

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Parkview@Paradise 735 Arcadia Ave. National City, CA. 91950. (619)399-5988		Executive Director: Geovanni Aguilar Vitality Coordinator: Alma De Frausto Lic. #:374603713		1 8:30 News & Views-MS/GR 8:45 Newspaper Review-GR 9:00 Hand Massage- MS/GR 9:30 Sit & Be Fit- MS/GR 10:30 Balloon Baseball-MS 10:30 Golf Game-GR 1:00 Pretty Nails- MS/GR 1:30 Scenic Drive-MS 2:00 BINGO-MS 2:00 Mexican Bingo (Loteria)-GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Comedy Movies-VT	2 8:30 Daily Chronicles-MS/GR 8:45 Newspaper Review- GR 9:00 Hair & Lotion- MS/GR 9:30 Stretching Exercises-MS/GR 10:30 Basketball Game-MS 10:30 Bean Bag Toss- GR 1:00 Trivia-MS/GR 1:30 Craft Project-MS/GR 2:30 Dominoes & Puzzles-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Action Movies-VT	3 8:30 News & Views-MS/GR 8:45 Newspaper Review-GR 9:00 Hand Massage- MS/GR 9:30 Sit & Be Fit- MS/GR 10:30 Bean Bag Toss- MS/GR 1:00 Guess the word-MS/ GR 1:30 BINGO-MS/GR 1:30 Scenic Drive- MS 2:30 Pop Corn Social- MS/GR 3:00 Watercolor Project -MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down -GR 7:00 Romantic Movies - VT
4 8:30 News & Views- GR 8:45 Newspaper Review-GR 9:00 Hand Massage- MS/GR 9:30 Sit & Be Fit- MS/GR 10:30 Ball Toss-MS/GR 1:00 Trivia-MS/GR 1:30 Dominoes & Puzzles- MS/GR 2:30 Sing Along-MS/GR 3:00 Coloring Project-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Documentary-VT	5 8:30 Daily Chronicles-MS/GR 8:45 Newspaper Review-GR 9:00 Hair & Lotion Time-MS/GR 9:30 Stretching Exercises-MS/GR 10:30 Balloon Baseball- MS 10:30 Golf Game- GR 1:00 Random Trivia-MS/GR 1:30 Craft Project-MS/GR 2:30 Dominoes & Puzzles- MS/ GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Classical Movies-VT	6 8:30 News & Views-MS/GR 8:45 Newspaper Review-GR 9:00 Hand Massage- MS/ GR 9:30 Scenic Drive-MS 9:30 Sit & Be Fit- MS/GR 10:30 Ball Toss-MS/GR 1:00 Pretty Nails- MS/GR 2:00 Mexican Bingo (Loteria)-GR 2:00 Watercolor Project-1st. Fl. MS 3:00 Maraca Circle-MS 3:00 Sing Along w/ Suzie Q-GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Marvel Movies-VT	7 8:30 Daily Chronicles - MS/GR 8:45 Newspaper Review-GR 9:00 Hair & Lotion Time- MS/GR 9:30 Stretching Exercises- MS/ GR 10:30 Bean Bag Toss-MS/GR 1:00 Magic Box-MS 1:00 Who,When & What Game-GR 1:30 Scrapbooking-MS/GR 2:30 Shell Decoration-MS/GR 5:00 Evening Stroll-MS 5:00 SKIP-BO-GR 6:00 Wind Down-GR 7:00 "Musical Movies"-VT	8 8:30 News & Views-MS/GR 8:45 Newspaper Review-GR 9:00 Hand Massage- MS/GR 9:30 Sit & Be Fit- MS/GR 10:30 Balloon Baseball-MS 10:30 Golf Game- GR 1:00 Pretty Nails-GR 1:30 Scenic Drive- MS 2:00 BINGO- MS 2:00 Mexican Bingo(Loteria)-GR 3:00 Ball Toss-MS/GR 5:00 Card Game-GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Comedy Movies-VT	9 8:30 Daily Chronicles-MS/GR 8:45 Newspaper Review- GR 9:00 Hair & Lotion- MS/GR 9:00 Torrey Pines Club-2nd. Fl. 9:30 Stretching Exercises-MS/GR 10:30 Basketball Game-MS 10:30 Bean Bag Toss- GR 1:00 Trivia-MS/GR 1:30 Craft Project-MS/GR 2:30 Dominoes & Puzzles-MS/GR 5:00 BINGO NIGHT -GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Action Movies-VT	10 8:30 News & Views -MS/GR 8:45 Newspaper Review- GR 9:00 Hand Massage- MS/GR 9:30 Sit & Be Fit- MS/GR 10:30 Bean Bag Toss-MS/ GR 1:00 Guess the word- MS/GR 1:30 BINGO- MS/GR 1:30 Scenic Drive-1st. Fl. MS 2:30 Pop Corn Social-MS/ GR 3:00 Coloring Project- MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down - GR 7:00 Romantic Movies - VT
11 8:30 News & Views-MS/GR 8:45 Newspaper Review-GR 9:00 Hand Massage- MS/GR 9:30 Sit & Be Fit- MS/GR 10:30 Ball Toss-MS/GR 1:00 Trivia- MS/GR 1:30 Dominoes & Puzzles- MS/GR 2:30 Sing Along-MS/GR 3:00 Coloring Project-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Documentary-VT	12 8:30 Daily Chronicles-MS/GR 8:45 Newspaper Review-GR 9:00 Hair & Lotion Time-MS/GR 9:30 Stretching Exercises-MS/GR 10:30 Balloon Baseball- MS 10:30 Golf Game- GR 1:00 Random Trivia- MS/GR 1:30 Craft Project-MS/GR 2:30 Dominoes & Puzzles- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Classical Movies-VT	13 8:30 News & Views-MS/GR 8:45 Newspaper Review- GR 9:00 Hand Massage- MS/GR 9:30 Scenic Drive-MS 9:30 Sit & Be Fit- MS/GR 10:30 Ball Toss-MS/GR 1:00 Pretty Nails- MS/GR 2:00 Mexican Bingo (Loteria)-GR 2:00 Watercolor Project- MS 3:00 Maraca Circle-MS 3:00 Sing Along w/Suzie Q-GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Marvel Movies- VT	14 8:30 Daily Chronicles-MS/GR 8:45 Newspaper Review-GR 9:00 Hair & Lotion Time- MS/ GR 10:00 Dance & Stretch-MS/GR 10:30 Bean Bag Toss-MS/GR 1:00 Magic Box- MS 1:00 Who,When & What Game-GR 1:30 Scrapbooking- MS/ GR 2:30 Card Decoration-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Musical Movies"-VT	15 8:30 News & Views-2nd Fl. GR 8:45 Newspaper Review-GR 9:00 Hand Massage- MS/GR 9:30 Sit & Be Fit-MS/GR 10:30 Balloon Baseball-MS 10:30 Golf Game- 2nd. Fl. GR 1:00 Pretty Nails- 2nd. Fl. GR 1:30 Scenic Drive-1st. Fl. MS 2:00 BINGO-1st. Fl. MS 2:00 Mexican Bingo(Loteria)-GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll- MS 6:00 Wind Down-GR 7:00 Comedy Movies-VT	16 8:30 Daily Chronicles-MS/GR 8:45 Newspaper Review- GR 9:00 Hair & Lotion- MS/GR 9:30 Stretching Exercises-MS/GR 10:30 Basketball Game-MS 10:30 Bean Bag Toss- GR 1:00 Trivia-MS/GR 1:30 Craft Project-MS/GR 2:30 Dominoes & Puzzles- MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Action Movies-VT	17 8:30 News & Views-MS/GR 8:45 Newspaper Review-GR 9:00 Hand Massage- MS/GR 9:30 Sit & Be Fit- MS/GR 10:30 Bean Bag Toss-MS/ GR 1:00 Guess the word- MS/GR 1:30 BINGO- MS/ GR 2:30 Pop Corn Social-MS/ GR 3:00 Christian Worship-C 3:00 Coloring Project-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down - GR 7:00 Romantic Movies - VT
18 8:30 News & Views-MS/GR 8:45 Newspaper Review-GR 9:00 Hand Massage- MS/GR 9:30 Sit & Be Fit- MS/GR 10:00 Catholic Communion-C 10:30 Ball Toss-MS/GR 1:00 Trivia- MS/GR 1:30 Dominoes & Puzzles-MS/GR 2:30 Sing Along-MS/GR 3:00 Coloring Project-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Documentary-VT	19 8:30 Daily Chronicles-MS/GR 8:45 Newspaper Review-GR 9:00 Hair & Lotion Time-MS/GR 9:30 Dance & Stretch-MS/GR 10:30 Balloon Baseball-GR 10:30 Golf Game- GR 1:00 Random Trivia-MS/GR 1:30 Craft Project-MS/GR 2:30 Dominoes & Puzzles-MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Classical Movies-VT	20 8:30 News & Views-MS/GR 8:45 Newspaper Review-2nd Fl. GR 9:00 Hand Massage- MS/GR 9:30 Sit & Be Fit- MS/GR 10:30 Ball Toss-MS/GR 1:00 Pretty Nails- MS/GR 2:00 Mexican Bingo (Loteria)-GR 2:00 Watercolor Project-MS 3:00 Maraca Circle-MS 3:00 Sing Along w/ Suzie Q.-GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Marvel Movies-VT	21 8:30 Daily Chronicles-MS/GR 8:45 Newspaper Review-GR 9:00 Hair & Lotion Time-MS/GR 9:30 Dance & Stretch-MS/GR 10:30 Bean Bag Toss-MS/GR 1:00 Magic Box- MS 1:00 Who,When & What Game-GR 1:30 Scrapbooking-MS/ GR 2:30 Card Decoration-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Musical Movies- VT	22 8:30 News & Views-MS/GR 8:45 Newspaper Review-GR 9:00 Hand Massage- MS/GR 9:30 Sit & Be Fit- MS/GR 10:30 Balloon Baseball-MS 10:30 Golf Game- GR 1:00 Pretty Nails- MS/GR 1:30 Scenic Drive- MS 2:00 BINGO-MS 2:00 Mexican Bingo(Loteria)-GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Comedy Movies-VT	23 8:30 Daily Chronicles-MS/GR 8:45 Newspaper Review- GR 9:00 Hair & Lotion- MS/GR 9:30 Stretching Exercises-MS/GR 10:30 Basketball Game-MS 10:30 Golf Game- GR 1:00 Trivia-MS/GR 1:30 Craft Project-MS/GR 2:30 Dominoes & Puzzles- MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Action Movies-VT	24 8:30 News & Views - MS/GR 8:45 Newspaper Review- GR 9:00 Hand Massage- MS/GR 9:30 Sit & Be Fit- MS/GR 10:30 Bean Bag Toss- MS/GR 1:00 Guess the word- MS/GR 1:30 BINGO-MS/GR 1:30 Scenic Drive-MS 2:30 Pop Corn Social- MS/GR 3:00 Watercolor Project-MS/ GR 5:00 Evening Stroll-MS 6:00 Wind Down -GR 7:00 Romantic Movies - VT
25 8:30 Daily Chronicles-MS/GR 8:45 Newspaper Review-GR 9:00 Hair & Lotion Time-MS/GR 9:30 Stretching Exercises-MS/GR 10:30 Balloon Baseball-MS 10:30 Golf Game- GR 1:00 Random Trivia-MS/GR 1:30 Craft Project-MS/GR 2:30 Dominoes & Puzzles- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Classical Movies-VT	26 8:30 Daily Chronicles-MS/GR 8:45 Newspaper Review-GR 9:00 Hair & Lotion Time-MS/GR 9:30 Stretching Exercises-MS/GR 10:30 Balloon Baseball-MS 10:30 Golf Game- GR 1:00 Random Trivia-MS/GR 1:30 Craft Project-MS/GR 2:30 Dominoes & Puzzles- MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Classical Movies-VT	27 8:30 News & Views- MS/GR 8:45 Newspaper Review-GR 9:00 Hand Massage-MS/GR 9:30 Scenic Drive-MS 9:30 Sit & Be Fit- MS/GR 10:30 Ball Toss-MS/GR 1:00 Pretty Nails- MS/ GR 2:00 Mexican Bingo (Loteria)-GR 2:00 Watercolor Project-MS 3:00 Maraca Circle-MS 3:00 Sing Along w/Suzie Q.-GR 5:00 Evening Stroll-MS 5:00 Left, Right & Center Game-GR 6:00 Wind Down-GR 7:00 Marvel Movies-VT	28 8:30 Daily Chronicles-MS/GR 8:45 Newspaper Review-GR 9:00 Hair & Lotion Time-MS/GR 9:30 Dance & Stretch-MS/GR 10:30 Bean Bag Toss-MS/GR 1:00 Magic Box-MS 1:00 Who,When & What Game-GR 1:30 Scrapbooking- MS/ GR 2:30 Shell Decoration-MS/GR 5:00 Evening Stroll-MS 5:00 SKIP-BO-GR 6:00 Wind Down-GR 7:00 Musical Movies-VT	29 8:30 News & Views-MS/GR 8:45 Newspaper Review-GR 9:00 Hand Massage- MS/GR 9:30 Sit & Be Fit- MS/GR 10:30 Balloon Baseball-MS 10:30 Golf Game-GR 1:00 Pretty Nails-MS/ GR 1:30 Scenic Drive-MS 2:00 BINGO-MS 2:00 Mexican Bingo(Loteria)-GR 3:00 Ball Toss-MS/GR 5:00 Card Game-GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Comedy Movies-VT	30 8:30 Daily Chronicles-MS/GR 8:45 Newspaper Review-GR 9:00 Hand Massage- MS/GR 9:30 Stretching Exercise-MS/GR 9:30 Torrey Pines Club-2nd. Fl. 10:30 Basketball Game-MS 10:30 Bean Bag Toss- GR 1:00 Trivia-MS/GR 1:30 Craft Project-MS/GR 2:30 Dominoes & Puzzles-MS/ GR 5:00 BINGO NIGHT-GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Action Movies-VT	Activities are subject to change anytime.

