

# WellQuest of Meniffee Lakes

## May 2023



### *Message from the Activity Director*

I would like to start off by introducing our newest residents, Inga H. & Dean M., welcome to the WellQuest family, we are so happy you are here!

Happy May everyone! Happy Cinco De Mayo & Mother's Day! This month we will start off by celebrating Cinco de Mayo with Folklorico Dancers & Margaritas on Friday, May 5 at 3:30 in our Lobby. Saturday, May 6 is The Kentucky Derby, stop by the Art Studio Friday, May 5 at 10:00 am to create your own derby hat to wear while you view the race! On Sunday, May 7, we will be going to see the play Ramona in Hemet. Then, Mother's day, May 14 at 12 pm, get your pearls and tea hats out for Mother's Day Brunch! To bring the month to a close, May 29, Memorial Day, we will be having a BBQ lunch before taking a trip to The Riverside National Cemetery to pay respects. To sign up for any of these things and others, visit the white binder in The Bistro.

**Barbara K. – 3rd**  
**Patricia M. – 3rd**  
**Norma M. – 5th**  
**Linda J. – 15th**  
**Jim G. – 19th**  
**Ginny K. – 21st**  
**Dianne P. – 22nd**  
**Ron S. – 29th**

**Outings:**  
**Shopping trips at 9:00 am every**  
**Monday**  
**Dr. Apts within 7 miles every Tuesday &**  
**Thursday**  
**Outings: Wednesday, May 10, 24, & 31**

### *Our Team*

Executive Director  
Jonetta Eads

Business Office Director  
Janice Dayag

Culinary Service Director  
Alex Diaz

Sales Coordinator  
Smyrna Escareno



Marketing Director  
Michael Turner

Activities Director  
Sara Tottress

Health & Wellness Director  
Shelly Mitchell

Maintenance Director  
Eddie Segura

Memory Care Director  
Maria Aranda

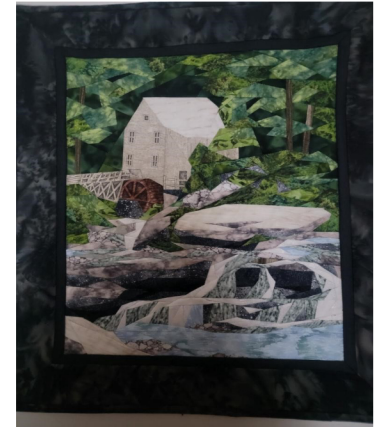
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div>	<div><div>1</div><div><div><div>9:00</div><div>Outing: Target/CVS/Michaels (L-1)</div></div><div><div>10:00</div><div>Bridge (sign up to play in Bistro) (GBR1)</div></div><div><div>11:00</div><div>Chair Fitness with ONR (FC-2)</div></div><div><div>1:30</div><div>Nickel Bingo! (GBR1)</div></div><div><div>2:00</div><div>Scenic Drive (L-1)</div></div><div><div>3:00</div><div>Walking Club (L-1)</div></div><div><div>4:00</div><div>WINE O'CLOCK Social (WB-1)</div></div><div><div>6:30</div><div>Movie Night (QT-2)</div></div></div></div>	<div><div>2</div><div><div><div>9:45</div><div>Handicraft Club (TC-2)</div></div><div><div>11:00</div><div>Shake Senora Maraca Workout (FC-2)</div></div><div><div>1:00</div><div>Paparazzi w/ Tralaunie (L-1)</div></div><div><div>1:30</div><div>Nickel Bingo! (GBR1)</div></div><div><div>2:45</div><div>Bowling! (TC-2)</div></div><div><div>4:00</div><div>WINE O'CLOCK Social (WB-1)</div></div><div><div>6:00</div><div>Advanced Bridge (GBR1)</div></div><div><div>6:30</div><div>Movie Night (QT-2)</div></div></div></div>	<div><div>3</div><div><div><div>9:00</div><div>Hearing Aid Repair/ CLeaning, Hearing Test (GBR1)</div></div><div><div>9:15</div><div>Bible Study w/ Pastor Truax (GR-3)</div></div><div><div>10:00</div><div>POKENO (TC-2)</div></div><div><div>10:00</div><div>Wellness Clinic</div></div><div><div>11:00</div><div>Well Fit w/ Barry (FC-2)</div></div><div><div>1:30</div><div>The Price is Right, WellQuest Edition (TC-2)</div></div><div><div>3:00</div><div>Poker (GR-3)</div></div><div><div>4:00</div><div>WINE O'CLOCK Social (WB-1)</div></div><div><div>6:30</div><div>Movie Night (QT-2)</div></div></div></div>	<div><div>4</div><div><div><div>10:00</div><div>Hymn Sing w/ Marvin &amp; Special Guest (L-1)</div></div><div><div>11:00</div><div>Thursday Stretch (FC-2)</div></div><div><div>1:00</div><div>Dominoes! (TC-2)</div></div><div><div>2:00</div><div>Town Hall Meeting (GBR)</div></div><div><div>3:00</div><div>Blackjack (GR-3)</div></div><div><div>4:00</div><div>May the 4th Be With You Wine &amp; Trivia Social (WB-1)</div></div><div><div>6:30</div><div>Movie Night (QT-2)</div></div></div></div>	<div><div>5</div><div><div><div>10:00</div><div>Create Your Own Derby Hat (AS-1)</div></div><div><div>11:00</div><div>Weighted Workout w/ Sara (FC-2)</div></div><div><div>1:30</div><div>Nickel Bingo (GBR1)</div></div><div><div>3:30</div><div>Folklorico Dancers (L-1)</div></div><div><div>6:00</div><div>Bridge Club (GBR1)</div></div><div><div>6:30</div><div>Movie Night (QT-2)</div></div></div></div>	<div><div>6</div><div><div><div>9:45</div><div>Bible Study (TC-2)</div></div><div><div>11:00</div><div>Cardio Drumming (FC-2)</div></div><div><div>1:30</div><div>Tech 101 (B-1)</div></div><div><div>3:30</div><div>Kentucky Derby/ Wine Time (GR-3)</div></div><div><div>6:30</div><div>Movie Night (QT-2)</div></div></div></div>
<div><div>7</div><div><div><div>11:00</div><div>Church Service (QT-2)</div></div><div><div>1:45</div><div>Outing: Ramona Play (L-1)</div></div><div><div>3:00</div><div>Catholic Communion Service (QT-2)</div></div><div><div>6:30</div><div>Mahjong (GR-3)</div></div><div><div>6:30</div><div>Movie Night (QT-2)</div></div></div></div>	<div><div>8</div><div><div><div>9:00</div><div>Outing: Ralps/ Dollar Tree (L-1)</div></div><div><div>10:00</div><div>Bridge (sign up to play in Bistro) (GBR1)</div></div><div><div>11:00</div><div>Chair Fitness with ONR (FC-2)</div></div><div><div>1:30</div><div>Nickel Bingo! (GBR1)</div></div><div><div>3:00</div><div>Braille Institute Presentation</div></div><div><div>4:00</div><div>WINE O'CLOCK Social (WB-1)</div></div><div><div>6:30</div><div>Movie Night (QT-2)</div></div></div></div>	<div><div>9</div><div><div><div>9:45</div><div>Giving Tree Craft (TC-2)</div></div><div><div>10:00</div><div>T Time Boutique (L-1)</div></div><div><div>11:00</div><div>May You Be Your Best Self (FC-2)</div></div><div><div>1:30</div><div>Nickel Bingo! (GBR1)</div></div><div><div>2:45</div><div>Bowling! (TC-2)</div></div><div><div>4:00</div><div>WINE O'CLOCK Social (WB-1)</div></div><div><div>6:00</div><div>Advanced Bridge (GBR1)</div></div><div><div>6:30</div><div>Movie Night (QT-2)</div></div></div></div>	<div><div>10</div><div><div><div>9:45</div><div>Outing: Pechanga (L-1)</div></div><div><div>11:00</div><div>Well Fit w/ Barry (FC-2)</div></div><div><div>3:00</div><div>Bible Study w/ Pastor David (TC-2)</div></div><div><div>4:00</div><div>WINE O'CLOCK Social (WB-1)</div></div><div><div>6:30</div><div>Movie Night (QT-2)</div></div></div></div>	<div><div>11</div><div><div><div>10:00</div><div>Loteria (TC-2)</div></div><div><div>11:00</div><div>Thursday Stretch (FC-2)</div></div><div><div>1:00</div><div>Dominoes! (GBR1)</div></div><div><div>2:00</div><div>Food Talk w/ Chef (GBR1)</div></div><div><div>3:00</div><div>Black Jack (GR-3)</div></div><div><div>4:00</div><div>WINE O'CLOCK Social (WB-1)</div></div><div><div>6:30</div><div>Movie Night (QT-2)</div></div></div></div>	<div><div>12</div><div><div><div>9:00</div><div>Trader Joes Shopping (L-1)</div></div><div><div>11:00</div><div>Weighted Workout w/ Sara (FC-2)</div></div><div><div>1:30</div><div>Nickel Bingo (GBR1)</div></div><div><div>3:30</div><div>Happy Hour w/ Tom (BV-1)</div></div><div><div>6:00</div><div>Bridge Club (GBR1)</div></div><div><div>6:30</div><div>Movie Night (QT-2)</div></div></div></div>	<div><div>13</div><div><div><div>9:45</div><div>Bible Study (TC-2)</div></div><div><div>10:00</div><div>Love On a Leash, Pet Therapy (L-1)</div></div><div><div>11:00</div><div>Cardio Drumming (FC-2)</div></div><div><div>1:30</div><div>Tech 101 (B-1)</div></div><div><div>3:00</div><div>Black Jack (GR-3)</div></div><div><div>4:00</div><div>WINE O'CLOCK Social (WB-1)</div></div><div><div>6:30</div><div>Movie Night (QT-2)</div></div></div></div>
<div><div>14</div><div><div><div>10:00</div><div>Church Service (QT-2)</div></div><div><div>12:00</div><div>Mother's Day Brunch (BV-1)</div></div><div><div>3:00</div><div>Catholic Communion Service (QT-2)</div></div><div><div>3:30</div><div>Poker (GR-3)</div></div><div><div>6:30</div><div>Mahjong (GR-3)</div></div><div><div>6:30</div><div>Movie Night (QT-2)</div></div></div></div>	<div><div>15</div><div><div><div>9:00</div><div>Outing: Target/CVS/Michaels (L-1)</div></div><div><div>10:00</div><div>Bridge (sign up to play in Bistro) (GBR1)</div></div><div><div>11:00</div><div>Chair Fitness with ONR (FC-2)</div></div><div><div>1:30</div><div>Costco Shopping</div></div><div><div>1:30</div><div>Nickel Bingo! (GBR1)</div></div><div><div>3:00</div><div>Walking Club (L-1)</div></div><div><div>4:00</div><div>WINE O'CLOCK Social (WB-1)</div></div><div><div>6:30</div><div>Movie Night (QT-2)</div></div></div></div>	<div><div>16</div><div><div><div>9:45</div><div>Handicraft Club (TC-2)</div></div><div><div>11:00</div><div>May You Be Your Best Self (FC-2)</div></div><div><div>1:30</div><div>Nickel Bingo! (GBR1)</div></div><div><div>2:45</div><div>Bowling! (TC-2)</div></div><div><div>4:00</div><div>WINE O'CLOCK Social (WB-1)</div></div><div><div>6:30</div><div>Movie Night (QT-2)</div></div></div></div>	<div><div>17</div><div><div><div>10:00</div><div>The Zen Den (TC-2)</div></div><div><div>11:00</div><div>Well Fit w/ Barry (FC-2)</div></div><div><div>1:30</div><div>Mini Golf &amp; Bocce (CY-1)</div></div><div><div>2:00</div><div>Wine Pairing w/ Chef Alex (BMB3)</div></div><div><div>3:00</div><div>Poker (GR-3)</div></div><div><div>4:00</div><div>WINE O'CLOCK Social (WB-1)</div></div><div><div>6:30</div><div>Movie Night (QT-2)</div></div></div></div>	<div><div>18</div><div><div><div>10:00</div><div>Hymn Sing w/ Marvin &amp; Special Guest (L-1)</div></div><div><div>11:00</div><div>Thursday Stretch (FC-2)</div></div><div><div>1:00</div><div>Dominoes! (TC-2)</div></div><div><div>2:00</div><div>Doc Talk w/ Nicole (GBR1)</div></div><div><div>3:30</div><div>Happy Hour w/ Nat &amp; Sharon (BV-1)</div></div><div><div>6:30</div><div>Movie Night (QT-2)</div></div></div></div>	<div><div>19</div><div><div><div>10:00</div><div>Cheers to Your Health (Smoothies) (BV-1)</div></div><div><div>11:00</div><div>Weighted Workout w/ Sara (FC-2)</div></div><div><div>1:30</div><div>Nickel Bingo (GBR1)</div></div><div><div>4:00</div><div>WINE O'CLOCK Social (BV-1)</div></div><div><div>6:00</div><div>Bridge Club (GBR1)</div></div><div><div>6:30</div><div>Movie Night (QT-2)</div></div></div></div>	<div><div>20</div><div><div><div>9:45</div><div>Bible Study (TC-2)</div></div><div><div>10:00</div><div>Love on a Leash, Cat Therapy! (L-1)</div></div><div><div>11:00</div><div>Cardio Drumming (FC-2)</div></div><div><div>1:30</div><div>Tech 101 (B-1)</div></div><div><div>3:00</div><div>Black Jack (GR-3)</div></div><div><div>4:00</div><div>WINE O'CLOCK Social (WB-1)</div></div><div><div>6:30</div><div>Movie Night (QT-2)</div></div></div></div>
<div><div>21</div><div><div><div>10:00</div><div>Sunday Stretch (Exercise) (FC-2)</div></div><div><div>11:00</div><div>Church Service (QT-2)</div></div><div><div>2:00</div><div>Spring Tea Social (B-1)</div></div><div><div>3:00</div><div>Catholic Communion Service (QT-2)</div></div><div><div>3:30</div><div>Balloon Badminton (GBR1)</div></div><div><div>6:30</div><div>Mahjong (GR-3)</div></div><div><div>6:30</div><div>Movie Night (QT-2)</div></div></div></div>	<div><div>22</div><div><div><div>9:00</div><div>Outing: Ralps/ Dollar Tree (L-1)</div></div><div><div>10:00</div><div>Bridge (sign up to play in Bistro) (GBR1)</div></div><div><div>11:00</div><div>Chair Fitness with ONR (FC-2)</div></div><div><div>1:30</div><div>Nickel Bingo! (GBR1)</div></div><div><div>1:30</div><div>Shopping Trip: Walmart (L-1)</div></div><div><div>3:00</div><div>Walking Club (L-1)</div></div><div><div>4:00</div><div>WINE O'CLOCK Social (WB-1)</div></div><div><div>6:30</div><div>Movie Night (QT-2)</div></div></div></div>	<div><div>23</div><div><div><div>9:45</div><div>Handicraft Club (TC-2)</div></div><div><div>11:00</div><div>May You Be Your Best Self (FC-2)</div></div><div><div>1:30</div><div>Nickel Bingo! (GBR1)</div></div><div><div>2:45</div><div>Bowling! (TC-2)</div></div><div><div>4:00</div><div>WINE O'CLOCK Social (WB-1)</div></div><div><div>6:30</div><div>Movie Night (QT-2)</div></div></div></div>	<div><div>24</div><div><div><div>9:45</div><div>Stratford at the Harbor Lunch Outing (L-1)</div></div><div><div>11:00</div><div>Well Fit w/ Barry (FC-2)</div></div><div><div>3:00</div><div>Bible Study w/ Pastor David (TC-2)</div></div><div><div>3:00</div><div>Poker (GR-3)</div></div><div><div>4:00</div><div>WINE O'CLOCK Social (WB-1)</div></div><div><div>6:30</div><div>Movie Night (QT-2)</div></div></div></div>	<div><div>25</div><div><div><div>10:00</div><div>Loteria (TC-2)</div></div><div><div>11:00</div><div>Thursday Stretch (FC-2)</div></div><div><div>2:00</div><div>Resident Council</div></div><div><div>3:00</div><div>Double Blackjack! (GR-3)</div></div><div><div>4:00</div><div>WINE O'CLOCK Social (WB-1)</div></div><div><div>6:30</div><div>Movie Night (QT-2)</div></div></div></div>	<div><div>26</div><div><div><div>9:45</div><div>Art Studio Adventure! (AS-1)</div></div><div><div>11:00</div><div>Weighted Workout w/ Sara (FC-2)</div></div><div><div>1:30</div><div>Nickel Bingo (GBR1)</div></div><div><div>3:30</div><div>Happy Hour w/ Jimi Lee (BV-1)</div></div><div><div>6:00</div><div>Bridge Club (GBR1)</div></div><div><div>6:30</div><div>Movie Night (QT-2)</div></div></div></div>	<div><div>27</div><div><div><div>9:45</div><div>Bible Study (TC-2)</div></div><div><div>10:00</div><div>Love On a Leash, Pet Therapy (L-1)</div></div><div><div>11:00</div><div>Cardio Drumming (FC-2)</div></div><div><div>1:30</div><div>Tech 101 (B-1)</div></div><div><div>3:00</div><div>Black Jack (GR-3)</div></div><div><div>4:00</div><div>WINE O'CLOCK Social (WB-1)</div></div><div><div>6:30</div><div>Movie Night (QT-2)</div></div></div></div>
<div><div>28</div><div><div><div>10:00</div><div>Church Service (QT-2)</div></div><div><div>11:00</div><div>Piano Music w/ John Clancy (L-1)</div></div><div><div>2:00</div><div>Spring Tea Social (B-1)</div></div><div><div>3:00</div><div>Catholic Communion Service (QT-2)</div></div><div><div>3:30</div><div>Balloon Badminton (GBR1)</div></div><div><div>6:30</div><div>Mahjong (GR-3)</div></div><div><div>6:30</div><div>Movie Night (QT-2)</div></div></div></div>	<div><div>29</div><div><div><div>9:00</div><div>Outing: Target/CVS/Michaels (L-1)</div></div><div><div>10:00</div><div>Bridge (sign up to play in Bistro) (GBR1)</div></div><div><div>11:00</div><div>Chair Fitness with ONR (FC-2)</div></div><div><div>1:30</div><div>Trip to Riverside National Cemetary (L-1)</div></div><div><div>4:00</div><div>WINE O'CLOCK Social (WB-1)</div></div><div><div>6:30</div><div>Movie Night (QT-2)</div></div></div></div>	<div><div>30</div><div><div><div>11:00</div><div>May You Be Your Best Self (FC-2)</div></div><div><div>12:00</div><div>BIRTHDAY CELEBRATION BRUNCH</div></div><div><div>2:00</div><div>Nickel Bingo! (GBR1)</div></div><div><div>3:00</div><div>Bowling! (TC-2)</div></div><div><div>4:00</div><div>WINE O'CLOCK Social (WB-1)</div></div><div><div>6:30</div><div>Movie Night (QT-2)</div></div></div></div>	<div><div>31</div><div><div><div>9:45</div><div>Outing: Temecula Promenade (MIL)</div></div><div><div>11:00</div><div>Well Fit w/ Barry (FC-2)</div></div><div><div>3:00</div><div>Poker (GR-3)</div></div><div><div>4:00</div><div>WINE O'CLOCK Social (WB-1)</div></div><div><div>6:30</div><div>Movie Night (QT-2)</div></div></div></div>	<div><div></div></div>	<div><div><div><div>*The Wine Barrel -TWB</div><div>*Bella Vista -BV</div><div>*Grand Ballroom -GBR</div><div>*Pool -P</div><div>*Quest Theater -QT</div></div><div><div>*Game Room -GR</div><div>*Bell Mountain Sports Bar -BMSB</div><div>*The Study -TS</div><div>*Art Studio -AS</div><div>*Wellness Hub -WH</div></div><div><div>*CourtYard -CY</div><div>*The Club -TC</div><div>*Fitness Club -FC</div></div></div></div>	



# RESIDENT SPOTLIGHT

**Virginia "Ginny" K.**

Ginny grew up in DeWitt, Iowa and as a child loved to golf with her family and sew. She started her adult life out by attending college in Iowa to become a teacher, but changed careers after her friend convinced her to apply as a stewardess with United Airlines! She worked the long haul flights from coast to coast for over 40 years! In her spare time she loved to travel with her husband, they traveled all over the world, their favorite place being Western Ireland, where they built a house to stay in during their visits! They frequented a local pub there where the locals would proclaim, "the Yanks are back" whenever they arrived. Since being introduced to it at a young age, Ginny's favorite hobby has been Quilting and she has created many intricate and beautiful quilts, pictured here.



**Let the good times roll!**



## Our Wellness Quest

Living at WellQuest, our mission is to keep you on a quest for wellness with our revitalizing program which focuses on Intellectual, Physical and Social wellness.



**Stimulate Your Mind**



**Motivate Your Body**



**Rejuvenate Your Spirit**

At WellQuest, we strive to keep you active and engaged by stimulating your mind, motivating your body and rejuvenating your spirit on a daily basis.

Don't stop living your best life and start your Wellness Quest with us! We focus on the individual needs of each of our residents, so they can have the autonomy and freedom they desire along with the help and care they might need.