

Sunday

Monday

Tuesday

Wednesday


Thursday

Friday

Saturday

November 2023

VITALITY CALENDAR

<p>8:30 Reminisce w/ Pictures & Crosswords-MS/GR 5</p> <p>9:15 Daily Chronicles-MS/GR</p> <p>9:30 Morning Stretch-MS/GR</p> <p>10:30 Baseball Balloon-MS</p> <p>10:30 Volleyball-Game-GR</p> <p>1:00 Pretty Nails & Puzzles- MS/GR</p> <p>2:00 Watercolor Project-MS/GR</p> <p>3:00 Balloon Toss-MS/GR</p> <p>5:00 Evening Stroll-MS</p> <p>6:00 Wind Down-GR</p> <p>7:00 "Documentary"-VT</p>	<p>8:30 Coloring & Reading Time-MS-GR 6</p> <p>9:15 News & Views-MS/GR</p> <p>9:30 Sit & Be Fit- MS/GR</p> <p>10:30 Bowling Game-MS/GR</p> <p>1:00 Rummikub & Puzzles- MS/GR</p> <p>2:00 Clay Project-MS/GR</p> <p>3:00 Ball Toss-MS/GR</p> <p>5:00 Evening Stroll-MS</p> <p>6:00 Wind Down-GR</p> <p>7:00 Classical Movies</p>	<p>8:30 Reminisce w/ Pictures & Crosswords-MS/GR 7</p> <p>9:15 News & Views-MS/GR</p> <p>9:30 Morning Stretch-MS/GR</p> <p>9:30 Scenic Drive Mission Bay-MS</p> <p>10:30 Balloon Tennis-MS/GR</p> <p>1:00 Trivia-MS/GR</p> <p>1:30 Card Decoration-MS/GR</p> <p>2:00 BINGO- MS/GR</p> <p>3:00 Balloon Toss-MS/GR</p> <p>5:00 Evening Stroll-MS</p> <p>6:00 Wind Down-GR</p> <p>7:00 "Western Movies"-VT</p>	<p>8:30 Coloring & Reading Time-MS/GR 1</p> <p>9:15 Daily Chronicles-MS/GR</p> <p>9:30 Sit & Be Fit- MS/GR</p> <p>10:30 Balloon Toss-MS/GR</p> <p>1:00 Canvas Creation-MS/GR</p> <p>2:00 Rummikub & Card Games-MS/GR</p> <p>3:00 Ball Toss-MS/GR</p> <p>5:00 Evening Stroll-MS</p> <p>6:00 Wind Down-GR</p> <p>7:00 "Musical Movies"-VT</p>	<p>8:30 Sing Along & Puzzles-MS-GR 2</p> <p>9:15 News & Views-MS/GR</p> <p>9:30 Morning Stretch-MS/GR</p> <p>10:00 Veterans Day Celebration-GR</p> <p>1:00 Clay Project-MS/GR</p> <p>2:00 BINGO- MS/GR</p> <p>3:00 Ball Toss-MS/GR</p> <p>5:00 Evening Stroll-MS</p> <p>6:00 Wind Down-GR</p> <p>7:00 "Comedy Movies"-VT</p>	<p>8:30 Reminisce w/Pictures & Crosswords-MS/GR 3</p> <p>9:15 Daily Chronicles-MS/GR</p> <p>9:30 Sit & Be Fit- MS/GR</p> <p>10:30 Balloon Parachute Game-MS</p> <p>10:30 Virtual Reality Experience w/ Anchor Health-VT</p> <p>1:00 Trivia-MS/GR</p> <p>1:30 Watercolor Project-MS/GR</p> <p>2:30 Balloon Toss-MS/GR</p> <p>5:00 Evening Stroll-MS</p> <p>6:00 Wind Down-GR</p> <p>7:00 Action Movies-VT</p>	<p>8:30 Sing Along & Puzzles-MS/GR 4</p> <p>9:15 News & Views-MS/GR</p> <p>9:30 Morning Stretch-MS/GR</p> <p>10:00 Welcome New Resident Social-GR</p> <p>1:00 Famous Faces & Places-MS/GR</p> <p>1:30 Scenic Drive: Embarcadero-MS</p> <p>2:00 Pop Corn Social-MS/GR</p> <p>2:30 BINGO- MS/GR</p> <p>5:00 Evening Stroll-MS</p> <p>6:00 Wind Down-GR</p> <p>7:00 "Comedy Movies"-VT</p>
<p>8:30 Reminisce w/ Pictures & Crosswords-MS/GR 12</p> <p>9:15 Daily Chronicles-MS/GR</p> <p>9:30 Morning Stretch-MS/GR</p> <p>10:30 Baseball Balloon-MS</p> <p>10:30 Volleyball-Game-GR</p> <p>1:00 Pretty Nails & Puzzles- MS/GR</p> <p>2:00 Watercolor Project-MS/GR</p> <p>3:00 Balloon Toss-MS/GR</p> <p>5:00 Evening Stroll-MS</p> <p>6:00 Wind Down-GR</p> <p>7:00 "Documentary"-VT</p>	<p>8:30 Coloring & Reading Time-MS-GR 13</p> <p>9:15 News & Views-MS/GR</p> <p>9:30 Sit & Be Fit- MS/GR</p> <p>10:30 Bowling Game-MS/GR</p> <p>1:00 Rummikub & Puzzles- MS/GR</p> <p>2:00 Clay Project-MS/GR</p> <p>3:00 Ball Toss-MS/GR</p> <p>5:00 Evening Stroll-MS</p> <p>6:00 Wind Down-GR</p> <p>7:00 Classical Movies-VT</p>	<p>8:30 Reminisce w/ Pictures & Crosswords-MS/GR 14</p> <p>9:15 News & Views-MS/GR</p> <p>9:30 Morning Stretch-MS/GR</p> <p>10:30 Balloon Tennis-MS/GR</p> <p>1:00 Trivia-MS/GR</p> <p>1:30 Card Decoration-MS/GR</p> <p>2:00 BINGO- MS/GR</p> <p>3:00 Balloon Toss-MS/GR</p> <p>5:00 Evening Stroll-MS</p> <p>6:00 Wind Down-GR</p> <p>7:00 "Western Movies"-VT</p>	<p>8:30 Coloring & Reading Time-MS/GR 8</p> <p>9:15 Daily Chronicles-MS/GR</p> <p>9:30 Sit & Be Fit- MS/GR</p> <p>10:30 Balloon Toss-MS/GR</p> <p>1:00 Canvas Creation-MS/GR</p> <p>2:00 Rummikub & Card Games-MS/GR</p> <p>3:00 Ball Toss-MS/GR</p> <p>5:00 Evening Stroll-MS</p> <p>6:00 Wind Down-GR</p> <p>7:00 "Musical Movies"-VT</p>	<p>8:30 Sing Along & Puzzles-MS-GR 9</p> <p>9:15 News & Views-MS/GR</p> <p>9:30 Morning Stretch-MS/GR</p> <p>10:30 Balloon Tennis-MS/GR</p> <p>1:00 Clay Project-MS/GR</p> <p>1:30 Scenic Drive: Shelter Island-MS</p> <p>2:00 BINGO- MS/GR</p> <p>3:00 Ball Toss-MS/GR</p> <p>5:00 Evening Stroll-MS</p> <p>6:00 Wind Down-GR</p> <p>7:00 "Comedy Movies"-VT</p>	<p>8:30 Reminisce w/Pictures & Crosswords-MS/GR 10</p> <p>9:15 Daily Chronicles-MS/GR</p> <p>9:30 Sit & Be Fit- MS/GR</p> <p>10:30 Balloon Parachute Game-MS</p> <p>10:30 Volleyball Balloon Game-GR</p> <p>1:00 Trivia-MS/GR</p> <p>1:30 Watercolor Project-MS/GR</p> <p>2:30 Balloon Toss-MS/GR</p> <p>5:00 Evening Stroll-MS</p> <p>6:00 Wind Down-GR</p> <p>7:00 Action Movies-VT</p>	<p>8:30 Sing Along & Puzzles-MS/GR 11</p> <p>9:15 News & Views-MS/GR</p> <p>9:30 Morning Stretch-MS/GR</p> <p>10:30 Balloon Tennis-MS/GR</p> <p>1:00 Famous Faces & Places-MS/GR</p> <p>1:30 Scenic Drive:Imperial Beach-MS</p> <p>2:00 Christian Service w/Ed Equid-C</p> <p>2:00 Pop Corn Social-MS/GR</p> <p>2:30 BINGO- MS/GR</p> <p>5:00 Evening Stroll-MS</p> <p>6:00 Wind Down-GR</p> <p>7:00 Comedy Movies - VT</p>
<p>8:30 Reminisce w/ Pictures & Crosswords-MS/GR 19</p> <p>9:15 Daily Chronicles-MS/GR</p> <p>9:30 Morning Stretch-MS/GR</p> <p>10:00 Catholic Communion</p> <p>10:30 Baseball Balloon-MS</p> <p>10:30 Volleyball-Game-GR</p> <p>1:00 Pretty Nails & Puzzles- MS/GR</p> <p>2:00 Watercolor Project-MS/GR</p> <p>3:00 Balloon Toss-MS/GR</p> <p>5:00 Evening Stroll-MS</p> <p>6:00 Wind Down-GR</p> <p>7:00 "Documentary"-VT</p>	<p>8:30 Coloring & Reading Time-MS-GR 20</p> <p>9:15 News & Views-MS/GR</p> <p>9:30 Sit & Be Fit- MS/GR</p> <p>10:30 Bowling Game-MS/GR</p> <p>1:00 Rummikub & Puzzles- MS/GR</p> <p>2:00 Clay Project-MS/GR</p> <p>3:00 Ball Toss-MS/GR</p> <p>5:00 Evening Stroll-MS</p> <p>6:00 Wind Down-GR</p> <p>7:00 Classical Movies-VT</p>	<p>8:30 Reminisce w/ Pictures & Crosswords-MS/GR 21</p> <p>9:15 News & Views-MS/GR</p> <p>9:30 Morning Stretch-MS/GR</p> <p>10:30 Balloon Tennis-MS/GR</p> <p>1:00 Trivia-MS/GR</p> <p>1:30 Card Decoration-MS/GR</p> <p>1:30 Scenic Drive Coronado-MS</p> <p>2:00 BINGO- MS/GR</p> <p>3:00 Balloon Toss-MS/GR</p> <p>5:00 Evening Stroll-MS</p> <p>6:00 Wind Down-GR</p> <p>7:00 "Western Movies"-VT</p>	<p>8:30 Coloring & Reading Time-MS/GR 15</p> <p>9:15 Daily Chronicles-MS/GR</p> <p>9:00 Podiatrist Visit-GR</p> <p>9:30 Sit & Be Fit- MS/GR</p> <p>10:30 Balloon Toss-MS/GR</p> <p>1:00 Canvas Creation-MS/GR</p> <p>2:00 Rummikub & Card Games-MS/GR</p> <p>3:00 Ball Toss-MS/GR</p> <p>5:00 Evening Stroll-MS</p> <p>6:00 Wind Down-GR</p> <p>7:00 "Musical Movies"-VT</p>	<p>8:30 Sing Along & Puzzles-MS-GR 16</p> <p>9:15 News & Views-MS/GR</p> <p>9:30 Morning Stretch-MS/GR</p> <p>10:30 Balloon Tennis-MS</p> <p>10:30 Virtual Reality Experience w/ Anchor Health-VT</p> <p>1:00 Clay Project-MS/GR</p> <p>1:30 Scenic Drive:Seaport Village-MS</p> <p>2:00 BINGO- MS/GR</p> <p>3:00 Ball Toss-MS/GR</p> <p>5:00 Evening Stroll-MS</p> <p>6:00 Wind Down-GR</p> <p>7:00 "Comedy Movies"-VT</p>	<p>8:30 Reminisce w/Pictures & Crosswords-MS/GR 17</p> <p>9:15 Daily Chronicles-MS/GR</p> <p>9:30 Sit & Be Fit- MS/GR</p> <p>10:30 Balloon Parachute Game-MS</p> <p>10:30 Volleyball Balloon Game-GR</p> <p>1:00 Trivia-MS/GR</p> <p>1:30 Watercolor Project-MS/GR</p> <p>2:30 Balloon Toss-MS/GR</p> <p>5:00 Evening Stroll-MS</p> <p>6:00 Wind Down-GR</p> <p>7:00 Action Movies-VT</p>	<p>8:30 Sing Along & Puzzles-MS/GR 18</p> <p>9:15 News & Views-MS/GR</p> <p>9:30 Morning Stretch-MS/GR</p> <p>10:30 Balloon Tennis-MS/GR</p> <p>1:00 Famous Faces & Places-MS/GR</p> <p>1:30 Scenic Drive: Harbor Island-MS</p> <p>2:00 Christian Service w/Ed Equid-C</p> <p>2:00 Pop Corn Social-MS/GR</p> <p>2:30 BINGO- MS/GR</p> <p>5:00 Evening Stroll-MS</p> <p>6:00 Wind Down-GR</p> <p>7:00 Comedy Movies - VT</p>
<p>8:30 Reminisce w/ Pictures & Crosswords-MS/GR 26</p> <p>9:15 Daily Chronicles-MS/GR</p> <p>9:30 Morning Stretch-MS/GR</p> <p>10:30 Baseball Balloon-MS</p> <p>10:30 Volleyball-Game-GR</p> <p>1:00 Pretty Nails & Puzzles- MS/GR</p> <p>2:00 Watercolor Project-MS/GR</p> <p>3:00 Balloon Toss-MS/GR</p> <p>5:00 Evening Stroll-MS</p> <p>6:00 Wind Down-GR</p> <p>7:00 "Documentary"-VT</p>	<p>8:30 Coloring & Reading Time-MS-GR 27</p> <p>9:15 News & Views-MS/GR</p> <p>9:30 Sit & Be Fit- MS/GR</p> <p>10:30 Bowling Game-MS/GR</p> <p>1:00 Rummikub & Puzzles- MS/GR</p> <p>2:00 Clay Project-MS/GR</p> <p>3:00 Ball Toss-MS/GR</p> <p>5:00 Evening Stroll-MS</p> <p>6:00 Wind Down-GR</p> <p>7:00 Classical Movies-VT</p>	<p>8:30 Reminisce w/ Pictures & Crosswords-MS/GR 28</p> <p>9:15 News & Views-MS/GR</p> <p>9:30 Morning Stretch-MS/GR</p> <p>10:30 Balloon Tennis-MS/GR</p> <p>1:00 Trivia-MS/GR</p> <p>1:30 Card Decoration-MS/GR</p> <p>2:00 BINGO- MS/GR</p> <p>3:00 Balloon Toss-MS/GR</p> <p>5:00 Evening Stroll-MS</p> <p>6:00 Wind Down-GR</p> <p>7:00 "Western Movies"-VT</p>	<p>8:30 Coloring & Reading Time-MS/GR 22</p> <p>9:15 Daily Chronicles-MS/GR</p> <p>9:30 Sit & Be Fit- MS/GR</p> <p>10:30 Balloon Toss-MS/GR</p> <p>12:00 Family Thanksgiving Luncheon-GR</p> <p>1:00 Canvas Creation-MS/GR</p> <p>2:00 Rummikub & Card Games-MS/GR</p> <p>3:00 Ball Toss-MS/GR</p> <p>5:00 Evening Stroll-MS</p> <p>6:00 Wind Down-GR</p>	<p>8:30 Sing Along & Puzzles-MS-GR 23</p> <p>9:15 News & Views-MS/GR</p> <p>9:30 Morning Stretch-MS/GR</p> <p>10:30 Balloon Tennis-MS/GR</p> <p>1:00 Clay Project-MS</p> <p>2:00 BINGO- MS/GR</p> <p>3:00 Ball Toss-MS/GR</p> <p>5:00 Evening Stroll-MS</p> <p>6:00 Wind Down-GR</p> <p>7:00 "Comedy Movies"-VT</p>	<p>8:30 Reminisce w/Pictures & Crosswords-MS/GR 24</p> <p>9:15 Daily Chronicles-MS/GR</p> <p>9:30 Sit & Be Fit- MS/GR</p> <p>10:30 Balloon Parachute Game-MS</p> <p>10:30 Volleyball Balloon Game-GR</p> <p>1:00 Trivia-MS/GR</p> <p>1:30 Watercolor Project-MS/GR</p> <p>2:30 Balloon Toss-MS/GR</p> <p>5:00 Evening Stroll-MS</p> <p>6:00 Wind Down-GR</p> <p>7:00 Action Movies-VT</p>	<p>8:30 Sing Along & Puzzles-MS/GR 25</p> <p>9:15 News & Views-MS/GR</p> <p>9:30 Morning Stretch-MS/GR</p> <p>10:30 Balloon Tennis-MS/GR</p> <p>1:00 Famous Faces & Places-MS/GR</p> <p>1:30 Scenic Drive to Point Loma-MS</p> <p>2:00 Christian Service w/Ed Equid-C</p> <p>2:00 Pop Corn Social-MS/GR</p> <p>2:30 BINGO- MS/GR</p> <p>5:00 Evening Stroll-MS</p> <p>6:00 Wind Down-GR</p> <p>7:00 Comedy Movies - VT</p>
<p>8:30 Reminisce w/ Pictures & Crosswords-MS/GR 26</p> <p>9:15 Daily Chronicles-MS/GR</p> <p>9:30 Morning Stretch-MS/GR</p> <p>10:30 Baseball Balloon-MS</p> <p>10:30 Volleyball-Game-GR</p> <p>1:00 Pretty Nails & Puzzles- MS/GR</p> <p>2:00 Watercolor Project-MS/GR</p> <p>3:00 Balloon Toss-MS/GR</p> <p>5:00 Evening Stroll-MS</p> <p>6:00 Wind Down-GR</p> <p>7:00 "Documentary"-VT</p>	<p>8:30 Coloring & Reading Time-MS-GR 27</p> <p>9:15 News & Views-MS/GR</p> <p>9:30 Sit & Be Fit- MS/GR</p> <p>10:30 Bowling Game-MS/GR</p> <p>1:00 Rummikub & Puzzles- MS/GR</p> <p>2:00 Clay Project-MS/GR</p> <p>3:00 Ball Toss-MS/GR</p> <p>5:00 Evening Stroll-MS</p> <p>6:00 Wind Down-GR</p> <p>7:00 Classical Movies-VT</p>	<p>8:30 Reminisce w/ Pictures & Crosswords-MS/GR 28</p> <p>9:15 News & Views-MS/GR</p> <p>9:30 Morning Stretch-MS/GR</p> <p>10:30 Balloon Tennis-MS/GR</p> <p>1:00 Trivia-MS/GR</p> <p>1:30 Card Decoration-MS/GR</p> <p>2:00 BINGO- MS/GR</p> <p>3:00 Balloon Toss-MS/GR</p> <p>5:00 Evening Stroll-MS</p> <p>6:00 Wind Down-GR</p> <p>7:00 "Western Movies"-VT</p>	<p>8:30 Coloring & Reading Time-MS/GR 29</p> <p>9:15 Daily Chronicles-MS/GR</p> <p>9:30 Sit & Be Fit- MS/GR</p> <p>10:00 Birthday Celebration Social-GR</p> <p>1:00 Canvas Creation-MS/GR</p> <p>2:00 Rummikub & Card Games-MS/GR</p> <p>3:00 Ball Toss-MS/GR</p> <p>5:00 Evening Stroll-MS</p> <p>6:00 Wind Down-GR</p> <p>7:00 "Musical Movies"-VT</p>	<p>8:30 Sing Along & Puzzles-MS-GR 30</p> <p>9:15 News & Views-MS/GR</p> <p>9:30 Morning Stretch-MS/GR</p> <p>10:30 Balloon Toss-MS/GR</p> <p>1:00 Clay Project-MS/GR</p> <p>1:30 Scenic Drive:Harbor Drive-MS</p> <p>2:00 BINGO- MS/GR</p> <p>3:00 Ball Toss-MS/GR</p> <p>5:00 Evening Stroll-MS</p> <p>6:00 Wind Down-GR</p> <p>7:00 "Comedy Movies"-VT</p>	 <p>PARADISE VILLAGE A GENERATIONS COMMUNITY</p>	