

April 2024

The Plaza Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activities are Subject to Change.	9:00 Total Body Strength w/ Kathryn (CP) 1 10:00 Balance Class w/ Kathryn (CP) 10:30 Lunch at Phil's BBQ in Santee (RA) 1:00 Art Group (AS) 1:00 Bridge (Pn. 5th Fl.) 2:00 Shopping: Walgreens & Vallarta (RA) 5:30 Movie: Ferrari 2 hrs. & 11 mins.	10:00 Sit & Get Fit for Beginners (CP) 2 10:00 Tech Support (L) 11:30 PV Choir Rehearsal (LH) 12:30 Hula Hoop Chair Workout w/ Kathryn (CP) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 2:30 Movie: Dog Gone 1 hr. & 35 mins. (LH) 3:00 BINGO (AD) 6:30 Dartball (CP)	9:00 Total Body Strength w/ Kathryn (CP) 3 10:00 Cardio Workout w/ Kathryn (CP) 10:00 New Resident Orientation (AD) 11:00 Men & Women's Bible Study Fellowship (BR) 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 Parkinson's Support Group (L) 5:30 Movie: The Color Purple 2023 2 hrs. & 21 mins. (LH) 6:30 Evening Worship (HC)	10:00 Balance for Beginners (CP) 4 12:30 Water Walker Workout w/ Kathryn (CP) 1:30 Let's Write (AS) 2:30 Conversations w/ the Chaplain (HC) 3:00 BINGO (AD) 6:00 TOPS Meeting (BR) 6:30 Shuffleboard Bowling (Plaza 2nd Fl.) 7:00 Armchair Astronomy: Asteroid Hazards: The Sky IS Falling! (LH)	9:00 Advance Balance & Stabilize w/ Kathryn (CP) 5 9:00 Shopping: Walmart H. Street Chula Vista (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:30 Shopping: Dollar Tree Store National City (RA) 6:30 Dartball (CP)	9:00 Walking Club: Tidelands Park Coronado (RA) 6 10:00 Shuffleboard & Games (CP) 1:00 Bridge (Pn. 5th Fl.) 2:00 Documentary: Harry & Meghan Ep. 4 60 mins. (LH) 2:00 Novice Poker Group (Mg. 5th Fl. Parlor)
	8:30 Bus to First United Methodist Church Mission Valley (RA) 7 9:30 Eastlake Church Service (LH) 11:30 Catholic Mass w/ Fr. Smith (LH) 2:00 Asian Mahjong (Mg. 5th Fl.) 2:00 Movie: Pennies From Heaven 107 min. (LH)	9:00 Total Body Strength w/ Kathryn (CP) 8 9:30 Shopping: Costco on H Street in Chula Vista (RA) 10:00 Balance Class w/ Kathryn (CP) 1:00 Art Group (AS) 1:00 Bridge (Pn. 5th Fl.) 1:30 Shopping: Target at Plaza Bonita (RA) 7:00 BYOB Social w/ Bayou Brothers (AD)	10:00 Sit & Get Fit for Beginners (CP) 9 10:00 Tech Support (L) 11:30 PV Choir Rehearsal (LH) 12:30 Hula Hoop Chair Workout w/ Kathryn (CP) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 2:30 Movie: Where the Crawdad's Sing 2 hrs. & 5 mins. (LH) 3:00 BINGO (AD) 6:30 Dartball (CP)	9:00 Total Body Strength w/ Kathryn (CP) 10 10:00 Cardio Workout w/ Kathryn (CP) 11:00 Men & Women's Bible Study Fellowship (BR) 12:30 Club Paradise New Resident Orientation (CP) 1:00 Bridge (Pn. 5th Fl.) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 1:30 Shopping: NC Food for Less (RA) 2:00 Parkinson's Support Group (BR) 5:30 Movie: Noah 2 hrs. & 18 mins. (LH) 6:00 Sound Therapy (CP) 6:30 Evening Worship (HC)	10:00 Balance for Beginners (CP) 11 12:30 Pilates w/ Kathryn (CP) 1:00 Resident Council Meeting (LH) 2:30 Conversations w/ the Chaplain (HC) 3:00 BINGO (AD) 6:00 TOPS Meeting (BR) 6:30 Shuffleboard Bowling (Plaza 2nd Fl.)	9:00 Walking Club: Embarcadero San Diego (RA) 13 10:00 Shuffleboard & Games (CP) 1:00 Bridge (Pn. 5th Fl.) 2:00 Documentary: Harry & Meghan Ep. 5 52 mins. (LH) 2:00 Novice Poker Group (Mg. 5th Fl. Parlor)
	8:30 Bus to First United Methodist Church Mission Valley (RA) 14 8:30 Carlsbad Flower Fields & Lunch Outing (RA) 9:30 Eastlake Church Service (LH) 11:30 Catholic Mass w/ Fr. Smith (LH) 12:00 Anglican Church Service (HC) 2:00 Asian Mahjong (Mg. 5th Fl.) 2:00 Movie: I Am Woman 1 hr. & 56 mins. (LH)	9:00 Total Body Strength w/ Kathryn (CP) 15 9:30 Shopping: Walmart H. Street Chula Vista (RA) 10:00 Balance Class w/ Kathryn (CP) 1:00 Art Group (AS) 1:00 Bridge (Pn. 5th Fl.) 1:30 Shopping: Goodwill Store H Street CV (RA) 7:00 BYOB Social w/ Double Take (AD)	10:00 Sit & Get Fit for Beginners (CP) 16 10:00 Tech Support (L) 11:30 PV Choir Rehearsal (LH) 12:30 Hula Hoop Chair Workout w/ Kathryn (CP) 12:30 National City Book Club Outing (RA) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 2:30 Move: Aquaman & the Lost Kingdom 1 hr. & 55 mins. (LH) 3:00 BINGO (AD) 6:30 Dartball (CP)	9:00 Total Body Strength w/ Kathryn (CP) 17 10:00 Cardio Workout w/ Kathryn (CP) 11:00 Men & Women's Bible Study Fellowship (BR) 1:00 Bridge (Pn. 5th Fl.) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 1:30 Shopping: Gateway Walmart, Aldis, Hobby Lobby, Smart & Final (RA) 2:00 Generations Values "Stay Curious" Scavenger Hunt (Plaza 1st Fl.) 2:00 Parkinson's Support Group (L) 6:30 Evening Worship (HC)	10:00 Balance for Beginners (CP) 18 10:30 Women's Friendship Group Luncheon (LH & AD) 12:30 Water Walker Workout w/ Kathryn (CP) 1:30 Ambassador Meeting (L) 1:30 Let's Write (BR) 2:30 Conversations w/ the Chaplain (HC) 3:00 BINGO (AD) 6:00 TOPS Meeting (BR) 6:30 Shuffleboard Bowling (Plaza 2nd Fl.)	9:00 Walking Club: Rohr Park Chula Vista (RA) 20 10:00 Shuffleboard & Games (CP) 1:00 Bridge (Pn. 5th Fl.) 2:00 Documentary: Harry & Meghan Ep. 6 63 mins. (LH) 2:00 Novice Poker Group (Mg. 5th Fl. Parlor) 5:00 Resident Council Mini Casino Night (AD)
	8:30 Bus to First United Methodist Church Mission Valley (RA) 21 9:30 Eastlake Church Service (LH) 9:30 San Ysidro Outlets Outing (RA) 10:50 Catholic Confessions (HC) 11:30 Catholic Mass w/ Fr. Smith (LH) 2:00 Asian Mahjong (Mg. 5th Fl.) 2:00 Movie: Damsel 1 hr. & 49 mins. (LH)	9:00 Shopping: NC Walmart 22 9:00 Total Body Strength w/ Kathryn (CP) 10:00 Balance Class w/ Kathryn (CP) 1:00 Art Group (AS) 1:00 Bridge (Pn. 5th Fl.) 1:30 Shopping 99 Cent Store National City (RA) 7:00 BYOB Social w/ Rhythm Express (AD)	10:00 Sit & Get Fit for Beginners (CP) 23 10:00 Tech Support (L) 11:30 PV Choir Rehearsal (LH) 12:30 Hula Hoop Chair Workout w/ Kathryn (CP) 1:30 Generations Values "Cherish the Business" Campus Clean-Up (TCA) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 3:00 BINGO (AD) 6:30 Dartball (CP)	9:00 Total Body Strength w/ Kathryn (CP) 24 10:00 Cardio Workout w/ Kathryn (CP) 10:00 Green Shredding Truck (Plaza Outside) 11:00 Men & Women's Bible Study Fellowship (BR) 1:00 Bridge (Pn. 5th Fl.) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 1:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 5:30 Movie: I.S.S 1 hr. & 36 mins. (LH) 6:00 Sound Therapy (CP) 6:30 Evening Worship (HC)	10:00 Balance for Beginners (CP) 25 12:30 Pilates w/ Kathryn (CP) 1:30 Let's Write (AS) 2:00 Drum Circle w/ Minnie (CP) 2:30 Conversations w/ the Chaplain (HC) 3:00 BINGO (AD) 6:00 TOPS Meeting (BR) 6:30 Shuffleboard Bowling (Plaza 2nd Fl.)	9:00 Advance Balance & Stabilize w/ Kathryn (CP) 26 9:00 Shopping: Vons in Bonita (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:30 Shopping: Walgreens & Vallarta (RA) 6:30 Dartball (CP) 6:30 Jewish Shabbat Service (HC) 7:00 Glenview Academy Handbell & Choir Concert (LH)
	8:30 Bus to First United Methodist Church Mission Valley (RA) 28 9:30 Eastlake Church Service (LH) 11:30 Catholic Mass w/ Fr. Smith (LH) 12:00 Anglican Church Service (HC) 2:00 Asian Mahjong (Mg. 5th Fl.) 2:00 Movie: Tyson's Run 1 hr. & 42 mins. (LH)	9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 29 9:00 Total Body Strength w/ Kathryn (CP) 10:00 Balance Class w/ Kathryn (CP) 1:00 Art Group (AS) 1:00 Bridge (Pn. 5th Fl.) 1:30 Shopping: NC Food for Less (RA) 5:00 Movie: Killers of the Flower Moon 3 hrs. & 26 mins. (LH)	10:00 Sit & Get Fit for Beginners (CP) 30 10:00 Tech Support (L) 11:30 PV Choir Rehearsal (LH) 12:30 Hula Hoop Chair Workout w/ Kathryn (CP) 1:30 Generations Values "Have Fun" Social (AD) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 3:00 BINGO (AD) 4:30 Dinner at Kings Fish House Mission Valley (RA) 6:30 Dartball (CP)			April Culture Topic: Generations Values People First Stay Curious Grit with Grace Cherish the Business Have Fun