

December 2025

The Plaza Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Vitality Programs are Subject to Change.	9:00 Total Body Strength w/ Kathryn (CP) 1 10:00 Balance Class w/ Kathryn (CP) 10:00 Rosary Prayer Meeting (HC) 11:00 Lunch at Anthony's Fish Grotto La Mesa (RA) 1:30 Scrabble Enthusiasts (BR) 2:00 Shopping: Walgreens & Vallarta (RA) 7:00 BYOB w/ Starlyte Duo (AD)	9:00 Dynamic Balance w/ Kathryn (CP) 2 10:00 Mosaic Terra-Cotta Pot Workshop Pt. 1 (AS) 10:00 Sit & Get Fit w/ Kathryn (CP) 11:00 Tech Support (CR) 1:30 PV Chorale Rehearsal (LH) 2:00 Rummikub & Mexican Train Dominoes (Wil. 3rd Fl.) 3:00 BINGO (AD) 6:00 Dartball (CP)	10:00 Cardio Workout w/ Kathryn (CP) 3 10:00 Mosaic Terra-Cotta Pot Workshop Pt 2 (AS) 11:00 New Resident Orientation/Social (AD) 12:30 FREE Art Project Pt. 1 (AD) 1:00 Bridge (Pines 5th Fl. Parlor) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 1:00 Shopping: Walmart on H Street in Chula Vista (RA) 2:00 Bible Study (BR) 2:00 Fiesta Street Markets (TCA) 2:00 Parkinson's Support Group (L) 3:00 Script-in-Hand Players Perform (LH) 6:00 Movie: Elf 1 hr. 37 mins. (LH)	9:00 Water Walker Workout w/ Kathryn (CP) 4 10:00 Balance for Beginners (CP) 1:30 Let's Write (AS) 3:00 BINGO (AD) 3:00 Wisdom Circle w/ Tanya & Paul (L) 6:00 Shuffleboard Bowling (Plaza 2nd Fl.) 6:00 TOPS Meeting (BR)	9:00 Advance Balance & Stabilize w/ Kathryn (CP) 5 9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:30 Shopping: NC Food for Less (RA) 7:00 Shabbat Service on YouTube (HC)	9:00 Walking Club: Embarcadero Park (RA) 6 10:00 Shuffleboard & Games (CP) 11:00 Stronger-U Stretch w/ Jazmine (CP) 12:30 FREE Art Project Pt. 2 (AD) 2:30 Death Reflection Group (L) 4:00 PV Preachers & Prayer (HC)
8:30 Bus to First United Methodist Church Mission Valley (RA) 7 9:30 Eastlake Church Service (LH) 10:00 Stronger U Cardio w/ Jazmine (CP) 10:30 Eastlake Church Christmas Gathering (AD) 10:30 Viejas Casino & Outlets Outing (RA) 11:30 Catholic Mass (LH) 3:30 Note Catcher's Holiday Concert (LH) 4:00 Asian Mahjong (Mg. 5th Fl.)	9:00 Total Body Strength w/ Kathryn (CP) 8 9:30 Shopping: Costco H Street (RA) 10:00 Balance Class w/ Kathryn (CP) 10:00 Rosary Prayer Meeting (HC) 1:30 San Diego Academy Hand Bell Concert (LH) 1:30 Scrabble Enthusiasts (BR) 1:30 Shopping: Target at Plaza Bonita (RA) 3:00 PV Men's Discussion Group (l) 7:00 BYOB w/ Bayou Brothers (AD)	9:00 Dynamic Balance w/ Kathryn (CP) 9 10:00 Sit & Get Fit w/ Kathryn (CP) 11:00 Tech Support (CR) 1:30 PV Chorale Rehearsal (LH) 2:00 Rummikub & Mexican Train Dominoes (Wil. 3rd Fl.) 3:00 BINGO (AD) 6:00 Dartball (CP) 7:00 San Diego City Guard Band Holiday Concert (LH)	10:00 Cardio Workout w/ Kathryn (CP) 10 11:00 New Resident Club Paradise Orientation (CP) 12:00 December Night: Christmas at the Plaza Craft Fair (Plaza) 1:00 Bridge (Pines 5th Fl. Parlor) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 1:00 Kidz Kraft Korner (BR) 1:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 2:00 Bible Study (BR) 2:00 Fiesta Street Markets (TCA) 2:00 Pictures with Santa (1st Fl. Plaza) 5:00 Sound Therapy (CP)	10:00 Balance for Beginners (CP) 11 12:30 Pilates w/ Kathryn (CP) 1:00 Resident Council Meeting (LH) 2:00 Resident Council "Thank You" Reception (AD) 3:00 BINGO (AD) 6:00 Shuffleboard Bowling (Plaza 2nd Fl.) 6:00 TOPS Meeting (BR)	9:00 Advance Balance & Stabilize w/ Kathryn (CP) 12 9:30 Shopping: Walmart H. Street Chula Vista (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:30 Shopping: Vons in Bonita (RA) 7:00 Blue Christmas (HC)	8:00 Community Garden Clean Up (Heritage Park) 13 10:00 Shuffleboard & Games (CP) 2:00 PV Chorale Christmas Concert (LH)
8:30 Bus to First United Methodist Church Mission Valley (RA) 14 9:30 Eastlake Church Service (LH) 11:30 Catholic Mass (LH) 4:00 Asian Mahjong (Mg. 5th Fl.) 4:00 San Diego British Brass Band Holiday Concert (LH)	9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 15 9:00 Total Body Strength w/ Kathryn (CP) 10:00 Balance Class w/ Kathryn (CP) 10:00 Rosary Prayer Meeting (HC) 1:30 Scrabble Enthusiasts (BR) 1:30 Shopping: Walgreens & Vallarta (RA) 4:00 2nd Day of Hanukkah lighting of the Menorah (Plaza 2nd Fl.) 7:00 December Resident Birthday Party w/ Double Take (AD)	9:00 Dynamic Balance w/ Kathryn (CP) 16 10:00 Sit & Get Fit w/ Kathryn (CP) 11:00 Tech Support (CR) 1:30 PV Chorale Rehearsal (LH) 2:00 Director's Holiday Cookie Bake-Off (AD) 2:00 Rummikub & Mexican Train Dominoes (Wil. 3rd Fl.) 3:00 BINGO (AD) 4:00 3rd Day of Hanukkah Lighting of the Menorah (Plaza 2nd Floor) 5:30 Holiday Night Tour "Starlight Circle in Santee" (RA) 6:00 Dartball (CP)	9:30 Shopping: Gateway Aldis, Hobby Lobby, Walmart, Smart & Final (RA) 17 10:00 Cardio Workout w/ Kathryn (CP) 1:00 Bridge (Pines 5th Fl. Parlor) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 2:00 Bible Study (BR) 2:00 Fiesta Street Markets (TCA) 2:00 Parkinson's Support Group (L) 2:00 San Diego Ballet Mini Nutcracker Performance (LH) 4:00 4th Day of Hanukkah Lighting of the Menorah (Plaza 2nd Fl.) 6:00 Movie: National Lampoon's Christmas Vacation 1 hr. 37 mins. (LH)	9:00 Water Walker Workout w/ Kathryn (CP) 18 10:00 Balance for Beginners (CP) 10:30 Women's Friendship Group Luncheon (LH & AD) 1:00 Ambassador Meeting (BR) 3:00 BINGO (AD) 3:00 Wisdom Circle w/ Tanya & Paul (L) 4:30 Special Themed Hanukkah Dinner & 5th Day Lighting of the Menorah (PC) 6:00 Shuffleboard Bowling (Plaza 2nd Fl.) 6:00 TOPS Meeting (BR)	9:00 Advance Balance & Stabilize w/ Kathryn (CP) 19 9:00 Shopping: NC Walmart (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:30 Shopping: Dollar Tree (RA) 4:00 6th Day of Hanukkah Lighting of the Menorah (Plaza 2nd Fl.) 7:00 Shabbat Service on YouTube (HC)	9:00 Walking Club: Balboa Park (RA) 20 10:00 Shuffleboard & Games (CP) 11:00 Stronger-U Stretch w/ Jazmine (CP) 3:00 Documentary: Dear Santa 1 hr. 23 mns. (LH) 4:00 Voices of Mary Caroler's (A)
8:30 Bus to First United Methodist Church Mission Valley (RA) 21 9:30 Eastlake Church Service (LH) 9:30 Shopping: Vons in Bonita (RA) 10:00 Stronger U Cardio w/ Jazmine (CP) 11:30 Catholic Mass (LH) 12:30 Catholic Confessions (HC) 1:30 Walking Club: Tidelands Park Coronado (RA) 2:00 Pacific Coast Chorale Christmas Concert (LH) 4:00 8th Day Lighting of the Menorah (Plaza 2nd Fl.) 4:00 Asian Mahjong (Mg. 5th Fl.)	9:00 Total Body Strength w/ Kathryn (CP) 22 10:00 Balance Class w/ Kathryn (CP) 10:00 Rosary Prayer Meeting (HC) 1:30 Scrabble Enthusiasts (BR) 1:30 Shopping Terra Nova Plaza (RA) 3:00 PV Men's Discussion Group (l)	9:00 Dynamic Balance w/ Kathryn (CP) 23 10:00 Sit & Get Fit w/ Kathryn (CP) 11:00 Tech Support (CR) 1:30 PV Chorale Rehearsal (LH) 2:00 Rummikub & Mexican Train Dominoes (Wil. 3rd Fl.) 3:00 Christmas BINGO (AD) 5:30 Holiday Night Tour "Starlight Circle in Santee" (RA) 6:00 Dartball (CP)	10:00 Cardio Workout w/ Kathryn (CP) 24 1:00 Bridge (Pines 5th Fl. Parlor) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 2:00 Bible Study (BR) 2:00 Fiesta Street Markets (TCA) 5:00 Sound Therapy (CP) 6:00 Movie: How the Grinch Stole Christmas 1 hr. 44 mins. (LH)	Merry Christmas 25 No Vitality Programs Club Paradise will be open from 7:00am – 5:00pm	9:00 Advance Balance & Stabilize w/ Kathryn (CP) 26 9:00 Shopping: NC Food for Less (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:30 Shopping: Grocery Outlet & Dollar Tree (RA) 7:00 Shabbat Service on YouTube (HC)	10:00 Shuffleboard & Games (CP) 27 3:00 Documentary: Finding Noah 1 hr. 37 mins. (LH)
8:30 Bus to First United Methodist Church Mission Valley (RA) 28 9:30 Eastlake Church Service (LH) 11:30 Catholic Mass (LH) 4:00 Asian Mahjong (Mg. 5th Fl.)	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) 10:00 Rosary Prayer Meeting (HC) 1:30 Scrabble Enthusiasts (BR) 1:30 Shopping: Goodwill H Street (RA) 6:00 Movie: Mr. Mom 1 hr. 29 mins. (LH)	9:00 Dynamic Balance w/ Kathryn (CP) 30 10:00 Sit & Get Fit w/ Kathryn (CP) 11:00 Tech Support (CR) 1:30 PV Chorale Rehearsal (LH) 2:00 Rummikub & Mexican Train Dominoes (Wil. 3rd Fl.) 3:00 BINGO (AD) 6:00 Dartball (CP)	10:00 Cardio Workout w/ Kathryn (CP) 31 1:00 Bridge (Pines 5th Fl. Parlor) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 1:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 2:00 Bible Study (BR) 2:00 Fiesta Street Markets (TCA) 6:00 New Year's Eve Party w/ DJ Anthony (AD)		December Culture Topic: Spiritual Wellness How Can we Tend to our Spiritual Selves? * Spend time in meditation or prayer to deepen our connection to a higher power or purpose. * Get out in nature. * Read spiritual texts or study philosophical teachings. * Strive to live in alignment with our core values. * Practice compassion and non-judgment for others. * Try a yoga class, gardening and perform acts of service for others.	