


February 2024

The Plaza Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activities are Subject to Change.				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 BINGO (AD) 1:30 Let's Write (AS) 6:30 Shuffleboard Bowling (Plaza 2nd Fl.) 7:00 Armchair Astronomy: Weird Solar System Objects (LH) 7:00 TOPS Meeting (BR)	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.) 1:30 Shopping 99 Cent Store National City (RA) 6:30 Dartball (CP)	9:00 Walking Club: Balboa Park SD (RA) 10:00 Shuffleboard & Games (CP) 1:00 Bridge (Pn. 5th Fl.) 2:00 Documentary: David Foster Off The Record 1 hr. & 38 mins. (LH) 2:00 Novice Poker Group (Wil. 4th Fl.)
8:30 Bus to First United Methodist Church Mission Valley (RA) 8:30 FREE SD Safari Park (RA) 9:30 Eastlake Church Service (LH) 11:30 Catholic Mass (LH) 2:00 Asian Mahjong (Mg. 5th Fl.) 2:00 Movie: Oppenheimer 3 hrs. (LH)	9:00 Total Body Strength w/ Kathryn (CP) 10:00 Balance/Walking Class w/ Kathryn (CP) 10:30 Lunch at IB Forum (RA) 1:00 Bridge (Pn. 5th Fl.) 2:00 Shopping: Walgreens & Vallarta (RA) 7:00 BYOB Social w/ Rhythm Express (AD)	10:00 Sit & Get Fit for Beginners (CP) 10:00 Tech Support (L) 11:00 Presentation: Celebrating the Beauty of Life (AD) 11:30 PV Choir Rehearsal (LH) 12:30 Hula Hoop Chair Workout w/ Kathryn (CP) 1:30 BINGO (AD) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 3:00 TCM Tuesday Matinee: The Tall Target 1 hr. & 30 mins. (LH) 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) 11:00 Presentation: Navigating The Care System (AD) 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 (L) 3:30 Girl Scout Cookies Sale (Plaza 1st Fl.) 5:30 Movie: Barbie 1 hr. & 54 mins. (LH) 6:30 Evening Worship (HC)	10:00 Balance for Beginners (CP) 10:00 Smart Phone Class w/ Res. Sandy Rehmann (AS) 11:00 Presentation: Boss of the Toss (AD) 12:30 Pilates w/ Kathryn (CP) 1:30 Resident Council Meeting (LH) 4:00 BINGO (AD) 6:30 Shuffleboard Bowling (Plaza 2nd Fl.) 7:00 TOPS Meeting (BR)	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: Bay Plaza Seafood City, Big Lots, Jo-Anns (RA) 6:30 Dartball (CP) 6:30 Jewish Shabbat Service (HC) 10:30 Basketball Game-MS *	9:00 Walking Club: Tidelands Park in Coronado (RA) 10:00 Shuffleboard & Games (CP) 1:00 Bridge (Pn. 5th Fl.) 2:00 Novice Poker Group (Wil. 4th Fl.) 2:00 Resident Council Wine Tasting Fundraiser (AD)
8:30 Bus to First United Methodist Church Mission Valley (RA) 9:30 Eastlake Church Service (LH) 11:30 Catholic Mass (LH) 12:00 Anglican Church Service (HC) 2:00 Asian Mahjong (Mg. 5th Fl.) 3:00 Super Bowl Party (AD & BR)	9:00 Total Body Strength w/ Kathryn (CP) 9:30 Shopping: Costco on H Street in Chula Vista (RA) 10:00 Balance/Walking Class w/ Kathryn (CP) 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) 10:00 Tech Support (L) 11:30 PV Choir Rehearsal (LH) 12:30 Hula Hoop Chair Workout w/ Kathryn (CP) 1:30 BINGO (AD) 2:00 Mardi Gras Themed Lunch (PC) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 3:15 TCM Tuesday Matinee: North by Northwest 2 hrs. & 16 mins. (LH) 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) 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) 3:00 Special Valentine's Day Dinner (PC) 6:00 Sound Therapy (CP) 6:00 Valentine's Day Movie: Priscilla 1 hr. & 50 mins. (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 BINGO (AD) 1:30 Let's Write (BR) 6:30 Shuffleboard Bowling (Plaza 2nd Fl.) 7:00 TOPS Meeting (BR)	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) 3:00 Resident Birthday Party w/ Blue Zone Band (A) 6:30 Dartball (CP)	9:00 Walking Club: Shelter Island SD (RA) 10:00 Shuffleboard & Games (CP) 1:00 Bridge (Pn. 5th Fl.) 2:00 Documentary: Rita Moreno: Just a Girl Who Decided to Go For It 1 hr. & 30 mins. (LH) 2:00 Novice Poker Group (Wil. 4th Fl.)
8:30 Bus to First United Methodist Church Mission Valley (RA) 9:30 Eastlake Church Service (LH) 9:30 Shopping: Vons in Bonita (RA) 10:50 Catholic Confessions (HC) 11:30 Catholic Mass (LH) 12:00 Anglican Church Service (HC) 2:00 Asian Mahjong (Mg. 5th Fl.) 2:00 Lorna Choo's Celebration of Life (LH & AD)	9:00 Shopping: NC Walmart 9:00 Total Body Strength w/ Kathryn (CP) 10:00 Balance/Walking Class w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:00 Shopping: Goodwill Store H Street CV (RA) 7:00 BYOB Social w/ Double Take (AD)	10:00 Sit & Get Fit for Beginners (CP) 10:00 Tech Support (L) 11:30 PV Choir Rehearsal (LH) TCM Tuesday Matinee: TBA (LH) 12:30 Hula Hoop Chair Workout w/ Kathryn (CP) 12:30 National City Book Club Outing (RA) 1:30 BINGO (AD) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 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) 11:00 Sleep Well Wellness Clinic (AD) 1:00 Bridge (Pn. 5th Fl.) 1:00 Free Art Project Pt. 1 (AD) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 1:30 Shopping: Gateway Walmart, Aldis, Hobby Lobby, Smart & Final (RA) 2:00 Parkinson's Support Group (L) 4:30 Movie: Killer of the Flower Moon 3 hrs. & 26 mins. (LH) 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) 1:00 Healthy Heart Wellness Clinic (AD) 1:30 BINGO (AD) 1:30 Let's Write (AS) 2:00 Drum Circle w/ Minnie (CP) 6:30 Shuffleboard Bowling (Plaza 2nd Fl.) 7:00 TOPS Meeting (BR)	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: Walgreens & Vallarta (RA) 3:30 Girl Scout Cookies Sale (Plaza 1st Fl.) 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.) 1:00 Free Art Project Pt. 2 (AD) 1:00 Little Dresses Project (AS) 2:00 Documentary: Harry & Meghan Ep. 1 56 mins. (LH) 2:00 Novice Poker Group (Wil. 4th Fl.)
8:30 Bus to First United Methodist Church Mission Valley (RA) 9:30 Eastlake Church Service (LH) 11:30 Catholic Mass (LH) 12:00 Anglican Church Service (HC) 2:00 Asian Mahjong (Mg. 5th Fl.) 2:00 Movie: Air 1 hr. & 52 mins. (LH)	9:00 Shopping: NC Food for Less (RA) 9:00 Total Body Strength w/ Kathryn (CP) 10:00 Balance/Walking Class w/ Kathryn (CP) 1:00 Bridge (Pn. 5th Fl.) 1:30 Shopping: Dollar Tree Store National City (RA) 5:30 Movie: Past Lives 1 hr. & 46 mins. (LH)	10:00 Sit & Get Fit for Beginners (CP) 10:00 Tech Support (L) 11:30 PV Choir Rehearsal (LH) TCM Tuesday Matinee: TBA (LH) 12:30 Hula Hoop Chair Workout w/ Kathryn (CP) 1:30 BINGO (AD) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 4:30 Dinner at Ginza Japanese Fusion Cuisine (RA) 6:30 Dartball (CP)	8:30 FREE San Diego Safari Park (RA) 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.) 5:30 Movie: The Holdovers 2 hrs. & 13 mins. (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 BINGO (AD) 1:30 Let's Write (AS) 6:30 Shuffleboard Bowling (Plaza 2nd Fl.) 7:00 TOPS Meeting (BR)	This months Culture Topic is "Celebrating Random Acts of Kindness". Research tells us that being kind to others, especially when they are not expecting it, improves the wellbeing of both the giver and the receiver. Random acts of kindness can also inspire others to pay it forward – in other words, kindness is contagious! Challenge yourself to do one random act of kindness every day for 10 days and see how your feel!	