

The Gateway



Retirement Housing Foundation

COMMITTED TO SERVICE • DEDICATED TO EXCELLENCE • ENHANCING QUALITY OF LIFE

12751 Gateway Park Rd. • Poway, CA 92064 • (858) 487-1197

Our Team

Executive Director: Angie Kapiloff

12751 Gateway Park Road

Poway, CA 92064

(858) 487-1197

Angela.kapiloff@rhf.org

Business Manager: Annette Vaughan

12750 Gateway Park Road

Poway, CA 92064

(858) 451-9933

Annette.Vaughan@rhf.org

Food Service Director: Rogelio De La Rosa

12751 Gateway Park Road

Poway, CA 92064

(858) 487-1197

rogelio.delarosa@rhf.org

Marketing Director: Malou Indon

12750 Gateway Park Road

Poway, CA 92064

(858) 451-9933

Maria.Indon@rhf.org

Marketing: Macey Mirante

(858) 487-1197

Macey.Mirante@rhf.org

Maintenance Director: Justin Brown

12750 Gateway Park Road

Poway, CA 92064

(858) 487-1197

Justin.Brown@rhf.org

Activities Supervisor: Adrienn Dobell

(858) 487-1197

Adrienn.Dobell@rhf.org

Activities Director: Skip Jamieson

(858) 451-9933

Allister.Jamieson@rhf.org

March 2019



Make Your Own Luck

Would you like to increase the odds of something good happening in your life? Good luck is more likely to strike if you step out of your comfort zone and are receptive to fresh opportunities. Experts say that being open to new activities, people and places can help create more positive experiences.

Wearing of the Green





If you wear green this month to celebrate St. Patrick's Day, you may find yourself more relaxed. Green symbolizes nature, and many people find the color has a calming effect.

Be Neighborly

Make it a beautiful day in your neighborhood by celebrating Won't You Be My Neighbor Day on March 20, the birthday of Fred Rogers. The day honors the legacy of the beloved host of the children's TV series "Mister Rogers' Neighborhood."

Positive Thought

"You carry the passport to your own happiness."
—Diane von Furstenberg

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 3 8:30 Church Transportation 10:30 Catholic Services (C) 1:00 Rummikub with Maxine and Emma (LIB) 1:30 Scenic Drive with the Gardens 2:00 Bible Study with Mike (C) 6:00 Sunday Night Movie & Popcorn (L)	Key AR - Activity Room CR - Card Room C - Chapel FC - Fitness Room LIB - Library L - Lobby PDR - Private Dining Room RF - Resident Facilitated 4 9:30 Sit and Be Fit (AR) 10:00 Vons and CVS 1:00 Food Forum with Roel (L) 1:00 Hand and Foot with Emma & Maxine (LIB) (RF) 1:00 Cleaning & Adjustments w/ Clear Choice Hearing Aid (AR) 1:00 Banking and Post Office \$ 2:00 Target and Sprouts 3:00 Penny Blackjack (CR) 6:30 Monday Night Bingo with Skip(AR)	*Activities Are Subject to Change.  5 Dr. Appointments: 8am - 3pm - * Mardi Gras* 9:30 Chair Yoga Flow (AR) 10:30 Activities Meeting with Adrienn (L) 12:30 Gentle Fitness Gym with Tibs from Healthy Living! (FC) 12:45 Bridge (RF) (LIB) 1:00 Skip-Bo (CR) (RF) 3:00 Creative Crafts (AR) 4:00 MARDI GRAS TRIVIA - prizes	 6 9:00 Ash Wednesday Service with Ashes (C) 9:30 Chair Exercises (AR) 10:00 Watercolor Society & Lunch in Liberty Station 1:00 Skip-Bo (CR) 2:00 25¢ Bingo (AR) 3:00 Mexican Lottery (AR) 4:00 Wine Club (L)	 7 Dr. Appointments: 8am - 3pm 9:30 Exercise Medley (AR) 12:45 Bridge (RF) (LIB) 1:00 Game Day! (CR)(RF) 2:00 Kings In The Corner (CR)(RF) 2:00 Jewelry Design with Judy (AR) 2:30 Astronomy with Ken Van Lew (C) 3:00 Penny Blackjack (CR) 3:00 Knitting and Crochet Club (RF) (LIB)	1 9:30 Let's Get Movin'! (AR) 10:00 Poway Rd West Loop 10:00 Coffee Klatch with Angie! (L) ☛ 1:00 Pinochle (LIB) (RF) 1:30 Card Games (CR) (RF) 1:30 Poway Rd East Loop 3:30 Happy Hour with the Vidals (L) 6:30 Christ Study Group (C) (RF)	2 9:30 Stretching & Movin' with Nancy (AR) 1:00 Rummikub with Maxine and Emma (LIB) 2:00 Card Games (RF) (CR) 6:00 Sing-along (RF)(L)
Daylight Saving Time Begins! 10 8:30 Church Transportation 10:30 Catholic Services (C) 1:00 Rummikub with Maxine and Emma (LIB) 2:00 Bible Study with Mike (C) 6:00 Sunday Night Movie & Popcorn (L)	11 9:30 Sit and Be Fit (AR) 10:00 Vons and CVS 1:00 Banking and Post Office \$ 2:00 Target and Sprouts 3:00 Penny Blackjack (CR) 3:00 Podiatrist- Dr. Fennar (AR) 6:30 Monday Night Bingo! (AR)	12 Dr. Appointments: 8am - 3pm 9:30 Chair Yoga Flow (AR) 10:15 Gary the History Guy (L) 12:30 Gentle Fitness Gym with Tibs from Healthy Living! (FC) 12:45 Bridge (RF) (LIB) 1:00 Skip-Bo (CR) (RF) 3:00 Meditation (AR) 3:30 Relaxing Hand Massage (AR)	13 9:30 Chair Exercises (AR) 10:30 Surprise Outing- Requested by Residents 1:00 Skip-Bo (CR) 2:00 25¢ Bingo (AR) 3:00 Mexican Lottery (AR) 4:00 Wine Club (L)	14 Dr. Appointments: 8am - 3pm 9:30 Exercise Medley (AR) 12:45 Bridge (RF) (LIB) 1:00 Left, Right, Center with Nancy! (AR) 2:00 Kings In The Corner (CR)(RF) 3:00 Penny Blackjack (CR) 3:00 Knitting and Crochet Club (RF) (LIB)	15 9:30 Let's Get Movin'! (AR) 10:00 Poway Rd West Loop 10:00 Coffee Klatch with Angie! (L) ☛ 1:00 Pinochle (LIB) (RF) 1:30 Card Games (CR) (RF) 1:30 Poway Rd East Loop 3:30 Happy Hour with Peter Seltzer (L) 6:30 Christ Study Group (C) (RF)	16 9:30 Stretching & Movin' with Nancy (AR) 1:00 Rummikub with Maxine and Emma (LIB) 2:00 Card Games (RF) (CR) 6:00 Sing-along (RF)(L)
St. Patrick's Day - Wear Green! :-) 17 8:30 Church Transportation 10:30 Catholic Services (C) 1:00 Rummikub with Maxine and Emma (LIB) 1:30 Scenic Drive with the Gardens 2:00 Bible Study with Mike (C) 3:00 Kids Piano Recital (L) 6:00 Sunday Night Movie & Popcorn (L)	18 9:30 Sit and Be Fit (AR) 10:00 Vons and CVS 1:00 Hand and Foot with Emma & Maxine (LIB) (RF) 1:00 Banking and Post Office \$ 2:00 Target and Sprouts 3:00 Penny Blackjack (CR) 6:30 Monday Night Bingo with Adrienn (AR)	19 Dr. Appointments: 8am - 3pm 9:30 Chair Yoga Flow (AR) 10:00 Merry Hearts Club (L) 12:30 Gentle Fitness Gym with Tibs from Healthy Living! (FC) 12:45 Bridge (RF) (LIB) 1:00 Skip-Bo (CR) (RF) 2:00 Historical Travels with Adrienn! (AR) 3:00 Relaxing Hand Massage (AR) 4:00 TRIVIA (L)	20 9:30 Chair Exercises (AR) 10:30 La Jolla Cove and Lunch 1:00 Skip-Bo (CR) 2:00 25¢ Bingo (AR) 3:00 Mexican Lottery (AR) 4:00 Wine Club (L)	21 Dr. Appointments: 8am - 3pm 9:30 Exercise Medley (AR) 12:45 Bridge (RF) (LIB) 1:00 Arts with Adel (AR) 2:00 Kings In The Corner (CR)(RF) 3:00 Knitting and Crochet Club (RF) (LIB) 3:00 Penny Blackjack (CR)	22 9:30 Let's Get Movin'! (AR) 10:00 Coffee Klatch with Angie! (L) ☛ 11:00 North County Mall & Lunch 1:00 Pinochle (LIB) (RF) 1:30 Card Games (CR) (RF) 3:30 Happy Hour with Vincent Young (L) 6:30 Christ Study Group (C) (RF)	23 9:30 Stretching & Movin' with Nancy (AR) 1:00 Rummikub with Maxine and Emma (LIB) 2:00 Card Games (RF) (CR) 6:00 Sing-along (RF)(L)
24 8:30 Church Transportation 10:30 Catholic Services (C) 1:00 Rummikub with Maxine and Emma (LIB) 2:00 Bible Study with Mike (C) 6:00 Sunday Night Movie & Popcorn (L)	25 9:30 Sit and Be Fit (AR) 10:00 Vons and CVS 1:00 Banking and Post Office \$ 2:00 Target and Sprouts 3:00 Penny Blackjack (CR) 6:30 Monday Night Bingo! (AR)	26 Dr. Appointments: 8am - 3pm 9:30 Chair Yoga Flow (AR) 12:30 Gentle Fitness Gym with Tibs from Healthy Living! (FC) 12:45 Bridge (RF) (LIB) 1:00 Skip-Bo (CR) (RF) 2:00 NEW YEAR - NEW YOU (AR) 3:00 Creative Crafts - Mandalas (AR) 4:00 Relaxing Hand Massage (AR) 5:30 Sounds of Piano (L) 6:30 Book Club (LIB) (RF)	27 9:30 Chair Exercises (AR) 10:00 Barona Casino & Lunch! 1:00 Skip-Bo (CR) 2:00 25¢ Bingo (AR) 3:00 Mexican Lottery (AR) 4:00 Wine Club (L)	28 Dr. Appointments: 8am - 3pm 9:30 Exercise Medley (AR) 10:30 Vets Benefit Update (AR) 12:45 Bridge (RF) (LIB) 1:00 Left, Right, Center with Nancy! (AR) 2:00 Kings In The Corner (AR)(RF) 3:00 Penny Blackjack (CR) 3:00 Knitting and Crochet Club (RF) (LIB)	29 9:30 Let's Get Movin'! (AR) 10:00 Coffee Klatch with Angie! (L) ☛ 10:00 Poway Rd West Loop 1:00 Pinochle (LIB) (RF) 1:30 Poway Rd East Loop 1:30 Card Games (CR) (RF) 3:30 Happy Hour with Gary (L) 5:00 Birthday Celebration Dinner!†† 6:30 Christ Study Group (C) (RF)	30 9:30 Stretching & Movin' with Nancy (AR) 1:00 Rummikub with Maxine and Emma (LIB) 2:00 Card Games (RF) (CR) 6:00 Sing-along (RF)(L)
31 8:30 Church Transportation 10:30 Catholic Services (C) 1:00 Rummikub with Maxine and Emma (LIB) 1:30 Scenic Drive with the Gardens 2:00 Bible Study with Mike (C) 6:00 Sunday Night Movie & Popcorn (L)						



“This Month In History” MARCH

1912: With a troop of 18 girls, Juliette Gordon Low founds the American Girl Guides in Savannah, Ga. The organization is now known as the Girl Scouts.

1921: To protect the mineral-rich thermal waters of central Arkansas, Congress establishes Hot Springs National Park.

1939: March Madness is born when the first NCAA men’s basketball championship tournament is played.

The University of Oregon won the title over Ohio State University.

1941: The superhero Captain America first appears in a comic book.

1958: Perry Como’s hit song “Catch a Falling Star” is awarded the first gold record by the Recording Industry Association of America after selling 1 million copies.

1964: The TV quiz show “Jeopardy!” debuts.

1974: The price of a U.S. first-class postage stamp is raised from 8 cents to 10 cents.

1990: Track and field Olympian Jesse Owens is posthumously awarded the Congressional Gold Medal by President George H.W. Bush.

2000: Julia Roberts is paid \$20 million to play the title role in the movie “Erin Brockovich.” The record salary made her the highest-paid actress at the time.

2007: Italian sports car manufacturer Ferrari celebrates its 60th anniversary.

2018: Box office ticket sales make “Black Panther” the highest-grossing superhero film in U.S. history.