

November 2025

The Plaza Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Vitality Programs are Subject to Change.						10:00 Shuffleboard & Games (CP) 3:00 Documentary: The Longest Whale 1 hr. 36 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) 11:30 Catholic Mass (LH) 2:00 Movie: Caramelo 1 hr. 41 mins. (LH) 4:00 Asian Mahjong (Mg. 5th Fl.)	9:00 Shopping: NC Walmart (RA) 9:45 Mobility & Flexibility w/ Aaron (CP) 10:00 Rosary Prayer Meeting (HC) 1:30 Scrabble Enthusiasts (BR) 2:00 Shopping: Walgreens & Vallarta (RA) 4:00 Resident Council Basket Raffle Fundraiser for Staff Appreciation Fund (AD) 7:00 BYOB w/ Starlyte Duo (AD)	9:30 Stronger-U Cardio w/ Jazmine (CP) 11:00 Tech Support (CR) 1:30 PV Chorale Rehearsal (LH) 2:00 Rummikub & Mexican Train Dominoes (Wil. 3rd Fl.) 3:00 BINGO (AD) 6:00 Dartball (CP)	8:30 All Day Julian Trip (RA) 9:45 7 Movements of Human Body w/ Aaron (CP) 11:00 New Resident Orientation/Social (AD) 1:00 Bridge (Pines 5th Fl. Parlor) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 2:00 Bible Study (BR) 2:00 Fiesta Street Markets (TCA) 2:00 Parkinson's Support Group (L) 3:00 Lives Well Lived: Celebrating the Wit and Wisdom of Age, PT. 1 (AD) 6:00 Movie: Flow 1 hr. 25 mins. (LH)	9:30 Stronger-U Stretch w/ Jazmine (CP) 1:30 Let's Write (AS) 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: Walmart on H Street in Chula Vista (RA) 10:00 Chair Yoga w/ Kathryn (CP) 11:00 Wellness Check & Ice Cream Social Sponsored by ARC Home Health (AD) 1:30 Shopping Terra Nova Plaza (RA)	8:00 Community Garden Clean Up (Heritage Park) 9:00 Walking Club: Sweetwater Park (RA) 10:00 Shuffleboard & Games (CP) 11:00 Stronger-U Stretch w/ Jazmine (CP) 2:00 New York Street Games, Pt. 1 (AD) 3:00 Documentary: JFK Assassination: A New Perspective 1 hr. 53 mins. (LH)
8:30 Bus to First United Methodist Church Mission Valley (RA) 9:30 Bates Nut Farm Outing (RA) 9:30 Eastlake Church Service (LH) 10:00 Stronger U Cardio w/ Jazmine (CP) 11:00 Eastlake Church Friendsgiving (AD) 11:30 Catholic Mass (LH) 2:00 Movie: Still Alice 1 hr. 41 mins. (LH) 4:00 Asian Mahjong (Mg. 5th Fl.)	9:30 Shopping: Costco H Street (RA) 9:45 Power Full Body w/ Aaron (CP)c 10:00 Rosary Prayer Meeting (HC) 1:00 Veterans Pinning Ceremony Sponsored by Mission Healthcare (LH) 1:30 Scrabble Enthusiasts (BR) 1:30 Shopping: Target at Plaza Bonita (RA) 3:00 PV Men's Discussion Group (l) 7:00 BYOB w/ Bayou Brothers (AD)	9:30 Stronger-U Cardio w/ Jazmine (CP)re 11:00 Tech Support (CR) 1:30 PV Chorale Rehearsal (LH) 2:00 Rummikub & Mexican Train Dominoes (Wil. 3rd Fl.) 3:00 BINGO (AD) 6:00 Dartball (CP)	9:45 Mobility & Flexibility w/ Aaron (CP) 1:00 Bridge (Pines 5th Fl. Parlor) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 1:30 Shopping: Gateway Aldis, Hobby Lobby, Walmart, Smart & Final (RA) 2:00 Bible Study (BR) 2:00 Fiesta Street Markets (TCA) 5:00 Sound Therapy (CP) 6:00 Movie: The Martian 2 hrs. 22 mins. (LH)	10:00 Balance for Beginners (CP) 12:30 Pilates w/ Kathryn (CP) 1:00 Resident Council Meeting (LH) 3:00 BINGO (AD) 3:00 Wisdom Circle w/ Tanya & Paul (L) 6:00 Shuffleboard Bowling (Plaza 2nd Fl.) 6:00 TOPS Meeting (BR)	9:30 Shopping: Nex & Commissary North Island (RA) 9:30 Stronger-U Cardio w/ Jazmine (CP) 1:30 Shopping: Vons in Bonita (RA)	10:00 Shuffleboard & Games (CP) 3:00 Documentary: The Witches of Hollywood 55 mins. (LH)
8:30 Bus to First United Methodist Church Mission Valley (RA) 9:30 Eastlake Church Service (LH) 11:30 Catholic Mass (LH) 12:30 Catholic Confessions (HC) 2:00 Movie: The Woman in Cabin 10 1 hr. 35 mins. (LH) 4:00 Asian Mahjong (Mg. 5th Fl.)	9:00 Shopping Terra Nova Plaza (RA) 9:45 Core Strength & Balance w/ Aaron (CP) 10:00 Rosary Prayer Meeting (HC) 1:30 Scrabble Enthusiasts (BR) 1:30 Shopping: Goodwill H Street (RA) 2:00 Doula Presentation (HC) 3:00 Stephen Sondheim's Songs/Our Stories, Pt. 3 (AD) 7:00 November Birthday Party w/ Rhythm Express (AD)	9:30 Stronger-U Cardio w/ Jazmine (CP) 11:00 Tech Support (CR) 1:30 PV Chorale Rehearsal (LH) 2:00 Rummikub & Mexican Train Dominoes (Wil. 3rd Fl.) 2:00 Southwestern Guitar Ensemble Concert (LH) 3:00 BINGO (AD) 4:30 Dinner at Italgo Italian Restaurant (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.) 1:00 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) 3:00 Lives Well Lived: Celebrating the Wit and Wisdom of Age, Pt. 2 (AD) 5:30 Movie: Elvis (2022) 2 hrs. 39 mins. (LH)	9:00 Water Walker Workout w/ Kathryn (CP) 10:00 Balance for Beginners (CP) 10:30 Women's Friendship Group Luncheon (LH & AD) 1:00 Ambassador Meeting (BR) 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) 12:00 Corner Store Christmas Bazaar (AD) 1:30 Shopping: Dollar Tree (RA)	9:00 Walking Club: Embarcadero Park (RA) 10:00 Shuffleboard & Games (CP) 11:00 Celebration of Life for Ginny McGinnis (LH & AD) 11:00 Stronger-U Stretch w/ Jazmine (CP) 3:00 Documentary: Diana Ross: Supreme Sensation 43 mins. (LH)
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) 11:30 Catholic Mass (LH) 2:00 Movie: Sister Act 2 1 hr. 47 mins. (LH) 4:00 Asian Mahjong (Mg. 5th Fl.) 5:00 What Should U.S. Citizens Know? w/ Paul Friedman (AD)	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: Walgreens & Vallarta (RA) 3:00 PV Men's Discussion Group (l) 6:00 Movie: Moonstruck 1 hr. 41 mins. (LH)	9:00 Dynamic Balance w/ Kathryn (CP) 10:00 Sit & Get Fit w/ Kathryn (CP) 11:00 Tech Support (CR) 1:30 PV Chorale Rehearsal (LH) 2:00 Rummikub & Mexican Train Dominoes (Wil. 3rd Fl.) 3:00 BINGO (AD) 6:00 Dartball (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: 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: Downton Abbey: The Grand Finale 2 hrs. 5 mins. (LH)	No Scheduled Vitality Programs Gym Open from 8:30-4:30pm	9:00 Advance Balance & Stabilize w/ Kathryn (CP) 9:00 Shopping: Gateway Aldis, Hobby Lobby, Walmart, Smart & Final (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:30 Shopping: NC Food for Less (RA)	10:00 Shuffleboard & Games (CP) 3:00 Documentary: Yosemite America's Treasure 49 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: Sister Act 1 hr. 40 mins. (LH) 4:00 Asian Mahjong (Mg. 5th Fl.)	November Culture Topic: Gratitude * Did you know? Expressing gratitude is associated with a host of mental and physical benefits. Studies have shown that feeling thankful can improve sleep, mood and immunity. Gratitude can decrease depression and anxiety, and even help relieve pain. * People are less likely to express gratitude at work than almost any place else and 60% of people never express thanks at work. Expressing gratitude to coworkers could make our workplace a healthier and happier place. * Here are some ways we can express gratitude: Keep a Gratitude Journal, Mindful and Meditation, Daily affirmations, Say Thank You and Volunteer.					