

January 2026

The Plaza Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Vitality Programs are Subject to Change.	January Culture Topic: Wellbeing Checkup What are Six Ways to Improve Your Wellbeing: *Connect. Spending time with supportive people boosts our mood. *Be Active. Look for ways to move each day. *Take Notice. Pay attention to your surroundings; reflect on your experiences. *Keep Learning. Try something new or rediscover an old interest. *Give. Small acts of kindness for others can be extremely rewarding and help foster connections. *Reduce time spent scrolling on social media sites.			"Happy News Year!" No Vitality Programs 1:30pm Let's Write (AS) Club Paradise Hours 7:00am – 5:00pm	9:00 Advance Balance & Stabilize w/ Kathryn (CP) 9:00 Shopping: Walmart on H Street in Chula Vista (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:30 Shopping: Walgreens & Vallarta (RA) 7:00 Shabbat Service on YouTube (HC)	9:00 Walking Club: Shelter Island (RA) 10:00 Shuffleboard & Games (CP) 2:30 Death Reflection Group (L) 3:00 Documentary: Our Planet II: One Planet 50 mins. (LH) 4:00 PV Preachers & Prayer (HC)
8:30 Bus to First United Methodist Church Mission Valley (RA) 9:30 Eastlake Church Service (LH) 10:00 Stronger U Cardio w/ Jazmine (CP) 10:30 Shopping at Las Americas San Ysidro Mall (RA) 11:30 Catholic Mass (LH) 2:00 Movie: Cast Away 2 hrs. 23 mins. (LH) 4:00 Asian Mahjong (Mg. 5th Fl.)	9:00 Total Body Strength w/ Kathryn (CP) 10:00 Balance Class w/ Kathryn (CP) 10:00 Rosary Prayer Meeting (HC) 10:30 Lunch at Casa de Pico La Mesa (RA) 1:30 Scrabble Enthusiasts (BR) 2:00 Shopping: NC Food for Less (RA) 6:30 BYOB w/ Bayou Brothers (AD)	9:00 Dynamic Balance w/ Kathryn (CP) 9:30 FREE Museums Day at Balboa Park (RA) 10:00 Sit & Get Fit w/ Kathryn (CP) 11:00 Tech Support (CR) 2:00 Rummikub & Mexican Train Dominoes (Wil. 3rd Fl.) 3:00 BINGO (AD) 6:00 Dartball (CP)	9:00 Total Body Strength w/ Kathryn (CP) 10:00 Cardio Workout w/ Kathryn (CP) 11:00 New Resident Orientation/Social (AD) 1:00 Bridge (Pines 5th Fl. Parlor) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 1:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 2:00 Fiesta Street Markets (TCA) 2:00 Parkinson's Support Group (L) 6:00 Movie: Jay Kelly 2 hrs. 13 mins. (LH)	10:00 Balance for Beginners (CP) 12:30 Floor Stretch Class w/ Kathryn (CP) 3:00 BINGO (AD) 3:00 Wisdom Circle w/ Tanya & Paul (L) 6:00 Shuffleboard Bowling (Plaza 2nd Fl.) 6:00 TOPS Meeting (BR)	9:00 Advance Balance & Stabilize w/ Kathryn (CP) 9:30 Shopping: Nex & Commissary North Island (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:30 Shopping: Vons in Bonita (RA) 2:00 PV Book Discussion Group One Heart: Wisdom from the World's Religions (L) 3:00 All-Breed Dog Rescue In-Service (AD) 7:00 Shabbat Service on YouTube (HC)	8:00 Community Garden Clean Up (Heritage Park) 10:00 Shuffleboard & Games (CP) 11:00 Agather "Bobbie" Stevenson Celebration of Life (AD) 3:00 Documentary: Our Planet II: Frozen Worlds 54 mins. (LH)
8:30 Bus to First United Methodist Church Mission Valley (RA) 9:30 Eastlake Church Service (LH) 11:30 Catholic Mass (LH) 2:00 Movie: Ghost 2 hrs. 6 mins. (RA) 4:00 Asian Mahjong (Mg. 5th Fl.)	9:00 Total Body Strength w/ Kathryn (CP) 9:30 Shopping: Costco H Street (RA) 10:00 Balance Class w/ Kathryn (CP) 10:00 Rosary Prayer Meeting (HC) 1:30 Scrabble Enthusiasts (BR) 1:30 Shopping: Target at Plaza Bonita (RA) 3:00 PV Men's Discussion Group (l) 6:00 Movie: House of Gucci 2 hrs. 37 mins. (LH)	9:00 Dynamic Balance w/ Kathryn (CP) 10:00 Sit & Get Fit w/ Kathryn (CP) 11:00 Tech Support (CR) 2:00 Resident Employee Appreciation Fund Meeting (BR) 2:00 Rummikub & Mexican Train Dominoes (Wil. 3rd Fl.) 3:00 BINGO (AD) 6:00 Dartball (CP)	9:00 Total Body Strength w/ Kathryn (CP) 10:00 Cardio Workout w/ Kathryn (CP) 12:30 New Resident Club Paradise Orientation (CP) 1:00 Bridge (Pines 5th Fl. Parlor) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 1:00 Shopping: Walmart on H Street in Chula Vista (RA) 2:00 Bible Study (BR) 2:00 Fiesta Street Markets (TCA) 5:00 Sound Therapy (CP) 6:00 Movie: Wake Up Dead Man, A Knives Out Mystery 2 hrs. 26 mins. (LH)	9:00 Water Walker Workout w/ Kathryn (CP) 10:00 Balance for Beginners (CP) 1:00 Ambassador Meeting (BR) 1:00 Resident Meeting (LH) 3:00 BINGO (AD) 6:00 Shuffleboard Bowling (Plaza 2nd Fl.) 6:00 TOPS Meeting (BR)	6:00 FREE MLK 41st Annual Breakfast at Town & Country (RA) 9:00 Advance Balance & Stabilize w/ Kathryn (CP) 9:30 Shopping: NC Food for Less (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:30 Shopping: Dollar Tree (RA) 3:00 PV Book Discussion Group One Heart: Wisdom from the World's Religions (L) 5:30 Thank You Mary Anne Stro and Louise Branch Reception (AD) 6:30 January Resident Birthday Party w/ Double Take (AD) 7:00 Shabbat Service on YouTube (HC)	9:00 Walking Club: Harbor Island Park (RA) 10:00 Shuffleboard & Games (CP) 3:00 Documentary: Our Planet II: Jungles 51 mins. (LH)
8:30 Bus to First United Methodist Church Mission Valley (RA) 9:30 Eastlake Church Service (LH) 10:00 A Day at Balboa Park (RA) 10:00 Stronger U Cardio w/ Jazmine (CP) 11:30 Catholic Mass (LH) 3:00 Concert: David Saliamonas on Piano (LH) 4:00 Asian Mahjong (Mg. 5th Fl.)	9:00 Shopping: Gateway Aldis, Hobby Lobby, Walmart, Smart & Final (RA) 9:00 Total Body Strength w/ Kathryn (CP) 10:00 Balance Class w/ Kathryn (CP) 10:00 Rosary Prayer Meeting (HC) 1:30 Scrabble Enthusiasts (BR) 1:30 Shopping: Walgreens & Vallarta (RA) 6:00 Movie: Respect 2 hrs. 24 mins. (LH)	9:00 Dynamic Balance w/ Kathryn (CP) 10:00 Sit & Get Fit w/ Kathryn (CP) 11:00 Tech Support (CR) 2:00 Rummikub & Mexican Train Dominoes (Wil. 3rd Fl.) 3:00 BINGO (AD) 6:00 Dartball (CP)	9:00 Total Body Strength w/ Kathryn (CP) 10:00 Cardio Workout w/ Kathryn (CP) 1:00 Bridge (Pines 5th Fl. Parlor) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 1:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 2:00 Bible Study (BR) 2:00 Fiesta Street Markets (TCA) 2:00 Parkinson's Support Group (L)	10:00 Balance for Beginners (CP) 10:30 Women's Friendship Group Luncheon (LH & AD) 12:30 Floor Stretch Class w/ Kathryn (CP) 1:00 Ambassador Meeting (BR) 3:00 BINGO (AD) 3:00 Wisdom Circle w/ Tanya & Paul (L) 6:00 Shuffleboard Bowling (Plaza 2nd Fl.) 6:00 TOPS Meeting (BR)	9:00 Advance Balance & Stabilize w/ Kathryn (CP) 9:00 Shopping: NC Walmart (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:30 Shopping: Grocery Outlet & Dollar Tree (RA) 3:00 PV Book Discussion One Heart: Wisdom from the World's Religions (L) 5:00 Sip & Mosaic Night Pt. 1 (AD) 7:00 Shabbat Service on YouTube (HC)	10:00 Shuffleboard & Games (CP) 3:00 Documentary: Our Planet II: Coastal Seas 50 mins. (LH) 5:00 Sip & Mosaic Night Pt. 2 (AD)
8:30 Bus to First United Methodist Church Mission Valley (RA) 9:30 Eastlake Church Service (LH) 11:30 Catholic Mass (LH) 2:00 Movie: Cheaper by the Dozen 1 hr. 38 mins. (RA) 4:00 Asian Mahjong (Mg. 5th Fl.)	9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 9:00 Total Body Strength w/ Kathryn (CP) 10:00 Balance Class w/ Kathryn (CP) 10:00 Rosary Prayer Meeting (HC) 1:30 Scrabble Enthusiasts (BR) 1:30 Shopping: Goodwill H Street (RA) 3:00 PV Men's Discussion Group (l) 6:00 Movie: Cheaper by the Dozen II 1 hr. 33 mins. (LH)	9:00 Dynamic Balance w/ Kathryn (CP) 10:00 Sit & Get Fit w/ Kathryn (CP) 11:00 Tech Support (CR) 2:00 Rummikub & Mexican Train Dominoes (Wil. 3rd Fl.) 3:00 BINGO (AD) 4:30 Dinner at Anthony's Fish Grotto Las Mesa (RA) 6:00 Dartball (CP)	9:00 Total Body Strength w/ Kathryn (CP) 10:00 Cardio Workout w/ Kathryn (CP) 1:00 Bridge (Pines 5th Fl. Parlor) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 1:30 Shopping Terra Nova Plaza (RA) 2:00 Bible Study (BR) 2:00 Fiesta Street Markets (TCA) 5:00 Sound Therapy (CP) 6:00 Movie: After the Hunt 2 hrs. 19 mins. (LH)	10:00 Balance for Beginners (CP) 3:00 BINGO (AD) 6:00 Shuffleboard Bowling (Plaza 2nd Fl.) 6:00 TOPS Meeting (BR)	9:00 Advance Balance & Stabilize w/ Kathryn (CP) 9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:30 Shopping: Walgreens & Vallarta (RA) 3:00 PV Book Discussion Group One Heart: Wisdom from the World's Religion (L) 7:00 Shabbat Service on YouTube (HC)	9:00 Walking Club: Sweetwater Park Chula Vista (RA) 10:00 Shuffleboard & Games (CP) 3:00 Documentary: Our Planet II: From Desert to Grasslands 51 mins. (LH)