


April 2026

The Plaza Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
April Culture Topic: Generations Values What Are Generations Values? *We put people first. * We love to learn and stay curious, at every stage of life. * We are determined people who bring grit with grace. *We cherish the business through accountability. *We love to have fun together!				9:00 Total Body Strength w/ Kathryn (CP) 1 10:00 Cardio Workout w/ Kathryn (CP) 10:30 Choosing the Best Cellphone (AS) 11:00 New Resident Orientation/Social (AD) 1:00 Bridge (Pines 5th Fl. Parlor) 1:00 Cellphone Tech Support (CR) 1:00 Shopping: Walmart on H Street in Chula Vista (RA) 2:00 Bible Study (BR) 2:00 Parkinson's Support Group (L) 2:00 Rummikub (Wl. 3rd fl. parlor) 6:00 Oscar Nominated Movie: Sinners 2hrs. 17 min (LH)	10:00 Balance for Beginners (CP) 2 12:30 Floor Stretch Class w/ Kathryn (CP) 1:30 Let's Write (AS) 3:00 BINGO (AD) 6:15 Shuffleboard Bowling (Plaza 2nd Fl.)	9:00 Advance Balance & Stabilize w/ Kathryn (CP) 3 9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 10:00 Chair Yoga w/ Kathryn (CP) 11:00 "While You Still Have Time" Book Launch w/ Jewel Buenavista(AD) 11:00 Adventures Across America (L) 1:30 Shopping: Walgreens & Vallarta (RA) 3:00 PV Book Group (BR) 7:00 Shabbat Service on YouTube (HC)	9:00 Walking Club: Imperial Beach Pier (RA) 4 10:00 Shuffleboard & Games (CP) 11:00 Stronger-U Stretch w/ Jazmine (CP) 1:00 Death Reflection Group (L) 3:00 Documentary: Being Gordon Ramsay Ep.3 46 mins. (LH) 4:00 PV Preachers & Prayer (HC)
8:30 Bus to First United Methodist Church Mission Valley (RA) 5 9:30 Eastlake Church Service (LH) 10:30 Eastlake Church Easter Luncheon (AD) 11:30 Catholic Mass (LH) 12:00 Pictures with the Easter Bunny (Plaza 1st fl.) 2:00 Movie: Quigley Down Under 2hrs. (LH) 4:00 Asian Mahjong (Mg. 5th Fl.)	9:00 Total Body Strength w/ Kathryn (CP) 6 10:00 Intermediate Balance w/ Kathryn (CP) 10:00 Rosary Prayer Meeting (HC) 10:30 Lunch at Marie's Callender (RA) 1:30 Scrabble Enthusiasts (BR) 2:00 Diabetes Support Group (L) 2:00 Shopping Food 4 Less NC (RA) 6:30 BYOB w/ Bayou Brothers (AD)	9:00 Dynamic Balance w/ Kathryn (CP) 7 10:00 Pool Players All Levels (1st Fl. Wil. & Pa. Parlor) 10:00 Sit & Get Fit w/ Kathryn (CP) 11:00 Kujo Eats Filipino Food Tasting (AD) 11:00 Tech Support (CR) 1:00 PV Chorale Rehearsal (LH) 2:00 Fabric Art Group (AS) 3:00 BINGO (AD) 6:00 Dartball (CP)	9:00 Total Body Strength w/ Kathryn (CP) 8 10:00 Cardio Workout w/ Kathryn (CP) 10:30 How to Use Your Phone Apps (AS) 12:00 New Resident Club Paradise Orientation (CP) 1:00 Bridge (Pines 5th Fl. Parlor) 1:00 Cellphone Tech Support (CR) 1:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 2:00 Bible Study (BR) 2:00 Fiesta Market (TCA) 2:00 Rummikub (Wl. 3rd fl. parlor) 5:00 Sound Therapy (CP) 6:00 Oscar Nominated Movie: Weapons 2hrs. 8min (LH) 6:30 Cash Bingo Staff Appreciation Fundraiser (AD)	10:00 Balance for Beginners (CP) 9 12:30 Floor Stretch Class w/ Kathryn (CP) 1:00 Resident-Life Council Meeting (LH) 3:00 BINGO (AD) 3:00 Wisdom Circle w/ Tanya & Paul (L) 6:15 Shuffleboard Bowling (Plaza 2nd Fl.)	9:00 Advance Balance & Stabilize w/ Kathryn (CP) 10 9:00 Walking Club: The Water Conservation Garden at Cuyamaca College 10:00 Chair Yoga w/ Kathryn (CP) 11:00 Adventures Across America (L) 1:30 Shopping: Gateway Aldis, Hobby Lobby, Walmart, Smart & Final (RA) 7:00 Shabbat Service on YouTube (HC)	8:00 Community Garden Clean Up (Heritage Park) 11 9:00 Walking Club: Balboa Park (RA) 10:00 Shuffleboard & Games (CP) 11:00 PV Book Group (BR) 3:00 Documentary: Being Gordon Ramsay Ep.4 44 min. (LH)	
8:30 Bus to First United Methodist Church Mission Valley (RA) 12 9:30 Eastlake Church Service (LH) 11:30 Catholic Mass (LH) 2:00 Movie: Something to Talk About 1hr. 45 min (LH) 4:00 Asian Mahjong (Mg. 5th Fl.)	9:00 Total Body Strength w/ Kathryn (CP) 13 9:30 Shopping: Costco H Street (RA) 10:00 Intermediate Balance w/ Kathryn (CP) 10:00 Rosary Prayer Meeting (HC) 1:30 Scrabble Enthusiasts (BR) 1:30 Shopping: Target at Plaza Bonita (RA) 3:00 Men's Discussion Group (L) 6:00 Movie: Beloved 2hr. 52mins (LH)	9:00 Dynamic Balance w/ Kathryn (CP) 14 10:00 Pool Players All Levels (1st Fl. Wil. & Pa. Parlor) 10:00 Sit & Get Fit w/ Kathryn (CP) 11:00 Tech Support (CR) 1:00 PV Chorale Rehearsal (LH) 1:30 Cornhole Tournament (AD) 2:00 Fabric Art Group (AS) 3:00 BINGO (AD) 6:00 Dartball (CP)	9:00 Total Body Strength w/ Kathryn (CP) 15 10:00 Cardio Workout w/ Kathryn (CP) 10:00 Green Shredding Truck (Plaza) 10:30 Using Your Phone for Photos/Videos (AS) 1:00 Bridge (Pines 5th Fl. Parlor) 1:00 Cellphone Tech Support (CR) 1:00 Shopping: NC Walmart (RA) 2:00 Bible Study (BR) 2:00 Cornhole Semi Final (AD) 2:00 Parkinson's Support Group (L) 2:00 Rummikub (Wl. 3rd fl. parlor) 6:00 Oscar Nominated Movie: Frankenstein 2hrs. 30min (LH)	10:00 Balance for Beginners (CP) 16 10:30 Women's Friendship Group Luncheon (LH & AD) 12:30 Floor Stretch Class w/ Kathryn (CP) 1:00 Ambassador Meeting (BR) 2:00 Cornhole Championship Tournament (AD) 3:00 BINGO (AD) 6:15 Shuffleboard Bowling (Plaza 2nd Fl.)	9:00 Advance Balance & Stabilize w/ Kathryn (CP) 17 9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 10:00 Chair Yoga w/ Kathryn (CP) 11:00 Adventures Across America (L) 1:30 Shopping: Walgreens & Vallarta (RA) 3:00 PV Book Group (BR) 6:30 Birthday Happy Hour w/ Double Take (AD) 7:00 Shabbat Service on YouTube (HC)	9:00 Walking Club: Embarcadero Park (RA) 18 10:00 Shuffleboard & Games (CP) 3:00 Documentary: Being Gordon Ramsey Ep. 5 1hr. 19 mins (LH)	
8:30 Bus to First United Methodist Church Mission Valley (RA) 19 9:30 Eastlake Church Service (LH) 10:00 Stronger-U Cardio w/ Jazmine (CP) 11:30 Catholic Mass (LH) 12:30 Catholic Confessions (HC) 2:00 Resident Collage Art Exhibit (AD) 4:00 Asian Mahjong (Mg. 5th Fl.)	9:00 Shopping: Gateway Aldis, Hobby Lobby, Walmart, Smart & Final (RA) 20 9:00 Total Body Strength w/ Kathryn (CP) 10:00 Intermediate Balance w/ Kathryn (CP) 10:00 Rosary Prayer Meeting (HC) 1:30 Scrabble Enthusiasts (BR) 1:30 Shopping: Food 4 Less nc (RA) 6:00 Oscar Nominated Movie: Train Dreams 1hr 42mins (LH)	9:00 Dynamic Balance w/ Kathryn (CP) 21 10:00 Pool Players All Levels (1st Fl. Wil. & Pa. Parlor) 10:00 Sit & Get Fit w/ Kathryn (CP) 11:00 Tech Support (CR) 1:00 PV Chorale Rehearsal (LH) 2:00 Fabric Art Group (AS) 3:00 BINGO (AD) 6:00 Dartball (CP)	9:00 Total Body Strength w/ Kathryn (CP) 22 10:00 Cardio Workout w/ Kathryn (CP) 10:30 How to Use Your Phone with SIRI & Alexis (AS) 1:00 Bridge (Pines 5th Fl. Parlor) 1:00 Cellphone Tech Support (AS) 1:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 2:00 Bible Study (BR) 2:00 Fiesta Market (TCA) 2:00 Rummikub (Wl. 3rd fl. parlor) 3:00 "Zamorano Celebration of Art" Art Show (RA) 5:00 Sound Therapy (CP) 6:00 Movie: The Private Life 1hr 47min (LH)	10:00 Balance for Beginners (CP) 23 12:30 Floor Stretch Class w/ Kathryn (CP) 1:00 Lecture: Spirituality, Religion & the Aging Brain (L) 3:00 BINGO (AD) 3:00 Wisdom Circle w/ Tanya & Paul (L) 6:15 Shuffleboard Bowling (Plaza 2nd Fl.)	9:00 Advance Balance & Stabilize w/ Kathryn (CP) 24 9:00 Shopping: Walmart on H Street in Chula Vista (RA) 10:00 Chair Yoga w/ Kathryn (CP) 11:00 Adventures Across America (L) 1:30 Shopping Terra Nova Plaza Marshalls ,cvs , Smart & Final (RA) 7:00 Glenview Academy Bell Choir Performance (LH) 7:00 Shabbat Service on YouTube (HC)	9:00 Walking Club: Mission Bay Park (RA) 25 10:00 Shuffleboard & Games (CP) 3:00 Documentary: The Light We Carry 1hr 21min (LH)	
8:30 Bus to First United Methodist Church Mission Valley (RA) 26 9:30 Carlsbad Flower Fields Lunch at Windmill Food Court (RA) 9:30 Eastlake Church Service (LH) 11:30 Catholic Mass (LH) 2:00 Movie: Barbarosa 1hr. 30 min (LH) 4:00 Asian Mahjong (Mg. 5th Fl.)	9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 27 9:00 Total Body Strength w/ Kathryn (CP) 10:00 Intermediate Balance w/ Kathryn (CP) 10:00 Rosary Prayer Meeting (HC) 1:30 Scrabble Enthusiasts (BR) 1:30 Shopping: Dollar Tree nc (RA) 3:00 Men's Discussion Group (L) 6:00 Movie: Passing 1hr 38min(LH)	9:00 Dynamic Balance w/ Kathryn (CP) 28 9:30 Balboa Park FREE Museum Outing Museum of US & Automotive (RA) 10:00 Pool Players All Levels (1st Fl. Wil. & Pa. Parlor) 10:00 Sit & Get Fit w/ Kathryn (CP) 11:00 Tech Support (CR) 1:00 OASIS Lecture: Megalithic Structures of the Ancient World (BR) 1:00 PV Chorale Rehearsal (LH) 2:00 Fabric Art Group (AS) 2:00 Southwestern College Guitar Ensemble(LH) 3:00 BINGO (AD) 4:30 Dinner at Witherby Downtown SD (RA) 6:00 Dartball (CP)	9:00 Total Body Strength w/ Kathryn (CP) 29 10:00 Cardio Workout w/ Kathryn (CP) 1:00 Bridge (Pines 5th Fl. Parlor) 1:00 Shopping: Walmart on H Street in Chula Vista (RA) 2:00 Bible Study (BR) 2:00 Rummikub (Wl. 3rd fl. parlor) 6:00 Movie: Mudbound 2hrs 14 mins (LH)	10:00 Balance for Beginners (CP) 30 12:30 Floor Stretch Class w/ Kathryn (CP) 3:00 BINGO (AD) 6:15 Shuffleboard Bowling (Plaza 2nd Fl.)	<h1>Activities are Subject to Change.</h1>		