Sneakers / **Duration:** 30 min (100% seated) - Seated volleyball is the perfect low impact cardio workout for our population. Not only will your endurance, range of motion and reflexes improve, your tummy muscles will too! That's right I said tummy... we do a lot of laughing while playing, and laughing is good for soul and works your abdominal muscles!



Walking Club (Meet at Chateau's Front Circle)

What to wear: Clothes that are easy to move in / **Shoes:** Sneakers / **Duration:** 30 min (100% standing) Nothing is better than a sunny SoCal morning walk! Grab a friend or your pup and join Sam for a jaunt around neighborhood. Together we'll people, dog and bird watch, socialize and get our daily steps in.



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

What to wear: Clothes that 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 that are easy to move in / **Shoes:** Bare feet or socks / **Duration:** 30 min (90% 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 that 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.



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

What to wear: Clothes that 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



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

Calais Room - 2nd floor, Community Center

All Homeowners are welcome.



BOARD OF DIRECTORS' MEETING
Thursday, April 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 May!

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 ~ 4/30

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.

Welcome Home



SAME TIME & PLACE

MONDAYS

MAHJONG 2:00 p.m. - 4:00 p.m.
Deville Suite - 3rd floor, C Bldg.



Mahjong is a tile-based game developed in China. The object is to collect winning sets of tiles. For more information, please call Karen Marquez at

1st & Last MONDAY

MOVIES AT THE CHATEAU:

HBO Series - Big Little Lies @ 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! For more information or questions, please call Susan Hall at

TUESDAYS & THURSDAYS

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.

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.

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.*