




November 2022

The Plaza Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		10:00 Sit & Get Fit for Beginners (CP) 1 10:00 Tech Support (L) 12:00 Drama Club Rehearsal (LH) 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)	9:00 Total Body Strength (CP) 2 10:00 Cardio Workout w/ Kathryn (CP) 10:00 Health Fair (Plaza) 1:00 Bridge (Pn. 5th Fl.) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 1:30 Shopping: Vons in Bonita (RA) 2:00 Mobile Internal Medicine Clinic 2:00 Writing Your Memoirs w/ Lila Goodman (L) 6:30 Evening Worship (HC) 6:30 Movie: The Manchurian Candidate 129 mins. (LH)	10:00 Balance for Beginners (CP) 3 1:00 Pinochle (Pn. 3rd Fl.) 1:00 Water Walk Workout w/ Kathryn (CP) 2:00 PV Drama Club (LH) 2:00 The Village Players Presents: "It's Terrible Being Nice" (LH) 3:00 Moments with the Chaplain (HC) 4:00 BINGO (AD) 6:00 TOPS Meeting (Take Off Pounds Sensibly) (BR) 6:30 Shuffleboard Bowling (Plaza 2nd Fl.) 7:00 Armchair Astronomy: Historic Telescopes (LH)	9:00 Advance Balance & Stabilize (CP) 4 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) 1:30 Shopping 99 Cent Store National City (RA) 6:30 Dartball (CP)	9:00 Walking Club: Balboa Park (RA) 5 10:00 Stronger U Strength Workout w/ Mayra (CP) 1:00 Bridge (Pn. 5th Fl.) 2:00 Documentary: National Geographic-The Blue Planet (LH) 2:00 Mary Westland Celebration of Life (HC & AD) 3:00 Bible Study w/ "Cat" Morris (BR)
9:30 Eastlake Church Service (LH) 6 9:30 Viejas Outlet Mall (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.)	9:00 Total Body Strength (CP) 7 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: Terra Nova Marshall's, Smart/Final, Bed, Bath & Beyond (RA) 2:00 German Conversation Group (PA. 1st Fl.) 2:00 Women's Bible Study w/ Elizabeth Mears (AS) 7:00 NO BYOB Social	10:00 Sit & Get Fit for Beginners (CP) 8 10:00 Tech Support (L) 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 Kings Fish Market Mission Valley (RA) 6:00 Cash Bingo & Basket Raffle Fundraiser (AD)	9:00 Total Body Strength (CP) 9 10:00 Cardio Workout w/ Kathryn (CP) 10:30 Paradise Valley Hospital Health Fair (AD) 1:00 Bridge (Pn. 5th Fl.) 1:00 Club Paradise New Resident Orientation (CP) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 1:30 Shopping: Walmart H. Street Chula Vista (RA) 2:00 Mobile Internal Medicine Clinic 2:00 Writing Your Memoirs w/ Lila Goodman (L) 6:30 Evening Worship (HC)	10:00 Balance for Beginners (CP) 10 1:00 Pinochle (Pn. 3rd Fl.) 1:00 Water Walk Workout w/ Kathryn (CP) 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) 6:30 Movie: Saving Private Ryan 2 hrs. 49 mins. (LH) 6:30 Shuffleboard Bowling (Plaza 2nd Fl.)	9:00 Advance Balance & Stabilize (CP) 11 9:30 Shopping: Coronado Commissary & NEX (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:00 PV Choir Rehearsal (LH) 1:30 Shopping: Vons in Bonita (RA) 2:00 Veterans Pinning Ceremony by Mission Healthcare (LH) 6:30 Dartball (CP) 6:30 Jewish Shabbat Service (HC)	9:00 Walking Club: Embarcadero (RA) 12 10:00 Stronger U Strength Workout w/ Mayra (CP) 1:00 Bridge (Pn. 5th Fl.) 2:00 Documentary: National Geographic-Survival (LH) 3:00 Bible Study w/ "Cat" Morris (BR) 3:00 Surviving the Holidays (HC)
9:30 Eastlake Church Service (LH) 13 9:50 Bus to First United Methodist Church Mission Valley (RA) 10:00 Day at Coronado Ferry Center (RA) 10:50 Catholic Confessions (HC) 11:15 Catholic Mass (LH) 12:00 Anglican Church Service (HC) 2:00 Asian Mah Jong (Mg. 5th Fl.)	9:00 Total Body Strength (CP) 14 9:30 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 10:00 Balance Class w/ Kathryn (CP) 11:00 Resident Council Chat Table (A) 1:00 Bridge (Pn. 5th Fl.) 1:00 Shopping: Walgreens & Vallarta (RA) 2:00 German Conversation Group (PA. 1st Fl.) 2:00 Women's Bible Study w/ Elizabeth Mears (AS) 7:00 BYOB Social w/ Bayou Brothers (AD)	10:00 Sit & Get Fit for Beginners (CP) 15 10:00 Tech Support (L) 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) 2:00 Southwestern College Guitar Ensemble Concert (LH) 4:00 BINGO (AD) 6:30 Dartball (CP) 6:30 Movie: Elsa and Fred 1 hr. 37 mins. (LH)	9:00 Total Body Strength (CP) 16 10:00 Cardio Workout w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 1:30 Free Christmas Art Project (AD) 1:30 Shopping: NC Food for Less (RA) 2:00 Mobile Internal Medicine Clinic 2:00 Writing Your Memoirs w/ Lila Goodman (L) 6:30 Evening Worship (HC)	10:00 Balance for Beginners (CP) 17 10:00 Movie: Morning Classic Movie: His Girl Friday 1 hr. 32 mins. (LH) 10:30 Women's Friendship Group Luncheon (LH & AD) 1:00 Pinochle (Pn. 3rd Fl.) 1:00 Water Walk Workout w/ Kathryn (CP) 1:30 Ambassador Meeting (L) 2:00 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 Shuffleboard Bowling (Plaza 2nd Fl.)	9:00 Advance Balance & Stabilize (CP) 18 9:00 Shopping: Gateway Walmart, Aldis, Hobby Lobby, Smart & Final (RA) 10:00 Chair Yoga w/ Kathryn (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)	9:00 Craft Show at Olive Wood Gardens in NC (RA) 19 1:00 Bridge (Pn. 5th Fl.) 1:30 Free Christmas Art Project (AD) 2:00 Documentary: National Geographic-The Human Spirit (LH) 3:00 Bible Study w/ "Cat" Morris (BR)
9:30 Eastlake Church Service (LH) 20 9:30 Walking Club: Tidelands Park (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.)	9:00 Total Body Strength (CP) 21 9:30 Shopping: Target at Plaza Bonita (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 German Conversation Group (PA. 1st Fl.) 2:00 Movie: Patch Adams 1 hr. 55 mins. (LH) 2:00 Women's Bible Study w/ Elizabeth Mears (AS) 7:00 BYOB: Double Take (AD)	10:00 Sit & Get Fit for Beginners (CP) 22 10:00 Tech Support (L) 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)	9:00 Total Body Strength (CP) 23 9:30 A-1 Hearing Clinic (RRC) 10:00 Cardio Workout w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 1:00 PV Choir Rehearsal (LH) 1:30 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 2:00 Mobile Internal Medicine Clinic 2:00 Writing Your Memoirs w/ Lila Goodman (L) 6:30 Evening Worship (HC)	9:00 NO Vitality Programs 24 	9:00 Advance Balance & Stabilize (CP) 25 9:30 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: Walmart H. Street Chula Vista (RA) 6:30 Dartball (CP)	1:00 Bridge (Pn. 5th Fl.) 26 3:00 Bible Study w/ "Cat" Morris (BR)
9:30 Eastlake Church Service (LH) 27 9:50 Bus to First United Methodist Church Mission Valley (RA) 11:15 Catholic Mass (LH) 12:00 Anglican Church Service (HC) 2:00 Asian Mah Jong (Mg. 5th Fl.)	9:00 Total Body Strength (CP) 28 10:00 Balance Class w/ Kathryn (CP) 11:00 Lunch at Napoleons in National City (RA) 11:00 Resident Council Chat Table (A) 1:00 Bridge (Pn. 5th Fl.) 2:00 German Conversation Group (PA. 1st Fl.) 2:00 Shopping: Dollar Tree Store National City (RA) 2:00 Women's Bible Study w/ Elizabeth Mears (AS) 7:00 BYOB Social w/ Rhythm Express (AD)	10:00 Sit & Get Fit for Beginners (CP) 29 10:00 Tech Support (L) 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)	9:00 Total Body Strength (CP) 30 10:00 Balance Class w/ Kathryn (CP) 10:00 Cardio Workout w/ Kathryn (CP) 10:30 How Do You know it's Time to move to Assisted Living or Memory Care Seminar (BR) 1:00 Bridge (Pn. 5th Fl.) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 1:00 PV Choir Rehearsal (LH) 2:00 Mobile Internal Medicine Clinic 2:00 Writing Your Memoirs w/ Lila Goodman (L) 6:30 Evening Worship (HC) 6:30 Movie: Kingsman-The Secret Service 2hr. 9 mins. (LH)			Activities are Subject to Change.