


# May 2025

## The Plaza Vitality Calendar

| Sunday   | Monday   | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday   |   |
|--|--|--|---|--|---|--|---|
| <p><b>May Culture Topic: National Mental Health Awareness Month</b><br/>           * We are focusing on this topic with the hope of reducing misconceptions surrounding mental health, encouraging open conversations, and destigmatizing seeking help.<br/>           * There are factors that can have a negative impact on our mental wellbeing: prolonged stress, loneliness, and grief are some examples. As we get older, additional challenges might include illness, pain, or adapting to a new living environment.<br/>           * Prioritizing our mental health is essential for a fulfilling life and can even positively impact physical health.</p> |  |    | <p><b>All Activities are Subject to Change.</b></p>   |  | <p>10:00 Balance for Beginners (CP) <b>1</b><br/>           12:30 Water Walker Workout w/ Kathryn (CP)<br/>           1:30 Let's Write (AS)<br/>           3:00 BINGO (AD)<br/>           6:00 TOPS Meeting (BR)<br/>           6:30 Shuffleboard Bowling (Plaza 2nd Fl.)</p>   | <p>2<br/>           9:00 Advance Balance &amp; Stabilize w/ Kathryn (CP)<br/>           9:00 Shopping: Costco &amp; Walmart on H Street in Chula Vista (RA)<br/>           10:00 Chair Yoga w/ Kathryn (CP)<br/>           1:30 Shopping: Dollar Tree (RA)</p>   | <p>3<br/>           9:00 Walking Club: Shelter Island (RA)<br/>           10:00 Shuffleboard &amp; Games (CP)<br/>           11:00 Stronger U Stretch w/ Jazmine (CP)<br/>           2:00 Documentary: Our Great National Parks: Gunung Leuser, Indonesia 52 mins. (LH)</p> |
| <p>8:30 Bus to First United Methodist Church Mission Valley (RA) <b>4</b><br/>           9:30 Eastlake Church Service (LH)<br/>           10:00 Stronger U Cardio w/ Jazmine (CP)<br/>           10:00 Viejas Outlets &amp; Casino Outing (RA)<br/>           11:30 Catholic Mass (LH)<br/>           3:00 The Best of Ted Talk &amp; Discussion w/ Resident Paul Friedman PHD (BR)<br/>           4:00 Asian Mahjong (Mg. 5th Fl.)</p>  | <p>5<br/>           9:00 Total Body Strength w/ Kathryn (CP)<br/>           10:00 Balance Class w/ Kathryn (CP)<br/>           10:00 Rosary Prayer Meeting (HC)<br/>           10:30 Lunch at Georgia's Greek Cuisine (RA)<br/>           11:00 Cino de Mayo Themed Lunch (PC)<br/>           12:00 Mariachi del Mar (PC)<br/>           1:30 Scrabble Enthusiasts (BR)<br/>           2:00 Shopping: NC Food for Less (RA)</p>            | <p>6<br/>           10:00 Sit &amp; Get Fit for Beginners w/ Kathryn (CP)<br/>           10:00 Tech Support (L)<br/>           12:30 Hula Hoop Chair Workout w/ Kathryn (CP)<br/>           1:00 PV Choir Rehearsal (LH)<br/>           2:00 Rummikub &amp; Mexican Train Dominoes (Wi. 3rd Fl.)<br/>           2:00 Southwestern College Guitar Ensemble Concert (LH)<br/>           3:00 BINGO (AD)<br/>           6:00 Dartball (CP)</p>                      | <p>7<br/>           9:00 Total Body Strength w/ Kathryn (CP)<br/>           10:00 Cardio Workout w/ Kathryn (CP)<br/>           11:00 New Resident Orientation/Social (AD)<br/>           1:00 Bridge (Pines 5th Fl. Parlor)<br/>           1:00 Hollywood Canasta (Pn. 3rd Fl.)<br/>           1:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, &amp; CVS (RA)<br/>           2:00 Bible Study (BR)<br/>           2:00 Parkinson's Support Group (L)<br/>           5:30 Movie: The Two Popes 2 hrs. 5 mins. (LH)</p>  | <p>8<br/>           10:00 Balance for Beginners (CP)<br/>           12:30 Pilates w/ Kathryn (CP)<br/>           1:00 Resident Council - Director's Forum (LH)<br/>           3:00 BINGO (AD)<br/>           6:00 TOPS Meeting (BR)<br/>           6:30 Shuffleboard Bowling (Plaza 2nd Fl.)</p>   | <p>9<br/>           9:00 Advance Balance &amp; Stabilize w/ Kathryn (CP)<br/>           9:30 Shopping: Nex &amp; Commissary North Island (RA)<br/>           10:00 Chair Yoga w/ Kathryn (CP)<br/>           1:30 Shopping: Vons in Bonita (RA)<br/>           3:00 Travels in Paradise Series: In Search of Citizen Diplomacy Pt. 1 (LH)</p> | <p>10<br/>           9:00 NO Walking Club<br/>           10:00 Shuffleboard &amp; Games (CP)<br/>           2:00 Documentary: Pangolin: Kulu's Journey 1 hr. 30 mins. (LH)</p>   |   |
| <p>8:30 Bus to First United Methodist Church Mission Valley (RA) <b>11</b><br/>           9:00 Anglican Church Service (HC)<br/>           9:30 Eastlake Church Service (LH)<br/>           10:00am Mother's Day Brunch (PC)<br/>           11:30 Catholic Mass (LH)<br/>           4:00 Asian Mahjong (Mg. 5th Fl.)</p>   | <p>12<br/>           9:00 Total Body Strength w/ Kathryn (CP)<br/>           9:30 Shopping: Costco &amp; Walmart on H Street in Chula Vista (RA)<br/>           10:00 Balance Class w/ Kathryn (CP)<br/>           10:00 Rosary Prayer Meeting (HC)<br/>           1:30 Scrabble Enthusiasts (BR)<br/>           1:30 Shopping: Target at Plaza Bonita (RA)<br/>           7:00 May Resident Birthday Party w/ The Bayou Brothers (AD)</p> | <p>13<br/>           10:00 Sit &amp; Get Fit for Beginners w/ Kathryn (CP)<br/>           10:00 Tech Support (L)<br/>           12:30 Hula Hoop Chair Workout w/ Kathryn (CP)<br/>           1:00 PV Choir Rehearsal (LH)<br/>           2:00 Rummikub &amp; Mexican Train Dominoes (Wi. 3rd Fl.)<br/>           3:00 BINGO (AD)<br/>           3:00 Travels in Paradise Series: In Search of Citizen Diplomacy Pt. 2 (LH)<br/>           6:00 Dartball (CP)</p> | <p>14<br/>           9:00 Total Body Strength w/ Kathryn (CP)<br/>           10:00 Cardio Workout w/ Kathryn (CP)<br/>           12:30 Club Paradise New Resident Orientation (CP)<br/>           12:30 FREE Art Project Pt. 1 (AD)<br/>           1:00 Bridge (Pines 5th Fl. Parlor)<br/>           1:00 Hollywood Canasta (Pn. 3rd Fl.)<br/>           1:30 Shopping: Gateway Aldis, Hobby Lobby, Walmart, Smart &amp; Final (RA)<br/>           2:00 Bible Study (BR)<br/>           5:00 Sound Therapy (CP)<br/>           5:30 Movie: Nonnas 1 hr. 52 mins. (LH)</p> | <p>15<br/>           10:00 Balance for Beginners (CP)<br/>           10:30 Women's Friendship Group Luncheon (LH &amp; AD)<br/>           12:30 Water Walker Workout w/ Kathryn (CP)<br/>           1:00 Ambassador Meeting (BR)<br/>           3:00 BINGO (AD)<br/>           6:00 TOPS Meeting (BR)<br/>           6:30 Shuffleboard Bowling (Plaza 2nd Fl.)</p> | <p>16<br/>           9:00 Advance Balance &amp; Stabilize w/ Kathryn (CP)<br/>           9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, &amp; CVS (RA)<br/>           10:00 Chair Yoga w/ Kathryn (CP)<br/>           1:30 Shopping: Walgreens &amp; Vallarta (RA)</p>   | <p>17<br/>           9:00 Walking Club: Imperial Beach Pier (RA)<br/>           10:00 Shuffleboard &amp; Games (CP)<br/>           11:00 Stronger U Stretch w/ Jazmine (CP)<br/>           12:30 FREE Art Project Pt. 2 (AD)<br/>           2:00 Documentary: ABBA: Against the Odds 1 hr. 30 mins. (LH)</p> |   |
| <p>8:30 Bus to First United Methodist Church Mission Valley (RA) <b>18</b><br/>           9:30 A Day at Old Town San Diego (RA)<br/>           9:30 Eastlake Church Service (LH)<br/>           10:00 Stronger U Cardio w/ Jazmine (CP)<br/>           11:30 Catholic Mass (LH)<br/>           12:30 Catholic Confessions (HC)<br/>           1:00 The Best of Ted Talk &amp; Discussion w/ Resident Paul Friedman PHD (BR)<br/>           3:00 California Note Catchers Present: Spring Sing Concert (LH)<br/>           4:00 Asian Mahjong (Mg. 5th Fl.)</p>   | <p>19<br/>           9:00 Shopping: NC Food for Less (RA)<br/>           9:00 Total Body Strength w/ Kathryn (CP)<br/>           10:00 Balance Class w/ Kathryn (CP)<br/>           10:00 Rosary Prayer Meeting (HC)<br/>           1:30 Scrabble Enthusiasts (BR)<br/>           1:30 Shopping: Goodwill Store H Street CV (RA)<br/>           7:00 BYOB w/ Rhythm Express (AD)</p>   | <p>20<br/>           10:00 Sit &amp; Get Fit for Beginners w/ Kathryn (CP)<br/>           10:00 Tech Support (L)<br/>           12:30 Hula Hoop Chair Workout w/ Kathryn (CP)<br/>           1:00 PV Choir Rehearsal (LH)<br/>           2:00 Rummikub &amp; Mexican Train Dominoes (Wi. 3rd Fl.)<br/>           3:00 BINGO (AD)<br/>           6:00 Dartball (CP)</p>   | <p>21<br/>           9:00 Total Body Strength w/ Kathryn (CP)<br/>           10:00 Cardio Workout w/ Kathryn (CP)<br/>           1:00 Bridge (Pines 5th Fl. Parlor)<br/>           1:00 Hollywood Canasta (Pn. 3rd Fl.)<br/>           1:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, &amp; CVS (RA)<br/>           2:00 Bible Study (BR)<br/>           2:00 Parkinson's Support Group (L)</p>  | <p>22<br/>           10:00 Balance for Beginners (CP)<br/>           12:30 Pilates w/ Kathryn (CP)<br/>           3:00 BINGO (AD)<br/>           6:00 The Visionary Dance Theater Presents: The Wiz (LH)<br/>           6:00 TOPS Meeting (BR)</p>   | <p>23<br/>           9:00 Advance Balance &amp; Stabilize w/ Kathryn (CP)<br/>           9:00 Shopping: NC Walmart (RA)<br/>           10:00 Chair Yoga w/ Kathryn (CP)<br/>           1:30 Shopping: Grocery Outlet &amp; Dollar Tree (RA)</p>   | <p>24<br/>           9:00 Walking Club: Mission Bay Park (RA)<br/>           10:00 Shuffleboard &amp; Games (CP)<br/>           1:00 Little Dresses Project (BR)<br/>           2:00 NO Documentary</p>  |   |
| <p>8:30 Bus to First United Methodist Church Mission Valley (RA) <b>25</b><br/>           9:00 Anglican Church Service (HC)<br/>           9:00 Shopping: Vons in Bonita (RA)<br/>           9:30 Eastlake Church Service (LH)<br/>           11:30 Catholic Mass (LH)<br/>           3:00 The Best of Ted Talks &amp; Discussion w/ Resident Paul Friedman (BR)<br/>           4:00 Asian Mahjong (Mg. 5th Fl.)</p>   | <p>26<br/>           9:00 Stronger U Stretch w/ Jazmine (CP)<br/>           10:00 Rosary Prayer Meeting (HC)<br/>           10:00 Stronger U Cardio w/ Jazmine (CP)<br/>           11:00 Memorial Day BBQ (PC)<br/>           1:30 Scrabble Enthusiasts (BR)</p>   | <p>27<br/>           10:00 Sit &amp; Get Fit for Beginners w/ Kathryn (CP)<br/>           10:00 Tech Support (L)<br/>           12:30 Hula Hoop Chair Workout w/ Kathryn (CP)<br/>           1:00 PV Choir Rehearsal (LH)<br/>           2:00 Rummikub &amp; Mexican Train Dominoes (Wi. 3rd Fl.)<br/>           3:00 BINGO (AD)<br/>           4:30 Dinner at Red Lobster (RA)<br/>           6:00 Dartball (CP)</p>  | <p>28<br/>           9:00 Total Body Strength w/ Kathryn (CP)<br/>           10:00 Cardio Workout w/ Kathryn (CP)<br/>           1:00 Bridge (Pines 5th Fl. Parlor)<br/>           1:00 Hollywood Canasta (Pn. 3rd Fl.)<br/>           2:00 Bible Study (BR)<br/>           5:00 Sound Therapy (CP)<br/>           5:30 Movie: The Life List 2 hr. 5 mins. (LH)</p>   | <p>29<br/>           10:00 Balance for Beginners (CP)<br/>           12:30 Water Walker Workout w/ Kathryn (CP)<br/>           3:00 BINGO (AD)<br/>           6:00 TOPS Meeting (BR)<br/>           6:30 Shuffleboard Bowling (Plaza 2nd Fl.)</p>  | <p>30<br/>           9:00 Advance Balance &amp; Stabilize w/ Kathryn (CP)<br/>           9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, &amp; CVS (RA)<br/>           10:00 Chair Yoga w/ Kathryn (CP)<br/>           1:30 Shopping: Terra Nova Plaza (RA)</p>   | <p>31<br/>           9:00 Walking Club: Harbor Island Park (RA)<br/>           10:00 Shuffleboard &amp; Games (CP)<br/>           11:00 Stronger U Stretch w/ Jazmine (CP)<br/>           2:00 Documentary: A Life on Our Planet 1 hr. 23 mins. (LH)</p>   |   |