

December 2022

The Plaza Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activities are Subject to Change. Club Paradise Ext: 48116				10:00 Balance for Beginners (CP) 1 1:00 Pinochle (Pn. 3rd Fl.) 1:00 Water Walk Workout w/ Kathryn (CP) 4:00 BINGO (AD) 6:00 TOPS Meeting (Take Off Pounds Sensibly) (BR) 6:30 Shuffleboard Bowling (Plaza 2nd Fl.) 7:00 Armchair Astronomy: Comets in History (LH)	9:00 Advance Balance & Stabilize (CP) 2 9:00 Shopping: Walmart H. Street Chula Vista (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:00 PV Choir Rehearsal (LH) 1:00 Shopping: Terra Nova Marshall's, Smart/Final, Bed, Bath & Beyond (RA) 6:30 Dartball Open Play (CP) 7:00 Blue Christmas Service (HC)	9:00 Resident Council Holiday Craft Fair Fundraiser (AD) 3 9:00 Walking Club: Liberty Station (RA) 1:00 Bridge (Pn. 5th Fl.) 3:00 Bible Study w/ "Cat" Morris (BR)
9:30 Eastlake Church Service (LH) 4 9:50 Bus to First United Methodist Church Mission Valley (RA) 10:30 Fashion Valley Mall (RA) 11:15 Catholic Mass (LH) 2:00 Asian Mah Jong (Mg. 5th Fl.)	9:00 Total Body Strength (CP) 5 9:30 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 10:00 Balance Class w/ Kathryn (CP) 11:00 Resident Council Chat Table (A) 1:00 Bridge (Pn. 5th Fl.) 1:00 Shopping: Walgreens & Vallarta (RA) 2:00 German Conversation Group (PA. 1st Fl.) 2:00 Women's Bible Study w/ Elizabeth Mears (AS)	10:00 Sit & Get Fit for Beginners (CP) 6 10:00 Tech Support (L) 1:00 Hula Hoop Chair Workout (CP) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 2:00 Sewing Group (AS) 4:00 BINGO (AD) 6:30 Dartball Open Play (CP)	9:00 Total Body Strength (CP) 7 10:00 Cardio Workout w/ Kathryn (CP) 10:00 New Resident Orientation (AD) 1:00 Bridge (Pn. 5th Fl.) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 1:00 PV Choir Rehearsal (LH) 1:00 Shopping: NC Food for Less (RA) 2:00 Mobile Internal Medicine Clinic 2:00 Writing Your Memoirs w/ Lila Goodman (L) 5:00 Dignity Memorial: Your Life, Your Legacy & Free Dinner (AD) 6:30 Evening Worship (HC) 6:30 Movie: Eagle Eye 118 Mins. Rated PG-13 (LH)	10:00 Balance for Beginners (CP) 8 1:00 Pinochle (Pn. 3rd Fl.) 1:00 Water Walk Workout w/ Kathryn (CP) 1:30 Resident Council Meeting (LH) 4:00 BINGO (AD) 6:00 TOPS Meeting (Take Off Pounds Sensibly) (BR) 6:30 Shuffleboard Bowling (Plaza 2nd Fl.) 6:30 Surviving the Holidays (HC)	9:00 Advance Balance & Stabilize (CP) 9 9:00 Shopping: Gateway Walmart, Aldis, Hobby Lobby, Smart & Final (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:00 PV Choir Rehearsal (LH) 1:00 Shopping: Vons in Bonita (RA) 6:30 Dartball Open Play (CP) 6:30 Jewish Shabbat Service (HC)	9:00 Walking Club: Rohr Park in Bonita (RA) 10 1:00 Bridge (Pn. 5th Fl.) 2:00 PV Choir Holiday Sing-a-Long (LH) 3:00 Bible Study w/ "Cat" Morris (BR)
9:30 Eastlake Church Service (LH) 11 9:50 Bus to First United Methodist Church Mission Valley (RA) 10:50 Catholic Confessions (HC) 11:15 Catholic Mass (LH) 2:00 Asian Mah Jong (Mg. 5th Fl.) 4:00 Anglican Church Service (HC) 4:30 Boat Parade of Lights Harbor Island (RA)	9:00 Total Body Strength (CP) 12 9:30 Shopping: Target at Plaza Bonita (RA) 10:00 Balance Class w/ Kathryn (CP) 11:00 Resident Council Chat Table (A) 1:00 Bridge (Pn. 5th Fl.) 1:00 Shopping: Costco on H Street in Chula Vista (RA) 2:00 German Conversation Group (PA. 1st Fl.) 2:00 Women's Bible Study w/ Elizabeth Mears (AS) 7:00 BYOB Social w/ Bayou Brothers (AD)	10:00 Sit & Get Fit for Beginners (CP) 13 10:00 Tech Support (L) 12:30 National City Book Club Outing (RA) 1:00 Hula Hoop Chair Workout (CP) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 2:00 Sewing Group (AS) 4:00 BINGO (AD) 5:30 Holiday Light Tour: Starlight Circle in Santee (RA) 6:30 Dartball Open Play (CP) 7:00 SD City Guard Holiday Show (LH)	9:00 Total Body Strength (CP) 14 10:00 Cardio Workout w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:00 Club Paradise New Resident Orientation (CP) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 1:00 Shopping: Gateway Walmart, Aldis, Hobby Lobby, Smart & Final (RA) 2:00 Mobile Internal Medicine Clinic 2:00 Singin' Grandpa's Holiday Show (LH) 2:00 Writing Your Memoirs w/ Lila Goodman (L) 6:30 Evening Worship (HC)	10:00 Balance for Beginners (CP) 15 10:30 Women's Friendship Group Luncheon (LH & AD) 1:00 Pinochle (Pn. 3rd Fl.) 1:00 Water Walk Workout w/ Kathryn (CP) 1:30 Ambassador Meeting (BR) 2:30 Spanish Conversation Group (Pn. 4th Fl.) 4:00 BINGO (AD) 6:00 TOPS Meeting (Take Off Pounds Sensibly) (BR) 6:30 Movie: 12th Man 2 hrs. & 15 mins. Not Rated (LH) 6:30 Shuffleboard Bowling (Plaza 2nd Fl.)	9:00 Advance Balance & Stabilize (CP) 16 9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:00 PV Choir Rehearsal (LH) 1:00 Shopping: Bay Plaza Seafood City, Big Lots, Jo-Anns (RA) 3:00 Resident Birthday Party w/ Blue Zone Band (A) 6:30 Dartball Open Play (CP)	9:00 Walking Club: Harbor Island (RA) 17 1:00 Bridge (Pn. 5th Fl.) 2:00 PV Choir Christmas Program (LH) 3:00 Bible Study w/ "Cat" Morris (BR)
9:30 Eastlake Church Service (LH) 18 9:50 Bus to First United Methodist Church Mission Valley (RA) 11:15 Catholic Mass (LH) 2:00 Asian Mah Jong (Mg. 5th Fl.) 3:00 The Believers Christmas Concert (LH) 6:00 First Day of Hanukkah (Plaza 2nd Fl.)	9:00 Total Body Strength (CP) 19 10:00 Balance Class w/ Kathryn (CP) 10:30 Lunch at Anthony's (RA) 11:00 Resident Council Chat Table (A) 1:00 Bridge (Pn. 5th Fl.) 1:00 Shopping 99 Cent Store National City (RA) 2:00 German Conversation Group (PA. 1st Fl.) 2:00 Women's Bible Study w/ Elizabeth Mears (AS) 6:00 Second Day of Hanukkah (Plaza 2nd Fl.) 7:00 BYOB: Double Take (AD)	10:00 Sit & Get Fit for Beginners (CP) 20 10:00 Tech Support (L) 1:00 Hula Hoop Chair Workout (CP) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 2:00 Sewing Group (AS) 4:00 BINGO (AD) 5:30 Holiday Light Tour: Starlight Circle in Santee (RA) 6:00 Third Day of Hanukkah (Plaza 2nd Fl.) 6:30 Dartball (CP) 6:30 Movie: Hoosiers 1 hr. 55 mins. Rated PG (LH)	9:00 Total Body Strength (CP) 21 10:00 Cardio Workout w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 1:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 2:00 Mobile Internal Medicine Clinic 2:00 Writing Your Memoirs w/ Lila Goodman (L) 4:00 Resident & Family Holiday Gala (AD & PC) 6:00 Fourth Day of Hanukkah (Plaza 2nd Fl.) 6:30 Evening Worship (HC) 7:00 The Elktones Band Holiday Show (LH)	10:00 Balance for Beginners (CP) 22 1:00 Pinochle (Pn. 3rd Fl.) 1:00 Water Walk Workout w/ Kathryn (CP) 4:00 BINGO (AD) 4:00 Special Hanukkah Themed Meal (PC) 6:00 TOPS Meeting (Take Off Pounds Sensibly) (BR) 6:30 Shuffleboard Bowling (Plaza 2nd Fl.)	9:00 Advance Balance & Stabilize (CP) 23 9:30 Shopping: Coronado Commissary & NEX (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:00 PV Choir Rehearsal (LH) 1:00 Shopping: Walmart H. Street Chula Vista (RA) 6:00 Sixth Day of Hanukkah (Plaza 2nd Fl.) 6:30 Christmas Movie TBD (LH) 6:30 Dartball (CP)	1:00 Bridge (Pn. 5th Fl.) 24 3:00 Bible Study w/ "Cat" Morris (BR) 6:00 Seventh Day of Hanukkah (Plaza 2nd Fl.)
9:30 Eastlake Christmas Service (LH) 25 9:50 Bus to First United Methodist Church Mission Valley (RA) 11:15 Catholic Mass (LH) 2:00 Asian Mah Jong (Mg. 5th Fl.) 6:00 Eight Day of Hanukkah (Plaza 2nd Fl.)	9:00 Total Body Strength (CP) 26 9:30 Shopping: Eastlake Walmart (RA) 10:00 Balance Class w/ Kathryn (CP) 11:00 Resident Council Chat Table (A) 1:00 Bridge (Pn. 5th Fl.) 1:00 Shopping: Dollar Tree Store National City (RA) 2:00 German Conversation Group (PA. 1st Fl.) 2:00 Women's Bible Study w/ Elizabeth Mears (AS) 7:00 BYOB Social w/ Rhythm Express (AD)	10:00 Sit & Get Fit for Beginners (CP) 27 10:00 Tech Support (L) 1:00 Hula Hoop Chair Workout (CP) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 2:00 Sewing Group (AS) 4:00 BINGO (AD) 6:30 Dartball (CP)	9:00 Total Body Strength (CP) 28 9:30 A-1 Hearing Clinic (RRC) 10:00 Cardio Workout w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 1:00 Shopping: Vons in Bonita (RA) 2:00 Mobile Internal Medicine Clinic 2:00 Writing Your Memoirs w/ Lila Goodman (L) 6:30 Evening Worship (HC)	10:00 Balance for Beginners (CP) 29 1:00 Pinochle (Pn. 3rd Fl.) 1:00 Water Walk Workout w/ Kathryn (CP) 4:00 BINGO (AD) 6:00 TOPS Meeting (Take Off Pounds Sensibly) (BR) 6:30 Shuffleboard Bowling (Plaza 2nd Fl.)	9:00 Advance Balance & Stabilize (CP) 30 9:00 Shopping: NC Food for Less (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:00 PV Choir Rehearsal (LH) 1:00 Shopping: Walgreens & Vallarta (RA) 6:30 Dartball (CP)	1:00 Bridge (Pn. 5th Fl.) 31 3:00 Bible Study w/ "Cat" Morris (BR) 6:00 New Year's Eve Party w/ The Bayou Brothers Band (AD)