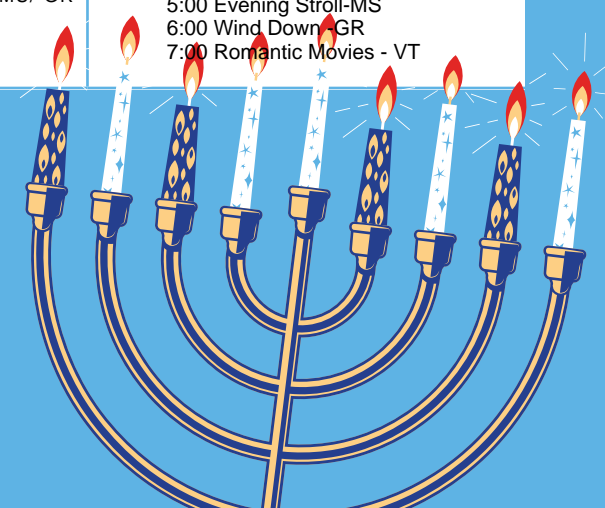
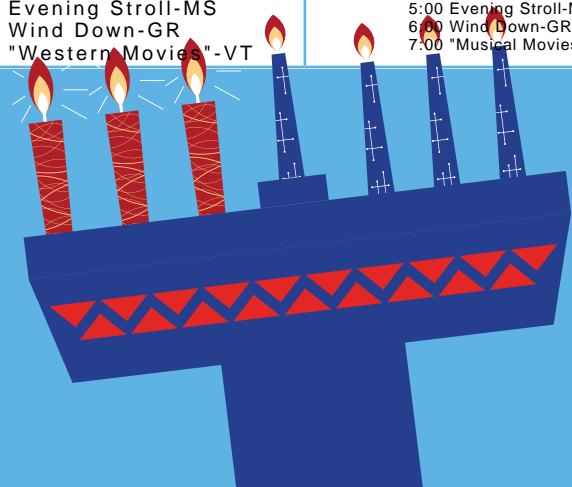


PARKVIEW Memory Care December 2022

MS: Main St. (1st. Fl.)
 GR: Great Room (2nd. Fl.)
 VT: Village Theater (2nd. Fl.)
 C: Chapel (1st. Fl.)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Parkview @Paradise 735 Arcadia Ave. National City, CA. 91950 (619) 399-5988</p>		<p>Executive Director: Geovanni Aguilar Vitality Coordinator: Alma De Frausto Lic.: #374603713</p>				
<p>4 8:30 News & Views-MS/GR 8:45 Newspaper Review-GR 9:00 Hand Massage- MS/GR 9:30 Ball Toss-MS/GR 10:00 Morning Stretch-MS/GR 11:00 Basketball Game-MS 11:00 Golf Game-GR 1:00 Coloring Project-MS/GR 1:30 Dominoes & Puzzles- MS/GR 2:30 Sing Along-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Documentary"-VT</p>	<p>5 8:30 Daily Chronicles-MS/GR 8:45 Newspaper Review-GR 9:00 Hair & Lotion Time-MS/GR 9:30 Pretty Nails- MS/GR 10:00 Moving & Counting-MS/GR 11:00 Ballon Tennis-MS/GR 1:00 Bean Bag Toss-MS/GR 2:00 Rummikub & Dominoes-MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Classical Movies-VT</p>	<p>6 8:30 News & Views-MS/GR 8:45 Newspaper Review-GR 9:00 Pretty Nails- MS/GR 9:30 Scenic Drive-MS 10:00 Vet to Vet-GR 11:00 Ball Toss-MS/GR 1:00 Coloring Project-MS/GR 2:00 BINGO- MS/ GR 3:00 Sing Along-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Western Movies"-VT</p>	<p>7 8:30 Daily Chronicles-MS/GR 8:45 Newspaper Review-GR 9:00 Hand Massage- MS/GR 9:30 Ballon Tennis-MS/GR 10:00 Morning Stretch-MS/GR 10:30 Basketball Game-MS 1:00 Pretty Nails- MS/GR 1:30 Craft Project-MS/GR 2:30 Puzzles & Dominoes-MS/GR 5:00 Card Game-GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Musical Movies"-VT</p>	<p>8 8:30 News & Views-MS/GR 8:45 Newspaper Review-GR 9:00 Hair & Lotion Time-MS/GR 9:30 Sit & Be Fit- MS/ GR 10:30 Ballon Baseball-MS 10:30 Bowling Game-GR 1:00 Pretty Nails- MS/GR 1:30 Scenic Drive-1st. Fl. MS 2:00 BINGO-1st. Fl. MS 3:00 Sing Along- MS/ GR 5:00 Card Game-GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Comedy Movies"-VT</p>	<p>9 8:30 Daily Chronicles-MS/GR 8:45 Newspaper Review- GR 9:00 Hand Massage- MS/GR 9:30 Morning Stretch-MS/GR 10:00 Welcome New Resident Social-GR 1:00 Trivia-MS/GR 1:30 Craft Project-MS/GR 2:30 Dominoes & Puzzles-MS/ GR 5:00 BINGO NIGHT-GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Action Movies-VT</p>	<p>10 8:30 News & Views -MS/ GR 8:45 Newspaper Review- GR 9:00 Pretty Nails- MS/GR 9:30 Sit & Be Fit- MS/GR 10:30 Ball Toss-MS/GR 1:00 Rummikub & Dominoes-MS/GR 1:30 Pop Corn Social-MS/GR 1:30 Scenic Drive-MS 2:00 BINGO- MS/ GR 2:00 Christian Service w/Ed Equite-C 3:00 Balloon Tennis-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down -GR 7:00 Romantic Movies -VT</p>
<p>11 8:30 News & Views-MS/GR 8:45 Newspaper Review-GR 9:00 Hand Massage- MS/GR 9:30 Ball Toss-MS/GR 10:00 Morning Stretch-MS/GR 11:00 Basketball Game-MS 11:00 Golf Game-GR 1:00 Coloring Project-MS/GR 1:30 Dominoes & Puzzles- MS/GR 2:30 Sing Along-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Documentary"-VT</p>	<p>12 8:30 Daily Chronicles-MS/GR 8:45 Newspaper Review-GR 9:00 Hair & Lotion Time-MS/GR 9:30 Pretty Nails- MS/GR 10:00 Moving & Counting-MS/GR 11:00 Ballon Tennis-MS/GR 1:00 Bean Bag Toss-MS/GR 2:00 Rummikub & Dominoes-MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Classical Movies-VT</p>	<p>13 8:30 News & Views-MS/GR 8:45 Newspaper Review- GR 9:00 Pretty Nails- MS/GR 9:30 Scenic Drive-MS 10:00 Sit & Be Fit- MS/GR 11:00 Ball Toss-MS/GR 1:00 Coloring Project-MS/GR 2:00 BINGO- MS/ GR 3:00 Sing Along-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Western Movies"-VT</p>	<p>14 8:30 Daily Chronicles-MS/GR 8:45 Newspaper Review-GR 9:00 Hand Massage- MS/GR 9:30 Ballon Tennis-MS/GR 10:00 Morning Stretch-MS/GR 10:30 Pretty Nails- MS/ GR 1:30 Craft Project-MS/GR 2:30 Puzzles & Dominoes-MS/GR 5:00 Card Game-GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Musical Movies"-VT</p>	<p>15 8:30 News & Views-MS/GR 8:45 Newspaper Review-GR 9:00 Hair & Lotion Time-MS/GR 9:30 Sit & Be Fit- MS/GR 10:30 Ballon Baseball-MS 10:30 Bowling Game-GR 1:00 Pretty Nails- MS/ GR 1:30 Scenic Drive-MS 2:00 BINGO- MS/ GR 3:00 Sing Along- MS/ GR 5:00 Card Game-GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Comedy Movies"-VT</p>	<p>16 8:30 Daily Chronicles-MS/GR 8:45 Newspaper Review- GR 9:00 Hand Massage- MS/GR 9:30 Morning Stretch-MS/GR 10:00 Birthday Celebration w/Raymond-GR 1:00 Trivia-MS/GR 1:30 Craft Project-MS/GR 2:30 Dominoes & Puzzles-MS/ GR 5:00 BINGO NIGHT-GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Action Movies-VT</p>	<p>17 8:30 News & Views - MS/ GR 8:45 Newspaper Review-GR 9:00 Pretty Nails- MS/GR 9:30 Sit & Be Fit- MS/GR 10:30 Ball Toss-MS/GR 1:00 Rummikub & Dominoes-MS/GR 1:30 Pop Corn Social- MS/GR 2:00 BINGO- MS/ GR 2:00 Christian Service w/Ed Equite-C 3:00 Balloon Tennis-MS/GR 5:00 Evening Stroll-MS 5:00 Holiday Night Drive-MS 6:00 Wind Down -GR 7:00 Romantic Movies - VT</p>
<p>18 8:30 News & Views-MS/GR 8:45 Newspaper Review-GR 9:00 Hand Massage- MS/GR 9:30 Ball Toss-MS/GR 10:00 Morning Stretch-MS/GR 11:00 Basketball Game-MS 11:00 Golf Game-GR 1:00 Coloring Project-MS/GR 1:30 Dominoes & Puzzles- MS/GR 2:30 Sing Along-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Documentary"-VT</p>	<p>19 8:30 Daily Chronicles-MS/GR 8:45 Newspaper Review-GR 9:00 Hair & Lotion Time-MS/GR 9:30 Pretty Nails- MS/GR 10:00 Moving & Counting-MS/GR 11:00 Ballon Tennis-MS/GR 1:00 Bean Bag Toss-MS/GR 2:00 Rummikub & Dominoes-MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Classical Movies-VT</p>	<p>20 8:30 News & Views-MS/GR 8:45 Newspaper Review-GR 9:00 Pretty Nails- MS/GR 9:30 Scenic Drive-MS 10:00 Sit & Be Fit- MS/GR 11:00 Ball Toss-MS/GR 1:00 Coloring Project-MS/GR 2:00 BINGO- MS/ GR 3:00 Sing Along-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Western Movies"-VT</p>	<p>21 8:30 Daily Chronicles-MS/GR 8:45 Newspaper Review-GR 9:00 Hand Massage- MS/GR 9:30 Ballon Tennis-MS/GR 10:00 Morning Stretch-MS/GR 10:30 Basketball Game-MS 10:30 Volleyball Game-GR 1:00 Pretty Nails-MS/GR 1:30 Craft Project-MS/GR 2:30 Puzzles & Dominoes-MS/GR 5:00 Card Game-GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Musical Movies"-VT</p>	<p>22 8:30 News & Views-MS/GR 8:45 Newspaper Review-GR 9:00 Hair & Lotion Time-MS/GR 9:30 Sit & Be Fit- MS/ GR 10:30 Ballon Baseball-MS 10:30 Bowling Game-GR 1:00 Pretty Nails- MS/GR 1:30 Scenic Drive-MS 2:00 BINGO-MS/GR 3:00 Sing Along- MS/ GR 5:00 Card Game-GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Comedy Movies"-VT</p>	<p>23 8:30 Daily Chronicles-MS/GR 8:45 Newspaper Review-GR 9:00 Hand Massage- MS/GR 9:30 Morning Stretch-MS/GR 10:30 Basketball Game-MS 10:30 Golf Game-GR 1:00 Trivia-MS/GR 1:30 Craft Project-MS/GR 2:30 Dominoes & Puzzles-MS/ GR 5:00 BINGO NIGHT-GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Action Movies-VT</p>	<p>24 8:30 News & Views -MS/GR 8:45 Newspaper Review- GR 9:00 Pretty Nails- MS/GR 9:30 Sit & Be Fit- MS/GR 10:30 Ball Toss-MS/GR 1:00 Rummikub & Dominoes-MS/GR 2:00 Christian Service w/Ed Equite-C 2:00 Christmas Games Social- GR 5:00 Evening Stroll-MS 6:00 Wind Down - GR 7:00 Romantic Movies - VT</p>
<p>25 8:30 News & Views-MS/GR 8:45 Newspaper Review-GR 9:00 Hand Massage- MS/GR 9:30 Ball Toss-MS/GR 10:00 Morning Stretch-MS/GR 11:00 Basketball Game-MS 11:00 Golf Game-GR 1:00 Coloring Project-MS/GR 1:30 Dominoes & Puzzles-MS/GR 2:30 Sing Along-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Documentary"-VT</p>	<p>26 8:30 Daily Chronicles-MS/GR 8:45 Newspaper Review-GR 9:00 Hair & Lotion Time-MS/GR 9:30 Pretty Nails- MS/GR 10:00 Moving & Counting-MS/GR 11:00 Ballon Tennis-MS/GR 1:00 Bean Bag Toss-MS/GR 2:00 Rummikub & Dominoes-MS/GR 3:00 Ball Toss-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Classical Movies-VT</p>	<p>27 8:30 News & Views-MS/GR 8:45 Newspaper Review- GR 9:00 Pretty Nails- MS/GR 9:30 Scenic Drive-MS 10:00 Sit & Be Fit- MS/GR 11:00 Ball Toss-MS/GR 1:00 Coloring Project-MS/GR 2:00 BINGO- MS/ GR 3:00 Sing Along-MS/GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Western Movies"-VT</p>	<p>28 8:30 Daily Chronicles-MS/GR 8:45 Newspaper Review-GR 9:00 Hand Massage- MS/GR 9:30 Morning Stretch-MS/GR 10:00 Ballon Tennis-MS/GR 10:30 Basketball Game-MS 10:30 Volleyball Game-GR 1:00 Pretty Nails-MS/ GR 1:30 Craft Project-MS/GR 2:30 Puzzles & Dominoes-MS/GR 5:00 Card Game-GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Musical Movies"-VT</p>	<p>29 8:30 News & Views-MS/GR 8:45 Newspaper Review-GR 9:00 Hair & Lotion Time-MS/GR 9:30 Sit & Be Fit-MS/GR 10:30 Ballon Baseball-MS 10:30 Bowling Game-GR 1:00 Pretty Nails- MS/ GR 1:30 Scenic Drive-MS 2:00 BINGO- MS/GR 3:00 Sing Along- MS/ GR 5:00 Card Game-GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 "Comedy Movies"-VT</p>	<p>30 8:30 Daily Chronicles-MS/GR 8:45 Newspaper Review- GR 9:00 Hand Massage- MS/GR 9:30 Morning Stretch-MS/GR 10:30 Basketball Game-MS 10:30 Golf Game-GR 1:00 Trivia-MS/GR 1:30 Craft Project-MS/GR 2:30 Dominoes & Puzzles-MS/ GR 5:00 BINGO NIGHT-GR 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Action Movies-VT</p>	<p>31 8:30 News & Views -MS/GR 8:45 Newspaper Review- GR 9:00 Pretty Nails- MS/GR 9:30 Sit & Be Fit- MS/GR 10:30 Ball Toss-MS/GR 1:00 Rummikub & Dominoes-MS/GR 2:00 New Year Pizza Social -MS 5:00 Evening Stroll-MS 6:00 Wind Down-GR 7:00 Romantic Movies - VT</p>



Activities are subject to change anytime.