

September 2022 Plaza Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activities are Subject to Change. RCFE# 374602869	Paradise Village 2700 E. 4th Street National City, CA. 91950 (619) 475-5040			10:00 Balance for Beginners (CP) 1 1:00 Hula Hoop Chair Workout (CP) 1:00 Pinochle (Pn. 3rd Fl.) 2:30 PV Drama Club (LH) 3:00 Moments with the Chaplain (HC) 4:00 BINGO (AD) 6:00 TOPS Meeting (Take Off Pounds Sensibly) (BR) 7:00 Armchair Astronomy: Heavenly Motions: Solar System (LH)	9:00 Advance Balance & Stabilize (CP) 2 9:00 Shopping: Walmart H. Street Chula Vista (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:30 Shopping: Terra Nova Marshall's, Smart/Final, Bed, Bath & Beyond (RA) 2:00 Movie: 007 Series - No Time to Die (LH) 6:30 Dartball (CP)	1:00 Bridge (Pn. 5th Fl.) 3 2:00 Documentary: 72 Most Dangerous Animals of Asia Series (LH) 3:00 Bible Study w/ "Cat" Morris (BR)
9:30 Eastlake Church Service (LH) 4 9:30 Walking Club: Balboa Park & Hawaiian Plumeria Festival Outing (RA) 9:50 Bus to First United Methodist Church Mission Valley (RA) 11:15 Catholic Mass (LH) 2:00 Asian Mah Jong (Mg. 5th Fl.) 6:30 Left, Right, Center Game (AD)	9:00 Total Body Strength (CP) 5 10:00 Balance Class w/ Kathryn (CP) 11:00 Resident Council Chat Table (A) 1:00 Bridge (Pn. 5th Fl.) 1:30 Bayou Brothers Performs (A) 2:00 Women's Bible Study (AS)	9:00 Men's Prayer Group (HC) 6 10:00 Sit & Get Fit for Beginners (CP) 10:00 Tech Support (L) 11:00 Moments with the Chaplain (HC) 1:00 Hula Hoop Chair Workout (CP) 1:30 Movie: Downton Abbey - A New Era (LH) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 2:00 Sewing Group (AS) 4:00 BINGO (AD) 6:30 Dartball (CP)	9:00 Total Body Strength (CP) 7 10:00 Balance Class w/ Kathryn (CP) 10:00 Cardio Workout w/ Kathryn (CP) 10:00 New Resident Orientation (AD) 1:00 Bridge (Pn. 5th Fl.) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 1:00 Liverpool Rummy (Pn. 2nd Fl. Parlor) 2:00 Mobile Internal Medicine Clinic 6:30 Movie: Elvis (LH) 6:30 Shuffleboard Bowling (Plaza 2nd Fl.)	10:00 Balance for Beginners (CP) 8 1:00 Pinochle (Pn. 3rd Fl.) 1:30 Resident Council Meeting (LH) 2:30 PV Drama Club (LH) 3:00 Moments with the Chaplain (HC) 4:00 BINGO (AD) 6:00 TOPS Meeting (Take Off Pounds Sensibly) (BR)	9:00 Advance Balance & Stabilize (CP) 9 9:30 Shopping: Coronado Commissary & NEX (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:00 PV Choir Social Hour (AD) 1:30 Shopping: Gateway Walmart, Aldis, Hobby Lobby, Smart & Final (RA) 6:30 Dartball (CP) 6:30 Jewish Shabbat Service (HC)	9:00 Walking Club: Tidelands Park (RA) 10 10:00 Stronger U Workout w/ Mayra (CP) 1:00 Bridge (Pn. 5th Fl.) 2:00 Documentary: 72 Most Dangerous Animals of Asia Series (LH) 3:00 Bible Study w/ "Cat" Morris (BR)
9:30 Eastlake Church Service (LH) 11 9:50 Bus to First United Methodist Church Mission Valley (RA) 10:00 Stronger U Workout with Mayra (CP) 10:30 Viejas Outlet Mall (RA) 10:40 Catholic Confessions (HC) 11:15 Catholic Mass (LH) 12:00 Anglican Church Service (HC) 2:00 Asian Mah Jong (Mg. 5th Fl.) 2:00 Cedars Talent Show (LH) 6:30 Left, Right, Center Game (AD)	10:30 Lunch at Great Maple (RA) 12 11:00 Resident Council Chat Table (A) 1:00 Bridge (Pn. 5th Fl.) 2:00 Shopping: Dollar Tree Store National City (RA) 2:00 Women's Bible Study (AS) 7:00 BYOB Social w/ Gemini Trio (AD)	9:00 Men's Prayer Group (HC) 13 10:00 Flu Shot Clinic (AD & BR) 10:00 Tech Support (L) 11:00 Moments with the Chaplain (HC) 2:00 Animated Movie: Chronicles of Narnia The Lion, the Witch & the Wardrobe (LH) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 2:00 Sewing Group (AS) 4:00 BINGO (AD) 6:30 Dartball (CP)	10:00 Balance Class w/ Kathryn (CP) 14 1:00 Bridge (Pn. 5th Fl.) 1:00 Club Paradise New Resident Orientation (CP) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 1:00 Liverpool Rummy (Pn. 2nd Fl. Parlor) 2:00 Mobile Internal Medicine Clinic 6:30 Shuffleboard Bowling (Plaza 2nd Fl.)	10:00 Stronger U Workout with Mayra (CP) 15 10:30 Women's Friendship Group Luncheon (LH & AD) 1:00 Pinochle (Pn. 3rd Fl.) 2:30 PV Drama Club (LH) 2:30 Spanish Conversation Group (Pn. 4th Fl.) 3:00 Moments with the Chaplain (HC) 4:00 BINGO (AD) 6:00 TOPS Meeting (Take Off Pounds Sensibly) (BR) 6:30 Movie: Thirteen Lives (LH)	9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 16 10:00 Stronger U Workout with Mayra (CP) 1:00 Bridge (Pn. 5th Fl.) 1:00 PV Choir Rehearsal (LH) 1:30 Shopping: Bay Plaza Seafood City, Big Lots, Jo-Anns (RA) 3:00 Resident Birthday Party w/ Blue Zone Band (A) 6:30 Dartball (CP)	1:00 Bridge (Pn. 5th Fl.) 17 2:00 Documentary: Constitution Day Feature (LH) 2:00 FREE Halloween Art Project (AD) 3:00 Bible Study w/ "Cat" Morris (BR)
9:30 Eastlake Church Service (LH) 18 9:50 Bus to First United Methodist Church Mission Valley (RA) 11:15 Catholic Mass (LH) 2:00 Asian Mah Jong (Mg. 5th Fl.) 2:00 Free Halloween Art Project (AD) 6:30 Left, Right, Center Game (AD)	9:00 Total Body Strength (CP) 19 9:30 Shopping: Eastlake Walmart (RA) 10:00 Balance Class w/ Kathryn (CP) 11:00 Resident Council Chat Table (A) 1:00 Bridge (Pn. 5th Fl.) 1:00 Shopping 99 Cent Store National City (RA) 2:00 Movie: Eight Below (LH) 2:00 Women's Bible Study (AS) 7:00 BYOB Social w/ Double Take (AD)	9:00 Men's Prayer Group (HC) 20 10:00 Sit & Get Fit for Beginners (CP) 10:00 Tech Support (L) 11:00 Moments with the Chaplain (HC) 12:30 National City Book Club Outing (RA) 1:00 Hula Hoop Chair Workout (CP) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 2:00 Sewing Group (AS) 4:00 BINGO (AD) 4:30 Dinner at Achioté Mexican Restaurant in San Ysidro (RA) 6:30 Dartball (CP)	9:00 Total Body Strength (CP) 21 10:00 Balance Class w/ Kathryn (CP) 10:00 Cardio Workout w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 1:00 Liverpool Rummy (Pn. 2nd Fl. Parlor) 2:00 Mobile Internal Medicine Clinic 6:30 Movie: The Natural (LH) 6:30 Shuffleboard Bowling (Plaza 2nd Fl.)	10:00 Balance for Beginners (CP) 22 10:00 Movie: To Catch a Thief (LH) 1:00 Pinochle (Pn. 3rd Fl.) 1:00 Water Walk w/ Kathryn (CP) 2:30 PV Drama Club (LH) 3:00 Moments with the Chaplain (HC) 4:00 BINGO (AD) 6:00 TOPS Meeting (Take Off Pounds Sensibly) (BR) 6:30 Dawn of Hope Concert (LH)	9:00 Advance Balance & Stabilize (CP) 23 9:00 Shopping: Vons in Bonita (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:00 PV Choir Rehearsal (LH) 1:30 Shopping: Target at Plaza Bonita (RA) 6:30 Dartball (CP)	9:00 Walking Club: Liberty Station (RA) 24 10:00 Stronger U Workout with Mayra (CP) 1:00 Bridge (Pn. 5th Fl.) 2:00 Documentary: Life in Color (LH) 3:00 Bible Study w/ "Cat" Morris (BR)
8:30 Miramar Air Show (RA) 25 9:30 Eastlake Church Service (LH) 9:50 Bus to First United Methodist Church Mission Valley (RA) 10:00 Stronger U Workout with Mayra (CP) 11:15 Catholic Mass (LH) 12:00 Anglican Church Service (HC) 2:00 Asian Mah Jong (Mg. 5th Fl.) 2:00 Movie: The Lion King (LH) 6:30 Left, Right, Center Game (AD)	9:00 Total Body Strength (CP) 26 9:30 Shopping: NC Food for Less (RA) 10:00 Balance Class w/ Kathryn (CP) 11:00 Resident Council Chat Table (A) 1:00 Bridge (Pn. 5th Fl.) 1:00 Shopping: Costco on H Street in Chula Vista (RA) 2:00 Women's Bible Study (AS) 7:00 BYOB Social w/ Rhythm Express (AD)	9:00 Men's Prayer Group (HC) 27 10:00 Sit & Get Fit for Beginners (CP) 10:00 Tech Support (L) 11:00 Moments with the Chaplain (HC) 1:00 Hula Hoop Chair Workout (CP) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 2:00 Sewing Group (AS) 4:00 BINGO (AD) 6:30 Dartball (CP)	8:00 Blue Zones Event: A Day in the Life w/ Keynote Speaker Dan Buettner, Jr. 28 9:00 Total Body Strength (CP) 9:30 A-1 Hearing Clinic (RRC) 10:00 Balance Class w/ Kathryn (CP) 10:00 Cardio Workout w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 1:00 Liverpool Rummy (Pn. 2nd Fl. Parlor) 2:00 Mobile Internal Medicine Clinic 5:00 "Friends at 5" featuring Blue Zones Food Tasting (AD) 6:30 Inspirational Movie: Courageous (LH) 6:30 Shuffleboard Bowling (Plaza 2nd Fl.)	10:00 Balance for Beginners (CP) 29 1:00 Aqua Fitness Class (CP) 1:00 Pinochle (Pn. 3rd Fl.) 2:30 PV Drama Club (LH) 3:00 Moments with the Chaplain (HC) 4:00 BINGO (AD) 6:00 TOPS Meeting (Take Off Pounds Sensibly) (BR) 6:30 Movie: Mission Impossible - Rogue Nation (LH)	9:00 Advance Balance & Stabilize (CP) 30 9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:00 PV Choir Rehearsal (LH) 1:00 Shopping: Coronado Commissary & NEX (RA) 6:30 Dartball (CP)	 PARADISE VILLAGE A GENERATIONS COMMUNITY