

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 PARADISE VILLAGE A GENERATIONS COMMUNITY JANUARY 2026 PARKVIEW VITALITY CALENDAR GR: Great Room MS: Main St. C: Chapel VT: Village Theater CY: Courtyard Activities Difficulty Level: Easy* Medium**				1 9:30 Memory Games & Card Matching-GR** 10:30 Cardio Drumming & Balloon Tennis-MS* 1:30 Book Circle-MS** 2:30 BINGO- MS/GR 4:30 Evening at the Museum-GR** 6:00 Cards & Dominoes-GR**	2 9:30 Daily Chronicles, Picture Trivia & Sayings-GR** 10:30 Morning Stretch & Balloon Tennis-MS* 1:00 Garden Visit-CY 2:00 Pet Therapy w/Heart N Soul-GR 4:30 Evening Tea Club-GR** 5:30 Abiding Ministries-MS/GR	3 9:30 Watercolor & Multisensory Activities-GR 10:30 Cardio Drumming & Balloon Tennis-MS* 1:00 Daily Chronicles, Picture Trivia & Sayings-MS** 2:00 New Year Celebration w/ Bianchi-GR 4:30 Bingo Night-GR 5:30 Pampering & Pretty Nails-GR
4 9:30 Watercolor & Multisensory activities-GR 10:00 Catholic Communion-C 10:30 Cardio Drumming & Balloon Tennis-MS** 1:30 Art & Crafts (Clay Project)-MS** 2:30 Pop Corn & Family Bingo Social-MS/GR 4:30 Sponge Painting Project-GR** 6:00 Puzzles & Dominoes-GR**	5 9:30 Memory Games & Card Matching-GR** 10:30 Band, Ball Stretch Exercise-MS* 1:30 Scrapbooking & Card Decoration-GR 2:30 Book Circle-MS** 5:00 Starlyte Presentation-MS 6:00 Aromatherapy & Hand Massage-GR**	6 9:30 Daily Chronicles, Picture Trivia & Sayings-GR** 10:30 Cardio Drumming & Balloon Tennis-MS* 1:00 Garden Visit-CY 1:30 Scenic Dr. to Coronado-MS** 2:30 BINGO- MS/GR 4:30 Jewelry Making (Bracelets)-GR** 6:00 Cards & Dominoes-GR**	7 9:30 Watercolor & Multisensory Activities-GR* 10:30 Band, Ball Stretch Exercise-MS* 1:30 Connect More Game-MS* 2:30 Arts & Crafts (Clay Project)-MS/GR 4:30 SPA Day & Lavender Relaxation-GR* 6:00 Reminisce w/ Memory Box-GR	8 9:30 Memory Games & Card Matching-GR** 10:30 Cardio Drumming & Balloon Tennis-MS* 1:00 Book Circle-MS** 1:30 Scenic Drive to Shelter Island-MS** 2:30 BINGO- MS/GR 4:30 Evening at the Museum-GR** 6:00 Cards & Dominoes-GR**	9 9:30 Daily Chronicles, Picture Trivia & Sayings-GR** 10:30 Morning Stretch & Balloon Tennis-MS* 1:00 Garden Visit-CY 2:00 Welcome New Resident Social w/Rikacha Music-GR 4:30 Evening Tea Club-GR** 5:30 Abiding Ministries-MS/GR	10 9:30 Watercolor & Multisensory Activities-GR 10:30 Cardio Drumming & Balloon Tennis-MS* 1:30 Daily Chronicles, Picture Trivia & Sayings-MS** 2:00 Christian Service w/ Ed Equid-C 2:30 Paper Craft Project-MS/GR 4:30 Bingo Night-GR 5:30 Pampering & Pretty Nails-GR
11 9:30 Watercolor & Multisensory activities-GR 10:30 Cardio Drumming & Balloon Tennis-MS** 1:30 Arts & Crafts (Clay Project)-MS** 2:30 Pop Corn & Family Bingo Social-MS/GR 4:30 Sponge Painting Project-GR** 6:00 Puzzles & Dominoes-GR**	12 9:30 Memory Games & Card Matching-GR** 10:30 Band, Ball Stretch Exercise-MS* 1:30 Scrapbooking & Card Decoration-GR 2:30 Book Circle-MS** 5:00 Sing Along w/ Glenn Kramer-MS 6:00 Aromatherapy & Hand Massage-GR*	13 9:30 Daily Chronicles, Picture Trivia & Sayings-GR** 10:00 Scenic Drive to Seaport Village- MS** 10:30 Cardio Drumming & Balloon Tennis"-MS* 1:00 Garden Visit-CY 2:30 BINGO-MS/GR 4:30 Jewelry Making (Bracelets)-GR** 6:00 Cards & Dominoes-GR**	14 9:30 Watercolor & Multisensory Activities-GR* 10:30 Band, Ball Stretch Exercise-MS* 1:30 Connect More Game-MS* 2:30 Arts & Crafts (Clay Project)-MS/GR 4:30 SPA Day & Lavender Relaxation-GR* 6:00 Reminisce w/ Memory Box-GR	15 9:30 Memory Games & Card Matching-GR** 10:30 Cardio Drumming & Balloon Tennis"-MS* 1:00 Book Circle-MS** 2:00 Birthday Celebration Soc. w/ Raymond-GR 4:30 Evening at the Museum-GR** 6:00 Cards & Dominoes-GR**	16 9:30 Daily Chronicles, Picture Trivia & Sayings-GR** 10:30 Morning Stretch & Balloon Tennis-MS* 1:00 Garden Visit-CY 2:00 Pet Therapy w/Heart N Soul-GR 4:30 Evening Tea Club-GR** 5:30 Abiding Ministries-MS/GR	17 9:30 Watercolor & Multisensory Activities-GR 10:30 Cardio Drumming & Balloon Tennis"-MS* 1:00 Daily Chronicles, Picture Trivia & Sayings-MS** 1:30 Scenic Dr. to Point Loma-MS** 2:30 Paper Craft Project-MS/GR 4:30 Bingo Night-GR 5:30 Pampering & Pretty Nails-GR
18 9:30 Watercolor & Multisensory activities-GR 10:30 Cardio Drumming & Balloon Tennis-MS** 11:15 Catholic Communion-C 1:30 Arts & Crafts (Clay Project)-MS** 2:30 Pop Corn & Family Bingo Social-MS/GR 4:30 Sponge Painting Project-GR** 6:00 Puzzles & Dominoes-GR**	19 9:30 Memory Games & Card Matching-GR** 10:30 Band, Ball Stretch Exercise-MS* 1:30 Scrapbooking & Card Decoration-MS/GR 2:30 Book Circle-MS** 5:00 Sing Along w/ Lisa-MS/GR 6:00 Aromatherapy & Hand Massage-GR*	20 9:30 Daily Chronicles, Picture Trivia & Sayings-GR** 10:00 Scenic Drive to Midway Museum-MS** 10:30 Cardio Drumming & Balloon Tennis"-MS* 1:00 Garden Visit-CY 2:30 BINGO-MS/GR 4:30 Jewelry Making (Bracelets)-GR** 6:00 Cards & Dominoes-GR**	21 9:30 Watercolor & Multisensory Activities-GR* 10:30 Band, Ball Stretch Exercise-MS* 1:30 Connect More Game-MS* 2:30 Arts & Crafts (Clay Project)-MS/GR 4:30 SPA Day & Lavender Relaxation-GR* 6:00 Reminisce w/ Memory Box-GR	22 9:30 Memory Games & Card Matching-GR** 10:30 Cardio Drumming & Balloon Tennis"-MS* 1:00 Book Circle-MS** 1:30 Scenic Dr. to Imperial Beach-MS** 2:30 BINGO- MS/GR 4:30 Evening at the Museum-GR** 6:00 Cards & Dominoes-GR**	23 9:30 Daily Chronicles, Picture Trivia & Sayings-GR** 10:30 Morning Stretch & Balloon Tennis-MS* 1:00 Garden Visit-CY 2:00 Arts & Crafts (Plaster of Paris Project)-MS** 4:30 Evening Tea Club-GR** 5:30 Abiding Ministries-MS/GR	24 9:30 Watercolor & Multisensory Activities-GR 10:30 Cardio Drumming & Balloon Tennis"-MS* 1:00 Music Therapy w/Radiant-GR 2:00 Christian Service w/Ed Equid-C 4:30 Bingo Night-GR 5:30 Pampering & Pretty Nails-GR
25 9:30 Watercolor & Multisensory activities-GR 10:30 Cardio Drumming & Balloon Tennis"-MS* 1:30 Arts & Crafts (Clay Project)-MS** 2:30 Pop Corn & Family Bingo Social-MS/GR 4:30 Sponge Painting Project-GR** 6:00 Puzzles & Dominoes-GR**	26 9:30 Memory Games & Card Matching-GR** 10:30 Band, Ball Stretch Exercise-MS* 1:30 Scrapbooking & Card Decoration-MS/GR 2:30 Book Circle-MS** 5:00 Sing Along w/ Lisa-MS/GR 6:00 Aromatherapy & Hand Massage-GR*	27 9:30 Daily Chronicles, Picture Trivia & Sayings-GR** 10:30 Cardio Drumming & Balloon Tennis"-MS* 1:00 Garden Visit-CY 1:30 Scenic Dr. to Embarcadero-MS** 2:30 BINGO-MS/GR 4:30 Jewelry Making (Bracelets)-GR** 6:00 Cards & Dominoes-GR**	28 9:30 Watercolor & Multisensory Activities-GR* 10:30 Band, Ball Stretch Exercise-MS* 1:30 Connect More Game-MS* 2:30 Arts & Crafts (Clay Project)-MS/GR 4:30 SPA Day & Lavender Relaxation-GR* 6:00 Reminisce w/ Memory Box-GR	29 9:30 Memory Games & Card Matching-GR** 10:30 Cardio Drumming & Balloon Tennis"-MS* 1:00 Book Circle-MS** 1:30 Scenic Dr. Harbor Island-MS** 2:30 BINGO- MS/GR 4:30 Evening at the Museum-GR** 6:00 Cards & Dominoes-GR**	30 9:30 Daily Chronicles, Picture Trivia & Sayings-GR** 10:30 Morning Stretch & Balloon Tennis-MS* 1:00 Garden Visit-CY 2:00 Arts & Crafts (Plaster of Paris Project)-MS** 4:30 Evening Tea Club-GR** 5:30 Abiding Ministries-MS/GR	31 9:30 Watercolor & Multisensory Activities-GR 10:30 Cardio Drumming & Balloon Tennis"-MS* 1:00 Daily Chronicles, Picture Trivia & Sayings-MS** 1:30 Scenic Dr. to Star of India-MS** 2:30 Paper Craft Project-MS/GR 4:30 Bingo Night-GR 5:30 Pampering & Pretty Nails-GR