



SCHEDULE OF EVENTS



OCTOBER 2026

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

Spotlight of the Month

HAPPY HALLOWEEN

Saturday, October 31

Cocktails @ 5:00 p.m.

Dinner & Dancing @ 5:30 p.m.

Trick or treat...or maybe a little of both on this oh-so-fun spooky holiday.

Ghosts will be watching over the Dining Room as we enjoy some frighteningly delicious fare, and don't mind the zombies on the dance floor, they don't bite! Enter if you dare, but be sure to make your reservations with the Concierge...or beware! Costumes are always welcome and greatly encouraged!

Cost/pp: Resident = 1 Meal Credit

Guest = 1 Meal Credit + \$13.25

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ONSITE EVENTS



SENIOR RESOURCE FAIR

Thursday, October 1

From 1:00 p.m. – 3:00 p.m. ~ Trellis Court

Looking for guidance, support, or new ways to stay active? Join us for Senior Resource Fair, a community event dedicated to helping seniors and caregivers navigate the golden years with confidence. Meet local organizations dedicated to senior care, explore a wide range of services from health and wellness to housing and financial planning. Ask questions and get valuable information and take home practical resources tailored to your needs. Whether you're planning for the future or looking for immediate assistance, there's something here for everyone.

OSHER LIFELONG LEARNING INSTITUTE

Monday, October 5 @ 9:30 a.m.

Calais Room – 2nd floor, Community Center



Are you ready to keep your mind sharp and explore fascinating topics in a fun, pressure-free environment? OLLI is a premier program for adults aged 50 and better that offers non-credit online courses designed to be intellectually stimulating, with no homework, or grades! Research proves that exercising your mind through lifelong learning yields incredible health benefits, including delayed onset of Alzheimer's, improved memory, and a longer, healthier life. We'll kick things off by screening the engaging class, *Holocaust Rescuers: Daring Diplomats and Public Officials*. Following the presentation, Sherie from Osher will give a short talk to introduce you to the program and what to expect. Come join us, discover the joy of learning without limits, and see how OLLI can enrich your daily life!



DAY IN OLD TOWN

Monday, October 5

Departure @ 10:00 a.m.

Spend a spooktacular day in America's Finest City! Stroll through Old Town's historic plazas, where rich history, vibrant culture, and time-honored traditions come to life. Discover unique treasures from around the world, explore more than 35 historic sites and museums, and enjoy authentic Mexican cuisine, and the fascinating heritage that makes Old Town unforgettable.

Cost/pp: \$8 Transportation + \$\$ for Shopping & Eating

SHREDDING DAY DROP OFF

Tuesday, October 6

Drop off 9:00 a.m. - 4:30 p.m.



Have a stack of important papers you'd like to dispose of safely? Bring all your personal papers to Suzanne or Samantha in the Administrative Office. All papers will be given in confidence to a bonded, professional shredding company. Official shredding will take place on Wednesday, October 7th. **FREE to all Residents!**



VACCINE & FLUSHOT CLINIC

Tuesday, October 6

Calais Room - 2nd floor, Community Center

SavOn Pharmacy will be onsite offering Covid-19 vaccine and flu shots. If you would like to get either of these shots, please pick-up the Consent Forms from the Front Desk. After completing the forms please return to the Concierge. We will also need a copy of your ID/DL and Insurance Card - copies can be made at the front desk. Once we receive your forms and copies we will make an appointment for you. **NOTE: THEY DO NOT TAKE KAISER INSURANCE.**

DOMINOES

Tuesday, October 6 & October 27

@ 2:30 p.m.

Center Section of the Dining Room



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



IPHONE BASICS WITH MATT: SAFARI

Wednesday, October 7 & October 21

@ 10:30 a.m.

Calais Room – 2nd floor, Community Center

Get comfortable using your iPhone in this beginner-friendly class designed for seniors. This month Matt will teach you how to use Safari. This class is perfect for new iPhone users or anyone looking to strengthen their skills.

ALZHEIMER'S & DEMENTIA CARE w/ FAMILY MATTERS IN-HOME CARE

Wednesday, October 7

@ 11:00 a.m. ~ Bistro



Family Matters In-Home Care is dedicated to helping individuals remain safe, comfortable, and independent in the place they call home. Join Renee from *Family Matters* for a discussion on Alzheimer's and Dementia care. Renee will share practical coaching techniques, along with nutrition and lifestyle tips designed to support brain health. She'll also discuss helpful strategies for caregivers and families navigating the challenges of memory loss. Come learn, ask questions, and gain practical tools to better support yourself or a loved one.



NEWCOMERS MIXER

Wednesday, October 7

4:00 p.m. - 5:00 p.m. ~ Trellis Court

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.

ONSITE EVENTS

TRADER JOE'S

Friday, October 9 ~ Departure @ 10:45 a.m.

We're headed to the Trader Joe's off Sycamore for our farmers market twist on grocery shopping.

Cost/pp: \$\$ for Grocery Shopping

RUMMIKUB

Tuesday, October 13 @ 2:30 p.m.

Center Section of the Dining Room



Players create "runs" or "groups" of numbers to try and be the first player to lay down all their tiles for the win!

CARLSBAD SEAWALL WALK & LUNCH

Wednesday, October 14

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**

PALOMAR FREE CONCERT HOUR:

STEPHEN PORTER

Thursday, October 15

Departure @ 12:30 p.m.



Concert Hour is a free music enrichment series presented for the community and students to enjoy. Pianist Stephen Porter will present a program of masterpieces by Chaminade, Beethoven, Chopin, and the premiere of Andrew List's monumental "Le Pont Universel" (The Universal Bridge). Sign-up for this FREE live concert right in our neighborhood. **Cost/pp: FREE**

Looking Ahead...

VETERANS DAY CELEBRATION

Wednesday, November 11

Cocktails @ 5:00 p.m.

Dinner & Dancing @ 5:30 p.m.



We will begin taking reservations on Monday, October 19th. Please make reservations with the Concierge!

ONSITE DERMATOLOGY

Monday, October 19 @ 1:00 p.m.

Library- 2nd floor, Community Center



OnSite Dermatology is the nation's leading provider of mobile dermatology care. Their board-certified team offers comprehensive care - from diagnosis and treatment to prescriptions and follow-up visits. They make it easy and convenient to receive the dermatologic care you need, all within our own community. *They do not accept walk-ins, so be sure to make your appointment with Katrina or the Concierge today!* **Note: Kaiser insurance is not accepted.**



HAND and FOOT

Monday, October 19 @ 2:30 p.m.

Center Section of the Dining Room

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

MEDICARE PLAN CHANGES FOR 2027

Tuesday, October 20

@ 10:00 a.m.

Calais Room – 2nd floor, Community Center



Significant updates are rolling out in 2027 – and some of these could affect you! Navigating changes to Medicare can feel overwhelming, but having a licensed agent like Teresa from Royal Benefits in your corner helps makes all the difference. Learn about what changes are coming to the new year, if it affects your coverage and cost, and get all your questions answered so you won't have to guess if and how these modifications impact you.



PHASE 10

Tuesday, October 20 @ 2:30 p.m.

Center Section of the Dining Room

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

BATES NUT FARM & LUNCH AT FAT IVORS

Wednesday, October 21

Departure @ 10:30 a.m.



Join us for a fun-filled day at Bates Nut Farm! Explore their seasonal offerings, browse the charming market shops, and soak up the sights and sounds of this beloved local farm. Animal lovers will especially enjoy meeting the resident mini donkeys, goats, llamas, and more! Whether you're there for the shopping, the seasonal fun, or the adorable farm animals, there's a little something for everyone at Bates Nut Farm! **Note: We'll stop off at local favorite Fat Ivor's for lunch first.**

**Cost/pp: \$4.50 Transportation Fee
+ \$\$ for Lunch & Spending**

SHALOM STRINGS: VIRTUOSO VIOLINIST

Wednesday, October 21

@ 2:30 p.m.

Center Section of the Dining Room



Renowned worldwide for his phenomenal skills as a soloist, Atilla has performed in over 40 countries at some of the world's most prestigious venues, including Cologne Philharmonic and the Sydney Opera House. His incredible technical mastery is matched only by his genuine connection with the audience, making every performance unforgettable.

ONSITE EVENTS



ANDROID SMARTPHONES:

1-ON-1 CLASS SESSIONS

Thursday, October 22

9:30 a.m., 10:30 a.m. & 11:30 a.m.

Calais Room – 2nd floor, Community Center

Having smartphone issues? Sign-up with Katrina for a one-on-one appointment to learn how to use your Android smartphone! Whether you're brand new to Android or just want to feel more confident using your phone, bring your device and your questions. We'll work together to help you feel more comfortable and confident so you can become a smartphone pro!

BEER TASTING HAPPY HOUR

Thursday, October 22

@ 4:00 p.m. ~ Trellis Court



Katrina would like to personally invite you to a tasting of seasonal beers, ciders, specialty ales, and local craft brews. Taste everything from a pumpkin wheat ale to a tropical fruit and citrus blend that is sure to get your taste buds going. We will have small, taster size glassware available, so try one or sample them all without fear of overindulging.

VALLEY VIEW CASINO

Friday, October 23

Departure @ 10:00 a.m.



Let's visit Southern California's premier gaming and dining destination! Valley View is a multi-award winner that's placed 1st in Best Players Club, Fine Dining Casino Promotions and Service! With their large non-smoking area, over a dozen gaming tables and the loosest slots in Southern California, you won't want to miss out on trying your luck and tasting their upgraded food selections!

**Cost/pp: \$4.50 Transportation Fee
+ \$\$ for Gambling & Eating**



DAY AT BALBOA PARK

Tuesday, October 27

Departure @ 10:30 a.m.

Enjoy a leisurely day at beautiful Balboa Park! Choose from a wide selection of museums to explore, with select museums offering FREE ENTRY. You can also visit several of the International Cottages, where you'll discover the unique cultures, histories, and traditions of countries from around the world. Soak up the beautiful San Diego sunshine as you stroll through the park at your own pace. With charming gardens, fascinating exhibits, and plenty of dining options along the way, this is the perfect opportunity to explore, unwind, and enjoy Balboa Park on your own schedule! Be sure to sign-up in the Events Book!

Cost/pp: \$8 Transportation Fee + \$\$ for Lunch



ENCINITAS FREE WEDNESDAY CONCERT

Wednesday, October 28

Departure @ 11:15 a.m.

This 50-minute long concert features outstanding musicians from throughout Southern California performing all styles of music. Keep an eye out on the in-house channel to see who'll be performing this day!

Cost/pp: FREE CONCERT

CASH BINGO

Wednesday, October 28

@ 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

BOOK CLUB

Friday, October 30

@ 2:00 p.m.

Library - 2nd floor, Community Center



For the month of October, the book club has chosen *The Widow* by John Grisham. Looking ahead – November's reading will be *Theo of Golden* by Allen Levi. All residents are welcome, whether you've read the book.



*We love to celebrate
here at the Chateau -
in this section we
announce this month's
birthdays!*

Happy Anniversary

**Marriage is something to be celebrated –
here we announce wedding anniversaries!**



OCTOBER 2026 FITNESS MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>9:00 a.m.</u> <i>Strength & Cond.</i> <u>10:00 a.m.</u> <i>Low Impact - Total Fitness</i>	<u>9:00 a.m.</u> <i>Moving with Ease</i> <u>10:00 a.m.</u> <i>Walking Club</i>	<u>9:00 a.m.</u> <i>Strength & Cond.</i> <u>10:00 a.m.</u> <i>Tai Chi</i>	<u>9:00 a.m.</u> <i>Moving with Ease</i> <u>10:00 a.m.</u> <i>Circuit Training</i>	<u>9:00 a.m.</u> <i>Brains & Balls</i> <u>10:00 a.m.</u> <i>Seated Beach Volleyball</i>



BACK ON THE MENU – Let's get our steps and enjoy the fresh air before El Nino and winter arrive!! **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.

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.

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 (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.

Low-Impact Total Fitness (Normandy Room - 3rd Floor, B Bldg.) - **What to wear:** Clothes that are easy to move in / **Shoes:** Sneakers / **Duration:** 30 min (100% seated) - This low-impact total body class is slow, gentle, and intentionally paced. Perfect for anyone who finds faster classes overwhelming or is looking for a calmer, more supportive workout. We'll focus on strengthening large muscle groups using slow, controlled movements—completely seated, with little to no overhead exercises. This class is ideal for beginners, those returning to exercise, or anyone who wants to move safely and feel strong without feeling rushed.

Brains & Balls (Normandy Room - 3rd Floor, B. Bldg.) - **What to wear:** Clothes that are easy to move in / **Shoes:** Sneakers / **Duration:** 30 minutes - We are brining back Friday ball games. These games will challenge your memory, improve your hand and eye coordination and strengthen your reflexes. Did I mention it'll have you laughing too?



Tai Chi (Normandy Room - 3rd Floor, B Bldg.) - **What to wear:** stretchy pants preferably form fitting / **Shoes:** Comfortable Shoes / **Duration:** 30 minutes (100% standing - participants can take seated breaks when needed) - This ancient practice is clinically proven to be an effective way to improve health, fitness and relaxation.

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.

Seated Beach Ball Volleyball (Normandy Room - 3rd floor, B Bldg.) - **What to wear:** Clothes that are easy to move in / **Shoes:** Sneakers / **Duration:** 30 min (100% seated) - 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!

CHATEAU ODDS & ENDS

WE MEAN BUSINESS

EXECUTIVE SESSIONS

Every Tuesday @ 10:30 a.m.

Library - 2nd floor, Community Center



As part of our commitment to responsible community governance, the board will meet weekly in executive session to evaluate sensitive operational items that require confidential deliberation.

FINANCE COMMITTEE MEETING

Thursday, October 22 @ 2:00 p.m.

Calais Room - 2nd floor, Community Center



The Finance team acts as an essential review committee, vetting upcoming proposals and expenses before presenting them to the Board for approval. We invite all residents to join our upcoming session to participate in the financial planning process.

BOARD OF DIRECTORS' MEETING

Thursday, October 29 @ 2:00 p.m.

Fireside Dining Room



All Homeowners are welcomed and 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 upcoming events in November!

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

ALDI: Last Tuesday ~ 10/27

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.



SAME TIME & PLACE

2nd, 3rd & 4th MONDAYS

MOVIES AT THE CHATEAU

@ 2:00 p.m.

Calais Room - 2nd floor, Community Center

Popcorn will be served - bring your own beverage! See inside calendar for movie titles. For more information or questions, please call



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

CRAFTING CLASS

@ 1:30 p.m.

Calais Room - 2nd floor, Community Center

Learn how to create something new and unique each month.



2nd & 4th WEDNESDAYS

MAHJONG @ 10:00 a.m.

Deville Suite - 3rd floor, C Bldg.

Players try to be the first to form a 14-tile winning hand by creating sets and pairs.



THURSDAYS

BIBLE STUDY GROUP @ 10:00 a.m.

Deville Suite - 3rd floor, C Bldg.

Join Pastor Jim Brown for an uplifting message and fellowship.



FRIDAYS

BRIDGE @ 1:45 p.m.

Deville Suite - 3rd floor, C Bldg.

Bridge is a trick-taking card game using a standard deck. For more information, please call



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 putting green! All levels welcomed!



SUNDAYS

DOMINOES @ 1:30 p.m.

Deville Suite - 3rd floor, C Bldg.

Join other residents for a fun afternoon of dominoes! For more information call

