

August 2026

The Plaza Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August Culture Topic: Food as Fuel * Focus on eating whole foods that are not processed: vegetables, fruits, poultry and fish, whole grains, beans and nuts. * Avoid highly processed foods: packaged sweets, sugary drinks, chips, etc. * Eat a wide variety of foods. No one food contains perfect nutrition. * Include a fruit or vegetable at every meal or snack. A diet rich in fruits and vegetables can reduce your risk for heart disease, have a positive effect on blood sugar, and help keep your appetite in check. * Make water your primary drink and sip frequently during the day.						1 10:00 National City Historical Tour(RA) 10:00 Shuffleboard & Games (CP) 1:00 Death Reflection Group (L) 3:00 Doc: Surviving Paradise: A Family Tale 1hr 18min (LH) 4:00 PV Preachers & Prayer (HC)
8:30 Bus to First United Methodist Church Mission Valley (RA) 9:00 Walking Club: Tidelands Park Coronado (RA) 9:30 Eastlake Church Service(LH) 10:30 Eastlake Coffee Social (AD) 11:30 Catholic Mass (LH) 1:00 Free Concert Balboa Park Organ Pavillian (RA) 4:00 Asian Mahjong (Mg. 5th Fl.) 4:00 Piano Recital (LH) 4:30 Curiosity UL)	2 9:00 Total Body Strength w/ Kathryn (CP) 10:00 Horse Racing Hat Making (AD) 10:00 Intermediate Balance w/ Kathryn (CP) 10:00 Rosary Prayer Group(HC) 10:30 Lunch: Stone Brewing Liberty Station (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)	3 9:00 Dynamic Balance w/ Kathryn (CP) 10:00 Pool Players All Levels (1st Fl. Wil. & Pa. Parlor) 10:00 Sit & Get Fit w/ Kathryn (CP) 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)	4 9:00 Total Body Strength w/ Kathryn (CP) 10:00 Cardio Workout w/ Kathryn (CP) 11:00 New Resident Orientation Social (AD) 1:00 Bridge (Pines 5th Fl. Parlor) 1:00 Shopping: Walmart NC (RA) 2:00 Bible Study (BR) 2:00 Parkinson's Support Group (L) 6:00 Movie: Three Amigos! 1hr 45min (LH)	5 10:00 Balance for Beginners w/Kathryn (CP) 12:00 Balance for Beginners w/Kathryn (CP) 1:30 Let's Write (AS) 3:00 BINGO (AD) 3:00 Tai Chi/ Qigong (CP) 6:15 Shuffleboard Bowling(Plaza 2nd Fl.)	6 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) 1:00 Shopping: Walgreens & Vallarta (RA) 1:00 Social Activities Planning Meeting(BR) 2:00 Life Long Learning Planning Meeting(L) 3:00 Spirituality Book Discussion Group (L) 6:00 Shabbat Service on YouTube (HC)	7 9:00 Walking Club: IB Pier (RA) 10:00 Shuffleboard & Games (CP) 10:30 Alzheimer's Caregiver Support Group(L) 11:00 Book Club (BR) 11:00 Stronger-U Stretch w/ Jazmine (CP) 2:00 American Literary Heroes: Emily Dickinson (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) 3:00 Doc: Night On Earth EP. 1-2 1hr 30min (LH) 4:00 Asian Mahjong (Mg. 5th Fl.) 4:30 Enjoying Poetry Together(L)	9 9:00 Total Body Strength w/ Kathryn (CP) 9:30 Shopping: Costco H Street (RA) 10:00 Intermediate Balance w/ Kathryn (CP) 10:00 Rosary Prayer Group(HC) 1:00 Shopping: Target Plaza Bonita (RA) 1:30 Scrabble Enthusiasts (BR) 3:00 Men's Discussion Group (L) 6:00 Movie:Senior Moment 1hr 32min (LH)	10 9:00 BaBa Foods Authentic Mediterranean Foods(TCA) 9:00 Dynamic Balance w/ Kathryn (CP) 10:00 Pool Players All Levels (1st Fl. Wil. & Pa. Parlor) 10:00 Sit & Get Fit w/ Kathryn (CP) 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)	11 9:00 Total Body Strength w/ Kathryn (CP) 10:00 Cardio Workout w/ Kathryn (CP) 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) 5:00 Sound Therapy (CP) 6:00 Movie: Priscilla 1hr 53min (LH)	12 10:00 Balance for Beginners w/Kathryn (CP) 12:00 Balance for Beginners w/Kathryn (CP) 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.)	13 9:00 Advance Balance & Stabilize w/ Kathryn (CP) 9:00 Shopping: Ralphs & CVS (RA) 10:00 Chair Yoga w/ Kathryn (CP) 11:00 Celebrating America (L) 1:00 Shopping: Gateway Aldis, Hobby Lobby, Walmart, Smart & Final (RA) 2:00 Sam : The Birth of Rom-Coms(LH) 6:00 Shabbat Service on YouTube (HC) 6:30 Birthday Happy Hour w/ Double Take (AD)	14 9:00 Walking Club: GayLord Hotel (RA) 10:00 Shuffleboard & Games (CP) 2:00 Singalong Ice Cream Social (Plaza 1st. fl) 3:00 Doc: Night On Earth EP. 3-4 1hr 30min (LH)
8:30 Bus to First United Methodist Church Mission Valley (RA) 9:30 CV Farmers Market (RA) 9:30 Eastlake Church Service(LH) 11:30 Catholic Mass (LH) 12:30 Catholic Confessions (HC) 1:00 Free Concert Balboa Park (RA) 3:00 Doc: Night On Earth EP. 5-6 1hr 30min (LH) 4:00 Asian Mahjong (Mg. 5th Fl.) 4:30 Curiosity UL)	16 9:00 Shopping: Walmart H St CV (RA) 9:00 Total Body Strength w/ Kathryn (CP) 10:00 Intermediate Balance w/ Kathryn (CP) 10:00 Rosary Prayer Group(HC) 1:00 Shopping: Terra Nova Plaza (RA) 1:30 Scrabble Enthusiasts (BR) 2:00 Game Time w/ Rummikub (AD) 6:00 Movie: The Return 1hr 56min (LH)	17 9:00 Dynamic Balance w/ Kathryn (CP) 9:30 Balboa Park Free Museum Day SD Museum of Art (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) 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)	18 9:00 Total Body Strength w/ Kathryn (CP) 10:00 Cardio Workout w/ Kathryn (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: Gateway Aldis, Hobby Lobby, Walmart, Smart & Final (RA) 1:30 Cell Phone 1:1 Tutorial (CR) 2:00 Bible Study (BR) 2:00 Parkinson's Support Group (L) 2:00 The Philippine Master Singers Concert (LH) 6:00 Movie: Oppenheimer 3hrs(LH)	19 10:00 Balance for Beginners w/Kathryn (CP) 10:30 Women's Friendship Group Luncheon (LH & AD) 12:00 Balance for Beginners w/Kathryn (CP) 1:00 Ambassador Meeting (BR) 2:00 Horse Races Emp. Fund. (AD) 3:00 Tai Chi/ Qigong (CP) 6:15 Shuffleboard Bowling(Plaza 2nd Fl.)	20 9:00 Advance Balance & Stabilize w/ Kathryn (CP) 9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 10:00 Art Planning Meeting(AS) 10:00 Chair Yoga w/ Kathryn (CP) 1:00 Shopping: Walgreens & Vallarta (RA) 3:00 Spirituality Book Discussion Group (L) 6:00 Shabbat Service on YouTube (HC)	21 9:00 Walking Club: Embarcadero Park (RA) 10:00 Shuffleboard & Games (CP) 10:30 Alzheimer's Caregiver Support Group(L) 11:00 Stronger-U Stretch w/ Jazmine (CP) 12:30 FREE Art Project Pt. 2 (AD) 2:00 American Literary Heroes: Mark Twain (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 Harmony Collective Concert(LH) 4:00 Asian Mahjong (Mg. 5th Fl.) 4:30 Enjoying Poetry Together(L)	23 9:00 Total Body Strength w/ Kathryn (CP) 9:30 Shopping: Costco H Street (RA) 10:00 Intermediate Balance w/ Kathryn (CP) 10:00 Rosary Prayer Group(HC) 1:00 Shopping: Dollar Tree (RA) 1:30 Scrabble Enthusiasts (BR) 3:00 Men's Discussion Group (L)	24 9:00 BaBa Foods Authentic Mediterranean Foods(TCA) 9:00 Dynamic Balance w/ Kathryn (CP) 10:00 National City Historical Tour(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) 11:00 TOPS Meeting (L) 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)	25 9:00 Total Body Strength w/ Kathryn (CP) 10:00 Cardio Workout w/ Kathryn (CP) 1:00 Bridge (Pines 5th Fl. Parlor) 1:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 2:00 Bible Study (BR) 5:00 Sound Therapy (CP) 5:30 Free Concert Balboa Park Coronado Concert Band (RA) 6:00 Movie: Ferrari 2hr 10min (LH)	26 10:00 Balance for Beginners w/Kathryn (CP) 12:00 Balance for Beginners w/Kathryn (CP) 3:00 BINGO (AD) 3:00 Wisdom Circle w/ Tanya & Paul (L) 6:15 Shuffleboard Bowling(Plaza 2nd Fl.)	27 9:00 Advance Balance & Stabilize w/ Kathryn (CP) 9:00 Shopping: Walmart NC (RA) 10:00 Chair Yoga w/ Kathryn (CP) 11:00 Celebrating America (L) 6:00 Shabbat Service on YouTube (HC)	28 9:00 Walking Club: Balboa Park(RA) 10:00 Shuffleboard & Games (CP) 3:00 Doc: Wild Babies EP. 1-2 1hr (LH)
9:30 Eastlake Church Service(LH) 10:30 Shopping: Plaza Bonita Mall(RA) 11:30 Catholic Mass (LH) 3:00 Doc: Wild Babies EP.3-4 1hr(LH) 4:00 Asian Mahjong (Mg. 5th Fl.)	30 9:00 Total Body Strength w/ Kathryn (CP) 10:00 Intermediate Balance w/ Kathryn (CP) 10:00 Rosary Prayer Group(HC) 10:30 Lunch: Red Lobster CV (RA) 1:30 Scrabble Enthusiasts (BR) 2:00 Shopping: Bay Plaza; Smart & Final, Burlington, Seafood City (RA) 6:00 Movie: 50 First Dates 1hr 39min (LH)	31				Activities are Subject to Change