

October 2022

The Plaza Vitality Calendar

| Sunday                                                                                                                                                                                                                                                                                                                                                                                      | Monday                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                       | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Friday                                                                                                                                                                                                                                                                                                                                                                     | Saturday                                                                                                                                                                                                                                                                                           |
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| 9:00 Bates Nut Farm Pumpkin Festival & Craft Fair in Valley Center (RA)<br>9:30 Eastlake Church Service (LH)<br>9:50 Bus to First United Methodist Church Mission Valley (RA)<br>11:15 Catholic Mass (LH)<br>2:00 Asian Mah Jong (Mg. 5th Fl.)<br>6:30 Left, Right, Center Game (AD) <b>2</b>                                                                                               | 9:00 Total Body Strength (CP)<br>9:30 Shopping: Eastlake Walmart (RA)<br>10:00 Balance Class w/ Kathryn (CP)<br>11:00 Resident Council Chat Table (A)<br>1:00 Bridge (Pn. 5th Fl.)<br>1:00 Shopping: Bay Plaza Seafood City, Big Lots, Jo-Anns (RA)<br>2:00 Mrs. Harris Goes to Paris 1 hr. 32 mins. (LH)<br>2:00 Spanish Conversation Group (Pn. 4th Fl.)<br>2:00 Women's Bible Study (AS)<br>7:00 BYOB Social w/ Gemini Trio (AD) <b>3</b>                       | 9:00 Men's Prayer Group (HC)<br>10:00 Sit & Get Fit for Beginners (CP)<br>10:00 Tech Support (L)<br>11:00 Moments with the Chaplain (HC)<br>1:00 Hula Hoop Chair Workout (CP)<br>2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.)<br>2:00 Sewing Group (AS)<br>4:00 BINGO (AD)<br>6:30 Dartball (CP) <b>4</b>                                                                                                                             | 9:00 Total Body Strength (CP)<br>10:00 Cardio Workout w/ Kathryn (CP)<br>10:00 New Resident Orientation (AD)<br>1:00 Bridge (Pn. 5th Fl.)<br>1:00 Hollywood Canasta (Pn. 3rd Fl.)<br>1:00 Liverpool Rummy (Pn. 2nd Fl. Parlor)<br>1:30 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA)<br>2:00 Mobile Internal Medicine Clinic<br>6:30 Bible Study w/ Ed Edquid (HC) <b>5</b>                                                                       | 10:00 Balance for Beginners (CP)<br>1:00 Pinochle (Pn. 3rd Fl.)<br>1:00 Water Walk Workout w/ Kathryn (CP)<br>2:30 PV Drama Club (LH)<br>3:00 Moments with the Chaplain (HC)<br>4:00 BINGO (AD)<br>6:00 TOPS Meeting (Take Off Pounds Sensibly) (BR)<br>6:30 Shuffleboard Bowling (Plaza 2nd Fl.)<br>7:00 Armchair Astronomy: Mars Ingenuity: Helicopter on Mars (LH) <b>6</b>                                                                                                                      | 9:00 Advance Balance & Stabilize (CP)<br>9:00 Shopping: Gateway Walmart, Aldis, Hobby Lobby, Smart & Final (RA)<br>10:00 Chair Yoga w/ Kathryn (CP)<br>1:00 Bridge (Pn. 5th Fl.)<br>1:00 PV Choir Rehearsal (LH)<br>1:30 Shopping: Terra Nova Marshall's, Smart/Final, Bed, Bath & Beyond (RA)<br>6:30 Dartball (CP)<br>6:30 Movie: To Tell the World-Part 1 (LH) <b>7</b> | 9:00 Walking Club: Rohr Park in Bonita (RA)<br>10:00 Stronger U Strength Workout w/ Mayra (CP)<br>1:00 Bridge (Pn. 5th Fl.)<br>2:00 Documentary: Life in Color-Episode 3 (LH)<br>3:00 Bible Study w/ "Cat" Morris (BR) <b>8</b>                                                                    |
| 9:30 Eastlake Church Service (LH)<br>9:50 Bus to First United Methodist Church Mission Valley (RA)<br>10:50 Catholic Confessions (HC)<br>11:15 Catholic Mass (LH)<br>12:00 Anglican Church Service (HC)<br>1:00 Free Concert in Balboa Park (RA)<br>2:00 Asian Mah Jong (Mg. 5th Fl.)<br>6:30 Left, Right, Center Game (AD) <b>9</b>                                                        | 9:00 Total Body Strength (CP)<br>10:00 Balance Class w/ Kathryn (CP)<br>10:30 Lunch at Jimmy's Famous American Tavern (RA)<br>11:00 Resident Council Chat Table (A)<br>1:00 Bridge (Pn. 5th Fl.)<br>2:00 Animated Movie: Minions-The Rise of Gru 1 hr. 30 mins. (LH)<br>2:00 Shopping: Dollar Tree Store National City (RA)<br>2:00 Spanish Conversation Group (Pn. 4th Fl.)<br>2:00 Women's Bible Study (AS)<br>7:00 BYOB Social w/ Bayou Brothers (AD) <b>10</b> | 9:00 Men's Prayer Group (HC)<br>10:00 Sit & Get Fit for Beginners (CP)<br>10:00 Tech Support (L)<br>11:00 Moments with the Chaplain (HC)<br>1:00 Hula Hoop Chair Workout (CP)<br>2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.)<br>2:00 Sewing Group (AS)<br>4:00 BINGO (AD)<br>6:30 Dartball (CP) <b>11</b>                                                                                                                            | 9:00 Total Body Strength (CP)<br>10:00 Cardio Workout w/ Kathryn (CP)<br>10:00 Green Shredding Truck (Plaza Front)<br>1:00 Bridge (Pn. 5th Fl.)<br>1:00 Club Paradise New Resident Orientation (CP)<br>1:00 Hollywood Canasta (Pn. 3rd Fl.)<br>1:00 Liverpool Rummy (Pn. 2nd Fl. Parlor)<br>1:30 FREE Fall Scarecrow Art Project (AD)<br>1:30 Shopping: NC Food for Less (RA)<br>2:00 Mobile Internal Medicine Clinic<br>6:30 Bible Study w/ Ed Edquid (HC) <b>12</b> | 10:00 Balance for Beginners (CP)<br>1:00 Pinochle (Pn. 3rd Fl.)<br>1:00 Water Walk Workout w/ Kathryn (CP)<br>1:30 Resident Council Meeting (LH)<br>2:30 PV Drama Club (LH)<br>3:00 Moments with the Chaplain (HC)<br>4:00 BINGO (AD)<br>6:00 TOPS Meeting (Take Off Pounds Sensibly) (BR)<br>6:30 Movie: Midway 2 hrs. 18 mins. (LH)<br>6:30 Shuffleboard Bowling (Plaza 2nd Fl.) <b>13</b>                                                                                                        | 9:00 Advance Balance & Stabilize (CP)<br>9:30 Shopping: Coronado Commissary & NEX (RA)<br>10:00 Chair Yoga w/ Kathryn (CP)<br>1:00 Bridge (Pn. 5th Fl.)<br>1:00 PV Choir Rehearsal (LH)<br>1:30 Shopping: Walmart H. Street Chula Vista (RA)<br>6:30 Dartball (CP)<br>6:30 Jewish Shabbat Service (HC)<br>6:30 Movie: To Tell the World-Part 2 (LH) <b>14</b>              | 9:00 Walking Club: Harbor Island (RA)<br>1:00 Bridge (Pn. 5th Fl.)<br>1:30 FREE Fall Scarecrow Art Project (AD)<br>2:00 Documentary: National Geographic-The Blue Planet (LH)<br>3:00 Bible Study w/ "Cat" Morris (BR) <b>15</b>                                                                   |
| 9:30 Eastlake Church Service (LH)<br>9:50 Bus to First United Methodist Church Mission Valley (RA)<br>10:00 Otay Ranch Mall lunch on your own (RA)<br>11:15 Catholic Mass (LH)<br>2:00 Asian Mah Jong (Mg. 5th Fl.)<br>2:00 Makani Kai Polynesian Dance Troupe (LH)<br>3:30 New City Sinfonia Concert at Paradise Valley Church Outing (RA)<br>6:30 Left, Right, Center Game (AD) <b>16</b> | 9:00 Total Body Strength (CP)<br>9:30 Shopping: Target at Plaza Bonita (RA)<br>10:00 Balance Class w/ Kathryn (CP)<br>11:00 Resident Council Chat Table (A)<br>1:00 Bridge (Pn. 5th Fl.)<br>1:00 Shopping: Costco on H Street in Chula Vista (RA)<br>2:00 Spanish Conversation Group (Pn. 4th Fl.)<br>2:00 Women's Bible Study (AS)<br>7:00 BYOB Social w/ Rhythm Express (AD) <b>17</b>                                                                           | 9:00 Men's Prayer Group (HC)<br>10:00 Sit & Get Fit for Beginners (CP)<br>10:00 Tech Support (L)<br>11:00 Moments with the Chaplain (HC)<br>12:30 National City Book Club Outing (RA)<br>1:00 Hula Hoop Chair Workout (CP)<br>2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.)<br>2:00 Sewing Group (AS)<br>4:00 BINGO (AD)<br>6:30 Dartball (CP)<br>6:30 Sports Movie: American Underdog-Kurt Warner Story 1 hr. 52 mins. (LH) <b>18</b> | 9:00 Total Body Strength (CP)<br>10:00 Cardio Workout w/ Kathryn (CP)<br>1:00 Bridge (Pn. 5th Fl.)<br>1:00 Hollywood Canasta (Pn. 3rd Fl.)<br>1:00 Liverpool Rummy (Pn. 2nd Fl. Parlor)<br>1:30 Resident Council Oktoberfest Beer Tasting Fundraiser (AD)<br>1:30 Shopping: Walgreens & Vallarta (RA)<br>2:00 Mobile Internal Medicine Clinic<br>6:30 Bible Study w/ Ed Edquid (HC) <b>19</b>                                                                         | 10:00 Balance for Beginners (CP)<br>10:30 Women's Friendship Group Luncheon (LH & AD)<br>1:00 Pinochle (Pn. 3rd Fl.)<br>1:00 Water Walk Workout w/ Kathryn (CP)<br>1:30 Ambassador Meeting (BR)<br>2:30 PV Drama Club (LH)<br>2:30 Spanish Conversation Group (Pn. 4th Fl.)<br>3:00 Moments with the Chaplain (HC)<br>4:00 BINGO (AD)<br>6:00 TOPS Meeting (Take Off Pounds Sensibly) (BR)<br>6:30 Inspirational Movie: Return to Palau (LH)<br>6:30 Shuffleboard Bowling (Plaza 2nd Fl.) <b>20</b> | 9:00 Advance Balance & Stabilize (CP)<br>9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA)<br>10:00 Chair Yoga w/ Kathryn (CP)<br>1:00 Bridge (Pn. 5th Fl.)<br>1:00 PV Choir Rehearsal (LH)<br>1:30 Shopping: Bay Plaza Seafood City, Big Lots, Jo-Anns (RA)<br>3:00 Resident Birthday Party w/ Blue Zone Band (A)<br>6:30 Dartball (CP) <b>21</b>    | 9:00 Walking Club: Shelter Island (RA)<br>10:00 Stronger U Strength Workout w/ Mayra (CP)<br>1:00 Bridge (Pn. 5th Fl.)<br>2:00 Concert: Travis Brass Quintet Airforce Band of the Golden West (LH)<br>3:00 Bible Study w/ "Cat" Morris (BR)<br>6:30 Concert: His Voice Men's Chorus (LH) <b>22</b> |
| 9:30 Eastlake Church Service (LH)<br>9:50 Bus to First United Methodist Church Mission Valley (RA)<br>11:15 Catholic Mass (LH)<br>12:00 Anglican Church Service (HC)<br>2:00 Asian Mah Jong (Mg. 5th Fl.)<br>6:30 Left, Right, Center Game (AD) <b>23</b>                                                                                                                                   | 9:00 Total Body Strength (CP)<br>9:30 Shopping: Terra Nova Marshall's, Smart/Final, Bed, Bath & Beyond (RA)<br>10:00 Balance Class w/ Kathryn (CP)<br>11:00 Resident Council Chat Table (A)<br>1:00 Bridge (Pn. 5th Fl.)<br>1:00 Shopping: Walgreens & Vallarta (RA)<br>2:00 Spanish Conversation Group (Pn. 4th Fl.)<br>2:00 Women's Bible Study (AS)<br>7:00 BYOB Social w/ The Ladies Trio (AD) <b>24</b>                                                       | 9:00 Men's Prayer Group (HC)<br>10:00 Sit & Get Fit for Beginners (CP)<br>10:00 Tech Support (L)<br>11:00 Moments with the Chaplain (HC)<br>1:00 Hula Hoop Chair Workout (CP)<br>2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.)<br>2:00 Sewing Group (AS)<br>4:00 BINGO (AD)<br>6:30 Dartball (CP) <b>25</b>                                                                                                                            | 9:00 Total Body Strength (CP)<br>9:30 A-1 Hearing Clinic (RRC)<br>10:00 Cardio Workout w/ Kathryn (CP)<br>1:00 Bridge (Pn. 5th Fl.)<br>1:00 Hollywood Canasta (Pn. 3rd Fl.)<br>1:00 Liverpool Rummy (Pn. 2nd Fl. Parlor)<br>2:00 Mobile Internal Medicine Clinic<br>6:30 Bible Study w/ Ed Edquid (HC)<br>6:30 Trumpet Concert: Roger Mason (LH) <b>26</b>                                                                                                            | 10:00 Balance for Beginners (CP)<br>1:00 Pinochle (Pn. 3rd Fl.)<br>1:00 Water Walk Workout w/ Kathryn (CP)<br>2:30 PV Drama Club (LH)<br>3:00 Moments with the Chaplain (HC)<br>4:00 BINGO (AD)<br>6:00 TOPS Meeting (Take Off Pounds Sensibly) (BR)<br>6:30 Movie: Mission Impossible-Fallout 2 hrs. 28 mins. (LH)<br>6:30 Shuffleboard Bowling (Plaza 2nd Fl.) <b>27</b>                                                                                                                          | 9:00 Advance Balance & Stabilize (CP)<br>9:00 Shopping: Vons in Bonita (RA)<br>10:00 Chair Yoga w/ Kathryn (CP)<br>1:00 Bridge (Pn. 5th Fl.)<br>1:00 PV Choir Rehearsal (LH)<br>1:30 Shopping: Gateway Walmart, Aldis, Hobby Lobby, Smart & Final (RA)<br>6:30 Dartball (CP) <b>28</b>                                                                                     | 1:00 Bridge (Pn. 5th Fl.)<br>2:00 Documentary: National Geographic-New Life (LH)<br>3:00 Bible Study w/ "Cat" Morris (BR) <b>29</b>                                                                                                                                                                |
| 9:30 Eastlake Church Service (LH)<br>9:50 Bus to First United Methodist Church Mission Valley (RA)<br>11:15 Catholic Mass (LH)<br>2:00 Asian Mah Jong (Mg. 5th Fl.)<br>2:00 Silverado Hospice Celebration of Life (LH & AD)<br>6:30 Left, Right, Center Game (AD)<br>6:30 Suspense Movie: A Quiet Place 1 hr. 30 mins. (LH) <b>30</b>                                                       | 9:00 Total Body Strength (CP)<br>9:30 Shopping: Walmart National City (RA)<br>10:00 Balance Class w/ Kathryn (CP)<br>11:00 Resident Council Chat Table (A)<br>1:00 Bridge (Pn. 5th Fl.)<br>1:00 Shopping 99 Cent Store National City (RA)<br>2:00 Resident & Staff Halloween Costume Contest (AD)<br>2:00 Spanish Conversation Group (Pn. 4th Fl.)<br>2:00 Women's Bible Study (AS) <b>31</b>                                                                      |                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                            | Activities are Subject to Change.                                                                                                                                                                                                                                                                  |