

September 2026

The Plaza Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activities are Subject to Change	 Back to School	10:00 Pool Players All Levels (1st Fl. Wil. & Pa. Parlor) 11:00 Tech Support (CR) 11:00 TOPS Meeting (L) 1:00 PV Chorale Rehearsal (LH) 2:00 Fabric Art Group (AS) 2:00 Rummikub (Wl. 3rd fl. parlor) 3:00 BINGO (AD) 6:00 Dartball (CP)	11:00 New Resident Orientation Social (AD) 1:00 Bridge (Pines 5th Fl. Parlor) 1:00 Shopping: Walmart H St CV (RA) 2:00 Bible Study (BR) 2:00 Parkinson's Support Group (L) 6:00 Movie: Oppenheimer 3hrs(LH)	1:30 Let's Write (AS) 3:00 BINGO (AD) 6:15 Shuffleboard Bowling(Plaza 2nd Fl.)	9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 1:00 Social Activities Planning Meeting(BR) 1:30 Shopping: Walgreens & Vallarta (RA) 2:00 Life Long Learning Planning Meeting(L) 3:00 Spirituality Book Discussion Group (L) 6:00 Shabbat Service on YouTube (HC) 6:30 Happy Hour ABBAmazing(AD)	9:00 Walking Club: Tidelands Park Coronado (RA) 10:00 Shuffleboard & Games (CP) 1:00 Death Reflection Group (L) 3:00 Doc: The American Experiment Ep1. Freedom 1hr19 min 4:00 PV Preachers & Prayer (HC)
9:30 Eastlake Church Service(LH) 10:30 Eastlake Church Coffee Social (AD) 11:30 Catholic Mass (LH) 3:00 Doc: The American Experiment Ep2. 1hr 8 min (LH) 4:00 Asian Mahjong (Mg. 5th Fl.) 4:30 Best of TED Talks (L)	10:00 Rosary Prayer Group(HC) 1:30 Scrabble Enthusiasts (BR) 2:00 Diabetes Support Group(L) 6:30 BYOB w/ Bayou Brothers (AD)	9:00 BaBa Mediterranean Food Pop Up (TCA) 10:00 Pool Players All Levels (1st Fl. Wil. & Pa. Parlor) 11:00 Tech Support (CR) 11:00 TOPS Meeting (L) 1:00 PV Chorale Rehearsal (LH) 2:00 Fabric Art Group (AS) 2:00 Rummikub (Wl. 3rd fl. parlor) 3:00 BINGO (AD) 3:00 Life Enriching Ideas to Discuss & Use (L) 6:00 Dartball (CP)	10:00 Kujo Eats (TCA) 10:30 Cell Phone 1.0 Basics(AD) 12:00 New Resident Club Paradise Orientation (CP) 1:00 Bridge (Pines 5th Fl. Parlor) 1:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 1:30 Cell Phone 1:1 Tutorial (CR) 2:00 Bible Study (BR) 2:00 Cash Bingo Staff App. Fund. (AD) 5:00 Sound Therapy (CP) 6:00 Movie: Top Gun 1hr 30 min (LH)	1:00 Community Wide Resident Meeting & Social Time (LH & AD) 3:00 BINGO (AD) 3:00 Wisdom Circle w/ Tanya & Paul (L) 6:15 Shuffleboard Bowling(Plaza 2nd Fl.)	9:00 Shopping: Gateway Aldis, Hobby Lobby, Walmart, Smart & Final (RA) 11:00 Celebrating America (L) 1:00 Arts Planning Meeting (AS) 1:30 Shopping: Terra Nova Plaza (RA) 6:00 Shabbat Service on YouTube (HC)	9:00 Walking Club: Shelter Island(RA) 10:00 Shuffleboard & Games (CP) 11:00 Book Club (BR) 2:00 American Literary Heroes: Walt Whitman(LH)
9:30 Eastlake Church Service(LH) 10:30 Shopping: Las Americas San Ysidro Outlets(RA) 11:30 Catholic Mass (LH) 1:30 Ice Cream Social Grandparents Day (PC) 3:00 David Saliamonas Piano Concert (LH) 4:00 Asian Mahjong (Mg. 5th Fl.) 4:30 Enjoying Poetry Together(L)	10:00 Rosary Prayer Group(HC) 10:30 Lunch: Phill's BBQ (RA) 1:30 Scrabble Enthusiasts (BR) 2:00 Shopping: Walgreens & Vallarta (RA) 3:00 Men's Discussion Group (L) 6:00 Movie: BIG 1 hr 20 min (LH)	10:00 Nova Sourdough Pop Up (Plaza) 10:00 Pool Players All Levels (1st Fl. Wil. & Pa. Parlor) 10:00 Taco Stand Pop Up (Plaza) 10:30 Women's Friendship Group (LH & AD) 11:00 Tech Support (CR) 11:00 TOPS Meeting (L) 1:00 PV Chorale Rehearsal (LH) 2:00 Fabric Art Group (AS) 2:00 Rummikub (Wl. 3rd fl. parlor) 3:00 BINGO (AD) 6:00 Dartball (CP)	10:30 Cell Phone 1.0 Basics (AD) 12:30 FREE Art Project Pt. 1 (AD) 1:00 Bridge (Pines 5th Fl. Parlor) 1:00 Shopping: Walmart NC (RA) 1:30 Cell Phone 1:1 Tutorial (CR) 2:00 Bible Study (BR) 2:00 Parkinson's Support Group (L) 6:00 Movie: Iron Lady 1hr 35 min (LH)	1:00 Ambassador Meeting (BR) 3:00 BINGO (AD) 6:15 Shuffleboard Bowling(Plaza 2nd Fl.)	9:00 Shopping: NEX & Commissary North Island (RA) 1:30 Shopping: Target Plaza Bonita (RA) 3:00 Spirituality Book Discussion Group (L) 6:00 Shabbat Service on YouTube (HC) 6:30 Birthday Happy Hour w/ Double Take (AD)	10:00 National City Historical Tour(RA) 10:00 Shuffleboard & Games (CP) 12:30 FREE Art Project Pt. 2 (AD) 3:00 Doc: The American Experiment Ep3 1hr 14 min (LH)
9:30 Eastlake Church Service(LH) 11:30 Catholic Mass (LH) 12:30 Catholic Confessions (HC) 2:00 Game Time (AD) 3:00 Doc: The American Experiment Ep4. 1 hr 12 min(LH) 4:00 Asian Mahjong (Mg. 5th Fl.) 4:30 Best of Ted Talks (L)	9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 10:00 Fall Prevention Roadrunner Sports Shoe Sale(AD) 10:00 Rosary Prayer Group(HC) 1:30 Scrabble Enthusiasts (BR) 1:30 Shopping: Dollar Tree (RA) 6:00 Movie: Kingdom of The Planet of The Apes 2hr 20 min(LH)	9:00 BaBa Mediterranean Foods (TCA) 10:00 Pool Players All Levels (1st Fl. Wil. & Pa. Parlor) 11:00 Tech Support (CR) 11:00 TOPS Meeting (L) 1:00 PV Chorale Rehearsal (LH) 2:00 Fabric Art Group (AS) 2:00 Rummikub (Wl. 3rd fl. parlor) 3:00 BINGO (AD) 3:00 Life Enriching Ideas to Discuss & Use (L) 6:00 Dartball (CP)	10:00 Fashion on the Go(AD) 10:00 Kujo Eats(TCA) 12:00 Community Leaders Lunch(PC) 1:00 Bridge (Pines 5th Fl. Parlor) 2:00 Bible Study (BR) 5:00 Sound Therapy (CP) 6:00 Movie: The Sound of Music 2hr 52min (LH)	10:00 Lysa From Intoxicakes(Plaza) 3:00 BINGO (AD) 3:00 Wisdom Circle w/ Tanya & Paul (L) 6:15 Shuffleboard Bowling(Plaza 2nd Fl.)	9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 11:00 Celebrating America (L) 1:00 Watercolor Painting Group(AS) 1:30 Shopping: Bay Plaza; Smart & Final, Burlington, Seafood City (RA) 6:00 Shabbat Service on YouTube (HC)	9:00 Pancake Breakfast Alzheimer's Fundraiser (PC) 9:00 Walking Club: GayLord Hotel (RA) 10:00 Shuffleboard & Games (CP) 11:00 Dementia Caregiver Support Group(L) 2:00 American Literary Heroes: Henry David Thoreau (LH)
9:30 Eastlake Church Service(LH) 10:30 Day at Ferry Landing Coronado (RA) 11:30 Catholic Mass (LH) 4:00 Asian Mahjong (Mg. 5th Fl.) 4:30 Enjoying Poetry Together(L)	9:45 Shopping: Costco H Street (RA) 10:00 Rosary Prayer Group(HC) 1:30 Scrabble Enthusiasts (BR) 2:00 Shopping: Food 4 Less nc (RA) 3:00 Men's Discussion Group (L) 6:00 Movie: Three Billboards Outside Ebbing Missouri 1hr 50 min (LH)	10:00 Nova Sourdough Pop Up(Plaza 1st fl) 10:00 Pool Players All Levels (1st Fl. Wil. & Pa. Parlor) 10:00 Taco Stand Pop Up (Plaza) 11:00 Tech Support (CR) 11:00 TOPS Meeting (L) 1:00 PV Chorale Rehearsal (LH) 2:00 Fabric Art Group (AS) 2:00 Rummikub (Wl. 3rd fl. parlor) 3:00 BINGO (AD) 4:30 Dinner: PF Chang's Otay Ranch (RA) 6:00 Dartball (CP)	1:00 Bridge (Pines 5th Fl. Parlor) 1:00 Communications Planning Meeting (BR) 1:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 2:00 Bible Study (BR) 6:00 Movie: Mercury Rising 1hr 52 min (LH)	Culture Topic: PLAY! Let's Talk About the Power of Play. Did you know? Play is fundamentally tied to our Generations mission and values, and is heavily influenced by our Founder, Wendell White. Wendell used to keep a paper in his wallet reminding him to have fun at work every single day! Play is an important part of life for all of us, no matter what age we are: * Being silly and engaging in playful behavior can enhance creativity and increase energy levels. * Play can boost mood and promote positive emotions. It encouraged laughter, joy, and a sense of freedom, which can combat feelings of depression and loneliness. * Incorporating play into adulthood is not just about having fun; it's a vital aspect of maintaining mental, emotional and physical well-being.		