

January 2024

The Plaza Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activities are Subject to Change.	<div><div>9:00 Total Body Strength w/ Kathryn (CP)</div><div><div>10:00 Balance Class w/ Kathryn (CP)</div><div>11:00 Bridge (Pn. 5th Fl.)</div></div></div>	<div><div>10:00 Sit & Get Fit for Beginners (CP)</div><div>10:00 Tech Support (L)</div><div><div>11:30 PV Choir Rehearsal (LH)</div><div>12:30 Hula Hoop Chair Workout w/ Kathryn (CP)</div><div>1:00 American Mahjong (Mg. 5th Fl. Parlor)</div><div>2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.)</div><div>4:00 BINGO (AD)</div><div>6:30 Dartball (CP)</div></div></div>	<div><div>9:00 Total Body Strength w/ Kathryn (CP)</div><div>10:00 Cardio Workout w/ Kathryn (CP)</div><div>10:00 New Resident Orientation (AD)</div><div><div>11:00 Men & Women's Bible Study Fellowship (BR)</div><div>1:00 Bridge (Pn. 5th Fl.)</div><div>1:00 Hollywood Canasta (Pn. 3rd Fl.)</div><div>1:00 Shopping: Walmart H. Street Chula Vista (RA)</div><div>2:00 Parkinson's Support Group (BR)</div><div>5:30 Movie: Leave The World Behind 2 hr. 21 mins (LH)</div><div>6:30 Evening Worship (HC)</div></div></div>	<div><div>10:00 Balance for Beginners (CP)</div><div>10:00 Smart Phone Class w/ Res. Sandy Rehmann (AS)</div><div>12:30 Water Walk Workout w/ Kathryn (CP)</div><div>1:30 Let's Write (AS)</div><div>4:00 BINGO (AD)</div><div>6:30 Shuffleboard Bowling (Plaza 2nd Fl.)</div><div>7:00 Armchair Astronomy: Earth's Stunning Sun: Beauty & Brawn (LH)</div></div>	<div><div>9:00 Advance Balance & Stabilize w/ Kathryn (CP)</div><div>9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA)</div><div>10:00 Chair Yoga w/ Kathryn (CP)</div><div>1:00 Bridge (Pn. 5th Fl.)</div><div>1:30 Shopping: Dollar Tree Store National City (RA)</div><div>6:30 Dartball (CP)</div></div>	<div><div>9:00 Walking Club: Imperial Beach Pier (RA)</div><div>10:00 Shuffleboard & Games (CP)</div><div>1:00 Bridge (Pn. 5th Fl.)</div><div>2:00 Documentary: Bombshell - The Hedy Lamarr Story 1 hr. 28 mins. (LH)</div></div>
	<div><div>8:30 Bus to First United Methodist Church Mission Valley (RA)</div><div>9:30 Eastlake Church Service (LH)</div><div>10:00 Las Americas Outlets (RA)</div><div>11:30 Catholic Mass w/ Fr. Smith (LH)</div><div>2:00 Asian Mahjong (Mg. 5th Fl.)</div></div>	<div><div>9:00 Total Body Strength w/ Kathryn (CP)</div><div>10:00 Balance Class w/ Kathryn (CP)</div><div>10:00 Lunch at Emerald Chinese Cuisine at Jamul Casino \$\$ (RA)</div><div>1:00 Bridge (Pn. 5th Fl.)</div><div>2:30 Shopping: Walgreens & Vallarta (RA)</div><div>7:00 BYOB Social w/ Bayou Brothers (AD)</div></div>	<div><div>10:00 Sit & Get Fit for Beginners (CP)</div><div>10:00 Tech Support (L)</div><div><div>11:30 PV Choir Rehearsal (LH)</div><div>12:30 Hula Hoop Chair Workout w/ Kathryn (CP)</div><div>1:00 American Mahjong (Mg. 5th Fl. Parlor)</div><div>2:00 Movie: May December 1 hr. 53 mins. (LH)</div><div>2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.)</div><div>4:00 BINGO (AD)</div><div>6:30 Dartball (CP)</div></div></div>	<div><div>9:00 Total Body Strength w/ Kathryn (CP)</div><div>10:00 Cardio Workout w/ Kathryn (CP)</div><div>11:00 Men & Women's Bible Study Fellowship (BR)</div><div>12:30 Club Paradise New Resident Orientation (CP)</div><div>1:00 Bridge (Pn. 5th Fl.)</div><div>1:00 Hollywood Canasta (Pn. 3rd Fl.)</div><div>1:30 Shopping: NC Food for Less (RA)</div><div>5:30 Movie: Maestro 2 hr. 9 mins. (LH)</div><div>6:00 Sound Therapy (CP)</div><div>6:30 Evening Worship (HC)</div></div>	<div><div>10:00 Balance for Beginners (CP)</div><div>10:00 Smart Phone Class w/ Res. Sandy Rehmann (AS)</div><div>12:30 Water Walk Workout w/ Kathryn (CP)</div><div>1:30 Resident Council Meeting (LH)</div><div>4:00 BINGO (AD)</div><div>6:30 Shuffleboard Bowling (Plaza 2nd Fl.)</div></div>	<div><div>9:00 Advance Balance & Stabilize w/ Kathryn (CP)</div><div>9:30 Shopping: Coronado Commissary & NEX (RA)</div><div>10:00 Chair Yoga w/ Kathryn (CP)</div><div>1:00 Bridge (Pn. 5th Fl.)</div><div>1:30 Shopping: Vons in Bonita (RA)</div><div>6:30 Dartball (CP)</div></div>
	<div><div>8:30 Bus to First United Methodist Church Mission Valley (RA)</div><div>9:30 Eastlake Church Service (LH)</div><div>11:30 Catholic Mass w/ Fr. Kelso (LH)</div><div>12:00 Anglican Church Service (HC)</div><div>2:00 Asian Mahjong (Mg. 5th Fl.)</div><div>2:00 Documentary: Barbra: The Music...The Mem'ries...The Magic (LH)</div></div>	<div><div>9:00 Shopping: Target at Plaza Bonita (RA)</div><div>9:00 Total Body Strength w/ Kathryn (CP)</div><div>9:30 Shopping: Costco on H Street in Chula Vista (RA)</div><div>10:00 Balance Class w/ Kathryn (CP)</div><div>1:00 Bridge (Pn. 5th Fl.)</div><div>5:30 Movie: Selma 2 hrs. 8 mins. (LH)</div></div>	<div><div>10:00 Sit & Get Fit for Beginners (CP)</div><div>10:00 Tech Support (L)</div><div><div>11:30 PV Choir Rehearsal (LH)</div><div>12:30 National City Book Club Outing (RA)</div><div>1:00 American Mahjong (Mg. 5th Fl. Parlor)</div><div>2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.)</div><div>2:00 Special Presentation by Jean Elson: Monologue followed by Special Movie (LH)</div><div>4:00 BINGO (AD)</div><div>6:30 Dartball (CP)</div></div></div>	<div><div>9:00 Total Body Strength w/ Kathryn (CP)</div><div>10:00 Cardio Workout w/ Kathryn (CP)</div><div>11:00 Men & Women's Bible Study Fellowship (BR)</div><div>1:00 Bridge (Pn. 5th Fl.)</div><div>1:00 Hollywood Canasta (Pn. 3rd Fl.)</div><div>1:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA)</div><div>2:00 Parkinson's Support Group (L)</div><div>2:00 Resident Council Virtual Reality Event (AD)</div><div>5:30 Movie: Elvis 2 hr. 39 mins. (LH)</div><div>6:30 Evening Worship (HC)</div></div>	<div><div>10:00 Balance for Beginners (CP)</div><div>10:00 Smart Phone Class w/ Res. Sandy Rehmann (AS)</div><div>10:30 Women's Friendship Group Luncheon (LH & AD)</div><div>12:30 Water Walk Workout w/ Kathryn (CP)</div><div>1:30 Ambassador Meeting (L)</div><div>1:30 Let's Write (BR)</div><div>4:00 BINGO (AD)</div><div>6:30 Shuffleboard Bowling (Plaza 2nd Fl.)</div></div>	<div><div>9:00 Advance Balance & Stabilize w/ Kathryn (CP)</div><div>9:00 Shopping: Gateway Walmart, Aldis, Hobby Lobby, Smart & Final (RA)</div><div>10:00 Chair Yoga w/ Kathryn (CP)</div><div>1:00 Bridge (Pn. 5th Fl.)</div><div>1:30 Shopping: Bay Plaza Seafood City, Big Lots, Jo-Anns (RA)</div><div>3:00 Resident Birthday Party w/ Blue Zone Band (A)</div><div>6:30 Dartball (CP)</div></div>
	<div><div>8:30 Bus to First United Methodist Church Mission Valley (RA)</div><div>9:30 Eastlake Church Service (LH)</div><div>10:00 A Day in Balboa Park (RA)</div><div>10:50 Catholic Confessions (HC)</div><div>11:30 Catholic Mass w/ Fr. Smith (LH)</div><div>2:00 Asian Mahjong (Mg. 5th Fl.)</div></div>	<div><div>9:00 Shopping: Walmart H. Street Chula Vista (RA)</div><div>9:00 Total Body Strength w/ Kathryn (CP)</div><div>10:00 Balance Class w/ Kathryn (CP)</div><div>1:00 Bridge (Pn. 5th Fl.)</div><div>1:30 Shopping 99 Cent Store National City (RA)</div><div>7:00 BYOB Social w/ Double Take (AD)</div></div>	<div><div>10:00 Sit & Get Fit for Beginners (CP)</div><div>10:00 Tech Support (L)</div><div><div>11:30 PV Choir Rehearsal (LH)</div><div>12:30 Hula Hoop Chair Workout w/ Kathryn (CP)</div><div>1:00 American Mahjong (Mg. 5th Fl. Parlor)</div><div>2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.)</div><div>4:00 BINGO (AD)</div><div>4:30 Dinner at Solare \$\$\$ (RA)</div><div>5:30 Movie: Family Switch 1 hr. 45 mins. (LH)</div><div>6:30 Dartball (CP)</div></div></div>	<div><div>9:00 Total Body Strength w/ Kathryn (CP)</div><div>10:00 Cardio Workout w/ Kathryn (CP)</div><div>11:00 Men & Women's Bible Study Fellowship (BR)</div><div>12:00 PV Director's Chili Cookoff (AD)</div><div>1:00 Bridge (Pn. 5th Fl.)</div><div>1:00 Hollywood Canasta (Pn. 3rd Fl.)</div><div>1:00 Shopping: NC Food for Less (RA)</div><div>5:30 Movie: Sweet Girl 1 hr. 50 mins. (LH)</div><div>6:00 Sound Therapy (CP)</div><div>6:30 Evening Worship (HC)</div></div>	<div><div>10:00 Balance for Beginners (CP)</div><div>10:00 Smart Phone Class w/ Res. Sandy Rehmann (AS)</div><div>12:30 Water Walk Workout w/ Kathryn (CP)</div><div>2:00 Drum Circle w/ Minnie (CP)</div><div>4:00 BINGO (AD)</div><div>6:30 Shuffleboard Bowling (Plaza 2nd Fl.)</div></div>	<div><div>9:00 Advance Balance & Stabilize w/ Kathryn (CP)</div><div>9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA)</div><div>10:00 Chair Yoga w/ Kathryn (CP)</div><div>1:00 Bridge (Pn. 5th Fl.)</div><div>1:30 Shopping: Walgreens & Vallarta (RA)</div><div>6:30 Dartball (CP)</div></div>
	<div><div>8:30 Bus to First United Methodist Church Mission Valley (RA)</div><div>9:30 Eastlake Church Service (LH)</div><div>10:30 Otay Ranch Mall (RA)</div><div>11:30 Catholic Mass w/ Fr. Smith(LH)</div><div>12:00 Anglican Church Service (HC)</div><div>2:00 Asian Mahjong (Mg. 5th Fl.)</div><div>2:00 Movie: The Money Pit 91 mins. (LH)</div></div>	<div><div>9:00 Shopping: Walmart H. Street Chula Vista (RA)</div><div>9:00 Total Body Strength w/ Kathryn (CP)</div><div>10:00 Balance Class w/ Kathryn (CP)</div><div>1:00 Bridge (Pn. 5th Fl.)</div><div>1:30 Shopping: Gateway Walmart, Aldis, Hobby Lobby, Smart & Final (RA)</div><div>7:00 BYOB Social w/ Rhythm Express (AD)</div></div>	<div><div>10:00 Sit & Get Fit for Beginners (CP)</div><div>10:00 Tech Support (L)</div><div>11:30 PV Choir Rehearsal (LH)</div><div>12:30 Hula Hoop Chair Workout w/ Kathryn (CP)</div><div>1:00 American Mahjong (Mg. 5th Fl. Parlor)</div><div>2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.)</div><div>4:00 BINGO (AD)</div><div>6:30 Dartball (CP)</div></div>	<div><div>9:00 Total Body Strength w/ Kathryn (CP)</div><div>10:00 Cardio Workout w/ Kathryn (CP)</div><div>11:00 Men & Women's Bible Study Fellowship (BR)</div><div>1:00 Bridge (Pn. 5th Fl.)</div><div>1:00 Hollywood Canasta (Pn. 3rd Fl.)</div><div>1:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA)</div><div>5:30 Movie: Wonder Woman 2 hr. 21 mins. (LH)</div><div>6:30 Evening Worship (HC)</div></div>	<div><div><div><div>Happy New Year</div><div>2024</div></div><div><div>Our Culture Topic this month is Wellbeing Checkup. We speak about wellness quite often; is it different from wellbeing? Wellness is generally considered the state of being healthy and striving to live without illness. Wellbeing, on the other hand, is strongly linked to life satisfaction, general happiness, and how you feel about yourself and your life.</div></div></div></div>	