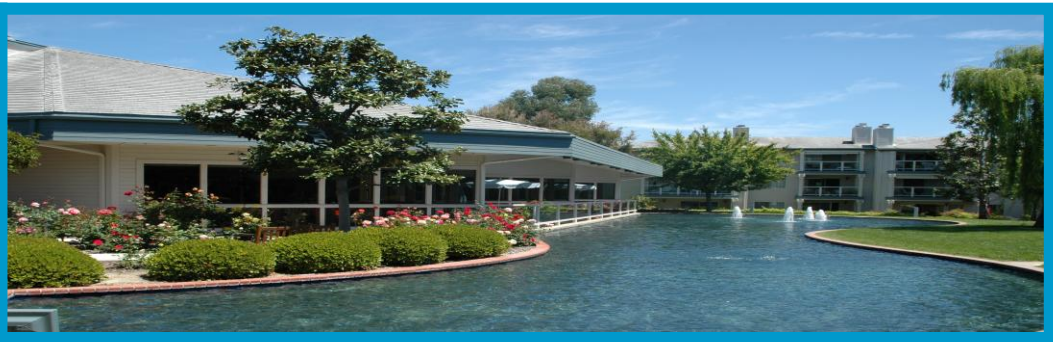
CHATEAU
Lake San Marcos
RESORT STYLE SENIOR LIVING



SCHEDULE OF EVENTS



NOVEMBER 2026

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

Spotlights of the Month

VETERANS DAY CELEBRATION
Wednesday, November 11
Cocktails @ 5:00 p.m.
Dinner & Dancing @ 5:30 p.m.
Dining Room



This Veterans Day let's pay tribute to those who have served this great nation, pray for families who have loved ones overseas and rejoice in our freedom. This fun event will feature your favorite cocktails, a spectacular dinner and great music from *The RonBell Band. M*ake your reservations with the Concierge today!

Cost/pp: Resident = 1 Meal Credit
Guest = 1 Meal Credit + $13.25

To add a personal touch to this important celebration we would love to display any military memorabilia you might have! Please drop off your items labeled with your name, unit number, and a note explaining the significance of each piece to the Concierge or Katrina no later than Tuesday, November 10th.

THANKSGIVING DINNER
Thursday, November 26
Buffett Open From
NOON - 2:00 p.m.
Dining Room



The Chateau celebrates this special day with an afternoon feast with all the trimmings! Invite the family for a home style turkey dinner like mom used to make without having to do the dishes afterwards! *This is a popular event and one of the Dining Room's busiest days, so please be sure to make your reservations with the Concierge as soon as possible.* ***Please Note: If you are planning on having a large group (9 or more) of outside guests, please contact Dining Room Manager, Julia Saldana.***

Cost/pp: Resident & Guest = 1 Meal Credit

There will be NO evening service - dinner boxes will be available upon request.

TABLE OF CONTENTS

SPOTLIGHT OF THE MONTH	1	DAY BY DAY CALENDAR	4 & 5	FITNESS CALENDAR	7
CHATEAU EVENTS	2 & 3	CHATEAU EVENTS & RESIDENT BIRTHDAYS	6	CHATEAU MEETINGS & TRANSPORTATION	8

ONSITE EVENTS

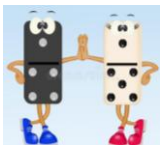
Reminder: Day Light Savings ends
on Sunday, November 1st @ 2:00 a.m.
Don't forget to roll back your clocks!



ANNUAL HOLIDAY SEE'S CANDY SALE
November 2nd - 18th

The holidays are coming soon and there is no greater gift than a delicious box of See's Candy! See's Candy offers dark & milk chocolates, nuts, peanut brittle and much, much more! Starting November 2nd, you can find catalogs and order forms with the Concierge. We will be taking See's orders until November 18th.

MEXICAN TRAIN DOMINOES
Tuesday, November 3rd & 24th
@ 2:30 p.m.
Center Section of the Dining Room



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



iPHONE BASICS WITH MATT: *CAMERA & PHOTOS*
Wednesday, November 4 & November 11
@ 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 your camera and where to find photos. This class is perfect for new iPhone users or anyone looking to strengthen their smartphone skills.

WELK RESORT PRESENTS: *A ROCKIN' TRIBUTE TO THE KING*
Wednesday, November 4
Departure @ 6:00 p.m.



Musician Scot Bruce celebrates what made Elvis not only the King of Rock & Roll, but also the King of Cool! See the magic that made a generation swoon in the 1950s and 60s – before the white jumpsuit, sunglasses and the glitter of Vegas. Along with his rockin' 4-piece band, Bruce meticulously and respectfully recreates the electrifying musical excitement of Elvis in his prime…right down to the vintage instruments, the hip threads, and the grease in the hair.

Cost/pp: $50 Concert Ticket



MEDICARE CHANGES FOR 2027
Thursday, November 5
@ 10:30 a.m.
Calais Room – 2nd floor, Community Center

Join Agnes from *Mulloy Insurance Services* as she reviews the Medicare changes for 2027. Learn about updates to coverage, costs, benefits, and enrollment requirements so you can better understand your options and make informed decisions. Get the information you need to choose a plan that best fits your healthcare needs and budget.

BUNCO
Thursday, November 5
@ 2:30 p.m.
Center Section of the Dining Room



Come play a popular parlor game played with three dice! Cash prizes will be awarded to the players with the most Buncos, most wins, last Bunco and biggest loser. **Cost/pp: $3 to play (Bring Cash!)**



CUSM PRESENTS: *CYBER SECURITY FOR SENIORS*
Friday, November 6th & Nov. 13th
From 10:00 a.m. – 11:30 a.m.

California University of Science and Medicine students will be here to demonstrate and teach you about the latest ways cybercriminals are trying to access your personal data. Learn practical tips to reduce the risk and impact of cyberattacks and how to keep your information safe. These students have developed an app specifically for senior citizens to help protect their digital assets and stay safe online. Join us to learn how to safeguard your personal information in today's new digital world!

NUTRITION & HEALTH TALK WITH HEALTH COACH NANCY RYAN
Monday, November 9
@ 10:30 a.m.
Calais Room – 2nd floor, Community Center



Join us for an informative health and nutrition talk with Certified Health Coach Nancy Ryan! Learn about the importance of healthy eating, balanced nutrition, and maintaining an active lifestyle. Nancy will share simple, practical tips to improve your overall well-being, make healthier food choices, and build habits that support a healthier, happier life. She'll also teach you how to read nutrition labels, spot hidden sugars, and make smarter choices at the grocery store. Come learn how small changes can make a big difference in your health!

ONSITE EVENTS



PIANO PERFORMANCE WITH ROBERT PARKER
Monday, November 9
@ 2:30 p.m.
Center Section of the Dining Room

Welcome back the talented Robert Parker! Returning with his signature blend of classical elegance and jazz-inspired artistry, creating a performance that is both sophisticated and captivating. Influenced by his experience performing alongside orchestral string sections, his music weaves together memorable melodies, rich harmonies, and infectious rhythms that will have you tapping your feet from start to finish. Whether you're a fan of classical music, jazz, or simply appreciate exceptional live performances, Robert's dynamic style offers something for everyone.

PHASE 10
Tuesday, November 10
@ 2:30 p.m.
Center Section of the Dining Room



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



STONE AGE DOC: *AVOID THE ANNOYANCE OF AGING*
Thursday, November 12
@ 2:00 p.m.
Calais Room – 2nd floor, Community Center

Eighty is the new sixty but to enjoy these added years to the fullest, it helps to prevent or address the challenges that can accompany aging. Some difficulties experienced by older adults are not just inevitable consequences of age, they may be signs of underlying medical conditions for which effective treatments or other valuable interventions are available. Join Dr. Phil for an informative PowerPoint presentation.

CHICKEN FOOT DOMINOES
Thursday, November 12
@ 2:30 p.m.
Center Section of the Dining Room



This time around we're playing Chicken Foot Dominoes! If you know how to play regular dominoes you'll see how easy it is to learn to play chicken foot!



ONSITE DERMATOLOGY
Monday, November 16
@ 1:00 p.m.
Library- 2nd floor, Community Center

OnSite Dermatology is the nation's leading provider of mobile dermatology care, delivering high-quality services right where you live. 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!* ***Please Note: They do NOT take Kaiser insurance.***

HAND and FOOT
Monday, November 16
@ 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!



RUMMIKUB
Tuesday, November 17
@ 2:30 p.m.
Center Section of the Dining Room

Almost like Phase 10, but with tiles instead of cards. Players create "runs" and "groups" of numbers and try to be the first player to lay down all their tiles. The player who empties their rack first wins!

PUTTING CROQUET
Wednesday, November 18
@ 2:00 p.m.
Putting Green



It's croquet meets golf! In this fun golf game, players take turns putting their golf ball through numbered gates in sequential order. *Watch out!* Players can knock other players ball out of the way, just like in croquet! First one to get their ball through all 9 gates and into the final hole wins!

ONSITE EVENTS



NEW or GENTLY USED SWAP MEET
Thursday, November 19
11:00 a.m. – 3:00 p.m.
Trellis Court

Participate in our in-house Swap Meet. If you have any new or gently used items causing clutter in your unit, donate them to the swap meet. All items will be set up on the Trellis Court for residents to browse and take any items of interest home. All items that are not take will be donated to Goodwill. Items are to be donation only and will be given away for free.

Item Drop-Off Day – Wednesday, November 18
Bring items to Activities Coordinator, Katrina Norford or the Concierge. *** We will not accept any early drop-off's, please bring items on specified day only.*



ANDROID SMARTPHONES:
1-ON-1 CLASS SESSIONS
Thursday, November 19
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!



TEXAS HOLD 'EM POKER GROUP
Thursday, November 19
@ 2:30 p.m.
Bistro

Calling all poker players! Join us as we kick off a fun and friendly poker group where you can enjoy great company and even win a little cash along the way. Whether you're a seasoned poker shark or brand new to the game, all skill levels are welcome…just be sure to bring your best poker face! To keep things running smoothly, space will be limited, so don't forget to sign up in advance. We look forward to seeing you at the table!

Cost/pp: $5 Entry Fee

CASH BINGO
Monday, November 23
@ 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, November 27
@ 2:00 p.m.
Library - 2nd floor, Community Center

For the month of November, the book club has chosen *Theo of Golden* by Allen Levi. All residents are welcome, whether you've read or finished the book! ***Due to the holiday season there will be no book club meeting in December.***



Looking Ahead...

HOLIDAY DÉCOR PARTY

Wednesday, December 9
Cocktails & Hors D'oeuvres @ 5:00 p.m.
Dinner @ 5:15 p.m.

We'll begin taking reservations for the Holiday Décor Party on Monday, November 16th. Please make your reservations with the Concierge.



17th Annual Firefighters & First Responders Luncheon!
December 7th, 8th & 10th

It's almost that time again when Chateau residents invite Station Two San Marcos Fire Dept. as their guests to share our appreciation for their year-round service to our community. Residents are invited to participate by dining with the Firefighters/First Responders and/or donating a meal credit. If you'd like to be a part of this event in any way, please contact

NOVEMBER 2026 FITNESS MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 a.m. *Strength & Cond.* 10:00 a.m. *Low Impact - Total Finess*	9:00 a.m. *Moving with Ease* 10:00 a.m. *Balance*	9:00 a.m. *Strength & Cond.* 10:00 a.m. *Tai Chi*	9:00 a.m. *Moving with Ease* 10:00 a.m. *Balance*	9:00 a.m. *Brains & Balls* 10:00 a.m. *Seated Beach Volleyball*

Due to the Thanksgiving holiday, there will be NO exercise class on Thursday, November 26th and Friday, November 27th.



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, we'll also bring awareness to the body - having the mind tell the body what to do rather than letting momentum take control of the body's movement.

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 (*updated* 95% seated, most cases 100%) - 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!

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, November 19 @ 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.

Special Date!

BOARD OF DIRECTORS' MEETING
Thursday, December 3 @ 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 December!

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.

Due to Thanksgiving holiday, there will be NO Medical Loop on Thursday, November 26th.

GROCERY SHOPPING -
ALBERTSONS ~ Every Tuesday
ALDI: Last Tuesday ~ 11/24
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

1st, 3rd, 4th & 5th 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,

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