

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

 <p>PARADISE VILLAGE A GENERATIONS COMMUNITY</p>	<p>8:30 National Geographic Reading & Card Matching-GR** 1 8:30 Reminisce w/ Pictures & Music-MS* 9:15 News & Views-MS/GR 9:30 Matching Cards & Aromatherapy-TP 9:30 Morning Fitness-GR** 9:30 Stretching w/ Music-MS* 10:30 Bowling Game-MS* 10:30 Volleyball Game-GR** 1:00 Scrapbooking-MS/GR 2:00 Watercolor Project-MS/GR 3:00 Sing Along & Puzzles-MS/GR 4:15 Clay Project-GR** 5:00 Evening Stroll-MS</p>	<p>8:30 Sing Along w/ Abba & Coloring-MS* 2 8:30 Word Search & Crosswords-GR** 9:15 Daily Chronicles-MS/GR 9:30 Moving & Counting-MS* 9:30 Sit & Be Fit-GR** 9:30 Watercolor & Movie Star Reminisce-TP 10:30 Balloon Tennis-MS/GR 1:00 Canvas Creation-GR** 1:00 Flower Arrangement-MS* 1:30 Walking Club to Heritage Park-MS** 2:00 BINGO- MS/GR 3:00 Balloon Toss-MS/GR 5:00 Evening Stroll-MS</p>	<p>8:30 National Geographic Reading & Coloring-GR** 3 8:30 Reminisce w/ Pictures & Music-MS* 9:15 News & Views-MS/GR 9:30 Morning Fitness-GR** 9:30 Noddle Exercise & Music Band Era Reminisce-TP 9:30 Stretching w/ Music-MS* 10:30 Bowling Game-MS* 10:30 Volleyball Game-GR** 1:00 Watercolor Project-MS/GR 2:00 Craft Project-MS/GR 3:00 Sing Along & Puzzles-MS/GR 5:00 Evening Stroll-MS</p>	<p>8:30 Sing Along w/ Abba & Coloring-MS* 4 8:30 Word Search & Crosswords-GR** 9:15 Daily Chronicles-MS/GR 9:30 Moving & Counting-MS* 9:30 Music Memories & Picture Trivia-TP 9:30 Sit & Be Fit-GR** 10:30 Bowling Game-MS* 10:30 Volleyball Game-GR** 1:00 Clay Project-MS/GR 2:00 4th of July Ice Cream Social-GR 3:00 Balloon Toss-MS/GR 4:15 Paper Craft Project-GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR</p>	<p>8:30 National Geographic Reading & Card Matching-GR** 5 8:30 Reminisce w/ Pictures & Music-MS* 9:15 News & Views-MS/GR 9:30 Morning Fitness-GR** 9:30 Moving & Counting-MS* 9:30 Watercolor & Multisensory activities-TP 10:30 Balloon Toss-MS* 10:30 Volleyball Game-GR** 1:00 Garden Visit-CY 2:00 Welcome New Resident Social-CY 3:00 Balloon Toss-MS/GR 4:15 Bingo Night-GR</p>	<p>8:30 National Geographic Reading & Coloring-GR** 6 8:30 Reminisce w/ Pictures & Crosswords-MS/GR 9:15 News & Views-MS/GR 9:30 Dance & Stretching-MS* 9:30 Sit & Be Fit-GR** 10:30 Bean Bag Toss-MS/GR 1:00 Watercolor Project-MS/GR 1:30 Residents Choice-MS/GR 1:30 Scenic Drive to Coronado B.-MS** 2:00 Christian Service w/Ed Equid-C 2:30 Balloon Tennis-MS/GR 5:00 Evening Stroll-MS</p>
<p>8:30 Sing Along w/ Abba & Coloring-MS* 7 8:30 Word Search & Crosswords-GR** 9:15 Daily Chronicles-MS/GR 9:30 Moving & Counting-MS* 9:30 Sit & be Fit-GR** 9:30 SPA Day & Hand Massage -TP 10:30 Balloon Tennis-MS/GR 11:15 Catholic Communion-C 1:00 Clay Project-MS/GR 2:00 Family Bingo & Pop Corn Social-MS/GR 3:00 70's Music Sing Along-MS /GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR</p>	<p>8:30 National Geographic Reading & Card Matching-GR** 8 8:30 Reminisce w/Pictures & Music-MS* 9:15 News & Views-MS/GR 9:30 Matching Cards & Aromatherapy-TP 9:30 Morning Fitness-GR** 9:30 Stretching w/ Music-MS* 10:30 Bowling Game-MS* 10:30 Volleyball Game-GR** 1:00 Scrapbooking-MS/GR 2:00 Watercolor Project-MS/GR 3:00 Sing Along & Puzzles-MS/GR 4:15 Clay Project-GR** 5:00 Evening Stroll-MS</p>	<p>8:30 Sing Along w/ Abba & Coloring-MS* 9 8:30 Word Search & Crosswords-GR** 9:15 Daily Chronicles-MS/GR 9:30 Moving & Counting-MS* 9:30 Sit & Be Fit-GR** 9:30 Watercolor & Movie Star Reminisce-TP 10:00 Vet to Vet w/ Aprevia-GR 10:30 Balloon Tennis-MS/GR 1:00 Canvas Creation-GR** 1:00 Flower Arrangement-MS* 1:30 Walking Club to Heritage Park-MS** 2:00 BINGO- MS/GR 3:00 Balloon Toss-MS/GR</p>	<p>8:30 National Geographic Reading & Coloring-GR** 10 8:30 Reminisce w/ Pictures & Music-MS* 9:15 News & Views-MS/GR 9:30 Morning Fitness-GR** 9:30 Noddle Exercise & Music Band Era Reminisce-TP 9:30 Stretching w/ Music-MS* 10:30 Bowling Game-MS* 10:30 Volleyball Game-GR** 1:00 Watercolor Project-MS/GR 2:00 Shirt Painting Project-MS/GR 3:00 Balloon Toss-MS/GR 4:15 Puzzles & Dominoes-GR</p>	<p>8:30 Sing Along w/ Abba & Coloring-MS* 11 8:30 Word Search & Crosswords-GR** 9:15 Daily Chronicles-MS/GR 9:30 Moving & Counting-MS* 9:30 Music Memories & Picture Trivia-TP 9:30 Sit & Be Fit-GR** 10:30 Bowling Game-MS* 10:30 Volleyball Game-GR** 1:00 Clay Project-MS/GR 1:30 Scenic Drive to Shelter Island-MS** 2:00 BINGO- MS/GR 3:00 Balloon Toss-MS/GR 4:15 Paper Craft Project-GR 5:00 Evening Stroll-MS</p>	<p>8:30 National Geographic Reading & Card Matching-GR** 12 8:30 Reminisce w/ Pictures & Music-MS* 9:15 News & Views-MS/GR 9:30 Morning Fitness-GR** 9:30 Moving & Counting-MS* 9:30 Watercolor & Multisensory activities-TP 10:30 Bowling Game-MS* 10:30 Volleyball Game-GR** 1:00 Garden Visit-CY 1:30 Craft Project-MS/GR 2:30 Scrapbooking-MS/GR 3:00 Balloon Toss-MS/GR</p>	<p>8:30 National Geographic Reading & Coloring-GR** 13 8:30 Reminisce w/ Pictures & Crosswords-MS/GR 9:15 News & Views-MS/GR 9:30 Chicken Soup for the Soul & Picture Trivia-TP 9:30 Dance & Stretching-MS* 9:30 Sit & Be Fit-GR** 10:30 Bean Bag Toss-MS/GR 1:00 Watercolor Project-MS/GR 2:00 Singing & Dancing w/ Mathew-GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR</p>
<p>8:30 Sing Along w/ Abba & Coloring-MS* 14 8:30 Word Search & Crosswords-GR** 9:15 Daily Chronicles-MS/GR 9:30 Moving & Counting-MS* 9:30 Sit & be Fit-GR** 10:30 Balloon Tennis-MS/GR 1:00 Clay Project-MS/GR 2:00 Family Bingo & Pop Corn Social-MS/GR 3:00 70's Music Sing Along-MS /GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Documentary"-VT</p>	<p>8:30 National Geographic Reading & Card Matching-GR** 15 8:30 Reminisce w/Pictures & Music-MS* 9:15 News & Views-MS/GR 9:30 Matching Cards & Aromatherapy-TP 9:30 Morning Fitness-GR** 9:30 Stretching w/ Music-MS* 10:30 Bowling Game-MS* 10:30 Volleyball Game-GR** 1:00 Scrapbooking-MS/GR 2:00 Watercolor Project-MS/GR 3:00 Sing Along & Puzzles-MS/GR 4:15 Clay Project-GR** 5:00 Evening Stroll-MS</p>	<p>8:30 Sing Along w/ Abba & Coloring-MS* 16 8:30 Word Search & Crosswords-GR** 9:15 Daily Chronicles-MS/GR 9:30 Moving & Counting-MS* 9:30 Sit & Be Fit-GR** 9:30 Watercolor & Movie Star Reminisce-TP 10:30 Balloon Tennis-MS/GR 1:00 Canvas Creation-GR** 1:00 Flower Arrangement-MS* 1:30 Walking Club to Heritage Park-MS** 2:00 BINGO- MS/GR 3:00 Balloon Toss-MS/GR 4:15 Watercolor Project-GR**</p>	<p>8:30 National Geographic Reading & Coloring-GR** 17 8:30 Reminisce w/ Pictures & Music-MS* 9:15 News & Views-MS/GR 9:30 Morning Fitness-GR** 9:30 Noddle Exercise & Music Band Era Reminisce-TP 9:30 Stretching w/ Music-MS* 10:30 Bowling Game-MS* 10:30 Volleyball Game-GR** 1:00 Watercolor Project-MS/GR 2:00 Craft Project-MS/GR 3:00 Balloon Toss-MS/GR 4:15 Puzzles & Dominoes-GR</p>	<p>8:30 Sing Along w/ Abba & Coloring-MS* 18 8:30 Word Search & Crosswords-GR** 9:15 Daily Chronicles-MS/GR 9:30 Moving & Counting-MS* 9:30 Music Memories & Picture Trivia-TP 9:30 Sit & Be Fit-GR** 10:30 Bowling Game-MS* 10:30 Volleyball Game-GR** 1:00 Clay Project-MS/GR 2:00 Birthday Celebration Social w/Raymond-GR 3:00 Ball Toss-MS/GR 4:15 Paper Craft Project-GR 5:00 Evening Stroll-MS</p>	<p>8:30 National Geographic Reading & Card Matching-GR** 19 8:30 Reminisce w/ Pictures & Music-MS* 9:15 News & Views-MS/GR 9:30 Moving & Counting-MS* 10:00 Pet Therapy w/Heart N Soul-CY 1:00 Garden Visit-CY 1:30 Craft Project-MS/GR 2:30 Scrapbooking-MS/GR 3:00 Balloon Toss-MS/GR 4:15 Bingo Night-GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Action Movies-VT</p>	<p>8:30 National Geographic Reading & Coloring-GR** 20 8:30 Reminisce w/ Pictures & Crosswords-MS/GR 9:15 News & Views-MS/GR 9:30 Dance & Stretching-MS* 9:30 Sit & Be Fit-GR** 10:30 Bean Bag Toss-MS/GR 1:00 Watercolor Project-MS/GR 1:30 Residents Choice-MS/GR 1:30 Scenic Drive to Harbor Dr.-MS** 2:00 Christian Service w/Ed Equid-C 2:30 Balloon Tennis-MS/GR 5:00 Evening Stroll-MS</p>
<p>8:30 Sing Along w/ Abba & Coloring-MS* 21 8:30 Word Search & Crosswords-GR** 9:15 Daily Chronicles-MS/GR 9:30 Moving & Counting-MS* 9:30 Sit & be Fit-GR** 9:30 SPA Day & Hand Massage -TP 10:00 Catholic Communion-C 10:30 Balloon Tennis-MS/GR 1:00 Clay Project-MS/GR 2:00 Family Bingo & Pop Corn Social-MS/GR 3:00 70's Music Sing Along-MS /GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR</p>	<p>8:30 National Geographic Reading & Card Matching-GR** 22 8:30 Reminisce w/Pictures & Music-MS* 9:15 News & Views-MS/GR 9:30 Matching Cards & Aromatherapy-TP 9:30 Morning Fitness-GR** 9:30 Stretching w/ Music-MS* 10:30 Bowling Game-MS* 10:30 Volleyball Game-GR** 1:00 Scrapbooking-MS/GR 2:00 Watercolor Project-MS/GR 3:00 Sing Along & Puzzles-MS/GR 4:15 Clay Project-GR** 5:00 Evening Stroll-MS</p>	<p>8:30 Sing Along w/ Abba & Coloring-MS* 23 8:30 Word Search & Crosswords-GR** 9:15 Daily Chronicles-MS/GR 9:30 Moving & Counting-MS* 9:30 Sit & Be Fit-GR** 9:30 Watercolor & Movie Star Reminisce-TP 10:30 Balloon Tennis-MS/GR 1:00 Canvas Creation-GR** 1:00 Flower Arrangement-MS* 1:30 Scenic Drive to Coronado-MS** 2:00 BINGO- MS/GR 3:00 Balloon Toss-MS/GR 4:15 Watercolor Project-GR**</p>	<p>8:30 National Geographic Reading & Coloring-GR** 24 8:30 Reminisce w/ Pictures & Music-MS* 9:15 News & Views-MS/GR 9:30 Morning Fitness-GR** 9:30 Noddle Exercise & Music Band Era Reminisce-TP 9:30 Stretching w/ Music-MS* 10:30 Bowling Game-MS* 10:30 Volleyball Game-GR** 1:00 Watercolor Project-MS/GR 2:00 Pillow Making Project-MS/GR 3:00 Balloon Toss-MS/GR 4:15 Puzzles & Dominoes-GR</p>	<p>8:30 Sing Along w/ Abba & Coloring-MS* 25 8:30 Word Search & Crosswords-GR** 9:15 Daily Chronicles-MS/GR 9:30 Moving & Counting-MS* 9:30 Music Memories & Picture Trivia-TP 9:30 Sit & Be Fit-GR** 10:30 Bowling Game-MS* 10:30 Volleyball Game-GR** 1:00 Clay Project-MS/GR 1:30 Scenic Drive to Ocean Beach-MS** 2:00 BINGO- MS/GR 3:00 Ball Toss-MS/GR 4:15 Paper Craft Project-GR 5:00 Evening Stroll-MS</p>	<p>8:30 National Geographic Reading & Card Matching-GR** 26 8:30 Reminisce w/ Pictures & Music-MS* 9:15 News & Views-MS/GR 9:30 Morning Fitness-GR** 9:30 Moving & Counting-MS* 9:30 Watercolor & Multisensory activities-TP 10:30 Bowling Game-MS* 10:30 Volleyball Game-GR** 1:00 Garden Visit-CY 1:30 Craft Project-MS/GR 2:30 Scrapbooking-MS/GR 3:00 Balloon Toss-MS/GR</p>	<p>8:30 National Geographic Reading & Coloring-GR** 27 8:30 Reminisce w/ Pictures & Crosswords-MS/GR 9:15 News & Views-MS/GR 9:30 Chair Fitness-MS* 9:30 Chicken Soup for the Soul & Picture Trivia-TP 9:30 Dance & Stretching-MS* 9:30 Sit & Be Fit-GR** 10:30 Bean Bag Toss-MS/GR 1:00 Watercolor Project-MS/GR 1:30 Residents Choice-MS/GR 1:30 Scenic Drive to Harbor Island-MS**</p>
<p>8:30 Sing Along w/ Abba & Coloring-MS* 28 8:30 Word Search & Crosswords-GR** 9:15 Daily Chronicles-MS/GR 9:30 Moving & Counting-MS* 9:30 Sit & be Fit-GR** 10:00 Morning Stretch-MS/GR 10:30 Balloon Tennis-MS/GR 1:00 Clay Project-MS/GR 2:00 Family Bingo & Pop Corn Social-MS/GR 3:00 70's Music Sing Along-MS /GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Documentary"-VT</p>	<p>8:30 National Geographic Reading & Card Matching-GR** 29 8:30 Reminisce w/Pictures & Music-MS* 9:15 News & Views-MS/GR 9:30 Matching Cards & Aromatherapy-TP 9:30 Morning Fitness-GR** 9:30 Stretching w/ Music-MS* 10:30 Bowling Game-MS* 10:30 Volleyball Game-GR** 1:00 Scrapbooking-MS/GR 2:00 Watercolor Project-MS/GR 3:00 Sing Along & Puzzles-MS/GR 4:15 Clay Project-GR** 5:00 Evening Stroll-MS</p>	<p>8:30 Sing Along w/ Abba & Coloring-MS* 30 8:30 Word Search & Crosswords-GR** 9:15 Daily Chronicles-MS/GR 9:30 Moving & Counting-MS* 10:00 Pet Therapy w/ Heart N Soul-CY 1:00 Canvas Creation-GR** 1:00 Flower Arrangement-MS* 1:30 Scenic Drive to Silverstrand-MS** 2:00 BINGO- MS/GR 3:00 Balloon Toss-MS/GR 4:15 Watercolor Project-GR** 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Western Movies"-VT</p>	<p>8:30 National Geographic Reading & Coloring-GR** 31 8:30 Reminisce w/ Pictures & Music-MS* 9:15 News & Views-MS/GR 9:30 Morning Fitness-GR** 9:30 Noddle Exercise & Music Band Era Reminisce-TP 9:30 Stretching w/ Music-MS* 10:30 Bowling Game-MS* 10:30 Volleyball Game-GR** 1:00 Watercolor Project-MS/GR 2:00 Craft Project-MS/GR 3:00 Balloon Toss-MS/GR 4:15 Puzzles & Dominoes-GR</p>	<p style="text-align: center;">July 2024 Parkview Vitality Calendar GR: Great Room MS: Main St. C: Chapel VT: Village Theater TP: Torrey Pines Activities Difficulty Level: Easy * Medium **</p>		