

October 2026

RECURRING ACTIVITIES

- **Aquacise** | MONDAY/WEDNESDAY/FRIDAY 9:30 am POOL
- **Tai Chi** | WEDNESDAY 10:00 am P1 EXER ROOM
- **Exercise** | TUESDAY 8:30 & 9:45 ZOOM | THURSDAY 9am P1 EXER RM & ZOOM | SATURDAY 9am P1 EXER RM
- **Chair Dancing** | TUESDAY/THURSDAY 2:15 pm - 3:00 pm P1 EXERCISE ROOM
- **Chair Yoga, Pranayama & Meditation** | WEDNESDAY 9:00 am - 10:00 am ZOOM
- **Shopping** | BY APPOINTMENT WITH THE FRONT DESK

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
ONE (1) ASTERISK (*) * Please sign up for transportation in the Activities Book TWO (2) ASTERISKS (**) ** Advanced ticket purchase required	COMMITTEE MEETINGS *ON-CALL: Operating Rules Committee	Activities Committee 2ND THURS 10:00 am SR Architectural Review Committee 1ST THURS 10:15 am SR Art Program Committee 3RD TUES 2:00 pm ART ROOM (P1) Board Meeting 4TH WED 2:00 pm SR / ZOOM Building & Grounds Committee 3RD TUES 10:00 am SR Community Engagement Committee 2ND MON 3:00 pm GAL Dining/Food Service Committee 2ND WED 10:00 am SR Finance Committee 4TH TUES 10:00 am ZOOM Library Committee 2ND TUES 3:00 pm LIBRARY Welcome/Resident Services Committee 2ND WED 2:00 pm SR		1 10:15 am Architectural Review Committee Meeting-SR 6:15 pm North Coast Repertory Theatre "Good Night, Oscar"*** NORTH COAST REP SOLANA BEACH	2 10:30 am Bus Sukkot Celebration with First Graders* 2:00 pm - 3:00 pm Ice Cream Social Celebrating Vicky Villanazul-SR RETIRING AFTER 32 YEARS IN HOUSEKEEPING	3 4:00 pm & 8:00 pm Movie Showing "Everyone Says I Love You" (1996)-Zoom/SR	
4 1:15 pm San Diego Symphony Masterworks "Payare Leads Strauss" "A Hero's Life"*** JACOBS MUSIC CENTER	5 4:00 pm & 8:00 pm Film Group Selection "A River Runs Through It" (1992) -Zoom/SR	6 10:00 am Morning Beach Walk at La Jolla Shores*	7 3:00 pm - 4:00 pm Sit & Knit-Lobby 4:00 pm & 8:00 pm Film Group Encore "A River Runs Through It" (1992)-Zoom/SR	8 10:00 am Activities Committee Meeting-SR 3:00 pm Film Group Discussion-SR 5:30 pm Dinner at La Dolce Vita Ristorante*	9 3:00 pm - 4:30 pm "Life in San Diego" Photography Exhibition Opening Reception-Gallery/SR	10 1:15 pm The Old Globe "Begin Again"*** OLD GLOBE MAIN STAGE	Marlene Gustafson 4th Maureen Schneider 6th Norma Alexander 8th Ron Levine 9th Stephen Lee 10th
11 11:00 am La Jolla Art & Wine Festival* GIRARD AVE. 1:15 pm San Diego Symphony Masterworks "Khachaturian's Exuberant Violin Concerto"*** JACOBS MUSIC CENTER	12 INDIGENOUS PEOPLES DAY 3:00 pm Community Engagement Committee Meeting-Gallery 4:00 pm USS Midway Speakers Bureau "Cuban Missile Crisis" presented by John Landry-SR DIRECTOR / NAVY VETERAN	13 3:00 pm Library Committee Meeting-Lib 3:45 pm - 5:30 pm Video of Ballot Measures: Pros & Cons-SR	14 10:00 am Dining/Food Service Committee Meeting-SR 2:00 pm Welcome/Resident Services Committee Meeting-SR	15 ART CLASS Clay Sculpting Class THURSDAYS OCT 15, 22, 29 NOV 5 Taught by Al Benner (limited class size) 2:00 pm Shopping at COSTCO*	16 Late October Date and Time TBD Flu & Covid Vaccinations by Regents Pharmacy-SR	17 1:15 pm Coastal Communities Concert Band "A Night at the Movies"*** CARLSBAD COMMUNITY CHURCH	Betty Matthews 13th Natalie Nestadt 14th Brian Mervis 17th
18 4:00 pm & 8:00 pm Movie Showing "Invictus" (2009)-Zoom/SR	19 10:00 am Docent Tour of the Comic Con Museum and Lunch at Alexi's Greek Cafe* 5:15 pm - 7:00 pm Italian Buffet Dinner-DR	20 10:00 am Building & Grounds Committee Meeting-SR 11:30 am Book/Club -SR/Zoom BOOK-OF-THE-MONTH "Hamnet" 2:00 pm Art Program Committee Meeting-Art Room (P1) 6:45 pm Alexandria Whittingham in Concert (Classical Guitar)** JOAN B. KROC THEATRE	21 3:00 pm - 4:00 pm Sit & Knit-Lobby 4:00 pm & 8:00 pm International Movie Series "Balzac and the Little Chinese Seamstress" (2002 Mandarin)-Zoom/SR	22 1:00 pm - 5:00 pm Games Afternoon with a Light Lunch-SR LIGHT LUNCH & DRINKS @ 1pm GAMES @ 1:30 pm	23 3:00 pm Happy Hour at Roppongi La Jolla*	24 7:30 pm La Jolla Music Society John Pizzarelli Presents "Dear Mr. Bennett"*** THE JAI LOFT @ UCSD	John Burke 19th Linda Stewart 24th
25 5:15 pm Dinner at D.Z. Akin's*	26	27 10:00 am Finance Committee Meeting-Zoom 3:30 pm BOOK CLUB -SR BOOK-OF-THE-MONTH "Stone Yard Devotional"	28 2:00 pm Open Session Board Meeting-SR/Zoom PACIFIC REGENT HOA BOARD MEETING WEDNESDAY 2PM	29 Look! We are celebrating Halloween one day early!	30 FRIDAY OCT 30 HALLOWEEN CELEBRATION 3pm Employee Costume Parade-Lobby 4pm - 6pm Halloween Party with Resident Costume Contest @ 5pm-Lobby Cocktails, Hors d'oeuvres, Music by Rick Evans & Dancing	31 Happy Halloween	Rosemary Weidman 24th Arthur Stromberg 28th October Birthday Celebration date to be announced