

February 2026

The Plaza Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday							
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) 10:30 Eastlake Coffee Social (AD) 10:30 Shopping: Plaza Bonita Mall (RA) 11:30 Catholic Mass (LH) 2:00 Movie: Selma 2 hrs. 8 mins. (LH) 4:00 Asian Mahjong (Mg. 5th Fl.)	1	9:00 Total Body Strength w/ Kathryn (CP) 10:00 Balance Class w/ Kathryn (CP) 10:00 Rosary Prayer Meeting (HC) 10:30 Lunch at IB Forum (RA) 1:30 Scrabble Enthusiasts (BR) 2:00 Shopping: NC Food for Less (RA) 6:30 BYOB w/ Bayou Brothers (AD)	2	9:00 Dynamic Balance w/ Kathryn (CP) 10:00 Sit & Get Fit w/ Kathryn (CP) 11:00 Tech Support (CR) 1:00 PV Chorale Rehearsal (LH) 2:00 Fabric Art Group (AS) 3:00 BINGO (AD) 6:00 Dartball (CP)	3	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 on H Street in Chula Vista (RA) 2:00 Bible Study (BR) 2:00 Parkinson's Support Group (L) 6:00 Movie: Sarah's Oil 1 hr. 43 mins. (LH)	4	9:00 Water Walker Workout w/ Kathryn (CP) 10:00 Balance for Beginners (CP) 1:30 Let's Write (AS) 3:00 BINGO (AD) 6:00 Shuffleboard Bowling (Plaza 2nd Fl.) 6:00 TOPS Meeting (BR)	5	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) 1:30 Shopping: Walgreens & Vallarta (RA) 3:00 PV Book Discussion Group - One Heart: Wisdom from the World's Scriptures (L) 7:00 Shabbat Service on YouTube (HC)	6	9:00 Walking Club: Embarcadero Park SD (RA) 10:00 Shuffleboard & Games (CP) 2:30 Death Reflection Group (L) 3:00 Documentary: Our Planet II: The High Seas 49 mins. (LH) 4:00 PV Preachers & Prayer (HC)	7
8:30 Bus to First United Methodist Church Mission Valley (RA) 9:30 Eastlake Church Service (LH) 11:30 Catholic Mass (LH) 3:30 Super Bowl Party (AD & BR) 4:00 Asian Mahjong (Mg. 5th Fl.)	8	9:00 Total Body Strength w/ Kathryn (CP) 9:30 Shopping: Costco H Street (RA) 10:00 Balance Class w/ Kathryn (CP) 10:00 Rosary Prayer Meeting (HC) 1:30 Scrabble Enthusiasts (BR) 1:30 Shopping: Target at Plaza Bonita (RA) 6:00 Movie: I, Tonya 1 hr. 51 mins. (LH)	9	9:00 Dynamic Balance w/ Kathryn (CP) 9:30 FREE Museums Day Air & Space Museum & Comic Con (RA) 10:00 Sit & Get Fit w/ Kathryn (CP) 11:00 Tech Support (CR) 1:00 PV Chorale Rehearsal (LH) 1:30 PV Olympic "Try Outs" (AD) 2:00 Fabric Art Group (AS) 3:00 BINGO (AD) 6:00 Dartball (CP)	10	9:00 Total Body Strength w/ Kathryn (CP) 10:00 Cardio Workout w/ Kathryn (CP) 11:00 New Resident Club Paradise Orientation (CP) 1:00 Bridge (Pines 5th Fl. Parlor) 1:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 2:00 Bible Study (BR) 2:00 Fiesta Market (TCA) 5:00 Sound Therapy (CP) 6:00 Movie: Priscilla 1 hr. 53 mins. (LH)	11	10:00 Balance for Beginners (CP) 12:30 Pilates w/ Kathryn (CP) 1:00 Resident-Life Council Meeting (LH) 3:00 BINGO (AD) 3:00 Wisdom Circle w/ Tanya & Paul (L) 6:00 Shuffleboard Bowling (Plaza 2nd Fl.) 6:00 TOPS Meeting (BR)	12	9:00 Advance Balance & Stabilize w/ Kathryn (CP) 9:00 Shopping: NC Walmart (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:30 Shopping: Dollar Tree (RA) 3:00 PV Book Discussion Group - One Heart: Wisdom from the World's Scriptures (L) 7:00 Shabbat Service on YouTube (HC)	13	8:00 Community Garden Clean Up (Heritage Park) 9:00 Walking Club: Tidelands Park Coronado (RA) 10:00 Shuffleboard & Games (CP) 11:00 Stronger-U Stretch w/ Jazmine (CP) 2:00 San Diego MLK Choir (LH) 3:00 Special Valentine's Day Dinner (PC) 5:30 Valentine's Movie: Wicked For Good 2 hrs. 17 mins. (LH)	14
8:30 Bus to First United Methodist Church Mission Valley (RA) 9:00 FREE SD Safari Park for Seniors (RA) 9:30 Eastlake Church Service (LH) 10:00 Stronger-U Cardio w/ Jazmine (CP) 10:30 Eastlake Valentine's Tea & Crumpets Social (AD) 11:30 Catholic Mass (LH) 12:30 Catholic Confessions (HC) 2:00 Movie: Hidden Figures 2 hrs. 7 mins. (LH) 4:00 Asian Mahjong (Mg. 5th Fl.)	15	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) 10:00 Rosary Prayer Meeting (HC) 1:30 PV Winter Olympics Opening Ceremony (AD) 1:30 Scrabble Enthusiasts (BR) 1:30 Shopping: Goodwill H Street (RA) 6:00 The Cutting Edge-1992 1 hr. 41 mins. (LH)	16	9:00 Dynamic Balance w/ Kathryn (CP) 10:00 Sit & Get Fit w/ Kathryn (CP) 10:30 PV Heart Association Bake Sale (Fountain Area) 11:00 Tech Support (CR) 1:00 PV Chorale Rehearsal (LH) 2:00 Fabric Art Group (AS) 2:00 PV Winter Olympic "Ski Jump" Competition (AD) 3:00 BINGO (AD) 6:00 Dartball (CP)	17	9:00 Total Body Strength w/ Kathryn (CP) 10:00 Cardio Workout w/ Kathryn (CP) 11:30 Ash Wednesday Mass (LH) 1:00 Bridge (Pines 5th Fl. Parlor) 1:30 Shopping: Gateway Aldis, Hobby Lobby, Walmart, Smart & Final (RA) 2:00 Bible Study (BR) 2:00 Parkinson's Support Group (L) 2:00 PV Winter Olympics "Curling" Competition (AD) 6:00 Movie: The Color Purple 2 hrs. 20 mins. (LH)	18	9:00 Water Walker Workout w/ Kathryn (CP) 10:00 Balance for Beginners (CP) 10:30 Women's Friendship Group Luncheon (LH & AD) 1:00 Ambassador Meeting (BR) 2:00 PV Winter Olympic "Triathlon" Competition (AD) 3:00 BINGO (AD) 6:00 Shuffleboard Bowling (Plaza 2nd Fl.) 6:00 TOPS Meeting (BR)	19	9:00 Advance Balance & Stabilize w/ Kathryn (CP) 9:00 Shopping: Walmart on H Street in Chula Vista (RA) 10:00 Chair Yoga w/ Kathryn (CP) 11:00 Adventures Across America (L) 1:30 Shopping Terra Nova Plaza (RA) 3:00 PV Book Discussion Group - One Heart: Wisdom from the World's Scriptures (L) 5:30 PV Winter Olympics Closing & Medals Ceremony (AD) 6:30 Birthday Happy Hour w/ Double Take (AD) 7:00 Shabbat Service on YouTube (HC)	20	9:00 Walking Club: Balboa Park (RA) 10:00 Shuffleboard & Games (CP) 3:00 Documentary: Our Planet II: Fresh Water 49 mins. (LH)	21
8:30 Bus to First United Methodist Church Mission Valley (RA) 9:30 Eastlake Church Service (LH) 11:30 Catholic Mass (LH) 2:00 Movie: Harriet 2 hrs. 5 mins. (LH) 4:00 Asian Mahjong (Mg. 5th Fl.)	22	9:00 Shopping: Target at Plaza Bonita (RA) 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) 6:00 Movie: Cool Runnings-1993 1 hr. 48 mins. (LH)	23	9:00 Brunch at Whiterby's Downtown (RA) 9:00 Dynamic Balance w/ Kathryn (CP) 10:00 Sit & Get Fit w/ Kathryn (CP) 11:00 Tech Support (CR) 1:00 PV Chorale Rehearsal (LH) 2:00 Fabric Art Group (AS) 3:00 BINGO (AD) 6:00 Dartball (CP)	24	9:00 Total Body Strength w/ Kathryn (CP) 10:00 Cardio Workout w/ Kathryn (CP) 1:00 Bridge (Pines 5th Fl. Parlor) 2:00 Bible Study (BR) 2:00 Fiesta Market (TCA) 5:00 Sound Therapy (CP) 6:00 Movie: The Help 2 hrs. 26 mins. (LH)	25	10:00 Balance for Beginners (CP) 12:30 Pilates w/ Kathryn (CP) 3:00 BINGO (AD) 3:00 Wisdom Circle w/ Tanya & Paul (L) 6:00 Shuffleboard Bowling (Plaza 2nd Fl.) 6:00 TOPS Meeting (BR)	26	9:00 Advance Balance & Stabilize w/ Kathryn (CP) 9:00 Shopping: Vons in Bonita (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:30 Shopping: Grocery Outlet & Dollar Tree (RA) 3:00 PV Book Discussion Group - One Heart: Wisdom from the World's Scriptures (L) 7:00 Shabbat Service on YouTube (HC)	27	9:00 Walking Club: Imperial Beach Pier (RA) 10:00 Shuffleboard & Games (CP) 11:00 Mimosa Brunch Employee Appreciation Fundraiser (AD) 11:00 Stronger-U Stretch w/ Jazmine (CP) 3:00 Documentary: Our Planet II: Forests 48 mins (LH)	28