

August 2026

Parkview Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			August Culture Topic: Good nutrition helps us stay strong, active and healthy. Throughout August, we'll learn about nutritious foods, healthy snacks, and the importance of drinking plenty of water. we'll celebrate simple habits that nourish both body and mind.			AM: Balloon Tennis - MS & GR 11:30 Set Up for Lunch - DR Courtyard Games Social - MS & GR Scenic Drive: Mission Bay - MS 1:30 Afternoon Snack: MS & GR 4:00 Set Up for Dinner - DR PM: Classic Movie Night - Theater
AM: Cardio Drumming - MS & GR 10:00 Catholic Communion (C) 11:30 Set Up for Lunch - DR 1:30 Afternoon Snack: MS & GR 2:30 Family Bingo & Popcorn - GR 4:00 Set Up for Dinner - DR PM: Sunday Wind Down - MS & GR	AM: Band Stretching Exercise - MS & GR AM: Parkview News & Tea - GR 11:30 Set Up for Lunch - DR Afternoon Reading Circle: MS & GR 1:30 Afternoon Snack: MS & GR 4:00 Set Up for Dinner - DR 5:00 Starlyte Duo Performs (GR)	AM: Cardio Drumming - MS & GR 11:30 Set Up for Lunch - DR Scenic Drive: Bonita - MS 3:00 Afternoon Snack: MS & GR 4:00 Set Up for Dinner - DR 5:00 PM: Chair Yoga - GR	AM: Balloon Tennis - MS & GR 11:30 Set Up for Lunch - DR Afternoon Snack: MS & GR Garden Club Kickoff - MS 4:00 Set Up for Dinner - DR PM: An Evening at the Museum - GR	AM: Cardio Drumming - MS & GR 11:30 Set Up for Lunch - DR Afternoon Snack: MS & GR PM: Expressions Through Art - MS & GR Scenic Drive: National City - MS 4:00 Set Up for Dinner - DR PM: Bingo Social - MS	AM: Band Stretching Exercise - MS & GR AM: Parkview News & Tea - GR 11:30 Set Up for Lunch - DR Afternoon Snack: MS & GR 2:00 Pet Therapy w/Heart N Soul - GR 4:00 Set Up for Dinner - DR PM: Chair Tai Chi - GR 5:30 Abiding Place Ministry - MS	AM: Balloon Tennis - MS & GR 11:30 Set Up for Lunch - DR Afternoon Snack: MS & GR Courtyard Games Social - MS & GR 4:00 Set Up for Dinner - DR PM: Classic Movie Night - Theater
AM: Cardio Drumming - MS & GR 10:00 Catholic Communion (C) 11:30 Set Up for Lunch - DR Afternoon Snack: MS & GR 2:30 Family Bingo & Popcorn - GR 4:00 Set Up for Dinner - DR PM: Sunday Wind Down - MS & GR	AM: Band Stretching Exercise - MS & GR AM: Parkview News & Tea - GR 11:30 Set Up for Lunch - DR Afternoon Reading Circle: MS & GR Afternoon Snack: MS & GR 4:00 Set Up for Dinner - DR 5:00 Keyboard Karaoke w/ Glenn (MS)	AM: Cardio Drumming - MS & GR 11:30 Set Up for Lunch - DR Afternoon Snack: MS & GR Scenic Drive: J st Marina Chula Vista - MS 4:00 Set Up for Dinner - DR 5:00 PM: Chair Yoga - GR	AM: Balloon Tennis - MS & GR 11:30 Set Up for Lunch - DR Afternoon Snack: MS & GR Growing Our Community Garden - MS 4:00 Set Up for Dinner - DR PM: An Evening at the Museum - GR	AM: Cardio Drumming - MS & GR 11:30 Set Up for Lunch - DR Afternoon Snack: MS & GR Aloha Luau Social 4:00 Set Up for Dinner - DR PM: Bingo Social - MS	AM: Band Stretching Exercise - MS & GR AM: Parkview News & Tea - GR 11:30 Set Up for Lunch - DR Art Studio with Cassidy 4:00 Set Up for Dinner - DR PM: Chair Tai Chi - GR 5:30 Abiding Place Ministry - MS	AM: Balloon Tennis - MS & GR 11:30 Set Up for Lunch - DR Afternoon Snack: MS & GR Courtyard Games Social - MS & GR Scenic Drive: Mt. Soledad - MS 4:00 Set Up for Dinner - DR PM: Classic Movie Night - Theater
AM: Cardio Drumming - MS & GR 10:00 Catholic Communion (C) 11:30 Set Up for Lunch - DR Afternoon Snack: MS & GR 2:30 Family Bingo & Popcorn - GR 4:00 Set Up for Dinner - DR PM: Sunday Wind Down - MS & GR	AM: Band Stretching Exercise - MS & GR AM: Parkview News & Tea - GR 11:30 Set Up for Lunch - DR Afternoon Reading Circle: MS & GR Afternoon Snack: MS & GR 4:00 Set Up for Dinner - DR PM: Spa Night - GR	AM: Cardio Drumming - MS & GR 11:30 Set Up for Lunch - DR Afternoon Snack: MS & GR 4:00 Set Up for Dinner - DR 5:00 PM: Chair Yoga - GR	AM: Balloon Tennis - MS & GR 11:30 Set Up for Lunch - DR Afternoon Snack: MS & GR Garden Care Day - MS 4:00 Set Up for Dinner - DR PM: An Evening at the Museum - GR	AM: Cardio Drumming - MS & GR 11:30 Set Up for Lunch - DR Afternoon Snack: MS & GR PM: Expressions Through Art - MS & GR Scenic Drive: Imperial Beach- MS 4:00 Set Up for Dinner - DR PM: Bingo Social - MS	AM: Parkview News & Tea - GR 11:30 Set Up for Lunch - DR Afternoon Snack: MS & GR 2:00 Pet Therapy w/Heart N Soul (GR) 4:00 Set Up for Dinner - DR PM: Chair Tai Chi - GR 5:30 Abiding Place Ministry - MS	AM: Balloon Tennis - MS & GR 11:30 Set Up for Lunch - DR Afternoon Snack: MS & GR Courtyard Games Social - MS & GR 4:00 Set Up for Dinner - DR PM: Classic Movie Night - Theater
AM: Cardio Drumming - MS & GR 10:00 Catholic Communion (C) 11:30 Set Up for Lunch - DR Afternoon Snack: MS & GR 2:30 Family Bingo & Popcorn - GR 4:00 Set Up for Dinner - DR PM: Sunday Wind Down - MS & GR	AM: Band Stretching Exercise - MS & GR AM: Parkview News & Tea - GR 11:30 Set Up for Lunch - DR Afternoon Reading Circle: MS & GR Afternoon Snack: MS & GR 4:00 Set Up for Dinner - DR PM: Spa Night - GR	AM: Cardio Drumming - MS & GR 11:30 Set Up for Lunch - DR Afternoon Snack: MS & GR Scenic Drive: Coronado - MS 4:00 Set Up for Dinner - DR 5:00 PM: Chair Yoga - GR	AM: Balloon Tennis - MS & GR 11:30 Set Up for Lunch - DR Afternoon Snack: MS & GR The Next Bloom - MS 4:00 Set Up for Dinner - DR PM: An Evening at the Museum - GR	AM: Cardio Drumming - MS & GR 11:30 Set Up for Lunch - DR Afternoon Snack: MS & GR PM: Expressions Through Art - MS & GR 2:00 Birthday Celebration w/ Raymond (GR) 4:00 Set Up for Dinner - DR PM: Bingo Social - MS	AM: Parkview News & Tea - GR 11:30 Set Up for Lunch - DR Afternoon Snack: MS & GR 2:00 Welcome New Resident Social w/Rikacha Music (GR) 4:00 Set Up for Dinner - DR PM: Chair Tai Chi - GR 5:30 Abiding Place Ministry - MS	AM: Balloon Tennis - MS & GR 11:30 Set Up for Lunch - DR Afternoon Snack: MS & GR Courtyard Games Social - MS & GR Scenic Drive: La Jolla Cove - MS 4:00 Set Up for Dinner - DR PM: Classic Movie Night - Theater
AM: Cardio Drumming - MS & GR 10:00 Catholic Communion (C) 11:30 Set Up for Lunch - DR Afternoon Snack: MS & GR 2:30 Family Bingo & Popcorn - GR 4:00 Set Up for Dinner - DR PM: Sunday Wind Down - MS & GR	AM: Band Stretching Exercise - MS & GR AM: Parkview News & Tea - GR 11:30 Set Up for Lunch - DR Afternoon Reading Circle: MS & GR Afternoon Snack: MS & GR 4:00 Set Up for Dinner - DR PM: Spa Night - GR					Activities are subject to change.