

July 2025

The Plaza Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Activities are Subject to Change.		10:00 Sit & Get Fit for Beginners w/ Kathryn (CP) 1 12:30 Hula Hoop Chair Workout w/ Kathryn (CP) 1:00 PV Choir Rehearsal (LH) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 3:00 BINGO (AD) 5:30 FREE Twilight in the Park Concert: Mariachi Continental De San Diego (RA) 6:00 Dartball (CP)	29:00 Total Body Strength w/ Kathryn (CP) 2 10:00 Cardio Workout w/ Kathryn (CP) 11:00 New Resident Orientation/Social (AD) 1:00 Bridge (Pines 5th Fl. Parlor) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 1:00 Shopping: Costco & Walmart on H Street in Chula Vista (RA) 2:00 Parkinson's Support Group (L) 2:00 Summer Co-Ed Bible Study (AD) 5:30 Movie: Straw 1 hr. 47 mins. (LH)	9:00 Water Walker Workout w/ Kathryn (CP) 3 10:00 Balance for Beginners (CP) 1:30 BINGO (AD) 1:30 Let's Write (AS) 6:00 Shuffleboard Bowling (Plaza 2nd Fl.) 6:00 TOPS Meeting (BR)	49:00 Advance Balance & Stabilize w/ Kathryn (CP) 4 10:00 Chair Yoga w/ Kathryn (CP) 11:00 4th of July BBQ (PC)	510:00 Shuffleboard & Games (CP) 5 11:00 Stronger U Stretch w/ Jazmine (CP) 2:00 Documentary: The Quilters 34 mins. (LH) 3:00 Death Reflection Group (L) 4:00 PV Preachers & Prayer (HC)
8:30 Bus to First United Methodist Church Mission Valley (RA) 6 9:00 Shopping: NC Walmart (RA) 9:30 Eastlake Church Service (LH) 10:00 Stronger U Cardio w/ Jazmine (CP) 11:30 Catholic Mass (LH) 1:00 Walking Club: Embarcadero Park (RA) 4:00 Asian Mahjong (Mg. 5th Fl.)	79:00 Total Body Strength w/ Kathryn (CP) 7 10:00 Balance Class w/ Kathryn (CP) 10:00 Rosary Prayer Meeting (HC) 10:30 Lunch at Hob Nob Hill (RA) 1:30 Scrabble Enthusiasts (BR) 2:00 Shopping: NC Food for Less (RA) 5:30 Movie: The Man Who New Too Much 1 hr. 59 mins. (LH)	810:00 Sit & Get Fit for Beginners w/ Kathryn (CP) 8 12:30 Hula Hoop Chair Workout w/ Kathryn (CP) 1:00 PV Choir Rehearsal (LH) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 3:00 BINGO (AD) 6:00 Dartball (CP)	910:00 Total Body Strength w/ Kathryn (CP) 9 10:00 Cardio Workout w/ Kathryn (CP) 12:30 Club Paradise New Resident Orientation (CP) 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 Summer Co-Ed Bible Study (AD) 5:00 Sound Therapy (CP) 5:30 Movie: Semi-Soeter 1 hr. 32 mins. (LH)	1010:00 Balance for Beginners (CP) 10 12:30 Pilates w/ Kathryn (CP) 1:00 Resident Council Meeting (LH) 2:00 Director's Salsa Fiesta Challenge (AD) 3:30 BINGO (AD) 6:00 Shuffleboard Bowling (Plaza 2nd Fl.) 6:00 TOPS Meeting (BR)	119:00 Advance Balance & Stabilize w/ Kathryn (CP) 11 9:30 Shopping: Nex & Commissary North Island (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:30 Shopping: Vons in Bonita (RA) 3:30 Friday Happy Hour (AD)	1210:00 Shuffleboard & Games (CP) 12 2:00 PV Chorus Concert (LH) 3:00 Trivia Social w/ Loretta (A)
138:30 Bus to First United Methodist Church Mission Valley (RA) 13 9:30 Eastlake Church Service (LH) 11:30 Catholic Mass (LH) 1:00 Walking Club: Sweetwater Park (RA) 2:00 Pacific Coast Choral Concert (LH) 4:00 Asian Mahjong (Mg. 5th Fl.)	149:00 Total Body Strength w/ Kathryn (CP) 14 9:30 Shopping: Costco & Walmart on H Street in Chula Vista (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) 7:00 BYOB w/ Bayou Brothers (AD)	159:30 FREE Museums at Balboa Park Outing (RA) 15 10:00 Sit & Get Fit for Beginners w/ Kathryn (CP) 12:30 Hula Hoop Chair Workout w/ Kathryn (CP) 1:00 PV Choir Rehearsal (LH) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 3:00 BINGO (AD) 6:00 Dartball (CP)	169:00 Total Body Strength w/ Kathryn (CP) 16 10:00 Circuit Workout w/ Aaron from AgeSTRONG (CP) 1:00 Bridge (Pines 5th Fl. Parlor) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 1:30 Shopping: Gateway Aldis, Hobby Lobby, Walmart, Smart & Final (RA) 2:00 Parkinson's Support Group (L) 2:00 Summer Co-Ed Bible Study (AD) 5:30 Movie: Rooster Cogburn 1 hr. 47 mins. (LH)	179:00 Water Walker Workout w/ Kathryn (CP) 17 10:00 Balance for Beginners (CP) 10:00 Women's Friendship Group Luncheon (LH & AD) 1:00 Ambassador Meeting (BR) 3:00 BINGO (AD) 3:00 Wisdom Circle w/ Tanya & Paul (L) 6:00 Shuffleboard Bowling (Plaza 2nd Fl.) 6:00 TOPS Meeting (BR)	189:00 Advance Balance & Stabilize w/ Kathryn (CP) 18 9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:30 Shopping: Dollar Tree (RA) 2:00 Movie: A Star in Born (2018) 2 hrs. 27 mins. (LH)	1910:00 Shuffleboard & Games (CP) 19 11:00 Stronger U Stretch w/ Jazmine (CP) 3:00 Documentary: Titan 1 hr. 51 mins. (LH)
208:30 Bus to First United Methodist Church Mission Valley (RA) 20 9:30 Eastlake Church Service (LH) 10:00 Stronger U Cardio w/ Jazmine (CP) 11:30 Catholic Mass (LH) 12:30 Catholic Confessions (HC) 1:00 Old Globe Theater Presents: Noises Off Back (RA) 4:00 Asian Mahjong (Mg. 5th Fl.)	219:00 Total Body Strength w/ Kathryn (CP) 21 9:30 Shopping: Fashion Valley Mall (RA) 10:00 Balance Class w/ Kathryn (CP) 10:00 Rosary Prayer Meeting (HC) 1:30 Scrabble Enthusiasts (BR) 2:00 Shopping: Walgreens & Vallarta (RA) 7:00 July Birthday Party w/ Rhythm Express (AD)	2210:00 Sit & Get Fit for Beginners w/ Kathryn (CP) 22 12:30 Hula Hoop Chair Workout w/ Kathryn (CP) 1:00 PV Choir Rehearsal (LH) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 3:00 BINGO (AD) 6:00 Dartball (CP)	239:00 Total Body Strength w/ Kathryn (CP) 23 10:00 Cardio Workout w/ Kathryn (CP) 1:00 Bridge (Pines 5th Fl. Parlor) 1:00 Hollywood Canasta (Pn. 3rd Fl.) 1:00 Shopping: NC Walmart (RA) 2:00 Summer Co-Ed Bible Study (AD) 5:00 Sound Therapy (CP) 5:30 Movie: Plane 1 hr. 47 mins. (LH)	2410:00 Balance for Beginners (CP) 24 10:30 Balbao Park Stars & Stripes Dance Lessons & Dance (RA) 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)	259:00 Advance Balance & Stabilize w/ Kathryn (CP) 25 9:00 Shopping: Eastlake Target, Vons, Sprouts, Trader Joes, & CVS (RA) 10:00 Chair Yoga w/ Kathryn (CP) 1:30 Shopping: Grocery Outlet & Dollar Tree (RA) 3:30 Friday Happy Hour (AD)	2610:00 Shuffleboard & Games (CP) 26 2:00 The Hangout Ice Cream Social (A) 3:00 Documentary: Air Force Elite Thunderbirds 1 hr. 31 mins. (LH)
278:30 Bus to First United Methodist Church Mission Valley (RA) 27 9:30 Eastlake Church Service (LH) 11:30 Catholic Mass (LH) 4:00 Asian Mahjong (Mg. 5th Fl.)	289:00 Shopping: NC Food for Less (RA) 28 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 Store H Street CV (RA) 5:30 Movie: Hitchcock 1 hr. 38 mins. (LH)	2910:00 Sit & Get Fit for Beginners w/ Kathryn (CP) 29 12:30 Hula Hoop Chair Workout w/ Kathryn (CP) 1:00 PV Choir Rehearsal (LH) 2:00 Rummikub & Mexican Train Dominoes (Wi. 3rd Fl.) 3:00 BINGO (AD) 4:30 Dinner at Anthony's Fish Grotto in La Mesa (RA) 6:00 Dartball (CP)	309:00 Total Body Strength w/ Kathryn (CP) 30 10:00 Cardio Workout w/ Kathryn (CP) 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 Summer Co-Ed Bible Study (AD) 5:30 Movie: The Six Triple Eight 2 hr. 7 mins. (LH)	3110:00 Balance for Beginners (CP) 31 12:30 Water Walker Workout 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)	July Culture Topic: Bringing Generations Together: * Our mission is our reason for being and the touchstone we turn to for inspiration while caring for families, residents, and each other. * Bringing people together from different generations allows sharing of wisdom, skills, and life lessons. * Intergenerational friendships contribute to stronger and more connected communities. * Spending time with people from different age groups encourages empathy and understanding. This leads to more compassionate and inclusive communities.	