

April 2025

The Plaza Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Activities are Subject to Change.		10:00 Sit & Get Fit for Beginners w/ Kathryn (CP) 10:00 Tech Support (L) 12:30 Hula Hoop Chair Workout w/ Kathryn (CP) 1:00 PV Choir Rehearsal (LH) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 3:00 BINGO (AD) 6:00 Dartball (CP)	29:00 Total Body Strength w/ Kathryn (CP) 10:00 Cardio Workout w/ Kathryn (CP) 11:00 New Resident Orientation/Social (AD) 1:00 Bridge (Pn. 5th Fl.) 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 Parkinson's Support Group (L) 5:30 Movie: Everest 2 hrs. 1 min. (LH)	310:00 Balance for Beginners (CP) 12:30 Water Walker Workout w/ Kathryn (CP) 1:30 Let's Write (AS) 3:00 BINGO (AD) 6:00 TOPS Meeting (BR) 6:30 Shuffleboard Bowling (Plaza 2nd Fl.)	49:00 Advance Balance & Stabilize w/ Kathryn (CP) 9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:30 Shopping: Walgreens & Vallarta (RA) 3:00 CNN , Fox & More: A look at the Global Media Pt. 1 (LH)	59:00 Walking Club: Balboa Park (RA) 10:00 Shuffleboard & Games (CP) 11:00 Stronger U Stretch w/ Jazmine (CP) 1:00 Bridge (Pn. 5th Fl.) 2:00 Documentary: Our Great National Parks: A World of Wonder 51 mins. (LH)
68:30 Bus to First United Methodist Church Mission Valley (RA) 9:30 Chula Vista Farmers Market Outing (RA) 9:30 Eastlake Church Service (LH) 10:00 Stronger U Cardio w/ Jazmine (CP) 11:30 Catholic Mass (LH) 2:00 HollyGrinns Jazz Trio Perform Vintage Jazz (LH) 4:00 Asian Mahjong (Mg. 5th Fl.)	79:00 Total Body Strength w/ Kathryn (CP) 10:00 Balance Class w/ Kathryn (CP) 10:00 Rosary Prayer Meeting (HC) 10:30 Lunch at Great Maple (RA) 1:00 Bridge (Pn. 5th Fl.) 1:30 Scrabble Enthusiasts (BR) 2:00 Shopping: NC Food for Less (RA) 5:30 Movie: Civil War 1 hr. 49 mins. (LH)	810:00 Sit & Get Fit for Beginners w/ Kathryn (CP) 10:00 Tech Support (L) 12:30 Hula Hoop Chair Workout w/ Kathryn (CP) 1:00 PV Choir Rehearsal (LH) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 3:00 BINGO (AD) 6:00 Dartball (CP)	98:30 COVID Booster Shot Clinic (AD & BR) 9:00 Total Body Strength w/ Kathryn (CP) 10:00 Cardio Workout w/ Kathryn (CP) 12:30 Club Paradise New Resident Orientation (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 Bible Study (BR) 5:30 Movie: A Complete Unknown 2hrs. 20 mins. (LH)	1010:00 Balance for Beginners (CP) 12:30 Pilates w/ Kathryn (CP) 1:00 Resident Council Meeting (LH) 2:00 Meet & Greet New Spiritual Leader (AD) 3:00 BINGO (AD) 6:00 TOPS Meeting (BR) 6:30 Shuffleboard Bowling (Plaza 2nd Fl.)	119:00 Advance Balance & Stabilize w/ Kathryn (CP) 9:30 Shopping: Nex & Commissary North Island (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:30 Shopping: Vons in Bonita (RA) 3:00 CNN, Fox & More: A Look at the Global Media Pt. 2 (LH)	129:00 Walking Club: Embarcadero Park SD (RA) 10:00 Shuffleboard & Games (CP) 1:00 Bridge (Pn. 5th Fl.) 2:00 Documentary: Our Great National Parks: Chilean Patagonia 53 mins. (LH) 6:45 Memorial of Jesus's Death (LH, BR & AD)
138:30 Bus to First United Methodist Church Mission Valley (RA) 9:00 Anglican Church Service (HC) 9:30 Eastlake Church Service (LH) 11:30 Catholic Mass (LH) 4:00 Asian Mahjong (Mg. 5th Fl.)	149:00 Total Body Strength w/ Kathryn (CP) 9:30 Shopping: Costco & Walmart on H Street in Chula Vista (RA) 10:00 Balance Class w/ Kathryn (CP) 10:00 Rosary Prayer Meeting (HC) 1:00 Bridge (Pn. 5th Fl.) 1:30 Scrabble Enthusiasts (BR) 1:30 Shopping: Target at Plaza Bonita (RA) 7:00 April Resident Birthday Party w/ The Bayou Brothers (AD)	1510:00 Sit & Get Fit for Beginners w/ Kathryn (CP) 10:00 Tech Support (L) 12:30 Hula Hoop Chair Workout w/ Kathryn (CP) 1:00 PV Choir Rehearsal (LH) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 3:00 BINGO (AD) 6:00 Dartball (CP)	169:00 Total Body Strength w/ Kathryn (CP) 10:00 Cardio Workout w/ Kathryn (CP) 10:00 Green Shredding Truck (Plaza) 1:00 Bridge (Pn. 5th Fl.) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 2:00 Bible Study (BR) 2:00 Parkinson's Support Group (L) 5:00 Sound Therapy (CP) 5:30 Movie: Mufasa: The Lion King 2 hrs. (LH)	1710:00 Balance for Beginners (CP) 10:30 Women's Friendship Group Luncheon (LH & AD) 12:30 Water Walker Workout w/ Kathryn (CP) 1:00 Ambassador Meeting (BR) 3:00 BINGO (AD) 6:00 TOPS Meeting (BR) 6:30 Shuffleboard Bowling (Plaza 2nd Fl.)	189:00 Advance Balance & Stabilize w/ Kathryn (CP) 9:00 Shopping: Terra Nova Plaza (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:30 Shopping: Dollar Tree (RA)	1910:00 Shuffleboard & Games (CP) 11:00 Stronger U Stretch w/ Jazmine (CP) 1:00 Bridge (Pn. 5th Fl.) 2:00 Documentary: Our Great Natural Parks: Tsavo, Kenya 50 mins. (LH)
208:30 Bus to First United Methodist Church Mission Valley (RA) 9:30 Eastlake Church Service (LH) 10:00 Stronger U Cardio w/ Jazmine (CP) 10:30 Easter Brunch (PC) 10:30 Eastlake Church Easter Fellowship Social (AD) 11:30 Catholic Mass (LH) 12:00 Pictures with the Easter Bunny (Plaza) 12:30 Catholic Confessions (HC) 2:00 Movie: Peter Rabbit 1 hr. 35 mins. (LH) 4:00 Asian Mahjong (Mg. 5th Fl.)	219:00 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) 1:00 Bridge (Pn. 5th Fl.) 1:30 Scrabble Enthusiasts (BR) 1:30 Shopping: Goodwill Store H Street CV (RA) 7:00 BYOB Social w/ Double Take (AD)	2210:00 Sit & Get Fit for Beginners w/ Kathryn (CP) 10:00 Tech Support (L) 12:30 Hula Hoop Chair Workout w/ Kathryn (CP) 1:00 PV Choir Rehearsal (LH) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 3:00 BINGO (AD) 6:00 Dartball (CP)	239:00 Total Body Strength w/ Kathryn (CP) 10:00 Cardio Workout w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 1:30 Generations Values Resident & Staff Scavenger Hunt (Plaza) 2:00 Bible Study (BR) 3:30 Zamorans Fine Arts Academy Art Show Outing (RA) 5:00 Sound Therapy (CP) 5:30 Movie: Runaway Jury 2 hrs. 7 mins. (LH)	2410:00 Balance for Beginners (CP) 12:30 Pilates w/ Kathryn (CP) 3:00 BINGO (AD) 6:00 TOPS Meeting (BR) 6:30 Shuffleboard Bowling (Plaza 2nd Fl.)	259:00 Advance Balance & Stabilize w/ Kathryn (CP) 9:00 Shopping: NC Walmart (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:30 Shopping: Grocery Outlet & Dollar Tree (RA) 7:00 Glenview Adventist Academy Choir & Handbell Choir Concert (LH)	269:00 Walking Club: Tidelands Park Coronado (RA) 10:00 Shuffleboard & Games (CP) 1:00 Bridge (Pn. 5th Fl.) 1:00 Little Dresses Project (BR) 2:00 Documentary: Our Great Natural Parks: Monterey Bay National Marine Sanctuary, USA 52 mins. (LH)
278:30 Bus to First United Methodist Church Mission Valley (RA) 9:00 Anglican Church Service (HC) 9:00 Carlsbad Flower Fields Outing (RA) 9:30 Eastlake Church Service (LH) 11:30 Catholic Mass (LH) 4:00 Asian Mahjong (Mg. 5th Fl.)	289:00 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) 1:00 Bridge (Pn. 5th Fl.) 1:30 Scrabble Enthusiasts (BR) 1:30 Shopping: Walgreens & Vallarta (RA) 5:30 Movie: Alpha 1 hr. 36 mins. (LH)	2910:00 Sit & Get Fit for Beginners w/ Kathryn (CP) 10:00 Tech Support (L) 12:30 Hula Hoop Chair Workout w/ Kathryn (CP) 1:00 PV Choir Rehearsal (LH) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 3:00 BINGO (AD) 4:30 Dinner at Tasty Mandarin in CV (RA) 6:00 Dartball (CP)	309:00 Total Body Strength w/ Kathryn (CP) 10:00 Cardio Workout w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 1:30 Shopping: Vons in Bonita (RA) 2:00 Bible Study (BR) 5:00 Sound Therapy (CP) 5:30 Movie: Last Breath 1 hr. 33 mins. (LH)	April Culture Topic: Generations Values * People First: Our first priority is the wellbeing of our residents and staff. We strive to create an environment where everyone feels valued, respected, and supported. * Stay Curious: We are always seeking to understand and discover new things about the world and each other. We believe in lifelong learning. * Grit with Grace: We strive to face challenges with unwavering determination while maintaining composure and kindness. * Cherish the Business: We value our relationships with residents, suppliers, and partners. We prioritize the financial health of the business by making informed decisions to ensure long-term sustainability and growth. * Have Fun: We believe there is room for fun at work and home every single day! Making time to be silly and laugh with each other is the foundation for being the place we want to work and live.		