

December 2023

The Plaza Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					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 Bridge (Pn. 5th Fl.) 1:30 Shopping 99 Cent Store National City (RA) 6:30 Dartball (CP)	9:00 Walking Club: Embarcadero Park SD (RA) 10:00 Shuffleboard & Games (CP) 1:00 Bridge (Pn. 5th Fl.) 2:00 Documentary: Yogi Berra - It Aint Over 1 hr. & 38 mins. 2022 PG (LH)
9:30 A Day at Westfield Valley West Mall (RA) 9:30 Eastlake Church Service (LH) 9:50 Bus to First United Methodist Church Mission Valley (RA) 11:15 Catholic Mass w/ Fr. Smith (LH) 2:00 Asian Mahjong (Mg. 5th Fl.) 2:00 Movie: Elf 1 hr. & 37 mins. PG (LH)	9:00 Total Body Strength w/ Kathryn (CP) 10:00 Balance Class w/ Kathryn (CP) 11:00 Lunch at Anthony's Fish Grotto in La Mesa (RA) 1:00 Bridge (Pn. 5th Fl.) 2:30 Shopping: Walgreens & Vallarta (RA) 7:00 BYOB Social w/ Double Take (AD)	10:00 Health Fair (Plaza 1st & 2nd Fl.) 10:00 Sit & Get Fit for Beginners (CP) 10:00 Tech Support (L) 11:30 PV Choir Rehearsal (LH) 12:30 Hula Hoop Chair Workout w/ Kathryn (CP) 1:00 American Mahjong (Mg. 5th Fl. Parlor) 2:00 Movie: How the Grinch Stole Christmas 1 hr. 45 mins. 2000 PG (LH) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 4:00 BINGO (AD) 6:30 Dartball (CP)	9:00 Total Body Strength w/ Kathryn (CP) 10:00 Cardio Workout w/ Kathryn (CP) 10:00 New Resident Orientation (AD) 11:00 Men & Women's Bible Study Fellowship (BR & AS) 1:00 Bridge (Pn. 5th Fl.) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 1:00 Shopping: Walmart H. Street Chula Vista (RA) 2:00 Parkinson's Support Group (BR) 5:30 Movie: The Santa Clause 1 hr. & 41 mins. 1994 PG (LH) 6:30 Evening Worship (HC)	10:00 Balance for Beginners (CP) 10:00 Smart Phone Class w/ Res. Sandy Rehmann (AS) 12:30 Water Walk Workout w/ Kathryn (CP) 1:30 Let's Write (AS) 4:00 BINGO (AD) 6:30 Shuffleboard Bowling (Plaza 2nd Fl.) 7:00 Armchair Astronomy: Cassini at Iapetus: Two Faced Moon (LH)	9:00 Advance Balance & Stabilize w/ Kathryn (CP) 9:30 Shopping: Coronado Commissary & NEX (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:30 Shopping: Vons in Bonita (RA) 6:00 1st Day of Lighting Hanukkah Candle (Plaza 2nd Fl.) 6:30 Dartball (CP) 6:30 Jewish Shabbat Service (HC)	9:00 Walking Club: Balboa Park San Diego (RA) 10:00 Shuffleboard & Games (CP) 1:00 Bridge (Pn. 5th Fl.) 2:00 Christmas Cookies & Holiday Trivia (A)
9:30 Eastlake Church Service (LH) 9:50 Bus to First United Methodist Church Mission Valley (RA) 11:15 Catholic Mass w/ Fr. Smith (LH) 12:00 Anglican Church Service (HC) 1:00 Shopping: NC Walmart 2:00 Asian Mahjong (Mg. 5th Fl.) 2:00 California Note Catchers Presents: Holiday Glow (LH) 6:00 3rd Day Lighting of Hanukkah Candle (Plaza 2nd Fl.)	9:00 Total Body Strength w/ Kathryn (CP) 9:30 Shopping: Costco on H Street in Chula Vista (RA) 10:00 Balance Class w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:30 Shopping: Target at Plaza Bonita (RA) 6:00 4th Day of lighting the Hanukkah Candle (Plaza 2nd Fl.) 7:00 BYOB Social w/ Bayou Brothers (AD)	10:00 Sit & Get Fit for Beginners (CP) 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) 1:00 American Mahjong (Mg. 5th Fl. Parlor) 2:00 Movie: Home Alone 1 hr. 43 mins. 1990 PG (LH) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 4:00 BINGO (AD) 5:30 Starlight Circle in Santee Holiday Light Tour (RA) 6:00 5th Day of Lighting Hanukkah Candle (Plaza 2nd Fl.) 6:30 Dartball (CP) 7:00 SD City Guard Band Holiday Show (LH)	9:00 Total Body Strength w/ Kathryn (CP) 10:00 Cardio Workout w/ Kathryn (CP) 11:00 Men & Women's Bible Study Fellowship (BR & AS) 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 Parkinson's Support Group (BR) 4:00 Resident & Family Holiday Gala (PC & AD) 6:00 6th Day of lighting Hanukkah Candle (Plaza 2nd Fl.) 6:00 Sound Therapy (CP) 6:30 Evening Worship (HC) 7:00 Pacific Coast Chorale Holiday Concert (LH)	10:00 Balance for Beginners (CP) 10:00 Smart Phone Class w/ Res. Sandy Rehmann (AS) 12:30 Pilates w/ Kathryn (CP) 1:30 Resident Council Meeting (LH) 4:00 BINGO (AD) 6:00 7th Day of Lighting Hanukkah Candle (Plaza 2nd Fl.) 6:30 Shuffleboard Bowling (Plaza 2nd Fl.)	9:00 Advance Balance & Stabilize w/ Kathryn (CP) 9:00 Shopping: Walmart H. Street Chula Vista (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:00 Shopping: Terra Nova Plaza (RA) 3:00 Resident Birthday Party w/ Blue Zone Band (A) 6:00 8th Day of Lighting Hanukkah Candle (Plaza 2nd Fl.) 6:30 Dartball (CP) 7:00 Blue Christmas Service (HC)	9:00 Walking Club: Tidelands Park Coronado (RA) 10:00 Shuffleboard & Games (CP) 1:00 Bridge (Pn. 5th Fl.) 2:00 PV Chorus Christmas Concert (LH)
9:30 Eastlake Church Service (LH) 9:50 Bus to First United Methodist Church Mission Valley (RA) 10:00 "Jewel of the Season" at Timken Museum Balboa Park (RA) 10:50 Catholic Confessions (HC) 11:15 Catholic Mass w/ Fr. Smith (LH) 2:00 Asian Mahjong (Mg. 5th Fl.) 3:00 British Brass Band Holiday Concert (LH)	9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 9:00 Total Body Strength w/ Kathryn (CP) 10:00 Balance Class w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:30 Plaza & Cedars Talent Show Rehearsal (LH) 1:30 Shopping: Dollar Tree Store National City (RA) 2:00 Holiday English High Tea by My Cup of Tea (AD) 7:00 BYOB Social w/ Rhythm Express (AD)	10:00 Sit & Get Fit for Beginners (CP) 10:00 Tech Support (L) 11:30 PV Choir Rehearsal (LH) 12:30 Hula Hoop Chair Workout w/ Kathryn (CP) 1:00 American Mahjong (Mg. 5th Fl. Parlor) 2:00 Plaza & Cedars Holiday Talent Show (LH) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 4:00 BINGO (AD) 5:30 Starlight Circle in Santee Holiday Light Tour (RA) 6:30 Dartball (CP) 7:00 PV Holiday Sing-a-Long (Plaza 1st Fl.)	9:00 Total Body Strength w/ Kathryn (CP) 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.) 1:00 Shopping: Gateway Walmart, Aldis, Hobby Lobby, Smart & Final (RA) 2:00 Parkinson's Support Group (L) 5:30 Movie: A Christmas Story 1 hr. & 34 mins. 1983 PG (LH) 6:30 Evening Worship (HC)	10:00 Balance for Beginners (CP) 10:00 Smart Phone Class w/ Res. Sandy Rehmann (AS) 10:30 Women's Friendship Group Luncheon (LH & AD) 12:30 Water Walk Workout w/ Kathryn (CP) 1:30 Ambassador Meeting (L) 1:30 Let's Write (BR) 4:00 BINGO (AD) 6:30 Shuffleboard Bowling (Plaza 2nd Fl.)	9:00 Advance Balance & Stabilize w/ Kathryn (CP) 9:00 Shopping: NC Walmart 10:00 Chair Yoga w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:30 Shopping: Bay Plaza Seafood City, Big Lots, Jo-Anns (RA) 6:30 Dartball (CP) 6:30 Jewish Shabbat Service (HC)	9:00 Walking Club: Imperial Beach Pier (RA) 10:00 Shuffleboard & Games (CP) 1:00 Bridge (Pn. 5th Fl.) 2:00 Movie: National Lampoon's Christmas Vacation 1 hr. & 37 mins. 1989 PG-13 (LH)
9:30 Eastlake Church Service (LH) 9:50 Bus to First United Methodist Church Mission Valley (RA) 11:15 Catholic Mass w/ Fr. Kelso (LH) 12:00 Anglican Church Service (HC) 2:00 Asian Mahjong (Mg. 5th Fl.)	9:00 Total Body Strength w/ Kathryn (CP) 10:00 Balance Class w/ Kathryn (CP) 11:30 Christmas Luncheon (PC) 1:00 Bridge (Pn. 5th Fl.)	10:00 Sit & Get Fit for Beginners (CP) 10:00 Tech Support (L) 11:30 PV Choir Rehearsal (LH) 12:30 Hula Hoop Chair Workout w/ Kathryn (CP) 1:00 American Mahjong (Mg. 5th Fl. Parlor) 2:00 Movie: Harriet 2 hrs. & 5 mins. 2019 PG-13 (LH) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 4:00 BINGO (AD) 6:30 Dartball (CP)	9:00 Total Body Strength w/ Kathryn (CP) 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.) 1:00 Shopping: NC Walmart 5:30 Movie: Rustin 1 hr. 48 mins. 2023 PG-13 (LH) 6:00 Sound Therapy (CP) 6:30 Evening Worship (HC)	10:00 Balance for Beginners (CP) 10:00 Smart Phone Class w/ Res. Sandy Rehmann (AS) 12:30 Pilates w/ Kathryn (CP) 2:00 Drum Circle w/ Minnie (CP) 4:00 BINGO (AD) 6:30 Shuffleboard Bowling (Plaza 2nd Fl.)	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 Bridge (Pn. 5th Fl.) 1:00 Shopping: Walgreens & Vallarta (RA) 6:30 Dartball (CP)	10:00 Shuffleboard & Games (CP) 1:00 Bridge (Pn. 5th Fl.) 2:00 Egg Nog & Sugar Cookie Social & Games (A)
9:30 Eastlake Church Service (LH) 9:50 Bus to First United Methodist Church Mission Valley (RA) 11:15 Catholic Mass w/ Fr. Smith (LH) 2:00 Asian Mahjong (Mg. 5th Fl.) 4:00 New Year's Eve Dinner (PC) 6:00 New Year's Eve Party (AD)		Generations Culture Topic for December: Spiritual Wellness The spiritual dimension of wellbeing recognizes our search for meaning and our place in the universe. It may involve religion, or it may not. When we feed our spiritual selves, it helps us make sense of the world, and it can bring joy and a sense of peace to our everyday lives.		Four ways to Tend to Your Spiritual Wellness: 1. Connect with a faith community where you feel valued and supported. 2. Volunteer and help others. 3. Practice meditation and mindfulness. 4. Spend quiet time in nature.		Activities are Subject to Change.