

August 2024

The Plaza Vitality Calendar



Paradise Village is  
Celebrating 15 years in  
August!



| Sunday                                                                                                                                                                                                                                                                                                                                       | Monday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                    | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Thursday                                                                                                                                                                                                                                                                                                                                    | Friday                                                                                                                                                                                                                                                                                                                                                             | Saturday                                                                                                                                                                                                                                                                                                     |
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| Activities are Subject to Change.                                                                                                                                                                                                                                                                                                            | August Culture Topic: Food as Fuel<br>* Focus on eating whole foods that are not processed: vegetables, fruits, poultry and fish, whole grains, beans and nuts.<br>* Avoid highly processed foods: packaged sweets, sugary drinks, chips, etc.<br>* Eat a wide variety of foods. No one food contains perfect nutrition.<br>* 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.<br>* Make water your primary drink and sip frequently during the day. |                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 10:00 Balance for Beginners (CP)<br>12:30 Water Walker Workout w/ Kathryn (CP)<br>2:30 Conversations w/ the Chaplain (HC)<br>3:00 BINGO (AD)<br>6:00 TOPS Meeting (BR)<br>6:30 Shuffleboard Bowling (Plaza 2nd Fl.)<br>7:00 Armchair Astronomy: Asteroid Hazards: The Sky IS Falling! (LH)<br>7:00 Armchair Astronomy: Weather on Mars (LH) | 9:00 Advance Balance & Stabilize w/ Kathryn (CP)<br>9:00 Shopping: Walmart H. Street Chula Vista (RA)<br>10:00 Chair Yoga w/ Kathryn (CP)<br>1:00 Bridge (Pn. 5th Fl.)<br>1:30 Shopping: Terra Nova Plaza (RA)<br>6:30 Dartball (CP)                                                                                                                               | 9:00 Walking Club: Shelter Island (RA)<br>10:00 Shuffleboard & Games (CP)<br>11:00 Stronger U Stretch w/ Jazmine (CP)<br>1:00 Bridge (Pn. 5th Fl.)<br>2:00 Documentary: My Octopus Teacher 1 hr. 30 mins. (LH)<br>2:00 Novice Poker Group (Mg. 5th Fl. Parlor)                                               |
| 8:30 Bus to First United Methodist Church Mission Valley (RA)<br>9:30 Eastlake Church Service (LH)<br>10:00 Stronger U Cardio w/ Jazmine (CP)<br>10:30 Plaza Bonita Mall Outing (RA)<br>11:30 Catholic Mass (LH)<br>2:00 Asian Mahjong (Mg. 5th Fl.)<br>2:00 Movie: A Family Affair 1 hr. 54 mins. (LH)                                      | 9:00 Total Body Strength w/ Kathryn (CP)<br>10:00 Balance Class w/ Kathryn (CP)<br>10:00 Rosary Prayer Meeting (HC)<br>10:30 Lunch at Hob Nob Hill \$\$ (RA)<br>1:00 Bridge (Pn. 5th Fl.)<br>1:30 Art Group (AS)<br>1:30 Scrabble Enthusiasts (BR)<br>2:00 Shopping: Walgreens & Vallarta (RA)<br>7:00 BYOB Social w/ Double Take (AD)                                                                                                                                                                                                                                                                             | 10:00 Sit & Get Fit for Beginners (CP)<br>10:00 Tech Support (L)<br>12:30 Hula Hoop Chair Workout w/ Kathryn (CP)<br>2:00 Movie: The Union 2 hrs. 13 mins. (LH)<br>2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.)<br>3:00 BINGO (AD)<br>6:30 Dartball (CP)                                                                                                                                                           | 9:00 Total Body Strength w/ Kathryn (CP)<br>10:00 Cardio Workout w/ Kathryn (CP)<br>11:00 Bible Study (AD)<br>1:00 Art Walk (Pines Building)<br>1:00 Bridge (Pn. 5th Fl.)<br>1:00 Hollywood Canasta (Pn. 3rd Fl.)<br>1:00 New Resident Orientation/Social (AD)<br>1:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA)<br>2:00 Parkinson's Support Group (L)<br>3:00 Art Walk Reception (Pines 5th Fl. Parlor)<br>5:30 Movie: One Love 1 hr. 47 mins. (LH)<br>6:30 Evening Worship (HC)        | 10:00 Balance for Beginners (CP)<br>11:00 Bible Study (AD)<br>12:30 Pilates w/ Kathryn (CP)<br>1:00 Resident Council Meeting (LH)<br>2:30 Conversations w/ the Chaplain (HC)<br>3:00 BINGO (AD)<br>6:00 TOPS Meeting (BR)<br>6:30 Shuffleboard Bowling (Plaza 2nd Fl.)                                                                      | 9:00 Advance Balance & Stabilize w/ Kathryn (CP)<br>9:30 Shopping: Coronado Commissary & NEX (RA)<br>10:00 Chair Yoga w/ Kathryn (CP)<br>11:00 Bible Study (AD)<br>1:00 Bridge (Pn. 5th Fl.)<br>1:30 Shopping: Vons in Bonita (RA)<br>6:30 Dartball (CP)                                                                                                           | 9:00 Walking Club: Tidelands Park Coronado (RA)<br>10:00 Shuffleboard & Games (CP)<br>11:00 Bible Study (AD)<br>1:00 Bridge (Pn. 5th Fl.)<br>2:00 Documentary: Quincy 2 hrs. 4 mins. (LH)<br>2:00 Novice Poker Group (Mg. 5th Fl. Parlor)                                                                    |
| 8:30 Bus to First United Methodist Church Mission Valley (RA)<br>9:30 Eastlake Church Service (LH)<br>11:00 Bible Study (AD)<br>11:30 Catholic Mass (LH)<br>12:00 Anglican Church Service (HC)<br>1:00 Free Concert in Balboa Park Organ Pavilion (RA)<br>2:00 Asian Mahjong (Mg. 5th Fl.)<br>2:00 Movie: Anyone But You 1 hr. 43 mins. (LH) | 9:00 Total Body Strength w/ Kathryn (CP)<br>9:30 Shopping: Costco on H Street in Chula Vista (RA)<br>10:00 Balance Class w/ Kathryn (CP)<br>10:00 Rosary Prayer Meeting (HC)<br>11:00 Bible Study (AD)<br>1:00 Bridge (Pn. 5th Fl.)<br>1:30 Art Group (AS)<br>1:30 Scrabble Enthusiasts (BR)<br>1:30 Shopping: Target at Plaza Bonita (RA)<br>7:00 BYOB Social w/ Bayou Brothers (AD)                                                                                                                                                                                                                              | 10:00 Sit & Get Fit for Beginners (CP)<br>10:00 Tech Support (L)<br>11:00 Bible Study (AD)<br>12:30 Hula Hoop Chair Workout w/ Kathryn (CP)<br>2:00 Movie: Find me Falling 1 hr.35 mins. (LH)<br>2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.)<br>3:00 BINGO (AD)<br>6:30 Dartball (CP)                                                                                                                             | 9:00 Total Body Strength w/ Kathryn (CP)<br>10:00 Cardio Workout w/ Kathryn (CP)<br>11:00 Bible Study (AD)<br>11:30 Club Paradise New Resident Orientation (CP)<br>1:00 Art Walk (Magnolia Building)<br>1:00 Bridge (Pn. 5th Fl.)<br>1:00 Hollywood Canasta (Pn. 3rd Fl.)<br>1:00 Shopping: Gateway Walmart, Aldis, Hobby Lobby, Smart & Final (RA)<br>3:00 Art Walk Reception (Magnolia 5th Fl. Parlor)<br>5:00 Sound Therapy (CP)<br>5:30 Movie: 5 Flights Up 1 hr. 32 mins. (LH)<br>6:30 Evening Worship (HC) | 10:00 Balance for Beginners (CP)<br>11:00 Bible Study (AD)<br>12:30 Water Walker Workout w/ Kathryn (CP)<br>1:30 Ambassador Meeting (L)<br>2:30 Conversations w/ the Chaplain (HC)<br>3:00 BINGO (AD)<br>6:00 TOPS Meeting (BR)<br>6:30 Shuffleboard Bowling (Plaza 2nd Fl.)                                                                | 9:00 Advance Balance & Stabilize w/ Kathryn (CP)<br>9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA)<br>10:00 Chair Yoga w/ Kathryn (CP)<br>11:00 Bible Study (AD)<br>1:00 Bridge (Pn. 5th Fl.)<br>1:30 Shopping: Bay Plaza Seafood City, Big Lots, Jo-Anns (RA)<br>3:00 Resident Birthday Party w/ Blue Zone Band (A)<br>6:30 Dartball (CP) | 9:00 Walking Club: Imperial Beach Pier (RA)<br>10:00 Shuffleboard & Games (CP)<br>11:00 Bible Study (AD)<br>11:00 Stronger U Stretch w/ Jazmine (CP)<br>1:00 Bridge (Pn. 5th Fl.)<br>2:00 Documentary: The Volcano: Rescue from Whakaari 1 hr. 38 mins. (LH)<br>2:00 Novice Poker Group (Mg. 5th Fl. Parlor) |
| 8:30 Bus to First United Methodist Church Mission Valley (RA)<br>9:30 Eastlake Church Service (LH)<br>10:00 Stronger U Cardio w/ Jazmine (CP)<br>10:50 Catholic Confessions (HC)<br>11:00 Bible Study (AD)<br>11:30 Catholic Mass (LH)<br>2:00 Asian Mahjong (Mg. 5th Fl.)<br>2:00 Movie: The Man From U.N.C.L.E 2 hr. 56 mins. (LH)         | 9:00 Shopping: NC Walmart (RA)<br>9:00 Total Body Strength w/ Kathryn (CP)<br>10:00 Balance Class w/ Kathryn (CP)<br>10:00 Rosary Prayer Meeting (HC)<br>11:00 Bible Study (AD)<br>1:00 Bridge (Pn. 5th Fl.)<br>1:30 Art Group (AS)<br>1:30 Scrabble Enthusiasts (BR)<br>1:30 Shopping: Goodwill Store H Street CV (RA)<br>7:00 BYOB Social w/ Rhythm Express (AD)                                                                                                                                                                                                                                                 | 10:00 Sit & Get Fit for Beginners (CP)<br>10:00 Tech Support (L)<br>11:00 Bible Study (AD)<br>12:30 Hula Hoop Chair Workout w/ Kathryn (CP)<br>12:30 National City Book Club Outing (RA)<br>2:00 Movie: The Neon Highway 1 hr. 53 mins. (LH)<br>2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.)<br>3:00 BINGO (AD)<br>6:30 Dartball (CP)                                                                              | 9:00 Total Body Strength w/ Kathryn (CP)<br>10:00 Cardio Workout w/ Kathryn (CP)<br>11:00 Bible Study (AD)<br>1:00 Art Walk (Willows Building)<br>1:00 Bridge (Pn. 5th Fl.)<br>1:00 Hollywood Canasta (Pn. 3rd Fl.)<br>1:00 Shopping: Dollar Tree (RA)<br>2:00 Parkinson's Support Group (L)<br>3:00 Art Walk Reception (Willows/Palms 1st Fl. Parlor)<br>5:30 Movie: Judy 1 hr. 58 mins. (LH)<br>5:30 Twilight in the Park Santana Ways Concert at Balboa Park (RA)<br>6:30 Evening Worship (HC)                | 10:00 Balance for Beginners (CP)<br>11:00 Bible Study (AD)<br>12:30 Pilates w/ Kathryn (CP)<br>2:00 Drum Circle w/ Minnie (CP)<br>2:30 Conversations w/ the Chaplain (HC)<br>3:00 BINGO (AD)<br>6:00 TOPS Meeting (BR)<br>6:30 Shuffleboard Bowling (Plaza 2nd Fl.)                                                                         | 9:00 Advance Balance & Stabilize w/ Kathryn (CP)<br>9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA)<br>10:00 Chair Yoga w/ Kathryn (CP)<br>11:00 Bible Study (AD)<br>1:00 Bridge (Pn. 5th Fl.)<br>6:30 Dartball (CP)<br>6:30 Jewish Shabbat Service (HC)                                                                                    | 9:00 Walking Club: Mission Bay Park in San Diego (RA)<br>10:00 Shuffleboard & Games (CP)<br>11:00 Bible Study (AD)<br>1:00 Bridge (Pn. 5th Fl.)<br>1:00 Little Dresses Project (BR)<br>2:00 Documentary: Mountain Queen: The Summits of Lhakpa Sherpa (LH)<br>2:00 Novice Poker Group (Mg. 5th Fl. Parlor)   |
| 8:30 Bus to First United Methodist Church Mission Valley (RA)<br>9:30 Eastlake Church Service (LH)<br>9:30 Shopping: NC Food for Less (RA)<br>11:00 Bible Study (AD)<br>11:30 Catholic Mass (LH)<br>12:00 Anglican Church Service (HC)<br>2:00 Asian Mahjong (Mg. 5th Fl.)<br>2:00 Ghostbusters: Frozen Empire 1 hr. 55 mins. (LH)           | 9:00 Shopping: South Bay Market Place (RA)<br>9:00 Total Body Strength w/ Kathryn (CP)<br>10:00 Balance Class w/ Kathryn (CP)<br>10:00 Rosary Prayer Meeting (HC)<br>11:00 Bible Study (AD)<br>1:00 Bridge (Pn. 5th Fl.)<br>1:30 Art Group (AS)<br>1:30 Scrabble Enthusiasts (BR)<br>5:30 Movie: The Whale 117 mins. (LH)                                                                                                                                                                                                                                                                                          | 10:00 Sit & Get Fit for Beginners (CP)<br>10:00 Tech Support (L)<br>11:00 Bible Study (AD)<br>12:30 Hula Hoop Chair Workout w/ Kathryn (CP)<br>2:00 Braille Institute: Changing the Rules of Vision Loss (BR)<br>2:00 Movie: Still Mine 1 hr. 43 mins. (LH)<br>2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.)<br>2:30 Dinner at Texas Roadhouse for Early Bird Special (RA)<br>3:00 BINGO (AD)<br>6:30 Dartball (CP) | 9:00 Total Body Strength w/ Kathryn (CP)<br>10:00 Cardio Workout w/ Kathryn (CP)<br>11:00 Bible Study (AD)<br>1:00 Bridge (Pn. 5th Fl.)<br>1:00 Hollywood Canasta (Pn. 3rd Fl.)<br>1:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA)<br>3:00 Art Walk (Palms Building)<br>5:00 Sound Therapy (CP)<br>5:30 Movie: Senior Moments 1 hr. 32 mins. (LH)<br>6:30 Evening Worship (HC)                                                                                                            | 10:00 Balance for Beginners (CP)<br>12:30 Water Walker Workout w/ Kathryn (CP)<br>2:30 Conversations w/ the Chaplain (HC)<br>3:00 BINGO (AD)<br>6:00 TOPS Meeting (BR)<br>6:30 Shuffleboard Bowling (Plaza 2nd Fl.)                                                                                                                         | 9:00 Advance Balance & Stabilize w/ Kathryn (CP)<br>9:00 Shopping: Walmart H. Street Chula Vista (RA)<br>10:00 Chair Yoga w/ Kathryn (CP)<br>1:00 Bridge (Pn. 5th Fl.)<br>1:30 Shopping: Walgreens & Vallarta (RA)<br>6:30 Dartball (CP)                                                                                                                           | 9:00 Walking Club: Embarcadero San Diego (RA)<br>10:00 Shuffleboard & Games (CP)<br>11:00 Stronger U Stretch w/ Jazmine (CP)<br>1:00 Bridge (Pn. 5th Fl.)<br>2:00 Documentary: The Martha Mitchell Effect 40 mins. (LH)<br>2:00 Novice Poker Group (Mg. 5th Fl. Parlor)                                      |